



MPCA 2019 Annual Conference "Heading into 2020: A Clear Vision for Maine's Health"

Each October, Maine Primary Care Association (MPCA) convenes one of the state's largest gathering of health care professionals at its annual conference. Now in its 25th year, the 2019 conference, "Heading into 2020: A Clear Vision for Maine's Health," will focus on aligning efforts with stakeholders across the state to set a clear vision for partnership and outcomes on Maine's most pressing health concerns.

Our sessions will address critical and time-sensitive topics involving payment and care delivery re-design, trauma-informed care, opioids, immunization and geriatric health care. Recognizing that these issues cannot be solved by one group alone, this conference will highlight change through policy and high-level systems efforts in partnership with community organizations and state partners. Maine's Community Health Center Network is an integral part of any solution, and this conference is intended to bring people together to learn national and state level policy updates, as well as best practices for how we can partner to help make – and keep - Mainers healthy going into 2020 and beyond.

You won't want to miss this opportunity to connect with our Community Health Center Network, which includes health center leadership, clinicians, financial and other staff, as they gather to learn, network and engage with their peers from across Maine.

Tuesday, October 15, 2019

4:30 PM – 7:30 PM MPCA Board of Directors Meeting (closed session – MPCA Board Members & guests)

Wednesday, October 16, 2019

8:15 AM – 9:00 AM Registration and Breakfast

8:50 AM – 9:00 AM Welcome: Darcy Shargo, CEO, Maine Primary Care Association

9:00 AM – 10:15 AM Keynote: The Healthcare Landscape in the Era of Full Accountability

In order to remain successful in the future, FQHCs will need to adapt to a healthcare system that is transitioning away from fee for service and moving towards alternative payment models. In this session, **Grischa Metlay, PhD, Senior Strategic Payment Model Domain Expert, MITRE Corporation**, will provide an overview of the national APM landscape, discuss opportunities for Maine FQHCs to participate in alternative payment models, and describe the experiences of ones that are already doing so. Dr. Metlay will highlight how participation in APMs can promote team-based care delivery, better enable FQHCs to engage patients and address social determinants of health and ultimately improve health outcomes for patients.

10:15 AM – 10:45 AM Break – Visit our Sponsors & Exhibitors and get your card stamped!

10:45 AM – 12:00 PM A Vision for Healthy Aging - Increasing Competency for Older Adult Primary Care, in the Clinic and in the Community

According to the U.S. Census, Maine is the oldest state in the nation, with nearly 20% of our population being 65 or older. **Amy Madden, MD, Clinical Medical Director, HealthReach Community Health Centers** will discuss how we can work within our health systems to improve the care of older adults and meet the future needs of Maine's aging population. Dr. Madden will address how FQHCs can be leaders in comprehensive healthcare for older adults, in collaboration with community partners, to assess gaps in care and deliver resources, as she shares the results from HealthReach Community Health Center's year-long geriatrics learning collaborative, highlighting the role of primary care in a new vision of quality, whole-person health for older adults.

12:00 PM – 2:00 PM Lunch & Clinical Awards Ceremony (starts at 12:30 PM)

Welcome: MPCA Board President

Master of Ceremonies: Bryan Wyatt, Director of Policy & Communications, MPCA



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2:00 PM – 3:00 PM **Vision for Maine's Health Care Future**

The Honorable Governor Janet T Mills (invited) will deliver a keynote address in order to lay out her vision for Maine's health care moving into 2020.

3:00 PM – 3:30 PM **Break – Visit our Sponsors & Exhibitors and get your card stamped!**

3:30 PM – 4:30 PM **NACHCs Vision for 2020**

In this session, **Colleen Meiman, Senior Policy Advisor, NACHC**, will discuss critical policy updates in areas that impact CHC finance and operations. Ms. Meiman will also share the emerging vision that NACHC has for the next iteration of the community health center model, and what is happening at the federal level to facilitate movement toward that model.

4:30 – 5:30 PM **PSO Gathering (closed session – MPCA member CHCs)**

7:00 – 9:00 PM **Movie Showing: *CODE BLUE – Redefining the Practice of Medicine* followed by Q&A with Dr. Saray Stancic, who is presenting during tomorrow's Clinical Education Track 1932 Criterion Theatre, 35 Cottage St, Bar Harbor**

CODE BLUE follows a passionate physician, Dr. Saray Stancic, as she reflects upon her journey from a multiple sclerosis diagnosis to wellness through her own adoption of lifestyle medicine. Dr. Stancic introduces us to expert physicians and scientists who are paving the way to make meaningful and necessary change in our healthcare environment, and in turn, empowering audiences to stand up and reclaim control of their health.

Through the lens of filmmaker Marcia Machado, *CODE BLUE* reveals lapses in the current state of medicine and provides a common sense solution by featuring the practice of lifestyle medicine to prevent, manage and reverse chronic diseases. The film presents the hurdles to the proposed shift: antiquated curricula in medical schools, confusion in the media, inadequate government policies, and the underlying influences of the pharmaceutical and food industries.

Trailer: <https://www.codebluedoc.com/>

Thursday, October 17, 2019

8:30 AM – 3:30 PM **Clinical Education Track**

8:30 AM – 11:30 AM **Lifestyle Medicine: The Common Sense Solution to the Chronic Illness Epidemic**

This presentation will focus on primary care strategies and common sense solutions featuring the practice of lifestyle medicine in Primary Care. Lifestyle Medicine involves the use of evidence-based therapeutic approaches, such as a nutrition, exercise, stress management, tobacco and alcohol cessation and other non-drug modalities, to prevent, treat, and potentially reverse chronic disease. **Saray Stancic, MD, Founder, Stancic Health and Wellness, LLC**, will describe her experience as a patient and physician over more than 20 years, and the scientific evidence which irrevocably changed her approach as a practicing Infectious Disease Specialist to one that is focused on the clinical practice of Lifestyle medicine.

In sharing both personal and professional experiences Dr. Stancic will review pertinent peer reviewed medical literature supporting and substantiating the power of lifestyle medicine in preventing, managing and reversing chronic illness. She will present the obstacles to a shift in the culture of current day clinical medicine from disease management to health promotion and prevention. Dr. Stancic will offer lessons learned, practical tools, and communication strategies for engaging patients to implement positive change.



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Targeted Audience: Medical Directors, Clinical Staff, Dental Directors, Dental Staff, Behavioral Health Providers, Practice Managers

1:30 – 3:30 PM Patient Safety Organization Deep Dive – Addressing the Risks

In this workshop, **Carol Clark, BSN, RN, MJ, Patient Safety Analyst/Consultant, and Cara Wzorek, MA, CPASRM, MWC, Program Manager, Ambulatory Risk Management Services, ECRI Institute**, will preview ECRI Institute PSO's upcoming Deep Dive™ on addressing risks in ambulatory care settings. Based on an aggregated analysis of 4,300+ events, this in-depth report serves as a catalyst for discussion among healthcare leaders. Specific risks that will be covered include diagnostic testing, medication safety, falls, and safety and security.

Targeted Audience: Medical Directors, Clinical Staff, Dental Directors, Dental Staff, Behavioral Health Providers, Practice Managers

8:30 – 11:30 AM Trauma Informed Dental Care

Dental patients with a history of traumatic and adverse experiences are more likely to engage in negative health habits and to display fear of routine dental care. The Trauma-Informed Care framework and approach can guide dental care provider interactions with many types of traumatized patients, including those who choose not to disclose their trauma history in the context of oral health care¹.

This interactive session, led by **Jenn McCarthy, EdD, MEd, MS, LCPC, Senior Program Coordinator, HealthCentric Advisors**, will provide an overview of the trauma-informed care approach and practical implementation strategies, highlighting the basics of establishing a trauma informed approach, including concept of universal precautions for trauma, and identifying strategies participants can apply to create a more trauma informed practice.

¹Raja, S., Hoersch, M., Rajagopalan, C. & Chang, P. (2014). Treating patients with traumatic life experiences: Providing trauma-informed care. *Journal of the American Dental Association*, 145(3), 238-245.

Targeted Audience: Dental Directors, Dentists, Practice Managers, Hygienists, Dental Assistants

8:30 – 11:30 AM Moving into the Future: FQHC Alternative Payment Models from Two New England States

Value-based care and Alternative Payment Models (APMs) are the future of health care. Yet the switch from volume or service-based payment to value or outcome-based payment is a significant transition, especially for community health centers (CHCs) that operate in Medicaid expansion states like Maine and that are facing an influx of new patients who were previously uninsured. How to move from the current Prospective Payment Systems (PPS) into APMs is still unclear for many CHCs.

During this workshop, **Mary Dowes, CPA, Senior Manager, BerryDunn**, in conjunction with **Georgia Maheras, Vice President, Policy and Strategy, Bi-State Primary Care** and **Michael Costa, Chief Executive Officer, Northern Counties Health Care (formerly of the VT. State Medicaid Office)**, will explore the experience of the development of FQHC APMs in New Hampshire and Vermont through a collaborative process. Ms. Dowes and team will describe two different approaches to developing FQHC APM models in two New England states with very different healthcare landscapes, identifying potential consequences to FQHC payment and on State resources and highlighting strategies for Maine CHCs to consider in the development of an APM.

Targeted Audience: CEOs, CFOs, CIOs, Financial Directors, HIT Directors, Operations Staff



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12:15 – 1:15 PM **Lunchtime Discussion: Perspectives on the Opioid Crisis - A Discussion on Use and Misuse**

Please join us for this important panel discussion, moderated by **Christopher Pezzullo, DO, Clinical Director at MPCA**, concerning the current landscape of New England's opioid epidemic. Joining us will be **Gordon Smith, JD, Director of Opioid Response, State of Maine**, **Dr. Noah Nesen, Chief Medical Officer, PCHC** and **Alane O'Connor, DNP, Maine-Dartmouth Family Medical Residency**. They will discuss their experiences navigating this complex public health crisis and their vision for how we move forward, followed by a Q&A discussion with our conference community.

Targeted Audience: All Attendees

1:30 – 3:30 PM **Infectious Disease and Vaccine-Preventable Illness: Responding to the Maine's Changing Landscape**

Nirav Shah MD, Director, Maine Center for Disease Control, will present the latest updates on Maine's infectious disease statistics. Dr. Shah will share what the MeCDC identifies as emerging risks and discuss recommendations for prevention and control, as well as outbreak response. This presentation will also include an update on state and national policy issues related to infectious disease that have direct impact on Community Health Centers.

The second part of this session (**Speaker TBD**) will address updates to Maine's immunization laws and what these new laws mean for Community Health Centers (CHCs) and their patients. He/She will share best practices for vaccine-preventable illness outbreak response, including policies to help CHC's understand the systems that respond to outbreaks in Maine. Methods will be shared to address vaccine hesitancy to ensure higher immunization rates while retaining relationships with patients and also identifying patients to whom they should reach out, and consider the need for screening at other types of appointments at an integrated practice (i.e. dental and behavioral health appointments).

Targeted Audience: CEOs, Operations Directors, Medical Directors, Clinical Staff

1:30 PM – 3:30 PM **Building a Business Resilient Health Center**

When a health center experiences data loss or other disasters, the disruption affects more than just the bottom line. It affects patient care, community relationships and the security of patient data. It affects the center's legal liabilities, especially if a loss puts patients' health at risk. Losses can be expensive and can undermine the reputation of the health center. Business resilience means that an organization is prepared to keep running during disasters and return to operations after the disruption has ended.

In this workshop, **Adam Bullian, JD, Bullian Consulting, LLC**, will define business resiliency in terms of cybersecurity, business continuity and disaster recovery. He will explain the business impact and implications of downtime, cybersecurity incidents or general unavailability of people, process and technology and outline the necessary steps to creating the Resiliency Plan – how to integrate risk, cybersecurity, disaster recovery and business continuity into a cohesive plan.

Targeted Audience: CEOs, CFOs, CIOs, Financial Directors, HIT Directors, Operations Staff