



photo credit: Kimberlee Bennett, a.k.a. Mainekayakgirl

# Building a Healthier Community, Together.



2022  
ANNUAL REPORT

# Dear Friends of Healthy Androscoggin,



To say it has been an eventful and memorable past year seems to be a bit of an understatement. There have been many changes here at Healthy Androscoggin (HA) and within our communities; saying goodbye to colleagues as they move

on to their next adventure, welcoming new and smiling faces, adjusting to an alternative normal in a post-pandemic world, and continuing to find innovative ways to do more with limited resources, but always with open minds and full hearts.

It has been almost one year since I started my own new adventure as the Executive Director of HA after years serving as the Substance Use Prevention Manager. I am excited to be on this journey with you and all our wonderful partners. We express deep gratitude for those that paved the way for us and have since found new career opportunities or for a lucky few, retirement! We will greatly miss Erin Guay, Mary Lou Hofmann, Katie Boss, Holly Lasagna, Melissa North-Drain, Heritier Nosso, and Mary Moran; as well as former Advisory Committee members Timothy Cowan, Philip Doucette, Heidi McCarthy, Rebekah Farrin, and Sally Weiss. Caroline Davis (Bates '23) was our 2022 intern and we hope she enjoyed the experience as much as we did!

We welcomed new hires Adria Giles, Lindsay Gannon, Kaylee Leclerc, Suzannah Deeves, Rowan McFadden, and Hannah Dieterich. We have staff that have worked

here for many years and continue to be the backbone of our programming such as Rebecca Schoen, Emily Smith, Cecilia Natale, Shelemiah Baiei-Makinen, and Emily Dooling Hamilton who was recently promoted to Health Promotion Manager. New homes, weddings, babies, promotions, retirements, and good health... there was lots to celebrate this year!

I want to say thank you to the staff and committee members for their unwavering support and guidance; your expertise and compassion is what makes the work we do so impactful and enjoyable on a daily basis. It is because of our team's commitment and resilience that we can celebrate all these successes and more:

- After turning to virtual options for education and meetings during Covid, we have been able to pivot back into more in-person activities and ramp up engagement with our community members.
- We partnered with St. Mary's Health to launch a successful Youth Vaping Prevention Social Media Campaign and a local teen logo contest- check out the winner (Vape is a Trap!) on our Success Stories page of our website.
- Our district coordinated with state and local partners to complete a shared community health needs assessment. The top 4 for areas of concern in Androscoggin County were found to be: Mental Health, Social Determinants of Health, Substance Use Disorders/Alcohol Use, and Access to Care.
- The recent county health data showed promising improvements, such as a reduction in recent use of alcohol reported by middle and high schoolers, a decrease in heart attack deaths,

decrease in smoking during pregnancy, increase in blood lead level screening, and a decrease in elevated blood lead levels in children who were screened for lead exposure.

- We said a reluctant but grateful goodbye to our long-time peer facilitator for tobacco support group – good luck in Florida, Keith Pray! You will be missed.

## Program Highlights:

- SNAP-Ed conducted 513 nutrition education sessions and reached 1,815 participants (youth and adults) with 8,587 total contacts, meeting or exceeding targets when compared statewide.
- The substance use prevention team helped coordinate and table the 1st Annual Rally for Recovery in Lewiston sponsored by the Lewiston Area Public Health Committee.
- The Lead Program continued to work with the Maine CDC as part of the Lead Poisoning Prevention Fund high risk area partnership and with the City of Lewiston on lead education and awareness funded by the city's HUD grant. We recently began working directly with the City of Auburn on their HUD grant to educate residents on lead poisoning prevention.
- The Androscoggin County Let's Go! Coordinator partnered with 136 sites in the region to promote healthy habits, which included: 54 early care and education programs, 21 schools, 8 out-of-school programs, 37 school nutrition programs, and 16 health care practices.

- The tobacco prevention team supported adoption of smoke-free policies in places where people work, play, and receive care including the City of Auburn Recreation Department, Taylor Brook Dental Associates, and Maine Chiropractic Health Clinic.

I am excited to see what the new year has in store for Healthy Androscoggin and our community!

Wishing you all the best,

Corrie Brown, LMSW, PS-C  
Executive Director





# Hunger Vital Signs

## BRIDGING THE GAP TO FOOD INSECURE PATIENTS

### Challenge

The connection between food insecurity, the lack of regular access to nutritious foods, and the incidence of chronic disease is well documented. When individuals lack access to healthy food, they can become both overweight and undernourished by consuming inexpensive food lacking vital nutrients. This can lead to an increased prevalence of Type II Diabetes, Hypertension, Cardiovascular Disease and Osteoporosis. Additionally, the financial strains that accompany food insecurity can mean trade-offs are made between purchasing food, paying rent or buying medicine, leading to stress and the exacerbation of existing medical conditions.

Maine ranks 9<sup>th</sup> in the nation and 1<sup>st</sup> in New England for overall food insecurity, according to the U.S. Department of Agriculture. In terms of child food insecurity, Maine ranks 16<sup>th</sup> in the nation and 1<sup>st</sup> in New England. Fourteen percent of Maine seniors experience food insecurity.

### Solution

To address food insecurity in Central Maine Healthcare's (CMH) catchment area, CMH partnered with Good Shepherd Food Bank to adopt their statewide Hunger Vital Signs (HVS) Program. First piloted at Bridgton Hospital, HVS uses a two-question, nationally validated screening tool to identify food-insecure patients on their capacity to access nutritious food.

There are currently eight sites within CMH that implement the program, with staff leadership from Healthy Androscoggin: Bridgton Hospital Inpatient, Rumford Hospital Inpatient, Swift River Family Medicine, Elsmore-Dixfield Family Medicine, Minot Ave Family Practice, Central Maine Pediatrics, Poland Community Health Center, and Central Maine Family Medicine Residency.

### Results

When patients are identified as food insecure by any of these sites, they are offered a bag of emergency food that is designed by the nutrition team at Good Shepherd Food Bank. The food bag contains eight to ten pounds of non-perishable dry goods, meets the MyPlate guidelines, and is suitable for patients with chronic illness.

In Fiscal Year 2021, CMH practices and hospitals participating in the HVS program identified 422 families experiencing food insecurity and distributed food bags to 193 of these families, as well as 211 community resource lists. Since the program's start in 2018, 947 food bags have been distributed to CMH patients.

The HVS program addresses food insecurity in local communities through healthcare staff that patients trust. Not only are patients given food bags at the time of their appointments, they are also referred to local food banks and other community resources, such as WIC and nutrition classes. This knowledge increases families' ability to access nutritious foods in their community and encourages a healthier lifestyle.

### Screening Questions:

Within the past 12 months, we were worried whether our food would run out before we got money to buy more.

Within the past 12 months, the food we bought just didn't last and we didn't have money to get more.



### Program Partnership:





# Healthy Androscoggin in Action

## FUN, FRIENDS, AND FAREWELLS! FIELD DAY AT LEEDS CENTRAL SCHOOL

### Challenge

Twenty-eight percent of children in Maine are considered to be either overweight or obese, according to the Child and Adolescent Health Measurement Initiative 2019-2020. Physical activity plays an important role in preventing and reducing obesity, however many youth do not meet the 60 minutes of moderate to vigorous physical activity per day recommendation. Youth spend up to 8 hours a day in school, making it an ideal environment to target for increased physical activity.

### Approach

Field day is a memorable and healthy way for students to celebrate the end of the school year. It is a day they look forward to every year, a time to just be a kid and have fun with friends. This long-standing tradition celebrates the successful completion of another school year and the start of summer. The students participated in events like volleyball, relay races, parachute, waterslide, face painting, and much more.

#### Program Partnership:

MaineHealth

# LET'S GO!

5-2-1-0

### Results

Increasing physical activity is one of the main goals of the Let's Go! 5210 Initiative. The Field Day collaboration between Leeds Central School and the Androscoggin Let's Go! Coordinator created a healthy environment for all students, and is a great example of a healthy celebration. Using physical activity as a reward makes physical activity fun, has lots of health benefits, and can help children reach the recommended 1 hour of physical activity per day.

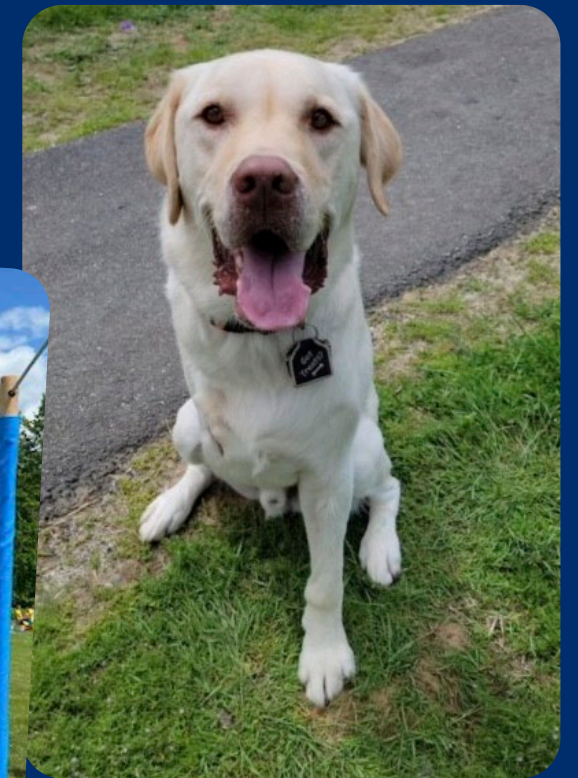
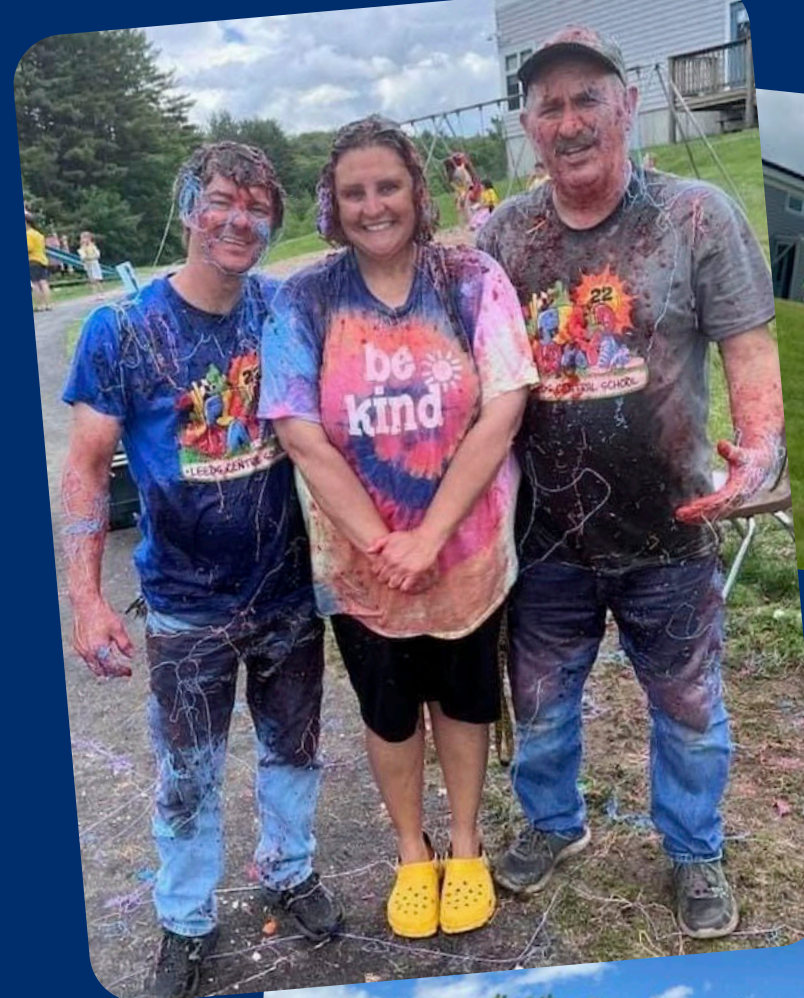
### Clockwise, from top left:

Let's Go! Champion, Tammy Scott (center), after being hit with silly string and paint by students

Students taking turns going down the waterslide!

School service dog, Lucky

Staff and students playing volleyball





# Vape Is a Trap! Don't Fall For It!

## A YOUTH LOGO DESIGN CONTEST

### Challenge

According to the 2019 Maine Integrated Youth Health Survey, **45% of high school students and 17% of middle school students** in Androscoggin County had used an electronic nicotine delivery system (ENDS or Vape) at least once. Vape devices deliver nicotine - an addictive substance - by heating highly concentrated liquid chemicals and creating an aerosol that the user breathes in. This aerosol can contain harmful chemicals such as acetone, propylene glycol, lead, and nickel. In addition, studies by the Truth Initiative show that **youth who use vaping devices may be more likely to smoke regular cigarettes in the future.**

### Solution

Central Maine Medical Center (CMMC) and St. Mary's Health System were concerned about the impact vaping was having on the health and well-being of the youth in the community. Leadership at the two health systems came together and **developed a plan to educate the community about vaping and reduce the number of**

**youth who use vape devices.** As part of the plan, the hospitals reached out to local schools and Students Against Destructive Decisions (SADD) chapters for help. From this, a youth vaping logo contest was developed and implemented during the fall of 2020. **Twenty-six students from five area schools** competed for a top prize of \$250. The students had to create an original logo aimed at preventing their peers from vaping. Each student also submitted a description of their design concept with their logo.

### Results

The winning logo (below) is being used on a variety of items including fidget toys, lip balm, and stress balls. These items will help focus on activities to prevent youth from using a vape to relieve stress. Students will also receive informational flyers about the dangers of vaping and resources for quitting. This project was funded by a grant from Covenant Health attained by St. Mary's Health System in addition to support from CMMC, Healthy Androscoggin, Maine SADD, and participating schools.



I wanted to participate in this contest as I do believe vaping is a serious issue that should be addressed. People try to pass off vape as an everyday thing and this is simply not true; it is just as harmful as smoking cigarettes and other tobacco. As for the design, I wanted to use the idea of a trap. When you reach for the vape stick, the trap will activate. Quitting vape is not easy so it is better to not start at

all, which is why the trap would activate so suddenly. Vape addiction is not a slow build up. I thought a bear trap would work the best as they activate very quickly and are very vicious looking, which helps give off the idea that vape is a very scary thing that should not be messed with. I hope my design is able to convince as many people as possible to not start vaping.

—Winning submission

### Program Partnership:



Maine Center for Disease Control & Prevention  
Department of Health and Human Services

A Member of Covenant Health



# Bringing Nutrition Education into Clinical Settings

## MAINE SNAP-ED PROGRAMMING - IT'S JUST WHAT THE DOCTOR ORDERED

### Challenge

“**Nutrition is such a fundamental part of overall health and well-being**, yet it is often lost as a priority amidst the long list of things that must be addressed at routine provider visits. It takes hours of education and attention on the topic of nutrition and how it **impacts our current and future health** to make a meaningful difference in someone’s life. It is simply impossible to fully address at routine visits. On top of the education needed for children and their parents, a **focus on behavior change is often needed**. This takes time, goal setting, the right mind set and coaching. It also assumes the parents and family is on board and has the resources to fully embrace our suggestions. This is unrealistic. Our society is focused on speed and convenience. This certainly overlaps into how we view food and nutrition. There is nothing quick and easy about making sure **everyone has access to resources and education** about what constitutes a nutritious life style.” —*Brianna Boutin, N.P. at Central Maine Pediatrics*

### Solution

Healthy Androscoggin Nutrition Educators have partnered with Central Maine Pediatrics to promote free nutrition classes to children and their parents. Posters (page 11) are displayed in all exam rooms as well as the waiting area of the office; while waiting for their appointment, patients have the ability to scan the QR code or visit Healthy Androscoggin’s website to find more information and sign up for a class right then and there! This process is primarily meant to be a hands-off approach for the provider, with patients having direct access to sign up for a class. In the event that extra support is needed, providers have a bookmark on all computers in order to assist in the registration process. Educators attended provider huddles to discuss Supplemental Nutrition Assistance Program Education (SNAP-Ed) classes, talk about what classes are like, and provide materials and resources so providers are well equipped to explain the benefits of signing up to their patients.

I learned so much about what I can be doing here at home to cook healthier and live a healthier lifestyle. We really enjoyed it and hope to go back in the near future!

—Class Participant



### Results

To date, Healthy Androscoggin’s SNAP-Ed webpage has received approximately 40 sign-ups for classes in our pilot phase. Nutrition Educators at Healthy Androscoggin have held a total of 16 classes to accommodate these signups. When surveyed:

- 100% of participants stated they will use the food preparation skills they learned in class.
- 100% of participants are interested in attending more classes.



### Program Partnership:



**FREE! FUN! NUTRITION & COOKING CLASSES**

This class is great for:

- Parents & Adults
- Teens
- School-aged Children

Join Nutrition Educators from Healthy Androscoggin and Brianna Boutin, NP, for this fun-filled and educational cooking and nutrition series.

Get your nutrition questions answered, learn useful tips for eating healthy on a budget and explore new recipes to satisfy even the pickiest taste buds!

**TO SIGN UP FOR A CLASS**

Scan this QR Code with your phone’s camera

or **log on to [healthyandroscoggin.org/signup](https://healthyandroscoggin.org/signup)** or **Ask your provider**

Please be aware it may take up to 2 weeks before you are contacted after signing up.

# Our Actions Have Impact: The Importance of Stigma Reduction

## A STIGMA REDUCTION PRESENTATION FOR COMMUNITY CREDIT UNION

### ..... Challenge

Individuals with substance use disorders (SUD) face stigmas in their communities on a daily basis. These stigmas are proven to be a barrier for individuals with SUDs to gaining access to treatment and continuing in their recovery efforts. **Research shows that greater community connection is a protective factor for individuals** and can help work through the barriers that stigmas create. Protective factors are conditions, behaviors or other factors that can decrease a persons risk of negative health outcomes, including substance use disorder and other mental health disorders.

### ..... Solution

In February of 2022, Community Credit Union (CCU) outreached Healthy Androscoggin to provide training for their staff around Naloxone, a medication used to reverse the effects of an opioid overdose, and stigma reduction. Healthy Androscoggin collaborated with Tri-County Mental Health to provide CCU with a Naloxone training and **stigma reduction training, *Our Actions Have Impact: The Importance of Stigma Reduction.*** These presentations took place on March 15th and March 16th respectively. Tri-County Mental Health provided the Naloxone training while Healthy Androscoggin presented on stigma reduction. This presentation pulled from various peer reviewed studies concerning the impact stigma has on individuals with substance use disorders.

### ..... Results

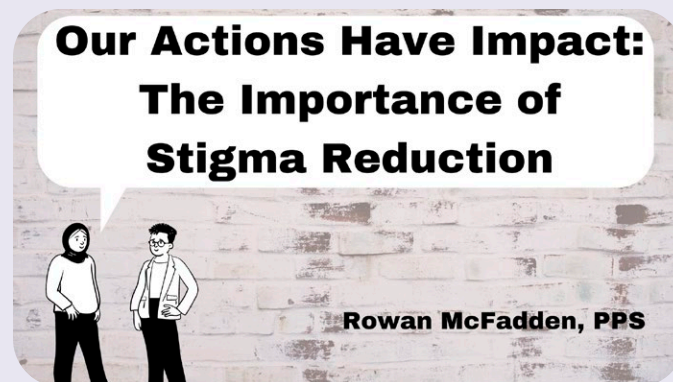
The presentation was delivered to **34 staff members** of Community Credit Union via Zoom and **the training was recorded to present to additional staff as they join the team.**

During the presentation CCU staff were presented with information ranging from the basics of addiction science, implicit versus explicit biases and how to challenge them, the community effects of stigmas, communication strategies to help existing gaps, and the importance of person first language.

This information is important for all community members as it helps **to increase protective factors for individuals and helps to humanize stigmatized communities and break down barriers to community connection and engagement.**

.....  
“This past summer our staff witnessed a young woman overdose in our parking lot. We were all relieved when she survived but wanted to find more ways we could be a part of helping to save lives. We worked with Healthy Androscoggin and Tri-County Mental Health to install a Naloxbox and hold stigma training for our entire staff. The training was phenomenal. It reinforced the messaging that addiction is a disease. It also reminded our team that people who face addiction are people – they are someone’s daughter or son, maybe’s someone’s parent, a brother, a sister. They are real people and their lives matter!”

—Jennifer Hogan, President/CEO



### ..... Program Partnership:





# Working Together to Educate Families and Residents Impacted by Lead Poisoning Through Video Education

## Challenge

**Lead is a toxin** that can be especially harmful to children under the age of 6. Lead dust from old paint is the most common way children get lead poisoning. Lewiston-Auburn, which historically has had high rates of lead poisoning, recorded the state's highest case count in 2019 with 36 confirmed and estimated cases of lead poisoning, or **12.3% of the state's 292 estimated cases that year.**

## Solution

Healthy Androscoggin, supported by the City of Lewiston's HUD Grant, collaborated with Sublime House Media to create educational videos about childhood lead poisoning for residents of high-risk areas in Maine. To reach as many caregivers and renters as possible, **an educational video series** was created to raise awareness on the dangers of lead dust and to provide resources to families about prevention and how to get their home and children tested. The videos were also **translated into Arabic, French, and Somali** to reach as many community members as possible.

## Results

Video Topics Include:

- Introducing the issue of lead dust
- How to stay lead safe
- How to check the paint in your home
- How to keep things clean for your children
- How to keep lead out of your child's mouth
- How to not bring lead home from your job

Visit Healthy Androscoggin's YouTube Page to view all these and other helpful videos.  
<https://bit.ly/leadvideo2021>

### Program Partnership:





# Healthy Androscoggin Highlights:

A lot of great things occurred this past year at Healthy Androscoggin; here is just a taste for you to enjoy:

- We welcomed **Caroline Davis**, an intern from Bates College, who worked with us for over 300 hours this summer and performed with her a capella group at Lewiston's Rally for Recovery
- Healthy Androscoggin staff received training on Naloxone administration with the OPTIONS Liaison (and Healthy Androscoggin Advisory Committee Member **Dave Bilodeau**). Naloxone is now part of HA's emergency kit.
- **Lindsay Gannon**, Health Promotion Manager trained the Maine State Legislature and Maine Judicial Branch in cultural competency.
- Healthy Androscoggin provided many hours of support to Central Maine Healthcare's mass vaccination site at the Auburn Mall by coordinating volunteers and participating in the planning committee.
- Healthy Androscoggin welcomed new staff **Rowan McFadden, Kaylee Leclerc, Suzannah Deeves; Emily Dooling Hamilton** was promoted to Health Promotion Manager and **Corrie Brown** was promoted to Executive Director,
- Many celebrations were had:
  - 1 wedding (and 2 more to come!)
  - 2 babies joined the family
  - 1 retirement
  - **Becca Schoen** celebrated 5 years at Healthy Androscoggin
  - Lots of new fur babies



# Healthy Androscoggin Advisory Committee Members

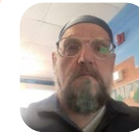
Thank you to former Healthy Androscoggin Advisory Committee members: Timothy Cowan, Philip Doucette, Heidi McCarthy, Rebekah Farrin, and Sally Weiss



**Annie Derthick, PhD**  
*She/her/hers*  
 Clinical Psychologist  
 Director of Behavioral Science and Academic Associate Program Director  
 Central Maine Medical Center  
 Family Medicine Residency



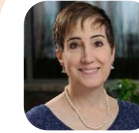
**Christine May Bosse**  
*She/her/hers*  
 Vice President Relationship Manager  
 Bangor Savings Bank



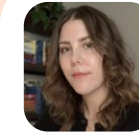
**David P. Bilodeau**  
*He/him/his*  
 OPTIONS Liaison Androscoggin county, Team Lead- boots on the ground team.  
 CADC/MHRT-C  
 Tri-County Mental Health services



**Heritier Nosso, LL.B**  
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 Community Organizer and Consultant  
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**Jenae Limoges MD**  
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**Kristen D'Eramo**  
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 Community Health and Hunger Coordinator  
 Good Shepherd Food Bank of Maine



**Ornella Nibasumba**  
 Bates College



**Richard (Rick) Whiting**  
*He/him/his*  
 City Councilor, City of Auburn  
 Retired, Auburn Housing Authority



**Brian Wood**  
 Assistant City Manager  
 City of Auburn



# Donors, Funders and Supporters

FROM JULY 2021 TO JUNE 2022

Thank you to our donors and supporters as their generosity allows us to continue to provide services and programs that make Androscoggin County a healthier place to live, work and play.

**Austin Associates**  
Ellen Augusta  
Marion L. Browning  
Tim Cowan  
Dorothy Crowley-Noel  
Dempsey Center  
Kristen D'Eramo

**Patricia Griffin**  
Ethel L. Laflamme  
Karen Lane  
Let's Go! at Barbara  
Bush Children's  
Hospital

**MaineHealth  
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Sue M. Martin  
Jo Miller  
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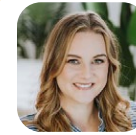


## To Donate

We invite you to support our work by providing a donation through our website at [www.HealthyAndroscoggin.org/donate](http://www.HealthyAndroscoggin.org/donate) or sending a check to to our mailing address at: 300 Main Street | Lewiston, Maine 04240

# Our Team

INNOVATIVE, COMMITTED,  
COLLABORATIVE,  
FUN



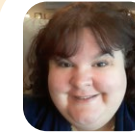
**Lindsay Gannon,**  
MPA  
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Health Promotion  
Manager



**Shelemiah Baiei-  
Makinen**  
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Grants Coordinator



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**Adria Giles**  
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Administrative  
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**Suzannah Deeves,**  
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Health Promotion  
Coordinator Let's Go!  
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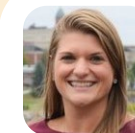
**Cecilia Natale**  
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**Emily Dooling  
Hamilton, MS**  
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Health Promotion  
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**Becca Schoen**  
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SNAP-Ed Nutrition  
Educator



**Emily Smith**  
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SNAP-Ed Nutrition  
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**Rowan McFadden,**  
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**Rachel Legendre**  
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**Hannah Dieterich**  
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**Kaylee Leclerc,**  
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**Vicky Wiegman**  
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**Kristina Willson**  
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  [healthyandroscoggin](https://www.instagram.com/healthyandroscoggin)

Healthy Androscoggin is a community health coalition affiliated with Central Maine Healthcare.

