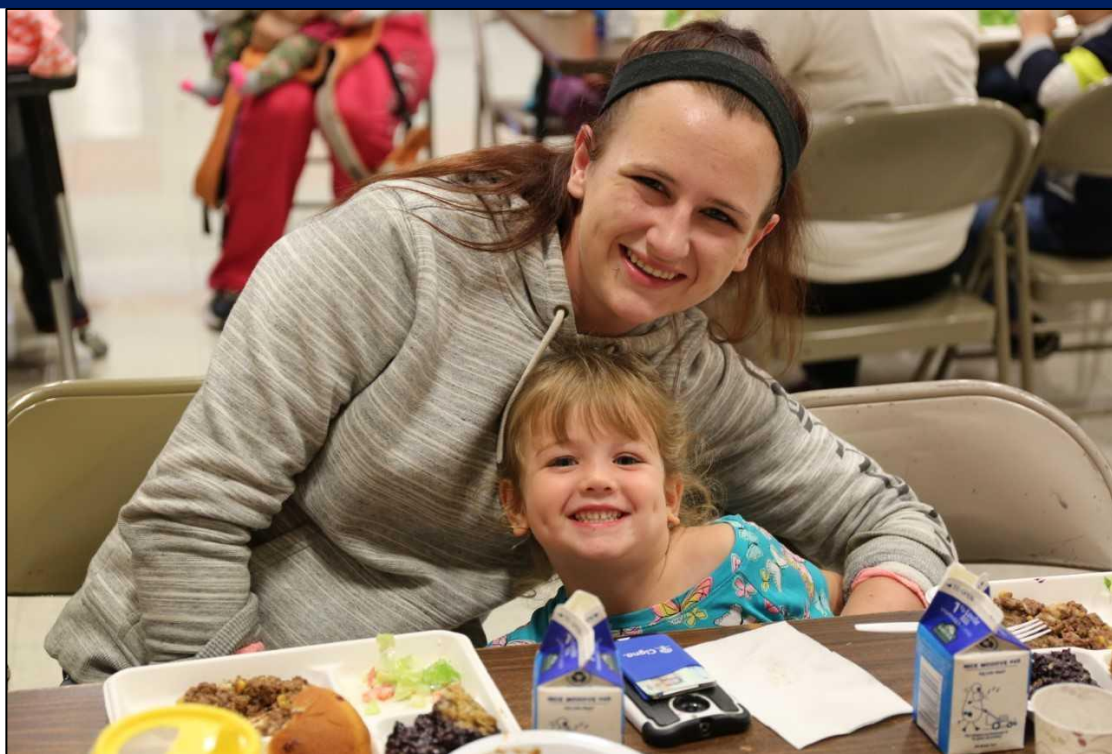


2018

Head Start - Snapshot Report



Miranda and Winter (Waldo Community Action Partners)

Nena Cunningham Ed.D.
Department of Education

“Serving over 32 million children and their families since 1965.” – Office of Head Start, July 2018



Dear Maine Community,

The Maine Head Start Directors’ Association (MHSDA) and the Maine Head Start State Collaboration Office (MHSSCO) are pleased to share our Snapshot Report on Head Start and Early Head Start in Maine communities.

For over 50 years, Head Start has provided services to support the healthy development of Maine’s most vulnerable children and their families. The model, developed in 1965 to provide preschool children with a “head start,” is synonymous with a focus on school readiness. Informed by the known effects of poverty on child well-being, the initial comprehensive services program design provides services that support early education as well as health, nutrition, mental health, social and family support services. With the emergence of research on the importance of learning and development in the early years and the increased numbers of children and families living in poverty, Head Start is even more relevant today.

In Maine, there are eleven Head Start grantees that operate 24 programs, with 240 classrooms. The federal government provides 80% of the annual cost to operate Head Start programs with the remaining 20% coming from matching contributions. The State of Maine provides a small amount of funding allowing programs to serve additional children and families. The information presented in this report illustrates the unique features of the Head Start program, how our efforts are aligned and connected, and how we support the broad goal of increased investment in high quality early care and education in Maine.

As an early care and education partner concerned with the healthy growth and development of Maine’s citizens, Head Start continues to make vital contributions to the early care and education system in Maine. As Maine continues to build a comprehensive early childhood system, Head Start has a critical role to play. Collaboration among early care and education programs is necessary to achieve greater access to high quality programs. Although there is no single agency that can meet all the diverse needs affecting low-income families, Head Start has a long and successful history in Maine of demonstrating effective outcomes for participating children and families. It is our hope that the Maine Head Start Snapshot Report will contribute to the work in Maine by providing this information to our citizens and decision makers.

Sincerely,

Dianne Nelder LCSW
Director, Community Concepts, Inc.
Chair, Maine Head Start Directors’ Association

Nena Cunningham Ed.D.
Director, Head Start State Collaboration Office
Maine Department of Education

Grantee Service Regions

Aroostook County Action Program

County served: Aroostook
 P.O. Box 1116, 771 Main Street
 Presque Isle, ME 04769
 (O) 768-3045 ext. 670 or 554-4170
 (C) 768-0745 (F) 768-3022
 Sue Powers, Director
spowers@acapme.org

DownEast Community Partners

Counties served: Hancock & Washington
 P.O. Box 648, Ellsworth, ME 04605
 (O) 610-5163
 (C) 266-8047 (F) 667-2212
 Melissa Mattes, Director
Melissa.Mattes@DowneastCommunityPartners.org

Community Concepts, Inc.

Counties served: Oxford & Franklin
 17 Market Square, South Paris, ME 04281
 (O) 739-6516 (F) 739-6672
 Dianne Nelder, Director
DNelder@Community-Concepts.org

Kennebec Valley Community Action Program

Counties served: North Kennebec & Somerset
 97 Water Street, Waterville, ME 04901
 (O) 859-1616 (C) 514-6446
 Tracye Fortin, Child & Family Services Director
tracyef@kvcap.org

Midcoast Maine Community Action

Counties served: Sagadahoc, Lincoln & Greater Brunswick
 34 Wing Farm Parkway, Bath, ME 04530
 (O) 442-7963 ext. 214 (F) 443-7447
 Ivory Mills, Acting Director
Ivory.Mills@mmcacorp.org

The Opportunity Alliance

County served: Cumberland
 50 Lydia Lane, South Portland, ME 04106
 Louise Marsden, Director
 (O) 553-5823 (F) 874-1155
louise.marsden@opportunityalliance.org
 Michelle Flechtner
 (O) 553-5810 (C) 450-6499
michelle.flechtner@opportunityalliance.org

Penquis Community Action Program

Counties served: Penobscot, Piscataquis & Knox
 P.O. Box 1162, Bangor, ME 04402
 (O) 973-3616
 (C) 745-2082 (F) 973-3699
 Heidi LeBlanc, COO
hleblanc@penquis.org
 Mary Lynn Hersey, Director
MHersey@penquis.org

Promise Early Education Center

County served: Androscoggin
 269 Bates Street, Lewiston, ME 04240
 (O) 795-4040 ext. 316
 (C) 713-8445 (F) 795-4044
 Betsy Norcross Plourde, Director
bplourde@promiseearlyeducation.org

Southern Kennebec Child Development Corporation

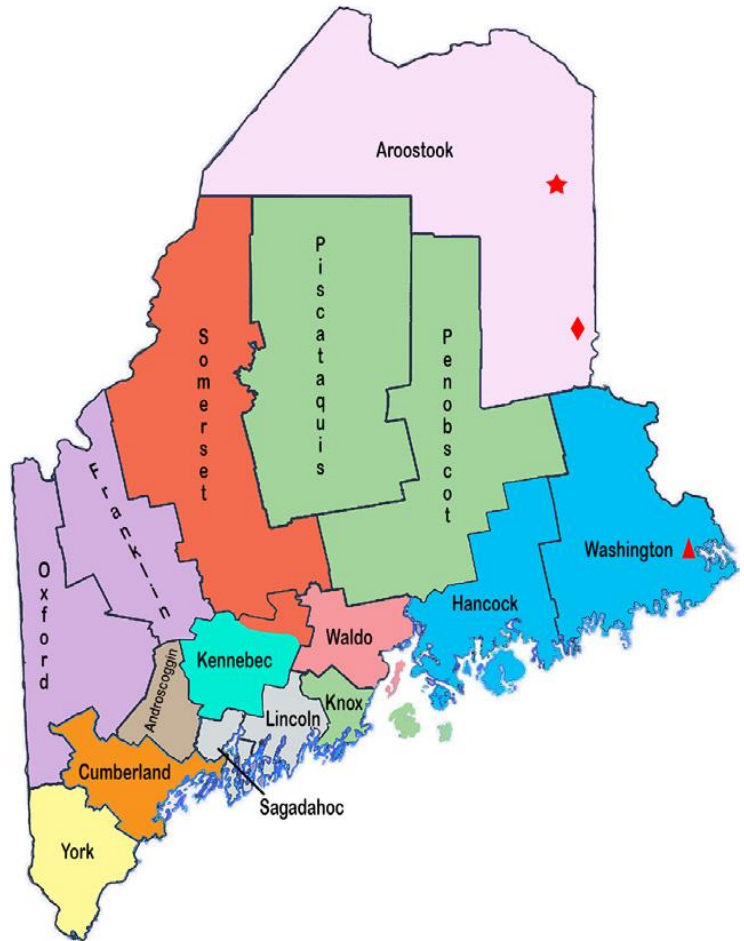
County served: Southern Kennebec
 337 Maine Avenue, Farmingdale, ME 04344
 (O) 582-3110 ext. 22
 (C) 462-9459 (F) 582-3112
 Cristina Salois, Director
cristina.salois@skcdc.org

Waldo County Community Action Partners

County served: Waldo
 P.O. Box 130, Belfast, ME 04915
 (O) 338-3827 ext. 203
 (C) 505-1465 (F) 338-4437
 Jessie Francis, Director
JFrancis@waldocap.org

York County Community Action Corporation

County served: York
 6 Spruce Street
 P.O. Box 72, Sanford, ME 04073
 (O) 324-5762
 (F) 324-4197
 Michelle Fleagle, Director
michelle.fleagle@yccc.org



Tribal Programs

★ **Little Feathers Head Start Aroostook Band of Micmacs**
 Area served: Houlton and Presque Isle
 13 Northern Road, Presque Isle, ME 04769
 (207) 768-3217
 Tammy Deveau, Director
tdeveau@micmac-nsn.gov

◆ **Maliseet Head Start**
 Area served: Houlton
 1 Maliseet Drive, Houlton, Maine 04730
 (207) 521-2410
 Tracie Botting, Director
tbotting@maliseets.com

▲ **Passamaquoddy Head Start**
 Area served: Perry
 P.O. Box 344, Perry, ME 04667
 (207) 853-4388
 & (207) 454-2128
 Betty Lewey, Director
passamaquoddyheadstart@roadrunner.com

Head Start Matters

Comprehensive Approach

“Head Start was the first early intervention program providing services to those with established risks including families living in poverty, experiencing homelessness, and children in the child welfare system”

-Brekken and Corso, 2009

When Head Start was first launched in 1965, the idea of providing comprehensive health, nutrition, and education services to children in poverty was revolutionary, if not radical. The Head Start model, developed over the decades, has been built on evidence-based practices and is constantly adapting - using the best available science and teaching techniques to meet the needs of local communities.

The Whole Child & Whole Family

Head Start supports families facing difficult circumstances and seeks to mitigate obstacles to learning in the early years. What makes the whole child and whole family model so powerful? By helping families who are struggling with poverty and other socio-economic challenges achieve their goals for education, employment, and housing, Head Start plays a transformative role across two generations.

Head Start programs offer an ideal laboratory for the study of effective child development and learning. Children enter Head Start with serious socioeconomic disadvantages that can hold them back for life. The Department of Health and Human Services funds extensive research every year that reinvigorates practices, ensuring that programs meet children's needs by creating a deep understanding of how they learn and what supports healthy development.

What are the components of a Head Start program?

Head Start takes a *comprehensive approach* to meeting the needs of young children. There are four major components to Head Start:

- **Early Education:** Providing a variety of learning experiences to help children grow intellectually, socially, and emotionally.
- **Health/Nutrition:** Providing health services such as immunizations, dental, medical, mental health, nutritional services, and early identification of health problems.
- **Parent & Community Engagement:** Engaging parents/families in the planning and implementation of activities. Parents serve on policy councils and committees that make administrative decisions; participate in classes and workshops on child development; and volunteer in the program.
- **Social Services:** Provide outreach to families to determine what services they need.



*Remington, Connor, Lena, Aubrey, [Teacher Lorrin], Reilly
(Community Concepts)*

Fast Facts:



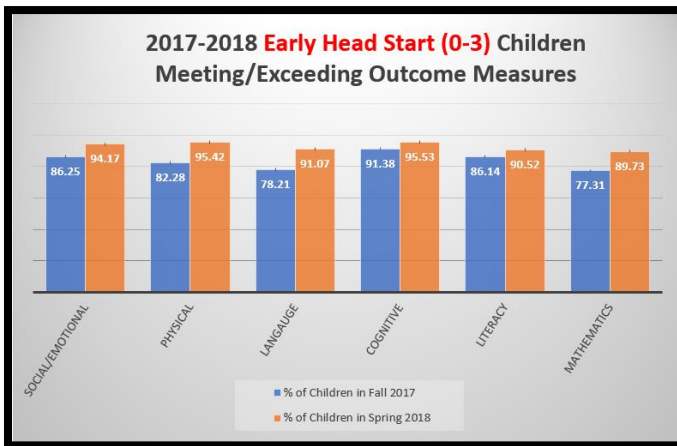
*Nadia, Zeinab
(Promise Early Education Center)*

Head Start Matters

Early Education

Increasing educational outcomes for children is a major goal within Head Start programs. In 2018, there were 3,928 children enrolled in Early/Head Start programs across the state. Over 600 (15%) of those children had Individualized Family Service Plans (IFSP) or Individualized Education Plans (IEP) in place through Child Development Services. In addition to those receiving services, 389 (10%) children were referred for special education

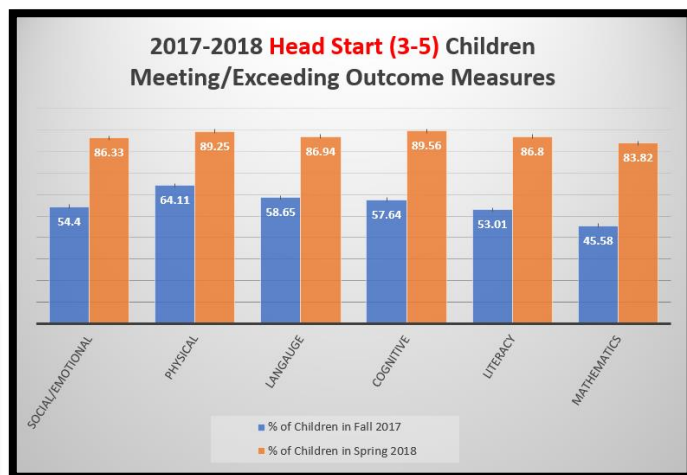
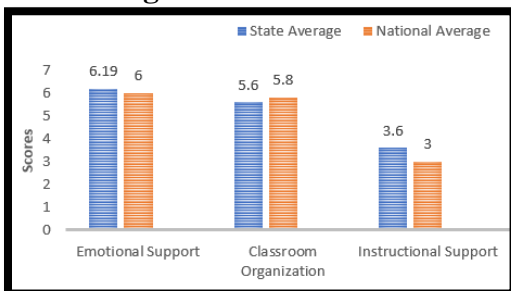
services upon entering the program. Despite the number of children with identified or yet to be identified special education services, Head Start and Early Head Start programs continue to display increased individual child outcomes, across all areas of development.



*Aspen
(Community Concepts)*

The Classroom Assessment Scoring System™ (CLASS) is an observational instrument used to assess quality in classrooms. In Maine, both Emotional and Instructional Supports were above the national averages.

Average State CLASS Scores



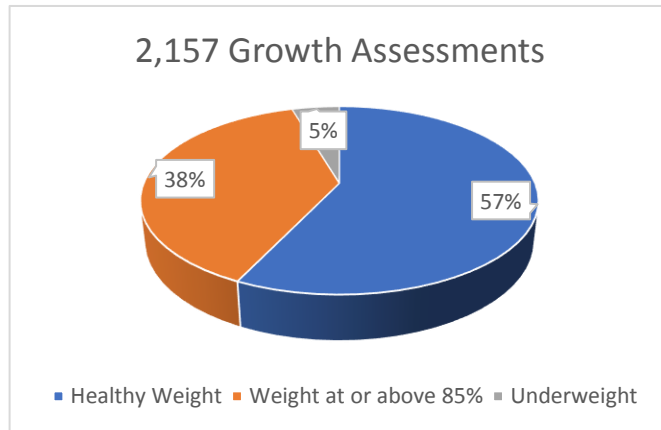
*10 Head Start programs provided child outcomes data

Head Start Matters

Health & Nutrition

Fast Facts:

Over the 2017-2018 school year, 2,157 growth assessments were completed on enrolled children. Of those, approximately 57% of children were at a healthy weight, while 38% were considered to be slightly overweight or obese, and 5% were underweight. Head Start programs continue to provide resources and parent education regarding the importance of physical health and well-being.



*Elijah, Hannah, Ingrid, Shyanne, Krista, Emma
(Southern Kennebec Child Development Corporation)*

Vision and hearing screenings are completed for all children enrolled in Head Start and Early Head Start programs. These screenings are often in collaboration with community partners and often lead to referrals for further external professional consultation. By the end of June 2018, there were 2,328 vision screenings completed with 185 referrals. Of those referrals, 120 completed additional follow-up with medical providers. By the end of June 2018, 2,302 hearing screenings were completed with 124 referrals. Of those referrals, 80 completed additional follow-up with medical providers.

Oral Health Services are available to enrolled children. In June 2018, there were 1,719 children who received oral health services throughout the state.



*Dr. Lake – Community Dental Program
(Educare Central Maine)*



Fast Facts:

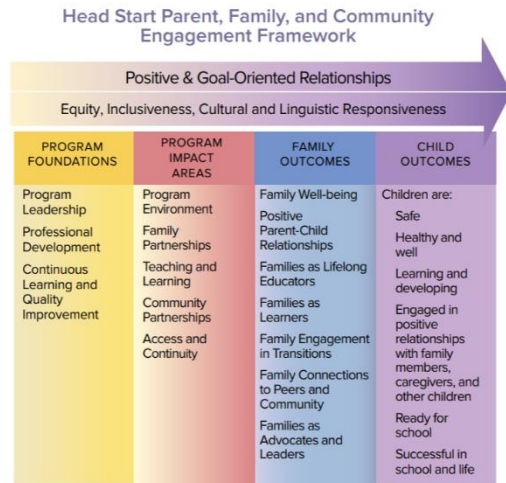
- Head Start programs promote community engagement activities throughout the state. Community members may include local fire fighters, librarians, volunteers, or even bankers. Community engagement is a critical aspect of the Head Start model.

Head Start Matters

Parent & Community Engagement

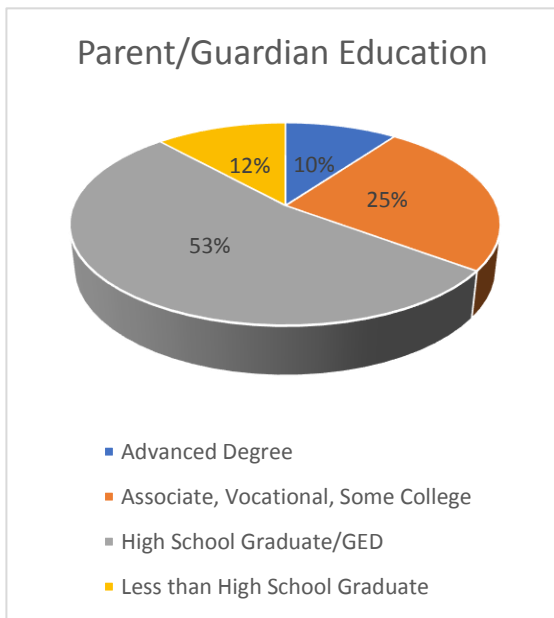


*Fire Fighter Eric, JJ, Dominick, & Matthew
(Penquis Community Action Program)*



National Framework, 2nd Edition 2018

- Head Start programs support families by partnering together as they develop individual goals. In 2017-2018, families who created individual educational goals reported growth over the year. This growth includes; completing high school or HiSET, enrolling in college, completing college courses, graduating from college, and completing a certificate program or specialized job training.



*Deanna, Danielle, & Darleen
(The Opportunity Alliance)*



Head Start Matters

Social Services

Fast Facts:

☀ Parents and families are supported in achieving their own goals, such as housing and financial security, mental health services, food security, and even housing, neighborhood and community safety. Families experience well-being when all family members are healthy, safe, and financially secure. When families face challenges in one or more of these areas, their ability to support child outcomes and school readiness can be affected.



Jesse, Sophia, Lizzie
(Kennebec Valley Community Action Program)

☀ Engaging families as active participants in problem solving can help family members identify and use their own strengths to address the challenges they face. Because Head Start and Early Head Start staff partner with families every day to raise resilient young children, they are in a unique position to link families to community supports, training, and information resources that can increase overall well-being.



[Teacher Tara], Jennifer, Elizabeth
(Aroostook County Community Action)

☀ The state's youngest children watched as adults participated in the November 2018 state elections. Many programs across the state provided educational activities in order for children to "Vote" on various topics.



Food Pantry - Rockland

☀ Food Pantries are located across Maine to reach families from York and Oxford to Washington and Aroostook counties. Food pantries are a source of free healthy and nutritious food in a neighborhood, and they often provide other critical resources such as nutrition education, health screenings, seasonal food baskets and back to school supplies. A community food pantry's mission is to directly serve local residents who suffer from hunger and food insecurity within a specified area. By partnering with local food pantries, Head Start programs can distribute food to families in need.

References

- U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, National Center on Parent, Family, and Community Engagement. (2018). *Head Start Parent, Family, and Community Engagement Framework*. Retrieved from <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/pfcea-framework.pdf>
- U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, Early Childhood & Knowledge Center. (2017). *2017-2018 program information report (PIR)*. [Data file]. Retrieved from <http://eclkc.ohs.acf.hhs.gov/hslc/data/pir>
- U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, Early Childhood & Knowledge Center. (2017). *Head Start program facts fiscal year 2017*. [Data file]. Retrieved from <http://eclkc.ohs.acf.hhs.gov/hslc/data/factsheets/2017-hs-program-factsheet.html>
- U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, Early Childhood & Knowledge Center. (2012, August). *Understanding and using class for program involvement*. (PDF). Retrieved from <https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/docs/class-brief.pdf>

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