

## **Sara S. Kahn-Troster**

[sara.kahntroster@maine.edu](mailto:sara.kahntroster@maine.edu)  
University of Southern Maine  
PO Box 9300, 34 Bedford St.  
Portland, ME 04104-9300  
207-780-5803

### **Professional Experience**

#### **2015 – present Cutler Institute for Health & Social Policy and the Maine Rural Health Research Center, Muskie School of Public Service, University of Southern Maine, Portland, ME.**

Policy Associate (2017-present). Previous roles: Research Associate (2016- 2017); Research Analyst (2015-16):

Provides leadership and management to policy analysis, program evaluation, and applied research projects within the Maine Rural Health Research Center and the Cutler Institute for Health & Social Policy, including the Flex Monitoring Team and the Maine Health Access Rural Health Transformation Grants Program Evaluation. Responsible for developing and directing small to medium sized projects and for making project design, substantive, and analytic contributions to more complex projects. Activities include conceptualization of project design, identification of funding opportunities and proposal development; design and execution of methodological and analytic work plans; negotiation and management of contracts with consultants and subcontractors; identification of data sources to address rural health policy concerns; analysis and interpretation of data; and assurance of the quality and integrity of work conducted by project team members and subcontractors. Frames policy implications and disseminates project findings via presentations, policy briefs and published peer-reviewed articles. Supervises research analysts and graduate students.

#### **2013 – 14 Muskie School of Public Service, University of Southern Maine, Portland, ME.**

Graduate Assistant, Portland Public Health Cross-Jurisdictional Sharing Project: Gathered feedback from regional listening sessions. Updated data tables and charts detailing regional usage of Portland Public Health services, as well as updated town and county health care usage fact sheets. Assisted with report writing. Funded by the Robert Wood Johnson Foundation.

#### **2013 Division of Elder Care Services: MaineHealth, Portland, ME.**

Summer Intern: Developed patient listening sessions for the MaineHealth Accountable Care Organization Patient Advisory Council, including creation of session guide. Created transcripts of and prepared session discussion summaries. Drafted final report.

#### **2012-13 Muskie School of Public Service, University of Southern Maine, Portland, ME.**

Graduate Assistant, Maine Rural Health Research Center: Conducted literature review on Medicaid expansion and newly eligible populations. Collected historical and national state policy data on Medicaid waiver activity.

**2006-08      The Jewish Guild for the Blind [now Lighthouse Guild], New York, NY.**

Research Associate, Development Office: Researched prospective donors and foundations. Wrote and edited grant proposals and reports. Provided ongoing research support to the Executive Office.

Research Assistant, Executive Office: Researched new programs and healthcare initiatives and produced summary reports.

**Publications**

- 2021**      Jewell, C., Kahn-Troster, S., & Gale, J. *Promising Flex Program Initiatives to Support Critical Access Hospitals during the COVID-19*. University of Southern Maine, Flex Monitoring Team; April 2021. Policy Brief #59.
- Gale, J., Jewell, C., Kahn-Troster, S., & First, N. *Evaluation of the Use of Critical Access Hospital [CAH] Cohorts for Quality Improvement Activities*. University of Southern Maine, Flex Monitoring Team; March 2021. Policy Brief #58.
- Gale, J., Kahn-Troster, S., Croll, Z., First, N. *Monitoring State Flex Program Financial and Operational Improvement Activities*. University of Southern Maine, Flex Monitoring Team; March 2021. Policy Brief #55.
- 2020**      Pearson, K. B., Gale, J, Kahn-Troster, S. *Implementation of Flex EMS Supplemental Funding Projects: Year One Activities*. University of Southern Maine, Flex Monitoring Team; October 2020. Briefing Paper # 47.
- Gale J, Croll Z, Jonk Y, Kahn-Troster S, Pearson K. *Supporting CAHs during the COVID-19 Pandemic: Summary Results of a Survey of State Flex Coordinators*. University of Southern Maine, Flex Monitoring Team; October 2020. Policy Brief #54.
- Gale J, Croll Z, Jonk Y, Kahn-Troster S, Pearson K. *Supporting CAHs during the COVID-19 Pandemic: Results of a Survey of State Flex Coordinators*. University of Southern Maine, Flex Monitoring Team; September 2020.
- Gale J, Kahn-Troster S, Pearson K, First N. *Addressing Opioid Use in Rural Communities: Examples from Critical Access Hospitals*. University of Southern Maine, Flex Monitoring Team; August 2020. Briefing Paper #46.
- Gale, J, Croll, Z, First, N, Kahn-Troster, S. *Provision of mental health services by critical access hospital-based rural health clinics*. University of Southern Maine, Flex Monitoring Team; June 2020. Briefing Paper #45.
- Gale, J, Kahn-Troster, S, Croll, Z, First, N. *Engaging Critical Access Hospitals in Addressing Rural Substance Use*. University of Southern Maine, Flex Monitoring Team; June 2020. Briefing Paper #44.
- 2019**      Gale J, Kahn-Troster S, Coburn A. *Implementation and Early Results of the Flex Program's Innovative Models Program Area*. University of Southern Maine, Flex Monitoring Team; March, 2019. Briefing Paper #42.

- 2018** Kahn-Troster S, Gale J, Hansen A, Coburn A. *An Interim Evaluation Report of the Innovative Projects Portfolio of the Medicare Flex Grant Program*. Flex Monitoring Team, University of Southern Maine; January, 2018. Briefing Paper #37.
- 2017** Pearson, K., Gale, J., Kahn-Troster, S., Coburn, A. *State Flex Program rural emergency medical services assessment strategies*. University of Southern Maine, Flex Monitoring Team; November, 2017. Policy Brief #46.
- Kahn-Troster, S, Burgess A, Coburn, A. *Innovations in Rural Health System Development: Federally Qualified Health Center Initiatives*. University of Southern Maine, Maine Rural Health Research Center; September, 2017.
- 2016** Kahn-Troster S, Coburn A. *Innovations in Rural Health System Development: Governance*. University of Southern Maine, Maine Rural Health Research Center; November, 2016.
- Kahn-Troster S, Coburn A. *Innovations in Rural Health System Development: Moving Rural Health Systems to Value-Based Payment*. University of Southern Maine, Maine Rural Health Research Center; November, 2016.
- Kahn-Troster, S, Burgess, A, Coburn, A, et al. *Maine Rural Health Profiles*. University of Southern Maine, Muskie School of Public Service, Maine Rural Health Research Center; September 2016.
- 2015** Kahn-Troster, S, Sheedy, K. *State Community Health Worker Models*. Summary Chart: <http://www.nashp.org/state-community-health-worker-models-3/>

## **Presentations**

- 2019** “Catalyzing Innovation in Maine’s Rural Health Care System.” Annual Conference, New England Rural Health Association.
- 2019** “Monitoring the Impact of State Flex Programs.” Presented with J. Gale at the Flex Reverse Site Visit, Washington, DC.
- 2017** “Lessons from the Flex States’ Integration of Innovative Health Care Models Program.” Annual Conference, New England Rural Health RoundTable.

## **Education**

### **M.P.H. Public Health, 2015**

Muskie School of Public Service, University of Southern Maine, Portland, ME.  
Capstone: *State Community Health Worker Models*. A collaboration with the National Academy for State Health Policy.

**M. Phil.**      **History, 2005**  
**M.A.**          **History, 2004**  
Fordham University, Graduate School of Arts and Sciences, Bronx, N.Y.

**B.A.**          **History and Latin, 2001**  
Brandeis University, Waltham, Mass.  
▪*Summa cum laude*, with high honors in History and Latin

**Professional Organizations**

*Maine Public Health Association, 2020-present*

*New England Rural Health Association, 2017-present*