

# Progress Report to our Community

Fiscal Year  
**2023**

Addressing community health needs.

Northern Light CA Dean Hospital is committed to shaping health improvement efforts in our service area based on sound data, personal and professional experience, and community need. Through collaborative efforts, CA Dean Hospital creates healthier communities through the provision of services, resources, and programs beyond our hospital's walls.

We used the results of the 2022 [Community Health Needs Assessment](#) along with community input to inform the development of our three-year [Community Health Strategy](#). As a member of Northern Light Health's Community Health Council, CA Dean Hospital recognized the value, reach, and influence of aligned engagement efforts with a shared purpose. The following three priority areas were adopted as shared priorities where Northern Light Health member organizations would engage in common strategy to achieve greater statewide impact:

- Mental health
- Social determinants of health
- Substance use

This report is an update on Northern Light CA Dean Hospital's progress on our community health strategy for fiscal year 2023 (October 2022 – September 2023), representing the first year of our three-year health improvement plan.



## PRIORITY: Mental Health

Three-year approach (2023-2025)		
Goal	Strategy	Objective
Provide youth and families with the mental and behavioral health resources they need to thrive.	Partner with schools and other community organizations to ensure youth and their families have improved access to mental health prevention, early intervention, and treatment services.	Educate and empower others to recognize, support, and respond to mental and behavioral health needs of youth.

### Shared objective:

Increase the number of individuals trained to support the mental health needs of youth.

Northern Light CA Dean Hospital trained staff in Psychological First Aid (PFA), an evidence-informed approach to help anyone — children, adolescents, adults, and families — in the immediate aftermath of a traumatic experience and has proven to be effective when someone is experiencing a mental health crisis at any time. PFA shines a light on the impact of collective trauma, builds resiliency, and assists in self-care action plans by incorporating five evidence-based principles: safety, calming, connectedness, self and community reliance, and hope.

Certified CA Dean Hospital staff then engaged schools and/or youth serving organizations to educate and empower individuals to respond to mental and behavioral health needs of youth using the PFA training model. Attendees received training in eight core elements: engagement, safety, stabilization, information gathering, practical assistance, connection to social supports, information on coping, and connecting with collaborative services. Systemwide collective impact of our shared objective resulted in 35 training sessions with 584 individuals trained.

## Fiscal Year 2023 Partners and Community Impact

### PARTNERS ENGAGED:

Bangor Daily News & Eastern Gazette	OutMaine
Community Health and Counseling Services	PENQUIS
Dexter Regional High School	Penquis Valley High School
Maine Department of Education	Piscataquis Community Secondary School (PCSS)
Maine Youth Action Network	SeDoMoCha Middle School
National Alliance on Mental Illness (NAMI)	State of Maine
Northern Light CA Dean employees* ( <i>rehab, pharmacy, maintenance, care management</i> )	Yellow Tulip Project

- CA Dean employees and one community member trained in Psychological First Aid (PFA); 11 individuals trained in PFA.
- Co-hosted "Mental Health Dine & Discuss" event with Piscataquis Community Secondary School (PCSS)
- Co-hosted presentation with National Alliance on Mental Illness (NAMI) for community members
- Hosted a Positive Action Team Summit at the Piscataquis Community Secondary School
- Engaged in the Overdose Prevention Through Intensive Outreach Naloxone and Safety (OPTIONS) initiative coordinated by the Maine Office of Behavioral Health (OBH) and CHCS

## PRIORITY: Social Determinants of Health

Three-year approach (2023-2025)		
Goal	Strategy	Objective
Improve health outcomes for vulnerable populations.	Partner with community to improve equitable access to social supports, community resources, and healthcare services.	Connect individuals with community resources they need to improve their health and wellbeing.

### Shared objective:

Increase community partner engagement with findhelp.org.

Findhelp.org is the nation's leading social care network, making it easier to connect patients and their families with free or reduced-cost programs from local partners and national support services with dignity and ease, and is one component of Northern Light Health's response to need in the communities we serve. Northern Light findhelp will continue to develop, allowing users to search and connect to community services.

Northern Light CA Dean Hospital engaged in meaningful, trusted community partnerships to reach priority populations with equitable access to community resources and social supports and connect individuals with community resources they need to improve their health and well-being through the findhelp.org platform. CA Dean Hospital participated in a monthly systemwide workgroup focused on engagement efforts to educate community partners on the availability and uses of findhelp.org. We assisted those community partners with adding their program information to the platform directory and with activating the ability to receive referrals or requests for information through the platform. Systemwide community engagement efforts resulted in 28 partners offering 89 programs that increased engagement with findhelp.

## Fiscal Year 2023 Partners and Community Impact

### PARTNERS ENGAGED:

American Legion Post 94 Food Pantry	Partnership Food Pantries
Dover Foxcroft Congregational Church*	Piscataquis Regional/Old Town-Orono YMCA
Greenville Food Cupboard	Rideout Preventive Dental*
Mobile Pantry/Guilford Economic Partnership	

- Two community partners\* added six programs to the findhelp directory:
  - Dover Foxcroft Congregational Church added five programs including Community Meals, Gas Cards, Heating Assistance, Medical Lending Closet, and Vouchers Program
  - Rideout Preventive Dental added one program specific to dental care
- Multiple outreach efforts to community based organizations to engage in the findhelp platform

## PRIORITY: Substance Use

Three-year approach (2023-2025)		
Goal	Strategy	Objective
Reduce deaths, disability, and suffering associated with substance use disorder.	Leverage community partnerships to reduce barriers and improve access to and availability of substance use prevention, treatment, recovery, and harm reduction services. Optimize relationships with partners who can help us engage effectively with populations in need.	Improve pathways to prevention, treatment, and recovery for individuals with substance use disorder.

### Shared objective:

Improve distribution and preventive access to state sponsored Naloxone kits.

In collaboration with other Northern Light Health member organizations and community-based organizations, trained Northern Light CA Dean Hospital staff representing pharmacy and community health departments worked diligently to improve processes and partnerships to reduce barriers and provide equitable access to state-sponsored naloxone (Narcan) kits for priority populations.

Northern Light CA Dean Hospital participated in the Maine Naloxone Distribution Initiative<sup>1</sup>, which provides state-purchased naloxone to community organizations, clinical sites, and end-users throughout Maine to distribute free of charge. Through a collaboration with Bangor Public Health & Community Services, CA Dean Hospital provided education on the use of these naloxone kits to end-users to facilitate the reversal of private overdoses in the community. Systemwide collective impact of our shared objective resulted in 1,453 naloxone kits distributed throughout Northern Light Health's service area.

### Fiscal Year 2023 Partners and Community Impact

#### PARTNERS ENGAGED:

Bangor Public Health  
Community Health and Counseling Services (CHCS)  
Greenville Consolidated School

Pine Tree Hospice staff  
Positive Action Team students

- 145 state-sponsored naloxone kits distributed
- Engaged in the Overdose Prevention Through Intensive Outreach Naloxone and Safety (OPTIONS) initiative coordinated by the Maine Office of Behavioral Health (OBH) and CHCS and Bangor Public Health
- Worked with Greenville Consolidated School Superintendent, to ensure the school is adequately equipped for the start of the new school year.

<sup>1</sup> [Distribute Naloxone – Maine Drug Data Hub](#)