

**Bridgton Hospital**  
Community Health Improvement Plan  
2026 – 2028



**Health Priority: Mental Health****Goal 1:** Improve access to mental health services within Bridgton Hospital service area**Outcome Measure:** Increase in percentage of adults currently receiving outpatient mental health treatment in Cumberland County<sup>1</sup>

Strategies	Description of Activities	Measures	Partners
<b>Strategy 1:</b> Increase educational opportunities about mental health topics in the service area	• Host and promote mental health trainings, such as YMHFA, MHFA, Suicide Prevention, Resilience and PCEs/ACEs, etc.	• # of trainings hosted • # of trainings promoted • # of attendees	National Alliance on Mental Illness Maine, CMH Marketing and Communications, CMH Clinical Education, CMH Learning and Development
	• Develop an awareness campaign during Mental Health Awareness Month in May	• # materials created and shared • Campaign created	
	• Develop informational materials to inform team members about chronic mental illness and community supports	• # of materials created • # of educational opportunities shared	

**Goal 2:** Improve integration and awareness of supports related to mental health and resiliency within Bridgton Hospital service area**Outcome Measure:** Decrease in percentage of high school students reporting feeling sad or hopeless for two weeks in a row

Strategies	Description of Activities	Measures	Partners
<b>Strategy 1:</b> Increase availability of mental health supports	• Explore creating a youth mentorship program	• # of youth engaged • # of team members involved	Lake Region Middle & High Schools, Spurwink, CMH Volunteer Services, CMH IS, CMH Learning and Development
	• Add resources to all patient visit summary paperwork	• Resources added to paperwork	
	• Explore forming partnerships with community organizations to introduce mental health peer support specialists into the hospital	• # of connections with community mental health organizations	
<b>Strategy 2:</b> Support the work of community partners addressing mental health	• Display virtual/digital materials from community partners on TVs/screens through the CMH system	• # of materials created and shared	Cumberland County Public Health, Portland Public Health, Lakes Region Recovery Center, CMH Marketing and Communications, CMH IS
	• Continue to maintain community resource guides or utilize FindHelp	• # of visits to CMH resources page • # portal database visits	
	• Participate in mental health related community meetings and events	• # of mental health meetings and events supported	

<sup>1</sup> Outcome measures have been pulled directly from the Community Health Needs Assessment Data Report

**Health Priority: Substance Use****Goal 1:** Improve access to substance use services at Bridgton Hospital**Outcome Measure:** Reduce number of drug-induced deaths per 100,000 population

Strategies	Description of Activities	Measures	Partners
<b>Strategy 1:</b> Increase awareness and utilization of substance use supports	• Develop an awareness campaign for National Recovery Month in September	• # materials created and shared • Campaign created	CMH Marketing and Communications, CMH IS
	• Add resources to all patient visit summary paperwork	• Resources added to paperwork	
	• Continue to maintain community resource guides or utilize FindHelp	• # of visits to CMH resources page • # of portal database visits	
<b>Strategy 2:</b> Increase prevention efforts within the hospital and service area	• Support Naloxone Distribution Program	• # of practices onboarded • # of Naloxone distributed	System Director of Behavioral Health, CMH Clinical Education
	• Increase awareness of current substance use screenings among clinical team members/providers	• # of materials shared • # of educational opportunities shared	

**Goal 2:** Improve awareness of and access to substance use resources within Bridgton Hospital service area**Outcome Measure:** Reduce percentage of middle school students that report past 30 day use of prescription drugs

Strategies	Description of Activities	Measures	Partners
<b>Strategy 1:</b> Support the work of community partners that are addressing substance use	• Display virtual/digital materials from community partners on TVs/screens through the CMH system	• # of materials created and shared	Lakes Region Recovery Center, Cumberland County Public Health, Portland Public Health, The Opportunity Alliance (Lakes Region Collective Action Network), CMH IS, CMH Marketing and Communications
	• Participate in substance use related community meetings and events	• # of community events attended	
	• Support community organizations in hosting/promoting substance use prevention events	• # of community events supported	
<b>Strategy 2:</b> Increase availability and awareness of safe storage/disposal avenues	• Work with Pharmacy to distribute substance use and safe disposal resources	• # of resources shared	CMH Pharmacies, Cumberland County Public Health, Portland Public Health, CMH Marketing and Communications
	• Support community organizations providing safe medication storage and disposal education	• # of education/trainings offered • # of community organizations supported	
	• Explore placing a permanent medication disposal box for public use within the hospital	• Feasibility review completed	

**Health Priority: Poverty**

**Goal 1:** Build capacity within Bridgton Hospital service area to support integration of resources and services related to addressing poverty

**Outcome Measure:** Increase in percentage of those 25 years or older with an Associate's degree or higher

Strategies	Description of Activities	Measures	Partners
<b>Strategy 1:</b> Increase opportunities to connect with community resources	• Continue to maintain community resource guides or utilize FindHelp	• # of visits to CMH resources page • # of portal database visits	Community Credit Union, Evergreen Credit Union, CMH IS, Community Partners, CMH Marketing and Communications
	• Explore implementing an Income Advance Program with Community Credit Union	• Feasibility review completed	
	• Add resources to all patient visit summary paperwork	• Resources added to paperwork	
<b>Strategy 2:</b> Increase training and education program opportunities	• Increase number of local youths engaged through job shadow programs	• # of young people engaged • # of team members involved	CMH Volunteer Services, Lake Region Middle and High Schools, Lake Region Tech School, Jobs for Maine Graduates, CMH Learning and Development
	• Explore connections with Technical Education High Schools, Career Centers, and JMG	• # of connections with career development organizations	
	• Explore increasing access to Earn to Learn programs for Bridgton area community members	• # of Community Members in Earn to Learn programs	
<b>Strategy 3:</b> Increase the measurement of social drivers of health	• Support the expansion of the Social Drivers of Health (SDOH) screening	• # patients screened	CMH Affordable Care Organization, CMH IS, Bridgton Pediatrics, North Bridgton Family Practice, Naples Family Practice, CMH Cancer Care Center
	• Explore feasibility of incorporating Patient Resource Navigators roles in the hospital system	• Feasibility review completed • Champion identified	

**Goal 2:** Explore opportunities to collaborate with community organizations addressing poverty

**Outcome Measure:** Decrease in percentage of individuals living in poverty

Strategies	Description of Activities	Measures	Partners
<b>Strategy 1:</b> Improve access to existing resources and health care for community members	• Promote or hold Bridges out of Poverty trainings and Getting Ahead workshops	• # of trainings held/promoted • # of attendees	Community Credit Union, Evergreen Credit Union, Aha Process Inc.
	• Promote or host financial education trainings	• # of financial education trainings promoted or hosted	
<b>Strategy 2:</b> Support the work of community partners that address poverty	• Participate in community meetings related to poverty	• # of community meetings attended	Lakes Region Collective Action Network, Bridgton Food Pantry, Sweden Food Pantry, Harrison Food Bank
	• Participate in events related to poverty	• # of community events supported	
	• Host annual hospital food drives to benefit community food pantries/organizations	• # of food drives hosted • # of food items collected	

<b>Central Maine Healthcare/Affiliate Hospital:</b>	Bridgton Hospital
<b>County:</b>	Cumberland County
<b>Health Priority:</b>	PRIORITIES NOT SELECTED

Priority	Why We Did Not Choose This Priority	Organizations That Are Addressing This Priority
<b>Housing</b>	Community stakeholders that participated in the forums voted on the top health priorities for their communities. The CMH Ad Hoc Workgroup then chose three system-wide priorities that were determined to be more feasible to pursue based on capacity, limited resources of the project, and existing structures in place to support the work. The Ad Hoc Workgroup did not choose Housing because there are a variety of organizations in the area addressing this need.	<ul style="list-style-type: none"> <li>• Community Housing of Maine</li> <li>• Avesta Housing</li> <li>• Community Block Grant</li> <li>• Quality Housing Coalition</li> <li>• Rural Community Action Ministry</li> <li>• The Opportunity Alliance</li> <li>• Local Day and Overnight Shelters</li> </ul>
<b>Transportation</b>	Community stakeholders that participated in the forums voted on the top health priorities for their communities. The CMH Ad Hoc Workgroup then chose three system-wide priorities that were determined to be more feasible to pursue based on capacity, limited resources of the project, and existing structures in place to support the work. The Ad Hoc Workgroup did not choose Transportation because there are a variety of organizations in the area addressing this need.	<ul style="list-style-type: none"> <li>• Bridgton Community Center</li> <li>• Moving Maine Network</li> <li>• Local public transportation</li> </ul>
<b>Adverse Childhood Experiences</b>	Community stakeholders that participated in the forums voted on the top health priorities for their communities. The CMH Ad Hoc Workgroup then chose three system-wide priorities that were determined to be more feasible to pursue based on capacity, limited resources of the project, and existing structures in place to support the work. The Ad Hoc Workgroup did not choose Adverse Childhood Experiences because there are a variety of organizations in the area addressing this need.	<ul style="list-style-type: none"> <li>• Maine Youth Thriving</li> <li>• Pinetree Institute</li> <li>• The Opportunity Alliance</li> <li>• Bridgton Recreation Department</li> <li>• Loon Echo Land Trust</li> <li>• OUT Maine</li> </ul>
<b>Community Mattering</b>	Community stakeholders that participated in the forums voted on the top health priorities for their communities. The CMH Ad Hoc Workgroup then chose three system-wide priorities that were determined to be more feasible to pursue based on capacity, limited resources of the project, and existing structures in place to support the work. The Ad Hoc Workgroup did not choose Community Mattering because there are a variety of organizations in the area addressing this need.	<ul style="list-style-type: none"> <li>• Bridgton Community Center</li> <li>• Bridgton Recreation Department</li> <li>• Lakes Region Recovery Center</li> <li>• Local libraries</li> <li>• Magic Lantern 4H Program</li> <li>• OUT Maine</li> <li>• Play Warriors</li> <li>• The Opportunity Alliance</li> </ul>
<b>Substance Use Related Injury &amp; Death</b>	Community stakeholders that participated in the forums voted on the top health priorities for their communities. The CMH Ad Hoc Workgroup then chose three system-wide priorities that were determined to be more feasible to pursue based on capacity, limited resources of the	<ul style="list-style-type: none"> <li>• Lakes Region Recovery Center</li> <li>• Local sober living homes</li> <li>• Syringe Exchange Programs</li> </ul>

Priority	Why We Did Not Choose This Priority	Organizations That Are Addressing This Priority
	project, and existing structures in place to support the work. In choosing Substance Use as a priority for the plan, we grouped all substance use together to focus on.	<ul style="list-style-type: none"> <li>• The Overdose Prevention Through Intensive Outreach Naloxone and Safety (OPTIONS) Program</li> <li>• Cumberland County Public Health Department</li> </ul>
<b>Cardiovascular Disease</b>	Community stakeholders that participated in the forums voted on the top health priorities for their communities. The CMH Ad Hoc Workgroup then chose three system-wide priorities that were determined to be more feasible to pursue based on capacity, limited resources of the project, and existing structures in place to support the work. The Ad Hoc Workgroup did not choose Cardiovascular Disease because there are a variety of organizations in the area addressing this need.	<ul style="list-style-type: none"> <li>• Local hospitals and health centers</li> <li>• Community Health Workers</li> <li>• Bridgton Recreation Department</li> <li>• Loon Echo Land Trust</li> <li>• Southern Maine Agency on Aging</li> </ul>