

Central Maine Medical Center
Community Health Improvement Plan
2026 – 2028



Health Priority: Mental Health**Goal 1:** Improve access to mental health services within the Central Maine Medical Center (CMMC) service area**Outcome Measure:** Increase in percentage of adults currently receiving outpatient mental health treatment in Androscoggin County¹

Strategies	Description of Activities	Measures	Partners
Strategy 1: Increase educational opportunities about mental health topics in the service area	<ul style="list-style-type: none"> Develop an awareness campaign for Mental Health Awareness Month in May 	<ul style="list-style-type: none"> Campaign created # Materials created and shared 	CMH Marketing and Communications, CMH Learning and Development, NAMI Maine, and Community Concepts Inc.
	<ul style="list-style-type: none"> Host and promote mental health trainings such as Youth/Adult Mental Health First Aid, Suicide Prevention, Resilience and Positive/Adverse Childhood Experiences, etc. 	<ul style="list-style-type: none"> # Trainings hosted # Trainings promoted # Attendees 	

Goal 2: Improve integration and awareness of supports related to mental health and resiliency within the CMMC 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
Strategy 1: Increase availability of mental health supports	<ul style="list-style-type: none"> Optimize use of Project Support You (PSY) in the ED 	<ul style="list-style-type: none"> # PSY contacts in ED 	Spurwink, CMMC ED, CMH Volunteer Services, CMH Learning and Development, Arts and Culture L/A, CMH IS, Central Maine Family Medicine Residency, University of Maine at Farmington Art Therapy Program, local community partners, and local schools
	<ul style="list-style-type: none"> Add resources to all patient visit summary paperwork 	<ul style="list-style-type: none"> Resources added to paperwork 	
	<ul style="list-style-type: none"> Explore creating a youth mentorship program 	<ul style="list-style-type: none"> # Team members involved # Youth engaged 	
	<ul style="list-style-type: none"> Explore opportunities to incorporate and promote arts and art therapy in the community and hospital 	<ul style="list-style-type: none"> # Opportunities offered # Connections made 	
Strategy 2: Support the work of community partners addressing mental health	<ul style="list-style-type: none"> Display and share physical and digital materials from community partners 	<ul style="list-style-type: none"> # Materials created and shared 	Local community partners, CMH IS, and CMH Marketing and Communications
	<ul style="list-style-type: none"> Participate in mental health related community meetings and events 	<ul style="list-style-type: none"> # Community meetings and events supported 	
	<ul style="list-style-type: none"> Continue to maintain community resource guides, or explore feasibility to utilize FindHelp 	<ul style="list-style-type: none"> # Visits to CMH resources page # Portal database visits 	

¹ 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 CMMC**Outcome Measure:** Reduce number of drug-induced deaths per 100,000 population

Strategies	Description of Activities	Measures	Partners
Strategy 1: Increase awareness and utilization of substance use supports	• Develop an awareness campaign for National Recovery Month in September	• Campaign created • # Materials created and shared	CMH Marketing and Communications, Spurwink, CMMC ED, System Director of Behavioral Health, LAARC, and CMH IS
	• Work with Lewiston Auburn Area Recovery Collaborative (LAARC) to develop a Service Map of Androscoggin County providers	• Service map developed • # Providers included	
	• Optimize use of OPTIONS Program in the ED	• # OPTIONS contacts in ED	
	• Add resources to all patient visit summary paperwork	• Resources added to paperwork	
	• Continue to maintain community resource guides, or explore feasibility to utilize FindHelp	• # Visits to CMH resources page • # Portal database visits	
Strategy 2: Increase prevention efforts within the CMMC service area	• Support the system-wide Naloxone Distribution Program	• # Naloxone distributed • # Sites onboarded	System Director of Behavioral Health, MaineGeneral, CMH Clinical Education
	• Increase awareness of current substance use screenings among clinical team members/providers	• # Educational opportunities • # Uses of screening tool	

Goal 2: Improve awareness of and access to substance use resources within the CMMC 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
Strategy 1: Increase availability and awareness of safe storage/disposal avenues	• Work with Pharmacy to distribute substance use and safe disposal resources	• # Materials created and shared	CMH Community Pharmacy, local community partners, and CMH Marketing and Communications
	• Support community organizations that provide substance use education, safe medication storage and disposal	• # Events and programs supported	
	• Explore placing a permanent medication disposal box for public use within the hospital	• Feasibility review completed	
Strategy 2: Support the work of community partners that are addressing substance use	• Display and share physical and digital materials from community partners	• # Materials created and shared	Local community partners and CMH Marketing and Communications
	• Participate in substance use related community meetings and events	• # Community meetings and events supported	
	• Hold Naloxone administration trainings in the community with local organizations	• # Naloxone trainings • # Attendees	

Health Priority: Poverty

Goal 1: Build capacity within the CMMC 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
Strategy 1: Increase opportunities to connect with community resources	<ul style="list-style-type: none"> • Add resources to all patient visit summary paperwork 	<ul style="list-style-type: none"> • Resources added to paperwork 	CMH IS, Community Credit Union, and local community partners
	<ul style="list-style-type: none"> • Continue to maintain community resource guides, or explore feasibility to utilize FindHelp 	<ul style="list-style-type: none"> • # Visits to CMH resources page • # Portal database visits 	
	<ul style="list-style-type: none"> • Explore implementing the Income Advance Program with Community Credit Union 	<ul style="list-style-type: none"> • Feasibility review completed 	
	<ul style="list-style-type: none"> • Support community organizations and promote programs 	<ul style="list-style-type: none"> • # Programs supported 	
	<ul style="list-style-type: none"> • Participate in poverty-related community meetings and events 	<ul style="list-style-type: none"> • # Community meetings and events supported 	
Strategy 2: Increase the measurement of non-medical factors that influence health	<ul style="list-style-type: none"> • Support the expansion of social drivers of health screening and referral in outpatient and ambulatory practices 	<ul style="list-style-type: none"> • # Patients screened 	CMH Affordable Care Organization and CMH IS
	<ul style="list-style-type: none"> • Explore feasibility of incorporating patient navigation systems into the hospital 	<ul style="list-style-type: none"> • Champion identified • Feasibility review conducted 	

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
Strategy 1: Improve access to existing resources and health care for community members	<ul style="list-style-type: none"> • Work with CityLink Bus to increase access to local food pantries 	<ul style="list-style-type: none"> • # Ride program participants • # Food pantries connected • Route map developed 	CityLink Bus, local food pantries, Central Maine Family Medicine Residency, Maine College of Health Professions, local community partners, and CMH Marketing and Communications
	<ul style="list-style-type: none"> • Plan and hold Clinic in the Community events in rotating locations in the community 	<ul style="list-style-type: none"> • # Clinics held per year • # Visitors per clinic 	
	<ul style="list-style-type: none"> • Promote and provide health education opportunities in the community 	<ul style="list-style-type: none"> • # Education opportunities • # Attendees 	
	<ul style="list-style-type: none"> • Create connections with trusted community-based organizations (CBO) 	<ul style="list-style-type: none"> • # CBO connections made • Promote improved language services 	
Strategy 2: Increase training and education program opportunities	<ul style="list-style-type: none"> • Promote and hold Bridges Out of Poverty trainings for team members and community members 	<ul style="list-style-type: none"> • # Trainings held and promoted • # Participants 	Community Credit Union, CMH Volunteer Services, local high schools, Jobs for Maine Graduates, Career Centers, and CMH Learning and Development
	<ul style="list-style-type: none"> • Increase the number of local youths engaged through job shadow programs 	<ul style="list-style-type: none"> • # Team members involved • # Youth engaged 	
	<ul style="list-style-type: none"> • Explore connections with Technical High Schools, Career Centers, and Jobs for Maine Graduates 	<ul style="list-style-type: none"> • # Connections made 	

Health Priority: Infrastructure Support

Goal 1: Improve infrastructure for Community Benefit throughout CMMC and area practices to create more effective communication and collaboration opportunities

Outcome Measure: Increased connection to and consistent engagement with identified champions

Strategies	Description of Activities	Measures	Partners
Strategy 1: Develop a consistent and open communication channel	<ul style="list-style-type: none"> • Create a communication channel and an infrastructure map of Community Health Improvement Plan (CHIP) connections for internal use 	<ul style="list-style-type: none"> • Communication channel created • Internal infrastructure map created 	CMMC, Senior Leadership Team, Vice Presidents, Chiefs, and Directors
	<ul style="list-style-type: none"> • Designate champion(s) in hospital structure for the CHIP Coordinator to meet with regularly to provide support 	<ul style="list-style-type: none"> • Champion(s) identified • Regular check ins established 	
	<ul style="list-style-type: none"> • Provide regular CHIP updates at internal team meetings 	<ul style="list-style-type: none"> • # Team meetings participated in 	

Central Maine Healthcare/Affiliate Hospital:	Central Maine Medical Center
County:	Androscoggin County
Health Priority:	PRIORITIES NOT SELECTED

Priority	Why We Did Not Choose This Priority	Organizations That Are Addressing This Priority
Housing	Community stakeholders that participated in the forums voted on the top health priorities for their communities. The CMH Adhoc 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 work. The Adhoc Workgroup did not choose Housing because there are a variety of organizations in the area addressing this need.	<ul style="list-style-type: none"> • Choice Neighborhoods • Lewiston Housing Authority • Auburn Housing Authority • L/A Metropolitan Chamber of Commerce • Lewiston Housing Committee • Rural Community Action Ministry • Community Concepts Inc. • Healthy Homeworks • Local Day and Overnight Shelters
Provider Availability	Community stakeholders that participated in the forums voted on the top health priorities for their communities. The CMH Adhoc 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 work. The Adhoc Workgroup did not choose Provider Availability because there are a variety of organizations in the area addressing this need.	<ul style="list-style-type: none"> • Local hospitals and health centers • CMH Talent Acquisition • Local Post-Secondary Education Institutes • Job Training Organizations • Technical High Schools
Adverse Childhood Experiences	Community stakeholders that participated in the forums voted on the top health priorities for their communities. The CMH Adhoc 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 work. The Adhoc 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"> • Maine Youth Thriving • Pinetree Institute • Community Concepts Inc. • LA Youth Network • Local Youth-Serving Organizations
Nutrition	Community stakeholders that participated in the forums voted on the top health priorities for their communities. The CMH Adhoc 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 work. The Adhoc Workgroup did not choose Nutrition because there are a variety of organizations in the area addressing this need.	<ul style="list-style-type: none"> • Local pantries • Nutrition Center programming • Women, Infants, and Children (WIC) • Supplemental Nutrition Assistance Program Education (SNAP-Ed) • Androscoggin County Gleaners • Community Gardens

Priority	Why We Did Not Choose This Priority	Organizations That Are Addressing This Priority
Illicit Drug Use	Community stakeholders that participated in the forums voted on the top health priorities for their communities. The CMH Adhoc 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 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"> • St. Mary's Inpatient Treatment for Substance Use, Abuse, and Addiction • Recovery-Oriented Organizations • Lewiston Area Public Health Committee • Syringe Exchange Programs • The Overdose Prevention Through Intensive Outreach Naloxone and Safety (OPTIONS) Program • Lewiston Auburn Area Recovery Collaborative
Adult Screening & Preventative Visits	Community stakeholders that participated in the forums voted on the top health priorities for their communities. The CMH Adhoc 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 work. The Adhoc Workgroup did not choose Adult Screening & Preventative Visits because there are a variety of organizations in the area addressing this need.	<ul style="list-style-type: none"> • Local hospitals and health centers • Community Health Workers • New Mainer Public Health Initiative
Cardiovascular Disease	Community stakeholders that participated in the forums voted on the top health priorities for their communities. The CMH Adhoc 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 work. The Adhoc 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"> • Local hospitals and health centers • Community Health Workers • Auburn/Lewiston YMCA • Lewiston Recreation • Auburn Recreation • SeniorsPlus