



Community Health Needs Assessment 2015

Implementation Plan

Progress Report: January - December 2018

Priority Area: Obesity

Treatment Strategy	Data and/or Updates
Offer Healthy Weight Management Program with at least 5 sessions per year.	<ul style="list-style-type: none"> • Six comprehensive healthy weight classes were held in 2017 as part of YH Healthy Weight Management Program, 52 people attended • All class members provide feedback at regular intervals. In-person quarterly reunions were held. Program is continuously adjusted based on feedback.
Offer individualized nutritional counseling community members referred by providers in and out of YH.	YH Dietician counseled 20 people in 2017. YH exploring ways to increase service to un or underinsured.
Population Health Strategy	Data and/or Updates
Support the expansion of the Eastern Trail through the towns of Wells, North Berwick, South Berwick, Eliot and Kittery	YH staff no longer sit on Board of Eastern Trail Alliance. Committee will look at what support YH can provide in future.
Sponsor a series of six “Walk With the Doc” community walks with York Hospital Family Practice physicians, on local Land Trust properties.	<ul style="list-style-type: none"> • A Walk with a Doc was promoted to the community. It was held June 1, 2017. Two YH physicians volunteered to participate. The Choose To Be Healthy Coalition at York Hospital contributed several resources including York County Physical Activity Guides. • Due to small attendance, another Walk with a Doc has not been planned.
Support local events and programs that promote increased family physical activity.	YH supports local organizations and schools that implement physical activity programming through in kind and financial support. YH also supports several area Parks and Recreation Departments to promote family physical activity programs.
Provide affordable healthy and local food options in cafeteria.	YH provided new healthy options and local, organic food choices in its cafeteria which is frequented by many community members, especially the elderly.

Priority Area: Substance Use Disorder

Treatment Strategy	Data and/or Updates
<p>Expand outpatient addiction treatment services to include Medication Assisted Treatment including buprenorphine and naltrexone.</p>	<ul style="list-style-type: none"> • In 2018, YH began providing medication assisted treatment services at its rebranded and expanded Cottage Program; now called the Recovery Center. • The Recovery Center (TRC) now has two new counselors, one nurse with a strong background in assisting with MAT, and a Medical Director. • TRC also now has two trained Recovery Coaches through a grant from the • YH has a part time/interim director and consultant Eric Harma, who has assisted in starting up the new program. • Monthly educational and capacity building events and workshops were provided and attended by staff and community members. Topics included SBIRT, Stigma reduction, and overdose prevention. School nurses from all over York County were provided with SBIRT training in the fall of 2018 with a follow up in March of 2019 planned. • The (MAT Action Team) and (Opioid Round Table Discussion Group) including community members meet weekly and quarterly to plan and implement strategies related to providing MAT at YH and wrap around services in communities. • Treatment services at TRC are provided regardless of ability to pay. Transportation was expanded to later hours for patients in need, regardless of ability to pay. • YH provides naloxone free of charge to EMS in area.
<p>Expand obstetrical services to include Medication Assisted Treatment (buprenorphine) for pregnant women who abuse opiates.</p>	<ul style="list-style-type: none"> • Training was held for staff of Child and Maternal Health on addiction and drug affected babies • The OBGyn and Peds teams have been trained in • Policies and procedures were created and implemented to ensure education for providers and staff in obstetrics. • One YH obstetrician was trained to provide MAT for pregnant patients in need.

Population Health Strategy	Data and/or Updates
Develop and implement a Responsible Opioid Prescribing Policy throughout York Hospital system including physician practices, emergency department and inpatient care.	Policies and procedures were developed between Jan-May, 2016 and became effective June 1, 2016. There is also YH Responsible Opioid Prescribing Toolkit.
Continue to implement Student Intervention and Reintegration Program (SIRP) in partnership with area high schools and Sweetser, Inc. quarterly.	<ul style="list-style-type: none"> • YH and local school counselors were provided training in SBIRT to encourage referrals to SIRP Program or treatment options. • CTBH Coalition supports the SIRP Program by promoting, providing training and materials and collaborating with partners to facilitate groups. • 2 SIRP classes ran in 2016 and none in 2017 due to lack of referrals. CTBH and Sweetser reviewing barriers to implementing program with partnering schools and juvenile justice officers.
Partner with the Choose To Be Healthy Coalition to support youth substance abuse prevention activities in 9 communities. This includes in-kind support for the Drug Free Communities and State grants such as rent, bookkeeping and HR department support, etc.	<ul style="list-style-type: none"> • CTBH created and distributed over 2000 resource cards for mental health and addiction treatment to parents, police and health care providers. • CTBH created and distributed 2000 brochures on addiction treatment and stigma targeting parents. • CTBH coordinated an opiate overdose training for police, providers and families • YH and CTBH supported York High School TIDALWAVSE youth group to produce and promote a movie about at risk youth overcoming drug addiction.

Priority Area: Cardiovascular Disease

Treatment Strategy	Data and/or Updates
Work with the Center for Tobacco Independence to allow for electronic referrals of patients who smoke directly to CTI from our EMRs.	<ul style="list-style-type: none"> • Electronic referrals to Center for Tobacco Independence (Maine Tobacco HelpLine) are now part of YH electronic medical record system. • 30 people referred to tobacco quit line through YH providers
Implement EMR changes to help support the use of brief interventions and referrals for tobacco users	Developed and implemented policy and procedure that include intervention and referral.
Promote resources on Choose To Be Healthy Coalition and hospital websites.	Choose To Be Healthy Coalition at York Hospital continues to promote resources via Facebook, website, newsletter.
Population Health Strategy	Data and/or Updates
Promote tobacco addiction treatment resources on Choose To Be Healthy Coalition and hospital websites	<p>As of 2017, tobacco prevention efforts in the YH service area are provided by a partnering coalition, Partners for Healthier Communities out of Sanford. They provide YH communities with resources, services and training opportunities which YH and CTBH continue to promote and support.</p> <ul style="list-style-type: none"> • CTBH and YH collaborated to provide helpline quit resources and info at two large employer health fairs (Stonewall Kitchen and The Naval Shipyard)
Make Tobacco Helpline materials available in all York Hospital physician practice offices	<p>Physician practices are supplied with Maine Tobacco HelpLine rack cards on a regular basis.</p> <p>Tobacco cessation resources are provided to patients that utilize Help Center prescription assistance and financial assistance.</p> <p>Exploring option to provide cessation services through Patient Centered Medical Home and Recovery Center</p>