



LUNDER • DINEEN
Health Education Alliance of Maine

In collaboration with Massachusetts General Hospital

2022

ANNUAL REPORT

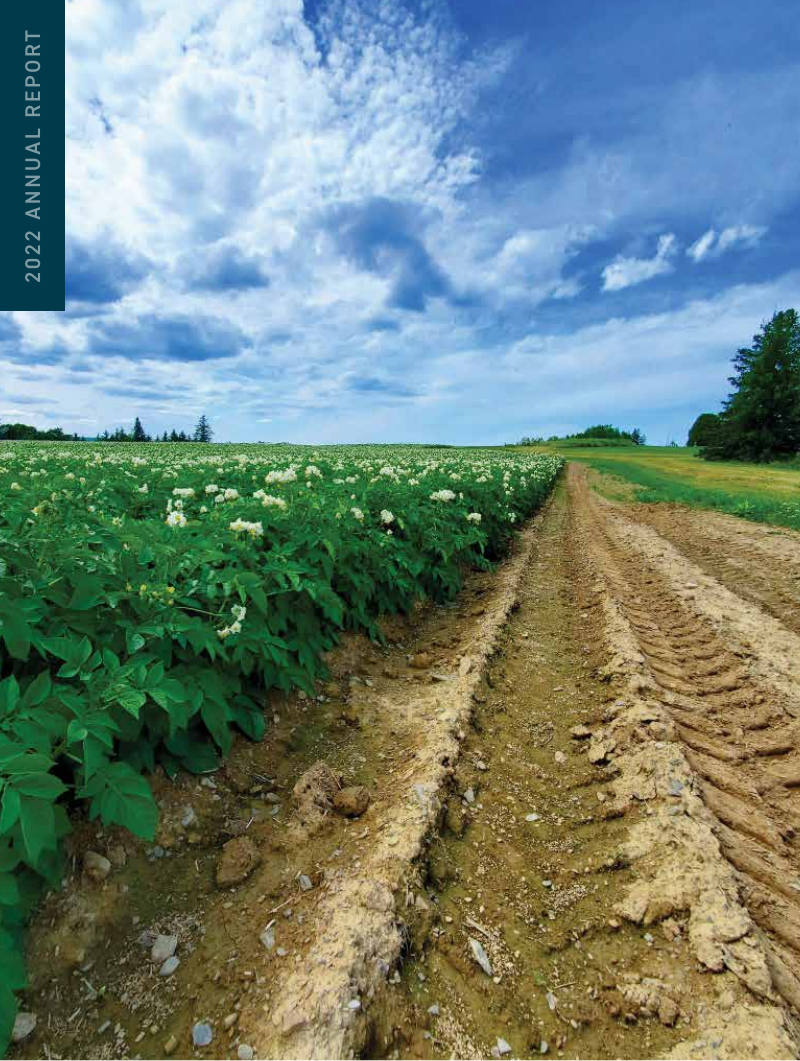


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Dear Colleagues, Friends & Neighbors in Maine,

It is an honor to write you once again. Thank you for your continued support of our initiative.

I can firmly say that our growth and progress is strong. So is the commitment, effort, and enthusiasm for our work from healthcare leaders, teams and organizations across Maine.

Given the progress and success of our three flagship programs, we want to expand our work in a big way. We actively invite health care organizations to help us scale up these programs. The benefits that MOTIVATE, Time to Ask, and the Maine Nursing Preceptor Education Program offer are clear. We can educate and engage health care staff with high-quality education that empowers them with knowledge, satisfies them as lifelong learners and ultimately enhances the care they provide for individuals and families. And Lunder-Dineen ensures that there are no financial costs to Maine for our programs.

For Maine to attract and retain the workforce it needs, it must ensure they have skills and support to stay in their professions and to stay in Maine.

Our programs are transferable, scalable models to do just that. They are interprofessional, help transform practice, support organizations at every step, and offer access to community experts. We are grateful to everyone in Maine who participated in these programs and to our volunteer statewide Advisory Teams that helped create them.

There's more good news for Maine. Recently, Mass General announced the launch of The Lunder Learning Initiative, which is made possible by a \$50 million gift from The Lunder Foundation and a challenge to match their gift with additional education funds. The gift has three components: The Lunder Learning Hospital, The MGH Learning Endowment and the Peter L. Slavin, MD Academy for Applied Learning in Health Care. The Slavin Academy ensures that best practices translate to patient care and support learning across all health professions.

The Lunder Learning Initiative is led by James A. Gordon, MD, MPA, Chief Learning Officer and David F.M. Brown, MD, Endowed Education Academy Chair. Dr. Gordon is also on the Operations Committee of Lunder-Dineen and helps guide our work. Lunder-Dineen will actively integrate into the Lunder Learning Initiative. Along with that, I am proud to co-chair the Education Resources and Community Affairs Committee of the Slavin Academy.

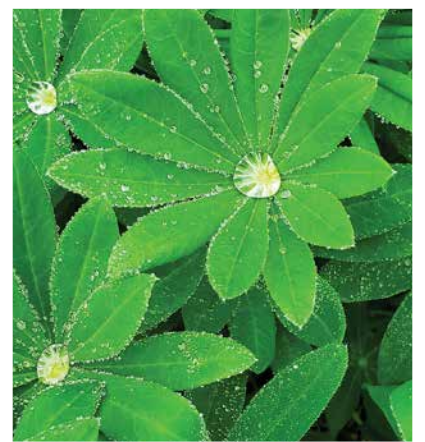
This exciting news creates a new era of education and best practices at Mass General and our broader communities of practice. And all of it is available to support and expand health education across Maine.

Through all our work now and in any future endeavors, we remain grateful to the Lunder family, Lunder Foundation, and Mass General. They created a shared vision to improve the health of Maine residents by advancing the skills and expertise of Maine's health professionals.

We are proud to see that vision become a thriving force in this state.

Thank you for your interest in Lunder-Dineen. I invite you to learn more about our work.

Labrini Nelligan, MS
Executive Director
Lunder-Dineen Health Education Alliance of Maine



OUR TEAM

[View Bios](#)

Lunder-Dineen Co-Chairs and Chief Learning Officers



James J. Dineen, MD



Jeanette Ives Erickson, RN, DNP, NEA-BC, FAAN



Robert Birnbaum, MD, PhD



Gino Chisari, RN, NPD-BC, DNP



James A. Gordon, MD, MPA

Lunder-Dineen Team



Labrini Nelligan, MS
Executive Director



Denise O'Connell, MSW, LCSW, CCM, CCP
Associate Director



Tara M. Wilson, BS
Health Education Program Specialist



Samantha Nock, BA
Program Manager



Lissette Velez-Cross, BA
Program Coordinator

ADVISORY COMMITTEE

[View Bios](#)

The Lunder-Dineen Advisory Committee consists of leaders in Maine across health care, business, philanthropy, and more. These volunteers provide key input on areas such as strategy, development, and education.



George Campbell
President, Sewall



Jack Emory
The Lunder Foundation
Board of Directors



Kevin Gillis
President, The Lunder Foundation



Paul S. Goodof
Consultant to Nonprofits and
Private Trustee



Admiral Gregory Johnson
USN-Ret.



Marjorie Lunder
The Lunder Foundation



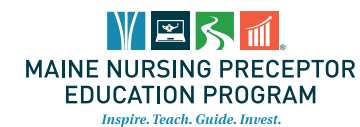
Robert McAfee, MD
Former President, American Medical
Association, retired Maine Medical
Center surgeon



Noah Nesin, MD, FAAFP
Innovation Advisor, Penobscot
Community Health Center



Mark Vogelzang
Former President & CEO,
Maine Public



Nursing is the country's largest health care profession. As a state with an aging population, Maine needs to recruit and retain more well-trained nurses. The Maine Nursing Preceptor Education Program (MNPEP) fills that critical education gap. Since 2015, it has helped health care organizations train and retain confident, skilled nurse preceptors across care settings. Trained nurse preceptors have an impact on their preceptees and the larger nursing workforce. MNPEP is a proven tool to advance and support how Maine recruits, integrates, satisfies, and retains nurses across the state.

Strong data shows a clear connection between oral health and overall health. Older adults in long-term care and nursing homes are the most vulnerable and at-risk population for oral health problems. Long-term care teams can take actionable steps to prevent costly and devastating disease. That is how MOTIVATE helps transform care in these settings. It raises awareness, provides one-of-a-kind interprofessional oral health education, and offers onsite support to ensure teams sustain practice change. MOTIVATE improves much more than just the health of the mouth, gums, and teeth. It improves the overall wellness, dignity, and quality of life for residents in long-term care settings.



OUR EDUCATION PROGRAMS



Our three signature education programs focus on public health challenges in Maine that need strategic, sustainable solutions.



Alcohol is the number one misused substance in Maine. Data shows that 667 Mainers died due to alcohol related causes in 2021, a 47% increase since 2019. There is a clear link between alcohol and several types of cancers. Effective screening for alcohol use is one of the best tools we have to intervene and help people. Yet most health care professionals receive little if any education on alcohol use or screening. Time to Ask provides relevant hands-on training and practice-related skills to primary care teams. It changes their knowledge, skills, and attitudes around alcohol. That empowers them to effectively identify, assess, and recommend treatment for individuals who may be at risk from unhealthy alcohol use.

LEARN MORE ABOUT MOTIVATE



Maine Needs MOTIVATE More Than Ever

Years after its launch, the training that MOTIVATE provides is more important than ever. Basic oral health skills training is critical to support long-term care staff and family care partners as they care for Maine's aging population.

- ➔ Older adults are most at risk for dental diseases and illnesses
- ➔ Those who can no longer perform their own oral care are at the greatest risk
- ➔ With retirement, older adults often have less access to oral health care
- ➔ There is a clear link between oral health and overall health
- ➔ Good oral health can be part of healthy aging for older adults

29%

population in Maine aged 65+ by 2028

44%

increase in Mainers aged 65+ from 2018 to 2028

[View More Resources](#)



Public Awareness Messages in Amjambo Africa

Lunder-Dineen created an impactful message around oral health for Amjambo Africa, a publication for the growing international community in Maine. Our materials address cultural barriers around oral health and educate new Mainers on good oral health best practices.

[View This Message](#)

Update on MOTIVATE At Home: a pilot program

Roughly 97% of older adults live at home. These individuals need care partners with training and education on home-based health care topics. The existing MOTIVATE model was designed to educate individuals who care for older adults in a long-term care setting. In 2022, we developed an offshoot of this program called MOTIVATE at Home for home-based care partners!

This new pilot program is made possible through a grant from the CareQuest Institute for Oral Health. The final program content will be developed with the help of user surveys that we collect in this initial stage. This program also includes meeting with a statewide care partner advisory committee and holding statewide focus groups to shape the look and feel of the program. Our goal is to make MOTIVATE At Home a one-stop source where care partners for older adults can find practical, actionable education on oral health. We are grateful for our partners at the University of Maine Center on Aging and the Southern Maine Area Agency on Aging in the development of this pilot program.



[Visit the MOTIVATE at Home Website](#)



New Location at Cummings Health Care

MOTIVATE launched its 10th implementation location with Cummings Health Care in Howland, ME. Students from dental hygiene and graduate social work programs are part of the training offered here. As the newest MOTIVATE partner, Cummings Health Care has already made multiple care enhancements thanks to this training.

New Cultural Competency Guide

This valuable guide helps long-term care staff provide care based on individuals' social, cultural, and language needs.

[View This Infographic](#)



Events to Support Homeless Veterans

Lunder-Dineen joined the Maine Bureau of Veterans' Services at its Mobile Homeless Veterans Stand Down at the VA in Togus, ME. We distributed oral health resources and materials to help homeless veterans link up with helpful services.



LEARN MORE ABOUT TIME TO ASK



Time to Ask Helps Identify People Who Need Help

Alcohol use and its impact on mortality increased due to the pandemic. It became easier to purchase and access due to relaxed pandemic-era policies that remain in place today. That's why Time to Ask is essential for primary care practices in Maine. It helps primary care teams effectively screen for unhealthy alcohol use, provide brief interventions, and refer individuals to get the treatment they need.

667

Deaths in Maine in 2021 due to unhealthy alcohol use

79%

Increase in deaths due to unhealthy alcohol use since 2016



New Cultural Competency Guide

This valuable guide helps primary care teams provide care based on individuals' social, cultural, and language needs.

[View This Infographic](#)

Public Awareness Messages in Amjambo Africa

Lunder-Dineen created a series of educational messages around alcohol use for Amjambo Africa, a publication for the growing international community in Maine. Our series helps new Mainers understand the risks of alcohol use, the action steps they can take to reduce the risk, and how to make healthy choices.



[View This Message](#)

Time to Ask on Senior Talk

In November, Lunder-Dineen participated in an episode of Senior Talk, a radio show on WVOM hosted by Carol Higgins-Taylor. The show included an engaging discussion around alcohol use, older adults, and the cancer risks with alcohol consumption. Time to Ask Advisory Team member Noah Nesin, MD, FAAFP, Innovation Advisor at Penobscot Community Health Care, was joined by David Berrigan PhD, MPH, from the Behavioral Research Program at the National Cancer Institute.



[Listen to the Podcast](#)

New Practice Locations for Time to Ask in 2022-2023

Lunder-Dineen is grateful to St. Croix Regional Family Health Center, a Federally Qualified Health Center in rural Washington County, and Redington-Fairview General Hospital in Skowhegan. These locations are the 15th and 16th practices to implement Time to Ask with their primary care teams.



Lunder-Dineen Accepts Workgroup Invitation

Lunder-Dineen is honored to accept an invite to join the Maine Impact Cancer Network's Alcohol and Cancer Workgroup. MICN is now recognized by the state and federal Centers for Disease Control as Maine's official cancer coalition. Our team works alongside other organizations on the alcohol task force to help with this effort to reduce alcohol consumption in Maine and raise awareness of the connection between alcohol and cancer.



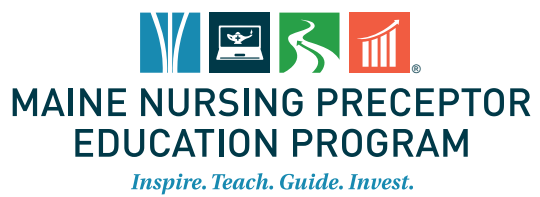
[Read More](#)



"The Lunder-Dineen team listened to our specific needs and created a model that worked for us. The foundation we now have from the Time to Ask program will continue to educate Greater Portland Health staff for years to come. Thank you so much to Mass General and the Lunder Foundation for providing the funding for this amazing and invaluable program!"

| Heather Skala, Greater Portland Health

LEARN MORE ABOUT MNPEP



A Fixture in Maine's Workforce Renaissance: Maine Nursing Preceptor Education Program

It's a priority for Maine to attract, train, and retain a vibrant, multi-generational nursing workforce. That's starting to happen -- however, the right mentorship will ensure that newly graduated nurses, nursing students and transitioning nurses stay in the nursing profession. That's why the Maine Nursing Preceptor Education Program (MNPEP) is critical and why it has support from nursing leaders across the state. It provides no-cost, high-quality training to help organizations advance, support, and retain their nursing workforce.

1,100+
Nurses trained to date

95
Organizations sent nurses to be trained in 2022

Curriculum Update in the Works for MNPEP

Quality is a hallmark of the MNPEP curriculum. Since its inception, many leaders from Mass General and across Maine volunteered their time and expertise. The result is a program with engaging content that is tailored to Maine's exact needs. Now, Lunder-Dineen is proud to build on that great work through a partnership with the MGH Institute of Health Professions. Their teaching and curriculum design experts will help us revamp the curriculum and update our program content in 2023. This will align the program with national training standards and build a strong foundation for years to come.



[Visit the Website](#)

MNPEP is High-Quality, Valuable Education

83%
say the overall program was good/excellent

75%
recommend the program to other nurses

74%
use practice tools provided in the workshop toolkit

[Learn More About the Program](#)

At the end of the 2022 program, 98% of attendees were convinced that knowledgeable and skilled preceptors can advance and support the recruitment, integration, satisfaction, and retention of nurses in Maine. This is an increase of 33% from before the workshop.

Online Module on Bullying

Lunder-Dineen is proud to make online education accessible on this critical topic for nurses. We created this module based on learner feedback and it is available to all participants as optional, accredited learning in the MNPEP curriculum.



Dr. Devin Carr Joins MNPEP Advisory Board

In 2022, Lunder-Dineen welcomed a new member to its MNPEP Advisory Team: Devin Carr, DNP, RN, RRT, ACNS-BC, NEA-BC, CPPS. He currently serves as Chief Nursing Officer for Maine Medical Center and the Regional Chief Nursing Officer-Southern Region at MaineHealth. Dr. Carr has more than 30 years of experience in healthcare with clinical, academic, and leadership roles.

Lunder-Dineen is Part of Maine Nursing Workgroup

Associate Director Denise O'Connell, MSW, LCSW, CCM, CCP, leads Lunder-Dineen's work with the Maine Nursing Action Coalition (MeNAC). This multi-stakeholder organization helps nurses manage health care challenges in Maine. We are proud to contribute and help advance their work.

Campaign for Action



Dr. Gino Chisari Receives Living Legend Award

Congratulations to Gino Chisari, RN, NPD-BC, DNP, director of the Norman Knight Nursing Center for Clinical and Professional Development and Chief Learning Officer for Nursing with Lunder-Dineen. He was named a 2021 Living Legend in Massachusetts Nursing by the American Nurses Association Massachusetts. Dr. Chisari has spent his career advancing the nursing profession and advocating for educating nurses regionally, nationally, and internationally.

[Read the Press Release](#)



"As the cardiology unit educator, I am always looking to improve new staff orientation and support our current preceptors. I attended the Lunder-Dineen Maine Nursing Preceptor Education Program and it was exactly what I was trying to create. I have always followed the Patricia Benner model and this program is the perfect fit. The modules are compelling and full of good information. The two-day virtual program was also very interesting and the excitement of the educators and preceptors made for an amazing learning experience. My team has already benefited from this program."

Bill Fyler, RN, BSN, CNIII, UBE
Maine Medical Center

ONGOING WORK



Ninth Annual Maine Nursing Preceptor Education Program

Lunder-Dineen looks forward to the ninth annual launch of this program in 2023. The virtual format was created in 2020 in response to the pandemic. We plan to keep this format in place. Feedback shows that this format creates more access and strong participation from nurses across the state. An example of this is Maine Medical Center, where data shows a 24% increase in participation from nurses in that organization.

Return of Dental Hygiene Students to In-Person Teaching

In 2023, Lunder-Dineen welcomes the return of dental hygiene students to live teaching and demonstration in its MOTIVATE program. The students help teach oral health best practices to staff in long-term care settings. Our team is grateful for a collaboration with the University of Maine at Augusta (UMA) Dental Hygiene Program, which provides this opportunity for its students.

[Learn More About the Program](#)

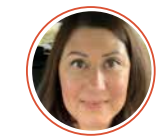


Program Expansion is a Priority in 2023

As the need for our three flagship programs grows stronger, so does our commitment to expand their impact. Lunder-Dineen is actively looking for new health care sites to join each program in 2023. It is an opportunity to access free training while learning as an interprofessional team, enhance standards of care, and engage staff to add new skills and knowledge to their practice. Customizations of the model are available based on each organization's needs.

Welcome to New Lunder-Dineen Team Members

In 2022, Lunder-Dineen added two new team members who are helping our initiative make a bigger impact. Tara Wilson, BS, is our Health Education Program Specialist and Lissette Velez-Cross, BA, is our Program Coordinator. Welcome and thank you for your expertise!



Tara M. Wilson, BS



Lissette Velez-Cross, BA

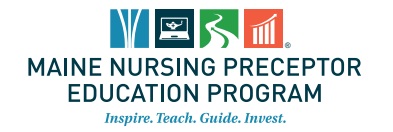


New Website Matches Our Expanding Resources

As we create more resources for health care professionals, care partners and the public, it is important to make that information accessible. In 2022, Lunder-Dineen launched a new and expanded website that offers a better user experience and provides clear pathways to resources.

New Practice Sites to Pilot Nursing Education

Two new practice sites will help Lunder-Dineen pilot and measure new facets of the Maine Nursing Preceptor Education Program in 2023. A hospital in New York will help determine how the program aligns with the educational needs of nurses who are out-of-state. And a hospital in Maine will help us determine how to support certified nursing assistants (CNAs) that often serve as preceptors to other CNAs.



Resource on Oral Health and Your Body

In 2023, Lunder-Dineen is proud to partner with CareQuest Institute for Oral Care on a new resource around oral health and its impacts on the human body. In the coming months, our team will make this resource available on our website.



[Learn More About CareQuest](#)

Lunder-Dineen Co-Chair Receives Living Legend Award

In October 2022, Jeanette Ives Erickson, RN, DNP, NEA-BC, FAAN, was named a Living Legend by the American Academy of Nursing. Dr. Ives Erickson has more than 50 years of experience in the nursing field, has served more than 20 years at Mass General, and is currently Chief Nurse Emerita.



[Read the Press Release](#)

PROGRESS MADE.

CHALLENGES REMAIN.

COMMITMENT SHARED.

In the 10+ years since Lunder-Dineen was founded, the state of health care in Maine is headed to a stronger place.

Yet some notable barriers are still there. There are still workforce shortages across key areas in health care, such as nursing. Maine is still the oldest state in the nation, with a surge of Baby Boomers headed to retirement age. Maine's expansive geography provides a big hurdle for clinicians to access education and individuals to access care. Broad public health issues still need systemic solutions, such as substance use disorders and culturally competent care for a growing number of diverse new Mainers. And of course, future challenges are sure to emerge.

All those reasons are why Lunder-Dineen and our education are still critical. Our three flagship initiatives continue to provide groundbreaking tools and guidance. They promise to grow and evolve with Maine and support clinicians on the front lines of health care. Our team shares their commitment to create better health for our residents.

Health Education is Powerful Medicine

Our work proves that education is a core part of the solutions to public health challenges. And with the Slavin Academy platform and the guidance of leaders across the state, Lunder-Dineen has a blueprint to expand our work in Maine. All we need is YOU.

There are several ways you can get involved and help advance our mission. We invite you to join us.

Sign Up for
Our Newsletter

Sign Up 

Join One of Our
Three Flagship Programs

Learn More 

Support
Our Work

Support Us 





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