

**St. Joseph Healthcare, Bangor, ME**  
**Community Health Implementation Plan for 2019**

<b>PRIORITY 1</b>		<b>SUBSTANCE USE DISORDER</b>			<b>Baseline</b>
St. Joseph Healthcare in partnership with member organizations of the Community Health Leadership Board, and other community resources, is committed to reduce the impact of opioid and other substances through the following goals and objectives.					
<b>GOAL:</b>	<b>Improve treatment for patients with substance use disorder.</b>				
<b>OBJECTIVE 1:</b>	Implement enhanced services for patients with substance use disorder.				
<b>Strategies</b>	<b>Target date</b>	<b>Measurable outcome</b>	<b>Method</b>	<b>Anticipated impact</b>	
Offer group behavioral health visits for patients with SUD in our practices	2019	Planning to make one group with 5 individuals. Meeting 4 times a year.	Track and audit the number of patients seen in group visits.	Expand access to behavioral health and counselling to augment medication assisted therapy	0
Expand use of monthly Sublocade injections to those failing usual Medication assisted therapy	2019	Expand to 10 more patients in 2019	Track the number of patients on Sublocade	Additional treatment option for very high-risk patients, improved patient outcomes.	2 patients in 2018
Continue to engage the larger community to support recovery through awareness programs and partnerships including the Faith Communities.	2019	2 major events and 2 smaller events	Number of events and participation Two major events and four small events	Engaged community support and better awareness about the health issue and treatment and recovery options.	Two major events and four small events

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<b>OBJECTIVE 2:</b>	<b>Increase access to effective substance use disorder treatment.</b>				
<b>GOAL</b>	Improved access to treatment.				
<b>Strategies</b>	<b>Target date</b>	<b>Measurable outcome</b>	<b>Method</b>	<b>Anticipated impact</b>	
Build a bridge program with St. Joseph Emergency Room providers to start eligible patients on withdrawal management administering Suboxone and refer to MAT through SJB providers or PCHC within 48 hours.	2019	Provide services to a minimum of 25 patients in 2019.	Track ER referrals to SJB and PCHC Medication Assisted Treatment providers	Enhanced access to Suboxone treatment.	No trackable data in 2018
Establish ability to start inpatients with endocarditis or osteomyelitis on MAT rx if they are willing	2019	Develop a process to offer MAT rx to patients who are willing	Track the process development	Increase access to very high-risk group, potentially decrease hospitalizations and increase successful treatment of serious, life threatening infections	1 pt. in 2018
<b>PRIORITY 2</b>	<b>OBESITY</b>				
<b>Objective</b>	<b>Provide a life style improvement program and increase awareness for healthy active living for the general public.</b>				
<b>GOAL</b>	Promote healthy lifestyles and improve access to nutritious food.				

<b>Strategies</b>	<b>Target date</b>	<b>Measurable outcome</b>	<b>Method</b>	<b>Anticipated impact</b>	
Extend and expand food security measures to SJB Internal Medicine patients by partnering with local farmers markets and educate	2019	Assist 25 patients in 2019 Number of provider trainings	Track the number of patients identified and assisted.	Improved access to healthy food. Potential decrease in hospitalizations.	0

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providers regarding resources available and SJB			Track the number of provider trainings		
Screen all hospital discharges for food insecurity and provide five frozen meals.	2019	Provide 1000 meals to patients who are identified food insecure at discharge.	Track the number of meals provided	Improved access to healthy food	0
Expand the food security program in the inpatient area adding fresh produce from the partnership with Good Shepherd Food Bank.	2019	Weight of fresh produce distributed	Track quantity of fresh produce distributed.	Improved access to healthy food. Potential decrease in readmission to the hospitals.	In 2018, in the last quarter we distributed 4000lbs of vegetables
Commit to Get Fit!! Program encouraging the community to engage in active way of life	2019	200 people expected to register	Track the number of persons registered	Healthier individuals; healthier community.	0
<b>PRIORITY 3</b>					
<b>AGING PROBLEMS</b>					
<b>GOAL</b>					
<b>Increase the quality of life for the elder population in the Penobscot County.</b>					
<b>Strategies</b>	<b>Target date</b>	<b>Measurable outcome</b>	<b>Method</b>	<b>Anticipated impact</b>	
Expand Advance Care Planning Training for providers and continue to educate patients on completing their Advance Care Plan	2019	Two trainings for providers Four educational programs for the public	Track number of trainings and educational programs	Increase number of patients who are aware of end of life options and who are familiar with their choices	Two programs in 2018

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Apply for the Nutrition Innovations Grant in partnership with Eastern Area Agency on Aging, UMaine Agency on Aging and Sencio Systems with focus on COPD, CHF and Diabetes patients.	2019	Application submitted	Track the application process	Decreased readmissions to hospital, increase in quality of life, improved nutrition Better self-management of health	0
Develop a volunteer program for SJB employees to engage in assisting seniors who are homebound or disabled with minor house chores.	2019	Aid 5 disabled/ senior members in the community	Number of individuals assisted	Providing a much-needed assistance to seniors. Community engagement for SJB employees.	New initiative
<b>PRIORITY 4</b>					
<b>BEHAVIORAL HEALTH</b>					
<b>GOAL</b>					
<b>Facilitate access to behavioral health resources for patients and enhance care provided to patients with behavioral health needs.</b>					
<b>Strategies</b>	<b>Target date</b>	<b>Measurable outcome</b>	<b>Method</b>	<b>Anticipated Impact</b>	
Expand utilization of embedded behavioral health providers in primary care practices.	2019	Assist a total of 2,500 patients in 2019	Additional patients assisted with behavioral health care at the primary care setting	Improved access to behavioral health screening and support.	645 interventions
Provide CPI Training to employees to make sure to provide compassionate care to difficult patients safely.	2019	Train a minimum of 100 employees in 2019	Number of employees trained and certified	Improved awareness about the de-escalation techniques and an empowered staff enhancing safety for the patient and staff	0