Maine Health Access Foundation
Community-Based Initiatives

Evaluation Highlights
April 10, 2019
<table>
<thead>
<tr>
<th>Questions</th>
<th>Indicators</th>
</tr>
</thead>
<tbody>
<tr>
<td>• What system changes occurred?</td>
<td>• Behavioral/structural/ practice/ policy</td>
</tr>
<tr>
<td>• What was the contribution of partnerships to observed system changes?</td>
<td>• Relationship building, leadership, trust, participation, common sense of purpose</td>
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<tr>
<td>• What was the contribution of community engagement to observed system changes?</td>
<td>• Active, meaningful participation; roles; new skills acquired; leadership</td>
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<tr>
<td>• How sustainable are projects?</td>
<td>• Effective community changes and relationships remain in place</td>
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Data Sources

• Project Director survey
• Site visits to all grantees
• Local evaluation data
• Document review
• Meeting observation
2018: Major Cross-Grantee Findings

• Stigma reduction activities become core strategies in several projects. Understanding bias and attitude and behavior change seen as key to closing system gaps.

• Majority of grantees (4HC, 4 TiP) are addressing food insecurity

• Transportation: TiPs increased focus in response to community member input

• Community members guide direction of grant activities

• Partnerships matured and stabilized; partners play key role in sustaining activities, share responsibility for results
## System Changes 2018

<table>
<thead>
<tr>
<th>System-Level Changes</th>
<th>HC: N=8</th>
<th>TiP: N=4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strategies re: social determinants of health</td>
<td>88</td>
<td>100</td>
</tr>
<tr>
<td>Identification of gaps in service</td>
<td>88</td>
<td>100</td>
</tr>
<tr>
<td>Mechanisms to reach underserved/isolated individuals</td>
<td>50</td>
<td>75</td>
</tr>
<tr>
<td>Mechanisms to increase access to services</td>
<td>0</td>
<td>100</td>
</tr>
<tr>
<td>Efforts to improve service coordination</td>
<td>13</td>
<td>50</td>
</tr>
<tr>
<td>Strategies to increase awareness of services</td>
<td>63</td>
<td>100</td>
</tr>
<tr>
<td>Increase training in/use of EBPs</td>
<td>25</td>
<td>25</td>
</tr>
<tr>
<td>Mechanisms to improve transitions from one level of care to another</td>
<td>38</td>
<td>50</td>
</tr>
<tr>
<td>Efforts to increase service capacity</td>
<td>50</td>
<td>0</td>
</tr>
<tr>
<td>Mechanisms to integrate health/BH/social services</td>
<td>13</td>
<td>25</td>
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</tbody>
</table>
Thriving in Place: Findings from 2018 Evaluation
What’s the Difference in 2018?

Engaged Partners

Community-driven strategies

System changes

Strategies more successful in reaching underserved
Community Engagement Made Strategies More Successful

- Separate group
- Members of partner group

Models

Roles
- Identify specific gaps & priorities
- Address stigma

Results
- Reduced barriers
- Increased uptake
- Greater satisfaction
- Less stigma
### Main TiP (+HC Jackman) Strategies in 2018

#### Most grantees
- Transportation
- Food insecurity
- Caregiver supports
- Resource directory
- Intergenerational
- Navigator
- Social engagement

#### Some grantees
- In-home assessments
- Home maintenance
- Home energy efficiency
- Medical self-management tool
- Dementia awareness
- Evidence-based programs (e.g., fall prevention, diabetes)
- Neighbor-to-neighbor volunteers
Partnerships Strengthened

- Key sectors are involved
- Partners are staying engaged with less effort
- Partners see value (e.g., knowledge, referrals, resource sharing)
- More involvement desired from:
  - Public safety (e.g., police, fire, EMT)
  - Faith-based organizations
  - Town government
  - Residential facilities
Local Evaluation Results

Transportation
• 9,000 rides across 40 towns, including 350 seniors
• 13 new volunteers drove 4 individuals / week

Social engagement
• 40-80 individuals participated in Senior Expos
• 25-30 individuals participated in senior socials / month

Home maintenance
• 50 households received 115 services from volunteers such as housekeeping, painting, and spring cleanups
Results, cont.

Resource Directory and Website
• 2,200 community members and service providers received
• 560 visitors to TiP website

Navigator and home assessments
• 89 individuals received services and 169 referrals from the Social Work Health Care Advocate, with improvements in chronic disease self-efficacy and ability to thrive
• Navigator drove 1,000-1,500 miles each month to visit 5-8 clients and have 7-14 community/outreach meetings
Key activities sustained by partners

• Partner meetings
• Partners adopted:
  - Expanded and improved transportation
  - In-home assessments by students
  - Caregiver supports
  - Food insecurity activities
  - Senior lunches
  - Resource directory
Healthy Community: Findings from 2018 Evaluation
| Most (88%): Social determinants I.D. gaps in services/supports | Many (63%): Increased awareness of services/supports | Half (50%): New ways to reach underserved Increased service capacity |
What’s Different in 2018?

My Favorite Thing to Do at "Families Cooking Together":

- Tacos
- Cooking
- Smoothies
- Watermelon
- Chips
- Orange Juice

Houlton - Moms Matter
August 2018
Food Insecurity and Access to Healthy Foods

Strategies

Results

Food system

Increased awareness of hunger
Identification of food insecurity
More accessible healthy foods
New knowledge and healthier eating
More welcoming food sites
Mental Health and Substance Use

Strategies

Prevention

Recovery

Results

School systems integrate restorative practices
Teachers respond better to trauma
Increased efforts to hire mental health staff in schools
More local recovery supports
Increased awareness: “recovery is possible”
BARN is strengthened, respected
Stigma Reduction

• Learning about stigma focused priorities for system improvement

• Stigma reduction activities were wide-ranging

• Expanded media presence broadens audience

• Signs of impact:
  
  ▶ Changed attitudes of health care providers, food cupboard volunteers toward poverty, food insecurity

  ▶ Teachers change behavior- more trauma-informed

  ▶ Stigma against SUD and MH seems to be decreasing
Local Evaluation Results

• Programs **grew**: increased participation
• Programs **spread**: to additional towns, locations
• Pilot projects **funded and sustained**
• **Expanded** range of services and supports
• Organizational capacity **increased**
Partnerships

Sustained involvement

Satisfaction with partners

Sharing leadership accelerates impact

Basket,
Aroostook Band
of Micmacs
Community Engagement

- Substantial increases in involvement of youth and people with chronic conditions
- Common perception: addressing complex health issues takes a community response
- Raising awareness, teaching providers about the bias they experience
- Some grantees have less community engagement than desired
Next Steps

- Two papers:
  - Stigma reduction and system change
  - Spread of innovation

- TiP follow-up study 2020

- Final products