

1 **COMMISSIONERS WORKSHOP & MEETING**

2 **January 19, 2022**

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5 *YORK,ss*

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7 At a workshop and regular meeting of the County Commissioners of the County of York, begun
8 and holden at the York County Government Building in Alfred, within and for the County of York,
9 being held on Wednesday, January 19, 2022 A. D. at 3:30 P. M.

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12 **COMMISSIONERS PRESENT:**

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14 Richard R. Dutremble (excused)
15 Richard Clark
16 Robert Andrews
17 Allen Sicard
18 Donna Ring
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22 County Manager Gregory Zinser was present at the meeting.
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25 **YOU ARE INVITED TO RISE AND SALUTE THE FLAG OF THE UNITED STATES**

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27 **1 TRANSPORTATION DISCUSSION WITH SMRPDC AND YCCAC-**

28 County Manager Greg Zinser explained that the Commissioners had heard from Southern
29 Maine Regional Planning and Development Commission and York County Community Action
30 prior and asked them to come back with a proposal which they have (included as record of these
31 minutes).

32 Paul Schumacher, from SMPDC addressed the Board and thanked the Commissioners for
33 considering the request. He introduced Tom Reinhauer who is the Director of Transportation for
34 York County Community Action. Tom explained that they have settled on a proposal for
35 Sanford, Springvale, Biddeford and Saco. This has been a challenge due to COVID and they
36 would like to add another bus to the route. One bus runs currently Monday through Friday
37 providing three round trips a day. Director Reinhauer explained that they are not asking for a bus
38 purchase but that they would add that vehicle to that route and with ARPA funding they could
39 expand service hours and add another route. They are asking for operating costs of \$346,500 per
40 year. Tom added that they do have plans to serve the new courthouse facility when it opens up
41 regardless of whether or not we are able to expand services. We would modify the route to serve
42 new Layman Way facilities, also.

43 Commissioner Clark states that the request is for \$346,500 for 3 years. What happens in your 4th
44 year? Mr. Reinhauer replied that they would work to incorporate their costs into their current
45 funding. He further explained that their urban and rural funding is going up a bit so they are
46 hoping to save some operational money by shifting some door to door services that are very
47 labor intensive.

48 Commissioner Andrews asked about how many riders they currently have. Mr. Reinhauer replied
49 that they are averaging 160 a month over the past three months for the connector service.

50 Commissioner Ring asked if they would expand into Alfred and to the new courthouse. Mr.
51 Reinhauer replied that they would most likely stop there on the way to the train station and back.
52 People could get there from the train station. Commissioner Ring asked if the bus route would
53 include any of our Alfred complexes? Tom Reinhauer replied, yes, as needed.

54 Commissioner Sicard asked if there had been any discussion held regarding point to point on
55 demand using 12 person vans? Tom Reinhauer stated that maybe as a long range plan of the
56 service. Tom Reinhauer explained that the larger busses allow for 24 passengers plus 2. Little
57 busses have room for 12 and 2.

58 Paul Schumacher interjected that another added benefit to the service is reducing the volume on
59 route 111 that would be crucial and helpful. Paul added that they have had meetings with the
60 Department of Economic and Community development and there has always been thoughts and
61 exploration on how we might increase transit services to help businesses find more employees.

62 Commissioner Sicard commented that as we build out the jail campus, we can get people living
63 there, but, to get them out, we will need transportation to their jobs. Commissioner Sicard
64 continued that we are breaking one of our cardinal rules, that we would not pay operational
65 money. The Board can talk about that. He asked Mr. Reinhauer if this project wasn't before us,
66 and you had existing funds, how long does that process take?

67 Tom Reinhauer responded, a year in some cases.

68 The County Manager explained that the funds need to be obligated by 2024 and expended by
69 2026. He added that in conversations that we have in our behavioral health committee and other
70 committees, transportation keeps coming up. This program would go a distance in helping with
71 that.

72 Chair Commissioner Sicard informed all that Chad Heid, Executive Director of the
73 Biddeford/Saco Transit submitted a letter to the Board. He was unable to be here this afternoon
74 but has asked that his colleague, Rod Carpenter read his letter into the minutes (said letter
75 attached as record of these minutes).

76 Mr. Carpenter informed all that they have electric busses coming and are updating their fleet.

77 Commissioner Clark recommended they call SMRPDC and see what you can do together. Mr.

78 Carpenter asked Commissioner Clark if the Board was open to a bigger project or another project
79 that coincides with it? Commissioner Clark responded that he was not sure.

80 Commissioner Sicard stated that it is reasonable to him, but up to Barbara Crider and Paul
81 Schumacher to sit at the table and put it all out there. Commissioner Sicard added that Chad is
82 pro-transit and wants to all work together.

83 County Manager Zinser stated that the issue is here someone talking to us about a new project.
84 SMRPDC and YCCAC were asked to put a program together. Had they seen the need to reach
85 out to another organization, my assumption is they would have done so. We would now be
86 asking them to re-tool their proposal submitted to us.

87 Commissioner Sicard- replied that the Board wants to do this once and do it right. If that means
88 another meaning of the experts, so be it.

89 County Manager Greg Zinser informed the Board that he needs a better understanding of the
90 direction the Board wants to go.

91 Rod Carpenter said that they were not here to railroad their project. We are here to see if you will
92 open your door and to see if you want to do more with transportation.

93 94 **2 GENERAL DISCUSSION OF COUNTY PROJECTS**

95 County Manager Zinser reported that the G&H expansion study is underway and going out to bid
96 in about a month.

97 Fairtide will hopefully be back here in a month, explained the County Manager.

98 He continued to inform all that he has signed an agreement with Tatta and Howard Engineers to
99 perform a feasibility study (regarding sewer) that will cost \$16,000. This report, explained Mr.
100 Zinser, will give us the permits required, etc. That will help us to refine that number.

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3 REVIEW OF ARPA FINANCIAL DOCUMENTS WITH David B. Nalchajian, Sr.

(ARPA Financial Manager) The Commissioners reviewed a handout attached to the minutes as record that Mr. Nalchajian had prepared. Manager Nalchajian explained that he had been told by Jail Administrator Major Thayer that the body scanner may be fully deployed by February. He informed the Commissioners that the next report to the Government is due the end of January. Mr. Nalchajian informed the Commissioners that there is currently approximately \$11 million of unallocated funds still.

01-19-22 ITEM

1 PUBLIC COMMENT(S) ON ANY ITEM(S)

Janet Drew thanked the Sheriff and County Manager for meeting with her. (Jail Administrator Nathan Thayer and York County Clinician Jennifer Ouellette also participated in the meeting via ZOOM). She stated that it was an education for her to realize that we have a sad situation where people who aren't insured and haven't accessed MaineCare and therefore, do not have any access to mental health care. Efforts are being made so that their arrest record can be changed. Ms. Drew commented that she appreciates the efforts and thoughtful comments.

2 TO APPROVE THE MINUTES OF THE FOLLOWING MEETINGS:

a. Commissioners' Regular Meeting of January 5, 2022
Commissioner Clark motioned to approve the minutes. Commissioner Andrews seconded the motion. Vote 4-0.

3 TO APPROVE TREASURER'S WARRANTS

- a. Warrants to be approved on January 5, 2022 in the amount of \$532,542.06
Commissioner Clark motioned to approve the warrant of January 5, 2022 in the amount of \$532,542.06. Commissioner Andrews seconded the motion. Vote 4-0.
- b. Warrants to be approved on January 12, 2022 in the amount of \$980,340.46
Commissioner Clark motioned to approve the warrant of January 12, 2022 in the amount of \$980,340.46. Commissioner Andrews seconded the motion. Vote 4-0.

4 TO HEAR ANY REPORTS FROM THE COUNTY COMMISSIONERS

Commission Chair Sicard mentioned that he sat in for Commissioner Dutremble for the MCCA meeting held via ZOOM. He added that Commissioner Ring also attended the meeting.

5 NEW BUSINESS

a. Review landscaping bids and award contract
Facilities Manager Rick DeRochemont approached the Board to explain the process followed (documents attached as record of these minutes). Manager deRochemont recommended awarding the bids to JW Booth who has been in business over thirty years and was the lowest bidder. He also was the only bidder who came and did a walk-through of the properties.

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Commissioner Clark motioned to award the bid for landscaping and lawn care for the county to JW Booth for \$18,500.00 a year for two years with the option to extend for one year. Commissioner Ring seconded the motion. Vote 4-0.

b. Review and discussion of K-9 proposal from Sheriff's Office-

Chief Deputy Forbes explained that about 10 years ago the Sheriff's Office had a K-9 program. He was made aware of the Stanton Foundation K-9 program grant. This program will be of little to no cost to the Sheriff's Office. The dog can train with the State Police. They are holding a slot for us in the school in March, stated Chief Deputy Forbes. (Program documents attached as record of minutes.) Chief Deputy Forbes stated there are so many benefits of having a dog. For example, he commented, Saco, Biddeford and Sanford do not have canines so we could assist. A dog is very helpful with the opioid crisis. He recommended that York County have a dual-trained dog for drugs and for tracking.

Chief Deputy Forbes stated that in the jail, drugs getting inside is a big problem. We will now have the x-ray machine and if the Commissioners approve the program, a canine. We should cut down drastically with drugs being brought into the jail. A dog is also a deterrent as well as great for public relations.

Commissioner Sicard commented that March isn't that far away. Will it be possible to get a dog and an officer by then?

Chief Deputy Forbes replied that a form is ready to be put out to the deputies. He continued that the State Police are already looking for a dog for us. The school lasts for 14 weeks. They'll flush out a dog if it doesn't work, they'll get us another one.

Commissioner Sicard verified that the only additional liability/only money from us would be the one hour a day extra pay that is in the contract.

Commissioner Ring commented that this is a very detailed program and she appreciates this. She added that it is high time we got the canine program back.

County Manager Greg Zinser added that he feels we owe it to the Sheriff's Office to go forth with this (program). He stated that he was satisfied that everything was there from a management/administrative perspective to bring it to the Commissioners. Initially, for the first 3 years, costs are covered. After that, there will be veterinarian costs, food, etc.

Chief Deputy Forbes stated that if the dog works with the DEA and FBI, we would get seizure money.

Commissioner Ring motioned to authorize the Sheriff's Office's canine proposal. Commissioner Andrews seconded the motion. Vote 4-0.

c. Seek budget guidance from Commissioners for fy'23-

County Manager Zinser explained that this is the yearly conversation regarding the budget where he is looking for general guidance from the Commissioners.

The County Manager continued to state that he has started transferring everything from fy '22 to fy'23 (on the budget sheets).

Commissioner Ring asked about the possibility of the Commissioners receiving a 3 yr. comparison report on the budget. She also asked if it was correct that we don't have our audit yet. County Manager Zinser replied that we hope to have it in February and that the County is also undergoing a Federal audit. Commissioner Ring also asked for a printout of all expenditures for fy'21 and specified that she wants to look at all of the funds to include civil process, contract deputy programs, any funds and any projects.

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County Manager Zinser responded that he will get these reports to the Commissioners.

Commissioner Clark asked how many, if any, new hires are in this budget?

County Manager Zinser replied that he didn't know yet. He added that there has been some general conversation about this and that he would anticipate a couple. Commissioner Ring requested that any report available that provides all current employees by department would also be helpful.

Commissioner Sicard stated that we've been able to keep county tax rate pretty low but now, with inflation and COVID how does the County Manager see these things?

County Manager Zinser responded that there will be massive increases in the wage lines due to the NCEU contract agreements last year. He stated that his rough estimate would be that payroll would be up \$600,000, if not more. This has corresponding impacts to FICA and retirement, explained the County Manager. This will show a 4 or 5% increase just on payroll line. Deeds revenue is right where we think it should be. The County Manager added that there is legislation on the table regarding funding of jails and that, on paper, it's a good thing.

Commissioner Sicard asked if EMA has been getting reimbursed by the Feds?

County Manager Zinser explained that is a separate routine from the regular operating budget. That agency does a lot with few people. At some time we have to look at that, commented the County Manager.

County Manager Zinser informed the Board that he is going to ask for an appropriation from the jail's undesignated fund to pay off debt service early in the amount of \$300,000.

d. Schedule tax abatement denial appeal Hearing

(suggested date of March 2, 2022 Coms. Meeting)

Commissioner Clark motioned to approve hearing the tax abatement denial appeal at the Commissioners' March 2, 2022 meeting. Commissioner Andrews seconded the motion. Vote 4-0.

e. Review and discussion of County vaccine policy – County Manager Zinser informed the Commissioners that letters had been sent out to the Unions to bargain this issue but, then the Supreme Court tossed it so here we are seeking additional guidance. The County Manager suggested that the Commissioners might consider tabling this item.

Commissioner Clark motioned to table this item. Commissioner Ring seconded the motion. Vote 4-0.

County Manager Zinser stated that this item will be put on next meeting agenda.

f. Seek Commissioner approval for the promotion of David Lambert to the position of Captain effective January 24, 2022.

Sheriff King stated that Mr. Lambert has done a great job and is a 38+ year employee. He came out on top of the promotional process.

Commissioner Clark motioned to approve the promotion of David Lambert to Captain. Commissioner Ring seconded the motion. Vote 4-0.

249 a. ARPA related business- County Manager Zinser asked the Commissioners what
250 they wanted him to do. He added that the York Hospital folks- Choose to Be
251 Healthy coalition and York County Cottage Program (recovery services) had sent
252 us an e-mail with additional information. Commissioner Ring stated that she
253 would like to refamiliarize herself (with the information) first. County Manager
254 Zinser advised that he will put this on the next agenda and will re-send the
255 documents presented by these two entities to the Commissioners.
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257 The County Manager then asked the Commissioners how they would like to
258 proceed with SMPDC and YCCAC and Biddeford/Saco/OOB request.
259 Commissioner Ring replied that she is looking at this as a new request and we have
260 refused people who haven't put their requests in in time but thank you and maybe
261 another process next summer.

262 Commissioner Sicard responded that while he agrees with Commissioner Ring
263 regarding the timeline, he might suggest we give the new Executive Director at
264 least time to meet with Paul, Barbara and Tom and perhaps all come back to us in
265 March.

266 Commissioner Sicard stated that there are two questions for the Board. Would they
267 like to go with Commissioner Ring's proposal and send a thanks but no thanks
268 letter or do we move forward with SMRPDC and YCCAC's proposal?

269 Commissioner Ring replied that she has no problem with what they presented
270 tonight. We have to start somewhere.

271 Commissioner Clark stated that he has concerns that this is operational money. We
272 really need to think about this. He advised tabling this item so that the three
273 entities can have a discussion to see if they can work together.

274 Commissioner Clark motioned to table making a decision on SMRPDC and
275 YCCAC's proposal. Commissioner Andrews seconded the motion.

276 Discussion: County Manager Zinser asked the Commissioners to what they are
277 asking him to tell them?

278 Commissioner Sicard responded that they should be "putting their heads together"
279 and see if we can get all players on board. This is a starting point, he commented.
280 Vote 4-0.

281 Commissioner Sicard suggested this item be put on the agenda in March or
282 whenever they are ready.
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285 **7 TO CONDUCT AN EXECUTIVE SESSION ON PERSONNEL**
286 **ISSUES PURSUANT TO 1 M.R.S.A. §405 (6) (A), ACQUISITION OF**
287 **REAL PROPERTY OR ECONOMIC DEVELOPMENT PURSUANT**
288 **TO 1 M.R.S.A. § 405 (6) (C), LABOR NEGOTIATIONS PURSUANT**
289 **TO 1 M.R.S.A. § 405 (6) (D) AND CONSULTATION WITH LEGAL**
290 **COUNSEL PURSUANT TO 1 M.R.S.A. § 405 (6) (E), REVIEW OF**
291 **CONFIDENTIAL RECORDS PURSUANT TO 1 M.R.S.A. § 405 (6) (F)**

292 County Manager Zinser explained that since item e under New Business was
293 tabled, an executive session was not necessary.

294 a. Enter into executive session pursuant to 1 M.R.S.A. §405 (6) (A), personnel
295 issues.
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297 **8 PUBLIC COMMENT(S) ON ANY ITEM(S)**
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9 ADJOURN

Commissioner Clark moved to adjourn. Commissioner Ring seconded the motion.
Meeting adjourned at 5:15 p.m.

DRAFT

York County Government – Covid-19 Pandemic Policy (DRAFT)

Section 1. Purpose. It is the policy of York County Government to provide a safe and healthy environment for all employees. This policy is enacted to mitigate infection and spread of COVID-19. This policy complies with the OSHA COVID-19 Emergency Temporary Standard (ETS) (29 CFR 1910.501).

Section 2. Employee Requirements.

- a. Face coverings shall be worn indoors, regardless of vaccination status and shall be worn outside when social distancing of six feet or more cannot be obtained.
 - i) Face coverings are required to completely cover the nose and mouth and need to be two or more layers.
 - ii) Vaccinated employees may remove their mask inside a county building if they are alone in a room with a floor to ceiling walls and a closed door, or alone in a vehicle.
 - iii) Vaccinated and unvaccinated individuals may remove their mask for a limited time, while an employee is eating or drinking. Employees should remain six feet apart whenever possible.
- b. Employees shall provide vaccination status (fully vaccinated, partially vaccinated, or unvaccinated) to Human Resources (HR) by March 5, 2022. Failure to provide vaccination status to Human Resources by this date will result in the employee being placed on unpaid leave until they comply with the requirement, or the policy is no longer in effect.

Acceptable proof of vaccination status includes:

- i) The record of immunization from a health care provider or pharmacy.
 - ii) A copy of their COVID-19 vaccination record card.
 - iii) A copy of medical records documenting covid-19 vaccination.
 - iv) A copy of immunization records from a public health, state, or tribal immunization information system.
 - v) A copy of any other official documentation that contains the type of vaccine administered, date(s) of administration, and the name of the health care professional(s) or clinic site(s) administering the vaccine(s).
- c. Employees exhibiting symptoms (cough, sore throat, congestion, elevated temperature) shall report to their Department Leader to determine if a COVID test is needed, or if the employee should be sent home. Department Leaders exhibiting symptoms shall communicate with the Deputy County Manager or County Manager.
 - d. Shared spaces and items (doorknobs, phones, keyboards, pens) shall be cleaned and sanitized on a daily basis.

Section 3. Vehicle Use.

- a. When multiple people are in a vehicle, face coverings shall be worn. Maximize the ventilation in the vehicle cabin, when possible, to lower the risk of exposure and spread.
- b. If a vehicle is driven by multiple individuals, employees shall clean and disinfect the steering wheel, seatbelts, consoles, and other frequent touchpoints as part of an end-of-shift or pre-trip routine.

Section 4. Department Leaders/Management.

- a. Make every effort to ventilate buildings/space – open windows and doors when possible. Use fans to support air movement into the building. Increase air filtration when possible.
- b. Ensure staff is following the protocol stated in this policy, follow progressive disciplinary steps in accordance with established collective bargaining agreements.
- c. Keep hand sanitizer and face coverings available for employees.

Section 5. York County Vaccine Mandate

Section 5 meets the requirements of the OSHA ETS and the Maine Department of Labor but is a stand-alone policy not exclusively tied to these requirements.

- a. Employees are required to be either be fully vaccinated or have an approved medical or religious exemption in place prior to March 19, 2022.
 - i) Medical and religious exemptions will be evaluated based on Maine Department of Labor and OSHA rules and regulations.
 - ii) Required exemption forms may be obtained from human resources and must be returned to human resources no later than February 22, 2022.
 - iii) All exemption requests will be reviewed by the county manager, human resources, and the counties legal representative.
- b. Employees may use accrued or PTO time off to get vaccinated.
 - i) Employees may coordinate with their department leader to get vaccinated during their normally scheduled workday if available.
 - ii) If an employee is not able to get vaccinated during their normally regularly scheduled workday, and are vaccinated outside their work hours, they may request for 4 hours of administrative leave from human resources.
 - iii) Employees may be granted the use of up to two days of approved sick / PTO time immediately following each dose if time off is required due to side effects.
 - iv) Any employee who does not have enough sick, vacation, or PTO time to cover any required recovery time, may seek an unpaid leave from their department leader but will not be required to go into a negative accrual balance.
- c. Employees who are granted a religious or medical exemption will be required to be tested at least once every seven days at the employee's time and expense and shall provide documentation of the most recent test to their supervisor.
 - i) Department leaders will be required to maintain documentation of testing for exemption employees and submit to human resources on a weekly basis.
 - ii) Any employee who fails to be tested every 7 days will not be allowed to work until they can produce a negative test.
 - iii) Employees who do not provide documentation of approved testing as required by this policy will be placed on unpaid leave and will be subject to progressive discipline.
- d. Department leaders will be required to maintain a record of a testing schedule for employees approved for an exemption.

Section 6. Close Contacts & Positive Cases / Return to Work Protocols

- a. A close contact is when someone who was less than six feet away from an infected person (lab confirmed or clinical diagnosis) for a total of 15 minutes or more over a 24-hour period.
- b. Those who are identified as a close contact shall be tested five days from exposure.

- c. Anyone who is identified as a close contact who is unvaccinated, with an approved exemption, will quarantine at home for five days, and must have a negative PCR test to return to the workplace.
 - i) Employees who are required to quarantine at home may utilize sick accruals or PTO, as applicable. If exposure is due to a work-related exposure, workers compensation rules may apply as applicable under the county human resource policy manual or respective collective bargaining agreements. Employees who do not have enough accrual / PTO may go on an approved unpaid status and will not be required to go into a negative balance.
 - ii) If a close contact will be ongoing and the employee is unable to separate (i.e. same household), then quarantine at home for an additional (5) five days.
 - iii) The County Manager and/or Deputy County Manager may waive the five-day requirement in the event a department is short-staffed, the work is essential, and the employee can remain isolated from other employees. The employee shall still be tested five days after exposure.
- d. Employees, regardless of vaccine status, who test positive for COVID-19 must isolate at home for five-days.
 - i) If *asymptomatic*: able to leave isolation on day six (6) and required to wear a face covering around others; if symptoms develop during this time, return to isolation until symptoms fully resolve.
 - ii) If *symptomatic*: remain in isolation for at least (5) days from initial onsite of symptoms; once symptoms resolved and the individual is fever free without the use of medications for at least 24 hours, they can leave isolation and are required to wear a face covering; if symptoms reoccur at any point in the next (5) days, the individual should return to isolation until symptoms resolve.
 - iii) If the employee has severe COVID-19 or immune disease, a doctor's note is required with guidance from a licensed healthcare provider regarding return to work.

Section 7. Expectations. All employees are expected to adhere to this policy. All employees are asked to report infractions to their Department Leader, Supervisor, Human Resources, or the County Manager.

Definitions

PTO – Planned Time Off

Approved Covid-19 test – Either an antigen or PCR test, administered and observed by a health care professional.

Exposure – Contact with someone infected with SARS-Cov-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

Close Contact – Someone who was less than 6 feet away from an infected person (lab confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period.

Quarantine – Strategy used to prevent transmission of COVID-19 by keeping people who have been in close contact with someone with COVID-19 apart from others.

Commissioners WORKSHOP ON AMERICAN RESCUE PLAN FUNDING

October 20, 2021

YORK,ss

At a Workshop of the County Commissioners of the County of York, begun and holden at the York County Government Building in Alfred, within and for the County of York, being held on Wednesday, October 20, 2021 A. D. at 3:00 P. M.

COMMISSIONERS PRESENT:

Richard R. Dutremble
Richard Clark
Robert Andrews
Allen Sicard
Donna Ring

County Manager Gregory Zinser and Deputy County Manager Linda Corliss were present at the meeting.

YOU ARE INVITED TO RISE AND SALUTE THE FLAG OF THE UNITED STATES

Commissioner Dutremble welcomed all.

Sally Manninen from York Hospital Choose to Be Healthy Program-Director of Community Health of York Hospital explained that this program currently runs on three grants that are all youth substance abuse prevention (one Federal and two State). She explained that the State grant pays for a staff person and one of the Federal grants pays for her salary. Choose to Be Healthy has been a program now for over 20 years. Ms. Manninen explained that with ARPA funds, she proposes to use the funds for mental health and would now be serving all of York County. She continued that she would bring in partners and collaborators-Partners for Healthier Communities and Coastal Healthier Communities. She had named this initiative, York County Prevention as her vision is for this program to reduce the impacts of substance abuse and mental health. Ms. Manninen stated that she would be bringing people together to provide training, provide pilot programs, information and data to agencies, schools, law enforcement and families.

Ms. Manninen commented that the reality is that we are not going to have the resources we need to truly address mental health and substance abuse. We need to do the best we can with what we have. She continued that the workforce development is dire. As far as the budget, aside from her salary, stated Ms. Manninen, a lot of the funds are going out to communities to fund their projects based on gaps in their community.

The York County Prevention initiative would be a project of the Choose to be Healthy Coalition housed at York Hospital with free rent and all other administrative items. York Hospital would not have and does not now have any say in how this (program) is run. It would be run by an Advisory Board. The goals are listed in a three year time frame. Ms. Manninen stated that it takes at least 3-5 years to

successfully change a behavior and to get communities to work together. This would be a pilot program to see if this works and could be something that the county continues to fund perhaps.

Commissioner Sicard asked Sallie Manninen that if that grant ends and we do not fund you, will York Hospital fund you?

Sallie Manninen replied that she will continue to write grants. The State has a couple of grants to fund Choose to be Healthy on a much smaller scale, she added.

Commissioner Sicard asked how do Sanford and the other one fund themselves?

Ms. Manninen responded that Sanford does not have the federal funding that her program does. They have more State funding as their population is higher and they show more need, she stated.

Biddeford/ Saco have State and Federal funding, she informed Commissioner Sicard.

Commissioner Clark stated that he had a couple of concerns with one being from looking at the budget presented in that it looks like \$125,000 a year from York County ARP funds is the request and the total showed as going to the communities is less than \$40,000, about 32%. He continued that he would like to see a much larger amount going to service rather than administration. Commissioner Clark commented that he doesn't get a warm feeling about this. He continued that the Commissioners are looking to do one time investments to try and move things forward and that he doesn't see a plan to replace the money after year three. He asked Ms. Manninen would she be looking to the county for continued funding as he thinks that would be difficult.

The third thing, stated Commissioner Clark is that there is a lot of focus on southern York County. It is a county, not just my district. He asked Sallie Manninen what goes to the other sections of the county?

Ms. Manninen replied if one was to do this on this amount of money, you would need to have someone that doesn't make \$30 an hour. She informed all that she has 26 years of experience and a masters degree. She agreed with Commissioner Clark and stated that she would ask for more money and have more of it going to the communities. Ms. Manninen continued that our coalition is successful as she has built up relationships for over 13 years and is good at what she does. She also said that it is hard to find anyone to do this work for any type of money. Addressing Commissioner Clark's last concern, Choose to be Healthy is not all about southern York County but it has served southern York County for over 20 years. She continued that they would bring that expertise to the rest of York County by using her current partnerships and relations. As far as sustainability, Sallie Manninen replied that she writes grants every year and would continue to do that. She stated that she has received funds from banks, rotary and United Way.

Commissioner Ring asked Ms. Manninen does she mean by going to the communities, this would include rural areas and also in the schools?

Sally Manninen responded that they work with every school in our area. She would focus on the ones that have the most need. Commissioner Ring asked does this include elementary schools or just high schools?

Sally Manninen replied that state and Federal funding only allow middle school and high school but added that the ARP funding would not have this type of restriction.

Commissioner Ring asked if part of this proposal is looking into expanding into the more rural areas of York County?

Ms. Manninen replied, if that is where the need is.

Commissioner Dutremble stated that he has worked in a hospital and that there has always been a mental health problem. Since it is now more of a problem, won't the Federal government give your organization more grants? Ms. Manninen replied that yes, you would think so as the stigma has lessened and teens aren't afraid to talk about depression. Unfortunately, prevention is not funded enough in general.

Eric Haram, Director of York Hospital's Recovery Center addressed the Board and explained that he runs the behavioral health department at York Hospital He informed all that this program was referred to as the Cottage Program. In 2017, the department was rebranded as the York Hospital Recovery Center due to the growing epidemic of opioid addiction. York Hospital pulled together a county wide coalition from across all different sectors and had an opioid round table. Some service providers in the Portsmouth NH regions were also included. He explained that he is asking for funding from ARP to fill the many gaps

that have been created. ARP is the road to accelerate our improvement, stated Mr. Haram. Our revenue cycle has been disrupted as a result of the pandemic. We have moved a lot of services to a virtual platform. Virtual behavioral healthcare is here to stay. As we move out of the pandemic, there is a sector who wants counseling and medical services still virtually. Folks that are seeking treatment right now are more seriously ill than they were prior, stated Mr. Haram. People are waiting longer to seek help and they have a "make do and mend" mentality that occurred during the pandemic. These ARP funds would help us accelerate how we dig out from this and reach the folks who are struggling the most. Mr. Haram stated that they are asking for \$226,500 annually over a 3- year period. We do feel that we provide services in a business model and this will allow us to accommodate the increased volume that will be coming through the door. Recovery coaches are a very critical part in improved outcomes. The State does not reimburse this now but we anticipate this coming. We are asking for \$10,000 for prevention and recovery support that allows us to design and deliver in person and virtually, education and training. The larger portion of funding we are asking for is centered around treatment and patient care.

Mr. Haram continued that York Hospital does not have a discreet detox or as it is now called, withdrawal management unit, but, we provide about 400 services a year. Most hospitals don't admit patients to a medical unit. They sit in ER until they can get to a rehab facility. 34% of the folks that we are treating are uninsured. Detox beds are expensive and there is no reimbursement mechanism, continued Eric Haram. Another issue in York Hospital, he explained is that a lot of patients have Medicare and they will only reimburse if you use a LCSW.

Commissioner Ring stated that she represents four rural towns and she is concerned about them. Would it be possible for people outside of the York/Kittery area to obtain virtual services? Eric Haram replied, absolutely. We currently treat people in all parts of York County and no one waits longer than 48 hours. Commissioner Sicard asked if it is correct that presently, York Hospital is spending this money and not being reimbursed? Eric Haram replied, yes.

Commissioner Sicard clarified that York Hospital Recovery Center is asking for ARP funds to use as a stop gap funding mechanism until you get services reimbursed?

Eric Haram replied, correct, as the last almost two years has made this untenable. The ways we worked around these gaps pre- pandemic are not effective now, he stated.

Commissioner Sicard asked if Eric Haram was familiar with Layman Way Recovery Center that is funded by county tax money at \$1 million a year.

Eric Haram responded that he is and that their services are out -patient with the exception of detox as needed. He continued that they refer patients back and forth quite often. We are seeing patients at Layman Way that are beyond medically what they can help them with at Layman Way.

Dredge- Kevin Roche of SOS Saco Bay addressed the Board. He asked that Mayor of Saco, Bill Doyle approach to say a few words. Mayor Doyle read a statement supporting the importance of the dredge and stating that the City of Saco would pay for the storage of it as well as employees to operate the dredge. Kevin Roche stated that the dredge is a big need for the entire shoreline communities. He went on to say that their ask is simple, a one- time purchase of the dredge. Saco is willing to be the host community. He addressed some concerns brought up about why the dredge cannot be purchased under ARPA monies, and stated that it is vital for tourism recovery and green money. Mr. Roche stated that they understand that the County is not set up to run a dredge. This is just a purchase. Mr. Roche continued that they have heard that these funds don't follow under the county's mission but they do fall under your ARP funds. This is a way for York County to be more relevant. This would unite the shoreline communities. Mr. Roche stated that some say this proposal might only benefit a couple of communities but he thinks if we buy it, they will come. COVID has brought a lot of despair to society. People value their natural resources, continued Kevin Roche. This (purchase) would be a real action on climate change.

Commissioner Ring asked how frequently should areas be dredged? Kevin Roche replied that it depends on the area. Dredging can only be done from November to April.

Commissioner Clark asked how much have any of the municipalities committed to this?

Kevin Roche responded that they aren't asking for any money from them.

Commissioner Clark explained that he served on the Wells selectboard so he has a little familiarity. He stated that the Town of Wells is also trying to get a dredge. Every community in this county received some ARPA money and yet you are asking the County to cover the entire cost. He stated that he has some difficulty with that and doesn't understand why there is no buy in at the local level.

Kevin Roche responded that they will have buy in in a sense if they want to use the dredge. If they decide to use another service, that is their prerogative.

Commissioner Sicard informed all that they had received another letter of support from Biddeford Mayor Alan Cassavant. He said to Kevin, that is it correct that he is pretty confident that if the dredge is purchased, they will come.

Mr. Roche, replied yes and that Old Orchard Beach and Scarborough are also interested in using the dredge.

Commissioner Sicard replied so that however it is operationally constructed, the towns could buy in or as you mentioned, they could just call you when they need you.

Kevin Roche stated to provide more comfort for the County, Saco is willing to host it. We are not asking for any municipality to commit any money on day one, he stated and we will absorb the cost of the employees. He said that it is his belief that Saco would like that control as they will use it almost every year.

Commissioner Sicard asked Mayor Doyle if he is confident that Saco can handle this type of operational budget?

Mayor Doyle replied that the city will absorb the cost. He added that your inland community folks visit our beaches. York County beaches are everybody's beaches. It doesn't just help Saco and Old Orchard Beach, it (dredge) helps everybody. It might be a money maker, also commented Mayor Doyle. He added that they would welcome the County Commissioners at the table. Scarborough is already wanting this, stated the Mayor of Saco.

Commissioner Dutremble asked Mayor Doyle if he envisioned this operating in the same way as Biddeford transit?

Mayor Doyle responded that would be their hope but in the meantime, they will absorb the operational cost.

Commissioner Dutremble asked Mayor Doyle if they had talked to the other coastal communities?

Commissioner Doyle responded, some and that they are willing to be part of a working group.

Commissioner Dutremble recommended involving all coastal communities to save money.

Commissioner Doyle replied that if the Commissioners approve (the dredge purchase), they will send out a letter to all areas.

Commissioner Ring clarified that it is her understanding that other towns will have a fee assessed so you can recover your costs.

Commissioner Doyle we hope to have a quasi- governmental agency.

Commissioner Ring asked how long before this program would be up and operating?

Mayor Doyle responded, next year. Mr. Roche added that the dredge is in stock but they would have to get staff and get them trained.

Commissioner Dutremble asked where would they store it?

Mayor Doyle responded at the public works facility in Saco.

Commissioner Chairperson Dutremble closed the workshop.

York County Prevention Initiative Proposal, 2022-2024

York County Prevention Initiative

Goal: To reduce the impacts of substance misuse and mental illness on those youth most at risk and to improve youth and family health in York County.

Mission: To provide training and resources – programs, information and data, funding, and expertise - that increase sustainable mental health and substance use disorder education and prevention in York County, Maine.

Mental Health and Substance Use Disorder in York County

Through its collaboration in York County communities, with other groups and coalitions, and using evidence-based substance use prevention and education strategies, the Community Health Team/Choose To Be Healthy Coalition has helped:

- Reduce underage alcohol use from 32%-24%,
- Reduce youth prescription drug misuse from 10-5%, and
- Kept marijuana use from increasing at 24-22% among high school students despite legalization and normalization (MIYHS, 2019).

However, local youth depression rates, like those across the state, have risen from at least a quarter of our youth to a third or more of our youth. And, 16% of our youth have thought about killing themselves. This is local data from 2019 – *before* the pandemic with its dramatic impacts including increased isolation, poor mental health, and adult drinking and drug use. York County towns, families and schools were already dealing with a substance use and mental health crisis before the pandemic.

The county as well as the state and most of the country is dealing with a severe increased need for prevention and mental health services – all while being impacted by a reduced workforce and less funding dedicated to primary prevention. As of May of 2020, there were only 110 licensed psychiatrists in Maine, most not taking new patients. And, according to the Maine Department of Education, there is only one school psychologist to every 1,500 students. The national recommendation is one for every 500 students (Feb. 2021). Moreover, we know from our regular School Networking Meetings that school counselors feel over worked and under trained to support youth with mental health and drug use issues and health educators are woefully unprepared and under resourced to teach these topics.

Proposal

York Hospital's Community Health and Coalition Director, Sally Manninen, will coordinate efforts of a newly formed **York County Prevention Initiative** to provide mental health and substance use disorder programming, training, information and grants to help the most at risk youth and their families in all of York County, Maine.

The Community Health Director and the Choose To Be Healthy Coalition staff, members, and partners have over twenty years' experience in managing large federal grants, coordinating

Community Health at York Hospital, Sally Manninen 207-351-2655 smanninen@yorkhospital.com

York County Prevention Initiative Proposal, 2022-2024

proven prevention and education strategies and representing all community sectors including schools, faith, youth, parents, businesses, healthcare, law enforcement, courts, government and civic organizations. CTBH also regularly collaborates on projects with the other two coalition serving York County, mental health agencies, NAMI Maine and Sweetser, as well as the Maine Resilience Building Network, and the Maine Department of Education. CTBH staff work with the Maine Center for Disease Control and Prevention and both the federal CDC and the Substance Abuse and Mental Health Services Administration (SAMHSA). Sally also serves on SAMHSA's National Advisory Council.

York County Prevention Initiative Structure

The York County Prevention Initiative (YCPI) will be coordinated by York Hospital/Community Health in collaboration with members from the other two health coalitions serving York County (Partners For Healthier Communities, Sanford area and Coastal Healthy Communities Coalition Saco/Biddeford area), the York Public Health District Council, plus staff and volunteers from agencies and communities across York County. The YCPI will report to a newly created YCPI Advisory Board, the York County Commissioners and Manager and follow any reporting requirements of the federal ARP funds. Decisions will be based on a work plan based on need, capacity to implement strategies, with input from the YCPI Advisory Board.

York County Prevention Initiative Goals

The YCPI will undertake the following goals with this three year funding opportunity. While three to five years *minimum* is needed to change unhealthy behaviors, this funding can provide much needed urgent services as well as build the capacity of our educational, health and family systems to address mental health and substance use disorders. The short-term goals (3 years) are to:

- Increase opportunities for substance use education, prevention and treatment for youth and young adults, especially those underserved and most affected by the pandemic;
- Improve access to mental health education and services for York County families, especially those at most risk;
- Build the capacity of York County families and agencies to respond to mental health and substance use crises through training, resources and assistance; and,
- Provide a model for future prevention work in York County that can be replicated and sustained.

Evidence-based Strategies

- **Create collaborative group** made up of sector representatives, coalition staff and York County Government in all areas of York County (York Area, Saco/Biddeford, and Sanford) to serve as an Advisory Board for YCPI.
- **Assess needs and gaps** informed by capacity, ARP funding requirements, inclusion of most at risk families.

York County Prevention Initiative Proposal, 2022-2024

- **Train** families and professionals in proven models of substance use prevention and mental health education and support (i.e. Building Resiliency, Positive Social Norming and Developmental Assets, Mental Health First Aid, Family 2 Family, Social Emotional Learning, Child Centered Listening and Parenting Skills, Risk and Protective Factor Model of Substance Use Disorder).
- **Create a fair grant process** to award funds to communities, coalitions, schools and other family serving agencies to implement substance use prevention, mental health education programs and/or curriculum for youth and/or families.
- **Institutionalize and improve access to help and support information and education** through existing resources (Maine211, Choose To Be Healthy, Partners for Healthier Communities, Coastal Healthy Communities, York Hospital, Southern Maine Health Care, York Public Health District, York County Community Action, General Assistance Offices, Housing Authorities, Prevention Training and Technology Center).
- **Build sustainability** through grant writing training and assistance, grant applications and new partnerships with existing local, state and national agencies, foundations, civic organizations, businesses and financial institutions.

Proposed Year One Action Plan, January 2022-December 2022

This Action Plan will be reviewed and revised as needed each year.

Activity	Strategies	Timeline
Announce new YCPI	Media, presentation, meetings	January-February 2022
Create Advisory Board	Recruit 1-2 members from each coalition in county plus County Commissioners and others as recommended	February 2022
Bring together coalitions, York Public Health District	Assessment of plan and prioritization of SUD and mental health needs	February 2022
Community forum to review/revise plan	New plan drafted	February-March 2022
Create training series on topics approved by Advisory Board	Topics to include: mental health and psychological first aid, suicide prevention, building resiliency, parenting, prevention model	Beginning April 2022, then monthly
Grant Award Applications	Create, provide and promote one page online application, choose awardees ¹	May-July 2022
Award Announcements	Meeting and outline of guidance for grantees	August 2022
Technical assistance provided to grantees and others doing work	Monthly via zoom or site visits	September 2022-March 2023
Evaluate Process and Products	Focus groups, post activity surveys, photo voice	
Celebrate	Annual Meeting with awards and grantee presentations on progress	October 2022
Evaluate YCPI	On line assessment to all participants; Annual Report and presentations to communities, York County Commissioners, potential future funders	November-December 2022

York County Prevention Initiative Proposal, 2022-2024

Successful Activities/Strategies Examples

The following successful education and prevention activities of the CTBH Coalition in 2020-2021 are examples of initiatives that can be expanded to *all* of York County as needed:

- Mental Health First Aid trainings provided to school staff, parents, law enforcement, town employees and other caring adults.
- Intervention and help given to youth and young adults in trouble for their drug use through the York County Court system and local schools.
- Collecting and analyzing needs and assets data, local school surveys and writing grants.
- A Regional Youth Summit held every year to provide youth leadership opportunities.
- Parent and Teen Check-Ins held to help families cope with isolation and anxiety, build resiliency and share successful strategies.
- Public education campaigns and educational materials on issues including marijuana harm, overdose dangers, how to administer lifesaving naloxone and where to get help for substance use disorder, anxiety or depression. Successful examples include CTBH's Help Card, Overdose Card, Public Health Response to Marijuana Legalization paper and marijuana harms media campaign.

Proposed Budget (Based on the projected allocation of \$500,000 for "prevention and education" as reflected on the York County ARPA web page financial report, November 2021. Start date to be adjusted as needed.)

	Year 1	Year 2	Year 3	Totals
personnel	\$64480.00	\$64486.45	\$64492.90	\$193459.34
benefits	\$16764.80	\$16766.48	\$16768.15	\$50299.43
office supplies	\$650.00	\$550.00	\$450.00	\$1650.00
travel	\$200.00	\$200.00	\$200.00	\$600.00
other/operating expenses	\$2200.00	\$2200.00	\$2200.00	\$6600.00
office/meeting space	in kind	in kind	in kind	0.00
admin/indirect costs	in kind	in kind	in kind	0.00
consultants	\$3500.00	\$3500.00	\$3500.00	\$10500.00
awards to community projects/coalitions	\$78963.00	\$78963.00	\$78963.00	\$236889.00
Funds going to communities/coalitions	\$82463.00	\$82463.00	\$82463.00	\$256239.00
	\$166,757.80	\$166,665.92	\$166,574.05	\$499,997.77

York County Prevention Initiative Proposal, 2022-2024

Budget Detail

Budget Item	
Project Director Sally Manninen, MA PS-C, 25 + years' experience (resume attached)	\$31/hr-\$32/hr (based on current salary +1% annual raise) Benefits based on YH .26%, 40 hrs/week 52 weeks a year, Responsible for: oversight of grant, reporting to funders, communications, meetings and grant proposals, implement assessments, evaluation and data collection as well as TA for prevention initiatives, serves on York Public Health District Executive Council, serves on National Prevention Advisory Council
Office supplies	Printing educational materials, paper, ink, etc.
Travel	.55/mile reimbursement for 364 miles in York County for meetings, trainings, site visits
Other expenses	Annual subscriptions for Zoom, Squarespace for website, Constant Contact for distribution list and electronic newsletter, Survey Monkey for evaluations and assessments
Office space (YH)	Meeting spaces and office space for YCPI on York Hospital main campus
Admin (YH)	Fiscal oversight and management, IT and HR
Consultants	Providers of training and assistance such as NAMI Maine, Sweetser, Maine Resilience Building Network and OUT Maine
Grants for community initiatives	Initiatives chosen with evidence based criteria ⁱⁱ , to provide programming in gap areas of most need of prevention and mental health education

Community Initiative Application Criteria

- Is project/program based on mental health and or substance use need, capacity and uses best practice or evidence-based approach?
- How many youth or adults will it reach?
- How will it reach more at risk population (i.e. children in middle school, children with existing mental health or social challenges, LGBTQ+, young adults)?
- What need or gap does it address and does it compliment and not duplicate existing efforts?
- How will grantee evaluate project/program? Project Director to provide simple evaluation tool(s) and assistance.
- Is budget commensurate with actual and reasonable costs?
- Will there be at least one person to coordinate the effort? (Grant funds can pay stipend for person's time if required.)
- What will grantee do to sustain project/program after three-year period?

Members of the YCPI Advisory Board to help choose award grantees.



June 30, 2021

Mr. Greg Zinser, York County Manager
York County Commissioners
45 Kennebunk Road
Alfred, ME 04002

Dear York County Manager and County Commissioners:

The York Hospital Recovery Center is requesting American Rescue Plan funding to implement evidence-based programs aligned with Maine's Opioid Response: 2021 Strategic Action Plan to confront the epidemic of substance use disorder (SUD), emphasizing opioid use disorder (OUD), and create a healthier, recovery-ready community. We propose to implement community focused actions to reduce the negative health and economic impacts of opioid and other substance use disorders in York County. Utilizing our locally engaged expert team of clinicians, preventionists, recovery specialists and a strong network of community partner organizations, we propose to expand prevention efforts, improve inpatient and outpatient treatment services, and strengthen recovery resources and supports for community members who have been challenged during the pandemic to access optimal SUD care.

York Hospital believes this project is a priority because York County currently has the third highest rate of overdose deaths in Maine, with January 2021 recording the highest number of overdose deaths in a one-month timeframe. Between 2010 and 2019, almost 2,700 Maine residents died from an opioid-related overdose. For people with an opioid use disorder, finding treatment that is local, immediate, and affordable is critical – and there are very few detox and treatment options south of Augusta. Many people in recovery face stigma, along with employment, housing, and transportation shortages faced by the general population – shortages that have been exacerbated by the pandemic. The pandemic has made recovery from substance use disorder much more difficult, and the number of overdoses and deaths has escalated. This project benefits taxpayers because it involves key community stakeholders across sectors to address the important need to reduce the impact of SUD/OUD through prevention, treatment and recovery supports and do more to break this expensive and deadly cycle. It is noteworthy that during the recent COVID-19 pandemic, a total of 858 Mainers died from the novel coronavirus - while during the same 18-month span of time nearly 810 Mainers have died due to overdose.

As background, York Hospital has an 11-town service area consisting of York, Wells, Ogunquit, Kittery, Eliot, the Kennebunks, Lebanon, Sanford/Springvale, North Berwick, Berwick and South Berwick. Medical services are provided at our main campus in York and at satellite locations throughout southern Maine, covering 275 square miles with a population of over 72,000 residents. York Hospital has demonstrated commitment to reducing systemic barriers to health equity for all community members by deploying a suite of services called the *Health Care Help Center* to address financial navigation, medical/prescription assistance, and links to social supports (housing, transportation, food, companionship). Since deployment of this new patient-centric service in 2017, the *Health Care Help Center* has helped the under- and uninsured access over \$5 million in benefits and entitlements – primarily through patient connections and enrollment in Obamacare and Expanded MaineCare. Hospital staff promote access to high-quality public and private coverage, while ensuring free/charity care options are available to those in most need.

Offering healthcare services and community sites in York, Wells, Kittery and the Berwicks

15 Hospital Drive, York, ME 03909 | (207) 363-4321 | (877) 363-4321 toll free | (207) 363-7433 TTY | www.yorkhospital.com

In 2016, responding to community concerns about the growing opioid epidemic in southern York County and lack of community coordination to address it, York Hospital convened a Community Opioid Roundtable to bring stakeholders from across York County together to discuss potential solutions. Representatives from the hospital, law enforcement, schools, recovery community, health coalition, town officials, and social service organizations started gathering quarterly to address the community problem of SUD/OD. On more than one occasion, Gordon Smith, Maine's Director of Opioid Response, attended the York Opioid Community Roundtable and supported our collaboration with state resources and information.

When lack of medication assisted treatment (MAT) treatment options was identified as an important community gap, York Hospital solicited grant funding to plan for and integrate MAT services at the Recovery Center. A Medical Director was appointed to oversee patient care and a Program Director was recruited to oversee administration. Since the MAT program launched in 2017, York Hospital has treated more than 130 patients with buprenorphine for OUD and many community partner organizations refer people in need of SUD/OD treatment to York Hospital for assistance. All patients who seek addiction services are provided individualized treatment, regardless of ability to pay. In some instances, patients who needed treatment but lacked stable housing were provided free lodging in the hospital's medical staff temporary/emergency housing, and when transportation was identified as an issue for patients attending 'after-hours' IOPs from 4-7pm, York Hospital extended hours for a fleet of vehicles so that patients in IOP could safely maintain access to care.

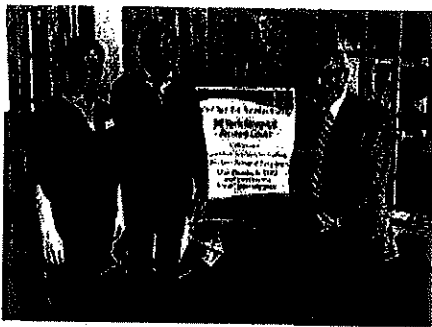


PHOTO: Dr. Christine Munroe, York Hospital MAT Medical Director, and Eric Haram, director of the center are joined by guest speaker Gordon Smith, Maine's director of opioid response at the Opioid Community Roundtable discussion on Thursday, April 12, 2019. Stakeholders across York County joined Thursday's talk and echoed Munroe's sentiments that the addition of MAT services has been invaluable in saving lives. <https://www.seacoastonline.com/news/20190412/maines-mat-therapy-hailed-in-opioid-crisis>

To improve wraparound care and to access those most in need of SUD/OD treatment, York Hospital convened a Social Services Summit in 2019 to bring organizations who provide direct assistance to the most vulnerable populations in southern York County together for closer collaboration. A group of nearly 30 social services providers from southern York County met on Monday, August 5, 2019 to discuss collaborative efforts to strengthen "wraparound" care for the underserved in our community. The group remains connected via eNewsletter, quarterly Opioid Roundtable, and a shared resources page on the York Hospital website.

<https://www.seacoastonline.com/news/20190812/york-hospital-ydsa-convene-social-services-summit>
<https://www.yorkhospital.com/york-hospital-and-ydsa-convene-social-services-summit/>



PHOTO: Michelle Surdoval of York Community Service Association, Sally Manninen of Choose to Be Healthy Coalition, Meaghan Arzberger of York County Community Action Corporation, and Emily Flinkstrom of Fair Tide Housing & Case Management.

In 2018 when recovery supports were identified as a gap for community members in treatment for SUD/OD, York Hospital applied for grant funds to initiate recovery coaching services. Two years of funding was awarded from a local bank charitable foundation and recovery coaching at York Hospital commenced. The state of Maine has yet to operationalize a reimbursement structure for peer services with those struggling with SUD, as a result we now seek funding to continue this important peer-to-peer support post-pandemic.

<https://www.seacoastonline.com/news/20180927/spotlight-on-prevention-recovery>

When the need for more rapid inductions was raised as a treatment gap, York Hospital trained Emergency Department staff and became one of the first hospitals in the state of Maine to provide Suboxone®: <https://bangordailynews.com/2019/08/13/news/york-hospital-now-prescribing-suboxone-in-its-er/> There is need for continued training and a portion of this funding would provide educational resources to reinforce rapid induction and treatment access as the standard of care sustaining these improved patient outcomes.

When community concerns were raised about harm reduction and access to naloxone, York Hospital partnered with the Police Department to train the town's public safety personnel to administer the drug to save lives: <https://www.fosters.com/article/20150522/NEWS/150529698>. Recently, York Hospital implemented a standing order at our pharmacy so that any community member can obtain naloxone, without needing a prescription. A portion of the funding York Hospital is requesting would be used to provide education materials to train community members how to administer naloxone to reverse the effects of an opioid overdose.

In summary, York Hospital requests funding to increase collaboration in our community to strengthen prevention efforts, improve inpatient and outpatient treatment services, and provide recovery supports, including recovery coaching. Our community partners share our mission and vision – and that of SAMHSA - to provide leadership and resources to advance substance use disorder prevention, treatment, and recovery services in order to improve individual, community, and public health.

Our proposed annual budget to implement initiatives to improve prevention, treatment/patient care and recovery supports for southern York County is detailed below: (\$226,500 per year – for a total request of \$679,500 over three years):

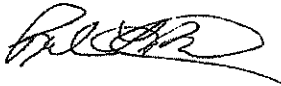
- **RECOVERY SUPPORTS: \$20,000** for one year of recovery coaching services (\$1,666/mo)
- **PREVENTION & RECOVERY SUPPORTS: \$10,000** to design and deliver synchronous and asynchronous educational trainings for hospital staff (Screening, Brief Intervention, and Referral to Treatment/SBIRT across clinical environments) and community members on stigma reduction, naloxone administration, and recovery readiness.

- Partner with CTBH/Community Health to promote educational trainings with partner organizations to expand reach. Pre/post activity surveys will be deployed to show gains in knowledge, attitudes, skills, and ultimately help assess progress toward ultimate goal of improved community and population health in southern Maine. Educational outcomes published in 2022 Community Health Needs Assessment/CHNA.
- **TREATMENT/PATIENT CARE: \$196,500** for the provision of care associated with complex OUD and alcohol related inpatient detoxification and outpatient counseling services currently provided at York Hospital.
 - 34% of York Hospital Recovery Center patients do not have insurance and approximate cost of detoxification is \$3,000 per episode of care. This care, for detox services of 46 patients x \$3,000 = \$138,720
 - 13% of counseling services, provided by master's level licensed staff - Licensed Clinical Professional Counselors (LCPC), Licensed Alcohol and Drug Abuse Counselor (LADC), and Certified Clinical Supervisor (non-LCSW) – is not covered by Medicare: \$52,780. The Medicare Telehealth Reimbursement Act (tabled last session) seeks to include the above master's level professionals in the CMS reimbursement pool for SUD treatment.
 - Incidental technical assistance to support intensive outpatient treatment/IOP services for SUD/OUD patients who lack access to devices/data: \$5,000

Thank you for your consideration of this request for financial assistance through the American Rescue Plan Act. We have applied for congressionally directed funding through both Senator King and Senator Collins offices as well, but have not received a response to date.

Please contact me if you have any questions or concerns about our proposal.

Sincerely,



Robin LaBonte
Chief Financial Officer
(207)351-2386
rlabonte@yorkhospital.com

York County Prevention Initiative Proposal, 2021-2024

York County Prevention Initiative

Vision: To reduce the impacts of substance misuse and mental illness on those youth most at risk and to improve youth and family health in York County.

Mission: To provide training and resources – programs, information and data, funding, and expertise - that increase sustainable mental health and substance use disorder education and prevention in York County, Maine.

Mental Health and Substance Use Disorder in York County

In the past 10 years, through its collaboration in York County communities and using evidence-based substance use prevention and education strategies, the Choose To Be Healthy Coalition has helped:

- Reduce underage alcohol use in our area from 32%-24%,
- Reduce youth prescription drug misuse from 10-5%, and
- Kept marijuana use at 24-22% among high school students despite legalization and normalization (MIYHS, 2019).

However, local youth depression rates, like those across the state, have risen from at least a quarter of our youth to a third or more of our youth. And, 16% of our youth have thought about killing themselves. This is local data from 2019 – *before* the pandemic hit with its dramatic impacts including increased isolation, poor mental health, and adult drinking and drug use. York County towns, families and schools were already dealing with a substance use and mental health crisis before the pandemic.

The county as well as the state and most of the country is dealing with a severe increased need for prevention and mental health services – all while being impacted by a reduced workforce and less funding dedicated to primary prevention. As of May of 2020, there were only 110 licensed psychiatrists in Maine, most not taking new patients. And, according to the Maine Department of Education, there is only one school psychologist to every 1,500 students. The national recommendation is one for every 500 students (Feb. 2021). Moreover, we know from our regular School Networking Meetings that school counselors feel over worked and under trained to support youth with mental health and drug use issues and health educators are woefully unprepared and under resourced to teach these topics.

Proposal

The Choose To Be Healthy Coalition at York Hospital (CTBH) will coordinate efforts to provide mental health and substance use disorder programming, training, information and grants to the most at risk youth and their families in York County, Maine.

CTBH, is a community coalition with over seventy-five members and an Advisory Board serving nine communities in southern York County located at York Hospital.

Choose To Be Healthy Coalition at York Hospital, Sally Manninen 207-351-2655
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York County Prevention Initiative Proposal, 2021-2024

CTBH staff, members, and partners have over twenty years' experience in managing large federal grants, coordinating proven prevention and education strategies and representing all community sectors including schools, faith, youth, parents, businesses, healthcare, law enforcement, courts, government and civic organizations. CTBH also regularly collaborates on projects with mental health agencies, NAMI Maine and Sweetser, as well as the Maine Resilience Building Network, and the Maine Department of Education. CTBH staff work with the Maine Center for Disease Control and Prevention and both the federal CDC and SAMHSA.

York County Prevention Initiative Structure

The York County Prevention Initiative (YCPI) will be coordinated by Choose To Be Healthy staff in collaboration with members from the other two prevention coalitions in York County (Partners For Healthier Communities, serving the Sanford area and Coastal Healthy Communities Coalition serving the Saco/Biddeford area), the York Public Health District Council, plus staff and volunteers. The YCPI will report to its Advisory Board, the York County Commissioners and Manager and follow any reporting requirements of the federal ARP funds. Decisions will be based on the work plan and evidence with input from the Advisory Board.

York County Prevention Initiative Goals

The YCPI will undertake the following goals with this three year funding opportunity. While three to five years *minimum* is needed to change unhealthy behaviors, this funding can provide much needed services post-pandemic as well as build the capacity of our educational, health and family systems to address mental health and substance use disorders. The short- term goals (3 years) are to:

- Increase opportunities for substance use education, prevention and treatment for youth and young adults, especially those underserved and most affected by the pandemic;
- Improve access to mental health education and services for York County families, especially those at most risk;
- Build the capacity of York County families and agencies to respond to mental health and substance use crises through training, resources and assistance; and,
- Provide a model for future prevention work in York County that can be replicated and sustained.

Evidence-based Strategies

- **Create collaborative group** made up of sector representatives and York County Government in all areas of York County (York Area, Saco/Biddeford, and Sanford) to serve as an Advisory Board for YCPI.
- **Assess needs and gaps** informed by capacity, ARP funding requirements, inclusion of most at risk families.

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- **Train** families and professionals in proven models of substance use prevention and mental health education and support (i.e. Building Resiliency, Positive Social Norming and Developmental Assets, Mental Health First Aid, Family 2 Family, Social Emotional Learning, Child Centered Listening and Parenting Skills, Risk and Protective Factor Model of Substance Use Disorder).
- **Create a fair grant process** to award funds to communities, coalitions, schools and other family serving agencies to implement substance use prevention, mental health education programs and/or curriculum for youth and/or families.
- **Institutionalize and improve access to help and support information and education** through existing resources (Maine211, Choose To Be Healthy, Partners for Healthier Communities, Coastal Healthy Communities, York Hospital, Southern Maine Health Care, York Public Health District, York County Community Action, General Assistance Offices, Housing Authorities, Prevention Training and Technology Center).
- **Build sustainable collaboration** through grant writing training and assistance, grant applications and new partnerships with existing local, state and national agencies, foundations, civic organizations, businesses and financial institutions.

Proposed Timeline, November 2021-December 2022

Activity	Strategies	Timeline
Announce new YCPI	Media, presentation, meetings	Nov-December 2021
Create Advisory Board	Recruit 1-2 members from each coalition in county plus County Commissioners and others as recommended	January 2022
Bring together coalitions, York Public Health District	Assessment of plan and prioritization of SUD and mental health needs	January 2022
Community forum to review/revise plan	New plan drafted	February 2022
Create training series on topics approved by Advisory Board	Topics to include: mental health and psychological first aid, suicide prevention, building resiliency, parenting, prevention model	Beginning March 2022 monthly
Grant Award Applications	Create, provide and promote one page online application, choose awardees	April 2022
Award Announcements	Meeting and outline of guidance for grantees	May 2022
Technical assistance provided to grantees and others doing work	Monthly via zoom or site visits	June 2022-October 2022
Evaluate Process and Products	Focus groups, post activity surveys, photo voice projects	July-September 2022
Celebrate	Annual Meeting with awards and grantee presentations on progress	October 2022
Evaluate YCPI	On line assessment to all participants; Annual Report and presentations to communities, York County Commissioners, potential future funders	November-December 2022

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Successful Activities/Strategies Examples

The following successful education and prevention activities of the CTBH Coalition in 2020-2021 are examples of initiatives that can be expanded to *all* of York County as needed:

- Mental Health First Aid trainings provided to school staff, parents, law enforcement, town employees and other caring adults.
- Intervention and help given to youth and young adults in trouble for their drug use through the York County Court system and local schools.
- Collecting and analyzing needs and assets data, local school surveys and writing grants.
- A Regional Youth Summit held every year to provide youth leadership opportunities.
- Parent and Teen Check-Ins held to help families cope with isolation and anxiety, build resiliency and share successful strategies.
- Public education campaigns and educational materials on issues including marijuana harm, overdose dangers, how to administer lifesaving naloxone and where to get help for substance use disorder, anxiety or depression. Successful examples include CTBH's Help Card, Overdose Card, Public Health Response to Marijuana Legalization paper and marijuana harms media campaign.

Proposed Budget*

salary	\$ 66,560.00	\$ 68,640.00	\$ 70,720.00	\$ 205,920.00
benefits	\$ 17,305.60	\$ 17,846.40	\$ 18,387.20	\$ 53,539.20
office supplies	\$ 650.00	\$ 650.00	\$ 650.00	\$ 1,950.00
travel	\$ 200.00	\$ 200.00	\$ 200.00	\$ 600.00
other/operating expenses	\$ 2,200.00	\$ 2,200.00	\$ 2,200.00	\$ 6,600.00
office space	in kind	in kind	in kind	\$ -
admin/indirect costs	in kind	in kind	in kind	\$ -
consultants	\$ 3,500.00	\$ 3,500.00	\$ 3,500.00	\$ 10,500.00
Awards for initiatives	\$ 34,584.40	\$ 31,963.60	\$ 29,342.80	\$ 95,890.80
Total going directly to communities	\$ 38,084.40	\$ 35,463.60	\$ 32,842.80	\$ 106,390.80
	\$ 125,000.00	\$ 125,000.00	\$ 125,000.00	\$ 375,000.00

*if \$500,000 is available, proposal to include a part time Project Assistant at \$21/hr position at 24 hrs/week and an increase in the line item for community initiatives to \$40,000-\$48,000 per year.

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Budget Detail

Budget Item	
Project Director Sally Manninen, MA PS-C, 25 + years' experience (resume attached)	\$32/hr-\$34/hr (based on current salary +3% annual raise) Benefits based on YH .26%, 40 hrs/week 52 weeks a year, Responsible for: oversight of grant, reporting to funders, communications, meetings and grant proposals, implement assessments, evaluation and data collection as well as TA for prevention initiatives, serves on York Public Health District Executive Council, serves in National Prevention Advisory Council
Office supplies	Printing educational materials, paper, ink, etc.
Travel	.55/mile reimbursement for 364 miles in York County for meetings, trainings, site visits
Other expenses	Annual subscriptions for Zoom, Squarespace for website, Constant Contact for distribution list and electronic newsletter, Survey Monkey for evaluations and assessments
Office space (YH)	Meeting spaces and office space for YCPI on York Hospital main campus
Admin (YH)	Fiscal oversight and management, IT and HR
Consultants	Providers of training and assistance such as NAMI Maine, Sweetser, Maine Resilience Building Network and OUT Maine
Grants for community initiatives	Initiatives chosen with evidence based criteria ¹ , to provide programming in gap areas of most need of prevention and mental health education

¹ Community Initiative Application Criteria

- Is project/program based on mental health and or substance use need, capacity and uses best practice or evidence-based approach?
- How many youth or adults will it reach?
- How will it reach more at risk population (i.e. children in middle school, children with existing mental health or social challenges, LGBTQ+, young adults)?
- What need or gap does it address and does it compliment and not duplicate existing efforts?
- How will grantee evaluate project/program? Project Director to provide simple evaluation tool(s) and assistance.
- Is budget commensurate with actual and reasonable costs?
- Will there be at least one person to coordinate the effort? (Grant funds can pay stipend for person's time if required.)
- What will grantee do to sustain project/program after three-year period?

Members of the YCPI Advisory Board to help choose award grantees.

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