



LUNDER • DINEEN

Health Education Alliance of Maine

In collaboration with Massachusetts General Hospital



HEALTH EDUCATION IS
POWERFUL MEDICINE

ANNUAL

REPORT

2019



THIS YEAR'S ANNUAL REPORT
 INCLUDES PHOTOGRAPHY
 FROM OUR TRAVELS ACROSS
 MAINE AND AT MASS GENERAL

DEAR COLLEAGUES, FRIENDS & NEIGHBORS IN MAINE,

FOR THE NINTH YEAR, we are proud to present you with our annual report from the Lunder-Dineen Health Education Alliance of Maine.

On behalf of the caring people and organizations who created the shared vision for our work – the Lunder family, the Lunder Foundation, and Massachusetts General Hospital – this report offers a snapshot of the progress our signature initiatives have seen in Maine.

In 2019, our MOTIVATE oral health initiative (pages 4–5) and our Time to Ask initiative (pages 6–7) both met important milestones. Each has educated hundreds of health professionals with potential impact to thousands of patients, and they shifted into the next phase of their lifecycles: expansion. Each of these programs addressed public health problems, successfully embedded interprofessional health education, and improved clinical practice across an initial cohort of health care settings. And now, each program has its sights set on expanding its impact in our state.

Our Maine Nursing Preceptor Education Program (pages 10–11) knows the topic of expansion well. In 2019, this critical initiative added school nurses and public health nurses to its cohort of participants. Over the last five years, it graduated more than 800 nurses from 87 organizations across the state. This is progress that we are truly proud to share. There are few topics as essential to the future of health care in Maine as training and retaining new generations of nurses.

There is one other expansion that this report highlights. And it is a quality that Maine's health care landscape sorely needs. Hope.

The dire shortage of young people in our health care workforce remains a heavy and growing burden to bear. The aging population in our state presents challenges now and in the future the likes of which no other state has ever faced. In fact, over the next six years alone, the number of people age 65 and older in Maine is expected to grow by 55 percent.

Lunder-Dineen is committed to aligning our initiatives with the work underway statewide to address Maine's health care workforce needs. The strong growth of our signature initiatives – and the continued commitment of our funders, volunteer leadership, and frontline learners – offers Maine hope that it can indeed meet the health care needs of its citizens.

Hope that professionals across all generations continue to find diverse and supportive leaders that serve as role models for practice. Hope that Maine expands its network of advanced training that builds their careers here. Hope that they practice within strong, collaborative, team-based models of care so that they too can become leaders who pay it forward here. And hope that patients benefit from a strong, capable, and growing multigenerational workforce in health care.

We remain steadfast in our pursuit of sustainable, education-driven solutions to public health issues in Maine. As you read this report, we hope you are inspired to support our progress.

Thank you for your interest in Lunder-Dineen.

James J. Dineen, MD
Jeanette Ives Erickson, RN, DNP
Robert J. Birnbaum, MD, PhD



A WEALTH OF SCIENTIFIC DATA inextricably links overall health to oral health. Yet, in Maine, many people do not have access to good oral health care, which makes it a significant personal and public health issue. The contributing factors that limit access to oral health care include living within rural areas, living within the poverty level, knowledge, mobility or transportation challenges, and lack of adequate insurance. Older adults face even greater challenges in terms of access to oral health care. This makes their need for routine oral health care even more important.

Lunder-Dineen developed **MOTIVATE** to be a game changer for oral health in Maine. It is a one-of-a-kind, blended-learning, interprofessional education and quality improvement program that focuses on teaching oral health basics to health care teams who care for older adults in long-term care settings.

MOTIVATE aims to raise awareness about the importance of oral health care and the need to provide proper, routine oral care to older adults. This promotes healthy aging and prevents costly oral health problems and emergencies.

PROGRAM GOALS ACHIEVED

Lunder-Dineen is proud to report that the first phase of **MOTIVATE** was successfully implemented across a long-term care system that spans six counties. Lunder-Dineen commends Maine Veterans' Homes for being pioneers of this initiative, and for their leadership and commitment to continuing education and oral health.



GUIDING THE FUTURE

Together with our partners at the University of Maine Center on Aging, we completed the **MOTIVATE** Phase 1 program evaluation. It details all the work and accomplishments that the program achieved in collaboration with Maine Veterans' Homes.

Interprofessional staff demonstrated increased knowledge and skills in providing oral health care and they embrace the value of maintaining oral health for frail older adults.

[Read the evaluation >>](#)

“The DentaQuest Partnership is proud to provide support for Lunder-Dineen’s **MOTIVATE** oral health program for its part to address important issues using continuing health education.”

Dr. Myechia Minter-Jordan
EVP and Chief Impact Officer, The DentaQuest Partnership for Oral Health Advancement



NEW PARTNER THE CEDARS IN PORTLAND

Lunder-Dineen is truly excited to launch **MOTIVATE** within The Cedars, a nonprofit retirement community with options spanning independent living to long-term care. More than 200 staff are participating in the program, and they care for more than 200 residents! In addition to online learning, oral health experts from our Advisory Team delivered in-person training and expert consultation at The Cedars to further strengthen the good oral health care they provide to their residents.



COMMUNITY CONNECTIONS

American Dental Association (ADA) newsletter – June 2019

Lunder-Dineen is proud that **MOTIVATE** was featured in this widely read newsletter. We are grateful to **MOTIVATE** Advisory Team member Leonard Brennan, DMD, for making this happen. He is featured in the article and served on a panel at the first-ever ADA Practice Institute’s Elder Care Symposium.

Learn more about our curriculum, program schedule, Advisory Team and more at lunderdineen.org/oral-health.

COLLABORATE WITH NATIONAL ORAL HEALTH LEADERS



In October 2019, the Lunder-Dineen team was honored to attend the 2019 Oral Health Progress and Equity Network (OPEN) national network meeting in Washington, DC. This innovative organization brings change agents together to make sure that every person has the information they need to fully access good oral health. Coalitions like OPEN have invited Lunder-Dineen to share its model with state groups across the country and with the Office of the Surgeon General as they prepare to publish the first oral health report in 20 years.



MEASURING THE IMPACT OF MOTIVATE

- 20+ in-person training workshops delivered
- 400+ participants completed education
- 600+ long-term care residents impacted
- 1,400+ oral health supply kits distributed

[Read the Article >>](#)



TIME TO ASK

Education that transforms conversations about alcohol use

Stigma. Social norms. Cultural norms. Minimal training. Lack of confidence. All these challenges contribute to the epidemic of unhealthy alcohol use in Maine. It is an urgent personal and public health crisis that, more than any other substance, has significant impacts to our state and our residents in terms of costs, resources, productivity, and mortality.

Lunder-Dineen developed Time to Ask to help address this problem and provide education that increases knowledge, skills and confidence so clinicians can minimize stigma and break down barriers to conversations about alcohol use. It is a one-of-a-kind, blended learning, interprofessional, quality improvement program that focuses on regular screening and monitoring of alcohol use in primary care settings.

PROGRAM GOALS ACHIEVED

Lunder-Dineen is proud to report that **Time to Ask** achieved its original program goals to develop and implement interprofessional education on substance misuse in an effective and efficient manner. This aligns with the learning needs of busy health care providers. In fact, **Time to Ask** is a success story in how to integrate conversations and interventions around substance use into today's complex health care practice settings.

The program is launched and is now an integral part of clinical care at Bucksport Regional Health Center and Four Seasons Family Practice.



NEW PARTNER KATAHDIN VALLEY HEALTH CENTER



Lunder-Dineen is proud to bring **Time to Ask** to this federally qualified health center in rural Maine. Their six locations have 200+ staff, cover 4,000+ square miles, and serve 14,000+ patients during 62,000+ visits each year! As part of the program rollout, the Lunder-Dineen team plans to provide in-person, on-site support and use technology to interact with all six sites, across three counties, all at once.



[Learn more about our partner sites >>](#)

GUIDING THE FUTURE

Together with our evaluation partners at the University of Southern Maine, Muskie School of Public Service/Cutler Institute for Health and Social Policy, we completed our work on the **Time to Ask** phase 1 program evaluation. It details all the work and accomplishments that the program achieved in collaboration with Bucksport Regional Health Center and Four Seasons Family Practice. Data shows that learners gained knowledge, skills, comfort, intention, and confidence to engage in conversations with patients. They also applied their new knowledge to practice by implementing best practices and enhancing workflows around screening and brief intervention for alcohol use.



[Read the evaluation >>](#)

COMMUNITY CONNECTIONS

Maine Medical Association Annual Session – September 2019



Time to Ask Advisory Team member Dr. Mark Publicker led a session titled *The Medical Treatment of Alcohol Dependence: Helping Your Patients Get Sober*.

MEASURING THE IMPACT OF TIME TO ASK

80+ health care professionals trained
10,000+ patients served by these practices in Hancock and Kennebec counties
152% increase in providers who indicate they know how to counsel individuals about alcohol use over the long term

VIDEO ON MEDICATION-ASSISTED TREATMENT

In 2019, members of Lunder-Dineen's Time to Ask Advisory Team created a video on medication-assisted treatment. Our goal is to help clinicians understand and use this evidence-based intervention.

[Watch the full video >>](#)

“The Time to Ask program has provided us with support, knowledge and tools. Now, by partnering with patients, my team is working to prevent and detect alcohol misuse.”

[See the full quote >>](#)

Carol Carew
 CEO, Bucksport Regional Health Center in Maine

Learn more about our curriculum, program schedule, Advisory Team and more at lunderdineen.org/alcohol-use-time-ask.

Health Education is Powerful Medicine. That's why ongoing education is necessary for health professionals to provide the best care to patients.

Lunder-Dineen's work to provide health professionals in Maine with top-notch education would not be possible without the visionary commitment of the Lunder family, Lunder Foundation, Massachusetts General Hospital, and generous donors.



Joe and Sheri Boulos

"Sheri and I applaud and join the entire Lunder family for their continued funding of education needs. One of those needs is their establishment of the Lunder-Dineen Health Education Alliance of Maine in collaboration

with Mass General. Sheri and I are extremely impressed with the accomplishments of Lunder-Dineen in helping to educate Maine's health professionals. As a lifelong Mainer and business owner, I believe that this is fundamental to the health and well-being of our community. We are so happy to support this effort!"

*Joseph Boulos, Falmouth, ME
Founder, The BOULOS Companies*



Dr. Jim Dineen and Mary Jane Hintlian Flower

"It has been an honor and a privilege to support the important work being carried out by the Lunder-Dineen Health Education Alliance of Maine. Dr. Jim Dineen was my primary care physician for many years,

and I know that the Lunder-Dineen programs being implemented in Maine reflect the same thoughtful and caring spirit that Jim showed to me and all his patients."

Mary Jane Hintlian Flower, Wayland, MA

PLEASE JOIN THESE DONORS TO HELP US PROVIDE MUCH-NEEDED EDUCATION TO HEALTH PROFESSIONALS. YOUR CONTRIBUTIONS HELP US EXPAND OUR EDUCATION-DRIVEN SOLUTIONS TO PUBLIC HEALTH ISSUES ACROSS ALL AREAS OF MAINE.



Ted and Sandy Bowers

"With our great admiration of Dr. Jim Dineen and our love for the state of Maine, we were so happy to have the opportunity to honor Jim on one of his newest programs, the Lunder-Dineen Health Education

Alliance of Maine. We are proud sponsors of the Time to Ask program, as it tackles a serious public health problem in Maine, unhealthy alcohol use. We know the toll that unhealthy alcohol use can take on individuals, families and communities. We look forward to the continued evolution and transferability of this program to other difficult conversations about substance use."

*Ted and Sandy Bowers, Kennebunk, ME
and Vero Beach, FL*



Tim O'Neil

"My dear late wife Cindy grew up in Bangor like Dr. Len Brennan and knew him for almost 50 years. We admire Len's lifelong commitment to caring for the oral health of older adults. When we learned that

he was a key advisor to the Lunder-Dineen MOTIVATE program, we wanted to help. He educated us about the well-established connection between oral health and total health, as well as the unique dental needs of older adults. We are delighted that he is helping to lead this program for nursing homes in Maine."

*Tim O'Neil, Portland, ME
Founding Partner, Monks O'Neil Development*

Lunder-Dineen is grateful for the support, expertise and guidance of our three statewide advisory teams, and also our volunteer Advisory Committee.

ADVISORY COMMITTEE

- Robert J. Birnbaum, MD, PhD – Co-Chair, Lunder-Dineen, Massachusetts General Hospital
- George Campbell – President, Sewall
- James J. Dineen, MD – Co-Chair, Lunder-Dineen, Massachusetts General Hospital
- Jack Emory – The Lunder Foundation Board of Directors
- Jeanette Ives Erickson, RN, DNP – Co-Chair, Lunder-Dineen, Massachusetts General Hospital
- Kevin Gillis – President, The Lunder Foundation
- Paul S. Goodof – Consultant to Nonprofits and Private Trustee
- Admiral Gregory Johnson – USN-Ret.
- Marjorie Lunder Goldy – The Lunder Foundation
- Robert McAfee, MD – former President, American Medical Association, retired Maine Medical Center surgeon
- Noah Nesin, MD, FAAFP – Vice President of Medical Affairs, Penobscot Community Health Center
- Mark Vogelzang – President & CEO, Maine Public

Learn more and donate online lunderdineen.org/join-us.



MAINE NURSING PRECEPTOR EDUCATION PROGRAM

Inspire. Teach. Guide. Invest.

IN 2019, Lunder-Dineen launched our 5th annual Maine Nursing Preceptor Education Program.

The tagline for this program is: Inspire. Teach. Guide. Invest. Our report this year reflects these compelling intentions.

Lunder-Dineen is proud that nurse preceptor education is now an established and valued part of the health care ecosystem in Maine. Our program addresses one of the most pressing health care workforce concerns in Maine – teaching and retaining new generations of nurses. We worked together with our Mass General evaluation partners to complete a longitudinal program evaluation in 2019. The results validated the importance, benefits of, and ongoing need for our statewide model for preceptor education.

Each year, Lunder-Dineen continues to work with nursing leaders across the state to refine and expand the **Maine Nursing Preceptor Education Program**. This shows in the growth of our overall program participation and the breadth of nursing disciplines among participants. In addition, the leadership skills that the program imparts to multigenerational nursing professionals promises to benefit citizens in Maine for years to come.

NEW PROGRAM FEATURE – COMMUNITY OF PRACTICE

In 2020, Lunder-Dineen plans to unveil an exciting new aspect of the **Maine Nursing Preceptor Education Program**. It is called a Community of Practice.

Simply put, our Community of Practice is a forum for our program graduates to support the integration of preceptor best practices from the program into their work settings.

Lunder-Dineen is building this tool to support these graduates as they apply the knowledge, skills, and tools they learned in our program. They can stay connected with preceptors across the state and continue their learning experience indefinitely. They can explore best practices, ask questions about translating skills into practice, share ideas and strategies to advance care, and provide guidance and support to each other.

INVESTING IN PROGRAM EXPANSION IN 2019

The **Maine Nursing Preceptor Education Program** is designed to meet the learning needs of nurses who work across health care settings. In 2019, we were very pleased to welcome school nurses and public health nurses as program participants. This expansion aligns with our aim to extend the impact of this initiative across all practice settings.



OUR STATEWIDE IMPACT INSPIRING A COMMITMENT TO PRECEPTOR EDUCATION

The expanding impact of the **Maine Nursing Preceptor Education Program** stretches across Maine from north to south. More than 800 registered nurses are now ready to assume the roles and responsibilities of preceptors for newly graduated nurses, nurses transitioning to new practice settings or roles, and nursing students.

Our program graduates practice in settings such as assisted living, general hospitals, hospice, primary care, psychiatric hospitals, rehabilitation, schools, visiting nurse organizations, and more. It is the preceptor program of choice for many organizations.

[See the full list of organizations >>](#)



HIGHLIGHTS FROM 2019

85+ total organizations have participated

130+ nurses trained in 2019

800+ nurses graduated over the last 5 years

99% of participants are convinced that preceptor education will advance and support the recruitment, integration, satisfaction, and retention of nurses in Maine

THE 2019 MAINE NURSING PRECEPTOR EDUCATION PROGRAM ADVISORY TEAM – GUIDING THE FUTURE

Together with our Advisory Team of statewide nursing leaders, we continue to focus on evolving the **Maine Nursing Preceptor Education Program**. Our team looks to meet the learning needs of additional nursing disciplines and to advance high-quality patient care across the state.

This includes growth in the number of practice settings, organizations and practice specialties of participants.

WELCOME OUR NEW ADVISORY TEAM MEMBER

TIFFANY COMIS, MSN, MBA, RN, CEN
Redington-Fairview General Hospital



First row, left to right: Kelly Wheeler, RN, MSN, CLC; Donna DeBlois, RN, BSW, MSB, MBA, AHCA; Melody Narramore, MSN, RN-BC; **back row, left to right:** Joseph Carter, RN, MS, MDiv.; Su Sepples, PhD, RN; Betsy Corrigan, MSN, RN-BC, PCCN-K; Joshua Little, BSN, RN-BC; Michael Nozdrovicky, DNP, RN, NEA-BC; Carole MacKenzie, MEd, BSN, RN-BC, professional development specialist at Lunder-Dineen (missing: Taffy Davis, MSN, RN-BC and Vanessa White, RN, BSN)

[See our full Advisory Team >>](#)

Learn more about our curriculum, program schedule, Advisory Team and more at lunderdineen.org/preceptorship.



GLIMPSE AT 2020

AS YOUR CALENDAR MOVES FROM EARLY 2020 TOWARD 2021, LUNDER-DINEEN MOVES CLOSER TO AN IMPORTANT MILESTONE. SOON WE WILL MARK THE 10TH ANNIVERSARY OF WHEN MASSACHUSETTS GENERAL HOSPITAL AND THE LUNDER FOUNDATION CAME TOGETHER TO CREATE A VISION FOR A HEALTHIER MAINE.

THIS IS A SIGNIFICANT ACHIEVEMENT FOR OUR TEAM AND THE STAKEHOLDERS WHO SUPPORT OUR WORK. IT ALSO SIGNIFIES A VALIDATED INVESTMENT IN STRENGTHENING THE HEALTH CARE ORGANIZATIONS AND PROFESSIONALS IN MAINE WHO PARTICIPATE IN OUR HIGH-QUALITY PROGRAMS. MOST IMPORTANTLY, OUR SUCCESS IS A BENEFIT TO EVERY MAINE RESIDENT, AS A STRONG HEALTH CARE SYSTEM IS NECESSARY TO HELP OUR STATE THRIVE.

WHILE WE CONTINUE TO ADDRESS NEEDS AROUND ORAL HEALTH, SUBSTANCE USE, AND NURSING WORKFORCE DEVELOPMENT, THE NEXT STEPS FOR THESE INITIATIVES INCLUDE IDENTIFYING OPPORTUNITIES TO BUILD UPON THEIR SUCCESS.

SCALABILITY IS KEY

The scalability of our initiatives is essential to the health care ecosystem in Maine. Not only do these programs provide high-quality education and promote workforce development, they also help health care professionals pursue the best outcomes for everyone who lives here.

Program evaluations indicate that MOTIVATE, Time to Ask, and the Maine Nursing Preceptor Education Program are firmly established as

successful public health models. Their success provides clear evidence that interprofessional health education can fuel meaningful progress that addresses public health challenges in our state.

Based on the demonstrated success of our initiatives, a significant opportunity centers on leveraging their foundational models to reach more stakeholders and meet other critical public health needs. Lunder-Dineen plans to explore expansion of the strategic process and infrastructure that make MOTIVATE, Time to Ask, and the Maine Nursing Preceptor Education Program successful. Our plans for 2020 include broadening our partnership work and extending the benefit of these programs to an expanded audience of health care professionals and residents across Maine.

ENGAGE WITH US

Coalition-based leadership. Interprofessional engagement. Disciplined program management. These are a few of the strategic tenets that guide each initiative. Our strategies and models are proven, and their transferability is high. Do you work in a practice setting that could benefit from our programs? Do you belong to an organization that is working on or interested in addressing the same issues? If so, we want to hear from you in 2020.

Please take a moment to learn more about our signature education programs at www.lunderdineen.org.

 [Visit website >>](#)

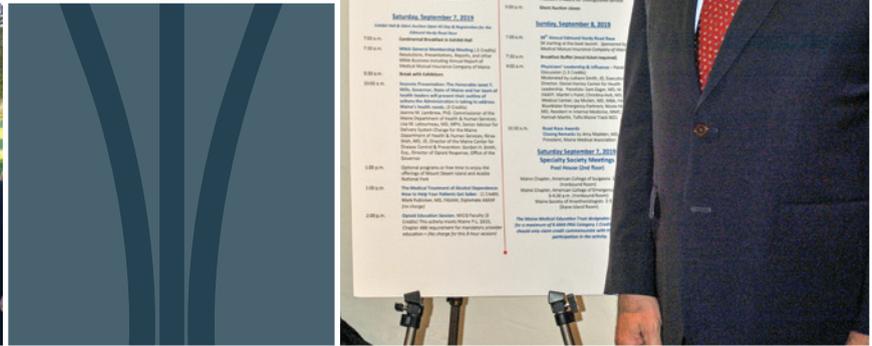
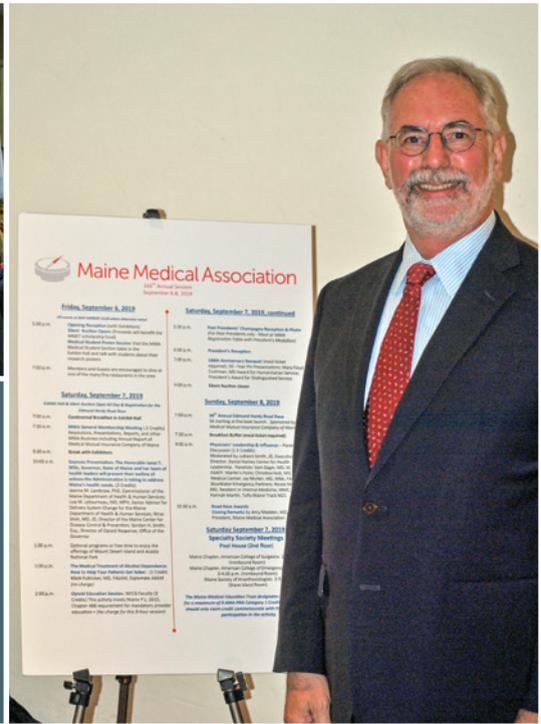
“The three programs that Lunder-Dineen is involved in have an actual clinical impact that maybe not everyone can see. I’m a retired surgeon, and I know I speak for every surgeon...that each of these programs has a major impact.”



Dr. Robert McAfee
Former president of American Medical Association, retired surgeon at Maine Medical Center, member of Lunder-Dineen Advisory Committee

 [Watch Dr. McAfee’s full video >>](#)

We invite you to take a moment and learn more about each of our signature education programs at lunderdineen.org.





LUNDER • DINEEN

Health Education Alliance of Maine

In collaboration with Massachusetts General Hospital

PO Box 1505
Bangor, ME 04402-1505
(207) 805-7709

WWW.LUNDERDINEEN.ORG

