

Community Health Needs Assessment Priorities 10/31/16

Priority #1 Substance Abuse Action plan 2016-2017

- Alcohol misuse screening.
 - Social concerns in the survey findings included substance abuse.
 - Gaps were identified by respondents in healthcare services related to substance abuse treatment & detoxification.
1. Actions are being addressed in three distinct categories: prevention, screening and treatment.
 2. The hospital Chief Operating Office, in collaboration with community partners (Power of Prevention and the Aroostook Mental Health Center) is coordinating educational opportunities which will be offered to local schools and civic groups on the effects of substance abuse.
 3. The Power of Prevention is working with law enforcement to increase checkpoints to screen for drunk driving.
 4. The Medication Lock Boxes, in collaboration with the Healthy Maine Partnerships, were launched in Madawaska through the Primary Care offices. The program was introduced at a public event in November of 2015. Coordination to provide the boxes in the Fort Kent provider offices is in progress. On 10/27/16, boxes were made available at a DOT Fair in Aroostook County. On 10/29/17, a supply of boxes was made available to the Fort Kent Family Practice office and the Internal Medicine office practice.
 5. Discussions were held with Power of Prevention representatives to plan for formal training of primary care practice employees on SBIRT, Screening, Brief Intervention, Referral and Treatment. The training is planned for Spring of this year (2016). SBIRT is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs. The SBIRT model, developed by the Institute of Medicine, is a recommendation that promotes community-based screening for health risk behaviors, including substance abuse. It is a proven best practice which has demonstrated longterm success of recovery. The next step will be to implement the screening process in the Emergency Department and inpatient units.
 6. NMMC fosters the community support group AA, Alcoholics Anonymous, in regards to their assistance with aftercare by allowing them to use physical meeting space at Forest Hill to hold meetings. Information about the support group is also provided to surrounding communities and included on NMMC's master list of support groups.
 7. With a full complement of hospital social workers in 2016, there will be further collaboration with community partners to address the substance abuse priority as identified in the Community Health Needs Assessment. Specifically, an evidence-

based tool will be adopted to screen patients for substance abuse in the hospital's inpatient Child and Adolescent Psychiatric Unit., (such as AC-OK which screens adolescents for co-occurring disorders).

a. The Aroostook County District Coordinating Council for Public Health has identified substance abuse as a priority and there is collaboration to partner in an action plan.

8. Dr. David Jones, Emergency Department physician conducted an on-air television interview in May 2016 around the high risk matter of opioid use in Aroostook County and the perspective of emergency care.
9. In October 2016, Gordon Smith with the Maine Medical Association provided continuing education in Fort Kent for NMMC providers related to the opioid crisis, the new law and strategies.
10. In the last quarter of 2016, Dr. Michael Sullivan provided a formal education program for the NMMC Medical Staff on the new opioid law, how to apply it, how to educate the public and how to use different approaches in pain management.
11. An information card is being developed to explain the new opioid law to patients. (9/3016)

Priority #2 Healthy Food and Nutrition

Action plan 2015 -2016

1. Participation in the *Let's Go! Program* was pursued as planned. A meeting was held with the new Northern Aroostook County Let's Go! Program coordinator, Colette Thompson on 2/10/15. All three program components were considered for implementation: Healthy Workplace, Childhood Obesity Reduction, Support for Healthy Families. It was determined that all three components add value and would be phased in over time to ensure the best success in each section and to create sustainability. By beginning with the Healthy Workplace, the benefit of engaging employees who will take home the message was seen as a first step to contributing to the community impact. The return of the Employee Activity Committee is also supporting this philosophy by offering opportunities to employees and their families to participate in outdoor activities.
2. A work session took place on 4/16/15 to define the level of commitment NMMC was prepared to undertake with the implementation of the Let's Go! Program. A formal training session was held for NMMC Department Directors and Supervisors as the first step. A Policy was drafted outlining nonfood or healthy food options for rewards. The philosophies of Let's Go are also supported in the community by offering healthy choices at events and making outdoor physical activity events available twice a year. NMMC had a small part in coordinating a recent youth initiative with AWWF (9/26/16).
3. Coordinate presentation to NMMC providers by Let's Go! Program director, Dr. Tory Rogers –*Growing and Sustaining Let's Go! In Maine.*

Pediatrician, Dr. Tory Rogers, is scheduled to provide a CME program on 3/31/16 for NMMC Medical Staff related to the Let's Go! Childhood Obesity Reduction Program. If we decide to participate in the program, we may be able to utilize EHR data for tracking the impact of the program on reducing obesity. Dr. Rogers will also be meeting with the Chief Executive Officer on 3/31/16.

4. In January and February of 2016, partnerships continued to be developed with local organizations such as the Cooperative Extension Service, the University of Maine at Fort Kent, Healthy Maine Partnerships, the Power of Prevention, Public Health and the local food coop.

On 11/6/16, NMMC Food Service Director works with Tony Gauvin of USDA out of UMFK and two individuals from the Portland area to continue to explore local buying options.

5. The Public Relations Director has become a member of the Clinical Community Linkages, a committee of the Power of Prevention. The state-level committee is working on strategies to address food insecurities in the surrounding communities with the support of PICH, Partners in Community Health.
6. A partnership was also created with Farm to Institution New England to begin a dialogue with local farmers to discuss strategies for affordability and access to fresh foods. Conference calls were held February 9, 16 & 24th. These calls were to identify key stakeholders in preparation for a roundtable presentation scheduled for March 9, 2016 where local institutions will identify needs and develop a plan to work with local farmers.
7. Next steps: define a plan to increase local food purchasing. Contacts were obtained from the Farm to Institution program for NMMC's food service director to network with other Maine hospitals who may already have developed this framework.
8. Involvement with Power of Prevention to develop changes and formalize them in the organization. Water policy will be written and placed in dietary manual to have documented that pitchers of water will be placed on the tables in cafeteria for employee/guest consumption (January 2017)
In 2016, one of the fryers in the kitchen was eliminated.
Only one fried-type food in the cafeteria a week for lunch.
Food from readymade (from PFG) to scratch
 - a. Example: Italian Wedding Soup
 - b. Example: LasagnaEmployees can make their own salad at the salad bar (includes fruit)
Employees can make their own sandwiches where they can make a half sandwich
Two opens for soup (small and medium). For the next few months we will be tracking the purchasing of these portions.

9. July and August of 2016, work began to pilot a program which assesses the presence of food insecurity in patients coming to the ED. Work is being done to incorporate assessment questions into the EMR, a process is being created to refer patients to Social Work and Case Management when food insecurity is identified. PR Director met with DON, Social Work staff, Case Managers and the ED nursing staff over the summer to provide education. In addition, a CME program is being offered on September 29, 2016 to engage providers, Medical Assistants, office nurses and Case managers in the work being done to reach out to patients in need of support. The program will include data on the link between obesity and chronic disease prevalence with patients who experience food insecurity.
10. Beginning in 2014, NMMC and the Aroostook Area Agency on Aging developed a partnership to better serve the public in support of thriving at home and reducing hospital readmissions.

Priority #3 Cardiovascular Health Action plan 2015 -2016

- a. Personal barriers (i.e., lack of time, motivation, values and beliefs)
- b. Weather conditions
- c. Insufficient facilities or lack of access to facilities for exercising
 1. A partnership was created with the Aroostook Area Agency on Aging to offer a Bone Builders class to local seniors. Bone Builders is a fitness program for people over the age of 50 which focuses on strength training, balance and includes such topics as fall prevention, osteoporosis, and nutrition. The agreement was signed with the Aroostook Area Agency on Aging in early 2015. NMMC is providing hand and ankle weights free of charge to class participants. Classes began in early May 2016. As of September 2016, we have 6 participants and plan to expand to 10 in Fort Kent. We are entertaining recruiting a volunteer instructor for the Madawaska area. September 2016, a second volunteer instructor was trained to ensure continuity for the classes.
 2. Fall/winter 2016-2017: Working with RSVP Volunteer program to offer free Matter of Balance classes for senior citizens.
 3. A member of the Fort Kent community is attending a free Tai Chi training in November with the intent of offering free Tai Chi classes to the public in partnership with RSVP Volunteer Program of the Aroostook Area Agency on Aging. On 2/16/17, the first ten week class on Tai Chi for Arthritis will begin. Seventeen individuals have registered and there is a waiting list of eight others.
 4. A partnership was created with the Madawaska School system and the Recreation Department to open a Wellness Center which is open to the public.

NMMC provided the equipment and start-up funds for renovating the physical space needed for the program. There are currently approximately 80 members.

5. There is also a partnership in place with the Fort Kent School for a Wellness Center. The Center was open to the public for a period of time but is temporarily only open to school youth, school system staff and NMMC employees. The obstacle at this time is funding. The intent is to reopen to the public as soon as resources can be accessed. In January of 2017, the Wellness Center was opened to the public.
6. A walking path was cleared at the rear of the hospital to encourage walking.
7. In May of 2017, NMMC will kick off a program called Virgin Pulse for its employees. The intent of kicking it off at the worksite is to encourage good cardiovascular habits outside the workplace.
8. The NMMC Website upgrade was completed in the Spring of 2015. The site now offers a variety of health and wellness resources for members of the community. An electronic newsletter is also now available to subscribers on a quarterly basis. Two newsletters have been published. The NMMC website has over 80 (9/30/16 up to 150 subscribers) subscribers to the electronic newsletter in addition to the distribution through a chamber of commerce database. An additional resource is also in the planning stages. The resource provides the public access to a user friendly, up to the day health, wellness and disease information site called Your Care Everywhere which links directly with NMMC's website and patient portals. YCE is now in place as of July 2016.
9. On a weekly basis, OffUGoAroostook, a service of the Aroostook Power of Prevention, circulates physical activity opportunities to subscribers to assist in broadening the availability of the health and wellness activities available around the St. John Valley and Aroostook County. NMMC's support comes in the form of expanding the circulation of the information to a broader population.
10. We are currently convening a community group to create a partnership that would offer more options to local seniors for free access to exercise facilities, especially for use during winter months. First meeting held 8/23/16. A second meeting is scheduled for the second week of October with additional stakeholders to continue the discussion. On 10/18/16, a follow up meeting was held to continue the discussion of options to promote health and wellness. All partners were surveyed to determine what each could offer the public for indoor facilities, especially during the winter months. Survey findings were compiled and a brochure was created. The brochure was posted on NMMC's Facebook page and website. Brochures were also sent to each provider office with a cover letter explaining the program and additional brochures were made available in public areas of the hospital.

11. On October 15, 2016, a Cancer awareness and prevention event was offered to the public. The event was well attended and received. The now annual event will be offered again on 10/14/17.
12. Outdoor festivals are offered on an annual basis to the children of the St. John Valley in winter and summer. The events promote the combination of fun with physical activity.
13. NMMC financially supported the Fort Kent school and community playground project in June 2016. NMMC coordinated a walkathon with the school children and NMMC employees to promote awareness on the importance of physical activity at an early age.
14. NMMC Patient Educator was trained in February of 2015 along with two other RN's by the Pfizer Company to be able to offer 'Beat the Pack' smoking cessation program. The program has been offered twice since the training was completed and is available to both employees and the public. Advertising of the support is posted on the NMMC website and information about the program was offered at two community events in 2015; Twin Rivers Paper Company August 2015 and the Acadia Family Health Center Open House in November where they spoke with the public about smoking cessation opportunities. DOT October 28 Wellness Fair

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