Rural Health Listening Session: Bethel-Rumford
Meeting Report
October 29, 2019

What matters most?

- **Services**
  - Local nursing home facility and adequate reimbursements to make them financially viable.
  - Dental care, including:
    - Insurance that covers dentures
    - Adequate access to providers – not enough are taking new patients
    - Affordable services
    - Opioid epidemic side effects – access to treatment beyond the ER/opioids
  - Skilled beds for patients to transition to upon release from the hospital
  - Prevention:
    - Vaccinations – the earlier version of public health nurses worked well
    - Education about dental, parenting, especially for new parents
    - Whole-patient care, including dental
- **Systems**
  - Pathways to connect to appropriate services
  - Adequate ratio of school nurses to students
  - Collaboration between DHHS and DOE on trauma-informed supports for kids, families, teachers and after-school providers
  - School-based liaising to services for parents and students to reduce barriers and make information accessible
  - Equipping emergency room nurses with a clear understanding/guide of community resources in order to form recommended next steps for patients upon departure
  - Connecting ER to primary care doctors
  - Easy-to-understand chart of existing resources
  - Childcare health
  - consultants to provide targeted, tailored approaches and liaising to an array of community resources
  - Intentional and routine connectedness between providers to reduce silos
  - Broad-based rollout of social platform that allows providers to directly connect to community resources on behalf of patients

- **Social determinants and other supports**
  - Transportation
  - Reducing isolation and increased sense of hope
  - Access to affordable housing across communities

Community assets
- Relationships and deliberate efforts at knowing one another and routinely connecting to problem solve
- Telehealth monitoring that reduces anxiety and social isolation and increases fidelity to treatment plans
- Faith-based communities
- Age-Friendly Community model from AARP
- OCWC resilience project
- Western Maine Addiction Recovery Initiative

Challenges
- Mainers are independent and stubborn

How can things work better: what's the ideal; what solutions can we pursue?
- **Services we need:**
  - Expanded telehealth services
  - Donor drop-off site for breast milk
  - Tools for young parents
  - Home visits with adequate staffing and reduced waits
  - Paramedicine with behavioral health – in community
  - Adequate workforce – to provide childcare, RNs or paramedics and clinics, in general

- **Supports we need:**
  - Transportation