Fiscal Year 2026

Progress Report to our Community

Addressing community health needs.

Northern Light Maine Coast 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, Maine Coast 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 Maine Coast 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 Maine Coast 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℠
Maine Coast Hospital

Addressing Community Health Needs: FY26 Update

This year brought unexpected organizational shifts. While staffing transitions paused some of our planned work it allowed us to reevaluate our team's structure to better serve the community moving forward.



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: Individuals with mental health needs; Individuals who are uninsured and underinsured.

Community based engagements and impact

Partners: Northern Light Acadia Hospital, Community Action Agency covering Hancock, Washington, and Aroostook counties.

Attendance at PFA training: 115 individuals

- We engaged Northern Light Acadia Hospital to partner with us to deliver community based Psychological First Aid (PFA) training throughout our hospital's service area. PFA is an evidence-informed approach that helps individuals and families cope with the emotional and psychological impacts of trauma and crisis. To strengthen community resilience and capacity, Acadia Hospital offered training focused on understanding the effects of collective trauma, promoting self-care strategies, and providing practical tools to support both personal well-being and the well-being of others..

Clinical actions supporting mental health

Depression screening:

Northern Light Maine Coast Hospital is committed to screening our patient population, who are 12 years old and older, for clinical depression using an age-appropriate standardized depression screening tool. Patients with a positive screen are referred to services and/or resources as appropriate. Screening results are compared to national benchmarks.

- FY26: Depression screening was completed for 82.99% of eligible Maine Coast Hospital patients, a rate that aligns with national benchmarks..

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 Maine Coast 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 three social media posts promoting behavioral and mental health awareness and access to care, reaching an average of 310 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.



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: Individuals with substance use disorders; Individuals who are uninsured and underinsured.

Community based engagements and impact

Partners: AMHC, Downeast Treatment Network, Downeast Treatment Center, Healthy Acadia's INSPIRE Center, Opiate Free Island Project, Northern Light Pharmacy.

- FY26: In partnership with the Opiate-Free Island Partnership (OFIP), Northern Light Miane Coast Hospital delivered opioid overdose prevention and response training to University of New England AHEC Scholars in physical therapy, physician associate, and dental medicine programs. The training equipped 10 students with the skills to recognize opioid overdoses and safely administer naloxone. Participants also gained a deeper understanding of the health disparities and barriers to care that affect rural and underserved populations, strengthening their ability to provide informed and equitable care.
- FY26: In collaboration with our emergency and inpatient departments, we were able to increase the availability of Medication-Assisted Treatment with Buprenorphine options for opioid use for our healthcare teams to best serve our community members in need. Our comprehensive approach also includes providing and referring patients for addiction counseling, medication management, and behavioral therapies when additional support is needed.
- FY26 Drug Take Back: Northern Light Maine Coast 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 193 lbs.

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.

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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 living in poverty; Individuals living with food insecurity; Individuals living with multiple chronic conditions; Individuals who are uninsured and underinsured.

Community based engagements and impact

Partners: Media outlets

- FY26: Community education remains an important component of Northern Light Maine Coast Hospital's approach to advancing health and wellness. By promoting healthy behaviors and increasing awareness of disease prevention and management strategies, the hospital helps empower individuals to make informed health decisions. Throughout the year, hospital providers engaged the public through various media outlets, addressing topics such as Cervical Cancer Awareness, Measles, Post-Birth Alert Bands, Childhood Vaccinations, Rural Healthcare, Shoulder Health, and Sports Medicine. In addition, Maine Coast Hospital staff was present at the Rotary Aspirations Fair and Blue Hill Consolidated School's Healthy Kids Fair, sharing important health related information and resources.

Clinical actions supporting chronic conditions

Northern Light Maine Coast 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.

Breast cancer screening

Women ages 40-74 years of age at Maine Coast Hospital who had a mammogram to screen for breast cancer.

- FY26: Breast cancer screening was completed for 80.93 % of eligible Maine Coast Hospital patients, a rate that aligns with national benchmarks.

Colorectal cancer screening

Percentage of patients 45-75 years of age at Maine Coast Hospital who were screened for colorectal cancer.

- FY26: Colorectal cancer screening was completed for 74.38 % of eligible Maine Coast Hospital patients, a rate that aligns with 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 21,835 patients screened, 243 patients identified as positive for food insecurity, and 65 food bags given.

Additional actions supporting the chronic conditions priority

Community education

Education specific posts related to chronic health conditions on Northern Light Maine Coast 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 21 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 1,089 individuals per post.

Systemwide collective impact

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

- FY26:
  - Breast cancer screening was completed for 79.87% of eligible patients across our healthcare system, a rate that aligns with national benchmarks.
  - Colorectal cancer screening was completed for 71.62% of eligible patients across our healthcare system, a rate that aligns with national benchmarks.
  - 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 Maine Coast 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.