



Maine SHNAPP Community Engagement Phase  
 Summary Report of Forum & Event Input  
 Waldo County  
 May 2016

This serves as a brief summary report of the input provided by community members attending the 1 community forum and 4 community events that took place between November 2015 and April 2016. Copies of individual reporting forms (pdf) can be viewed at: <https://www.maine-general.org/Pages/District-4-Midcoast-Maine.aspx> by looking under the Community Engagement header and clicking on the forum of interest.

**Community Forums**

Meeting	Date	Location
Waldo County Forum	1/27/2016	Belfast, ME
<b>Total Attending Forums:</b>		<b>26</b>

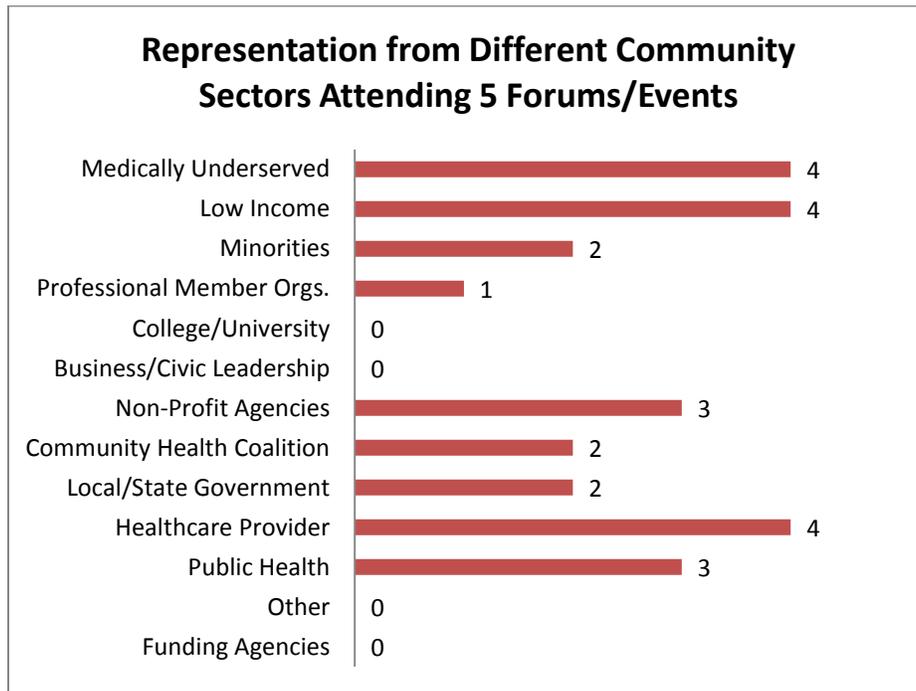
**Community Events**

Meeting	Date	Location
Liberty Community Meeting	2/9/2016	Liberty, ME
Belfast Children’s Coalition	3/3/2016	Belfast, ME
All Department Leadership Meeting	3/22/2016	Waldo County Hospital, Belfast, ME
PCP Meeting	4/19/2016	Waldo County Hospital, Belfast, ME
<b>Total Attending Events:</b>		<b>51</b>

<b>Total Attending Forums &amp; Events</b>		<b>77</b>
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Attendance numbers may contain duplicates if one person attended more than one forum/event.

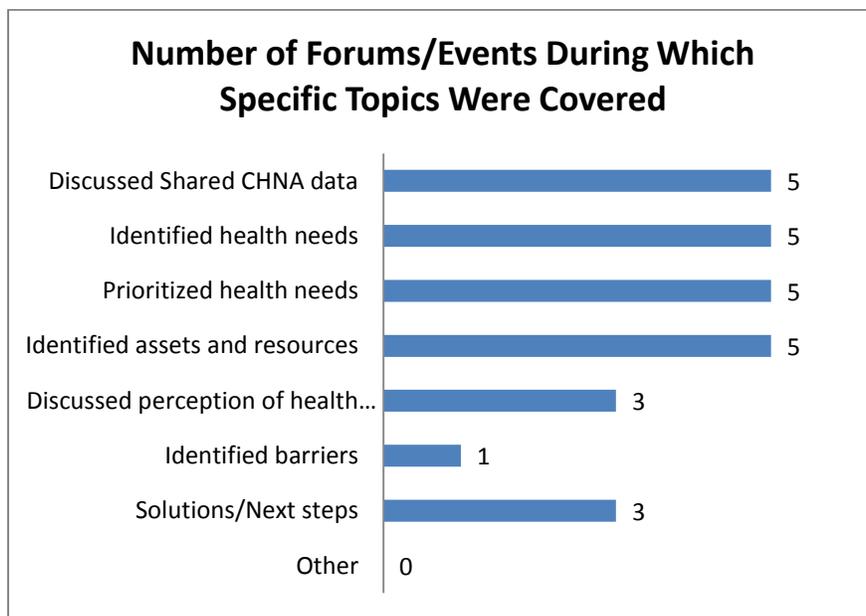
## Community Sectors Represented During Forums and Events



“Medically underserved,” “low income,” and “racial/ethnic minorities” are sub-populations named specifically by the Department of Treasury/IRS regulations.

Other: n/a

## Type of Input Obtained During Forums and Events



“Other” included: n/a

## Community Forums

These forums, organized and co-led by Maine CDC District Liaisons and SHNAPP hospital community benefit representatives, typically consisted of a prepared Power Point presentation followed by breakout sessions on health topics. In general, breakout sessions obtained input about:

- Summary statements about the issue and/or its effect on the community
- Identification of local assets and resources to address the issue
- Identification of barriers to addressing the health issue or needs of the community before more adequately addressing the issue
- Ideas for next steps, how to solve the health issue, who to include, and what the community should look like in the future

### Themes Identified During Waldo County Forums

#### Health Issue: **Cancer**

**Summary of assets to resources to address issue:** Prevention messaging – HMP (tobacco), sun screen, colorectal and breast cancer; community messaging; Maine CDC resources. (See list of specific programs in appendix on page 7.)

**Summary of barriers or community needs (if reported):** Cost factors for screenings (high out-of-pocket even with insurance and high percentage of uninsured); folks tend to avoid screening and treatment even if they suspect they have a problem; prostate screening – information is changing and we’re moving away from PSA model; colorectal screenings-low screening participation but high access in region (are folks lacking access to primary care?).

**Summary of next steps, solutions, future ideal:** Support better coordination of services (CA treatment centers in Maine, Spectrum Generations, Waldo CAP, etc.) and provide education (about data and how to use it, advocating for self during provider visits, importance of screening). Secure additional resources (HPV vaccine, support for caregivers, radon/arsenic water testing) and services (cancer navigator, social workers/advocates, EPIC prompt for screenings, team meetings, implement standards/guidelines).

#### Health Issue: **Alcohol and Substance Abuse**

**Summary of assets to resources to address issue:** Local programs in community, schools, criminal justice system; healthcare and behavioral health providers; social service agencies; law enforcement. (See list of specific programs in appendix on page 7.)

**Summary of barriers or community needs (if reported):** Most barriers identified relate to health factors: Transportation to get to treatment, no treatment facility nearby, childcare, folks return to the same home environment (after treatment), terminology of ‘addict’ is negative, limited access to mental health treatment, long waits to receive treatment, housing (lack thereof and affordability), limited support network, lack of health insurance. Additionally, there are not enough services (counselors, beds, etc.) and a disconnect between law enforcement and the prosecution.

**Summary of next steps, solutions, future ideal:** Address health factors including Medicaid expansion (LD 633), transportation, childcare, housing (recovery, halfway, shelter), access to treatment, jobs/job training, community center/sober events, stigma. In addition provide education for various sectors (employers, providers, community members, children) and multiple topics (law enforcement training for civilians, ACEs, prevention, early childhood education, workplace policies).

**Health Issue: Cardiovascular Health**

**Summary of assets to resources to address issue:** Waldo County General Hospital; local programs/agencies. (See list of specific programs in appendix on page 7-8.)

**Summary of barriers or community needs (if reported):** High blood pressure is the “silent killer” and people don’t know they have it; diabetes services quality has decreased since Dr. Linda Tyer left and was not replaced; tobacco use; not enough coaches for kids sports teams such as track & field; not enough awareness by women of different symptoms of heart attack.

**Summary of next steps, solutions, future ideal:** Ensure people and organizations are collaborating (include underserved populations, businesses, Sweetser/mental health agencies, physicians, seniors) and use targeted messaging (peer-to-peer, specific age groupings). Provide education throughout the community to increase awareness of resources, physical activity is good for health and mental health. Specific ideas include holding a quarterly forum to share information/resources, reach youth and senior citizens through YMCA programming, and hire social workers within physician practices.

## **Community Events**

These events were organized and carried out by community stakeholders (including Maine CDC District Liaisons, SHNAPP hospital employees, or others who sat on local SHNAPP Community Engagement Committees). Typically already formed groups agreed to hold a presentation about the Shared CHNA data and discuss their reactions based on the group leader's questions. In general, input from events consisted of brief summary statements or questions about health issues and health factors affecting the geographic area.

### **Priority health issues identified during Waldo County events:**

- Cancer (4)
- Substance Abuse (4)
- Heart Disease/Cardiovascular Health (3)
- Physical Activity/Nutrition/Obesity (2)
- Lead Screenings
- Pneumonia ED Rates
- AMI Hospitalizations

### **Priority health factors identified during Waldo County events:**

- Access issues for cancer screening (costs for both insured and uninsured)
- Limited access to substance abuse treatment in county (long wait lists, limited options, limited space in programs, costs for uninsured)

### **Assets and resources identified during Waldo County events:**

- EMTs
- Schools
- Local employers
- Pen Bay Internal Medicine
- Local yoga studio
- Town offices
- Libraries
- Resiliency group
- Churches, especially to reach older populations
- YMCA
- Rotary Clubs
- In Liberty - Walker Center, Walker School, Mason Lodge, local churches, community center
- In Montville – Grange, Montville Meeting House, Water Street Learning Center Local hiking trails

### **Themes Identified During Waldo County Events:**

- All groups shared the need to increase community awareness of cardiovascular disease (prevention, screening, and treatment); some wanted to focus on gender differences and others on older generations.
- All groups discussed the need to improve on cancer prevention and screenings (type of cancer varied by group).

- Related to substance abuse, there were some questions about access to Narcan and training for patients/ family members with Narcan. Otherwise, the discussion and methods for addressing the issues showed the different perspectives and focus depending on composition of the group.
- Data presentation and discussions led to generating ideas for increasing cancer screening (colorectal, mammography, skin) as well as addressing lead screening, pneumonia ED rates, and AMI hospitalizations.

**Appendix: Specific resources listed by priority area**

**CANCER**

- Walker Center in Liberty
- Walker School
- Mason Lodge in Liberty
- Local churches
- Liberty Community Center
- Montville Grange
- Montville Meeting House
- Water Street Learning Center
- Hospital/providers/regional health centers for screening
- Employers/worksites for education
- Waldo CAP

**SUBSTANCE ABUSE**

- Restorative justice
- Substance abuse treatment
- Seaport Family Practice- Suboxone and support groups
- Care Partners – preventive care
- AA programs
- Rural Health Centers (critical to keep open)
- Re-entry Center – maybe add a facility in Knox
- Making Change (program)
- Prime for Life (program)
- Resource Officers – need one in RSU 20 and could use additional in RSUs 3 and 71
- Law enforcement are trying to make a difference
- IOP – treatment substance abuse – Knox
- Waldo CAP
- Goodwill
- Medication Turn in
- Healthy Waldo County (Healthy Maine Partnership)
- WeCare
- EMTs
- Schools
- Narcan availability

**CARDIOVASCULAR HEALTH**

- Healthy Waldo County
- 5-2-1-0 Let's Go! exercise for kids/families
- Parks & Rec Department- planning fitness stations in City Park, intern Emily Sirianni will offer yoga class for seniors and kids summer camp
- YMCA
- Master's USA Track & Field ages 30 & up

- Sweetser offers stress and trauma help
- Cardiac Rehab phase 3 at WCGH offers supervised exercise in a social environment for anyone who is overweight or has a waist measurement above 35 inches-no need to have a heart incident
- Walker Center in Liberty
- Walker School
- Mason Lodge in Liberty
- Local churches
- Liberty Community Center
- Montville Grange
- Montville Meeting House
- Water Street Learning Center
- Local hiking trails
- Local employers
- Pen Bay Internal Medicine
- Local yoga studio
- Town offices
- Libraries
- Resiliency group
- Worksites (partner to share information)
- Employee Assistance Programs
- Rotary Clubs