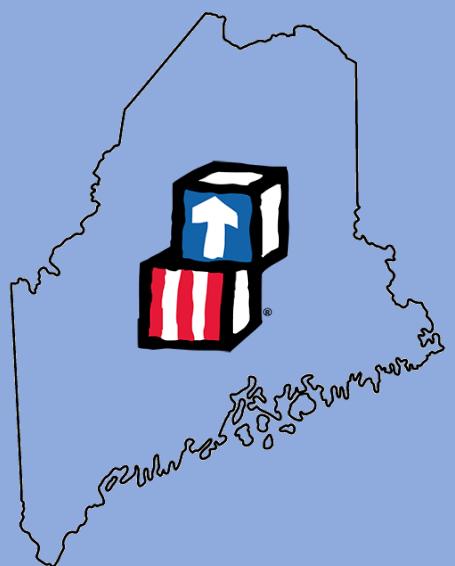


Maine Head Start Snapshot Report



Bjorn, Midcoast Maine Community Action

2019



“Serving over 36 million children and their families since 1965.” – Office of Head Start, June 2019



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 comprehensive services program design provides 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 242 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,

A handwritten signature in blue ink that reads "Dianne L. Nelder LCSW".

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

A handwritten signature in blue ink that reads "Nena Cunningham Ed.D."

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

(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

Barbara Moody, Child & Family Services Director

barbara.moody@mmcacorp.org

The Opportunity Alliance

County served: Cumberland

50 Lydia Lane, South Portland, ME 04106

Debra Flynn, Director

(O) 553-5917 (F) 874-1181

debra.flynn@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

Mary Lynn Hersey, Director

MHersey@penquis.org

Promise Early Education Center

County served: Androscoggin

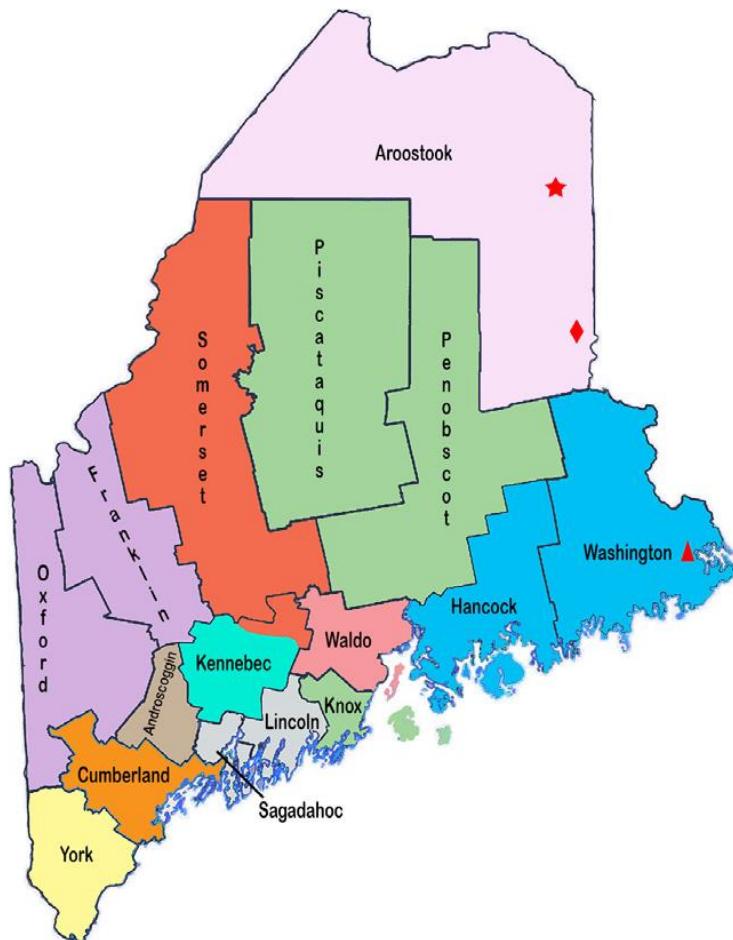
269 Bates Street, Lewiston, ME 04240

(O) 795-4040 ext. 316

(C) 713-8445 (F) 795-4044

Betsy Norcross Plourde, Director

bplourde@promiseearlyeducation.org



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

Jasmine Bussett, Director

passamaquoddyheadstart@roadrunner.com

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@yccac.org

Head Start Matters

What is Head Start?

“When families participate in Head Start, as opposed to no Early Childhood Education (ECE), children are 93% less likely to end up in foster care, a correlation not found by participating in any other types of ECE.”

(National Head Start Association, 2019)

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

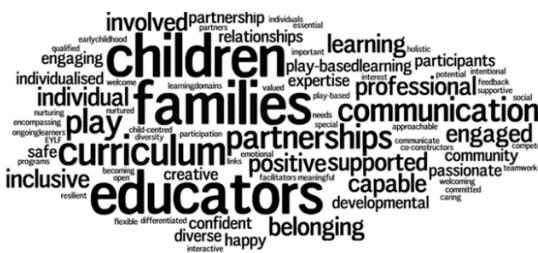
Head Start supports families facing difficult circumstances and seeks to mitigate obstacles to learning in the early years. What makes the whole child and whole family model so powerful? By helping families who are struggling with poverty and other socio-economic challenges achieve their goals for education, 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 programs.
- **Social Services:** Providing outreach to families to determine what services they need and collaborating with community providers to assure families have access to needed services.



Head Start Matters

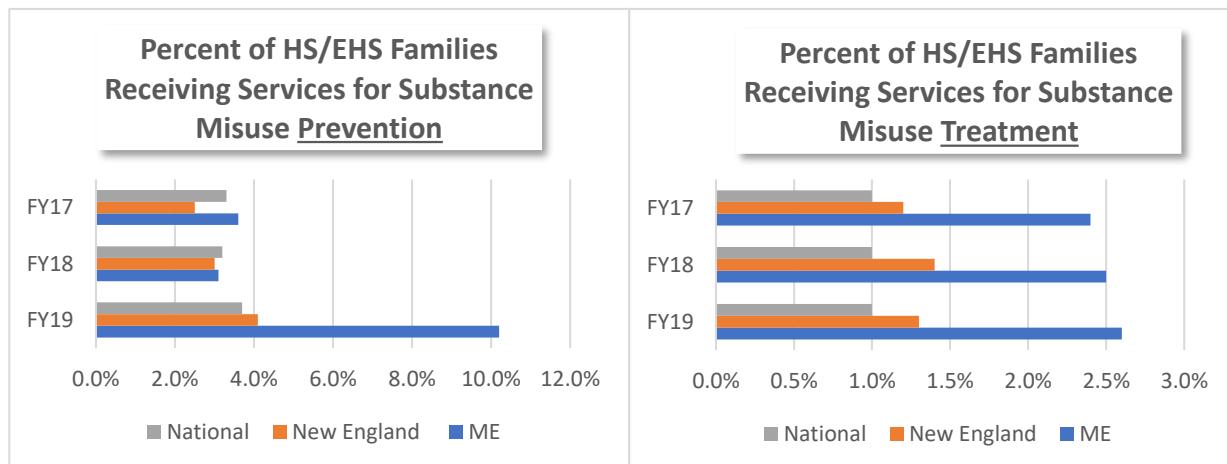
Maine Facts

Substance Misuse

...refers to the inappropriate use of any type of drug, both legal and illegal. This includes medications prescribed by a doctor. Substance misuse affects every income and racial group. Nationally, it is estimated that one in eight children lived with a parent who misused substances in the past year (Substance Abuse and Mental Health Services Administration, 2019). When parents or caregivers misuse substances, children are impacted. They may be born exposed and/or affected, have developmental delays, or show more challenging behaviors. Children who grow up with a parent who misuses substances are three times more likely to be abused, and four times more likely to experience neglect than their peers (Smith & Wilson, 2016).

Alcohol, tobacco, and marijuana are commonly thought of when discussing problems with substance use and misuse. A more recent major public health problem is the misuse of opioids, which can be legally prescribed or bought as street drugs. Every day, 91 Americans die from overdoses, and more than 1,000 people are treated in emergency departments for misuse of prescription opioids.

Maine Head Start programs identified substance misuse as a top priority in the 2018-2019 program year. Each program collected data from participating parents during enrollment, and throughout the program year. Below are the initial findings that speak to the high need for resources and services for families struggling with substance misuse.



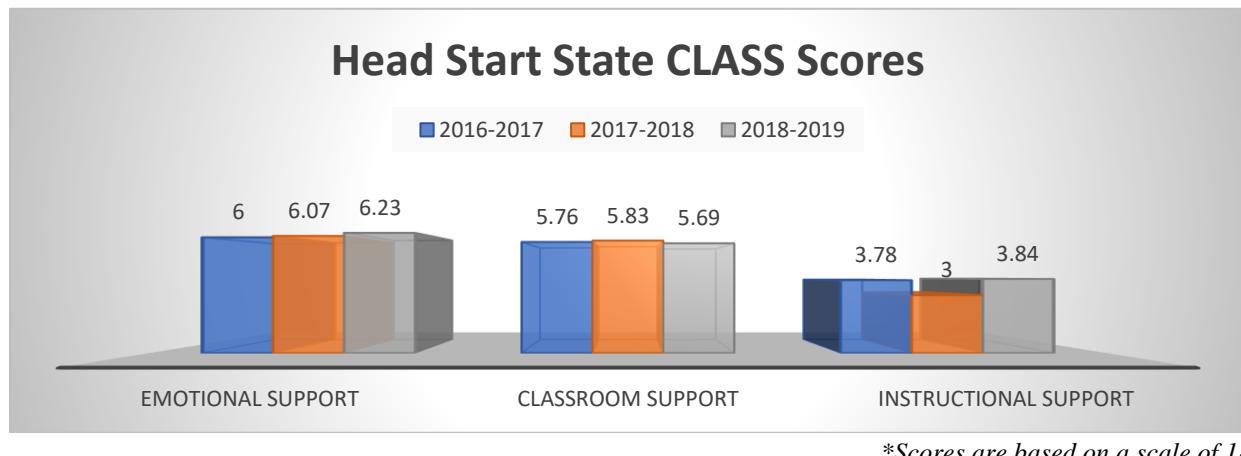
*Data from HSES PIR Summary Reports (filtered to CH&HP grants, HS&EHS programs)

Classroom Assessment Scoring System (CLASS)

...is a research-based method of measuring, evaluating, and improving teacher-student interactions. CLASS is a tool for capturing the quality of interactions between teachers and students, which is correlated to improve academic and social-emotional outcomes for students, that uses research-driven insights to improve how teachers interact with children every day to cultivate supportive, structured, and engaging classroom experiences. Over the last three years, Maine Head Start programs continued to devote resources to classrooms and staff, in order to increase overall quality. Some of these resources include:

- Professional Development Opportunities
- High Quality/Research Based Curriculum
- Increased Access to Mental Health Consultation
- ACES and Trauma Informed Care Training

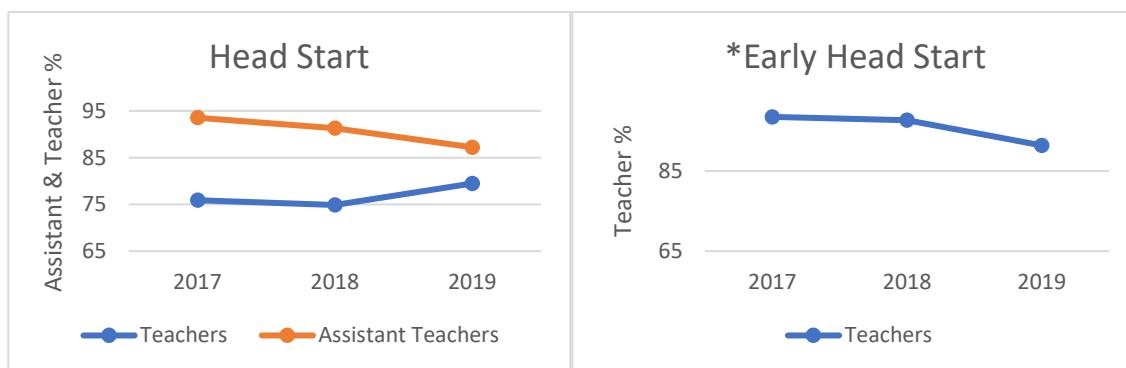
Since the 2016-2017 program year, Maine Head Start programs have increased in overall quality as measured by the Classroom Assessment Scoring System (CLASS) observation tool.



Teacher Qualifications in HS and EHS

...continue to be a focus for improving overall quality in programs. Early Head Start and Head Start programs provide financial support for staff obtaining higher education degrees and/or training opportunities.

- Over the last three years, Head Start teachers increased their participation in higher education by 4.6%. Assistant Teachers decreased by an average of 4% over the last year. (*Anecdotal possibilities for the variation in this data: The movement of Assistant Teachers into Teacher roles, and new Assistant Teachers in the process of obtaining degrees.*)
- Over the last three years, the percentage of Early Head Start teachers with the required degree/credential continually declined. Last year, 91% of EHS teachers met the requirement. (*One anecdotal possibility for the variation in this data: EHS teachers are moving into preschool classrooms for increased wages.*)



*Program Information Report does not collect data on EHS Assistant Teachers

Working Parents

... often struggle to make ends meet. Many parents are working more than one job to financially meet the needs of their families. Most of these parents rely on extended family, friends, and neighbors for support. In 2017, the average median income for a family of four in Maine, was \$53,024 (US Census, 2017). Below are three examples that illustrate if a family would qualify for Head Start services based on the Federal Poverty Guidelines (based on Maine's minimum wage of \$12.00/hr as of 1/2/20).

Number in Family	Poverty Guidelines	1 Parent (1 income) \$24,960	2 Parents (1 income) \$24,960	2 Parents (2 incomes) \$49,920
2	16,910			
3	21,330			
4	25,750	Qualifies for Head Start services w/ 3 children	Qualifies for Head Start services w/ 2 children	
5	30,170			
6	34,590			
7	39,010			
8	43,430			Does NOT Qualify for Head Start services w/ 6 children

**Annual incomes were based on 40hr/wk @ 12.00hr*

Oral Health

...is an important part of a child's overall health and well-being. Children with good oral health tend to eat well, sleep well, and develop as they should. A child's oral health also makes a big difference in their ability to learn. Children with tooth pain often have a hard time finishing tasks or activities in the classroom. They may act out, be withdrawn, or seem tired or depressed. Head Start programs across Maine, work to support families as they access dental providers for their young children.



Infant/Toddler Dental Care

754 (60.71%) infants and toddlers were up-to-date on a schedule of age-appropriate preventive and primary oral health care according to the relevant Maine's Early and Periodic Screening, Diagnostic and Treatment schedule.

Preschool Dental Services

1,651 (61.84%) of preschool age children completed a professional dental examination since last year's Program Information Report was reported.



- Of these, 231 (13.99%) children were identified as needing further dental treatment
 - Of these, 173 (74.89%) received further treatment, leaving 58 (25.11%) who did not access needed treatment.

**Due to the limited number of providers, many young children do not have access to dental services & treatment.*

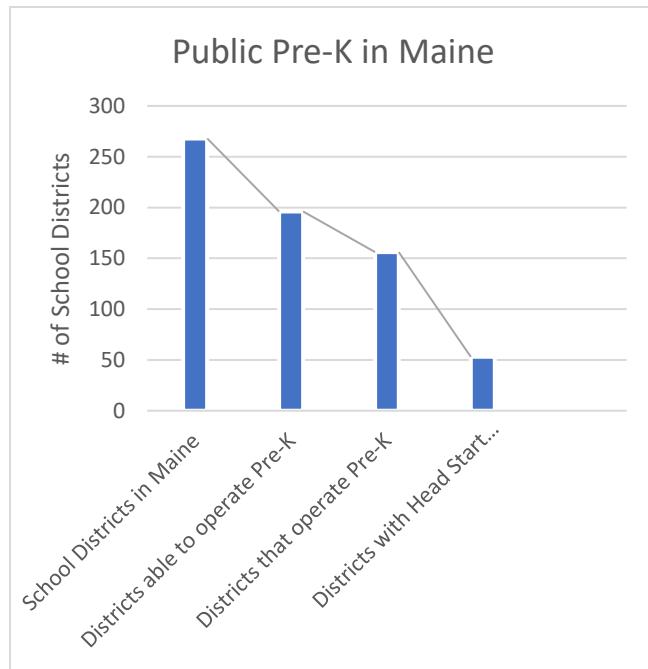
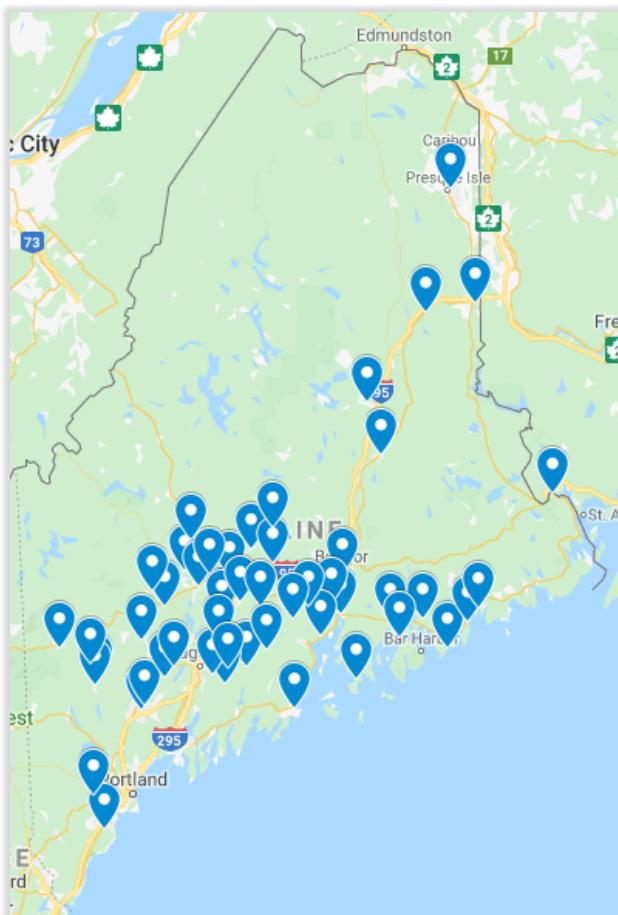
Head Start Matters

Head Start & District Partnerships

Partnership Locations

Maine has a unique population and is the largest state in New England, covering over 35,385 miles of urban, rural and suburban communities. Over 90% of Maine is forested, the highest percentage of any other state.

Maine has 196 school districts that are able to offer public pre-k with 156 that do. Of those districts who operate pre-k programs, 53 (27%) have formal Memorandums of Understanding (MOUs) with their local Head Start programs. The map below illustrates locations for all Head Start and district partnerships.



Head Start programs across the state partner with multiple agencies, programs, philanthropic partners, and others to improve the overall quality of the Early Care and Education system for young children. Public school districts are one of the largest group of partners for Head Start programs across the state.

District and Head Start leadership come together to develop MOUs based on local structures and community needs. Each MOU outlines purpose of the partnerships, general provisions, financial obligations, the roles and responsibilities of each partner, and dates of agreement. MOUs are tailored to ensure collaboration between District and Head Start leaders.



Head Start Matters

Head Start & District Partnerships

Who Are Head Start Partners?

Head Start Grantees	District Partners
Aroostook County Action Program	RSU#29 (<i>Houlton</i>) RSU#50 (<i>Dyer Brook</i>) RSU#79/MSAD#1 (<i>Presque Isle</i>)
DownEast Community Partners	Calais Public Schools Deer Isle-Stonington Ellsworth Public Schools RSU#25 (<i>Bucksport</i>) RSU#24 (<i>Sullivan, Prospect Harbor, Trenton, Woodland</i>)
Community Concepts Inc.	SAD#9 (<i>Farmington and New Sharon</i>) SAD#17 (<i>Oxford, Norway, Paris, South Paris</i>) SAD# 44 (<i>Bethel</i>) SAD#72 (<i>Fryeburg</i>)
Kennebec Valley Community Action Program	Waterville Public Schools RSU#19 (<i>Hartland</i>) RSU#54 (<i>Canaan, Norridgewock, Skowhegan</i>) RSU#74 (<i>Solon, Anson</i>) MSAD#49 (<i>Albion, Clinton, Fairfield</i>)
Midcoast Maine Community Action	West Bath Public Schools RSU#1 (<i>Bath</i>) RSU#12 (<i>Whitefield, Somerville</i>) SAD#75 (<i>Topsham</i>)
The Opportunity Alliance	Portland Public Schools Westbrook Public Schools
Penquis Community Action Program	Brewer Public Schools East Millinocket Public Schools AOS#94 (<i>Dexter</i>) RSU#13 (<i>Rockland</i>) RSU#67 (<i>Lincoln</i>)
Promise Early Learning Center	Lewiston Public Schools RSU#73/Spruce Mountain School District (<i>Livermore</i>)
Southern Kennebec Child Development Corporation	RSU#12 (<i>Chelsea, Windsor</i>) Winthrop Public Schools Vassalboro Public Schools RSU#2 (<i>Monmouth</i>)
Waldo County Community Action Program	RSU#03/MSAD#03 (<i>Unity, Liberty, Brooks, Monroe</i>) RSU#20 (<i>Searsport</i>) RSU#22 (<i>Winterport</i>) RSU#71 (<i>Belfast</i>)
York County Community Action Program	Biddeford Public Schools Sanford Public Schools

Head Start Matters

Partnerships

In December 2019, Maine's Department of Education (DOE) hosted several listening sessions between local school Districts and Head Start Grantees who partner to provide pre-k. The conversations encourage partnership representatives to discuss successes and challenges they have experienced. These listening sessions were used to inform the DOE in preparation for supporting Districts who are interested in starting PreK programs. Below are some of the conversation points that were highlighted as critical aspects among Head Start and District leaders who participated in the conversations.

1. **Regular Collaboration Meetings** between Head Start Leaders/Staff and District Leaders/Staff are key to successful partnerships.
2. **Develop PreK Committees** to discuss needs and develop plans.
3. **Mutual Respect** is necessary between all participants.
4. **Shared Values** should be agreed upon by all.
5. **Flexibility and Support** fosters willingness to learn from one another.
6. **Regular Presence on Site** by Head Start Supervisors/District Principals provides strong leadership.
7. **Strong Child Outcome Goals** should be agreed upon by all.
8. **Enhanced Services for ALL Children and Families** (Head Start/District) leads to stronger positive outcomes.
9. **Improved Overall Program Quality** for each partner.
10. **Open Communication and Established Trust** enables strong partnerships and sharing of resources.



*Image uploaded from: <https://curatti.com/healthy-business-partnership/>

Head Start Matters

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