



York Hospital Community Health Needs Assessment, 2018-2019



**Choose To
Be Healthy**
COALITION

Creating a healthier Southern York County

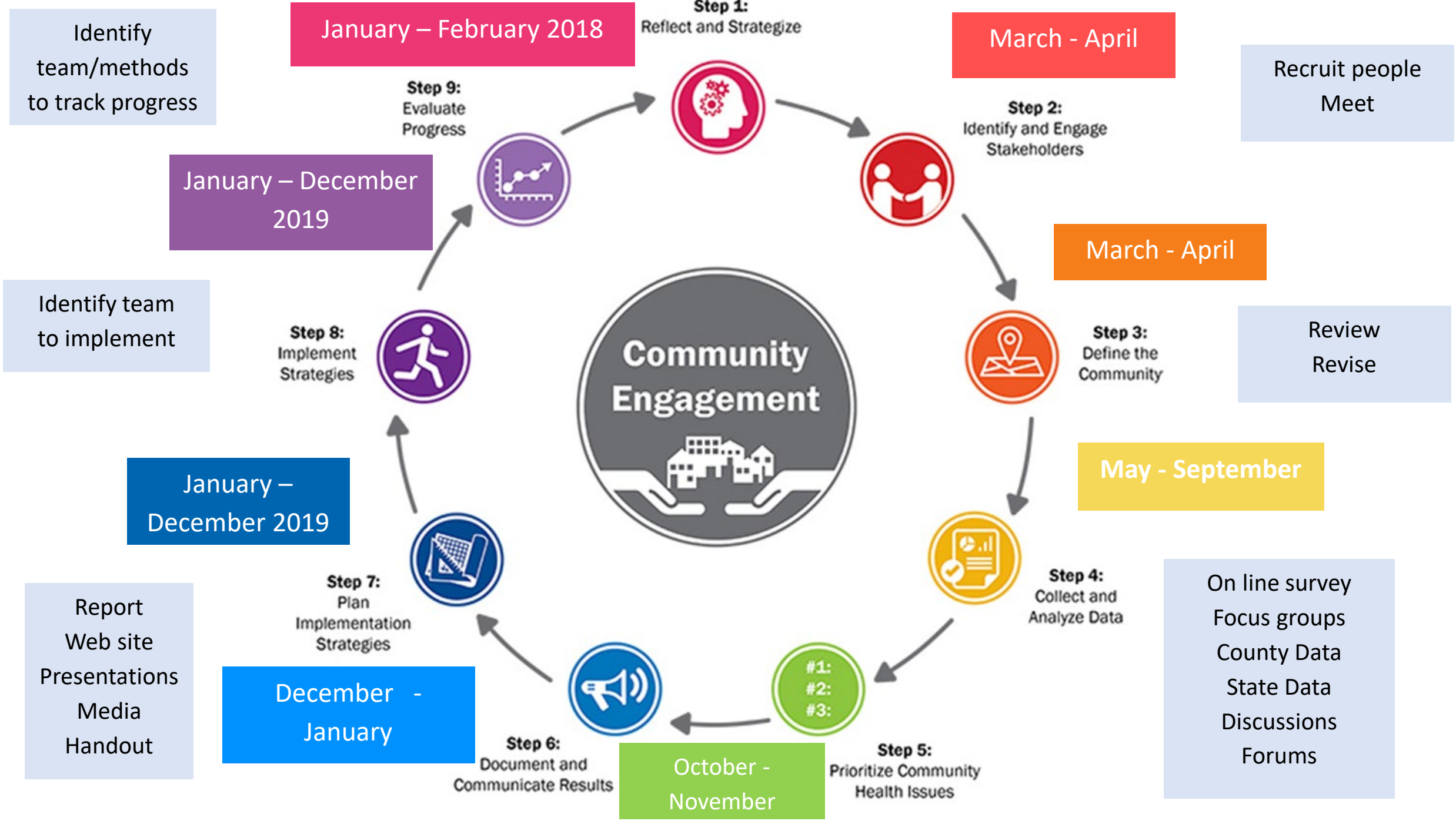
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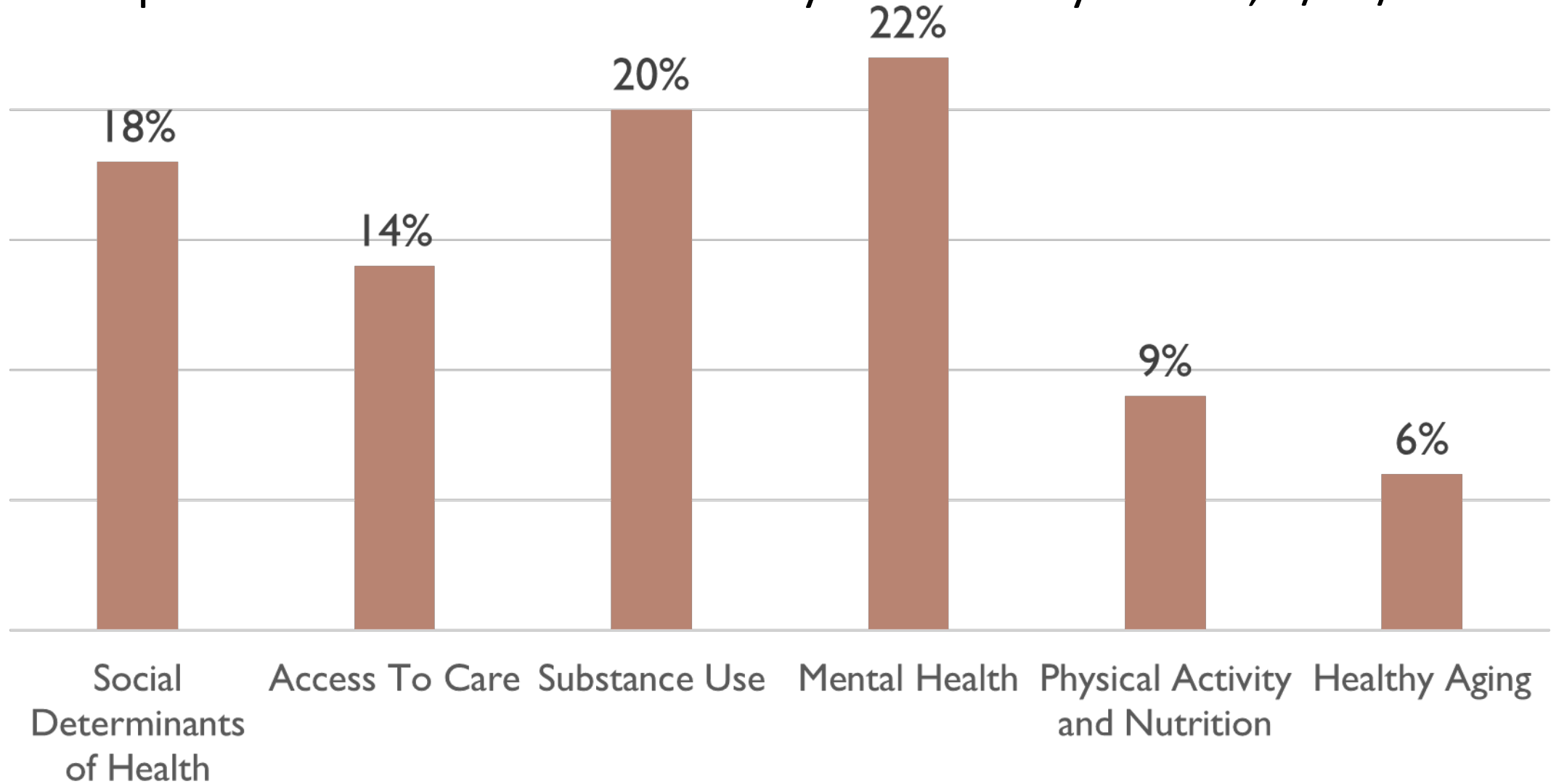
**MAINE
PREVENTION
SERVICES**

Maine Center for Disease Control & Prevention
Department of Health and Human Services





Top Health Priorities: York County Community Forum, 9/27/2018

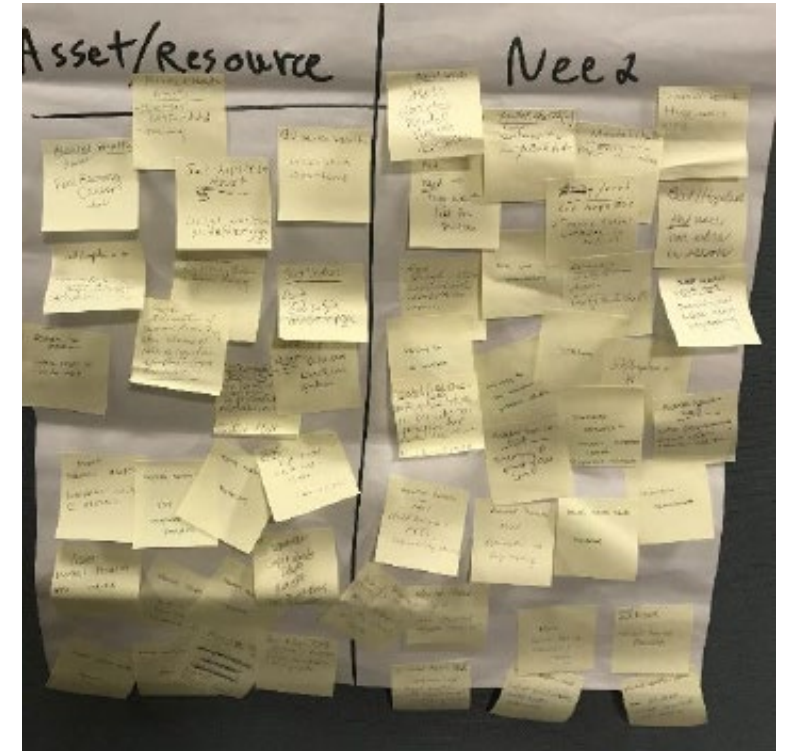


Top 3 Health Concerns, YH CHNA Survey 2018

1. Drug/Alcohol Abuse (64%)
2. Mental Health (50%)
3. Aging (33%)

Top 3 Risk Factors:

1. Drug and alcohol abuse
2. Lack of mental health services
3. Access to drugs/lack of treatment services



York Hospital CHNA Implementation Plan Top Priorities, 2018/2019

- 1. Mental Health**
- 2. Substance Misuse**
- 3. Healthy Aging**
- 4. Food Insecurity**



Priority Issue: Substance Misuse

1. Increase substance use disorder prevention, intervention and addiction services for those at highest risk including youth, young adults and underserved/uninsured.

Strategy	Activities
Increase capacity to provide medication assisted treatment through the YH Recovery Center.	<ul style="list-style-type: none"> • Encourage more providers to get x-waivered • Funding through state and federal grants to hire more staff
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"> • Provide free space and admin for local coalition • Assist coalition in getting more funding
Introduce community based recovery supports.	<ul style="list-style-type: none"> • Provide train-the-trainer for Recovery Coaches • Convene wrap around services providers to better coordinate services
Provide regular community education	<ul style="list-style-type: none"> • Hold YH Lunch N Learns on topics related to substance use • CTBH Coalition to provide monthly public education through media and events

Priority Issue: Mental Health

1. Increase access to mental health services and supports in Southern York County.

Strategy	Activities
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 Issue: Healthy Aging

1. Support healthy aging initiatives in our area.

Strategy	Activities
<p>Improve access to health care and social services for older population, especially those affected by isolation and financial stress.</p>	<p>Provide acute care house calls, prescription and meal delivery to older adults; comprehensive outpatient consult service through YH Center for Older Adults.</p>
	<p>Assess capacity of internal and local resources to provide fall prevention/strength & balance programming to older adults</p>
<p>Provide opportunities for prosocial and healthy multi-generational activities.</p>	<p>Collaborate with York, South Berwick and Eliot Parks and Recreation Departments</p>
<p>Increase access to healthy meals to elderly and homebound population.</p>	<p>Use YH's expanded transportation and home care services and community collaboration to provide healthy meals in York, Kittery and Eliot.</p>
	<p>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.</p>
<p>Provide regular community education on topics of interest to our aging population.</p>	<p>Lunch & Learns, CTBH events</p>

Priority Issue: Food Insecurity

4. Reduce food insecurity and its effects especially among at-risk families and our 65 and older population.

Strategy	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 to 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.
	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.

FMI or to get more involved with coalition or CHNA

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