Rumford Hospital
Community Health Improvement Plan
2026 – 2028

Health Priority: Mental Health

Goal 1: Improve access to mental health services at Rumford Hospital

Outcome Measure: Increase in percentage of adults currently receiving outpatient mental health treatment in Oxford County[1]

Strategies	Description of Activities	Measures	Partners
Strategy 1: 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 Learning and Development, River Valley Healthy Communities Coalition, Seniors Plus
	• Develop an awareness campaign during Mental Health Awareness Month in May	• # of materials created and shared • Campaign created	
	• Work with RVHCC and/or Seniors Plus to expand mental wellbeing events/programs for older adults	• # of older adult events promoted/supported	

Goal 2: Improve integration and awareness of supports related to mental health and resiliency within Rumford 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
Strategy 1: Increase availability of mental health supports	• Explore creating a youth mentorship program at Rumford Hospital	• # of youth engaged • # of team members involved	Mountain Valley High and Middle Schools, Dirigo High and Middle Schools, Oxford County Mental Health Services, CMH Volunteer Services, CMH IS, CMH Learning and Development
	• Add resource links 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	
Strategy 2: 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	River Valley Healthy Communities Coalition, Seniors Plus, Oxford County Mental Health Services, CMH Marketing and Communications, CMH IS
	• Continue to maintain community resource guides or explore feasibility of utilizing 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	

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[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 Rumford Hospital

Outcome Measure: Reduce number of drug-induce 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	• # 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	
Strategy 2: 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 Rumford 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
Strategy 1: 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	Larry Labonte Recovery Center, River Valley Healthy Communities Coalition, Rumford Police Department, CMH IS, CMH Marketing and Communications
	• Participate in substance use related community meetings and events	• # of community events attended	
	• Partner with RVHCC and Rumford P.D. to increase awareness of medication take back locations and promote to older adults in partnership with community organizations	• # of awareness materials shared	
Strategy 2: 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, River Valley Healthy Communities Coalition, Larry Labonte Recovery Center, CMH Marketing and Communications
	• Support community organizations providing safe medication storage and disposal education	• # of medication storage and disposal 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 Rumford Hospital service area to support integration of resources and serves 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	• Continue to maintain community resource guides or utilize FindHelp	• # of visits to CMH resources page • # of portal database visits	Community Credit Union, Oxford Federal 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	
Strategy 2: 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, Local Middle and High Schools, Jobs for Maine Graduates, Region 9 Tech School, UMA Rumford Campus, 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 Rumford area community members	• # of Community Members in Earn to Learn programs	
Strategy 3: Increase the measurement of social drivers of health	• Support the expansion of the Social Drivers of Health (SDOH) screening	• # of patients screened	CMH Affordable Care Organization, CMH IS, Swift River Family Medicine, Elsemore-Dixfield Family Medicine, 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
Strategy 1: Improve access to existing resources and health care for community members	• Promote or hold Bridges out of Poverty trainings	• # of trainings held/promoted • # of attendees	Community Credit Union, Oxford Federal Credit Union, Aha Process Inc.
	• Promote or host financial education trainings, especially for older adults	• # of trainings promoted or hosted	
Strategy 2: Support the work of community partners that address poverty	• Participate in community meetings related to poverty	• # of community meetings attended	Community Concepts, River Valley Healthy Communities Coalition, Old School Food Pantry
	• Participate in events related to poverty	• # of community events supported	
	• Host annual hospital food drives to benefit the Old School Food Pantry	• # of food items collected • # of food drives hosted	

Central Maine Healthcare/Affiliate Hospital:	Rumford Hospital
County:	Oxford 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 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.	• Northern Forest Center • Projects for Assistance in Transition from Homelessness (PATH) programs • Safe Voices • Rural Community Action Ministry • Community Concepts Inc. • 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 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 Provider Availability because there are a variety of organizations in the area addressing this need.	• Local hospitals • Local primary care offices • Mainely Teeth • Tooth Angels • Western Maine Addiction Recovery Initiative • Healthy Oxford Hills
Adverse Childhood Experiences	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.	• Maine Youth Thriving • Pinetree Institute • Community Concepts • National Alliance on Mental Illness (NAMI) Maine • North Star Youth Mentoring program • Local recreation programs • Resilient ME campaigns • River Valley Healthy Communities Coalition
Youth Mattering	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 Youth Mattering because there are a variety of organizations in the area addressing this need.	• Maine Youth Thriving • Resilient ME campaigns • Local schools • Local recreation departments • River Valley Healthy Communities Coalition • Community Concepts, Inc.
Illicit Drug Use	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	• Larry Labonte Recovery Center • Local sober living homes • Syringe Exchange Programs

Priority	Why We Did Not Choose This Priority	Organizations That Are Addressing This Priority
	more feasible to pursue based on capacity, limited resources of the 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.	• The Overdose Prevention Through Intensive Outreach Naloxone and Safety (OPTIONS) Program • River Valley Healthy Communities Coalition
Obesity & Weight Status	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 Obesity & Weight Status because there are a variety of organizations in the area addressing this need.	• Local hospitals and health centers • Local food pantries • Western Maine Addiction Recovery Initiative's Outdoor Outings Program • Second Nature Adventure Challenge • SNAP education • Winter Kids • Women, Infants, and Children (WIC) Program • River Valley Healthy Communities Coalition