Rural Health Listening Session: Bethel-Rumford

Meeting Report
October 29, 2019

What matters most?

• Services
  o Local nursing home facility and adequate reimbursements to make them financially viable.
  o Dental care, including:
    ▪ Insurance that covers dentures
    ▪ Adequate access to providers – not enough are taking new patients
    ▪ Affordable services
    ▪ Opioid epidemic side effects – access to treatment beyond the ER/opioids
  o Skilled beds for patients to transition to upon release from the hospital
  o Prevention:
    ▪ Vaccinations – the earlier version of public health nurses worked well
    ▪ Education about dental, parenting, especially for new parents
    ▪ Whole-patient care, including dental

• Systems
  o Pathways to connect to appropriate services
  o Adequate ratio of school nurses to students
  o Collaboration between DHHS and DOE on trauma-informed supports for kids, families, teachers and after-school providers
  o School-based liaising to services for parents and students to reduce barriers and make information accessible
  o Equipping emergency room nurses with a clear understanding/guide of community resources in order to form recommended next steps for patients upon departure
  o Connecting ER to primary care doctors
  o Easy-to-understand chart of existing resources
  o Childcare health
  o Consultants to provide targeted, tailored approaches and liaising to an array of community resources
  o Intentional and routine connectedness between providers to reduce silos
  o Broad-based rollout of social platform that allows providers to directly connect to community resources on behalf of patients

• Social determinants and other supports
  o Transportation
  o Reducing isolation and increased sense of hope
  o Access to affordable housing across communities
Community assets

- Relationships and deliberate efforts at knowing one another and routinely connecting to problem solve
- Telehealth monitoring that reduces anxiety and social isolation and increases fidelity to treatment plans
- Faith-based communities
- Age-Friendly Community model from AARP
- OCWC resilience project
- Western Maine Addiction Recovery Initiative

Challenges

- Mainers are independent and stubborn

How can things work better: what’s the ideal; what solutions can we pursue?

- **Services we need:**
  - Expanded telehealth services
  - Donor drop-off site for breast milk
  - Tools for young parents
  - Home visits with adequate staffing and reduced waits
  - Paramedicine with behavioral health – in community
  - Adequate workforce – to provide childcare, RNs or paramedics and clinics, in general

- **Supports we need:**
  - Transportation