Fiscal Year 2026

Progress Report to our Community

Addressing community health needs.

Northern Light Sebasticook Valley 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, Sebasticook Valley 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 Sebasticook Valley 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 Sebasticook Valley 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
Sebasticook Valley 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 who identify as a protected class; Individuals living in poverty.

Community based engagements and impact

FY26: By teaming up with local organizations, Northern Light Sebasticook Valley Hospital promoted vital mental health resources and training opportunities, making it easier for community members to find and get the support they need.

Partners: Crafts & Conversation Newport Cultural Center, Kennebec Valley Community Action Program, Kennebec Valley Community College, Maine Central Institute, NAMI Maine, Newport Cultural Center, Nokomis High School, Pittsfield Public Library, Pittsfield Community Baby Shower (Hosted w KVCAP and Elks Lodge), RSU 18, Sebasticook Valley Elks Lodge, Warsaw Middle School.

12 engagements held with over 254 individuals in attendance

- Psychological First Aid (PFA): We partnered with Northern Light Acadia Hospital's to help deliver community-based 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.
- NAMI Maine TraumaInSight, a program to enhance trauma awareness for professionals working with youth, was promoted to community members within our hospital service area.
- 988 Suicide and Crisis Lifeline resources promoted within our service area specific to mental health stigma.
- Stress less kits were developed using resources from the Maine Prevention Store (Maine CDC) and distributed to community organizations, containing gadgets and resources to help students focus on mindfulness, stress reduction, and stigma reduction.

Clinical actions supporting mental health

Depression screening:

Northern Light Sebasticook Valley 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 77.68% of eligible Sebasticook Valley 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 Sebasticook Valley 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 four social media posts promoting behavioral and mental health awareness and access to care, reaching an average of 471 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 living in poverty.

Community based engagements and impact

FY26: Northern Light Sebasticook Valley Hospital engaged the community in numerous educational outreach efforts focused on substance use prevention. These events had strong attendance, active engagement, robust discussions, and valuable access to resources.

Partners: Career Centers, Danforth's Down Home Supermarket, Kennebec Valley Community College, Maine Central Institute, Maine Department of Labor, MaineGeneral Harm Reduction Program, MSAD 53, Nokomis High School, OPTIONS, Pittsfield Police Department, Pittsfield Public Library, Somerset Public Health, Warsaw Middle School, Warsaw School Project ALERT.

- Stress less kits were developed using resources from the Maine Prevention Store (Maine CDC) and distributed to community organizations, containing gadgets and resources to help students focus on mindfulness, stress reduction, and stigma reduction.
- Drug Take Back: Northern Light Sebasticook Valley Hospital, in partnership with Northern Light Pharmacy, Danforth's Down Home Supermarket and Pittsfield Police Department 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 101 lbs. Community members were provided locking bags for safe storage and were offered substance use prevention and recovery resources.
- Project ALERT focused on classroom education to reduce experimental and substance use amongst middle schoolers, provided in collaboration with MSAD 53.
- Sticker Shocks focused on underage drinking prevention, Maine Central Institutes' Key Club and various sports groups, Warsaw Middle School, Danforth's Supermarket, and Pittsfield Police department all partnered to address the need.
- Warrior Wellness focused on substance use prevention.
- Narcan training, education, and free kit distribution to Maine Department of Labor staff and Kennebec Valley Community College community (staff, students, friends). 137 kits distributed and 10 lock boxes/bags.
- Distribution of substance use prevention and recovery resources at Pittsfield Public Library in partnership with OPTIONS and Somerset Public Health.

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 living in poverty; Individuals living with three or more chronic conditions; Patients who are uninsured and underinsured.

Community based engagements and impact

FY26: Northern Light Sebasticook Valley Hospital partnered with local community organizations to educate and empower community members in the prevention and management of chronic conditions through healthy behaviors. Engagements were well received and helped to form connections and access to needed resources.

Partners: Danforth's Down Home Supermarket, Good Shepherd Food Bank, Healthy Living for ME, Kleinschmidt, Maine Central Institute, Maine QuitLink, MSAD53, Newport Cultural Center, Pittsfield Public Library, United Insurance.

- Maine QuitLink promotional materials distributed around our hospital service area
- Mobile food event, held on November 21, distributed over 230 bags of nonperishable food items, 230 whole chickens, and 2,420 pounds of fresh produce thanks to partnership with Good Shepherd Food Bank and volunteers from local businesses (Danforth's, United Insurance, and Kleinschmidt). Leftover food further supported the community at Warsaw (MSAD53) community food pantry and Pittsfield Food Pantry.
- Walk for Hunger, a collaborative business consortium Walk for Hunger to help raise funds for more mobile food events in Pittsfield.

Clinical actions supporting chronic conditions

Northern Light Sebasticook Valley 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 Sebasticook Valley Hospital who had a mammogram to screen for breast cancer.

- FY26: Breast cancer screening was completed for 75.08 % of eligible Sebasticook Valley Hospital patients, a rate that aligns with national benchmarks.

Colorectal cancer screening

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

- FY26: Colorectal cancer screening was completed for 65.64 % of eligible Sebasticook Valley 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 36,903 patients screened, 572 patients identified as positive for food insecurity, and 161 food bags given.

Additional actions supporting the chronic conditions priority

Community education

Education specific posts related to chronic health conditions on Northern Light Sebasticook Valley 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 26 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 1,283 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 Sebasticook Valley 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.