

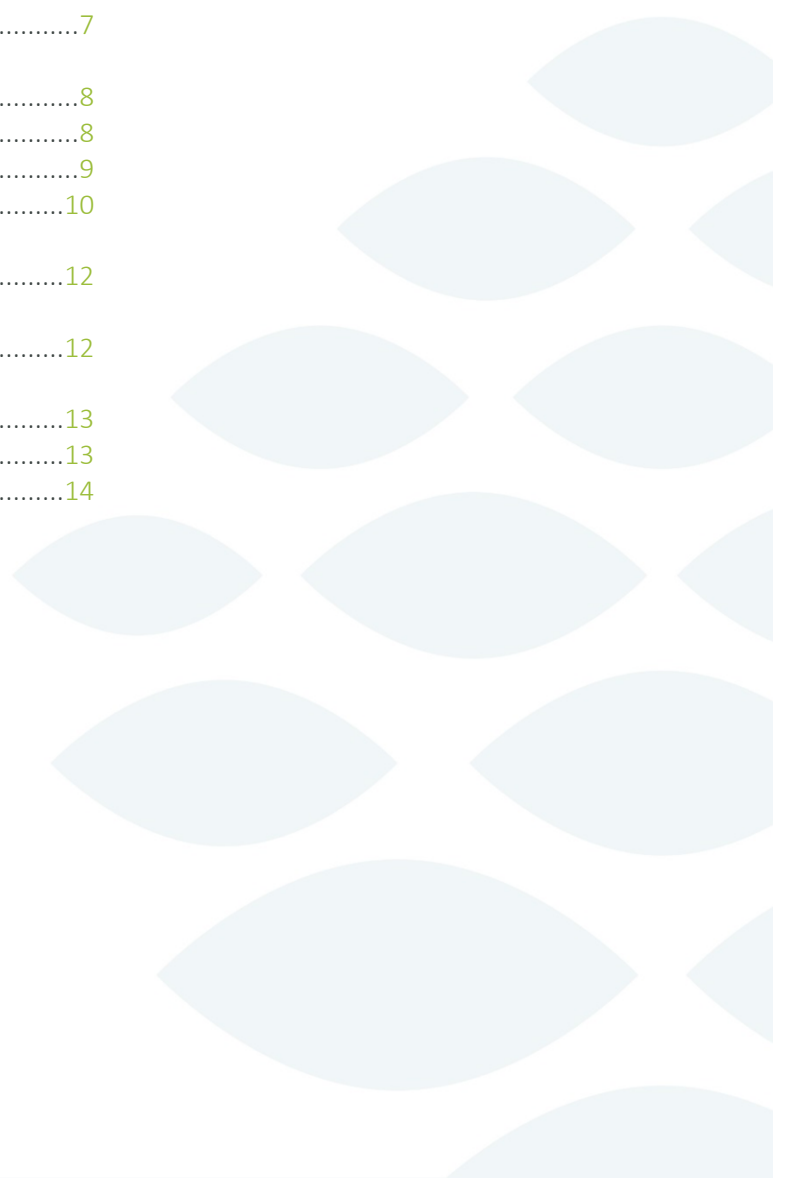


Community Health Implementation Strategy

Addressing Community Health Needs
Fiscal Year 2026-2028

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Introduction

Northern Light Health and our employees care deeply about our neighbors and communities. Our member organizations work hard to understand and address priority needs. We meet regularly with community partners to plan and implement local solutions that make it possible for people in our communities to lead healthier lives. By working together, we promote a culture of stewardship and foster vibrant communities.

Northern Light CA Dean Hospital is committed to shaping health improvement efforts in its service area based on sound data, personal and professional experience, and community need. Through collaborative efforts, Northern Light CA Dean Hospital creates healthier communities through the provision of services, resources, and programs within and beyond the walls of the hospital.

About Northern Light Health

At Northern Light Health, we're building a better approach to healthcare because we believe people deserve access to care that works for them. As an integrated health delivery system serving Maine, we're raising the bar with no-nonsense solutions that are leading the way to a healthier future for our state. Our care team—in hospitals, primary and specialty care practices, long-term and home healthcare, behavioral healthcare, and ground and air medical transport and emergency care—are committed to making healthcare work for you: our patients, communities, and employees. For additional information, visit <https://northernlighthealth.org/About-Us> to access our annual report.

About Northern Light CA Dean Hospital

Northern Light CA Dean Hospital is a 25-bed critical access hospital nestled near the shores of Moosehead Lake in Greenville, Maine.

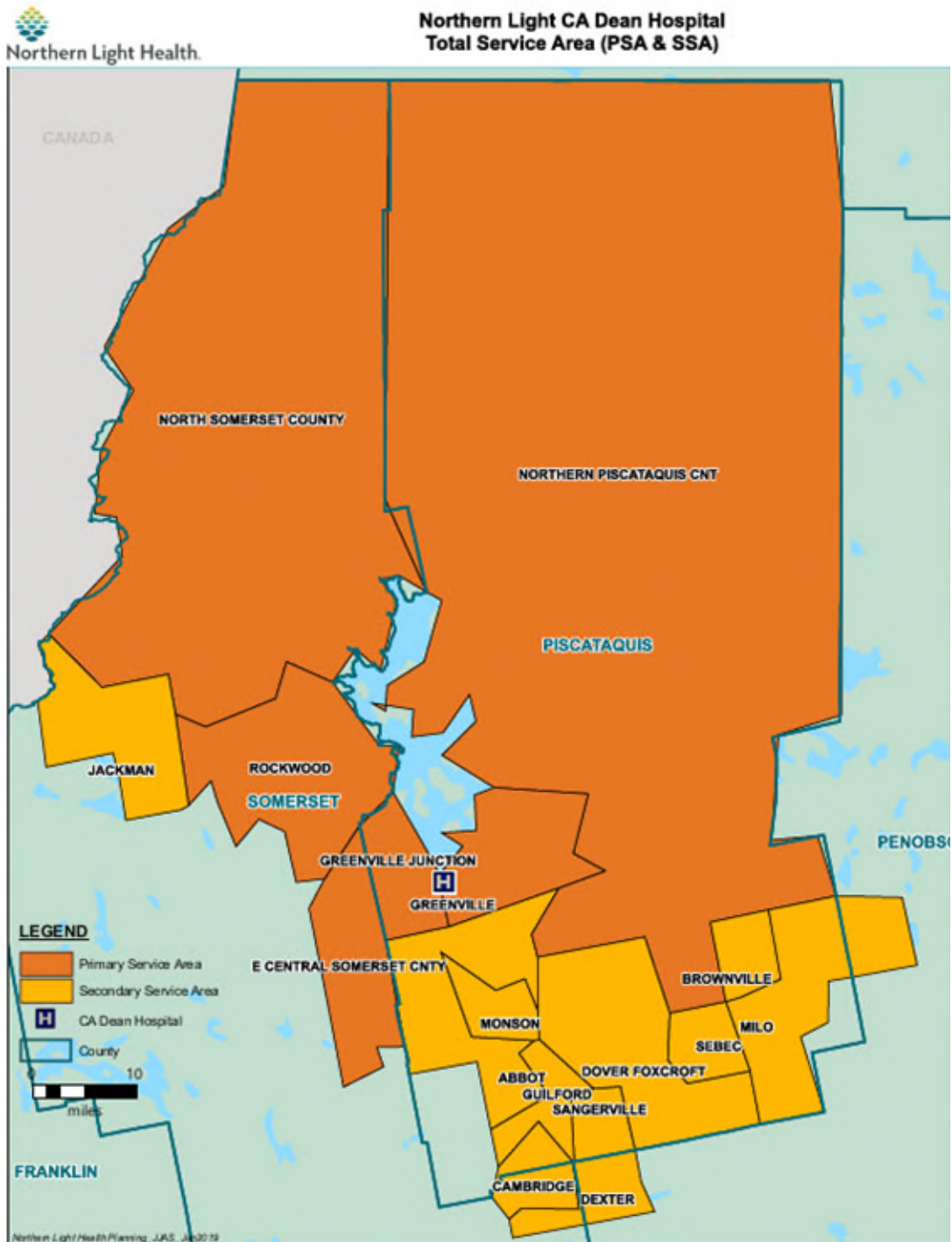
Opened in 1911 to meet the healthcare needs of the local community, tourists, and lumbermen, Northern Light CA Dean Hospital remains an important resource for both the year-round and seasonal residents we serve. Our Health Centers in Sangerville, Greenville, and Monson also ensure quality healthcare is close by.

Northern Light CA Dean Hospital is a member of Northern Light Health, an integrated health delivery system in Maine with nine hospitals, home care and hospice, emergency transport network, population health company, and retail pharmacy.

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Definition of Community Served

Located in Greenville, Maine, Northern Light CA Dean Hospital has a service area comprised of both primary and secondary service areas, together referred to as the total service area. Total service areas (TSAs) are developed by the Northern Light Health Planning department based on neighboring zip codes from which a majority of a hospital's inpatient admissions originate. TSAs can sometimes overlap due to hospital locations or because of the specialty services provided by the hospitals.



Reference the associated Piscataquis [County Health Profile](#) for key demographic information.

Addressing Community Health Needs

Shared Community Health Needs Assessment

In 2025, Maine’s four largest healthcare systems – Northern Light Health, Central Maine Healthcare, MaineGeneral Health, and MaineHealth – as well as the Maine Community Action Partnership, and the Maine Center for Disease Control and Prevention partnered to research and publish a shared Community Health Needs Assessment (Shared CHNA). The Shared CHNA provides a comprehensive review of health data and community perspective on a broad set of health issues in Maine. Value in partnering is derived from the recognition that the partners’ missions cut across the multitude of factors that influence a person’s health and well-being and the overlap in service areas, patient populations, and services and programs.

This assessment cycle, the Maine Shared CHNA continued its collection and analysis of data covering community conditions and social drivers of health, protective and risk factors, and health conditions and outcomes at the urban, county, state, and national level. This cycle saw expanded efforts to engage communities across Maine; conducting statewide focus groups with the following populations: multigenerational Black/African American; veterans; people who identify as a protected class; women; youth; and young adults. In addition, county-level focus groups engaged people having low-income, key informant interviews were held with individuals having specialized knowledge or experience relevant to community health and well-being issues, and a statewide community survey, which was open to anyone in living in Maine, to learn about local resources and strengths of their communities and their own health and well-being. Both the quantitative and qualitative data were used to inform a health and well-being prioritization process held with stakeholders at county-based forums. These reports and the community input received are fundamental to achieving our goal of being a trusted and valued partner to improve the health of the people and communities we serve.

Results of the 2025 Shared CHNA along with community input were used to inform the development of this three-year Community Health Implementation Strategy by Northern Light CA Dean Hospital. The efforts identified within help demonstrate our commitment to our community, as we provide benefits reflective of our mission and tax-exempt status. These benefits include a focus on the clinical, social, and environmental factors that influence the ability of people to lead healthier lives.

Community Health Implementation Strategy

This Community Health Implementation Strategy was developed with input from community stakeholders including those who serve priority populations, public health partners, business leaders, and community advocates.

Priorities were selected after weighing the severity of each priority area, availability of known and effective interventions, determination that the priority area was un-addressed or under-addressed, and community collaborations underway with Northern Light CA Dean Hospital.

Northern Light CA Dean Hospital reserves the right to amend this Community Health Implementation Strategy as circumstances warrant. For example, certain community health needs may become more pronounced and require enhancements or a refocus to the selected priorities of focus.

Process and Methods for Priority Selection

Community members and stakeholders identified priority areas based on three domains as detailed in the county-level Community Health Needs Assessment (CHNA) report:

[Community conditions](#)

- Factors that affect people's health and well-being in the places where they live, work, and play.

Protective and risk factors

- Protective factors are characteristics associated with more positive health and well-being outcomes.
- Risk factors are characteristics associated with a higher likelihood of negative outcomes.

Health conditions and outcomes

- Health conditions refers to a person's state of health.
- Health outcomes are the changes in one's health status as a result of healthcare services or interventions.

The county CHNA forum priority voting revealed that *mental health, substance use, and chronic conditions* were among the top priorities identified in almost every county. Northern Light Health recognized the value, reach, and impact of aligned engagement efforts with a shared purpose and therefore, identified these three priority areas for Northern Light member hospitals to engage in common strategies to achieve greater statewide impact. We are uniquely positioned to have the most impact on these priorities through system and community-clinical collaborations to meet the needs of those we serve.

Northern Light CA Dean Hospital's Community Health Implementation Strategy was developed to include our systemwide shared priority areas of work reflecting upon the quantitative health profile indicators and qualitative prioritization derived from the Shared CHNA's community engagement process. CA Dean Hospital's planning team also considered local readiness and capacity to address these needs in partnership with our communities. Our planning team included representatives with knowledge and insight of the communities we serve.

Members of CA Dean Hospital's Community Health Implementation Strategy team included individuals representing the following organizations:

- Helping Hands with Heart Collaborative, Volunteer Facilitator
- Maine CDC, Penquis District Public Health Liaison
- Northern Light Mayo and CA Dean Hospitals, Director of Community Outreach
- Northern Light Mayo and CA Dean Hospitals, Director of Quality
- Piscataquis Youth Substance Use Prevention Coalition (PYSUP), Healthcare Sector Representative

The following criteria were used for the health need selection process:

- **Shared CHNA prioritization:** How the health priority ranked in the Shared CHNA.
- **Systemwide:** Priority areas of work as determined by Northern Light's Community Health Workgroup.
- **Health equity:** Which populations are disproportionately affected by the priority area of focus; which populations may be experiencing unique barriers to resolve the issue; and what data or themes emerged from the CHNA Forums, the County Data Health Profile, and the Community Engagement Profile that reinforce selecting one or more populations of focus.
- **Ability to leverage local community assets:** Identification of potential community partnerships to engage in order to address the priority need, or to build on current programs, emerging opportunities, or other community assets.
- **Expertise:** Northern Light CA Dean Hospital experts and local partnership experts in various priority areas.
- **Feasibility:** Northern Light CA Dean Hospital has the ability to have an effect given the community benefit resources available.

Annually, our internal team will convene to determine if changes need to be considered to best address the priority health needs of our community.

NOTE: There were no written comments received related to the most recently conducted Shared CHNA and Community Health Implementation Strategy for inclusion in this report.

Evaluation Efforts

Northern Light CA Dean Hospital will monitor and evaluate the strategies related to this priority area of work for the purpose of tracking the implementation of those strategies as well as to document the anticipated impact. Through internal quarterly reporting practices, we plan to document and track measures, approaches and resources used, partners engaged, and highlights related to this priority area of work. These quarterly reports will inform our fiscal year-end Progress Report to Our Community that will be made publicly available on our Community Health Implementation Strategy web page.

Feedback Opportunity

Contact communitybenefits@northernlight.org with feedback on this report.

Approval from Governing Board

Northern Light CA Dean Hospital's Community Health Implementation Strategy and Community Health Needs Assessment (CHNA) were reviewed by the hospital's governing board and a resolution was made to approve and adopt both the Shared CHNA and the Community Health Implementation Strategy on May 29, 2025.

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Selected Priorities of Focus

Northern Light members will engage in the following three systemwide priorities to leverage the effect in our communities in a consistent and measurable way:



Behavioral Health

Rationale

Behavioral health encompasses mental health, substance use, and health behaviors. Untreated behavioral health needs stemming from a variety of factors such as adverse childhood experiences (ACEs), post-traumatic stress disorder (PTSD), and other factors, are associated with financial and housing instability through increased unemployment or underemployment and fragmentation of supportive social relationships. Individuals with unaddressed behavioral health needs often cycle in and out of poverty and homelessness, worsening their mental and physical health outcomes. Behavioral health can affect an individual's ability to practice good health behaviors and seek care or resources when needed. Limited healthcare options, lack of support, and fear of stigma may prevent individuals from seeking help, indicating an ongoing need to increase mental health awareness, dispel common misperceptions, and address barriers to accessing behavioral healthcare.

The Northern Light CA Dean Hospital's Community Health Implementation Strategy team recognizes that addressing behavioral health through specific mental health and substance use needs are priorities for our community with a focus on health equity, especially for those who may be experiencing health disparities. There are substantial local community assets and CA Dean Hospital has resources available to help support these needs. Furthermore, there are many options for evidence-based mental health and substance use interventions and services that promote appropriate and effective prevention, identification, and treatment for behavioral illnesses.

Priority: Mental Health

Intended actions to address the need

Northern Light CA Dean Hospital will strengthen communities and care environments to improve awareness of mental health needs and improve health outcomes by:

- Providing identification and treatment of depression through routine screening.
- Providing evidence-based training and education to schools and other youth-serving organizations.
- Reducing the stigma surrounding mental health through education, community-based programs, and promotion of available resources.

- Collaborating with community organizations to increase community awareness of mental health needs and strengthen resources and support networks.
- Promoting Northern Light Health’s findhelp.org as a resource for community services and supports.

Anticipated impact of these actions/expected outcomes

Northern Light CA Dean Hospital anticipates:

- Increasing access to depression screenings in primary care settings.
- Decreasing the stigma around mental health.

Programs and resource allocation

Northern Light CA Dean Hospital will:

- Dedicate internal staff resources (e.g., community health outreach coordinator, marketing and communications, and primary care office staff, etc.) to address and promote activities related to this priority.
- Promote activities such as the provision of Provide Psychological First Aid (PFA) training to educators, caregivers, community members and healthcare providers to reduce stigma and improve efforts connected to this priority.
- Work with community outreach staff to promote and share resources related to stigma reduction with community and school partners.
- Design and share depression screening warning signs via social media and on patient waiting area monitors to improve awareness and intervention opportunities.

Planned collaborations

Northern Light CA Dean Hospital will collaborate with Northern Light Acadia Hospital, who provides behavioral and mental health services and expertise throughout Maine, in the delivery of services in our area, as well as continuing our collaboration with the Maine Prevention Network and schools in our area of Dexter, Dover-Foxcroft, Guilford, and Greenville to provide community education on this priority.

Population of focus

Northern Light CA Dean Hospital has resources and partnerships available to be leveraged in support of this need specific to the following populations:

- Youth with mental health needs
 - Almost 40% of Piscataquis County middle school students reported feeling sad and hopeless almost every day for two weeks or more in a row causing them to stop engaging in some usual activities, which is statistically higher for the same population in 2015-2017. Additionally, nearly 29% of middle school students seriously considering suicide, which is higher than the state average. Youth experiencing mental health needs are at a higher risk for substance use, other unsafe behavior, and issues at school.
- Individuals living in poverty
 - 15% of Piscataquis County residents live in poverty, a significantly higher proportion than state and national rates. Individuals living in poverty are more likely to experience mental health needs than those not living in poverty.

Priority: Substance Use

Intended action to address the need

Northern Light CA Dean Hospital will improve access and services to reduce the impact of substance use in our communities through prevention, treatment and recovery by:

- Increasing access to Medication Assisted Treatment through primary care offices.
- Providing community education and promotion of substance use prevention and treatment options.
- Partnering with community organizations to support and promote substance use recovery resources.

- Promoting Northern Light Health’s findhelp.org as a resource for community services and supports.

Anticipated impact of these actions/expected outcomes

Northern Light CA Dean Hospital anticipates:

- Increased access to Medication Assisted Treatment throughout Piscataquis County.
- Increased prevention efforts through training and educational activities to increase youth awareness of risks and prevention of substance use.

Programs and resource allocation

Northern Light CA Dean Hospital will allocate staff time of the senior physician executive, physician practice leadership, healthcare practitioners and the director of quality to work toward increasing access to Medication Assisted Treatment. We will partner with Mayo Hospital’s community outreach department to teach the evidence-based prevention curriculum (such as Prime for Life and Catch my Breath, focused on reducing risky behaviors and promoting healthy decisions) to local schools and to purchase the workbooks for the trainings through their grant funded prevention program.

Planned collaborations

Northern Light CA Dean Hospital will collaborate with Northern Light Mayo Hospital, serving Piscataquis County community members in the Dover-Foxcroft area; and with schools in our area; Greenville Consolidated School, Dexter Regional High School, SeDoMoCha Middle School, Foxcroft Academy, and Piscataquis Community Secondary School; and many other local businesses and social service agencies and the Maine Prevention Network to improve outcomes related to this priority.

Population of focus

Northern Light CA Dean Hospital has resources and partnerships available to be leveraged in support of this need specific to the following populations:

- Youth experiencing high ACE (Adverse Childhood Experiences) scores
 - Approximately 23% of Piscataquis County high-school aged students reported at least four out of nine adverse childhood experiences (ACEs). Students experiencing ACEs are more likely to experience a number of negative outcomes such as mental health conditions, substance use, chronic diseases, learning difficulties, and relationship problems.
- Youth living in poverty
 - Nearly 17% of Piscataquis County children live in poverty, which is higher than state’s rate. Additionally, just over 56% of school-aged children live in households where the total income of the family is less than 185% of the established Federal Poverty Level, which is higher than the state’s rate. Youth experiencing poverty are at an increased risk for substance use disorders and social and emotional impacts across the lifespan.

Chronic Conditions

Priority: Chronic Conditions

Rationale

Chronic conditions such as cardiovascular disease, cancer, and obesity result in significantly higher rates of healthcare utilization and costs and cause poorer health outcomes and decreased quality of life. Individual behaviors such as avoiding smoking, limiting alcohol consumption, maintaining a healthy diet, and engaging in regular physical activity can significantly reduce the risk of developing chronic conditions. Community conditions such as poverty, housing instability, poor housing quality, and transportation issues are associated with higher risks of chronic conditions because they make it harder to access healthcare and maintain good health. A comprehensive approach to addressing chronic conditions, including environmental approaches, healthcare system interventions,

and community programs, can support healthy individual behaviors and communities and improve access to services to prevent and manage chronic conditions.

The Northern Light CA Dean Hospital's Community Health Implementation Strategy team determined it was feasible to address this need with a focus on health equity, especially for those who may be experiencing health disparities. There are substantial local community assets and CA Dean Hospital has resources available to be leveraged in support of this need. Furthermore, there are many options for evidence-based interventions and services that promote appropriate and effective prevention, early detection, and treatment of chronic conditions.

Intended action to address the need

Northern Light CA Dean Hospital will improve chronic condition outcomes for our communities through chronic disease preventions, early detection, and health outcomes by:

- Ensuring that community members have access to chronic conditions screening and preventive care services.
- Partnering with community organizations to educate and empower community members in the prevention and management of chronic conditions through healthy behaviors.
- Supporting prevention and management of chronic conditions by providing access to healthy food options through distribution of food bags in partnership with community organizations.
- Promoting Northern Light Health's findhelp.org as a resource for community services and supports.

Anticipated impact of these actions/expected outcomes

Northern Light CA Dean Hospital anticipates we will:

- Increase breast cancer screening rates to system target.
- Increase colorectal screening rates to system target.
- Reduce youth obesity rates.
- Increase availability of resources for the prevention and management of chronic conditions.

Programs and resource allocation

Northern Light CA Dean Hospital will:

- Provide community education around healthy eating and active living to help reduce obesity rates during food pop-up markets.
- Engage with communities to bring the mobile mammography unit to places that are more easily accessible for patients who need breast cancer screenings.
- Engage with local schools to offer Mileage Club, a program aimed at encouraging kids to be active.

Planned collaborations

Northern Light CA Dean Hospital will collaborate with Northern Light Mayo Hospital, the University of Maine Cooperative Extension, Piscataquis Regional Food Center, Good Shepherd Food Bank, and the Maine Prevention Network to improve outcomes related to this priority.

Population of focus

Northern Light CA Dean Hospital has resources and partnerships available to be leveraged in support of this need specific to the following populations:

- Individuals living in poverty
 - 15% of Piscataquis County residents live in poverty, which is significantly higher than the state and national rates. Across the lifespan, individuals living in poverty are at an increased risk for chronic conditions and lower life expectancy.
- Individuals living with food insecurity
 - Over 16% of adults and 24% of youth living in Piscataquis County experience food insecurity, higher than both state and national rates for these groups. Food insecurity can increase the risk of heart disease, diabetes, hypertension, and impact overall health status.

- Individuals living with three or more chronic conditions
 - Almost 20% of individuals living in Piscataquis County experience three or more chronic conditions, which is significantly higher than the rate for the state of Maine.
 - Leading causes of death in Piscataquis County include heart disease and cancer. Piscataquis County incidence rates for late-stage colorectal cancer and late-stage breast cancer have increased in recent years, and screening rates for both colorectal and breast cancer are below the state average.
 - Piscataquis County residents report higher rates of blood pressure and experience high blood pressure hospitalizations rates that are significantly higher than the state of Maine's rate.
- Individuals who are uninsured and underinsured
 - Over 10% of Piscataquis County residents are uninsured and over 35% are enrolled in MaineCare. More than 9% of residents report cost barriers to health care.

Health Priorities Not Addressed

Northern Light CA Dean Hospital considered all priorities identified in the Shared CHNA, as well as other sources, through an extensive review process. We recognize that domain specific priorities may inherently be linked to one another and that for priorities not specifically selected by Northern Light CA Dean Hospital, community based organizations are poised to address and lead effective efforts. Priorities not selected, are listed below:

Community Conditions

- Housing and poverty were not selected as standalone priority areas of focus but we understand their connection to higher risks of chronic conditions and will look to community benefit organizations focused on these issue to lead efforts.
- Transportation was not selected as a standalone priority of focus, but we understand its connection to higher risks of chronic conditions and will look to community benefit organizations focused on this issue to lead efforts. Our hospital collaborates with patients in need of transportation to and from their healthcare needs by providing access to rides (e.g., taxi, vans, ride share programs, etc.,).

Protective and Risk Factors

- Adverse Childhood Experience (ACEs) & Youth Mattering were not selected as a standalone priority areas of focus, but we understand their impact on our behavioral health priority areas of work and will look to community benefit organizations focused on these issue to lead efforts.

Conclusion

Northern Light CA Dean Hospital is thankful for the participation and support of our community members and many area organizations in the Shared CHNA process and for contributing their knowledge of local community health needs. Through existing and future partnerships, collaborative efforts will be essential in addressing the identified community health implementation strategies prioritized within.

Northern Light CA Dean Hospital will engage in another Shared CHNA in 2028 and looks forward to ongoing community participation in these important efforts.

Appendix

Evaluation of Impact

Progress report on selected priorities from Northern Light CA Dean Hospital's last (2022) Community Health Needs Assessment.

Northern Light Health and Northern Light CA Dean Hospital are committed to promoting a culture of community stewardship and partnering together with community stakeholders to address high priority health issues. To do so effectively, we regularly monitor the effect of our community health efforts and make this information widely available to our communities in the form of annual Community Benefit statements, and this triennial Community Health Implementation Strategy. The following annual Progress Report to Our Community provides a summary evaluation of impact of the actions taken by CA Dean Hospital to address community health priorities adopted in 2022.

Measuring and reporting on progress is critical to making a difference in the communities we serve, and in the lives of those we care for. The following annual Progress Report to Our Community is provided:

- Progress Report to Our Community Fiscal Years 2023-2025

For additional information, visit <https://northernlighthealth.org/Community-Health-Needs-Assessment/2022-Community-Health-Strategy>

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Progress Report to our Community

Fiscal Years
2023-2025

Addressing community health needs.

Northern Light CA Dean 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, CA Dean 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, CA Dean 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 CA Dean Hospital's progress on our community health strategy for fiscal years 2023 (October 2022 – September 2023), 2024 (October 2023 – September 2024), and 2025 (October 2024 – September 2025) representing the three years 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 CA Dean 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 CA Dean 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, since this effort began in 2023, has resulted in 110 training sessions with 2,066 individuals trained.

Fiscal Year 2023 Partners and Community Impact

PARTNERS ENGAGED:

Bangor Daily News & Eastern Gazette	OutMaine
Community Health and Counseling Services	PENQUIS
Dexter Regional High School	Penquis Valley High School
Maine Department of Education	Piscataquis Community Secondary School (PCSS)
Maine Youth Action Network	SeDoMoCha Middle School
National Alliance on Mental Illness (NAMI)	State of Maine
Northern Light CA Dean employees* (<i>rehab, pharmacy, maintenance, care management</i>)	Yellow Tulip Project

- CA Dean employees and one community member trained in Psychological First Aid (PFA); 11 individuals trained in PFA.
- Co-hosted "Mental Health Dine & Discuss" event with Piscataquis Community Secondary School (PCSS)
- Co-hosted presentation with National Alliance on Mental Illness (NAMI) for community members
- Hosted a Positive Action Team Summit at the Piscataquis Community Secondary School
- Engaged in the Overdose Prevention Through Intensive Outreach Naloxone and Safety (OPTIONS) initiative coordinated by the Maine Office of Behavioral Health (OBH) and CHCS

Fiscal Year 2024 Partners and Community Impact

PARTNERS ENGAGED:

Bartley's Event Center*

Greenville Consolidated School

- Northern Light CA Dean Hospital employees and community members trained in Psychological First Aid* (PFA); nine individuals trained in Psychological First Aid.
- Community members trained in PFA at the Bartley Event Center on June 27.
- Youth Positive Action Team established at Greenville Consolidated School to address youth mental health.

Fiscal Year 2025 Partners and Community Impact

PARTNERS ENGAGED:

Dexter Regional High School

Foxcroft Academy

Greenville School Department

New Balance

Old Town High School

Orono High School

Piscataquis Community Secondary School

Ridgeview Community School

- Formed the 100 Mile Club for the third grade class at Greenville School Department, thanks to a New Balance sponsorship; 17 students and three teachers have been engaged to log 100 miles, if not more of physical activity. This encourages healthy habits for students and staff.
- Promoted a Community Chem Free Night for the Greenville Community where individuals enjoyed gathering for a healthy event.
- In collaboration with Northern Light Mayo Hospital, CA Dean Hospital hosted a Youth Positive Action Team (PAT) Summit at Piscataquis Community Secondary School with approximately 100 students from Dexter Regional High School, Ridgeview Community School, Piscataquis Community Secondary School, Foxcroft Academy, Orono High School, and Old Town High School. The Summit focused on the importance of Youth Mental Health and gave students the opportunity to learn valuable skills around wellbeing, selfcare, and substance use prevention.

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](https://findhelp.org) will continue to develop, allowing users to search and connect to community services.

Northern Light CA Dean 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. CA Dean 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 collective impact of our community engagement shared objective, since this effort began in 2023, has resulted in 69 partners offering 148 programs that increased engagement with [findhelp](https://findhelp.org).

Northern Light CA Dean 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.

- In fiscal years 2023 and 2024, CA Dean 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 collective impact of our community engagement shared objective, since this effort began in 2023, has resulted in 69 partners offering 148 programs that increased engagement with FindHelp.
- In fiscal year 2025, Northern Light Community Health researched [findhelp](https://findhelp.org) data, and engaged clinical user feedback, to understand the most frequently searched social health needs in our geographic region to meet the needs of specific populations. These topic areas were featured on the [findhelp](https://findhelp.org) platform as specific "folders" containing a minimum of five relevant community resource links providing [findhelp](https://findhelp.org) users with easy access to the resources compiled by our organization. In fiscal year 2025, collectively across Northern Light Health, there were 50,990 searches for assistance conducted using [Northern Light Health findhelp](https://findhelp.org) compared to 21,027 searches in 2023. Search data trends show that food assistance remains the dominant need across Maine. This work is ongoing as we continue to identify best options for quick and easy access to resources.
- Additionally, in 2025, Northern Light Community Health participated in a food security resource collaborative convened by the Maine CDC Chronic Disease Prevention and Control Program that included staff from [findhelp](https://findhelp.org), Maine 211, MaineHealth, Community Care Partnership of Maine (CCPM) ACO, and community partners. This group identified food security resources in counties with high prevalence of cardiovascular disease (Somerset, Piscataquis, Aroostook, and Washington) that were not listed within [findhelp](https://findhelp.org) and Maine 211. Members of this collaborative added these missing resources to their respective platforms and plan to pursue a quality improvement project to increase CPPM staff use of [findhelp](https://findhelp.org) and Maine 211 to address food security and other patient needs.

Fiscal Year 2023 Partners and Community Impact

PARTNERS ENGAGED:	
<ul style="list-style-type: none"> American Legion Post 94 Food Pantry Dover Foxcroft Congregational Church* Greenville Food Cupboard Mobile Pantry/Guilford Economic Partnership 	<ul style="list-style-type: none"> Partnership Food Pantries Piscataquis Regional/Old Town-Orono YMCA Rideout Preventive Dental*

- Two community partners* added six programs to the [findhelp](https://findhelp.org) directory:
 - Dover Foxcroft Congregational Church added five programs including Community Meals, Gas Cards, Heating Assistance, Medical Lending Closet, and Vouchers Program
 - Rideout Preventive Dental added one program specific to dental care
- Multiple outreach efforts to community based organizations to engage in the [findhelp](https://findhelp.org) platform

Fiscal Year 2024 Partners and Community Impact

PARTNERS ENGAGED:

Bartley's Event Center

Moosehead Lake Kiwanis Club*

Piscataquis Valley Adult Education Cooperative*

- Two community partners* added two programs to the findhelp directory:
 - Piscataquis Valley Adult Education Cooperative: High School Equivalency Program (HiSET)
 - Moosehead Lake Kiwanis Clue: Backpack Program
- Multiple outreach efforts to community-based organizations to engage in the findhelp platform.
- Engagement with Bartley's Event Center to host pop-up food markets with free fruits and vegetables as well as area resources.
- Updated the Piscataquis County resource guide given to patients who identify with food insecurity in the primary care practice setting.

Fiscal Year 2025 Partners and Community Impact

As a result of ongoing community engagement and promotion of [Northern Light Health findhelp](#), use of the platform to find assistance remains steady. In 2025, there were 1,538 searches by Piscataquis County residents compared to 961 searches in 2023. Search data trends show that food assistance remains the dominant need in Piscataquis County.

Northern Light CA Dean Hospital created the following findhelp resource folders:

Food security

1. Community Meals – Dover Foxcroft Congregational Church
2. Dover Foxcroft Area Food Center – Dover Foxcroft Area Food Center
3. Commodity Supplemental Food Program – Eastern Area Agency on Aging
4. Cancer Nutrition Program – Christine B. Foundation
5. Supplemental Nutrition Assistance Program – Maine DHHS
6. Maine Senior FarmShare Program – Maine DACF
7. Greenville Food Cupboard – The Moosehead Associates
8. Food Pantry – Moosehead Lake Kiwanis Club
9. Women, Infant and Children Supplemental Food Program – Bangor Public Health & Community Services
10. Food Pantry – American Legion

Substance use treatment/recovery

1. Virtual Support Groups – Marijuana Anonymous
2. Narcotics Anonymous Helpline – Maine Narcotics Anonymous
3. Alcoholics Anonymous – Central Service Office Alcoholics Anonymous
4. Maine QuitLink – Maine DHHS
5. Overdose Prevention Hotline – Never Use Alone
6. Drug Addiction Hotline – Drugfree
7. Substance Use Disorder Program 9 US VHA
8. Better Life Partners; Substance Use Treatment – Better Life Partners

Childcare

1. Head Start & Early Head Start – Penquis
2. Early Head Start – Maine DHHS
3. After School Program – Piscataquis Regional Y

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 CA Dean 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 CA Dean 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 Bangor Public Health & Community Services, CA Dean Hospital provided 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, since this effort began in 2023, has resulted in 3,257 naloxone kits distributed throughout Northern Light Health’s service area.

Fiscal Year 2023 Partners and Community Impact

PARTNERS ENGAGED:	
Bangor Public Health	Pine Tree Hospice staff
Community Health and Counseling Services (CHCS)	Positive Action Team students
Greenville Consolidated School	

- 145 state-sponsored naloxone kits distributed
- Engaged in the Overdose Prevention Through Intensive Outreach Naloxone and Safety (OPTIONS) initiative coordinated by the Maine Office of Behavioral Health (OBH) and CHCS and Bangor Public Health

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

- Worked with Greenville Consolidated School Superintendent, to ensure the school is adequately equipped for the start of the new school year.

Fiscal Year 2024 Partners and Community Impact

PARTNERS ENGAGED:

Dover-Foxcroft Police Department	Helping Hands with Heart
Greenville Consolidated School	Lakeshore restaurant
Greenville Fire Department	Milo Primary Care
Greenville Police Department	Piscataquis County Regional Food Cupboard

- 111 state-sponsored Naloxone kits distributed.
- Developed and disseminated naloxone posters to local businesses in the Moosehead region.
- Youth Positive Action Team established at Greenville Consolidated School in collaboration with the school resource officer to address youth mental health, substance use, and other concerns among students.
- Hosted naloxone training for Greenville Consolidated School staff and Greenville first responders at the Police/Fire Department.

Fiscal Year 2025 Partners and Community Impact

PARTNERS ENGAGED:

OPTIONS	Piscataquis Community Secondary School
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- 30 state-sponsored naloxone kits distributed through partnership between Northern Light CA Dean and Mayo Hospitals and OPTIONS.
- Engaged local businesses to distribute lock boxes which promotes safe storage for medications and substances to reduce the risk of harm. A total of 95 lock boxes were distributed between CA Dean and Mayo Hospitals.
- Distributed locked medication bags for safe storage practice in Piscataquis County. Pharmacy staff provided education about safe storage for customers.