

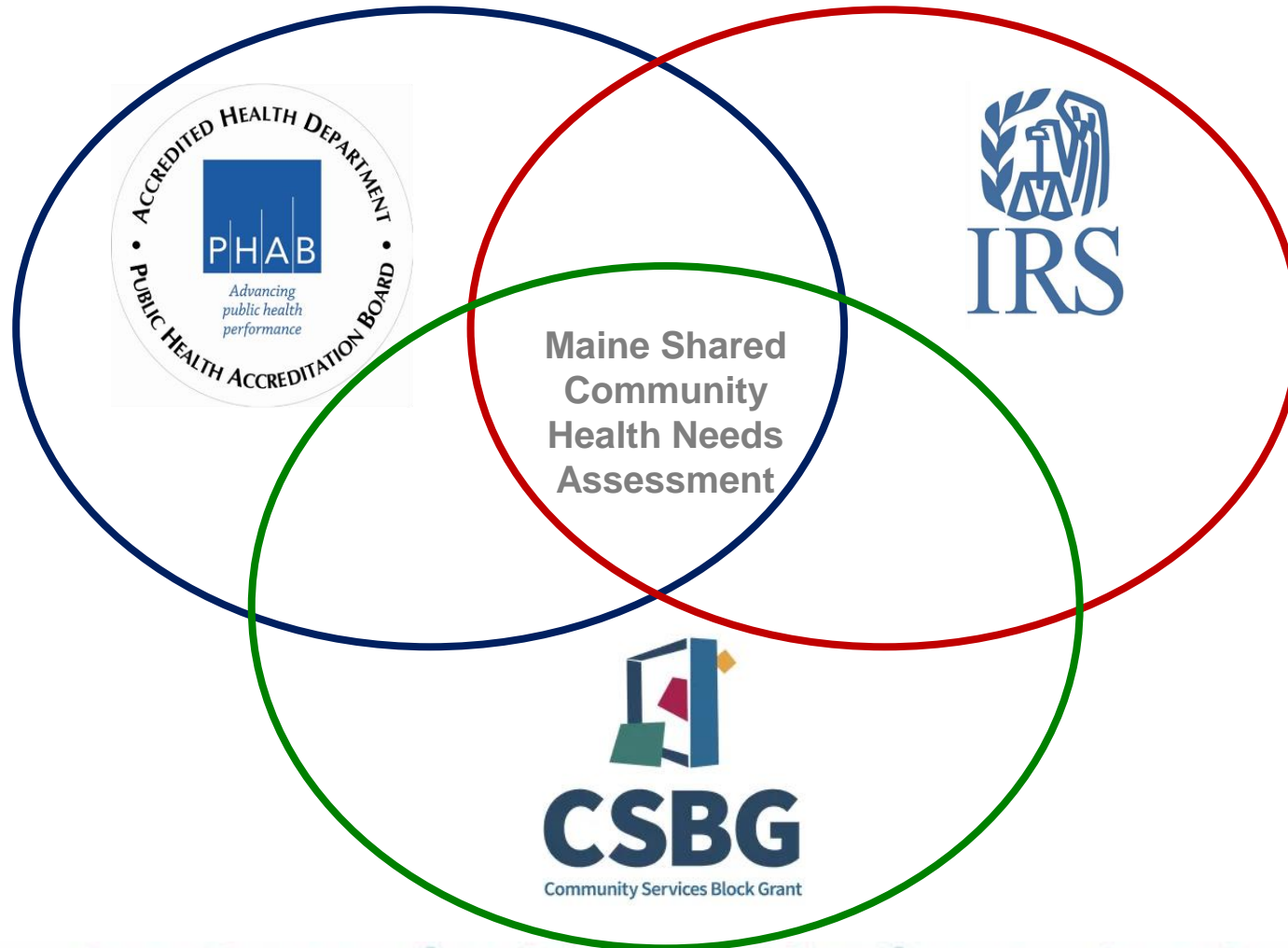


**Maine Shared Community Health Needs
Assessment (SCHNA) Priorities Update
2022-2024**

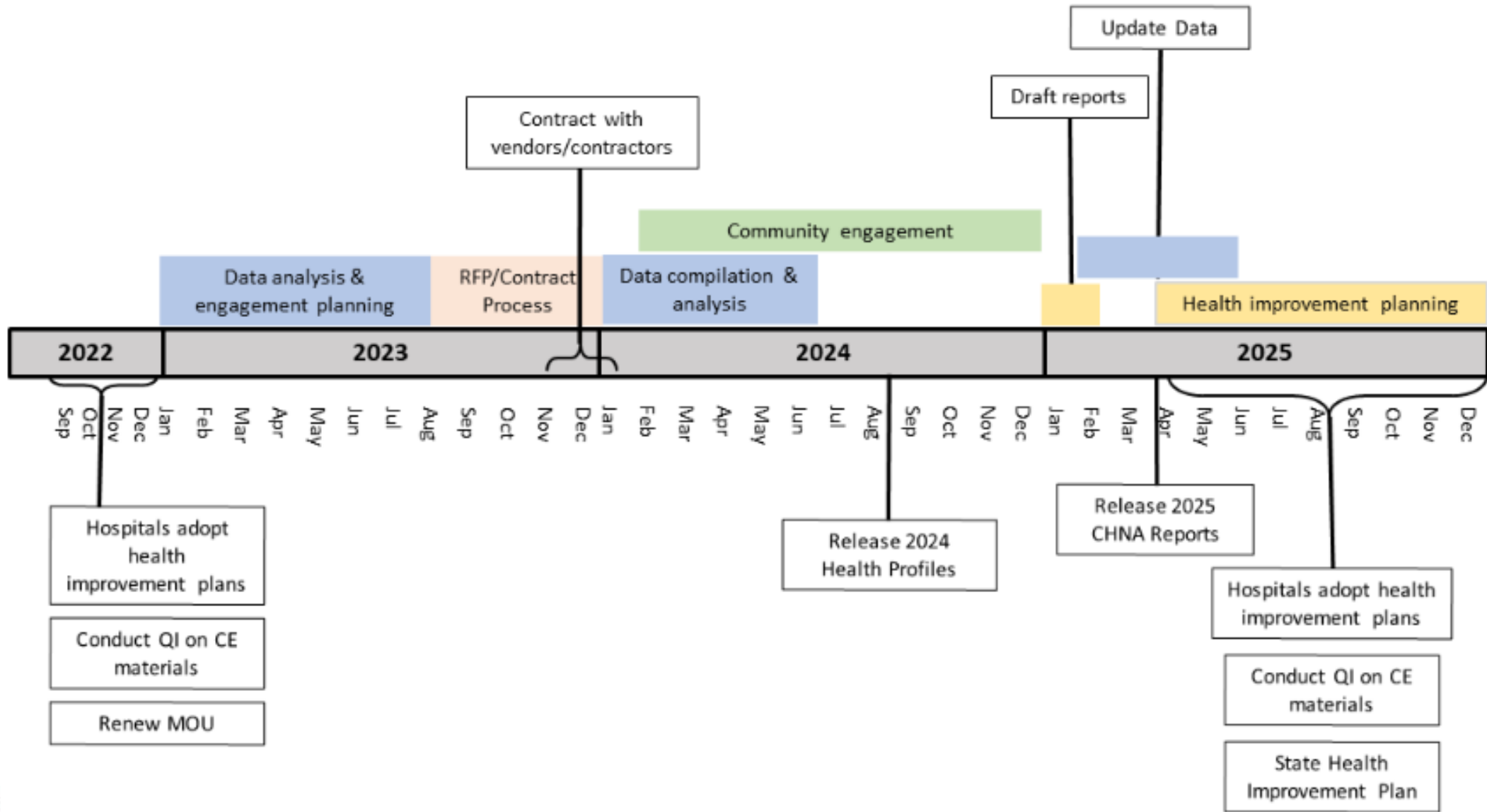
Aroostook District

August 7, 2024

SCHNA Overview



2022-2025 SCHNA Timeline



SCHNA Data Dashboard

Maine Shared Community Health Needs Assessment

Contact Us | News | Online services | Publications | Subject index

Maine Department of Health and Human Services, Maine CDC

DHHS → MeCDC → Data/Reports → Maine CHNA → Maine Interactive Health Data

Wed 17 July 2024

Maine Interactive Health Data

[Read detailed instructions on using the CHNA Data Portal \(PDF, opens in new window\).](#)



Instructions

Health Topics with Latest Key Indicator Data

Keyword search



Color key for Main Menu
Does not provide navigation

<p>Access</p>	<p>Arthritis</p>	<p>Cancer</p>	<p>Cardiovascular Disease</p>	<p>Health Behaviors</p>
<p>Children with Special Health Care Needs</p>	<p>Cognitive Health</p>	<p>Diabetes</p>	<p>Environmental Health</p>	



Health Priorities: Aroostook District

Priority areas of the Hospitals, District, and CAP agency during the 2022-2025 cycle

ME CDC Highlights

- Conducted a Local Public Health Systems Assessment in 2022 using the [10 Essential Public Health Services \(EPHS\) Framework](#)
 - Results were used in a funding process to provide \$80,000 to a local agency to help improve outcomes for vulnerable populations via infrastructure support.
- Maine CDC created a new Healthcare Coalition(HCC) structure with new district chapters.
 - A Statewide and District Hazard Vulnerability Analysis was conducted in May 2024.

Click [here](#) for more information.

Health Priorities: Aroostook District

Priority areas of the Hospitals, District, and CAP agency during the 2022-2025 cycle

Social Determinants of Health	Healthy Living / Healthy Aging	Cancer
Aroostook County Action Program, Inc (ACAP) Northern Light A.R. Gould Hospital Northern Maine Medical Center Houlton Regional Hospital Cary Medical Center *	Northern Maine Medical Center* Houlton Regional Hospital Cary Medical Center*	Cary Medical Center
Substance Use	Mental Health	
Aroostook County Action Program, Inc (ACAP) Northern Light A.R. Gould Hospital Northern Maine Medical Center Houlton Regional Hospital* Cary Medical Center*	Aroostook County Action Program, Inc (ACAP) Northern Light A.R. Gould Hospital Northern Maine Medical Center Houlton Regional Hospital* Cary Medical Center*	
* Indicates different naming convention in organizational plan		



Health Priorities: Mental Health

Aroostook District

Mental Health Highlights: Aroostook District

Northern Light A.R. Gould Hospital

<p>In 2023, Northern Light AR Gould Hospital educated and empowered others to recognize, support, and respond to mental and behavioral health needs of youth.</p>	<p>AMHC (Aroostook Mental Health Services, Inc.); Aroostook County Action Program’s Prevention Team and WIC (Women, Infants, and Children) Team*; Aroostook County Action Program Early Care and Education; Loring Job Corps Health Center Staff*; Recreation Directors of Aroostook County ; Easton Recreation Department</p>	<ul style="list-style-type: none">• AR Gould Hospital staffed trained in Psychological First Aid• Two community organizations* trained in Psychological First Aid (PFA); 22 individuals trained in PFA.• Future partnership discussions with Ashland Library and Aroostook County Recreation Departments.• Aroostook County Recreation Directors training set up for fiscal year 2024 on November 9, 2023.
<p>In 2024, Northern Light AR Gould Hospital continues to educate and empower others to recognize, support, and respond to mental and behavioral health needs of youth.</p>	<p>Aroostook County Recreation Directors; Job Corps Staff</p>	<p>Fiscal Year 2024 priority activity updates will be available at the end of the fiscal year and posted online via our Progress Report to Our Community.</p>

Mental Health Highlights: Aroostook District

Northern Maine Medical Center

Streamlined admission process. NMMC providers and staff are now evaluating Emergency Room patient for mental / behavioral health admissions, therefore decreasing length of stay in the Emergency Room

Added a Resource Nurse position to our inpatient units who calls delay referring hospitals and other stakeholders updating them on current bed status and facilitating referrals and admissions

Added a Community Outreach Coordinator role to increase outreach for outpatient services

Increased inpatient admissions by 18% since 2021

Increased inpatient admissions by 18% since 2021

Implemented telehealth services for Behavioral Health visits

Participate in education opportunities internally and externally

Social media posts on mental health wellness being promoted

Adding additional resources – such as a new Psychiatrist, a Mental Health Nurse Practitioners and continues to recruit

Increased Behavioral Health Services to Madawaska by an additional two days per week

Screening all patients seen in Primary Care Services with appropriate referrals being made as needed

Entering into an agreement to provide Intensive Outpatient Programing for older individuals with Mental Health afflictions

COO remains active member of the Maine Hospital Association Behavioral Health Council

NMMC continues to have a presence in the community and facilitates the Out of Darkness Walk supporting suicide prevention annually

Mental Health Highlights: Aroostook District

Houlton Regional Hospital **

In 2023, Houlton Regional Hospital worked closely with other community care partners to respond to the needs of those in need of mental health and substance abuse services.	Primary Care Providers, DHHS, AMHC, Bangor Public Health, local groups, law enforcement and other area Social Service/Case Management Agencies	Quarterly meetings were established to address the needs of individuals and to provide better access to mental health treatment for the people of our service area. Additionally, we continue our support of Medication Assisted Treatment programs and the Cradle ME program
In 2024, we formed closer working relationships with area treatment facilities for individuals with mental health needs	Acadia Hospital, Northern Maine Medical Center	Increased communication has lead to better care coordination and transfer when needed, for children and adults with mental health needs.

** HRH Community plan combines Mental Health and Substance use under same heading

Mental Health Highlights: Aroostook District

Cary Medical Center **

In 2023 Cary Medical Center is partnering with ACAP on the MESUPS grant to continue to provide substance use prevention programming. We promoted safe storage of medications, national drug take back days, and continued educational campaigns on substance use prevention. Cary's Power of Prevention program updated and distributed the comprehensive directory of substance abuse and addiction services. MAT and suboxone therapy is now offered at Pines. Narcotics prescription contracts in the Cary ED and Pines. We have been promoting 9-8-8 and other suicide prevention programs and resources through social media and education campaigns. Education provided at health fairs and health promotion events.

ACAP, Center for the Advancement of Rural Living, Caribou Police Dept., Aroostook County Sheriff, Roads to Recovery Community Center, and Recovery Aroostook

We continue to support the two recovery houses in Caribou. Staff members continue to teach Prime for Life in the Aroostook County Jail and in local schools. The jail program has been very successful and receives accolades from the Sheriff's office and partner organizations. Dr. Samuela Manages and Jodi Cote, PMHNP-BC are providing evaluation, treatment, and management for substance use recovery. They aim to provide comprehensive treatment and care for in-patient and out-patient substance use care. Through the MESUPS grant we also distributed lock boxes and information on safe storage. We also partnered with local businesses on the sticker shock alcohol awareness program to help prevent underage drinking.

In 2024 we continue our partnership with ACAP on the MESUPS grant which includes safe storage promotion, Prime for Life classes and additional prevention outreach programs. Dr. Manages and Jodi Cote continue building the MAT and suboxone therapy program through Pines. Suicide prevention campaign for older adults and lethal means prevention education is in development for the next quarter. Education provided at health fairs and health promotion events.

ACAP, Center for the Advancement of Rural Living, Caribou Police Dept., Aroostook County Sheriff, Roads to Recovery Community Center, and Recovery Aroostook.

The Prime for Life class is still being offered in the County jail. The partnership with ACAP and Cary on the MESUPS grant was renewed and is going strong. A new evidence-based program on media and its impact on substance use will be introduced in the schools this fall. Gun locks and suicide prevention materials will be available at the Cary security desk for free.

** CMC Community plan combines Mental Health and Substance use under a Behavioral Health heading

Mental Health Highlights: Aroostook District

Aroostook County Action Program, Inc. (ACAP)

Develop and enhance at least one partnership with health providers (behavioral, oral, preventative health, healthcare systems and schools.

Local School Departments, Lions Club International, Personal Services of Aroostook, Local Municipalities

Built relationships with two Behavioral Health Providers to support access to services and prevention curriculum implementation. with an additional four school districts to provide preventative health services that support overall wellbeing and evidence based curriculum around social emotional learning and social determinants of health.



Health Priorities: Substance Use

Aroostook District

Substance Use Highlights: Aroostook District

Northern Light A.R. Gould Hospital

<p>In 2023, Northern Light AR Gould Hospital improved pathways to prevention, treatment, and recovery for individuals with substance use disorder.</p>	<p>Aroostook Rural Communities Opioid Response Program; Aroostook Mental Health Services, Inc. (AMHC); Aroostook County Action Program (ACAP); Bangor Public Health & Community Services; Drug Free Aroostook; Maine CDC's Aroostook District Public Health; Power of Prevention; Homeless Services of Aroostook</p>	<ul style="list-style-type: none">• 31 state-sponsored naloxone kits distributed.• AR Gould Hospital received the Gold Star Standards of Excellence (GSSE) Platinum program.• The hospital partnered with AMHC to bring the Herron Talks to Aroostook County.• Dawn Roberts, Community Health Coordinator, worked in collaboration with AR Gould Pharmacy Director Kayla Bates on a community outreach naloxone distribution plan.• The hospital participated in the Great American Smoke Out.• Information packets on local substance use prevention opportunities in Aroostook County were distributed to 40 medical providers.• Four staff members completed Naloxone distribution training.
<p>In 2024, Northern Light AR Gould Hospital continues to improve pathways to prevention, treatment, and recovery for individuals with substance use disorder.</p>	<p>Great American Smoke Out; AMHC (Aroostook Mental Health Services, Inc.); State Road Advent Christian Church</p>	<p>Fiscal Year 2024 priority activity updates will be available at the end of the fiscal year and posted online via our Progress Report to Our Community.</p>

Substance Use Highlights: Aroostook District

Northern Maine Medical Center

Coordinates communications and education in the community to reduce stigma around the topic of substance use and to raise awareness of existing resources. This includes active participation in community events that promote education and awareness

Social media posts on substance use prevention

Suboxone therapy is offered in our Primary Care network

Narcotics prescription contracts is implemented in our Provider Practices

Medication Assisted Therapy (MAT) program implemented in our Emergency Room

Substance Use Highlights: Aroostook District

Houlton Regional Hospital

In 2023, Houlton Regional Hospital worked closely with other community care partners to respond to the needs of those in need of mental health and substance abuse services.	Primary Care Providers, DHHS, AMHC, Bangor Public Health, local groups, law enforcement and other area Social Service/Case Management Agencies	Quarterly meetings were established to address the needs of individuals and to provide better access to mental health treatment for the people of our service area. Additionally, we continue our support of Medication Assisted Treatment programs and the Cradle ME program
In 2024, we formed closer working relationships with area treatment facilities for individuals with mental health needs	Acadia Hospital, Northern Maine Medical Center	Increased communication has lead to better care coordination and transfer when needed, for children and adults with mental health needs.

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Substance Use Highlights: Aroostook District

Cary Medical Center **

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** CMC Community plan combines Mental Health and Substance use under a Behavioral Health heading

Substance Use Highlights: Aroostook District

Aroostook County Action Program, Inc. (ACAP)

Develop a youth led training on tobacco harm and nicotine use to be implemented by youth for youth.

Local School Departments, Lions Club International, Personal Services of Aroostook, Local Municipalities

Implemented youth led training in 2 school districts.



Health Priorities: Social Determinants of Health

Aroostook District

SDOH Highlights: Aroostook District

Northern Light A.R. Gould Hospital

<p>In 2023, Northern Light AR Gould Hospital connected individuals with community resources they need to improve their health and wellbeing.</p>	<p>Aroostook Agency on Aging*; Aroostook County Action Program (ACAP)*; Good Shepherd Food Bank; Presque Isle Recreation; United Way</p>	<ul style="list-style-type: none">• Two community partners* added 29 programs to the FindHelp directory• Community Information Station was installed in emergency department containing local resources.• 285 food bags were distributed via inpatient and outpatient locations.• Tool kits were created and distributed to all outpatient clinics.• Senior programming was provided to the aging community to address health concerns and social isolation.• The Community Health Coordinator joined the Area Agency on Aging in their Aroostook Community Health Improvement grant team.• The Community Health Coordinator was interviewed for a Medical Monday news segment on the FindHelp resource which aired on WAGM-TV and the hospital's social media.
<p>In 2024, Northern Light AR Gould Hospital continues connected individuals with community resources they need to improve their health and wellbeing.</p>	<p>Aroostook Area Agency on Aging</p>	<p>Fiscal Year 2024 priority activity updates will be available at the end of the fiscal year and posted online via our Progress Report to Our Community.</p>

SDOH Highlights: Aroostook District

Northern Maine Medical Center

Revised Charity Policy and implemented new strategies with the referrals process on support individuals in need of Financial Assistance

Price transparency posted on the NMMC website

Provide enrollment assistance for Medicare, Medicaid and Marketplace

Social Services utilize on all admissions a social determinant of health to better identify at risk population and develop resources to assist them

Enhance the Tour de la Vallee to increase funds available to individuals requiring travels for Cancer care

Remained a key employer supporting the local economy and well-being of our employees

COO remains active as a Board member of the Aroostook Regional Transportation System to ensure access to transportation in our catchment area for individuals in need

SDOH Highlights: Aroostook District

Houlton Regional Hospital

<p>In 2023, Houlton Regional Hospital worked with other community partners to improve the overall health and well being of the communities we serve by addressing food insecurity and access to healthcare.</p>	<p>Katahdin Bank, FA Peabody Company, Bangor Savings Bank</p>	<p>With our partners, we planted a community garden that allowed us to distribute approximately 130 bags of fresh vegetables to those in need.</p>
	<p>Aroostook Agency on Aging, AR Gould, Northern Maine Medical Center, AMHC, Aroostook Public Health Council, Cary Medical Center, Catholic Charities, Healthy Living for ME, Houlton Band of Maliseet Indians, KVHC, UMPI</p>	<p>Participated in the Aroostook County Health Improvement Project</p>
<p>In 2024, we have been continuing our efforts to improve the health and well-being of our communities</p>	<p>Hannaford Supermarket, FA Peabody Company, Bangor Savings Bank, The Carleton Project, Houlton Senior/Junior High School, Wabinaki Public Health</p>	<p>Another Community garden has been planted</p>
	<p>ACHIP Partners</p>	<p>ACHIP has identified key areas of support needed by our communities to include transportation and "community belonging"</p>
<p>Continue to support those in need of financial support to access medical appointments</p>	<p>Bridge to Hope</p>	<p>Provide gas cards to patients who require assistance with travel costs related to cancer treatment</p>

SDOH Highlights: Aroostook District

Cary Medical Center **

In 2023 Cary and Pines provided financial assistance to patients in need and ensured price transparency. Cary and Pines work together and with partner medical organizations to provide seamless care and ease of access to care for patients. The Seniority program offers access to annual labs and educational lunch and learns. Helped promote the library's telehealth program for access to telehealth appointments with tech support. Hosted the health fair with free screenings, flu shots, and information from partner organizations. The Age Friendly Caribou program is hosted by Cary and provides resources, programs, and connection through the community.

Aroostook Agency on Aging, Caribou Area Ride Service, Maine DHHS, AARP network of Age Friendly Communities, and Lifelong Maine.

Financial assistance and transparency is a priority, and financial counselors are available and resources are posted online and in patient packets. MyChart allows Pines patients to get financial information and easily connect with providers on appointments, medical questions, and prescription. Prescription assistance program is offered at Pines as well as the care coordinator program to help patients connect with specialists and support services. Age Friendly Caribou falls under Cary and has helped promote and develop new dementia-friendly programs and education. Our free flu shots are offered in five communities. We continue to participate in local health fairs and school wellness days to provide free screenings, fitness programs, and nutrition education.

In 2024 Cary and Pines continue to work to provide seamless for patients. The Seniority program offers access to annual labs, a health and wellness newsletter, and educational lunch and learns. We are planning our annual health fair, new talk with a doc lunch and learns, and more programs with Age Friendly Caribou. Our financial resources and support services are still available.

Aroostook Agency on Aging, Caribou Area Ride Service, Maine DHHS, AARP network of Age Friendly Communities, and Lifelong Maine.

Cary specialty clinics moved to a larger space at the Caribou Health Center for easier access for patients. This also allows for more specialists to be in the office at the same time. Our financial counselors have moved to a new location in the hospital for easier access for patients. We are partnering more with the Caribou Area Ride Service to help older adults get access to rides to appointments. We continue to promote our specialty services and newer services like Cardiac CT, which can prevent patients from having to travel downstate for invasive procedures.

** CMC Community plan utilizes an Access and Affordability heading

SDOH Highlights: Aroostook District

Aroostook County Action Program, Inc. (ACAP) * Childcare

<p>In 2023: Increase access to behavioral health services at 2 sites in Aroostook County</p>	<p>Valley Unified Schools and Maine ECCP</p>	<p>ACAP partnered with Valley Unified Schools and through access to the Maine Early Childhood Consultation Partnership to support education staff and enrolled families in behavioral health supports.</p>
<p>In 2024: Partner with local and state ECE professionals to support the coordination of a local ECE conference.</p> <p>Increase sustained, high quality child care and early childhood education through supports to at least one community based child care provider. (First 4ME)</p> <p>All ECE staff will have a professional development plan.</p>	<p>Aroostook Childcare Advisory</p>	<p>ECE conference held June 1st in the county.</p> <p>F4Me staff are working with one provider and SAU for the Year 1 pilot. Also secured two additional providers in the county for Y2 with additional Professional development supports for all community providers for ongoing training.</p> <p>ECE leadership continues to ensure that all staff have a detailed PDP and is monitored for compliance on a monthly basis.</p>

SDOH Highlights: Aroostook District

Aroostook County Action Program, Inc. (ACAP) * Housing

In 2023:

Advance development of supportive housing project.

Decrease number of individuals experiencing homelessness by 10.

Increase home safety improvements that allow 575 individuals to remain in their homes.

In 2024:

Establish and rebuild partnerships with 25 landlords to assist with future housing opportunities.

Attain and retain 100% occupancy at Edgemont supportive housing complex.

Evaluate structure and oversight of agency housing related programs and develop sustainable structure.

Provide RentSmart curriculum training to 75% of tenants and 50% of HPRC residents to improve housing outcomes for those experiencing housing instability.

Increase home safety improvements that allow 125 individuals and families to remain in their homes.

MaineHousing, City of Presque Isle, Devoe Construction, Local landlords

Construction started on supportive housing project.

Housing stability team was able to assist 35 individuals in obtaining safe and affordable housing.

Provided home safety services to 677 individuals.

To date 7 landlords have been added to the willing to work with ACAP and their customers list.

With the delay in construction, we have not been able to open our supportive housing complex yet. We are anticipating a July 2024 opening.

With some organizational changes with supervisors in energy and housing, this task has not been addressed yet. We have been able to improve 114 households consisting of 231 individuals able to stay in their homes safely.

SDOH Highlights: Aroostook District

Aroostook County Action Program, Inc. (ACAP) * Employment

In 2023:

Implement Agency-wide training framework and redesign agency tuition reimbursement
Increase youth workforce participation by 50
Ensure 50% of program teaching staff meet qualifications as required in HS standards.
Ensure 100% of ECE staff are enrolled in professional development.

In 2024:

Expand workplace partnerships to include on-the job and work experience placement sites by 20.
Develop and Implement new employee performance evaluation process.
Implement all phases of the training framework (agency and program components and professional development plans)
Develop and conduct ACAP employee survey.

DOE, Maine
Children's
Cabinet, Local
School
Departments,
Local Employers

Launched new employee orientation and agencywide training framework.
Redesigned the tuition reimbursement policy.
Provided a total of 79 youth workforce services.
All ACAP teaching staff met all qualifications outlined in HS Program Performance Standards.
All ECE staff are enrolled in a professional development plan.

To date, we have a total of 16 new work experience placements since Oct. 2023.
Revamped the end of intro evaluation as well as the annual review process .
Implemented regular new orientation schedule to include new hires, board members, managers and employees who had not been engaged. We have launched the day 1 checklist.
Have created and deployed two rounds of employee surveys. September 2023-Engagement rate 89%. March 2024-Engagement rate 85%

SDOH Highlights: Aroostook District

Aroostook County Action Program, Inc. (ACAP) * Transportation

In 2023:
Launch mobile services unit

Unit is being retrofitted and planned to roll in 2024.

In 2024:
Partner with employers on the ARTS workforce transportation grant to provide support services for employees.

ARTS, AP, NMDC, Tempo
Employment Services

Serve as a partner on the Aroostook Workforce Connector to be launched in Summer 2024.

Launch ACAP Mobile Services Unit providing 20 service stops.

We have finalized the vehicle modifications and design for the mobile service unit. We have also purchased the 4 mini mobiles and finalized those designs. The minis will be available on 5/1 and the larger unit early summer 2024.

5 new FDA accounts will be developed with the intent to purchase a vehicle.

Several pending applications currently.

SDOH Highlights: Aroostook District

Aroostook County Action Program, Inc. (ACAP) * Health and Well-being

In 2023:
Improve customer voice (youth)
Increase oral health screenings by 200 county-wide

In 2024:
Promote and support physical activity, water innovations & healthy eating with (3) local municipalities.

Educate 200 women of child-bearing years on the importance of pre-natal vitamins and provide free pre-natal vitamins through Vitamin Angels.

Participate in Maine Diaper Project

Promote and provide (4) learning opportunities on proper at home oral health education and resources across the life span.

Local School Departments,
Lions Club International,
Personal Services of
Aroostook, Local
Municipalities

Partnered with 8 public schools to implement evidence-based curriculum and provide support on restorative practices. Provided a total of 4,591 dental screenings across Aroostook.

Attended 6 summer feeding sites to support healthy eating and active living.

Provide prenatal vitamins to women in their child bearing years. The agency has served over 200 clients this year.

Provide diapers and wipes to 100 Aroostook County families at or under 200% FPL

Provide ongoing oral health education and resources to the community.



Health Priorities: Healthy Aging

Aroostook District

Healthy Living / Healthy Aging Highlights: Aroostook District

Northern Maine Medical Center

NMMC started the construction of a new nursing home with 45 private rooms for all of its residents

Entering into an agreement to provide Intensive Outpatient Programing for older individuals with Mental Health afflictions

Entering into an agreement to provide Outpatient Cardiac and Respiratory Rehab programing

Reinstating outpatient Physical Therapy services

Actively participate in events that offer opportunities to reduce social isolation

Facilitates the Alzheimer's Community Support group

Behavioral Health outreach program to Post-Acute care facilities to provide care within the facilities on a regular basis

Healthy Living / Healthy Aging Highlights: Aroostook District

Houlton Regional Hospital

In 2023, we explored avenues that would improve access to healthcare for our senior population

Established collaborative partnerships to assist seniors in meeting their healthcare needs across the continuum

In 2024, the collaborations continued

Madigan Healthcaren
Gardiner Healthcare,
Crestview Manor, Northern
Light Home Health, Aroostook
Home Health/Valley Home
Health Services, ACHIP
Partners

Maintain working relationships with our partners, including participation in ACHIP subgroups on Transportation and Belonging. This work has led to additional service by ARTS from Houlton to Presque Isle for medical care not provided in our community.

Healthy Living / Healthy Aging Highlights: Aroostook District

Cary Medical Center

In 2023 Cary Medical Center's diabetes education program provided resources and information for patients. The Healthy You program of Cary offered wellness programs to get people exercising, manage stress, and get access to trusted health information online. Health fairs, school events, and Age Friendly Caribou programs allowed people to make connections in the community while engaging in healthy activities. Cary and Pines continue to sponsor healthy programs and activities like 5ks, bike events, rec sports programs, little league, and more. We work with local businesses to provide wellness resources and encourage their employees to engage in healthy choices.

Caribou Parks and Recreation, Healthy Living for ME, Aging Maine GWEP, Lifelong Communities Maine, Aroostook Agency on Aging, Nurture by Nature ME, and RSU 39.

The Caribou Community Garden was launched, and Age Friendly Caribou was a key partner with the City and Nurture by Nature. Eat Mediterranean diet classes were held to help educate people on this healthier lifestyle choice. 100 miles in 100 days was a success with more than 6000 miles being logged. Participants received a weekly newsletter with tips on exercise and wellness. The Caring Together magazine is a publication from Cary and Pines and has information on health, wellness, news, and more that is inserted in all of the local newspapers.

In 2024 for Cary's 100th anniversary we have been sponsoring and hosting events that promote wellness in celebration of 100 years of caring and creating healthier communities. Healthy You and Age Friendly Caribou also continue to host programs that promote wellness and connection in the community.

Caribou Parks and Recreation, Healthy Living for ME, Aging Maine GWEP, Lifelong Communities Maine, Aroostook Agency on Aging, Nurture by Nature ME, and RSU 39.

100 Days of Wellness was a social media campaign with Healthy You that provided resources, tips, and support through 100 days. 100 miles in 100 days is going strong again and coming to a close soon. Cary partnered with the Caribou Rec on Caribou Cares About Kids to provide games, entertainment, and gave out 1,000 Frisbees and chalk at the parade. The Caring Together magazine is still a great resource for health information and news from Cary and Pines. Seniority has hosted several lunch and learns on Eat Mediterranean, dementia support, and more. Cary and Northern Light AR Gould partnered on two spring healthy aging luncheons and will be partnering on two more this fall.



Health Priorities: Cancer

Aroostook District

Cancer Highlights: Aroostook District

Cary Medical Center

In 2023 Cary Medical Center and Pines Health Services provided smoking cessation kits, and promoted low-dose CT screening as well as other screenings like mammography and colonoscopies. Screen Aroostook was also an avenue to education on radon and lung cancer risk. We also continued to grow the Pink Aroostook program and hosted several fundraisers and events for breast cancer support in the County. We hosted a cancer support group. PSAs and advertising through local media and social media aired highlighting new screening equipment like our CT and MRI, as well as the importance of regular screenings and check-ups for early detection. Dr. Elena Vagia, oncologist joined the Jefferson Cary Cancer Center. We have also increased promotion of the Maine CDC Breast and Cervical Health Program.

Jefferson Cary Foundation, Screen Maine, DHHS, Maine Cancer Foundation, American Cancer Society, National Breast Cancer Coalition, Jefferson Cary Cancer Center, and the Maine Breast & Cervical Health Program.

We created tobacco cessation kits that have resources and nicotine replacement therapy, and provided them to Pines patients and staff that indicated they wanted to quit. Several hundred kits have been distributed. Our low-dose CT scan numbers have dramatically increased helping people who have smoked or are smokers detect cancers earlier. We supported more than 20 breast cancer patients through Pink Aroostook and provided almost \$10k in support for their travel, bills, medication, prosthetics, etc. Tim Horton's selected Pink Aroostook as the charity of choice for their smile cookie campaign in Aroostook. Pink Aroostook also hosted the Tea of Hope for survivors.

In 2024 Cary and Pines continued to provide smoking cessation kits and promote the importance of cancer screenings and early detection. We applied for additional grants for radon education and kits, and continue to promote low-dose CT. Pink Aroostook is partnering closely with the Jefferson Cary Cancer Center on new resources for patients. Pink Aroostook has also grown with the number of patients seeking support.

Jefferson Cary Foundation, Screen Maine, DHHS, Maine Cancer Foundation, American Cancer Society, National Breast Cancer Coalition, Jefferson Cary Cancer Center, and the Maine Breast & Cervical Health Program.

Cary and Pines were both recognized with at the Platinum level for the Gold Standards of excellence program in Maine for Breathe Easy. Tim Horton's once again selected Pink Aroostook to receive the Aroostook County smile cookie donation funds.

Thank you to all our Aroostook District Partners who work toward these priorities. You may not have similar reporting requirements, but we value your contributions. If you would like to see your efforts reflected in this document, please contact Stacy Boucher, Aroostook District Public Health Liaison stacy.boucher@maine.gov

Aroostook Public Health Council
Aroostook Mental Health Center
Fish River Rural Health
Pines Health Services
County of Aroostook (Commissioners and staff)

Aroostook Agency on Aging
ARTS
Katahdin Valley Health Center
Link for Hope



Save the Date!

Aroostook Stakeholder Forum:
Tuesday October 8, 9am – 12pm via Zoom



Questions?