

Fiscal Year 2020

# PROGRESS REPORT TO OUR COMMUNITY

Addressing community health needs



**Northern Light**<sup>SM</sup>

Acadia Hospital

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Scott A. Oxley, MBA, CPA  
President

**Northern Light**  
**Acadia Hospital**

The emergence of COVID-19 has brought unique challenges to our community, but with these challenges have come new opportunities. The needs of our patients and communities have called on us to unite and respond with unprecedented levels of collaboration. Trust in one another's expertise and commitment has been evident week after week as we respond to both emergent and extended needs.

Our shared response has included a focus on the needs of our most vulnerable community members, including older adults and people of all ages experiencing hunger or homelessness. Together, we have provided food, housing, and transportation for those negatively affected by COVID-19; as well as childcare for essential workers.

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 along with 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 2020, representing the first year of our three-year health improvement plan. In addition to the extraordinary 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

As Northern Light Acadia Hospital, we know that our neighbors are looking for places where they can go for personalized care—and we want them to choose us. We are determined to be the best option for them while continuing to collaborate with our community partners. I look forward to what we can accomplish in the months ahead.

Sincerely,

Scott Oxley  
President, Northern Light Acadia Hospital

# Progress report update

## FY 2020 Progress Report

### Priority #1: Social determinants of health

**Objective:** Increase the number of patients screened for food insecurity and referred to community resources from zero to 150 by 9/30/20.

**Status:** In progress

**Strategy to achieve the objective (approaches taken, and resources used):** In fiscal year 2020 (FY20), Northern Light Acadia Hospital gained access to the Northern Light Food Insecurity Screening in Cerner, our electronic medical record, and initiated its use across pediatric and adult inpatient and outpatient treatment programs. Providers were instructed on its use and it was built into the admission evaluation workflow.

**Highlights:** In FY20, Northern Light Acadia Hospital increased the visibility of food insecurity among its patient population and has helped to inform a developing collaboration between Acadia and the Good Shepherd Food Bank which will begin in fiscal year 2021 (FY21).

**Outcome measure:** In FY20, Northern Light Acadia Hospital conducted 1,324 food insecurity screenings. A total of 130 of those (9.8%) were positive. We do not have data on referrals made as a result of the screening results as this was added to the food insecurity report as of August 2020 but will be tracking this in FY21.

**Project lead:** Brent Scobie, PhD., LCSW, Vice President of Clinician Services and Quality

**Next steps:** In FY21, Northern Light Acadia Hospital continue to conduct Food Insecurity screenings, adding information about referrals made to services and partnering in more depth with Good Shepherd Food Bank.

### Priority #2: Substance use

**Objectives:** Increase the number of community members able to access an existing primary care Medication-Assisted Treatment option (MAT) and increase the Northern Light Acadia Hospital daily dosing Suboxone program from 50 to 100 people by 9/30/20.

**Status:** In progress

**Strategy to achieve the objective (approaches taken, and resources used):** In FY20, Northern Light Acadia Hospital continued to expand our collaboration on issues of Medication-Assisted Treatment by working with Dr. Billings-Lindsey, who oversees primary care for Northern Light Eastern Maine Medical Center (to start) along with leaders in the Emergency Department at EMMC. The primary care provider office collaborative focus will be on supporting the providers with patients prescribed Suboxone for MAT. We are providing expertise resources as well as an option to refer high risk patients needing stability to Acadia.

**Partners engaged:** Northern Light Acadia Hospital partnered with the following entities on this priority:  
Northern Light Eastern Maine Medical Center Emergency Department  
Northern Light Eastern Maine Medical Center Primary Care – Dr. Billings-Lindsey

**Highlights:** In FY20, Northern Light Acadia Hospital has been widening the array of understanding of the depth and breadth of services our Opioid Health Home (OHH)/daily dosing Suboxone program offers to other non-Northern Light agencies within the greater Bangor region.

**Outcome measures:** In FY20, Northern Light Acadia Hospital we had 73 unique suboxone daily dosing patients come through our doors to receive substance use disorder treatment. The collaboration with primary care offices for MAT, while new, is expected to grow and expand to other Northern Light primary care offices.

**Project lead:** Ann Soule, LCPC, Director, Adult Services

**Next steps:** In FY21, Northern Light Acadia Hospital will cement the collaborative foundation with the primary care offices for MAT. With the support of Jesse Higgins, our Liaison with Northern Light primary care provider offices, we will expand the work done with EMMC to other Northern Light primary care offices providing suboxone for MAT. We will also continue to strengthen our collaboration with Northern Light EMMC Emergency Department

### Priority #3: Mental Health

**Objective:** Acadia Hospital will increase the number of CARES packages distributed from zero to 650 by 9/30/20.

**Status:** In progress

**Strategy to achieve the objective (approaches taken, and resources used):** In FY20, Northern Light Acadia Hospital continued to provide outreach, training, and technical assistance to school districts and organizations all across Maine using the Acadia CARES series and curriculum. Through partnerships with school providers, media outlets, community groups, and other stakeholders, we were able to spread the word about this series and build excitement and enthusiasm.

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

- Over 20+ statewide school districts
- Other community organizations and stakeholder groups such as:
  - Northern Light Health member organizations
  - The University of Maine
  - Maine Child Welfare Education
  - Adoptive and Foster Families of Maine
  - GEAR Parent Network
  - Community Compass
  - Maine Children’s Trust

**Highlights:** In FY20, Northern Light Acadia Hospital successfully brought our expertise and assistance to schools, teachers, support staff, and agency staff during the incredibly challenging time of COVID-19. During

the last 6 months of FY20 (and through the time of this report), kids and families have experienced significant emotional challenges associated with the coronavirus global pandemic. Isolation, grief and loss, anxiety, and disruptions to routine (among other things) are prevalent. Our strategy has been to make ourselves as available as possible to support youth and families AND the teams from schools and provider agencies who care for them.

**Outcome measure:** In FY20, Northern Light Acadia Hospital partnered with approximately 15 school districts (over 25 individual buildings) to provide support, professional development, coaching, and clinical services. While we do not know the total number of students represented by these 25+ schools, the possible number of students reached is around 100,000. Additionally, Acadia tracked requests and distributions of CARES Packages. In total, over 230 organizations and schools across Maine (and the nation) received the package. Our outcome goals continue to maximize exposure to our CARES material and our local experts.

**Project lead:** Chris McLaughlin, AVP, Community and Pediatric Services (NL Acadia Hospital)

**Next steps:** In FY21, Northern Light Acadia Hospital plans to continue our outreach efforts using the CARES curriculum and to provide needed supports to schools and organizations related to the impact of COVID-19 and the associated civil emergency in place. Our team has submitted for financial assistance through state and national grant funders so we can expand on this work. It is our hope to publish a CARES version 2 (with updated materials) as well as develop a follow-up video series to the now award-winning CARES program.

## Conclusion

Northern Light Acadia Hospital continues work on identified priorities through its 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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