Progress report on
Community Health
Needs Assessment
Implementation Strategy

fiscal year

2016  2017  2018

(October 1, 2017 – September 30, 2018)

Southern Maine Health Care
Annual update of progress: Fiscal Year 2018
Southern Maine Health Care

The following report outlines progress on the Southern Maine Health Care 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, Southern Maine Health Care has a set of health priorities including:
- Tobacco Cessation
- Substance Use and Treatment of Opioid Use Disorder
- Obesity Prevention

About Southern Maine Health Care

Southern Maine Health Care (SMHC) is a nationally accredited, award-winning not-for-profit healthcare system offering a comprehensive array of medical care and services including: a full-service medical center in Biddeford and emergency departments in Biddeford and in Sanford. A multi-specialty physician services group, SMHC Physicians, comprised of more than 125 physicians providing comprehensive primary and specialty services; non-emergency Walk-In Care; Centers for Breast Care, Sleep Disorders and Wound and Ostomy Care; behavioral health; eldercare services and a wide range of diagnostic and rehabilitation services. SMHC has more than 20 offices located in Biddeford, Kennebunk, Saco, Sanford and Waterboro.

In conjunction with consulting, courtesy, honorary physicians and health professionals, more than 200 SMHC active physicians provide care in the following specialties and sub-specialties: family medicine; internal medicine; pediatrics; obstetrics and gynecology; cardiology and vascular services; dermatology; pulmonology; oncology/hematology; neurology; gastroenterology; urology; allergy/immunology; general surgery; orthopedic surgery; otorhinolaryngology; ophthalmology; oral surgery and general dentistry; psychiatry; pathology; podiatry; anesthesiology; radiology; emergency medicine and occupational medicine.

SMHC is Joint Commission accredited, state-licensed, and is part of the MaineHealth family.

MaineHealth System Overview

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:** Southern Maine Health Care  
**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 | Implement substance abuse strategies with state funding  
Action Implemented? | Yes  
Continuing in FY19? | Yes  
| • The Partners for Healthier Communities Program implemented the grant objectives from the state funding for substance use prevention. Some of the objectives completed:  
  o Provided 4 different educational sessions for schools  
  o Served students from two schools for the Student Intervention Reintegration Program and offered 7 different 12 hour sessions  
  o Provided 65 lock boxes to community partners on loan with education materials for safe storage of medications  |
| Offer training in use of Narcan to First Responders  
Action Implemented? | Yes  
Continuing in FY19? | Yes  
| • Offered to be available for trainings and at this time the various first responders have alternate training options available  
• Provider offices will have two doses of Narcan on hand, and a presentation on how and when to administer will continue to be circulated and reviewed by all clinical staff  
  o The presentation slides have been added to the Competency Based Orientation form for new clinical staff  |
| Support awareness and access to Narcan  
Action Implemented? | Yes  
Continuing in FY19? | Yes  
| • Working through the State level grants on information, access and awareness of Narcan  
  o The Emergency Department provides Narcan Kits to patients with opiate addiction and/or family/friends of patients with opiate addiction if this is appropriate and the patient is agreeable  |
| Inform physicians on prescribing guidelines/laws  
Action Implemented? | Yes  
Continuing in FY19? | Yes  
| • In FY17, all physicians completed the state licensing requirement of 3 hours of continuing medical education on opioid prescribing  
  o The revised law was sent out to all providers and new providers complete requirement upon hiring  |
| FY19:  
  • An educational forum to be held in January on issues related to prescribing opioids is in the planning phases  
  o Ongoing initiative as new providers are oriented to the hospital and the prescribing guidelines  |
| Other: IMAT Services offered in Biddeford and Springvale  
Action Implemented? | Yes  
Continuing in FY19? | Yes  
| • IMAT services are provided in both Springvale and Biddeford  
• There were 130 Patients served in the Maine Behavioral Health Hubs and 7 Patients served in the Southern Maine Healthcare medical practices  
• Providers are being trained in Saco and Sanford in order to meet the needs of those who will be using the HUB services  |

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**Annual Implementation Plan Update FY18_Southern Maine Healthcare**
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| **Decrease RX Drug Use & Addiction** | Participate w/ community partners, task groups | • Partnering and participating in a minimum of 6 groups with a focus on Substance Use Prevention that meet either monthly or bi-monthly  
 o These groups include the three different Drug Free Task Force meetings associated with the three Drug Free Communities grants in York District  
 o Have representation on the York District Public Health Council, Communities for Protecting Children in both Biddeford and Sanford and Seeds of Hope | |
| **Decrease Tobacco Use** | **Staff training on motivational interviewing and tobacco cessation** | • 22 medical assistants were trained in tobacco treatment and motivational interviewing | |
| | Implement tobacco strategies in conjunction with Maine Prevention Services funding (CTI) | • Objectives for the grant were met by a number of policies passing within the community:  
 o Youth Serving entity policies (7)  
 o Multi-Unit Housing policies (5)  
 o School policies (1)  
 o Local municipalities policies (2)  
 o Behavioral health organization policies (1) | |
| | Maintain Gold Star Status for tobacco free hospital | • The hospital exceeded the Gold standard this year and all sites reached platinum level for a stricter tobacco and smoke free policy | |
| | Other: Meet Annual MaineHealth Tobacco Goals | • 98% of patients were screened for tobacco use  
 • 68% of all current tobacco users received counseling for tobacco use  
 • 20% of patients referred to Maine Tobacco HelpLine | |
| **Decrease Obesity** | **Walking Paths** | • There was intention to work on mapping for the trails but due to staff time constraints this project was not completed at his time  
 o The trails are still available with maps created for the two main hospital buildings  
 o The goal was to create maps for the off-site locations | |
| | Implement and Track Let’s Go! | • Let’s Go! program has been fully implemented in all sectors includingchildcares, afterschool programs and schools  
 o The program is also in all pediatric and family medicine practices  
 • Initial meetings for the Let’s Go! Adult Small Steps program were held in the 6 family and internal medicine practices and 3 have completed Phase 1 training | |
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<td>Decrease Obesity</td>
<td>Expand Let’s Go! to childcare and out-of-school</td>
<td>• Increased Childcare sites by 5 with a total of 54 childcare sites registered</td>
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<td>Action Implemented? Yes  No</td>
<td>• Increased afterschool sites by 2 with a total of 17 afterschool sites registered</td>
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<td>Continuing in FY19? Yes  No</td>
<td>• Increased schools by 5 with a total of 43 York District schools registered</td>
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<td>• Increased school nutrition districts by 11 for a total of 12 registered</td>
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<td>Partner with WOW! Council</td>
<td>• The Health Fair did not occur, but monthly bulletin boards were created with a variety of health topics</td>
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<td>Action Implemented? Yes  No</td>
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