

York Hospital Community Health Needs Assessment (CHNA) 2018-2021 Implementation Plan Progress for 2021

In the summer and fall of 2021, the Community Health Team completed the York Hospital Community Health Assessment for the local area and took part in the York County CHNA. Report and plan for 2021-2024 can be found at <https://www.yorkhospital.com/990-chna/>. Substance use, mental health and access to care were the chosen priorities by local partners and survey participants based on local and county data. The plan below completes the efforts as outlined for 2018-2021.

Priority Health Issue: Substance Use and Misuse

Increase substance use disorder prevention, intervention and addiction services for those at highest risk including youth, young adults and underserved/uninsured.			
Strategy	Activities	Progress Notes	Completed/On Hold/In Progress
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 • Write for funding through state and federal grants to hire more staff 	<ul style="list-style-type: none"> • 9-12 providers x-waivered • Still engaging providers at practices for maintenance • YH to receive congressional funding to expand transportation and access to treatment plus institutionalize SBIRT 	On-going
Provide intervention, treatment and recovery services to adolescents.	<ul style="list-style-type: none"> • Collaborate with local Adult Education to implement, Prime for Life curriculum and Making Change support group for youth. • Student Intervention and Reintegration Program offered with CTBH funds to area schools and Juvenile Justice 	<ul style="list-style-type: none"> • SIRP in community and schools online, Making Change Support Group not available • Prime for Life at Adult Ed held via zoom to small numbers • Partnership with York County DA to refer young adults begun, fall of 2020 	On-going

<p>Support Choose To Be Healthy Coalition (CTBH) in preventing youth substance use disorders with evidence based strategies.</p>	<ul style="list-style-type: none"> • Provide free space and admin for local community health coalition, CTBH • Assist coalition in getting more funding 	<ul style="list-style-type: none"> • CTBH awarded CARA 5 year opioid prevention grant in July 2021 • CTBH met with new CEO who is supportive of coalition work • CTBH offices and larger meeting space created on YH Maine campus 	<p>On-going</p>
<p>Introduce community based recovery supports.</p>	<ul style="list-style-type: none"> • Provide training for Recovery Coaches in YH area • Convene wrap around services providers to better coordinate services 	<ul style="list-style-type: none"> • Fall 2019 • First meeting Aug, 2019 • Services to be listed on YH web page 	<p>Completed</p>
<p>Provide regular community education</p>	<ul style="list-style-type: none"> • Hold YH Lunch N Learns on topics related to substance use and misuse • CTBH Coalition to provide monthly public education through media and events 	<ul style="list-style-type: none"> • CTBH and Friendraising, now called Community Outreach • Did not occur during 2020 due to pandemic • CTBH held workplace lunch n learn via zoom; Attendees received resources to be recovery friendly and narcan • CTBH continued to meet and hold parent and youth education during pandemic; held 6 sessions with over 100 adults and youth; Youth Summit; met with community partners including schools and police on a monthly basis; • CTBH worked with schools providing take home free lunch to include parent education 	<p>On-going</p>

Priority Health Issue: Mental Health

2. Increase access to mental health services and supports in Southern York County.			
Strategy	Activities	Progress Notes	Completed/On Hold/In Progress
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.	<ul style="list-style-type: none"> • CTBH continues to support and promote their services, but not able to convene group • CTBH to coordinate and help pay for Mental Health First Aid training for Berwick Adults after request from town staff in 2021 	<ul style="list-style-type: none"> • In progress
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.	<ul style="list-style-type: none"> • YH Community Education coordinating this, getting staff trained to hold monthly training 	<ul style="list-style-type: none"> • On hold
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	<ul style="list-style-type: none"> • 6 classes/series held via zoom during pandemic 	<ul style="list-style-type: none"> • In progress
	CTBH to coordinate Mental Health First Aid and related training with Sweetser and NAMI in our communities, parents and schools.	<ul style="list-style-type: none"> • Schools and one community received training in 2019 • No trainings in 2020 • Mental health was topic of all CTBH sessions via zoom • Mental Health First Aid provided via zoom in 2021 	<ul style="list-style-type: none"> • In progress

	Provide regular community education through YH Lunch & Learns, CTBH events and training	<ul style="list-style-type: none"> • YH provided several lunch n learns on covid, the pandemic, mental health 	In Progress/On-Going
Help reduce stigma through regular training and public awareness campaigns.	Provide regular community education through YH Lunch & Learns, CTBH events and training <ul style="list-style-type: none"> • Creating 2019/2020 schedule Screened Recovery Boys or Heroine in Kittery September 2019 Gave out 40 narcan doses after training for public	<ul style="list-style-type: none"> • Community presentations started up again via zoom in mid 2020 • Formal schedule of topics was not created • CTBH had panel discussion on youth substance use • CTBH Youth created stigma PSA shown throughout state • 	<ul style="list-style-type: none"> • Completed

Priority Health Issue: Healthy Aging

3. Support healthy aging initiatives in our area.			
Strategy	Activities	Progress Notes	Completed/On Hold/In Progress
Improve access to health care and social services for older population, especially those affected by isolation and financial stress.	<ol style="list-style-type: none"> 1. Provide acute care house calls, prescription and meal delivery to older adults; comprehensive outpatient consult service through YH Center for Older Adults. 2. Prescription Assistance Program helped older adults access over \$750,000 worth of medications in 2021. 	<ul style="list-style-type: none"> • Meal delivery see progress under food insecurity • To meet increasing community demand for House Calls (up 50% from previous year), York Hospital hired an additional medical provider to deliver care to patients in their homes and solicited grant funding to lease a second vehicle to allow additional provider to visit patients across 11-town service area. 	<ul style="list-style-type: none"> • On hold due to pandemic • Completed
	Provide prevention/strength & balance programming to older adults	On hold due to pandemic	• On hold due to pandemic
Provide opportunities for prosocial and healthy multi-generational activities.	<p>Collaborate with York, South Berwick and Eliot Parks and Recreation Departments to implement multi-generational activities.</p> <p>Conducted a multigenerational Virtual 5K – Walk & Run for Everyone – to raise funds for hospital’s COVID-19 Caring for All Fund. Promoted race via Parks & Recreation, press releases, senior centers and schools.</p>	<ul style="list-style-type: none"> • On hold due to pandemic • Successful fundraiser with over 100 participants ranging from a 2-month old in stroller to an 86-year old. 	<ul style="list-style-type: none"> • On hold due to pandemic • Completed

<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>	<ul style="list-style-type: none"> • Meal delivery see progress under food insecurity • Output of 7,789 meal deliveries in 2021 – compared to 6641 in 2020 and 3307 meals in 2019. • As a result of the pandemic, York Hospital saw a dramatic increase in the number of seniors requesting home meal deliveries, resulting in <i>an average of 52% more meals delivered to seniors</i> in 2020-2021, compared to the same period in 2019 (prior to pandemic). • Polled 100 older adults across York Hospital service area about unmet needs in their community and provided a \$10 meal card for sharing feedback. 	<ul style="list-style-type: none"> • In progress • Completed • Completed
<p>Provide regular community education on topics of interest to the health and well-being of our aging population.</p>	<p>Lunch & Learns</p>	<p>Conducted 10 educational community “Lunch & Learn” webinars. Content endured for on-demand audiences.</p>	<ul style="list-style-type: none"> • Completed

Priority Health 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. <ul style="list-style-type: none"> • York, Kittery, Wells Donations for Cheese, Eggs & Butter for 2020, value = \$2050 	Completed for 2020
	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. <ul style="list-style-type: none"> • AYLI program of SMAA: 414 discounted meal vouchers, value = \$331.20 • York Housing Authority - AYLI Program of SMAA 3480 vouchers, value = \$2784.00 	Completed for 2020
Increase access to healthy foods to families, especially those at higher risk for poor nutrition.	<ul style="list-style-type: none"> • 2020 efforts reduced because of pandemic. • \$2 fee for delivering meals to homebound elderly & recouping clients collected app \$5200 in 2020 towards the cost of gas for the drivers. • Table of Plenty in March 2020 was a drive thru pick up meals value, = \$525.00. • Table of Plenty (Kittery location) - Food credit provided \$1100 • Community sponsorship to York Historical Society (soup or chowder) & Spencer Foundation (sandwich platters) = \$305.85 • March a water donation to help sponsor an event (must have been right before shut down) \$370.50 • November sent out approx. 225 pre-packed complimentary Thanksgiving meals to home bound & needy families = \$1918.13. 	<ul style="list-style-type: none"> • Completed for 2020