



RFGH Community Health Improvement Plan 2025 - 2028



Priority Area: **Chronic Conditions**

Definition: Persistent symptoms or diseases that are long-lasting in their effects and limits a person's quality of life.

Data

- 12.5% of people living in Somerset County have a diagnosis of type 2 diabetes.
- 40.8% of people living in Somerset County have high cholesterol.
- 42.7% of people living in Somerset County have high blood pressure.
- 36.4% of adults living in Somerset County have arthritis.
- 37.8% of adults and 21.6% of high school students living in Somerset County are considered obese.

Objectives	Assets Needed	Activities	Benchmarks	2025 Outcomes
Increase the number of adults living with a chronic condition who receive support and education on living a healthy lifestyle.	Education budget for community classes. Collaborative partnerships with outside organizations and RFGH clinical departments.	Schedule, promote and offer health and wellness programs to community members living in Somerset County.	Offer 4 health and wellness programs during each calendar year.	
Increase the number of patients who are screened for food insecurity at their annual visit.	Standardized screening questions in MediTech for staff to screen patients.	Implement standardized food insecurity screening questions in MediTech for outpatient patient offices.	All 6 primary care offices will screen their patients with the automated food insecurity screening questions available in MediTech.	
Improve the ability of the food security system to provide nutritious foods to those in need in Somerset County.	Work with local food security organizations to source healthy foods. Establish	Hold monthly meetings with food security organizations to improve efficiency, effectiveness, and	All food security organizations will establish a partnership with Good Shepherd Food Bank	

	collaborations between organizations to share resources that meet the specific needs of the communities they serve.	sustainability of providing healthy foods to the food insecure. Build capacity of food security organizations to source and store nutritious, fresh food. Provide information to Somerset County residents about the availability of food security organizations.	A strategic plan for a food distribution/food hub system will be developed. 1000 food security guides will be distributed.	
Increase the knowledge and ability of Somerset County residents to prepare nutritious food on a budget	Expand relationships with school and community organizations to provide nutrition classes to asset-limited people.	Provide SNAP-Ed classes across the life span.	Provide classes to 80% of eligible schools in Somerset County. Provide 135 classes to adults in Somerset County	
Increase youth physical activity	Expand relationships with school and community organizations to provide physical activity options and education to children.	Incentive youth physical activity with 100 Mile Clubs at schools and youth serving entities Provide Fit Kit Lessons to youth Provide outing clubs to get families active	2900 youth participating in 100 mile club 250,000 aggregate miles 100 miles per child 2200 students complete all Fit Kit modules 4 of outing trips 120 participants	

Priority Area: **Mental Health**

Definition: Improving people’s psychological or emotional well-being, through empowering them to cope with the stresses of life, realize their abilities, learn well and work well.

Data

- 13% of adults living in Somerset County have current symptoms of depression.
- 24.7% of adults living in Somerset County have experienced anxiety in their lifetime.
- In 2024, there were 198,568 people for every 1 psychiatric provider.

Objectives	Assets Needed	Activities	Benchmarks	2025 Outcomes
Increase the number of professionals in Somerset County who are trained in either Adult Mental Health First Aid (AMHFA) and Youth Mental Health First Aid (YMHFA).	Education budget for MHFA materials. Collaborative partnerships with outside organizations.	Schedule, promote and offer both MHFA programs at RFGH and other off-site locations.	2 AMHFA classes will be offered in 2025. 2 YMHFA classes will be offered in 2025.	
Provide support to individuals in Somerset County who are affected by cancer.	Ongoing collaboration with Oncology.	Schedule, promote and offer Circle of Strength sessions to people living in Somerset County.	11 support groups will be offered during each calendar year.	

Priority Area: Preventive Care and Screening

Definition: Bringing healthcare such as tests and exams to people early on to identify potential health problems before symptoms appear, allowing for timely intervention and prevention of serious diseases.

Data

- In 2024, there were 1,143 people for every 1 primary care physician.
- Transportation and primary care provider availability are major factors in Somerset County residents not accessing preventive care.

Objectives	Assets Needed	Activities	Benchmarks	2025 Outcomes
Increase the number of individuals living in Somerset County who receive the flu vaccine.	Partnerships with local communities and school districts. Available staff to support the staffing of flu clinics.	Outreach to Somerset County communities to host off-site flu clinics. Schedule, promote and offer flu vaccine clinics at RFGH and other off-site locations.	10 flu clinics will be held during the 2025-2026 flu season.	
Increase the number of individuals living in Somerset County who are screened for chronic conditions and other illnesses, and refer them to appropriate services.	Partnerships with local communities. Available staff to support screening events.	Outreach to Somerset County communities to host off-site screening events. Schedule, promote and offer off-site screening events.	5 off-site screening events will be held during each calendar year.	
Increase the number of Somerset County residents who receive	Collaborative partnership with Mainely Teeth. Education	Schedule office visits between Mainely Teeth and the participating outpatient offices.	5 primary care offices will provide exam room space for Mainely Teeth to	

preventive dental care by accessing the Mainely Teeth program.	resources to allow CHE to serve as referral source and primary program coordinator at RFGH.	Promote this service to patients of participating practices and refer interested patients to the program.	provide dental care services to their patients. 30 new referrals will be made to Mainely Teeth.	
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Priority Area: Substance Use Disorder

Definition: The continued use of drugs and alcohol, despite that use causes harm to oneself and others.

Data

- In 2023, there were 51 overdose deaths to every 100,000 people in Somerset County.
- In 2023, 2.9% of Maine high school students had used illicit drugs at some point in their lifetime.

Objectives	Assets Needed	Activities	Benchmarks	2025 Outcomes
Increase the distribution of naloxone for opioid overdose reversals	State of Maine supply or RFGH Pharmacy-provide d naloxone. Partnerships with local communities Community overdose data	Provide presentations to community groups to reduce stigma and bias around harm reduction and substance use Provide technical assistance and leave behind kits to first responders provide leave-behind narcan at the scene Provide training to community groups about how to use naloxone Targeted distribution of naloxone in the community	6 presentations per year 2 first responder organizations per year Provide 6 presentations per year 300 naloxone kits distributed per year	
Prevent the initiation of nicotine use	Partnerships with local communities.	Provide anti-vaping/anti-to bacco education to students to	12 education sessions per year for students	

	Funding for safe storage supplies School partnerships Retailer partnerships	increase perception of harm Provide education to parents related to role modeling healthy behaviors and and safe storage to reduce social access Distribute safe storage/safe disposal supplies and information to reduce social access Increase availability and access of prosocial activities such as outdoor recreation	Positive social norming campaigns implemented in 2 schools 6 education sessions per year for parents 100 safe storage devices (boxes, bags) distributed per year 1000 safe storage education materials distributed per year 100 referrals per year made to Somerset Outing Club, School Outing Clubs, or Skowhegan Outdoors 10 sessions of Youth Advisory/Student wellness ambassadors to develop and distribute messages	
Increase the number of individuals who quit using nicotine	Additional tobacco treatment capacity by Tobacco Treatment Specialist(s)	Increase the number of students who access nicotine cessation counseling	30 students per year	

		Increase the number of adults referred to the Maine QuitLink Develop and implement an adult nicotine cessation program at RFGH/SPH	Increase number of referrals being made by 20% over three years Program established	
Increase the number of people who access substance disorder treatment	Partnerships with treatment and recovery organizations	Develop a prisoner reentry program that connects people to treatment and recovery Initiate RFEMS program to initiate MOUD at the scene of an overdose	20 people per year connected to SUD treatment and referral. MOUD initiated at 50% of overdose calls	
Cannabis prevention	Partnerships with local communities.	Provide anti-cannabis education to students to increase perception of harm Provide education to parents related to role modeling healthy behaviors and and safe storage to reduce social access Distribute safe storage/safe disposal supplies and information to reduce social access	12 education sessions per year for students Positive social norming campaigns implemented in 2 schools 6 education sessions per year for parents 100 safe storage devices (boxes, bags) distributed per year 1000 safe storage education	

		Increase availability and access of prosocial activities such as outdoor recreation	materials distributed per year 100 referrals per year made to Somerset Outing Club, School Outing Clubs, or Skowhegan Outdoors 10 sessions of Youth Advisory/Student wellness ambassadors to develop and distribute messages	
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