

## Update on Selected Priorities and Activities since the 2022 Community Health Needs Assessment - Androscoggin County

In response to the 2022 Community Health Need Assessment (CHNA) along with community input, hospitals and local districts developed their own three-year strategies and plans. Below are these organization's updates on their selected priorities and activities since the 2022 Community Health Needs Assessment. The Community Action Programs developed their plans in response to community input and their 2022 Community Needs Assessment. One full year of implementation has taken place to date in 2023, 2024 implementation work is currently underway with 2025 work on the horizon for implementation activity on these identified priorities.

For a number of organizations listed in this document priority work spans across multiple counties throughout Maine though their physical location may be in one county.

Priority	Activities	Partners	Key Accomplishments
<b>Organization – Central Maine Medical Center (CMMC)</b>			
Mental Health	Develop a vision and strategic plan that addresses gaps and opportunities	CMH Behavioral Health Committee	The Behavioral Health Committee is comprised of team members from across the Central Maine Healthcare team in various departments. It consists of 22 members, has drafted a vision and plan. It formed in September 2022, and has had a total of 10 meetings from inception through June 30, 2024.
	Increase awareness of the importance of mental health, and support community partners providing mental health services.	CMMC, CMH Marketing, NAMI Maine, Safe Voices, Tri-County Mental Health Services, Maine Resilience Building Network,	<p>In 2023, sat on the Planning Committee for Tri County Mental Health Services' Annual Fundraising Gala and Inspired Voices (stigma-busting event).</p> <p>In 2022-2024, co-hosted the Androscoggin Community Health Stakeholder Coalition, which focuses on mental health and social determinants of health in their plan.</p> <p>In collaboration with the Androscoggin Community Health Stakeholder Coalition, worked with Maine Resilience Building Network to provide two series (November-December, 2023 and May-June, 2024) of 3-part trauma informed trainings to local organizations and community members, training a total of 75 participants. The group also worked to create a brochure to be used at career fairs and similar events, that highlights the perks and benefits of working in Behavioral Health, with different career pathways, quotes from those in the field, and job boards to look for open positions.</p>
			Active member in the following community groups and coalitions focused on mental health: Bridges out of Poverty Steering Committee, Androscoggin Resiliency Collaborative, Lewiston Auburn Area Services to the Homeless through 2022-2024, and the Center for Wisdom's Women Board and Operational Committee in 2024.
	Increase the use of Peer Support Specialists in the Emergency Department (ED)	CMMC Emergency Department, CMH Behavioral Health Department, Sweetser	<p>Participated in morning/evening ED team member huddles to discuss barriers, challenges, and opportunities with the Intentional Peer Support (IPS) Program.</p> <p>In 2023, worked with Sweetser staff and ED Director to create a functional workflow for team members and Peer Support Specialists to follow.</p> <p>In 2023-2024, worked with Sweetser staff and ED Director to create a document ("All About IPS") focusing on increasing awareness of program, individual specialists and their contact/schedule, and newly developed workflow. This document is added to all new ED team member orientation folders.</p> <p>In 2024, worked with Peer Support Specialists to schedule quarterly time to join team member huddles meetings to do an introduction and program awareness.</p> <p>Between June 2023 and June 2024, there have been 431 Peer Support contacts in the ED with patients. CMMC is working with Sweetser staff to embed Peer Support in Inpatient departments to further reach of impact.</p> <p>In 2024, working with Peer Support Specialists and Behavioral Health System Director for program sustainability following the end of Year 3.</p>

Priority	Activities	Partners	Key Accomplishments
Substance Use Disorder	Assess the use of and education about screening tools	CMH Behavioral Health Committee, IS Department, System Director of Behavioral Health, Director of Behavioral Science at Family Medicine Residency	In 2024, connected with the Director of Behavioral Science at the Family Medicine Residency to support their ongoing work with updating substance use screening tools in the Electronic Medical Record.
	Increase awareness of and education about the availability of Naloxone in all Central Maine Medical Group (CMMG) practices	CMH, Healthy Androscoggin, CMMG, Practice Managers, IS Department, System Director of Behavioral Health, Accountable Care Organization, System Director of Primary Care, MaineGeneral	Edited an existing training module on Intranasal Naloxone, to include topics relevant for both clinical and non-clinical CMMG team members that is required to complete yearly. Topics included where to find it in the practice, administration, what an opioid is, what an overdose looks like, common myths of naloxone, impact of stigma and resources.
			In 2023-2024, developed a Lewiston/Auburn regional resource guide on substance use resources that was shared with local area practices and ED, as well as community partners. 50 Resource Guides were distributed from Lewiston/Auburn area practices. A supplemental resource guide was created that is housed on the Healthy Androscoggin website, and includes more resources around food pantries, unhoused, LGBTQ+, veteran, additional mental and behavioral health offices and statewide resources. From 7/1/23 - 6/30/24, <u>there were 332 visits to the page.</u>
			In 2024, links to the regional resources (L/A area, River Valley area, and Lakes Region area) on the Healthy Androscoggin website were added to the Visit Summary paperwork that each patient receives following a visit with a CMH healthcare provider.
			In 2023-2024, created a Resource Database for internal use by CMH team members system-wide that includes resources throughout the CMH service area, which was designated to support the new CMS screening requirement on social determinants of health and connecting patients to care and supports in their community.
			In 2024, worked with the System Director of Behavioral Health to create a system-wide Tier II Naloxone Distribution Program throughout CMH.
Support community partners providing education, resources, and prevention of substance use disorder	Healthy Androscoggin, OPTIONS, L/A Public Health Committee, An Angel's Wing, Lewiston Police Department, Auburn Police Department	Active member in the following substance use disorder focused community groups and coalitions: Lewiston Auburn Area Recovery Collaborative, Project Unite, An Angel's Wing Annual Gala Planning Committee, and the Annual Lewiston Rally for Recovery Planning Committee.	
		In 2022-2024, participated in the Annual Drug Take Back Days, sponsored by the Maine Sheriff's Department and organized by Healthy Androscoggin and the Lewiston and Auburn Police Departments. Between the Lewiston and Auburn collection sites, 1019 lbs (October 2022), 600.5 lbs (April 2023), and 535.15 lbs (April 2024) of medicines were collected.	
		Participated in morning/evening ED team member huddles to discuss barriers, challenges, and opportunities with the OPTIONS Program.	
		In 2023, worked with OPTIONS Liaison and ED Director to create a functional workflow for team members and Liaison(s) to follow.	
		In 2023-2024, created an awareness/education document for team members on the OPTIONS program, and how it works in the ED.	
	In 2023, Advisory Committee was formed to develop a CMH DEIB charter and action plan	CMH	Charter and action plan approved
	In 2023, CMH named a lead for the CMH DEIB initiative and created a System Manager of Language Services position	CMH	Oversees charter and action plan
	In 2023, 92 team members participated in DEIB-centered trainings	CMH	Improved understanding and practices

Priority	Activities	Partners	Key Accomplishments
Diversity, Equity, Inclusion & Belonging	In 2024, a Diversity Calendar was created that is interactive and provides educational information about the various holidays and remembrances. The calendar is available on the internal portal and weekly newsletter	CMH	Education and awareness for team members
	In 2024, a community survey and team member survey was conducted to learn more about the needs of the community and where CMH can make positive strides.	EqualityME, Maine Community Integration, New Beginnings, Bridgton Community Center	Improved policies and practices
	In 2024, co-hosted a public health careers event at Bates College specific to BIPOC communities.	Bates College, Maine Public Health Association (MPHA), and New Maine Public Health Initiative (NMPHI)	Workforce development

**Additional information on Central Maine Medical Center's Health Improvement Plan priority activity can be found at:**  
[www.cmhc.org/cmmc/about-cmmc/central-maine-community-benefits/](http://www.cmhc.org/cmmc/about-cmmc/central-maine-community-benefits/)  
**Contact:** Cecilia Natale, Senior Health Promotion Coordinator, Central Maine Medical Center. Contact: 207-795-5792 or natalece@cmhc.org

Priority	Activities	Partners	Key Accomplishments
<b>Organization - Community Concepts Inc.</b>			
<b>2023 - 2024</b>			
Housing	Expand Self Help home ownership by working with all CAA's to possibly expand service statewide.	USDA-Rural Development	Increased proposal with 5 additional homes
	Expand the Built by Me programming		Two homes are under construction
	Expand Lead Paint Fee for Service Program	Maine Housing; ME Childhood Lead Poisoning Prevention Program	Expanded program into Kennebec, Lincoln and Sagadahoc counties
	Expand Weatherization Services	Maine Housing	Received contract for Multi-Family Homes. Received Biden Infrastructure funding to increase services to Single Family Homes
	Create a Sharia compliant customer and business lending opportunity	Androscoggin Bank, Bangor Savings, Northeast Bank	Androscoggin Bank has unveiled a Sharia compliant home loan and has committed to referring clients who do not qualify to CCFC for partnership in lending
<b>2023 - 2024</b>			
Health & Well-Being	Expand resources that assist with stability such as mental health services, substance use services, child care, and housing.	Oxford County Mental Health Services	Merger with OCMHS naming CCI as sole member complete. Integration efforts in progress.
Mental Health	In collaboration with the Androscoggin Community Health Stakeholders Coalition, explored and researched how to become a trauma-informed community in Lewiston/Auburn, and applied for – and received – a \$5,000 grant from the Simmons Foundation to offer two series of Trauma-Informed Trainings led by the Maine Resiliency Building Network.	Androscoggin Community Health Stakeholders Coalition Simmons Foundation Maine Resiliency Building Network	Each series included 3 separate trainings, "The Impact of Experiences", "Creating and Sustaining a Trauma-Informed Organization", and "Spreading HOPE: Healthy Outcomes from Positive Experiences" Series 1 held in November – December 2023: 50 participants Series 1 held in May – June 2024: 25 participants

**Additional information on Community Concepts Inc. priority activity can be found at:**  
[www.ccimaine.org](http://www.ccimaine.org)  
**Contact:** Sandy Albert, Director of Housing and Program Development, Community Concepts Inc. Contact: 207-739-6560, SAlbert@Community-Concepts.org

Priority	Activities	Partners	Key Accomplishments
<b>Organization - St. Mary's Healthcare</b>			
<b>2023 - 2024</b>			

Priority	Activities	Partners	Key Accomplishments
Mental Health	Expanded reach of several different housing programs within the service area.	Androscoggin Community Health Stakeholders Coalition	<ol style="list-style-type: none"> <li>1. Two new homes under construction with Built by ME program</li> <li>2. Lead Paint Fee for Service Program expanded into Kennebec, Lincoln, and Sagadahoc Counties</li> <li>3. Received contract for multi-family homes and received Biden Infrastructure funding to increase services to single family homes to address weatherization services</li> </ol>
<b>2023 - 2024</b>			
Health and Well Being	Expand resources that assist with stability such as mental health services, substance use services, child care, and housing.	Oxford County Mental Health Services	Merger with OCMHS naming CCI as sole member complete. Integration efforts in progress.
<p><b>Additional information on St. Mary's Healthcare priority activity can be found at:</b>  <a href="https://stmarysmaine.com/our-mission/community-resources/">https://stmarysmaine.com/our-mission/community-resources/</a>            Contact: Susan Belanger, SVP, Mission Integration &amp; System Ethicist            207-755-3002 or Susan_Belanger@covenanthealth.net</p>			