

Progress Report to our Community

Fiscal Year
2023

Addressing community health needs.

Northern Light Sebasticook Valley 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, Sebasticook Valley 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, Sebasticook Valley 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 Sebasticook Valley 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 Seabasticook Valley 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 Seabasticook Valley 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:

Healthy SV Coalition	National Alliance on Mental Illness (NAMI)
Maine Central Institute (MCI)*	Northern Light Seabasticook Valley Hospital Ambulance
Maine Resilience Building Network (MRBN)	Service*
Mr. Sean Presents	Pittsfield Public Library
Maine School Administrative District (MSAD) #53	

- Two community organizations* trained in Psychological First Aid (PFA); 44 individuals trained in PFA.
- "Stress less" kits provided to youth in collaboration with Healthy SV, MSAD #53, and Pittsfield Public Library
- Provided presentation to MCI staff in partnership with MRBN (Adverse Childhood Experiences) and Strengthen ME (Acadia); Engaged MSAD #53 via staff book club on mental health and resiliency.
- Engaged social media platforms to increase awareness of youth mental health by promoting the new 988 suicide and crisis lifeline.
- Partnered with Mr. Sean Presents to host a six-week puppet pals program to reach youth and use puppetry to talk about emotions, increase empathy, and identify what brings them happiness.

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 Sebasticook Valley 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. Sebasticook Valley 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:

Alpha One	Maine Street Dental Care (Waterville Maine)
Catholic Charities	Penquis Community Action Program (CAP)
Department of Health and Human Services	Pittsfield Public Library*
Kennebec Valley Community Action Program (KVCAP)	Redington Fairview General Hospital*
Local food pantries	Sarah's House*
Maine Cervical and Breast foundation	

- Three community partners* added three programs to the findhelp directory:
 - Pittsfield Public Library: Library Connect Telehealth Program
 - Redington Fairview General Hospital: Car Seat Safety Program
 - Sarah's House: Temporary lodging
- 296 community members referred to SDOH resources via our Patient Navigator

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 Sebecook Valley 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 Sebecook Valley Hospital participated in the Maine Naloxone Distribution Initiative¹, which provides state-purchased naloxone to community organizations, clinical sites, and end-users throughout Maine to distribute free of charge. Through a collaboration with MaineGeneral Harm Reduction, Sebecook Valley Hospital worked in the community setting to provide 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:

Cianbro	Pittsfield Police Department
Hometown Health Center	Regional School Unit #19
Kennebec Valley Community Action Program (KVCAP)	Rural Communities Opioid Response Program
Maine Central Institute	Sonoco

- 386 state-sponsored naloxone kits distributed
- Distributed 95 Sebecook Valley Opioid Response Network Recovery Resource Guides to community members in partnership with the Rural Communities Opioid Response Program Coordinator, Pittsfield Police Department, Cianbro, and Kennebec Valley Community Action Program

¹ [Distribute Naloxone – Maine Drug Data Hub](#)