



Behavioral Health Service Opportunities

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Behavioral Health Service Line

Value proposition

We empower you to take everyday action toward behavioral health

Commitments

We're committed to...

Providing comprehensive care options

We're committed to...

Creating a culture of confidence

We're committed to...

Inviting a collaborative approach

We're committed to...

Championing well-being for all

Key messages

By offering comprehensive behavioral health services for children, teens and adults, we want you to know that we're invested in you and your wellbeing at every phase of life. And as part of Northern Light Health, we have access to unmatched expertise and resources that allow us to form an integrated understanding of both your behavioral and overall health.

We believe behavioral health should happen everywhere, everyday. It's why we work to address the emotional and societal barriers to getting care, as well as the physical and logistical. From normalizing behavioral health conversations, to offering home treatment options, we find ways to make you feel confident and comfortable, knowing that getting care is always in reach.

Our greatest aim is to live up to our promise to be your trusted behavioral health partner. In our role, we work directly with you, as well as our Northern Light Health peers and community organizations, to collectively amplify the positive impact we can create. Because we know that together we can achieve more.

By taking an inclusive and adaptable approach, we strive to make personalized treatment available for all. Additionally, we equip people with education and encouragement to take control of their own future. Because we know the positive outcomes that can occur when everyone takes steps toward behavioral health, especially when it's on their own terms.



Pre-Acute Care

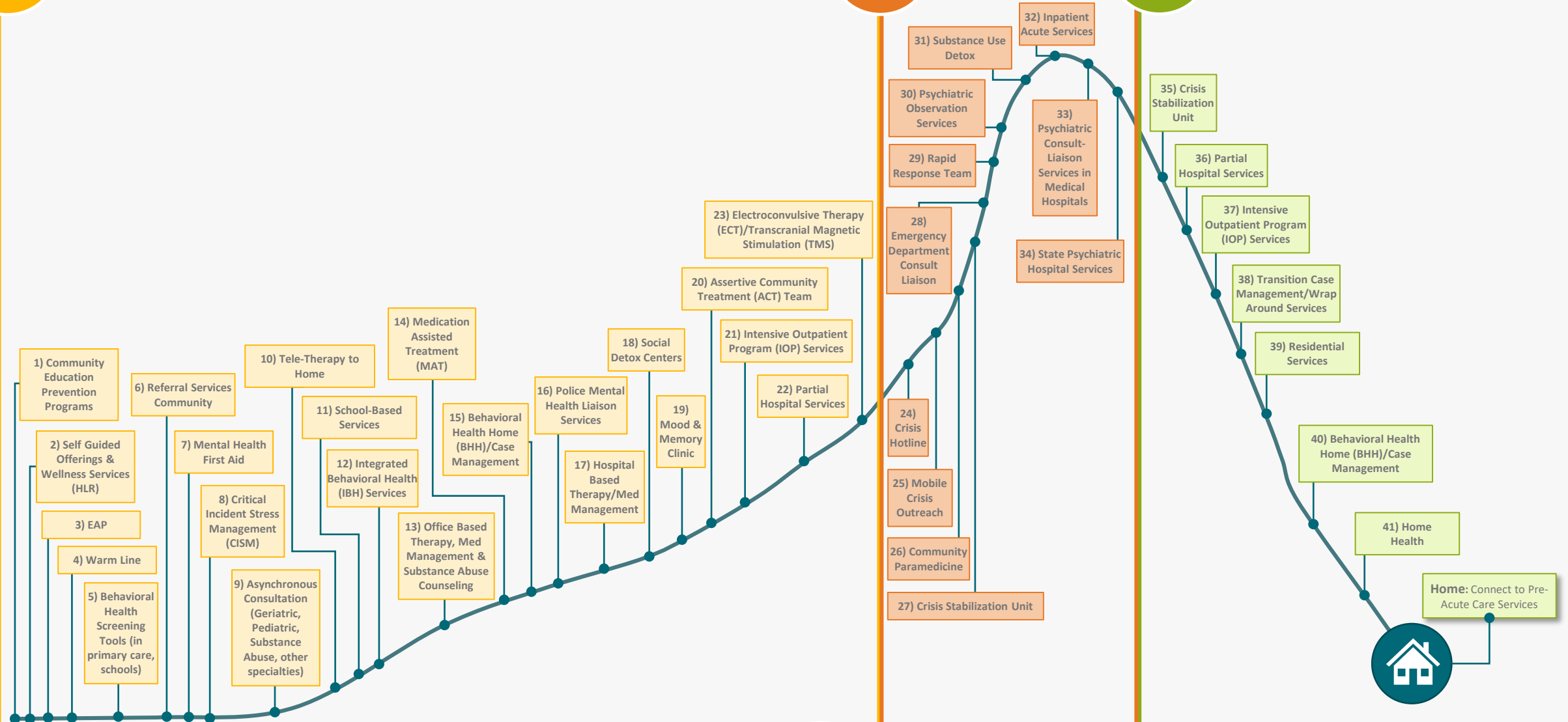


Acute Care



Post-Acute Care

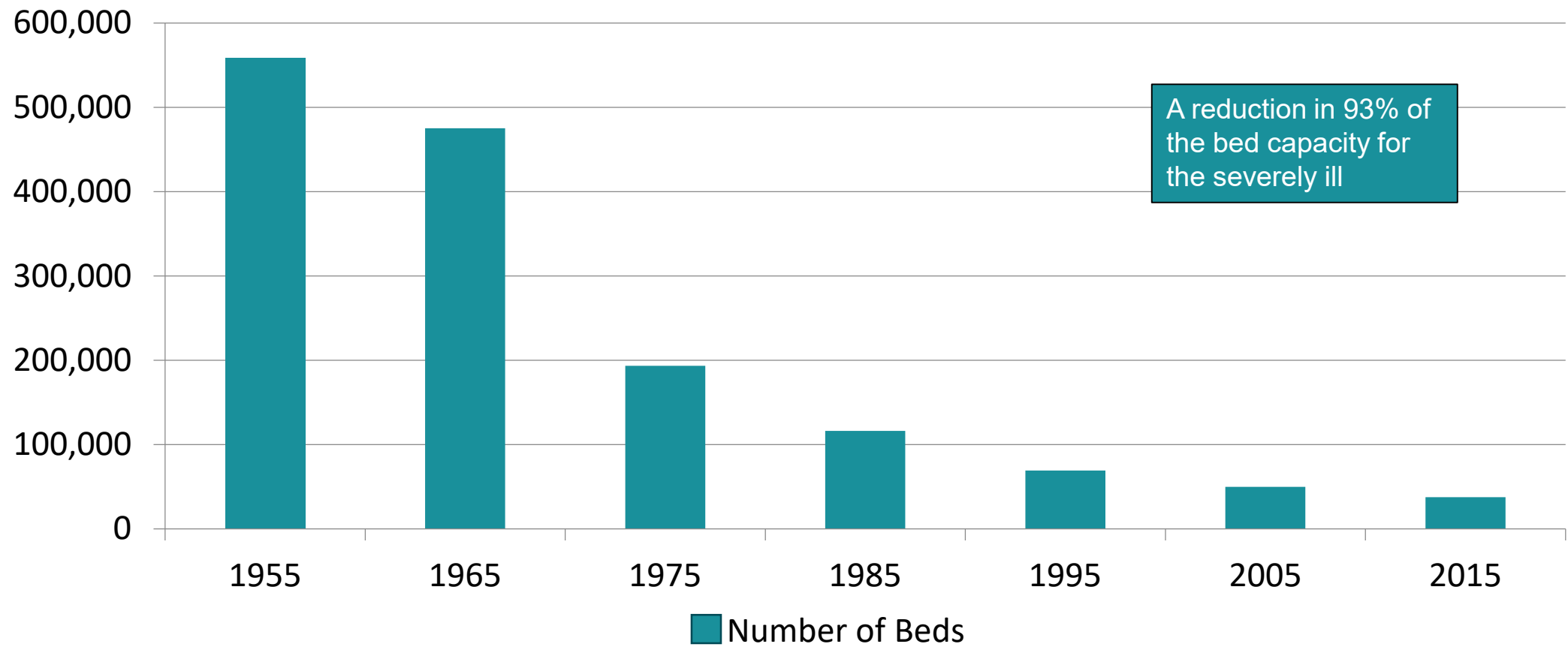
Acuity



Behavioral Health Patient Continuum of Care Northern Light Health Behavioral Health Service Line

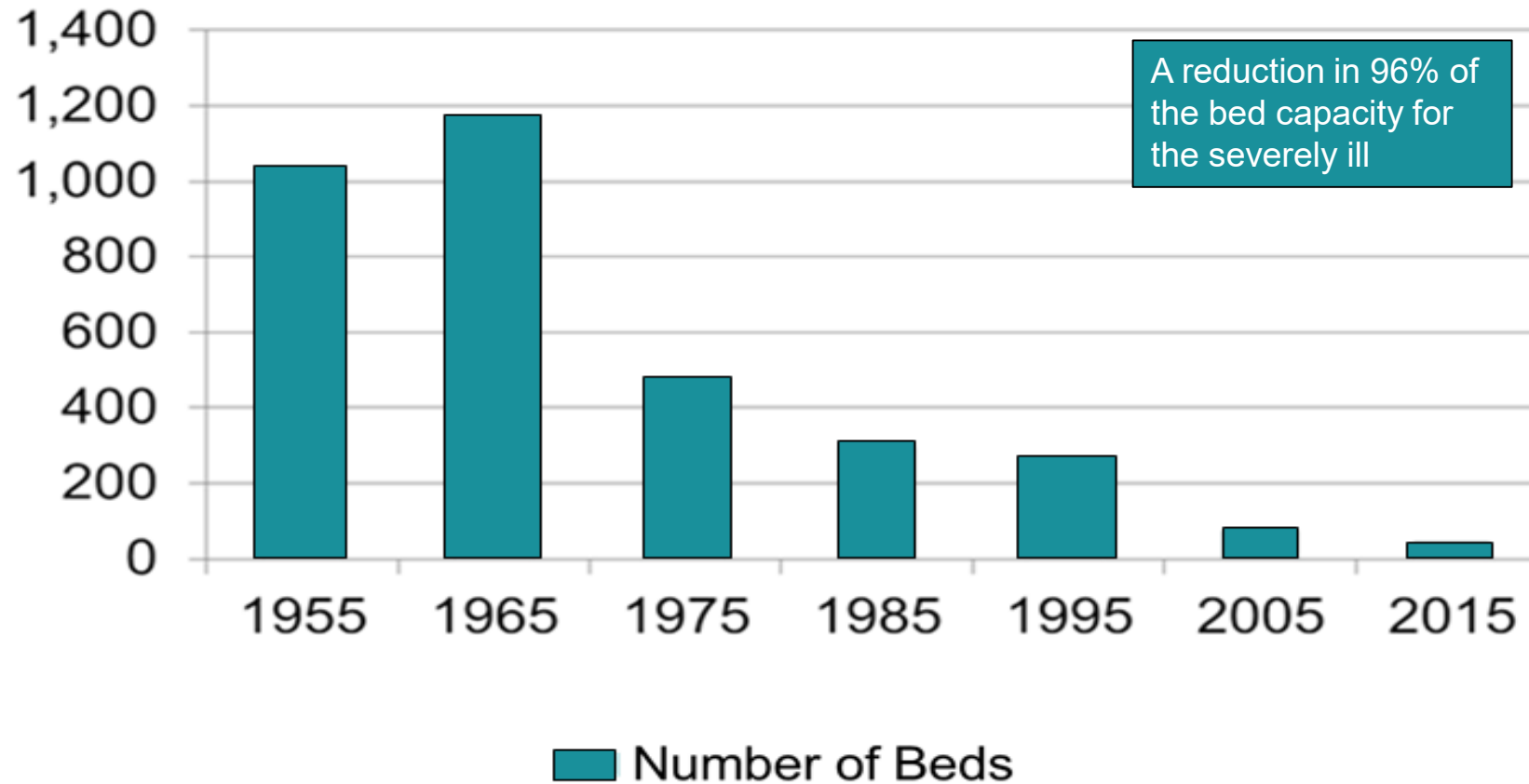
Challenges and Opportunities

De-institutionalization of State Hospitals

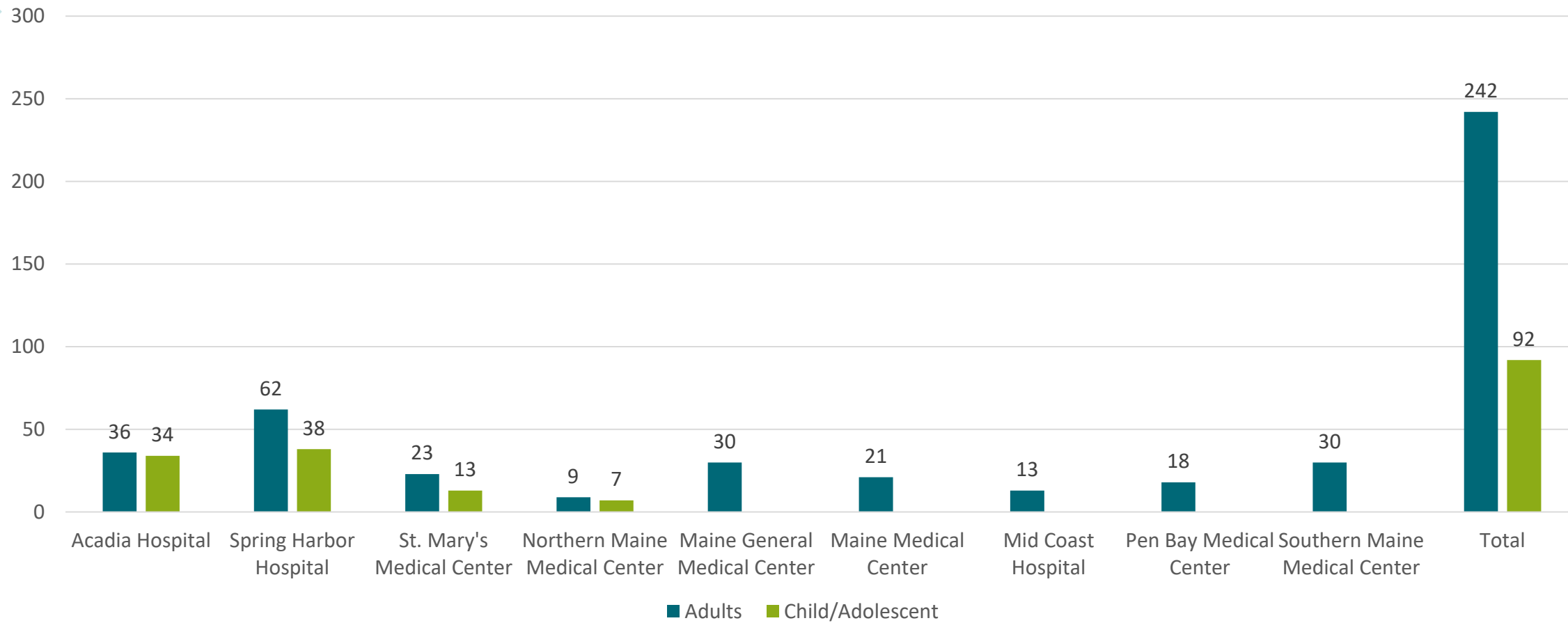


Source: NAPHS

Dorothea Dix Psychiatric Center

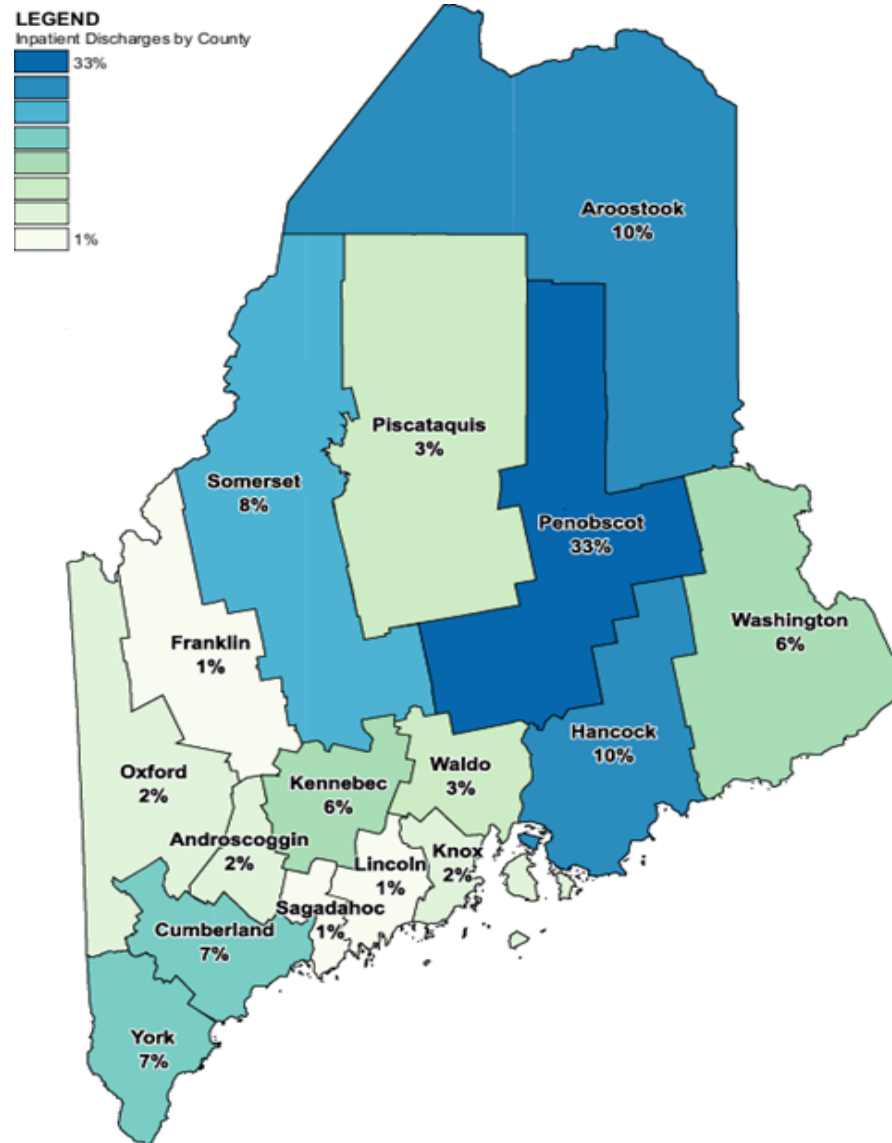


Inpatient Psych Beds in Maine (Staffed Beds)

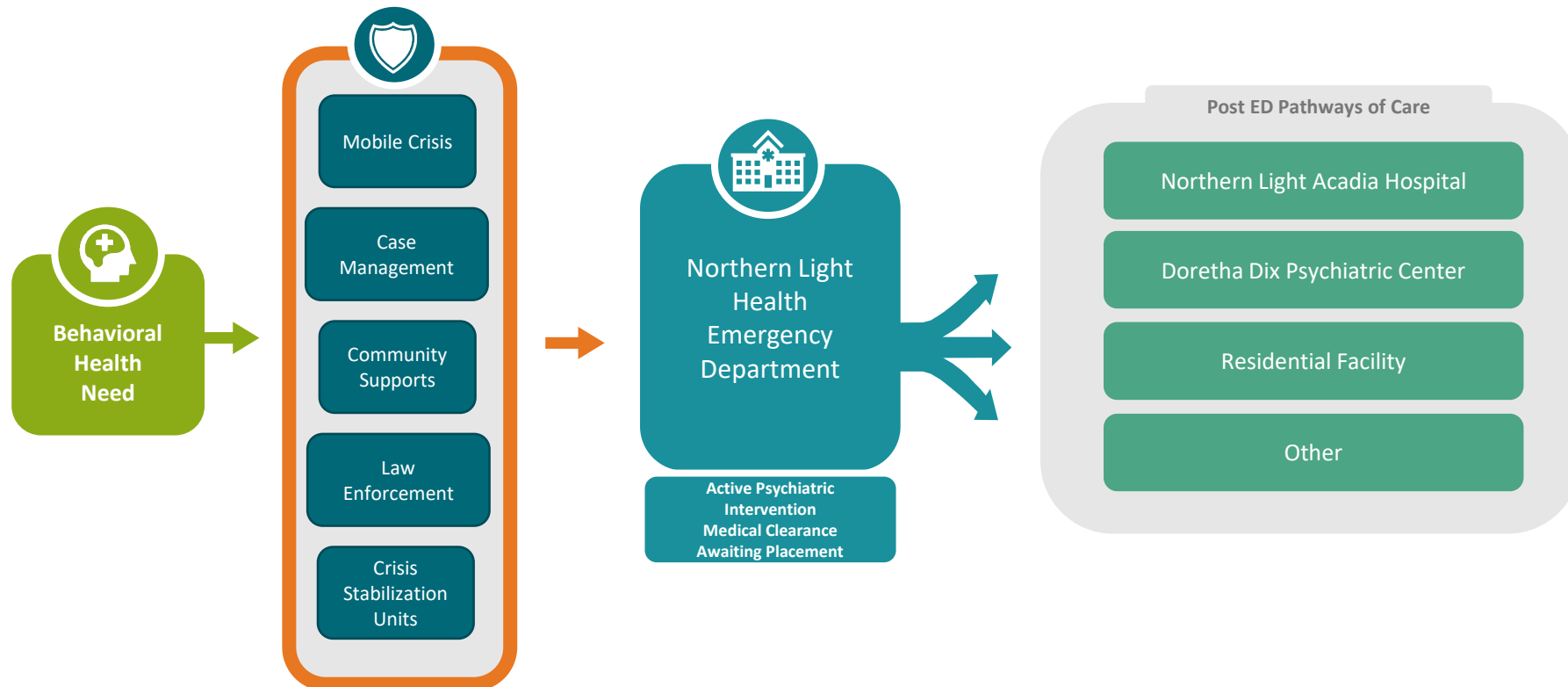


2021 Acadia Inpatient Admissions

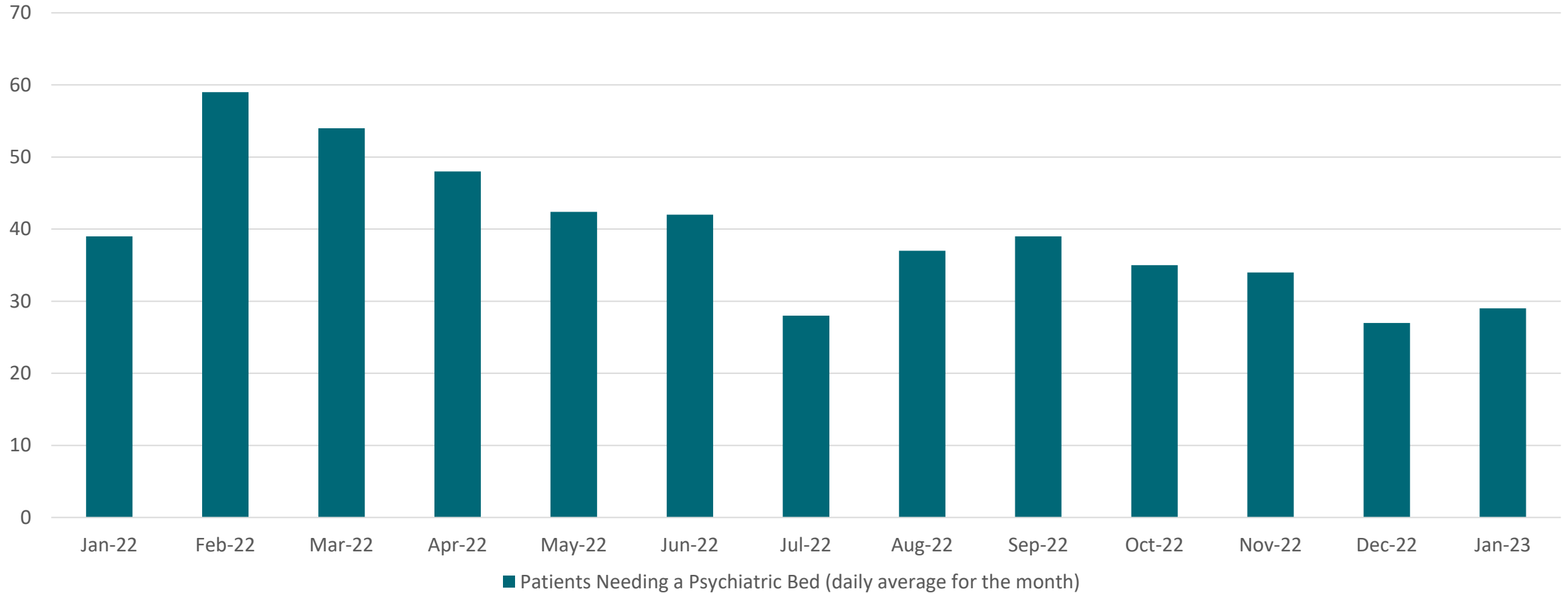
1,481 Patient's Served



Lack of Community Services -> ED Bottleneck

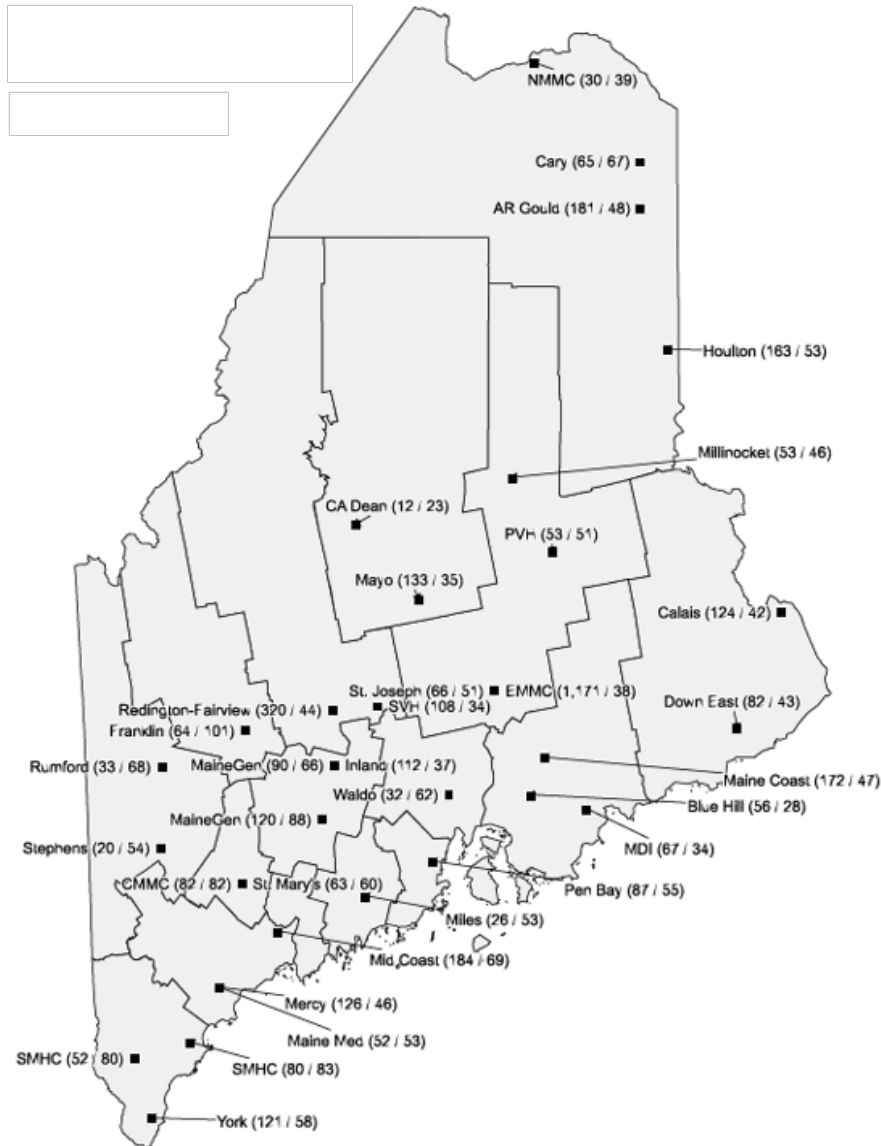


Patient Wait List for Inpatient Psychiatric Bed Northern Light Acadia Hospital



2021 ED Patient's Awaiting Inpatient Psychiatric Care

Grand Total = (4,209 patients /average wait time of 49 hours for an inpatient psychiatric bed)



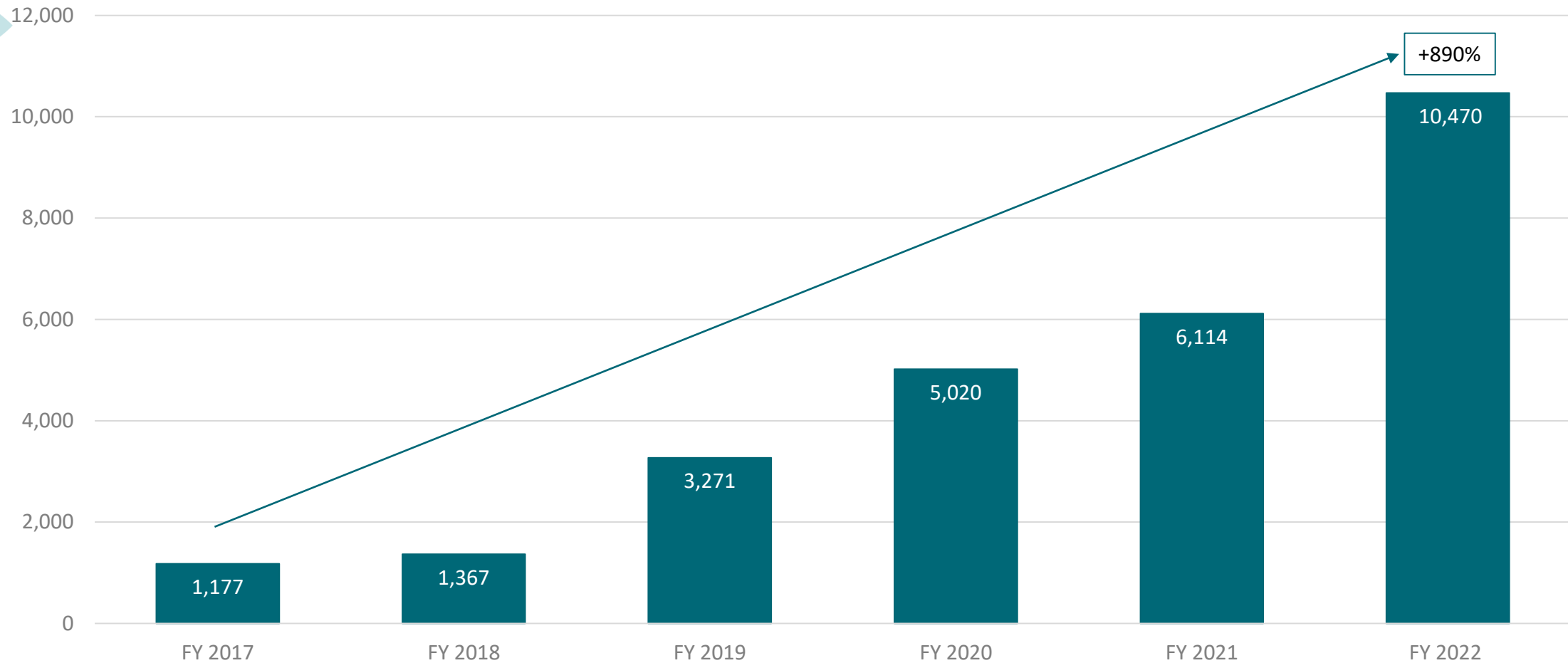
Acadia ED Consultation Services to EMMC

	FY 2020	FY 2021	(Estimated) FY 2022
# of Psych Patients Managed in the ED	2,120	2,146	2,084
<u>Average</u> Length of Stay (hours)	39.2	57.4	65.9
<u>Median</u> Length of Stay (hours)	15.9	17.3	18.0
% of Patients with Length of Stay >48 hours	15%	20%	20%

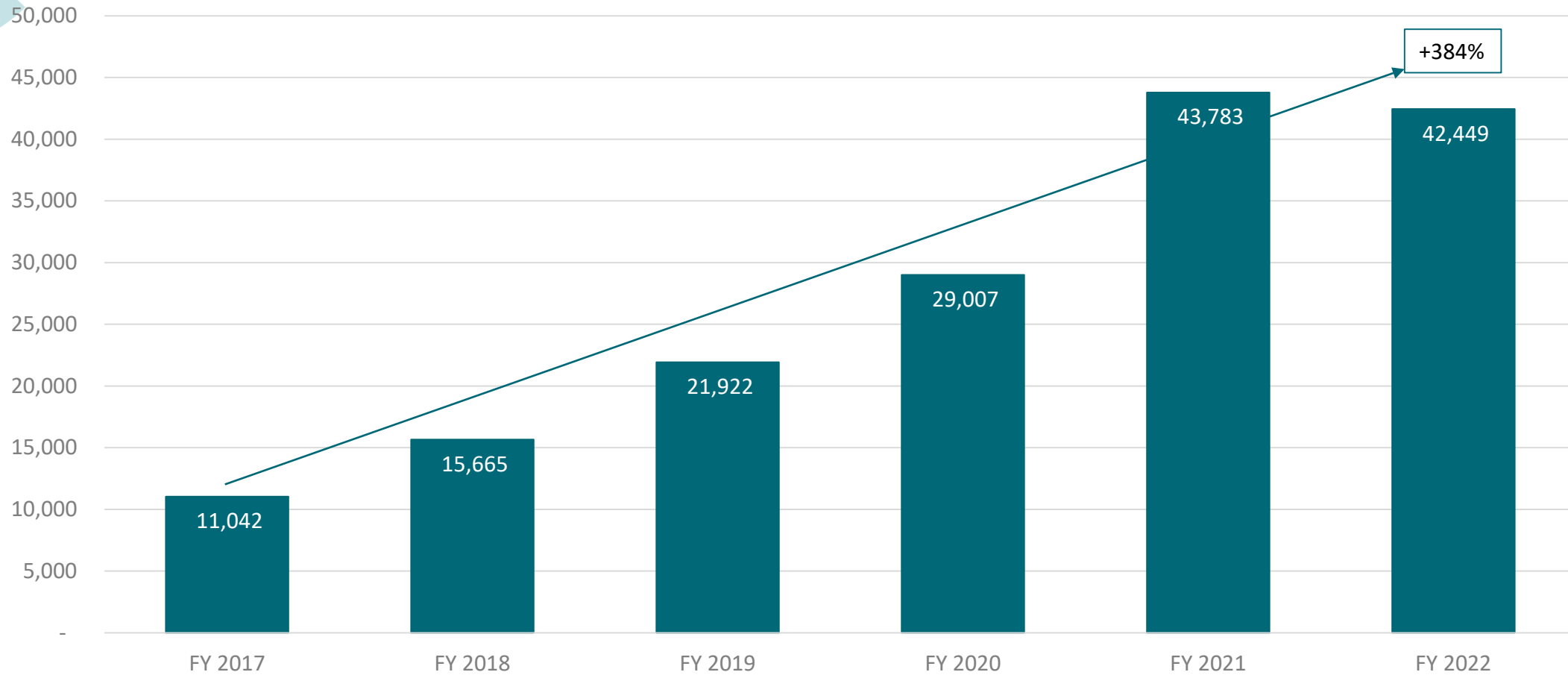
ED Customers



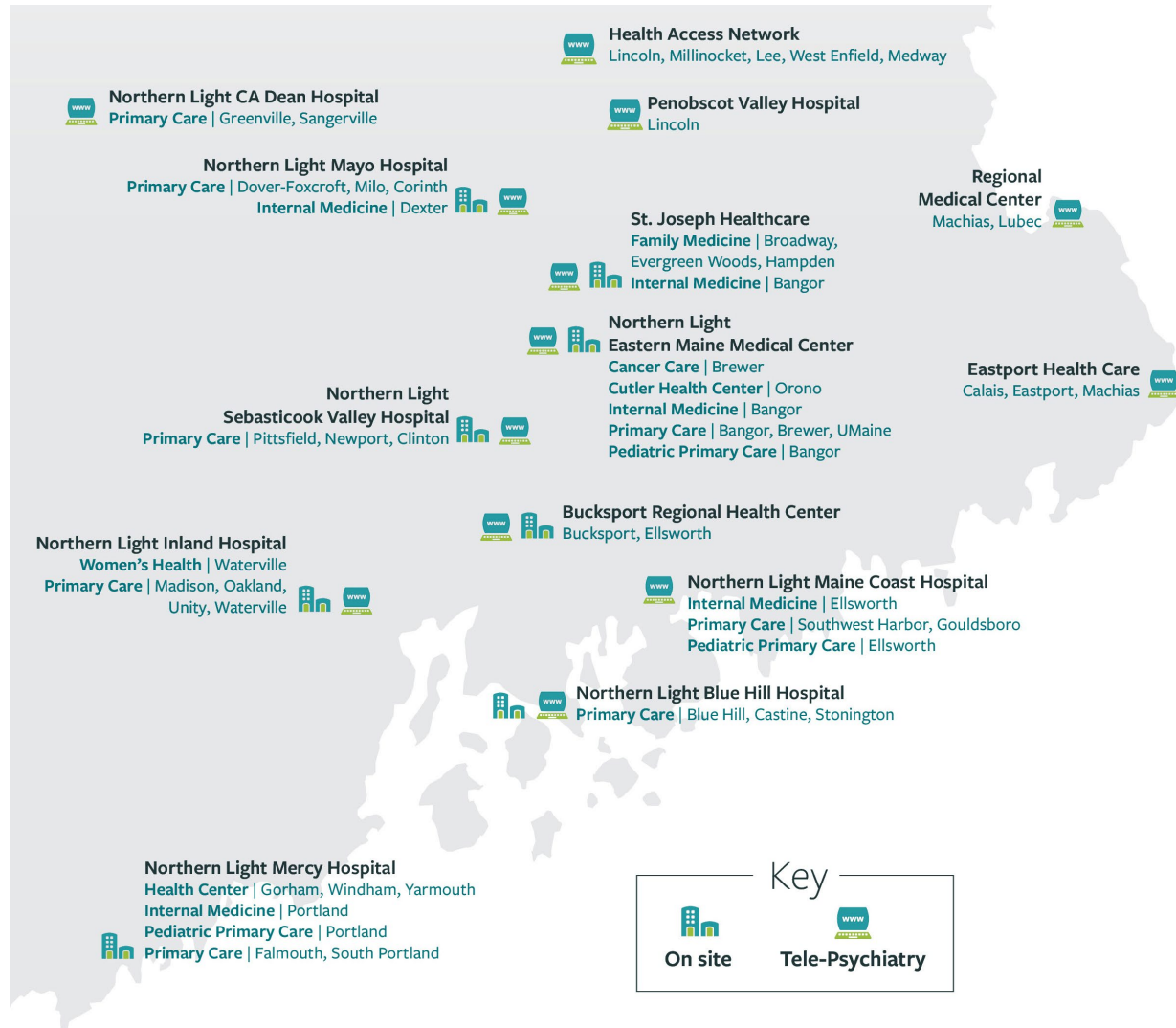
Emergency Department Consults via Tele-psychiatry



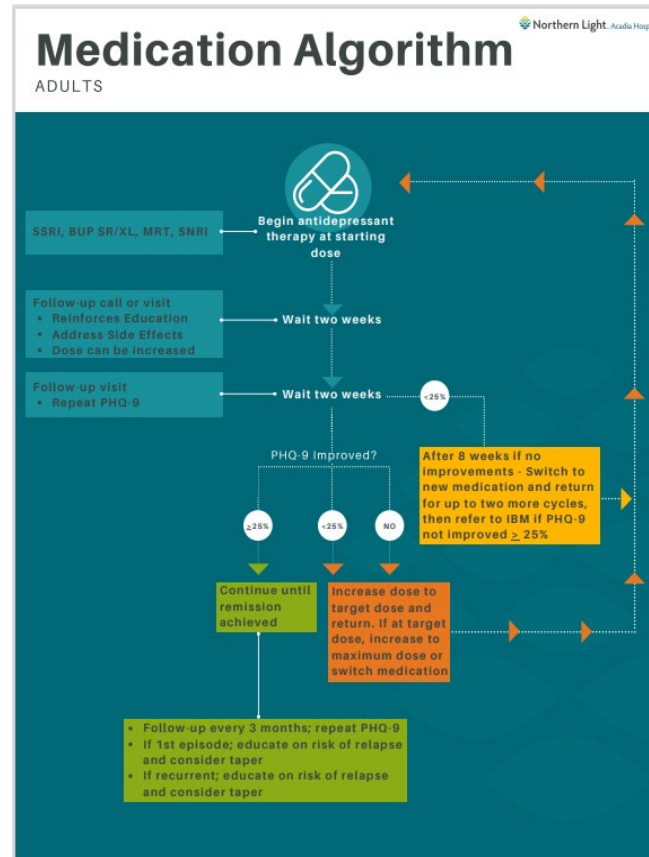
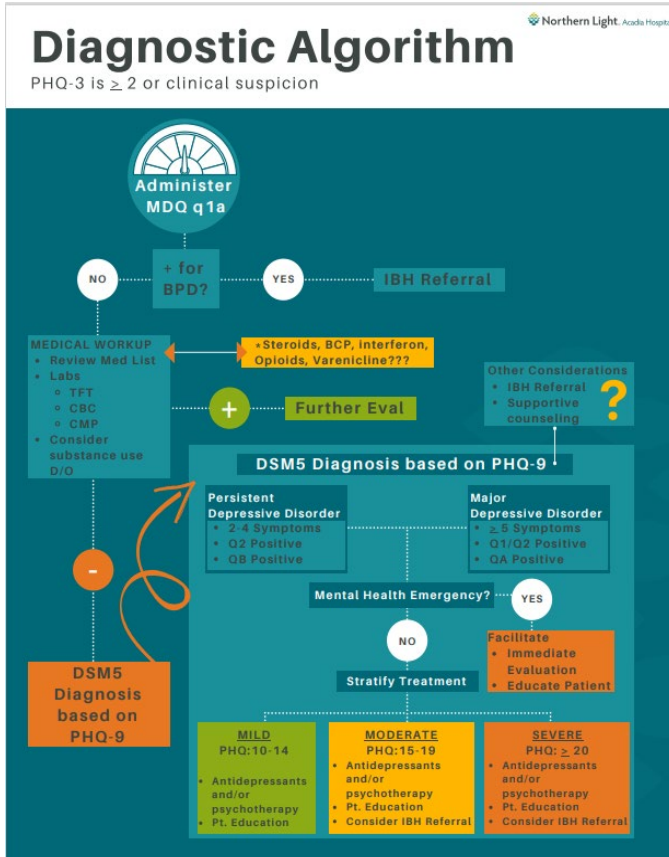
Integrated Behavioral Health Encounters



IBH Customers



System-wide standard care pathways for diagnosis and treatment of major depressive disorder



Medication Chart

First Line Medications for Major Depressive Disorder

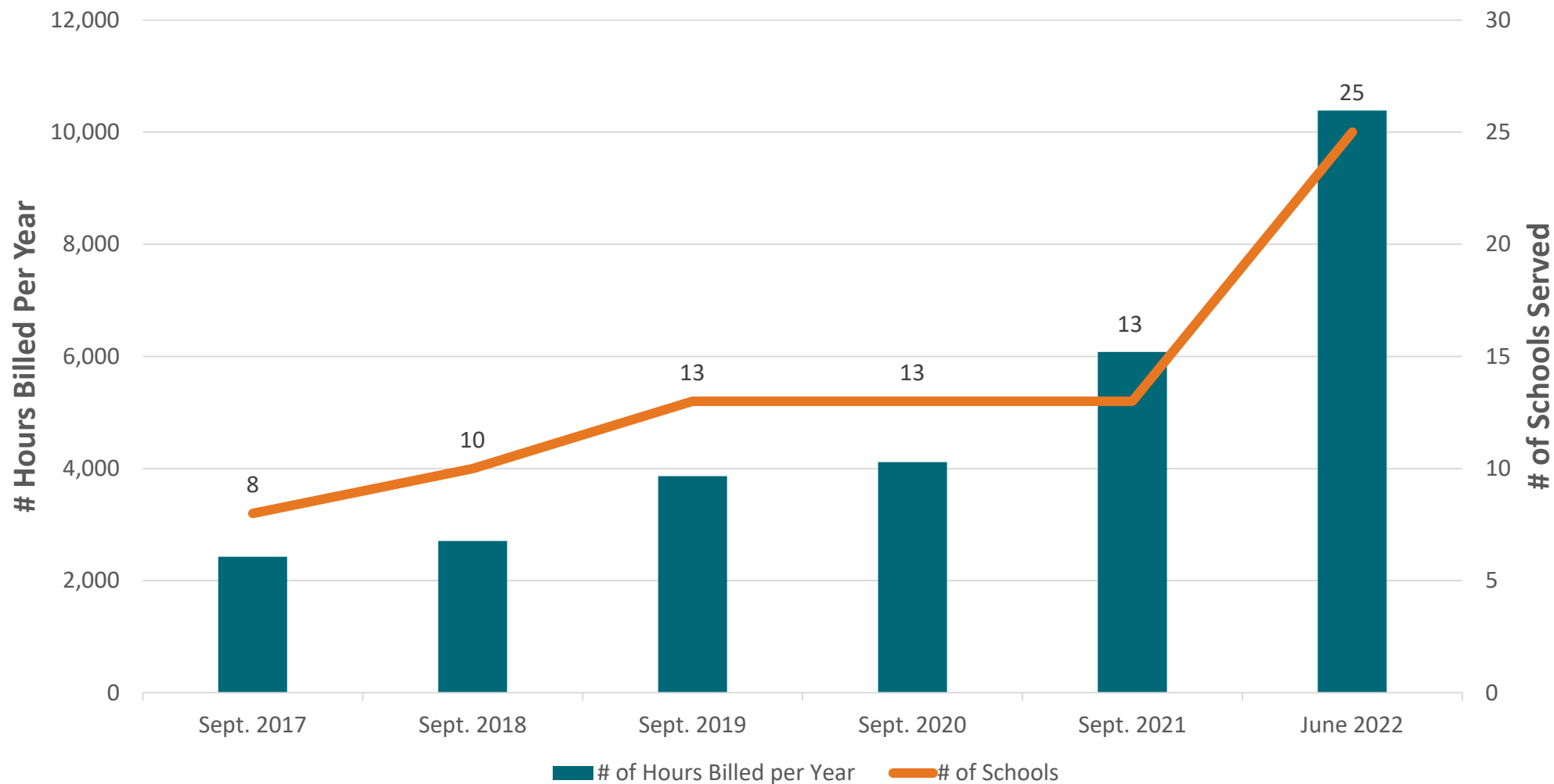
■ Selective Serotonin Reuptake Inhibitors (SSRI)
 ■ Serotonin & Norepinephrine Reuptake Inhibitors (SNRI)
 ■ Other Mechanisms

MEDICATION	STARTING DOSE	TARGET DOSE	MAX DOSE	TITRATION
Escitalopram (Lexapro)	10 mg	10 mg (up to 20 mg)	20 mg	Can increase after 7 days in increments of 10mg.
Citalopram (Celexa)	20 mg	20 mg (up to 40 mg)	40 mg (20 mg for 60 yrs +)	Can increase after 7 days in increments of 10mg.
Fluoxetine (Prozac)	20 mg	20 mg (up to 40 mg)	80 mg	Can increase after 7 days in increments of 20mg.
Sertraline (Zoloft)	50 mg	100 mg	200 mg	Can increase after 7 days in increments of 25 to 50 mg.
Paroxetine (Paxil) IR	20 mg	30 mg	50 mg	Can increase after 7 days in increments of 10 to 20 mg.
Venlafaxine (Effexor) XR	37.5 to 75 mg	150 mg	225 mg	Can increase by 37.5 to 75 mg after 7 days based on response and tolerability.
Duloxetine (Cymbalta)	40 mg	40 mg (up to 60 mg)	120 mg	Can increase by 20 mg after 7 days.
Mirtazapine (Remeron)	7.5 mg - 15 mg	30 mg to 45 mg	45 mg	Can increase in 15 mg increments after 1-2 weeks
Bupropion (Wellbutrin) XL	150 mg	150 to 300 mg	450 mg	Can increase by 150 mg after 7 days.

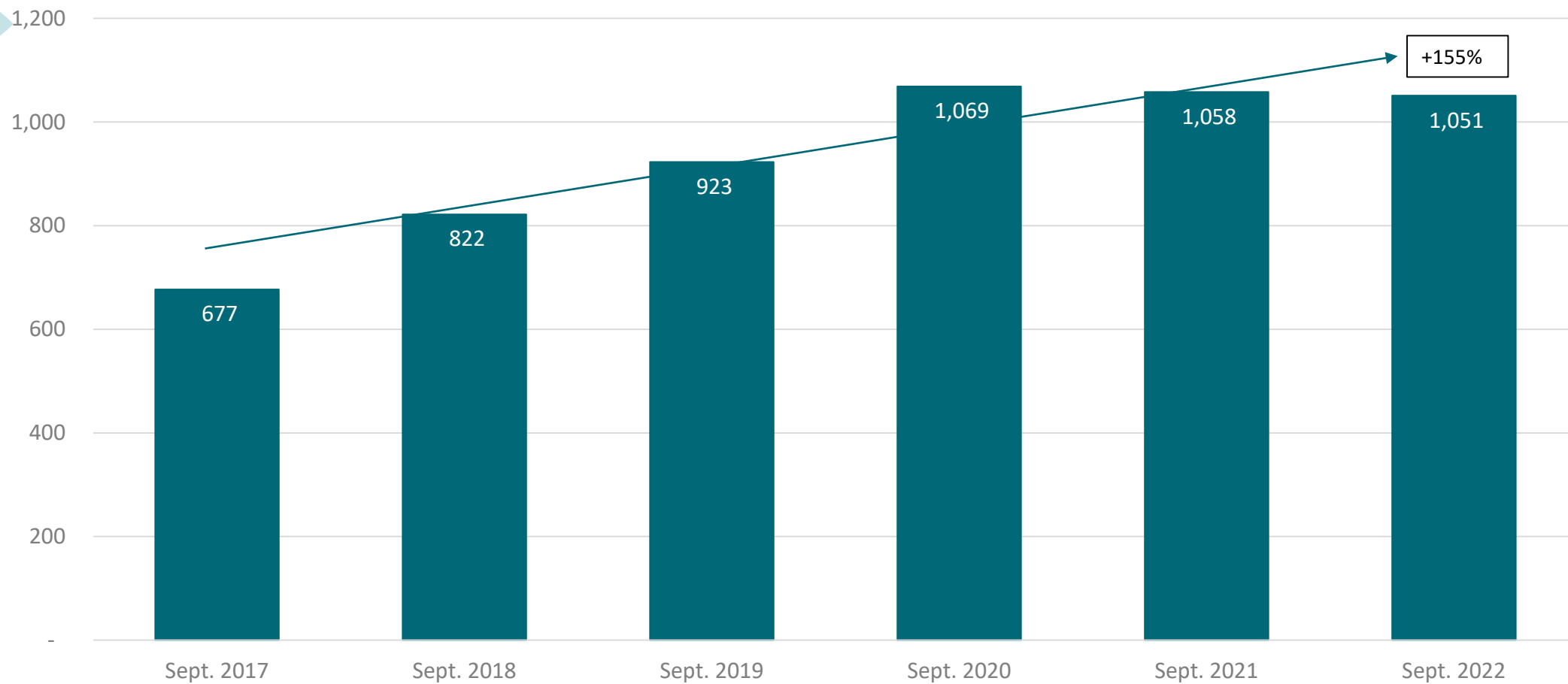
EVALUATION

- 4 to 6 weeks of medication at the target dose is an adequate duration for a medication trial.
- If the initial target dose is insufficient, can increase to the max recommended target dose and wait another 4 to 6 weeks.

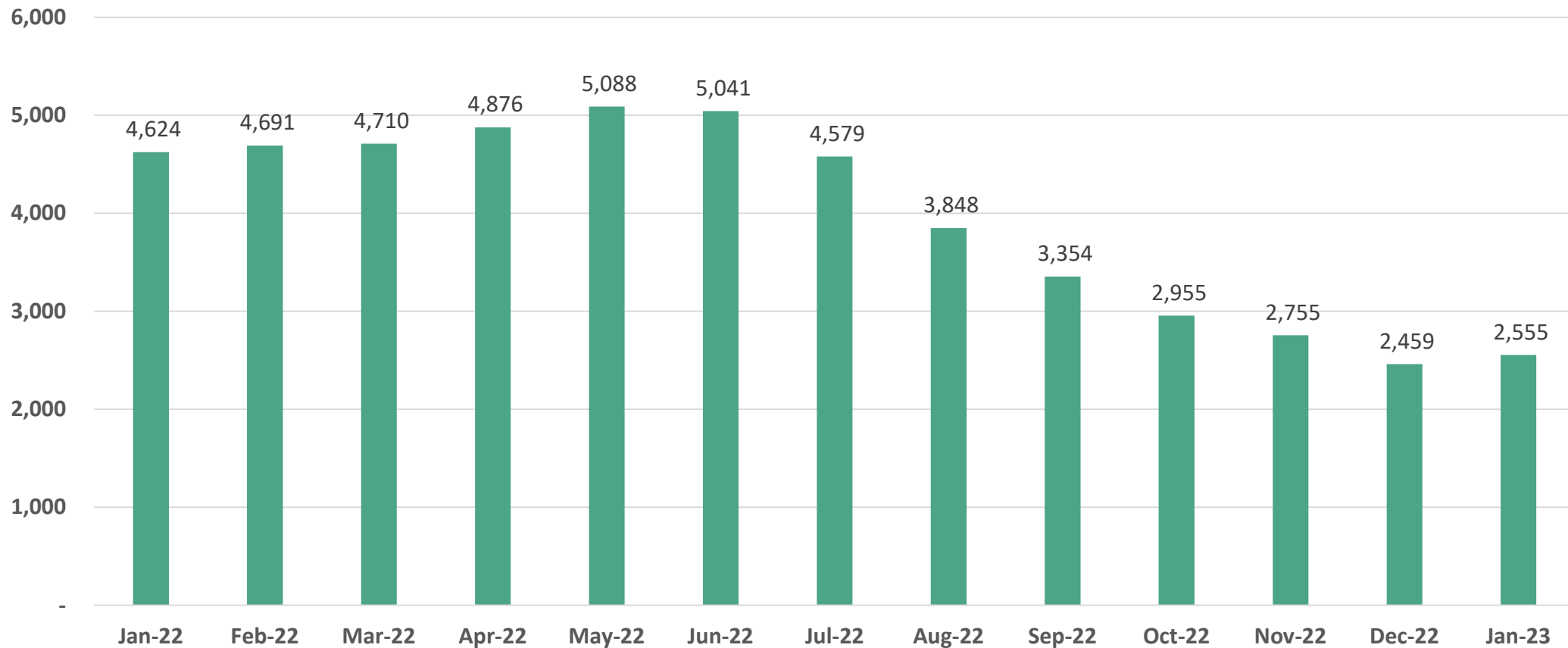
Growth of Student Based Mental Health Centers



Behavioral Health Home – Number of Patients Enrolled

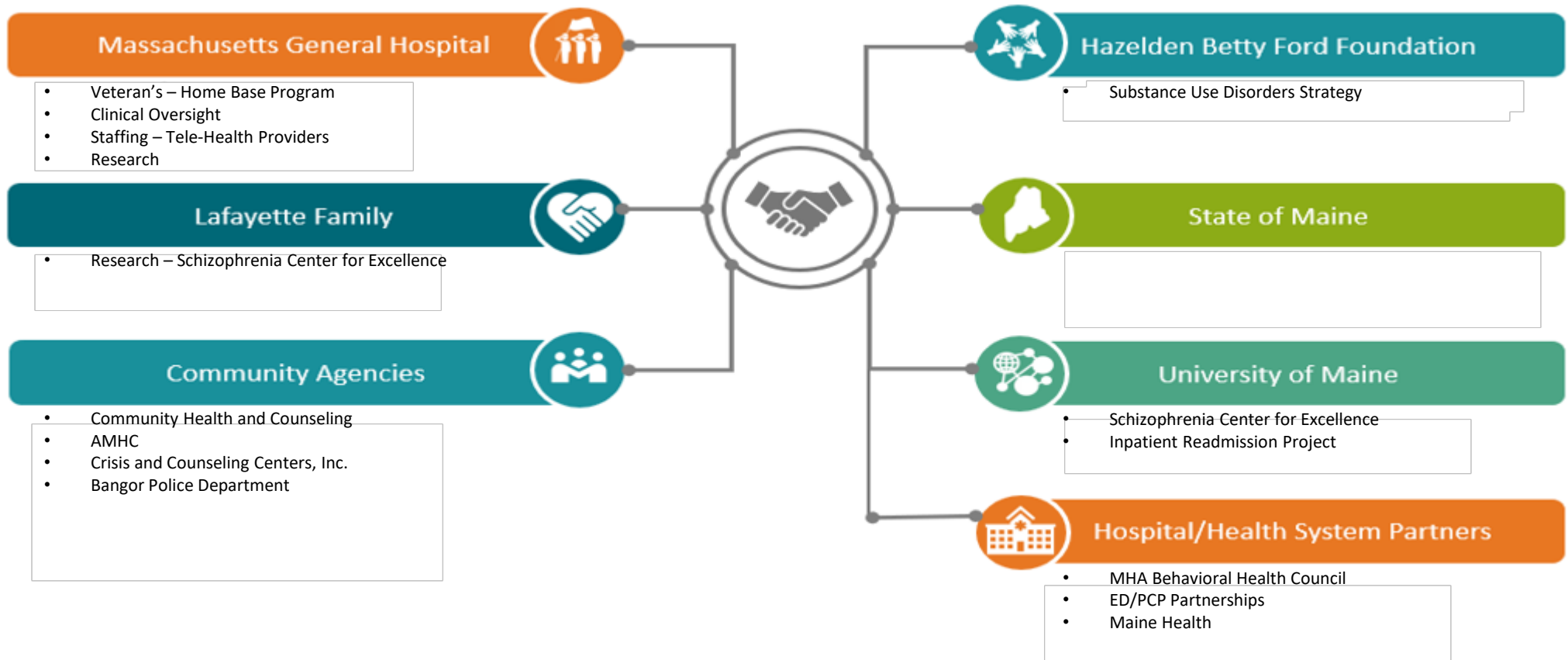


Patient Wait List for Outpatient Services Northern Light Acadia Hospital

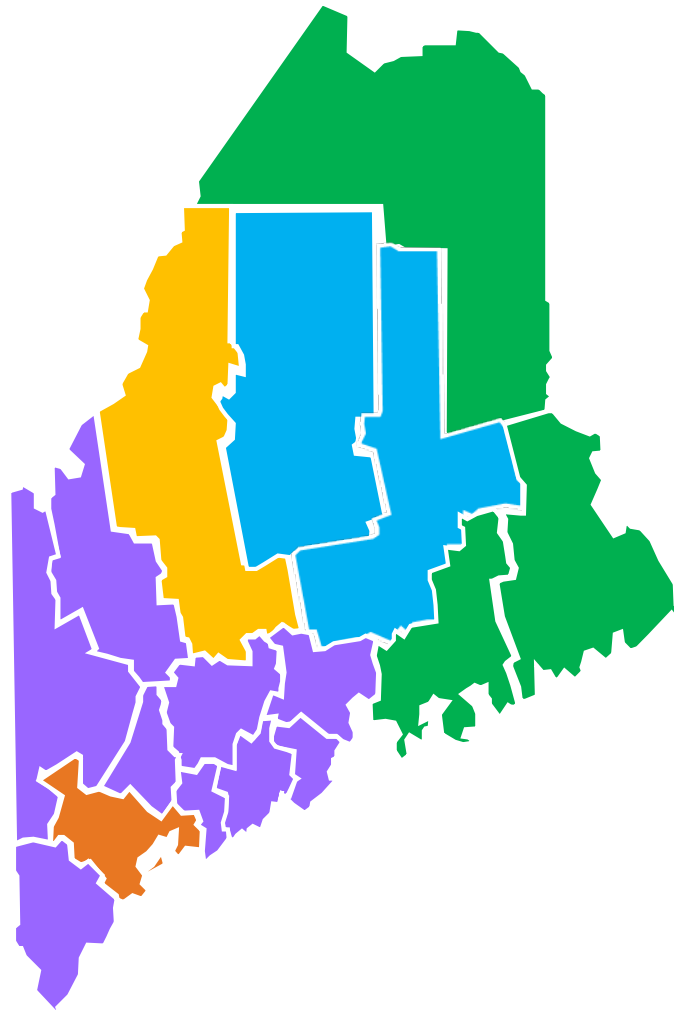


Number of Patients on the Acadia Wait List

Sustainability through Partnerships



Community Partnerships



FY 2022

AMHC

Community Health and
Counseling Services

Crisis and Counseling
Centers

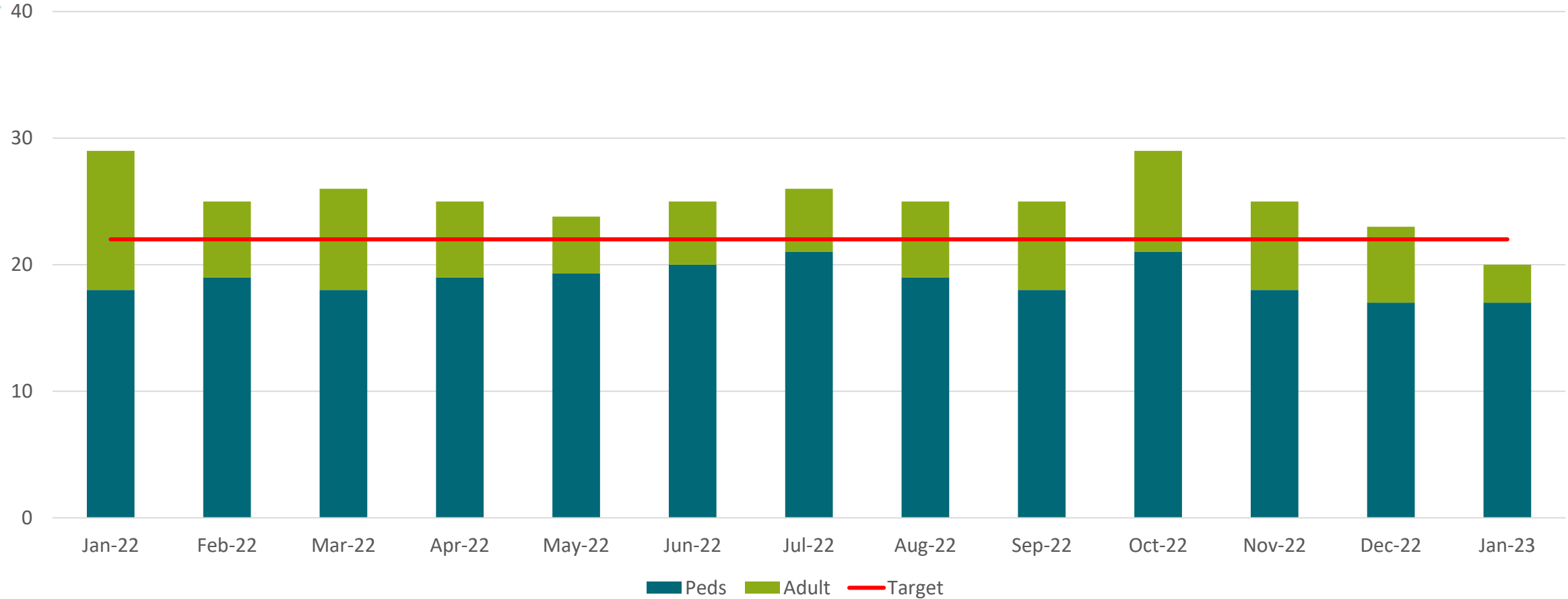
FY 2023

Opportunity Alliance

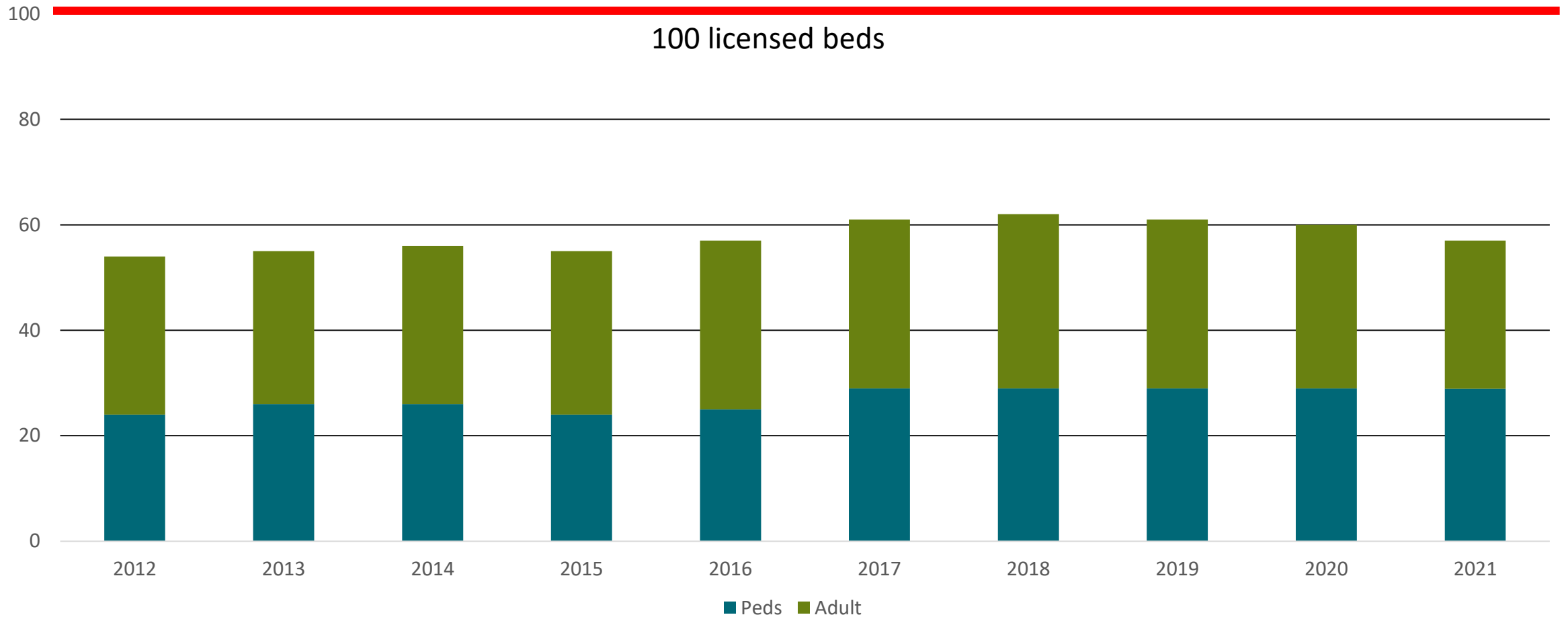
Sweetser

Hospital Expansion

Number of Beds Taken Out of Service to Accommodate a Private Room Northern Light Acadia Hospital



Average Daily Census – Northern Light Acadia Hospital



Project Scope



- Construct 50 new rooms
 - 49,700 sf - two story patient building
- Renovate 50 old rooms & selective outpatient space
 - 17,800 sf - existing building
- End Game
 - 100 patient beds in 100 private rooms
 - Use facility to its full, licensed bed capacity
 - Improve access to inpatient psychiatric care
 - Reduce wait times for psych patients boarding in emergency departments

Discussion