

TIME TO ASK

Education that Transforms Conversations About Alcohol Use

Alcohol is the number one misused substance in Maine. Despite its prevalence, most health care professionals receive very little education in alcohol use and how to engage in conversations with patients and families about the short- and long-term consequences of unhealthy alcohol use. The Time to Ask initiative helps primary care teams gain the comfort, confidence, knowledge, skills, and attitudes to properly identify, assess, and recommend treatment for patients affected by unhealthy alcohol use. It has delivered:

- 330+ professionals trained
- 15 participating practices
- 8 faculty-led workshops
- 40+ in-person consultation sessions
- 39,000+ patients served

Program Impact:

- Interprofessional team members learned what we intended;
- Program was well-received across professions;
- Program sites implemented practice changes;
- 70% - The majority of program participants indicated that they would apply the information they learned as part of the training in their role at the practice;
- Providers indicating that they know how to counsel individuals about alcohol use over the long term increased nearly 3-fold from 23% at baseline to 58% after implementation.

To see the full Phase 1 evaluation report visit:
https://lunderdineen.org/sites/default/files/TTA-Program-Evaluation-Final-Report-5_21.pdf

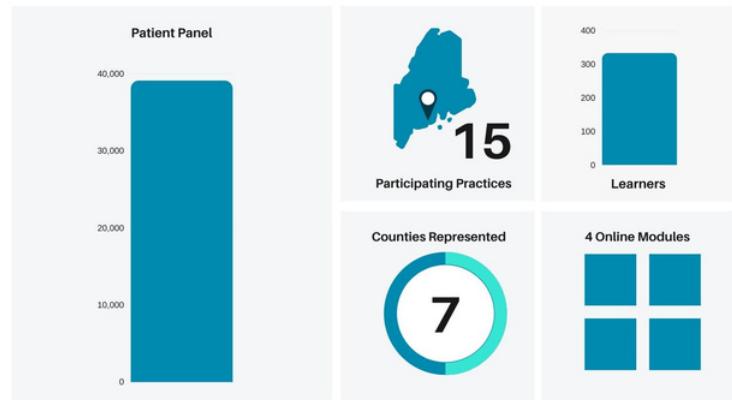
To Support Us:

Time to Ask is working to solve a major public health challenge in Maine. This is not a quick fix. And in Maine, we know about commitment and resilience. We want to get this job done right and see a healthy Maine now and for generations to come.

With your support we can:

- Bring this program to more primary care practices across Maine
- Expand educational materials and innovative (virtual) delivery models
- Explore bringing the program to additional audiences needing this information

Please contact Bob O'Brien RHOBRIEN@PARTNERS.ORG for information about how you can support this important work.



Carol Carew, the CEO of Bucksport Regional Health Center in Maine, a pilot site for program implementation, knew there was an alcohol problem in her community and wanted her team to have the tools to address it.

“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, exploring the impact of alcohol on overall patient health and the health of our community, and offering solutions.”



Carol’s team is now committed to asking every patient at every visit about alcohol use.

– Carol Carew, RN, BSN, MBA, CEO
 Bucksport Regional Health Center in Maine



September 2020 marked the 10-year anniversary of the Lunder-Dineen Health Education Alliance of Maine. Over the past decade, the Lunder-Dineen team has taken a noble vision and turned it into a thriving, expanding initiative. A key part of that success is an amazing partnership between Massachusetts General Hospital, the Lunder Foundation and the health care community in Maine.

The initiative started with a vision from the Lunder family and Lunder Foundation to improve the health and well-being of Maine residents by providing high-quality, continuing health education to Maine health professionals and the communities they serve. In line with its history and teaching mission, Mass General committed to help its neighbors from the north and lend its expertise in teaching and education. Yet it also made a commitment to learn from Maine and create education that is tailored to the fabric of health care delivery at the local level.

Throughout the initiative, Lunder-Dineen built lasting relationships with frontline clinicians, administrators, and policy makers. It created trust and collaboration that molded an interprofessional, statewide approach to health education. Over 10 years, the Lunder-Dineen Team spent countless hours all across Maine meeting with health care experts and practices.

- **150+** stakeholder meetings
- **2,300** health profession learners
- **100,000+** miles traveled on roads in Maine

Lunder-Dineen shaped three innovative health education programs that support frontline health care professionals in Maine. These programs offer interprofessional training that helps improve care for Maine residents. Many people invested tireless work over 10 years to concept and build these programs. The Lunder-Dineen team convened three, statewide Advisory Teams to share best practices, develop curricula, deliver training, and bring these programs come to life. These volunteer teams include experts from academia, frontline practices, health systems, and more.

The programs also received volunteer guidance from experts across Mass General. It involved executives and clinical experts from Nursing and Patient Care Services, the Norman Knight Nursing Center, the Yvonne L. Munn Nursing Center, Home Base Program, Research Recovery Institute, the Institute of Health Professions and many more centers and departments. They shared knowledge on clinical care, education, technology, development, and much more.

Lunder-Dineen led a multiyear, statewide effort to build and launch our education programs. They now actively benefit health care professionals and residents in Maine every day. It is a proven model to create sustainable, education-based solutions to public health challenges.