

Fiscal Year 2022

PROGRESS REPORT TO OUR COMMUNITY

Addressing community health needs



Northern LightSM

Mayo Hospital

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**Marie Vienneau, BSN,
MHA, FACHE**

President,
Northern Light Mayo
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 Mayo Hospital continues to engage in priority areas of work, including:

- Substance use
- Mental health
- Obesity
- Access to healthy food/food insecurity

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. 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,

Marie Vienneau, FACHE
President, Northern Light Mayo Hospital

Progress report update

FY 2022 Progress Report

Priority #1: Substance Use

Objective: Increase the number of Medication-Assisted Treatment options for opioid use readily available in local communities from two to four sites by 9/30/22

Status: Completed

Strategy: In fiscal year 2022 (FY22), Northern Light Mayo Hospital was able to increase the number of sites offering Medication-Assisted Treatment options from two to four.

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

- Northern Light CA Dean Hospital
- Piscataquis County Jail
- Northern Light Primary Care Milo
- Northern Light Women's Health Dover-Foxcroft

Outcome measure: In FY22, Northern Light Mayo Hospital expanded Medication-Assisted Treatment sites from two to four. We were able to provide services to 106 individuals in the practice setting. We were unable to track the number of patients we see in the corrections setting so we know that individuals receiving services is greater than 106 total.

Project lead: Dr. David McDermott, Vice President of Medical Affairs, Senior Physician Executive

Next steps: In fiscal year 2023 (FY23), Northern Light Mayo Hospital will continue to explore ways to bring more Medication-Assisted Treatment options to our region through our in-system practices/resources and our community-based partnerships.

Priority #2: Mental Health

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

Status: In progress

Strategy: In FY22, Northern Light Mayo Hospital further explored programs and curriculums that address the stigma around mental health. We worked with local schools to begin implementing Lion's Quest SEL in the early spring. Lion's Quest social and emotional learning programs support, encourage, and celebrate diversity. This program is designed to create a learning environment based on the needs of all students in an environment in which no one is an outsider because everyone is needed, valued, and important.

Mayo Hospital partnered with several community agencies to host a Mental Health Day at Penquis Valley Middle and High schools. This day aimed to reduce the stigma surrounding mental health and also had students practice stress relieving activities that they could then apply to their everyday lives such as Yoga, painting, breathing, etc.

In addition, we are working with Community Health and Counseling Services (CHCS) on a pilot program at Piscataquis Community Secondary School (PCSS). PCSS was chosen to work with the Maine Department of Education on this Pilot program due to the strong work being done in the schools with the Positive Action Programs co-advised by Northern Light Health staff.

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

- Piscataquis Community Secondary School
- SeDoMoCha Middle School
- Penquis Valley Middle and High Schools
- Community Health and Counseling Services
- PENQUIS
- Helping Hands with Heart Youth Providers Subcommittee
- Rape Response Services

Outcome measure: In FY22, Northern Light Mayo Hospital was unable to achieve our objective for this effort. We engaged five sites and held one school based event. However, we have not implemented a curriculum at this time.

Project lead: Breann Clayton, Community Health Specialist

Next steps: In FY23, Northern Light Mayo Hospital will implement the Lion's Quest curriculum in two Piscataquis County schools. This will fulfill the goal we had hoped to reach by September 2022. In addition, Mayo will work collaboratively to increase the number of individuals trained to support the mental health needs of youth in our service area by training community members in youth mental health identification and referral.

Priority #3: Obesity

Objective: Increase the number of evidence-based programs focused on increasing access to and availability of physical activity from one to two by September 30, 2022.

Status: Completed

Strategy: In FY22, Northern Light Mayo Hospital's Community Health specialist, Kate Fergola, worked with schools, childcare centers, and afterschool programs to bring fun, and engaging programs that focus on healthy eating and active living. We held a successful story walk in July in partnership with SNAP (Supplemental Nutrition Assistance Program) Education and have been offering free afterschool programming at SeDoMoCha since the start of the 2022-2023 school year.

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

- MaineHealth Let's GO Program
- SeDoMoCha Elementary/Middle School

Summer Meals
SNAP Education
26 Childcare Centers in Piscataquis County

Outcome measure: In FY22, Northern Light Mayo Hospital implemented two evidence based physical activity programs at eight sites and reached approximately 630 youth community members.

Project lead: Kate Fergola, Community Health Specialist (5-2-1-0 Coordinator)

Next steps: In FY23, Northern Light Mayo Hospital will continue to partner with local childcare centers, schools, after school programs, and local food resources to bring healthy eating and active living education to the community. We have made significant progress over the last three years and are excited about our future plans.

Priority #4: Access to Healthy Food/Food Insecurity

Objective: Increase food insecurity screenings from 964 to 1000 by September 30, 2022.

Status: Completed

Strategy: In FY22, Northern Light Mayo Hospital worked hard to implement the screening throughout our organization. By providing continued education related to the importance of using the validated 2-question food insecurity screening at all of our sites while maintaining proper documentation of efforts, and continued work with community partners will ensure that we are meeting the needs of our patients and our community. We are proud to report we were able to complete and exceed our goal.

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

- Good Shepherd Food Bank
- Primary Care Practices (Corinth, Milo, Dexter, Dover-Foxcroft)
- Northern Light Mayo Emergency Department
- Northern Light Mayo Medical Surgical Unit
- Northern Light Mayo Oncology Unit
- Northern Light Mayo Obstetrics Unit
- United Way
- Piscataquis Regional Food Center (PRFC)

Outcome measure: In FY22, Northern Light Mayo Hospital had eight sites screening for food insecurity. We conducted 4,391 screenings, helped 304 patients who screened positive and expanded the number of sites screening by one.

Project lead: Whitney Gould-Cookson, Clinical Dietitian

Next steps: In FY23, Northern Light Mayo Hospital will continue to screen patients for food insecurity and help patients get connected to vital resources when needed.

Conclusion

Northern Light Mayo 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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