

## HOULTON REGIONAL HOSPITAL

Community Health Needs Assessment Implementation Plan 2025/2026

In collaboration with the Aroostook Public Health Council

Houlton Regional Hospital, in collaboration with the Aroostook Public Health Council and other community stakeholders have identified the following priorities and initiatives in response to the 2025/2026 Maine Shared Community Health Needs Assessment

### Top Health Priorities for Aroostook County, as identified in the Maine Shared Community Health Needs Assessment

Health Priority	Activities	Partners/Resources	Anticipated Impact	Key Accomplishments
<b>Provider Availability</b>	Continue efforts to recruit primary care and specialist providers, such as Family Practice, Internal Medicine, Urology, Pain Management, Diabetes Management	Recruitment agencies, Maine Office of Rural Health	Better access to treatment for our Patients	
<b>Treatment/Prevention of Illicit Drug and Alcohol Use</b>	Maintain our Medically Assisted Treat Program (MAT)  Maintain distribution of Narcan through our ED  Continue Cradle ME Program  Increase awareness of treatment options available in our area	GROUPS, AMHC, Pursue Care Bangor Public, Health, Link to Hope, DHHS  HRH staff time  HRH staff time	Reduction in drug related deaths	

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<b>Improve Health Conditions and Outcomes by Focusing on Cancer Prevention, Cardiovascular Disease, Obesity and Nutrition</b>	<p>Develop a LoDose CT program for lung cancer screening</p> <p>Continue Participation in the Bridge to Hope Cancer Walk</p> <p>Continue efforts to decrease readmissions in areas of CHF</p> <p>Continue Phase 2 Cardiac Rehab Program</p> <p>Continue efforts to decrease tobacco use in our community.</p> <p>Our cafeteria will identify heart-healthy meals for staff and community</p>	<p>Facility space and staff time</p> <p>HRH Staff time</p> <p>Facility space and staff time</p> <p>Facility and staff time and resources</p> <p>Facility and staff time and resources; Maine Prevention Network; Maine Quitlink</p> <p>Staff time and resources</p>	<p>Early detection of Lung cancer</p> <p>Reduce risk of recurrent cardiac events through education on medications, risk factors, diet and exercise</p>	