

**St. Mary's Regional Medical Center  
Community Health Implementation Strategy 2022-2024**

**Health Priority:** Mental Health

**Goal of Health Priority:** To increase access to mental health services in our community

Strategies for: Mental Health	Supporting Activities	Metrics/What are we measuring?	Partners/External Organizations	Year of Work (1-3)
<b>Strategy 1:</b> Develop strategic plan for behavioral services related to mental health at SMRMC	<ul style="list-style-type: none"> <li>• Adopt strategic plan</li> <li>• Make progress on identified initiatives</li> </ul>	<p>A. Adoption of strategic plan for behavioral health services</p> <p>B. Progress made on/actions implemented from strategic plan</p>	Sheppard Pratt, TCMHS	<p>A. Years 1-3</p> <p>B. Years 2-3</p>
<b>Strategy 2:</b> Increase awareness of need and availability of mental health careers for students	<p>As part of Androscoggin Community Health Stakeholder Coalition:</p> <ul style="list-style-type: none"> <li>• Offer mental health career pathways in local high schools/community colleges</li> <li>• Conduct public relations/social media campaign to encourage interest in mental health careers</li> </ul>	Number of youth who attend/participate in career pathway events	Ascentria, CCS, St. Mary's, Sweetser, TCMHS, County high schools, Central Maine Community College	Years 2-3
<b>Strategy 3:</b> Increase opportunities for patients to access mental health services	<ul style="list-style-type: none"> <li>• 2-3 shared medical groups per year</li> </ul>	<p>A. Number of shared medical groups</p> <p>B. Number of patients who participate in groups</p> <p>C. Participant evaluation results</p>	Integrative Medicine	Years 2-3
<b>Strategy 4:</b> Educate youth on healthy coping mechanisms	<ul style="list-style-type: none"> <li>• -As part of Androscoggin</li> </ul>	<p>A. Number of programs</p> <p>B. Number of participants</p>	CCS, MRBN, Maine CDC, Sweetser, Sandcastles,	Years 2-3

# Implementation Plan for Community Health Needs Assessment 2022-2024

Strategies for: Mental Health	Supporting Activities	Metrics/What are we measuring?	Partners/External Organizations	Year of Work (1-3)
	Community Health Stakeholder Coalition, promote Maine CDC suicide prevention program and Maine Resilience Building Network (MRBN) “Youth Mattering” program		TCMHS, Lewiston/Auburn schools	

**Health Priority:** Substance and Alcohol Use

**Goal of Health Priority:** To increase resources available related to substance and alcohol use disorder

Strategies for: Substance and Alcohol Use	Supporting Activities	Metrics/What are we measuring?	Partners/External Organizations	Year of Work (1-3)
<b>Strategy 1:</b> Develop strategic plan for behavioral services related to substance and alcohol use disorder (SUD) at SMRMC.	<ul style="list-style-type: none"> <li>Adopt strategic plan</li> <li>Make progress on identified initiatives</li> </ul>	<ul style="list-style-type: none"> <li>A. Adoption of strategic plan</li> <li>B. Progress made/actions taken</li> </ul>	Sheppard Pratt	<ul style="list-style-type: none"> <li>A. Year 1-2</li> <li>B. Years 2-3</li> </ul>
<b>Strategy 2:</b> Increase opportunities for peer recovery support within St. Mary’s programs	<ul style="list-style-type: none"> <li>Explore opportunities to partner with local peer recovery support programs</li> </ul>	<ul style="list-style-type: none"> <li>A. Number of partnerships established</li> <li>B. Number of peer support encounters</li> </ul>	Mayor’s Task Force on SUD, Project Unite community coalition, local peer recovery support programs. Sweetser	A/B. Years 2-3

# Implementation Plan for Community Health Needs Assessment 2022-2024

**Health Priority:** Access to Care

**Goal of Health Priority:** Increase access to primary care

Strategies for: Access to Care	Supporting Activities	Metrics/What are we measuring?	Partners/External Organizations	Year of Work (1-3)
<b>Strategy 1: Increase access to primary care</b>	<ul style="list-style-type: none"> <li>Recruit/retain primary care providers</li> <li>Recruit/retain medical assistants</li> <li>Improve processes to allow providers to see more patients</li> </ul>	<ul style="list-style-type: none"> <li>A. Number of primary care providers hired/retained</li> <li>B. Number of medical assistants hired/retained</li> <li>C. Creation of support role and number of patients added to provider panels</li> </ul>	Covenant Health IMG and recruiters	<ul style="list-style-type: none"> <li>A/B. Years 1-3</li> <li>C. Year 3</li> </ul>
<b>Strategy 2: Remove barriers that prevent access to care</b>	<ul style="list-style-type: none"> <li>Explore transportation options i.e. UberHealth for existing patients</li> <li>Ensure financial assistance forms and public benefits are more readily accessible to the community</li> <li>Analyze and reduce health disparities for diabetes</li> </ul>	<ul style="list-style-type: none"> <li>A. Results of transportation research and progress made to increase options</li> <li>B. Increase in accessibility of financial assistance and public benefits</li> <li>C. A1C metrics by payment source</li> </ul>	UberHealth; MaineHealth, Ensemble, MaineHealth ACO	<ul style="list-style-type: none"> <li>A. Years 1-3</li> <li>B. Year 1</li> <li>C. Year 2</li> </ul>

**Health Priority:** Social Determinants of Health: Poverty

**Goal of Health Priority:** Increase opportunities to bridge people out of poverty

Strategies for: Social Determinants: Poverty	Supporting Activities	Metrics/What are we measuring?	Partners/External Organizations	Year of Work (1-3)
<b>Strategy 1:</b> Serve as a pilot site employer for Financial Navigator in our community to serve as resource coordinator, financial educator and a conduit for stability in our local workforce.	<p>Host the community Financial/Life Navigator as a pilot employer site</p> <p>If successful, expand pilot to at least 3 other community employers</p>	<ul style="list-style-type: none"> <li>Number of encounters</li> <li>Creation of community resource list</li> </ul>	Community Credit Union, Bridges Out of Poverty steering committee	Years 1-3

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Strategies for: Social Determinants: Poverty	Supporting Activities	Metrics/What are we measuring?	Partners/External Organizations	Year of Work (1-3)
<b>Strategy 2:</b> Explore ways to address social determinants of health for primary care	Explore community health worker role and if feasible, establish this support for primary care	<ul style="list-style-type: none"> <li>• Number of patient encounters</li> <li>• Progress made on social determinants related to poverty</li> </ul>	Ethnic community-based organizations, Community Clinical Services	Years 2-3

**Health Priority:** Social Determinants of Health: Food Security

**Goal of Health Priority:** Expand offerings for access to affordable, nutritious food

Strategies for: Social Determinants: Food Security	Supporting Activities	Metrics/What are we measuring?	Partners/External Organizations	Year of Work (1-3)
Provide productive and vibrant neighborhood garden spaces.	<ul style="list-style-type: none"> <li>• Conduct community gardener outreach</li> <li>• Provide weekly support at each community garden</li> <li>• Compile and distribute monthly <a href="#">“Garden Events Calendar”</a></li> <li>• Plan and host workshops, potlucks, field trips, and other garden activities.</li> </ul>	<p>A. Number of households of low-income who have access to growing space within neighborhood.</p> <p>B. Number of garden education and engagement activities provided to community gardeners and the general public.</p>	City of Auburn; Androscoggin Land Trust; University of Maine Cooperative Extension; Lewiston Housing Authority	Years 1-3 for all metrics
<b>Strategy 5:</b> Support long-term food systems improvements through Local Foods, Local Places (LFLP) and the development of the Lewiston/Auburn Community Market (L/ACM - a Community Food Center).	<ul style="list-style-type: none"> <li>• Provide coordination leadership support alongside the Good Food Council for LFLP Action Plan</li> <li>• Serve as co-developers and advisors to support the development of the Lewiston/Auburn Community Market as a</li> </ul>	<p>A. Progress on stated LFLP strategic community goals tied to food access and land security.</p> <p>B. Progress on key business development milestones for Lewiston/Auburn Community Market (e.g., secure location/lease, secure funding, board and membership development)</p>	Good Food Council of Lewiston-Auburn; Cooperative Development Institute; City of Lewiston; Lewiston Housing Authority	<p>A. Years 1-2</p> <p>B. Years 1-3</p>

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Strategies for: Social Determinants: Food Security	Supporting Activities	Metrics/What are we measuring?	Partners/External Organizations	Year of Work (1-3)
<p>Create more equitable access to healthy, local, and culturally preferred foods by reducing barriers, providing nutrition incentive programs, and supporting the sustainability of the Lewiston Farmers' Market.</p>	<p>multi-stakeholder cooperative business</p> <ul style="list-style-type: none"> <li>• Increase awareness of existing food access sites and programs (SNAP, Maine Harvest Bucks) through diverse outreach and engagement strategies</li> <li>• Raise funds for the gaps in matching incentive programs anticipated with shift in federal program funding model.</li> <li>• Conduct research about culturally preferred foods best practices and learn from immigrant-led partner organizations and related efforts at Wayside Food Program and Preble Street.</li> <li>• Provide staff time and “backbone fiscal administrative” functions to support the sustainability efforts of the Lewiston Farmers' Market.</li> </ul>	<ol style="list-style-type: none"> <li>A. Utilization of food access programs by people vulnerable to food insecurity.</li> <li>B. Progress on expanding offerings of culturally preferred foods</li> <li>C. Progress on key sustainability and growth milestones of the Lewiston Farmers' Market (board development, paid coordination, working with the city, partners, and funders to secure a permanent location).</li> </ol>	<p>Lewiston Farmers' Market; Maine Federation of Farmers' Markets; Maine Local Food Access Network; B Street Health Center; Immigrant Resource Center of Maine; Maine Farm and Sea Cooperative</p>	<p>Years 1-3 for all metrics</p>
<p>Strengthen sustainability of school garden and nutrition education programs in Lewiston elementary schools.</p>	<ul style="list-style-type: none"> <li>• Develop and implement “exit strategies” to transition schools that have graduated from FoodCorps programs, including advocating for garden teaching</li> </ul>	<ol style="list-style-type: none"> <li>A. Number of School Garden Coaches</li> <li>B. Number of teacher and staff trainings provided.</li> <li>C. Number of technical assistance tools and resources developed and/or shared.</li> </ol>	<p>Lewiston Public Schools; FoodCorps</p>	<p>Years 1-3 for all metrics</p>

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Strategies for: Social Determinants: Food Security	Supporting Activities	Metrics/What are we measuring?	Partners/External Organizations	Year of Work (1-3)
	<p>positions (modeled after success at Connors Elementary).</p> <ul style="list-style-type: none"> <li>• Utilize “School Garden Coach” model to increase teacher and staff engagement and ownership.</li> <li>• Provide trainings and support to teachers and staff for integrating garden and nutrition-based education.</li> <li>• Provide technical assistance and resources for school garden program and infrastructure.</li> </ul>			