

# York Hospital Community Health Needs Assessment (CHNA) 2018/2019

## Executive Summary and Implementation Plan

The local Community Health Needs Assessment process completed in December 2018 helped York Hospital, partners and community members identify four health issues of concern in the local service area:

- **Mental Health**
- **Substance Misuse**
- **Healthy Aging**
- **Food Insecurity**

Social determinants of health were also identified and will be considered throughout the implementation plan. Along with food insecurity these include isolation, transportation and affordable housing.

These priorities were chosen through a process that examined data from state and county sources as well as local data including the York Hospital Community Themes and Strengths Survey results, local forums, discussion groups and one-on-one key informant interviews.

These priorities were reviewed by the York Hospital Board and CTBH Advisory Board and approved as of December 2018. The data and priorities included in this report were reviewed at a Strategy Council meeting of York Hospital in November of 2018 and coincide with the Hospital's Strategic Plan for the coming year. This report, any updates and plans will continue to be posted at <https://www.yorkhospital.com/990-chna/>.

In choosing priorities we used the following criteria:

- Data showing significant problem(s) compared to past and/or to the state numbers
- Gaps in existing services and efforts
- Concern for issue demonstrated by community members and collaborating partners
- Capacity at York Hospital and among partners to implement actions resulting in measurable outcomes

# York Hospital Implementation Plan, 2018-2019

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## Priority Health Issue: Substance Use and Misuse

<b>1. Increase substance use disorder prevention, intervention and addiction services for those at highest risk including youth, young adults and underserved/uninsured.</b>	
<b>Strategy</b>	<b>Activities</b>
Increase capacity to provide medication assisted treatment through the YH Recovery Center.	<ul style="list-style-type: none"> <li>• Encourage more providers to get x-waivered</li> <li>• Write for funding through state and federal grants to hire more staff</li> </ul>
Provide intervention, treatment and recovery services to adolescents.	Collaborate with local Adult Education to implement Student Intervention Program (SIRP) and Making Change support group for youth.
Support Choose To Be Healthy Coalition (CTBH) in preventing youth substance use disorders with evidence based strategies.	<ul style="list-style-type: none"> <li>• Provide free space and admin for local community health coalition, CTBH</li> <li>• Assist coalition in getting more funding</li> </ul>
Introduce community based recovery supports.	<ul style="list-style-type: none"> <li>• Provide train-the-trainer for Recovery Coaches</li> <li>• Convene wrap around services providers to better coordinate services</li> </ul>
Provide regular community education	<ul style="list-style-type: none"> <li>• Hold YH Lunch N Learns on topics related to substance use and misuse</li> <li>• CTBH Coalition to provide monthly public education through media and events</li> </ul>

**Priority Health Issue: Mental Health**

<b>2. Increase access to mental health services and supports in Southern York County.</b>	
<b>Strategy</b>	<b>Activities</b>
Increase access to mental health services and improve collaboration especially in helping youth and young adults.	Convene Sweetser, NAMI Maine and local Behavioral Health Specialists to assess and share resources.
Build capacity of YH staff to understand mental health and increase ability to provide support for each other and our patients.	Monthly Mental Health First Aid and Leadership trainings provided to YH staff on supporting good mental health.
Build capacity of families and professionals to understand mental health and increase ability to provide support and access services.	Sponsor Family to Family Mental Health Series at YH
	CTBH to coordinate Mental Health First Aid and related training with Sweetser and NAMI in our communities, parents and schools.
	Provide regular community education through YH Lunch N Learns, CTBH events and training
Help reduce stigma through regular training and public awareness campaigns.	Provide regular community education through YH Lunch & Learns, CTBH events and training

**Priority Health Issue: Healthy Aging**

<b>3. Support healthy aging initiatives in our area.</b>	
<b>Strategy</b>	<b>Activities</b>
Improve access to health care and social services for older population, especially those affected by isolation and financial stress.	Provide acute care house calls, prescription and meal delivery to older adults; comprehensive outpatient consult service through YH Center for Older Adults.
	Assess capacity of internal and local resources to provide fall prevention/strength & balance programming to older adults
Provide opportunities for prosocial and healthy multi-generational activities.	Collaborate with York, South Berwick and Eliot Parks and Recreation Departments to implement multi-generational activities
Increase access to healthy meals to elderly and homebound population.	Use YH’s expanded transportation and home care services and community collaboration to provide healthy meals in York, Kittery and Eliot.
	Collaborate with SMAA in federal “As You Like it Program” to provide reduced cost meals and some grocery items to isolated, immobile and older population.
Provide regular community education on topics of interest to the health and well-being of our aging population.	Lunch & Learns, CTBH events

**Priority Health Issue: Food Insecurity**

<b>4. Reduce food insecurity and its effects especially among at-risk families and our 65 and older population.</b>	
<b>Strategy</b>	<b>Activities</b>
Increase access to healthy meals to elderly and homebound population.	Use YH’s expanded transportation and home care services and community collaboration to provide healthy meals in York , Kittery and Eliot.
	Collaborate with SMAA to participate in federal “As You Like it Program” to provide reduced cost meals and some grocery items to isolated, immobile and older population.
Increase access to healthy foods to families, especially those at higher risk for poor nutrition.	Assess feasibility of Rx for fruits and veggies program at Sanford Practice.
	Free delivery of meals to York Housing Authority and Yorkshire Commons.
	Provide free meals for families every two months through Table of Plenty Program in York
	Provide at-cost and discounted food to Table of Plenty Program serving area
	Provide food donation to local food pantries once a month in York, Kittery and Wells.
	Provide meal vouchers for clients at Recovery Center, YH volunteers, and participants in parent education series.
	Provide hundreds of meals to community and hospital on Thanksgiving and Christmas.
	Provide free and discounted food at community events (Special Olympics, Autism Awareness Event at Wild Kingdom, York Community Dialogue.

The draft plan was reviewed and updated in January-March by York Hospital staff and community partners to develop this Implementation Plan using the following criteria:

- Capacity to implement (resources, training, people)
- Staff and community member participation
- Use of community resources/assets
- Reach and evidence for strategies used
- Ability to address disparities and needs identified by community
- Potential for sustainability

For more information on this report, process, and plan or to share your feedback, contact Sally Manninen, Community Health Director 351-2655, smanninen@yorkhospital.com.