



**Community Health Needs Assessment (CHNA): 2018 -2021 Priorities and Action Plan**

Based on the findings from the Aroostook County Health Data Profiles and subsequent public forums held in Aroostook County on September 17, 2018, along with the forums held throughout the state of Maine, the following four priorities were selected for action in Aroostook County, and more specifically in the St. John Valley, in the 2018 -2021 CHNA cycle.

During the months of November and December of 2018, all four groups met to create an action plan, engaging a wide range of partners, in an effort to gain more traction in successful implementation of the action plan. Partners are listed below.

AMHC	UMFK Behavioral Health	Power of Prevention
	U Maine Cooperative	FK High School
UMFK Nursing Division	Extension	Wellness
		NMMC Psych Unit
NMMC Director of Nursing	NMMC Social Worker	Leader
NMMC Pharmacist	NMMC NDPP Trainer PA	FK Recreation Director
Life by Design	Hope & Justice	UMFK student
	NMMC Financial	
Agency on Aging	Counselor	NMMC Communications
	NMMC Practice	
NMMC Care Manager	Coordinator	Catholic Charities
Valley School Substance Abuse	NMMC Community	FK Community
Counselor	Educator	Development

**Priority #1 Physical Activity, Nutrition and Weight**

1. Awareness:  
Coordinate PR efforts with all partners to help bring awareness of what is already available both for physical activity opportunities and nutrition programs.
2. Physical Activity/Weight:  
Focus on the gaps in physical activity opportunities to include age, locations and types of activities; enhance and emphasize opportunities already available in order to increase community participation. Develop a plan to engage local students to offer education.
3. Nutrition/Weight:  
Expand food insecurity assessments in order to identify and serve more of the people that are in need of food resources and collaborate with Area Agency on Aging and Catholic Charities to connect the public to available resources.

## Priority #2 Mental Health and Access

1. Create more community partnerships to support the school age population dealing with mental illness by working directly with the Valley Unified Tri-District school system.
2. Promote public education through interagency collaboration. Access UMFK students as a strong resource to conduct mental health fairs to offer education on such topics as Seasonal Affective Disorders, benefits of Vitamin D, and others. Increase collaboration with interagency awareness events to maximize the impact and broaden the audience for the message.
3. Develop a framework for agencies to access University of Maine at Fort Kent students in nursing and behavioral health to support local activities/events and to broaden the scope of awareness in students entering healthcare.
4. Utilize UMFK students for grant writing to support education efforts.
5. Create more opportunities to screen and reach patients who may be suffering from mental illness through avenues such as eye doctors.
6. Develop a community-wide speaker's bureau on the topic of mental health and make it more broadly available to the public.

## Priority #3 Substance and Alcohol Use

1. Pursue resources through the National Alliance on Mental Health, (NAMI), to access support services available that are currently not in place.
2. Community events to be funneled through NMMC Communications Office to widen the reach for promoting programs and increase attendance and participation. The first two of these events are: March 11<sup>th</sup> at 6pm Dr. Sidorczyk is putting on an opioid epidemic presentation for UMFK students. On September 14<sup>th</sup> at the Fort Kent pavilion, Shawn Graham of UMFK Behavioral Health is organizing a recovery event open to the public. First organizing meeting is being held in January.
3. Power of Prevention will lead the discussion and feasibility of pursuing the concept of a sober house in Aroostook County. After learning more about the requirements for such a resource, members will determine whether this is a realistic goal to address the gap in alcohol abuse rehabilitation or if other options must be pursued.
4. Members recommended an annual retreat in order to make informed and thoughtful decisions on the highest priorities at hand to address substance and alcohol use. More community partners will be identified at the retreat, as needed, based on existing care gaps.

## Priority #4 Cardiovascular Disease

1. Create a network of education for the public using multiple formats and events and offer screenings and risk assessments to help create awareness.
2. Implement a tobacco cessation program which collaborates with primary care provider offices and Care Managers in an effort to more actively reach out to patients who may be ready for assistance.
3. Delve into the feasibility of restarting a Cardiac Rehab program.
4. Utilize the National Heart Health month theme in February to host education and awareness events. A speaker has been secured to speak on cardiovascular health. Details for the event are in the planning stages.