



Knox, Lincoln, Sagadahoc & Waldo Counties

Maine Shared Community Health Needs Assessment Priority Updates 2022-2024

September 10, 2024

MaineHealth
Lincoln Hospital

MaineHealth
Mid Coast
Hospital

MaineHealth
Pen Bay
Hospital

MaineHealth
Waldo Hospital

Midcoast Maine
Community
Action

Waldo
Community
Action

Penquis
Community
Action Agency

Penobscot
Community
Health Care

Thank you, Midcoast
District Planning
Committee



Local Activities and Accomplishments

Midcoast District – Knox County and Waldo County

Hospital and District priority areas of work since the 2021 Shared CHNA

Social Determinants of Health	Access to Care
<p>MaineHealth Pen Bay Hospital, MaineHealth Waldo Hospital, Midcoast Public Health Council, Good Shepherd Food Bank, AIO, Belfast Soup Kitchen, Local food councils, BCC, SNAP-Ed, Maine Hunger Initiative, Homeworthy, WCAP, VOA, KCRC, WCRC, Knox Clinic, PBCHP, FindHelp</p>	<p>Midcoast Public Health Council, MaineHealth Pen Bay Hospital, MaineHealth Waldo Hospital, Knox Clinic</p>
Mental Health	Substance Use Disorder
<p>MaineHealth Pen Bay Hospital, MaineHealth Waldo Hospital, Midcoast Public Health Council, NAMI, PBCHP, local law enforcement, KCRC, WCRC, VOA, local schools, JT Gorman Foundation</p>	<p>MaineHealth Pen Bay Hospital, MaineHealth Waldo Hospital, PBCHP, WCRC, KCRC, local schools, VOA, local law enforcement, Knox Clinic, CRCC, WIC, Maine MOM grant, PQC4ME</p>
<p>Priority not chosen</p>	<p>Obesity</p>
<p>Priority not chosen</p>	<p>Healthy Aging</p>

Highlights: Knox County and Waldo County

MaineHealth Pen Bay & Waldo Hospitals

Substance Use Disorder & Mental Health

- Collaborated with MH (Marketing, Patient Education and OP Pharmacy) to develop rack card on proper disposal of medication
- Increased Naloxone trainings at both hospitals and in the community over 2 years
- Began distributing Naloxone at community events, including Fishermen's Forum
- Initiated Universal Naloxone distribution at both hospitals on maternity floors
- Provided updated Crisis information to practices across both hospitals
- Increased capacity to offer YMHFA and MHFA to Knox and Waldo Counties by getting staff members trained and working with Lincoln County CH staff to offer classes across 3 counties

Highlights: Knox County and Waldo County

MaineHealth Pen Bay & Waldo Hospitals

Social Determinants of Health and Access to Care

- Increased HYSs from 3 across both hospitals to 7 across both hospitals by partnering with AIO and BSK
- Developed a transportation survey and successfully surveyed over 3000 patients to help determine patient perception of barriers to accessing care
- Appointed a FindHelp lead to work with CBOs to claim programs on platform
- Marketing developed a Where to go for Care strategy for both counties
- Provided providers education on NDPP and Living Well with Diabetes to increase referrals
- Increased the number of schools SNAP-Ed works with and increased the number of SNAP-Ed classes taught

Midcoast District – Lincoln County

Hospital and District priority areas of work since the 2021 Shared CHNA

Social Determinants of Health	Access to care
MaineHealth Lincoln Hospital MaineHealth Access to Care Midcoast Public Health Council	MaineHealth Lincoln Hospital MaineHealth Access to Care Midcoast Public Health Council
Mental Health	Substance Use Disorder
MaineHealth Lincoln Hospital School Based Health Centers Midcoast Public Health Council	MaineHealth Lincoln Hospital Healthy Lincoln County

Highlights: Lincoln County

MaineHealth Lincoln Hospital

Mental Health and Access to Care

- Increased access to mental health services by embedding behavioral health clinicians in all MH LincolnHealth family care and pediatric provider practices.
- Behavioral Health Services offered in the 4 School-Based Health Centers in Lincoln County Schools.
- Implemented mental health awareness training by hosting 2 Youth Mental Health First Aid trainings for teachers and others working with youth.
- ACE's screening implemented in the MH LincolnHealth provider practices.
- Funded 7 middle/high schools to expand activity offerings and decrease barriers to participation

Highlights: Lincoln County

MaineHealth Lincoln Hospital

Social Determinants of Health and Access to Care

- Access to food through the "Help Yourself Shelves" in all LincolnHealth provider practice locations. A collaboration with Good Sheperd Food Bank, Midcoast Hunger Prevention and Ecumenical Food Pantry.
- Began discussions to better understand youth homelessness and needs
- LincolnHealth provider practices screening patients for food insecurity. Providing emergency food bags and information re: food pantries and other sources of food
- MaineHealth Access to Care Team member providing resources to patients/families in need
- Expanded Community Based Organization listings on FindHelp
- Connected over 1,900 patients to primary care, health insurance and community resources
- LincolnHealth's Education Team provides "earn while you learn" opportunities for entry level healthcare careers

Highlights: Lincoln County

MaineHealth Lincoln Hospital

Substance Use Disorder

- Increased harm reduction strategies:
 - Healthy Lincoln County (HLC) distributed hundreds of Naloxone kits; LincolnHealth distributed Naloxone to all patients with substance use disorder; Naloxone kits distributed at community health events
 - Increased the number of pregnant and postpartum patients receiving "Safety Kits" and participating in MOMS program...a collaboration between LincolnHealth and Healthy Lincoln County
- Implemented Maine Prevention Network Substance Use and Tobacco Prevention grant work
 - HLC and LH Provide substance use and tobacco prevention and awareness education to local schools
- Increased screenings for substance use and tobacco use...over 70% of patients screened at LH

Midcoast District – Sagadahoc County, Brunswick & Harpswell

Hospital and District priority areas of work since the 2021 Shared CHNA

Social Determinants of Health	Access to Care
<ul style="list-style-type: none"> • MaineHealth Mid Coast Hospital & MaineHealth Access to Care • Midcoast Public Health Council • Oasis Free Health Clinics • Midcoast Maine Community Action • Southern Midcoast Housing Collaborative & Brunswick Housing Committee • United Way of Midcoast Maine, HUB 3 Coordinator • Tedford Housing • Mid Coast Hunger Prevention Program • Immigrant Resource Center of Maine & Town of Brunswick 	<ul style="list-style-type: none"> • MaineHealth Mid Coast Hospital & MaineHealth Access to Care • Midcoast Public Health Council • Oasis Free Health Clinics • MSAD 75 & RSU 1 School Based Health Centers • Mainely Teeth • Immigrant Resource Center of Maine
Mental Health	Substance Misuse, including tobacco & alcohol
<ul style="list-style-type: none"> • MaineHealth Mid Coast Hospital • Midcoast Public Health Council • Oasis Free Health Clinics • United Way of Midcoast Maine • Midcoast Youth Center • Nami Maine • Bath Area & Brunswick Landing YMCA • Local Schools 	<ul style="list-style-type: none"> • MaineHealth Mid Coast Hospital • Maine Prevention Partners – Maine CDC • Southern Midcoast Communities for Prevention coalition members, including law enforcement, schools, recovery organizations, parents and diverse cbos • Maine Coast Fishermen's Association

Highlights: Sagadahoc County, Brunswick & Harpswell

MaineHealth Mid Coast Hospital

Social Drivers of Health

- Recovery Housing team exploring housing for patients in MaineMOM (Maternal Opioid Model) program
- 41 resources added to FindHelp
- Increased # of patients screened for Food Security to 87%
- Participated in multiple housing initiatives
- \$500,000 donated to Tedford Housing for expansion

Highlights: Sagadahoc County, Brunswick & Harpswell

MaineHealth Mid Coast Hospital

Access to Care

- DEI plan adopted to improve patient experience and increase staff awareness of diversity tools and support
- Access to dental care initiatives supported and resources promoted
- Increased primary care patient panel (# unique patients) to 33,375 in 2023, an annual increase of 2,556
- Continued strong partnership with Oasis Free Health Clinics who provide dental, physical, and mental health care
- Increased use of Access to Care team - 1,326 patients assisted in 2023
- Increased use of Assertive Community Team – 444 patients assisted, Oct 23 – Mar 24
- Increased # of integrated mental health providers
- Increased # patients screened for Race, Ethnicity and Language

Highlights: Sagadahoc County, Brunswick & Harpswell

MaineHealth Mid Coast Hospital

Mental Health

- 51 free community health and wellness classes offered in 2023, strong outreach to older adults to decrease isolation
- New "art of wellness" community mental wellness classes added in 2024
- 315 individuals (youth and adults) attended 14 Mental Health trainings
- Increased # of mental health resources listed on FindHelp
- Funding awarded to schools, youth centers and YMCAs to increase youth engagement and improve youth mental health rates.

Highlights: Sagadahoc County, Brunswick & Harpswell MaineHealth Mid Coast Hospital

Substance Use, including Tobacco & Alcohol

- 75% of patients had a substance use screening, 92% had tobacco screening at annual visit
- 10 community medication disposal sites supported and new disposal bags distributed (with a focus on older adults)
- MaineMOM (Maternal Opioid Model) program enrollment goals met
- Model tobacco policies passed & supported, education provided, access reduced
- Substance use prevention initiatives implemented and supported to address stigma, safe storage and disposal, harm reduction, risk awareness, increased resilience and reduced access

Highlights: Midcoast District

Midcoast Public Health Council

Midcoast Public Health District

Midcoast Public Health Council (MPHC) District Public Health Improvement Plan – Priorities were Access to Care, Mental Health, and Social Determinants of Health (SDOH). Committee work on the priorities included the following presentations during scheduled MPHC meetings:

- FindHelp/2-1-1 Orientation by MaineHealth
- Midcoast Oral Health Data Profile by MCD Global
- Maine Resilience Building Network (MRBN)
- South Portland Restorative Substance Use Policy and Athletic Code
- Maine Integrated Youth Health Survey (MIYHS) results

A presentation on Midcoast District successes in Lead Screening was presented by the Maine CDC Division of Environmental and Community Health highlighting improvement in childhood lead screening, which was a priority in a previous District Public Health Improvement Plan.

Highlights: Midcoast District

Midcoast Public Health Council

Midcoast Public Health District

Other Midcoast Public Health Council (MPHC) highlights:

- District Public Health Infrastructure Grant – Awarded \$80,000 grant to Lincoln County to improve Emergency Medical Services communications
- Local Health Officer (LHO) Survey and Results presentation by the Maine CDC Local Health Officer Coordinator
- Local Health Officer Breakout Room during MPHC meeting for District LHO's to network and share resources
- Hosted an introduction and collaboration meeting with LHOs, ME CDC Public Health Nursing (PHN), and MaineHealth Community Health Workers (CHW) from Knox and Waldo Counties

Midcoast Public Health District Highlights:

- Conducted Local Public Health Systems Assessment (LPHSA)
- Established District Chapter of the Health Care Coalition of Maine (HCC-ME) to support Hospital and Medical Facilities Emergency Preparedness
- Conducted a HCC-ME Hazards Vulnerability Assessment (HVA) for the Midcoast District

Forum Schedule

Sagadahoc County Shared Community Health Needs Assessment- Friday November 1, 2024

Waldo County Shared Community Health Needs Assessment- Wednesday November 6, 2024

Knox County Shared Community Health Needs Assessment- Wednesday November 13, 2024

Lincoln County Shared Community Health Needs Assessment- Monday November 18, 2024