Progress report on Community Health Needs Assessment Implementation Strategy

fiscal year

2016 2017 2018

(October 1, 2017 – September 30, 2018)

LincolnHealth
Annual update of progress: Fiscal Year 2018
LincolnHealth

The following report outlines progress on the LincolnHealth Implementation Strategy on key health priorities identified in the 2016 Maine Shared Community Health Needs Assessment.

The vision of the Maine Shared Community Health Needs Assessment is to help to turn data into action so that Maine will become the healthiest state in the United States. Its mission is a dynamic public/private partnership that creates Shared Community Health Needs Assessment Reports, engages and activates communities and supports data-driven health improvements for Maine people. To access the MaineHealth 2016 Community Needs Assessment reports, visit: https://mainehealth.org/healthy-communities/community-health-needs-assessment.

A member of the MaineHealth system, LincolnHealth has a set of health priorities including:
- Mental health services/Youth mental health
- Substance use
- Opioid addiction treatment
- Healthy eating and active living

**About LincolnHealth**

With campuses in the coastal communities of Boothbay Harbor and Damariscotta, Maine, LincolnHealth is a full-service healthcare system with more than 950 full and part-time employees. We are part of MaineHealth, the largest integrated health system in Maine.

LincolnHealth health services include both a hospital (on the LincolnHealth – Miles Campus), an Urgent Care Center (on the LincolnHealth – St. Andrews Campus) and several integrated facilities that offer senior healthcare services, wound care, and behavioral healthcare.

Lincoln Medical Partners is a multi-specialty physician practice with offices in Boothbay Harbor, Damariscotta, Waldoboro and Wiscasset. LMP specialties include Anesthesiology, Cardiology, Emergency Medicine, Family Medicine, Internal Medicine, General Surgery, Orthopedics, Obstetrics and Gynecology, and Pediatrics.

**The MaineHealth System**

MaineHealth is a not-for-profit integrated health system consisting of eight local hospital systems, a comprehensive behavioral healthcare network, diagnostic services, home health agencies, and more than 1,600 employed and independent physicians working together through an Accountable Care Organization. With more than 19,000 employees, MaineHealth is the largest health system in northern New England and provides preventive care, diagnosis and treatment to 1.1 million residents in Maine and New Hampshire.

In keeping with the health system’s vision and mission, MaineHealth organizations work together to offer a wide range of community programs focused on disease management, prevention and population health, free of charge, and no one is ever denied care because of inability to pay. In 2017, the MaineHealth system provided $451 million in community health programs or services without reimbursement or other compensation.
Please highlight progress made from October 1, 2017 - September 30, 2018 for strategies and actions taken to address the priority areas your organization selected as part of the 2016 Community Health Needs Assessment (CHNA) process. The strategies that your organization recorded in the 3-year Implementation Strategy section of your CHNA report are listed below. In addition, you are encouraged to include progress made for any additional strategies you implemented.

**MaineHealth Member Organization:** LincolnHealth  
**Date:** October 1, 2017 - September 30, 2018

| 2016 CHNA Priority Selected | 2016 Implementation Strategy / Planned Actions to Address Priority of Focus | If Action Implemented - Describe actions taken, impact from those actions, and collaborating partners  
If NO - Provide a reason why no action was taken |
|---|---|---|
| Decrease RX Drug Use & Addiction | Training & education related to Maine Behavioral Healthcare integrated medication-assisted treatment (IMAT) strategy | • The integrated medication-assisted treatment (IMAT) planning team:  
○ Developed training sessions for FY19 implementation focused on reduction of stigma, and opioid induction protocols for Emergency Department physicians and nurses  
○ Received education and consultation on IMAT evidence-based practice through MeHAF as well as MaineHealth  
• The MeHAF Grant Planning Team is developing education for Lincoln Medical Partners staff, emergency department Staff and patient registration staff about opioid use disorder and stigma reduction  
○ The stigma reduction sessions will be facilitated by the MeHAF IMAT grant consultant  
• In March 2018, the emergency department Medical Director and nursing staff, LincolnHealth MeHAF Grant Planning Team project manager, and Midcoast Hospital's Addiction Resource Center staff began meeting to discuss implementation of Rapid Access for Suboxone in the emergency department  
• In September 2018, Dr. Ellen Lee from the Addiction Resource Center met with emergency department providers and nursing staff to educate them on the soon to be implemented protocols and workflows  
FY19:  
• Implementation of training sessions, education, services, and protocols and workflows for rapid access for Suboxone will begin |
| Participate in Substance Abuse Task Force | Action Implemented? Yes No  
Continuing in FY19? Yes No | • The Vice President of LincolnHealth Medical Partners physician practices is a member of the MaineHealth Steering Committee developing strategies related to substance misuse  
• Staff have continued work as members of the Lincoln County Recover Collaborative, a coalition of concerned citizens including law enforcement, community resource organizations, addiction specialists and medical professionals  
○ They collectively seek to reduce the impact of heroin, opiate and other drug misuse in Lincoln County while encouraging those who suffer from addiction to seek and experience recovery  
○ Through the efforts of the Collaborative, five community volunteers are trained as Angels who support those seeking substance abuse treatment and 55 officers from the five Lincoln County law enforcement agencies are trained on proper administration of Naloxone |
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| Decrease RX Drug Use & Addiction | Participate w/ community partners to identify strategies | • LincolnHealth Community Health staff collaborate with Healthy Lincoln County (a local community health non-profit agency) by serving on its Advisory Board and Drug-Free Community Subcommittee focused on implementing proven prevention strategies that decrease youth substance use including tobacco use prevention  
  ○ They are currently working on strategies for tobacco prevention education in the local schools, especially around electronic device delivery systems  
• In collaboration with the Boothbay Region Community Council, a non-profit organization providing support to residents in the Boothbay region, the Coulombe Center Program Manager worked on creating the “Addiction Outreach Program” which included fundraising, setting up the program and hiring a Coordinator  
  ○ The Coordinator has worked with 97 referrals since program inception some of whom were referred for IMAT services  
  ○ The Addiction Outreach Program was provided an office space on the St. Andrews campus  
• The IMAT Advisory Council continued to meet quarterly to assist in advising the IMAT Services Planning Team on its grant and IMAT work  
  ○ The council is made up of representatives from the Lincoln County Recovery Collaborative law enforcement, local non-profit organizations, Midcoast Hospital’s Addiction Resource Center, community members, consumers of IMAT and others  
• As part of the MeHAF grant work, USM Muskie School was contracted with to conduct patient/community member focus groups for those who have experienced or are experiencing substance use disorder  
  ○ These focus groups were held to identify challenges that these patients/community members encounter in seeking recovery services  
  ○ Challenges identified in the focus groups included transportation, ability to pay for services, and lack of awareness of how/where to access recovery services  
• Lincoln County Recovery Collaborative worked with staff in LincolnHealth Marketing and other departments to develop an impaired driving campaign entitled “Alert and Alive” to demonstrate how there are multiple ways to be impaired beyond drinking and driving  
  ○ Rack cards were produced and distributed at a variety of community events in various locations across Lincoln County |
| Inform/train physicians on prescribing guidelines | Action Implemented? ☐ Yes ☛ No  
Continuing in FY19? ☐ Yes ☛ No | • New physicians hired on or after January 1st received training to meet the Maine State requirement for Opioid Prescribing through online programs  
• Currently 100% of regularly scheduled physicians have participated in at least one training session to meet the State requirement |
## Community Health Needs Assessment 2016-2018 Annual Implementation Plan Update FY18

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| **Decrease RX Drug Use & Addiction** | Other: Expand IMAT services for opioid addiction treatment | • As part of continued MeHAF planning grant funding, the work of expanding IMAT services in Lincoln County has continued  
• Expanded the number of physicians qualified to provide IMAT services from 3 to 5 in 2018 providing services to 85 patients | FY19:  
• The plan is to add 2 additional qualified providers |
| **Decrease Obesity/HEAL** | Implement evidence-based practices for diabetes/pre-diabetes  
Action Implemented? ☐ Yes ☑ No  
Continuing in FY19? ☐ Yes ☑ No | • The Boothbay Region and Central Lincoln County YMCAs began offering its national Diabetes Prevention program in January 2016 and it was continued in 2017/2018  
○ This small-group program helps people with prediabetes eat healthier, increase their physical activity and lose weight, which can delay or even prevent the onset of type 2 diabetes  
○ Wellness/Rehab staff and Physician Practices worked collaboratively with the YMCA through identifying and referring patients to the program  
○ LincolnHealth paid for the cost of 9 employees to attend the program  
• Staff provided diabetes cooking classes held at FARMS, a non-profit community partner location, series of 3 classes with 13 people attending  
• Wellness/Rehab staff (nurse diabetes educators and dietitian) offered 2 Diabetes Education programs at no charge to patients diagnosed with Diabetes and his/her family members  
○ This 3-part course was taught at a local church and a local retirement facility  
○ Participants were taught how to make lifestyle changes and food choices to improve health | |
| **Work with Let’s Go champions to implement action plans** | Action Implemented? ☐ Yes ☑ No  
Continuing in FY19? ☐ Yes ☑ No | • The LincolnHealth Let’s Go! Program Coordinator provided technical support and training:  
○ 1 school administrative unit implemented all the key milestones to meet or exceed the Healthy Hunger Free Kids Act in 2017  
○ Six school administrative units worked towards meeting or exceeding the standards  
  ▪ 100% achieved Let’s Go! recognition  
○ 12 Early Care and Education Let’s Go! sites assessed current goals and set goals in the areas of nutrition promotion, nutrition education, physical activity and other wellness activities  
  ▪ 83% of the sites achieved goals that met criteria for Let’s Go! recognition levels  
○ 100% of supported out-of-school programs achieved goals to receive Let’s Go recognition level (2)  
○ 13 schools received technical assistance with setting Let’s Go! goals and implementing strategies  
○ 4 School Nutrition Programs received guidance in implementing the “Smarter Lunchroom” goals  
  ▪ 100% of these programs achieved “Smarter Lunchroom” recognition  
○ 100% of healthcare sites achieved recognition for implementing Let’s Go! Healthcare goals (9) | |
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<td>Decrease Obesity/HEAL</td>
<td>Connect community and employees w/ healthy food &amp; lifestyle options</td>
<td>• Offered programs promoting healthy food and lifestyle options for employees and community</td>
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<td>Action Implemented?  Yes  No</td>
<td>• Healthy food/eating programs provided were:</td>
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<td>Continuing in FY19?  Yes  No</td>
<td>o Staff collaborated with FARMS in at least 3 cooking classes for nearly 65 preschool and elementary school students, teaching the students about food and nutrition.</td>
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<td>o A 3 class Diabetes Cooking series was developed and taught by the Let’s Go! Program Manager and the LincolnHealth Dietitian to 13 people on how to prepare budget friendly, easy to prepare dishes</td>
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<td>o Raised bed organic gardens located on the Miles campus</td>
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<td>▪ The produce from these gardens is used in healthy meals for LincolnHealth facilities’ residents and in the Miles Café which serves food to employees, visitors and the general public</td>
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<td>▪ Dedicated funding to build 4 new raised bed gardens at 2 physician practice sites</td>
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<td>▪ One was on the main campus in Damariscotta and one was in Waldoboro where the medical practice has many patients living at or below poverty level</td>
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<td>▪ Staff harvested produce and packaged for patients and family members to take after their doctors visits. Any leftover produce went to interested staff.</td>
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<td>▪ The Let’s Go! Program Coordinator</td>
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<td>▪ Gave technical support and training regarding the “Smarter Lunchroom” program for many of the Lincoln County Food Service Directors and staff</td>
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<td>▪ Collaborated with the other Let’s Go! Program Coordinators in the Midcoast District’s 4 counties to offer hands on training program to 48 Early Care and Education staff about the importance of physical activity for children starting at young ages</td>
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<td>▪ Funding was available to cover the cost of the program facilitator and to be able to give each participant a set of physical activity equipment for their sites</td>
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<td>▪ Individual support is provided to patients with chronic diseases such as diabetes through Care Managers located within the physician practices.</td>
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<td>▪ In support of increasing physical activity, hosted the 15th annual “Winter Physical Activity Challenge” in collaboration with the local schools and YMCAs</td>
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<td>▪ Over 900 community members, local business employees, LincolnHealth employees, local preschool staff/students, and local schools’ staff/students participated in this 7-week event</td>
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<td>▪ As members of the Midcoast District Public Health Council’s subcommittee working on the Obesity &amp; Diabetes Priority Health Issue, staff developed strategies which included completing a review and report on Chronic Disease Self-Management Programs in Waldo, Knox, Lincoln and Sagadahoc Counties</td>
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<td>▪ The subcommittee also awarded 10 mini-grants to community partners in the 4 counties who had viable projects to expand healthy food options and/or access to physical activity</td>
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<td>Priority</td>
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| Mental Health Integration | Connect children, adults, families to mental health services | • Lincoln Medical Partners physician practices and the Boothbay Region and Lincoln Academy school based health centers refer patients of all ages directly to the Maine Behavioral Health behavioral health clinician based within the practice  
  o The Maine Behavioral Health behavioral health clinician provides on-site counseling and also connects patients with additional services such as psychiatric care, substance abuse services, and other social service-related resources  
  o In September 2018, The Lincoln Academy School Based Health Center’s behavioral health clinician’s hours were increased from one day a week to two days  
  o The school-based behavioral health clinicians had at total of 518 visits in 2017/2018 school year  
• A Maine Behavioral Health behavioral health clinician was added to Lincoln Medical Partners Women’s Center for 8 hours a week  
• Another 8 hours of clinician time was added to Lincoln Medical Partners Family Practice in Damariscotta  
• The Coulombe Center’s program manager is a member of The Hope and Resiliency Coalition which works to support persons in the community who are survivors of suicide and struggle with mental health issues. The coalition:  
  o Meets quarterly in connection with the Coulombe Center  
  o Hosted an annual “World Suicide Prevention Day Walk” in Boothbay Harbor on September 10, 2018 to which 12 community members attended  
• The Coulombe Center has sponsored 3 sessions of the “Survivor of Suicide” support group led by a qualified clinician  
  o Ten community members participated at each of the support group sessions  
• The Coulombe Center and Healthy Lincoln County co-hosted community showings of the film “Resilience” in three locations in Lincoln County and at a state-wide training for school counselors with 150 participants  
• Coordinated with Dr. Stephen Di Giovanni, Pediatrician and expert on the effects of Adverse Childhood Experiences on health, who presented at 3 events which included a presentation to the LincolnHealth Board of Trustees and the Lincoln Medical Partner pediatric office staff  
  o As a result of information shared at these events and other LincolnHealth committee work, new policies and procedures to engage with patients and families on this topic were implemented  
• In collaboration with members of the Midcoast District Public Health Council on the Youth and Adult Mental Health workgroup, mental health gap/resources analysis was done in Waldo, Knox, Lincoln and Sagadahoc Counties for older adults and for youth in schools and youth serving organizations |