Fiscal Year 2026

Progress Report to our Community

Addressing community health needs.

Northern Light Acadia 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, Acadia Hospital creates healthier communities through the provision of services, resources, and programs beyond our hospital's walls.

Results from the 2025 Community Health Needs Assessment along with community input informed the development of our three-year Community Health Implementation Strategy. Northern Light Acadia Hospital recognized the value, reach, and influence of aligned engagement efforts with a shared purpose. The following three systemwide priority areas were adopted by Northern Light Health member organizations to engage in common strategy to leverage the effect on our communities in a consistent and measurable way.



This report is an update on Northern Light Acadia Hospital's progress on our community health strategy for fiscal year 2026 (FY26),October 2025 – September 2026 representing the first of three years of our three-year, FY26 – FY28 community health improvement plan.

Northern Light℠
Acadia Hospital

Addressing Community Health Needs: FY26 Update



Mental Health

Northern Light Health continues to advance mental health equity by offering expanded access to care through school-based programs, telehealth, and integrated care models that make it easier for individuals to access this service where they already receive medical care.

Goal: Improve mental health by strengthening care environments and communities

Shared Objective: Provide community-based training/education to increase awareness, reduce stigma, and improve access to mental health services and resources.

Population(s) of focus: Youth with mental health needs; People affected by social isolation or loneliness; Youth living in poverty.

Community based engagements and impact

FY26

By teaming up with local organizations, Northern Light Acadia Hospital promoted vital mental health resources and training opportunities, making it easier for community members to find and get the support they need. The following events experienced strong attendance, active engagement, and access to resources.

- Psychological First Aid (PFA) is an evidence-informed framework that helps individuals and families cope with the emotional and psychological impacts of trauma and crisis. To build community capacity and resilience, Northern Light Acadia Hospital offered PFA training that highlighted the effects of collective trauma, promoted self-care practices, and equipped participants with practical tools to support themselves and others. Training covered eight core elements: engagement, safety, stabilization, information gathering, practical assistance, connection to social supports, coping strategies, and referral to collaborative services. The training was well received, with participants reporting increased confidence in supporting themselves and others during times of crisis.

  Partners: Camp G. Pierce Webber, Camp Jordan, Maine ARNG, RSU 18, Youth Mental Health Summit, Army National Guard Family Day, Bangor Housing Block Party, and Pride Festival

  Training sessions held: 13 trainings held with 403 attendees

- Project ECHO (Extension for Community Healthcare Outcomes): This program uses a collaborative, case-based model of medical education and care management to equip participants with the knowledge and support needed to deliver specialty-level care within their local communities. Through videoconferencing technology, primary care providers and other pediatric care givers receive ongoing training, consultation, and mentorship from specialists, expanding access to high-quality care for patients in rural and underserved areas. The ECHO sessions were well attended and included information to support their communities related to; School Based Health Center Behavioral Health and Pediatric Psychiatry in Primary Care.

  Partners: Maine Pediatric & Behavioral Health Partnership, MCD, various SBHC & Primary care staff and providers

  ECHO sessions held: six School Based Health Center Behavioral Health ECHO sessions and 10 Pediatric Psychiatry in Primary Care

- Support Groups: Northern Light Acadia Hospital engaged in foundational work to set up support groups that will target populations that are at risk for mental health conditions because of loneliness or isolation. The objective is to offer care and support while working on social skills to increase confidence when interacting with others. Focus populations will be youth, individuals who are part of a marginalized population, and caregivers (ex. Those who care for individuals in recovery or Alzheimer's or dementia). Funding streams are forthcoming and will drive continued work in Fiscal Year 2027 as approved.

  Partners: Primary care practices, schools, CAPs, substance use recovery organizations

Additional actions supporting the mental health priority

Community education posts

Connecting with our community through a variety of communication platforms is an important way we share information about mental health awareness and connect individuals with available resources. Behavioral and mental health-related content published on Northern Light Acadia Hospital's social media platforms, such as Facebook, is measured by reach, which represents the number of unique individuals who see this information.

- FY26: Shared 34 social media posts promoting behavioral and mental health awareness and access to care, reaching an average of 2,575 individuals per post.

Systemwide collective impact

Collectively, Northern Light Health member hospitals produced the following results:

- FY26:
  - Depression screening was completed for 77.54% of eligible patients, throughout Northern Light Health, a rate that aligns with national benchmarks.
  - Shared 76 social media posts promoting behavioral and mental health awareness and access to care, reaching an average of 2,060 individuals per post

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Substance Use

Northern Light Health advances equity in substance use prevention and care by providing a range of substance use disorder (SUD) services across multiple locations and care settings throughout Maine, providing specialized SUD services for adolescents and community-based integrated care, and through collaboration with community organizations to improve prevention, treatment, and recovery education and awareness.

Goal: Improve access and services to reduce the impact of substance use in our communities.

Shared Objective: Provide education and promotion of substance use prevention, treatment, and recovery.

Population(s) of focus: Youth with substance use disorders; People affected by social isolation or loneliness; Youth living in poverty.

Community based engagements and impact

Partners: 8th Annual Opioid Response Summit, Northern Light Pharmacy

- FY26: Northern Light Acadia Hospital engaged in foundational work to develop protocols for ECHO training sessions focused on substance use and recovery specific to working with adolescents. Efforts will continue into fiscal year 2027. Acadia staff participated in the 8th Annual Opioid Response Summit where leaders across the state convened to share best practices, ideas, and strategies related to working with people affected by the opioid crisis. In addition, Acadia once again participated in Recovery-Palooza, an annual event celebrating recovery and community connection.
- FY26 Drug Take Back: Northern Light Acadia Hospital, in partnership with Northern Light Pharmacy, offers convenient consumer drug take-back resources as part of Northern Light Health's safe disposal initiative. Community members were encouraged to discard unwanted/unused medications in secure drop-off receptacles for safe disposal that were then measured by total weight equaling 29 lbs.

Additional actions supporting the substance use priority

Community education

Substance use-related posts published on Northern Light Acadia Hospital's social media platforms, such as Facebook, are measured by reach, which represents the number of unique individuals who see this information.

- FY26: Shared three social media posts focused on substance use awareness and access to care, reaching an average of 3,532 individuals per post.

Systemwide collective impact

Collectively, Northern Light Health member hospitals produced the following results:

- FY26: Shared 31 social media posts focused on substance use awareness and access to care, reaching an average of 3,909 individuals per post.



Chronic Conditions

Northern Light Health continues to advance equity in chronic conditions by combining data-driven population health strategies, rural access initiatives such as our Mobile Mammography unit that travels around Maine and makes getting a mammogram as easy as possible, and care coordination so that our patients and communities have opportunities to prevent, manage, and live well with chronic disease.

Goal: Improve chronic condition outcomes through prevention and early detection.

Shared Objective: Provide education and empower community members in the prevention and management of chronic conditions through healthy behaviors.

Population(s) of focus: Individuals with mental health conditions; Individuals living in poverty; Individuals who are uninsured and underinsured.

Community based engagements and impact

FY26

- Holistic Evaluation: Northern Light Acadia Hospital utilizes a holistic evaluation and care approach with our patients to treat the whole person. Upon initial evaluations, we assess the mind, body, and emotions through the patient's current and historical lens along with cultural and spiritual preferences and needs. Recognizing the interconnectedness of these elements allows treatment to be tailored to the individual.

- Fresh Produce Fridays: a collaboration between Northern Light Acadia Hospital and Good Shepherd Food Bank, helps address food insecurity by providing fresh produce monthly to patients, families, staff, and members of the community in need. Emergency Food Bags are available to those who show a need through social determinants of health screening. Bags were distributed to patients in all outpatient programs along with clients of our Behavioral Health case management program. Fresh produce and emergency food bags were also made available to the Warsaw Middle School community through a collaboration between Acadia's school based program and community health team.

Partners: Good Shepherd Food Bank, Acadia staff helping to organize efforts, Warsaw Middle School in Pittsfield

Clinical actions supporting chronic conditions

Northern Light Acadia Hospital engages in evidence-based interventions and services that promote appropriate and effective prevention, early detection, and treatment of chronic conditions to improve overall health. Screening results are compared to national benchmarks.

Food bag distribution

Bridging the gap between health and hunger through screening and the provision of food bags to patients in need.

- FY26: Food security screening rates resulted in 2,490 patients screened, 168 patients identified as positive for food insecurity, and 92 food bags given.

Additional actions supporting the chronic conditions priority

Community education

Education specific posts related to chronic health conditions on Northern Light Acadia Hospital's social media platforms, such as Facebook, are measured by reach, which represents the number of unique individuals who see this information.

- FY26: Shared 10 social media posts promoting education on and care for chronic health conditions, including cancer, cardiology, diabetes, food insecurity, and respiratory health, reaching an average of 901 individuals per post.

Systemwide collective impact

Collectively, Northern Light Health member hospitals produced the following results:

- FY26:
  - Food security screening rates resulted in 311,385 patients screened, 4,124 patients identified as positive for food insecurity, and 2,090 food bags given.
  - Shared 264 social media posts promoting education on and care for chronic health conditions, including cancer, cardiology, diabetes, food insecurity, and respiratory health, reaching an average of 2,631 individuals per post.

Enhancing Community Resource Accessibility

Northern Light Acadia Hospital encourages staff, patients, and community members to use the free, open-access 211 Maine or findhelp.org to find, contact, and/or make referrals to community-based services. In addition, Northern Light Health will:

- Maintain ongoing partnership with MaineHealth and 211 Maine to improve resource listings and community engagement approaches for findhelp.org and 211 Maine.
- Continue our collaboration with Maine CDC, MaineHealth, 211 Maine, and Community Care Partnership of Maine to ensure all community food security resources are included in findhelp.org and 211 Maine.
- Participate in the Maine Community Information Exchange (CIE) collaborative led by the United Ways of Maine to explore creation of a statewide closed-loop network connecting healthcare providers and community-based organizations.