

Fiscal Year 2022

# PROGRESS REPORT TO OUR COMMUNITY

Addressing community health needs



Northern Light<sup>SM</sup>

Acadia Hospital

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**Scott A. Oxley, MBA**

President,  
Northern Light Acadia Hospital

Senior Vice President,  
Northern Light Health

This past year, we not only continued our ongoing work to safeguard our communities from the COVID-19 pandemic, but we set our sights towards the future. We looked to build and improve upon the delivery of healthcare in Maine, and partnership is essential to this work; coming together to ensure our families, friends, and neighbors have access to the very best resources for generations to come.

While the pandemic still looms and may for quite a while, we will never stop looking forward and thinking strategically about addressing the most critical community health needs. In 2019, Northern Light Health partnered with three healthcare systems and the Maine Center for Disease Control and Prevention to create a Community Health Needs Assessment (CHNA). We used that assessment and public input to develop a three-year strategy to improve the health and well-being of the communities that we serve.

This report is an update on the progress of our community health strategy for fiscal year 2022, representing the third year of our three-year health improvement plan. In addition to the extraordinary ongoing outreach and collaborative efforts during the coronavirus pandemic, Northern Light Acadia Hospital continues to engage in priority areas of work, including:

- Social determinants of health
- Substance use
- Mental health

I hope you find the update contained in this report informative. If you ever have any questions, please don't hesitate to reach out to [communitybenefits@northernlight.org](mailto:communitybenefits@northernlight.org). Lastly, we know our community trusts us to provide exceptional healthcare and resources that complement a healthy, enriched life, and we are dedicated to maintaining that trust through hard work and commitment to doing what's right for Maine. We look forward to our continued services in the months ahead.

Sincerely,

Scott Oxley, MBA  
President, Northern Light Acadia Hospital

# Progress report update

## FY 2022 Progress Report

### Priority #1: Social Determinants of Health

**Objective:** Increase the number of patients screened for food insecurity and referred to community resources from 300 to 324 by 9/30/22.

**Status:** Completed

**Strategy:** In fiscal year 2022 (FY22), Northern Light Acadia Hospital focused on its goal to distribute at least 324 emergency food bags to patients/families. A meeting was held with the Good Shepherd Food Bank (GSFB) director in the spring of 2022 to coordinate orders and to increase Acadia's understanding of GSFB resources. These resources were distributed to all Acadia leaders for use in all programs. An Acadia staff member was assigned to coordinate the food bag distribution and to work with each clinical program to ensure they were aware of the food bags and could access them as needed. Northern Light Marketing and Communications offered support in the way of fliers and internal messaging to boost employee awareness.

**Partners engaged:** Northern Light Acadia Hospital partnered with Good Shepherd Food Bank on this priority.

**Outcome measure:** Northern Light Acadia Hospital conducted 6,254 food insecurity screenings and ordered 386 food bags for distribution thus exceeding its goal by 19%.

**Project lead:** Rick Redmond, AVP, Access and Service Line Development

**Next steps:** In fiscal year 2023 (FY23), Northern Light Acadia Hospital will continue to focus on emergency food bag distribution with a goal to distribute 416 bags (8% increase over prior year).

### Priority #2: Substance Use

**Objective:** Increase the number of individuals treated for Medication-Assisted Treatment via the Opioid Health Home from 35 to 55 by 9/30/22.

**Status:** Completed

**Strategy:** In FY22, Northern Light Acadia Hospital worked to continue building and deepening connections as well as working relationships with Integrated Behavioral Health programs, Northern Light Eastern Maine Medical Center's emergency department, and other primary care providers. Acadia Hospital also developed new community partners with primary care providers from St. Joseph's Hospital, Penobscot Community Health Care (PCHC), and other non-Northern Light providers within an hour's radius of Bangor. We've started conversations with specialty practices including infectious disease, orthopedics, and case management to open avenues of care to early intervention. There is also increased pharmacy collaboration. Collaboration has continued and grown with community partners including The Bangor Area Recovery Network (BARN), Together Place, Infinity House, Discovery House/CTC and New Season.

**Partners engaged:** Northern Light Acadia Hospital partnered with the following entities on this priority:

- Northern Light Eastern Maine Medical Center’s emergency department
- Integrated Behavioral Health
- PCPs from St. Joseph’s Hospital
- PCHC
- Specialty practices including infectious disease, orthopedics, and case management to open avenues of care to early intervention
- Pharmacy collaboration
- Community partners growth including The BARN, Together Place, Infinity House, Discovery House/CTC New Season

**Outcome measure:** In FY22, Northern Light Acadia Hospital positively impacted 63 individuals treated with MAT.

**Project lead:** Ann Soule, LCPC, CCS, Program Manager

**Next steps:** In FY23, Northern Light Acadia Hospital will continue the next steps set in 2021 – strengthening and growing our Opioid Home Health (OHH) program, continue strengthening our collaborative relationships and working on education, risk tolerance, and overall skills development. We will continue to focus on raising understanding of treatment and recovery, relapse prevention, and general expectations of patients. As we grow internally, our goal is to support the “no wrong door” approach throughout Northern Light Health on the premise of Trauma Informed Care.

### Priority #3: Mental Health

**Objective:** Increase educational programs to raise awareness, readiness, and access to mental health services from zero to ten by 9/30/22.

**Status:** Completed

**Strategy:** In FY22, Northern Light Acadia Hospital continued to support the community through various trainings geared at strengthening mental health and resiliency. Our programs raised awareness, readiness, and access to mental health services across the entire state. More specifically, the trainings provided skills for identifying and responding to individuals who have experienced trauma, strategies for connecting individuals to resources, and skills for self-care.

**Partners engaged:** Northern Light Acadia Hospital partnered with the following entities on this priority:

#### Northern Light partners

- Lakewood
- Inland Hospital
- Sebasticook Valley Hospital
- Mayo Hospital
- Beacon Health
- Eastern Maine Medical Center
- Home Care & Hospice

## Community partners

Bangor Region YMCA  
Penobscot River Educational Partnership (PREP)  
Penquis Community Action Program  
MSAD 52  
Equality Maine  
Health Equity Alliance (HEAL)  
Southern Penobscot Regional Program for Children with Exceptionalities (SPRPCE)  
Maine Community Integration  
The Jackson Laboratory  
Bangor Region Leadership Institute  
Business to Business Webinars  
RSU 22  
Maine Department of Education  
Mi'kmaq Nation

**Outcome measure:** Northern Light Acadia Hospital conducted more than 22 classes and trained 400+ people in the community on how to identify and respond to those who have experienced trauma.

**Project leads:** Angela Fileccia, LCSW, Director, Healthy Life Resources; Tanisha Gilbert, BS, Business and Community Health Specialist

**Next steps:** In FY23, Northern Light Acadia Hospital will further strengthen its ties to the community by expanding the youth mental health trainings throughout Maine. Acadia's Healthy Life Resources' grant through Substance Abuse and Mental Health Services Administration (SAMHSA) will allow us to train nearly all Northern Light Health member organizations in psychological first aid. Armed with knowledge and training, these member organizations will be better prepared to serve their own communities in their own counties/regions.

## Conclusion

Northern Light Acadia Hospital continues work on identified priorities through the Community Health Strategy and is thankful for the participation and support of our community members and many area organizations for contributing their knowledge of local community health needs related to our priorities of action. Through existing and future partnerships, collaborative efforts are essential in addressing the identified community health strategies prioritized within.

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