

**Houlton Regional Hospital  
Shared Community Health Assessment Table  
2020/2021**

Priority	Activity	Partners	Key Accomplishments
<b>Organization: Name</b>			
Older Adult Health/Healthy Aging	In 2020, Houlton Regional Hospital worked to provide education and resources to support healthy aging in our service area.	<ul style="list-style-type: none"> <li>• Aroostook Area Agency on Aging</li> <li>• Maine Rural Health Collaborative</li> <li>• Local Nursing and Boarding Homes</li> <li>• Visiting Nurses</li> <li>• Aroostook Home Health Services</li> <li>• Health Services Foundation</li> </ul>	<p>Covid-19 made it difficult for us to provide many of the programs that we had intended. However, we were able to work with our partners to develop best practices and resources.</p> <ul style="list-style-type: none"> <li>• Developed a resource book that outlines the many services available to individuals that assist with healthy aging</li> <li>• Decreased length of stay for individuals waiting for placement in another level of care</li> </ul>
	In 2021, Houlton Regional Hospital continued its efforts to provide resources to our service area.	<ul style="list-style-type: none"> <li>• Bluewater Emergency Physician Group</li> <li>• Maine Rural Health Collaborative</li> <li>• Aroostook Area Agency on Aging</li> </ul>	<p>Although COVID continued to interfere with our community education efforts, HRH continued its efforts to provide high quality care to our aging population.</p> <ul style="list-style-type: none"> <li>• Participated in multi-hospital group that discussed best practices for timely transitions to next levels of care</li> <li>• Participated in DCC Healthy Aging Committee</li> <li>• Received bronze level Geriatric Emergency Department Accreditation</li> </ul>
Physical Activity, Nutrition and Weight	In 2020, Houlton Regional Hospital supported programs that addressed physical activity, nutrition, and weight	<ul style="list-style-type: none"> <li>• Aroostook Area Agency on Aging</li> <li>• Let's Go 5-2-1-0</li> </ul>	Physical activity, nutrition, and weight control play a major role in the health of our community.

			<p>Although COVID-19 altered many of our plans, we were able to partner with others to provide meaningful programs</p> <ul style="list-style-type: none"> <li>• Provided space for Bone Builders</li> <li>• Participated in Let's Go 5-2-1-0</li> <li>• Provided employee access to Cardiac Rehab Gym</li> <li>• Continued Cardiac and Pulmonary Rehab Phase II classes for our patients</li> </ul>
	In 2021, Houlton Regional Hospital continues support services and programs designed to address, physical activity, nutrition and weight	<ul style="list-style-type: none"> <li>• Let's Go 5-2-1-0</li> </ul>	<ul style="list-style-type: none"> <li>• Participated in Let's Go 5-2-1-0</li> <li>• Provided employee access to Cardiac Rehab Gym</li> <li>• Continued Cardiac and Pulmonary Rehab Phase II classes for our patients</li> </ul>
Mental Health & Substance Abuse	In 2020, Houlton Regional Hospital worked to develop additional partnerships and services for those with Mental Health and/or Substance Abuse issues.	<ul style="list-style-type: none"> <li>• Groups</li> <li>• Bangor Public Health</li> <li>• Maine Rural Health Collaborative</li> <li>• AMHC</li> <li>• Department of Health and Human Services</li> </ul>	<p>Mental health and substance abuse affect many individuals in our community. With our partners, we were able to add and maintain much needed services to during 2020.</p> <ul style="list-style-type: none"> <li>• Outpatient opioid treatment to services were developed</li> <li>• Public access to Narcan is readily available in our ED free of charge.</li> <li>• Continued our commitment to provide alcohol detox services</li> <li>• Provided EAP services on-site for our employees.</li> </ul>
	In 2021, Houlton Regional Hospital continued its efforts to provide treatment for those with substance abuse and/or mental health issues.	<ul style="list-style-type: none"> <li>• Groups</li> <li>• Bangor Public Health</li> <li>• Maine Rural Health Collaborative</li> </ul>	Houlton Regional Hospital has continued its commitment to providing care for those with

		<ul style="list-style-type: none"> <li>• AMHC</li> <li>• Department of Health and Human Services</li> <li>• Bluewater Emergency Partners</li> </ul>	<p>substance abuse and mental health issues.</p> <ul style="list-style-type: none"> <li>• Fully developed our Medication Assisted Treatment program for those seeking treatment for opioid addiction.</li> <li>• Expanded employee EAP services to include immediate family members</li> <li>• Began working with Youth and Family Navigators to identify youth and their families who need support and intervention for mental health issues.</li> </ul>
Access to Care	In 2020, Houlton Regional Hospital worked to increase access to care.	<ul style="list-style-type: none"> <li>• AMHC</li> <li>• Acadia Hospital</li> <li>• NL AR Gould</li> <li>• Sigrid E. Tompkins Health Center</li> <li>• Houlton Family Practice</li> <li>• Rural Health Center</li> <li>• Maine Rural Health Collaborative</li> </ul>	<p>Houlton Regional Hospital recognizes that access to health care is a challenge for many Aroostook County residents. To address those needs, we have</p> <ul style="list-style-type: none"> <li>• Adjusted office practice hours to accommodate patients' needs for earlier and later appointments</li> <li>• Employed telemedicine services for primary care visits and selected ancillary services.</li> <li>• Added Telepsychiatry</li> <li>• Continued to maintain a Specialty Clinic, allowing patients access to specialty providers closer to home</li> </ul>
	In 2021, Houlton Regional Hospital continued its efforts to provide access to healthcare.	<ul style="list-style-type: none"> <li>• AMHC</li> <li>• Acadia Hospital</li> <li>• NL AR Gould</li> <li>• Sigrid E. Tompkins Health Center</li> </ul>	<ul style="list-style-type: none"> <li>• We added a provider to our Neurology Clinic</li> <li>• Via radio and newspaper, we have encouraged individuals who had been putting off healthcare</li> </ul>

		<ul style="list-style-type: none"> <li>• Houlton Family Practice</li> <li>• Maine Rural Health Collaborative</li> <li>• WHOU</li> <li>• Houlton Pioneer Times</li> </ul>	during the pandemic to seek treatment, including primary care visits, ED visits, diabetic foot care, and colorectal screenings
COVID-19	In 2020, Houlton Regional Hospital became the community leader in the fight against COVID-19	<ul style="list-style-type: none"> <li>• Maine CDC</li> <li>• District Coordinating Committee – Emergency Preparedness</li> <li>• WHOU Radio</li> <li>• Maine Rural Health Collaborative</li> <li>• Health Services Foundation</li> <li>• Community Living Association</li> </ul>	<p>Houlton Regional Hospital worked diligently to provide education and resources for the battle against COVID-19</p> <ul style="list-style-type: none"> <li>• Developed a comprehensive plan to safely conserve PPE, while maintaining the safety of our staff.</li> <li>• Provided a “stand-up” mass COVID testing for the community after an outbreak.</li> <li>• Provided extensive education to the staff on the care of patients with COVID.</li> <li>• Provided advice and education to local churches and group homes</li> <li>• Provided ongoing information to the public via radio, Facebook, our website, and COVID-19 Hotline</li> <li>• Provided on-site EAP services for employees.</li> <li>• Formulated plans for vaccine clinics for essential workers</li> </ul>
	In 2021, Houlton Regional Hospital continues its efforts to be a community leader during our continued fight against COVID-19.	<ul style="list-style-type: none"> <li>• Cary Medical Center</li> <li>• Northern Maine Medical Center</li> <li>• St. John Valley Pharmacy</li> </ul>	Houlton Regional Hospital’s efforts have been focused on vaccinating as many people as possible.

	<ul style="list-style-type: none"><li>• Hebert Rexall Pharmacy</li><li>• Southern Aroostook High School</li><li>• Hodgdon High School</li><li>• Houlton High School</li><li>• EGHC</li></ul>	<ul style="list-style-type: none"><li>• Actively shared vaccine supplies throughout the County and our service area.</li><li>• Established community-based vaccination clinics.</li><li>• Letters signed by HRH Medical Staff, advocating vaccination were sent to staff and published in the Houlton Pioneer times.</li><li>• Continued with many of the 2020 initiatives related to COVID-19.</li></ul>
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