



EARLY HEAD START ANNUAL REPORT

*Serving eligible families in Middletown, Cromwell,
Portland, Old Saybrook, Clinton & Westbrook*

FISCAL YEAR
2018

JANUARY –
DECEMBER
2018



aces
area cooperative educational services

ACES MIDDLESEX COUNTY EARLY HEAD START PARTNERSHIP
300 WASHINGTON STREET
MIDDLETOWN, CT 06457

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WHO WE ARE



OUR MISSION

To ensure that the cornerstones of child development, family development, staff development, and community building are in place for Middlesex County’s income eligible expectant families or families with infants and toddlers through age three.

OUR PURPOSE

To utilize existing family and child services, and to expand their capacity to provide the comprehensive array of family and child supports unique to the Head Start experience.

OUR GOAL

The goal of this program is to promote the development of 60 infants/toddlers and pregnant women, and enable parents to fulfill their roles as parents and move toward self-sufficiency.

EARLY HEAD START POLICY COUNCIL

Johny Lopez, *Policy Council Chairperson*
Christie Arnold, *Policy Council Vice-Chairperson*

ACES GOVERNING BOARD

Norman Hicks, *Chair*
Chris Drake, *Policy Council Representative*



Advocacy, Commitment, Excellence, Service.
Dedicated to enhancing and transforming lives through education, innovation, and leadership.

FROM THE EARLY HEAD START DIRECTOR

Greetings,

During the 2018 funding year, the ACES Middlesex County Early Head Start maintained full enrollment and exceeded the 10% mandate for enrolling children with disabilities (Part C eligible). The new ERSEA assistant was successful in increasing enrollment for the shoreline towns and making new connections with community partners across the service area. Due to financial limitations, one home visiting position was eliminated.

The most recent audit of ACES was completed for the period ending June 30, 2017 and did not reveal any findings for Early Head Start. The program has implemented policies and procedures to capture in kind documentation and increase fiscal planning across content areas. The System Program Specialist joined me at the Region 1 Fiscal cohort hosted by the National Center on Program Management and Fiscal Operations (PMFO) held in October 2018. This cohort provided valuable guidance on how to best identify and comply with fiscal policies and regulations in our program.

Our community partnerships engaged families in Circle of Security, the Lullaby Project, the Grow Truck, Family Fun Nights, and Birth to Three playgroups. Our socialization group experiences continued to be offered at the Early Head Start site in Middletown as well as Grace Episcopal Church in Old Saybrook.

We are thrilled that all large renovations on the facility were completed by December 2018. A diverse group of colleagues had the opportunity to use our space for their sessions or meetings citing easy access and a welcoming environment. Some of these groups included Opportunity Knocks, Nurturing Families, the CT Head Start Association, the CT Association of Infant Mental Health, Rehabilitation Associates, the RESC Alliance, and the ACES Diversity Committee. We are committed to continuing to work with all our community partners.

In the spirit of commitment to families and this community, this year I joined the board of directors for the CT Association of Infant Mental Health and the executive board of the CT Head Start Association. In addition, I was selected by the superintendent in Middletown to be part of the early childhood strategic planning team for **Early Minds 2022: Pathways to Readiness and Equity** with the goal of forging a collective impact on early childhood.

We wish to connect with as many families as we can and feel grateful for the support of our community, the ACES governing board, families, and community partners. Thank you for another great year!

Fondly,



Rebecca Cuevas, LMSW
Program Coordinator, Early Head Start



Early Head Start Staff

FISCAL YEAR 2018 EXPENDITURES

The EHS budget is separated into 3 categories:

1. **OPERATIONS**, which are costs related to the day-to-day management of the program, including staff salaries and costs to support services to families.
2. **TRAINING & TECHNICAL ASSISTANCE**, which are costs related to the training of EHS staff.
3. **NON-FEDERAL SHARE**, which are in-kind donations or services received from third parties or contributed by the agency during the program period. Total must equal 25% of federal award.

This report reflects funded enrollment, funding sources and activities for ACES Middlesex County Early Head Start Partnership for the fiscal year January 1, 2018 through December 31, 2018 in accordance with Head Start Act 644(a)(2). The EHS program was reviewed as part of the ACES yearly audit by PKF O'Connor Davies, LLP. There were no findings specific to the EHS program. Audit report issued June 30, 2017.

Total Federal Share: \$972,300

Total Non-Federal Share (In-Kind Contributions): \$243,075

LINE ITEM OPERATIONS

EXPENSES

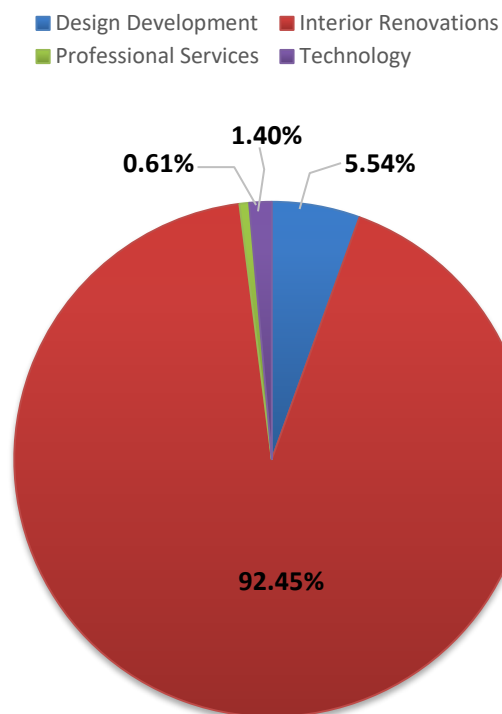
Salaries	\$264,932
Benefits	\$82,884
Supplies – Office	\$4,079
Supplies – Parent Activities	\$982
Supplies – Program	\$5,975
Supplies – Socialization	\$1,775
Contractual – Child Services	\$1,170
Contractual – Health/Disabilities	\$498
Contractual – Middlesex Hospital	\$381,995
Other – Advertising	\$484
Other – Communications	\$3,186
Other – Consultants	\$51,243
Other – Copying	\$869
Other – Dues/Fees	\$6,885
Other – Facility Usage	\$35,058
Other – Local Travel	\$3,374
Other – Parent Activities	\$794
Other – Postage	\$202
Other – Technology	\$412
Other – Translation Services	\$879
Computer Software	\$708
Program Improvement	\$8,625
TOTAL OPERATIONS	\$857,007

TRAINING TECHNICAL ASSISTANCE

Training – Contractual	\$7,082
Training – Staff Development	\$7,578
Training – Staff Travel/Conferences	\$8,015
Training – Supplies	\$62
TOTAL TRAINING/TA	\$22,736

TOTAL INDIRECT TO ACES	\$63,195
TOTAL EXPENDED	\$942,938
TOTAL UNOBLIGATED	\$29,362

Non-Federal Share



WHO WE SERVED

All demographic data based upon 2018 Program Information Report (PIR) unless otherwise noted.

PROGRAM OPTIONS:

- 60 Home Visiting slots available:
 - Children ages 0-3 years: 54
 - Expectant Mothers: 6

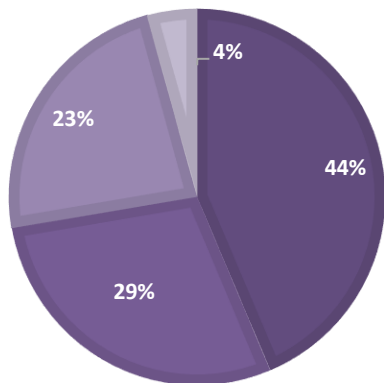
2018 SERVICE NUMBERS:

- total children
- 96 total families
- 17 total expectant mothers

AVERAGE REPORTED MONTHLY ENROLLMENT: 100%

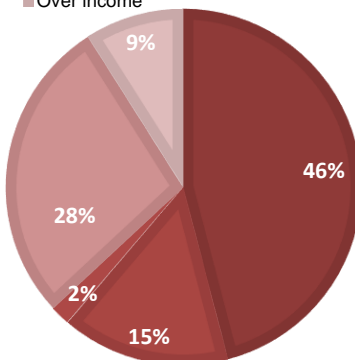
CHILD AGES

- Under 1 year
- 1 year old
- 2 years old
- 3 years old



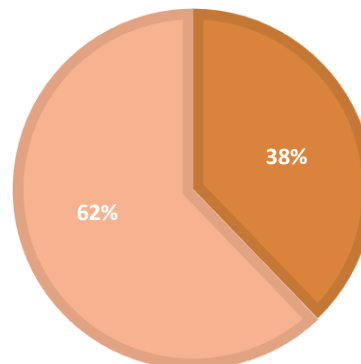
ELIGIBILITY

- Income eligible
- Public Assistance
- Foster Child
- Homeless
- Over income



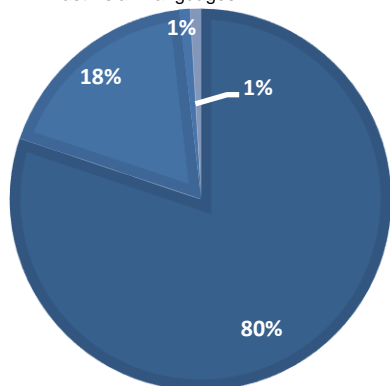
ETHNICITY

- Hispanic or Latino origin
- Non-Hispanic or Non-Latino origin



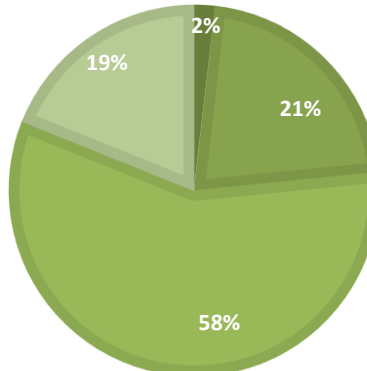
LANGUAGE

- English
- Spanish
- Middle Eastern & South Asian Languages
- East Asian Languages



RACE

- Asian
- Black/African American
- White
- Biracial/Multi-racial



CHILD HEALTH OUTCOMES

EHS is not interested only in the children enrolled in the program, but in the entire family. We ensure that families have quality information on good health habits and offer workshops and in-service training. Our staff assists families in obtaining the most up to date physicals and vaccinations, and link families to dental services in the community.

86%

of enrolled children were **up-to-date** on a schedule of age appropriate **preventive and primary health care, and oral health care**, according to the CT Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) schedule for well child care.

PREPARING CHILDREN FOR KINDERGARTEN

ACES Middlesex County Early Head Start Partnership developed nine school readiness goals for the 2017-2018 program year to align with the five central domains of the Head Start Early Learning Outcomes Framework (2015):

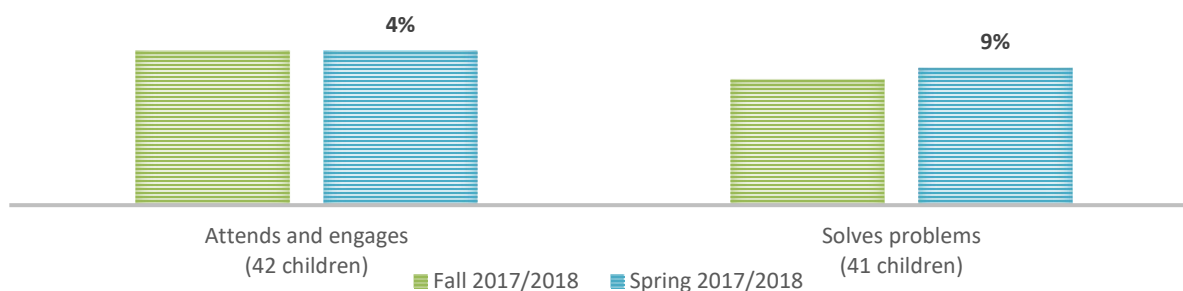
- Approaches to Learning
- Social and Emotional Development
- Language and Literacy
- Cognition
- Perceptual, Motor, and Physical Development

Observation data was collected by home visitors in the home and during socialization experiences, according to the objectives in the Teaching Strategies GOLD Assessment Tool (TS GOLD) for infants and toddlers that align with the School Readiness Goals.

The growth data in this report reflects a subset of children with sufficient data across three program checkpoints in the 2017-2018 program year (September 2017 – August 2018). Children displayed overall growth in all areas and age ranges. The percent of growth for each dimension is listed along with the number of children included in each. Larger percentages generally reflect a smaller number of children assessed for that indicator.

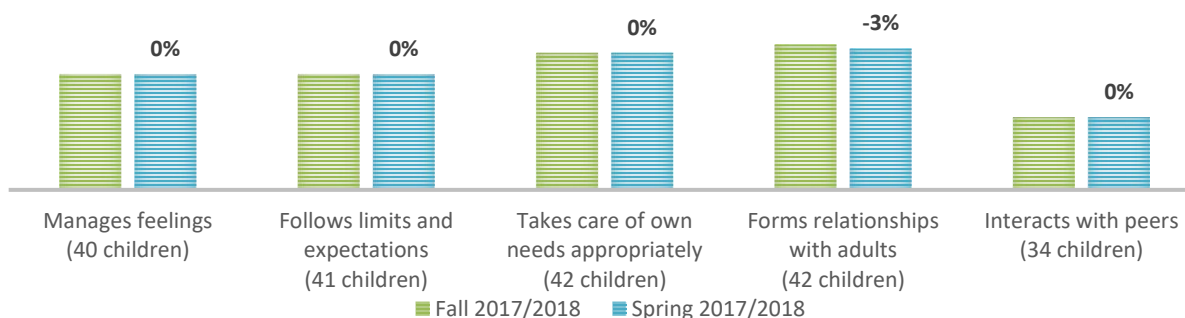
APPROACHES TO LEARNING: GROWTH

- *Our infants and toddlers will begin to demonstrate interest, curiosity, persistence and eagerness in exploring the world around them.*



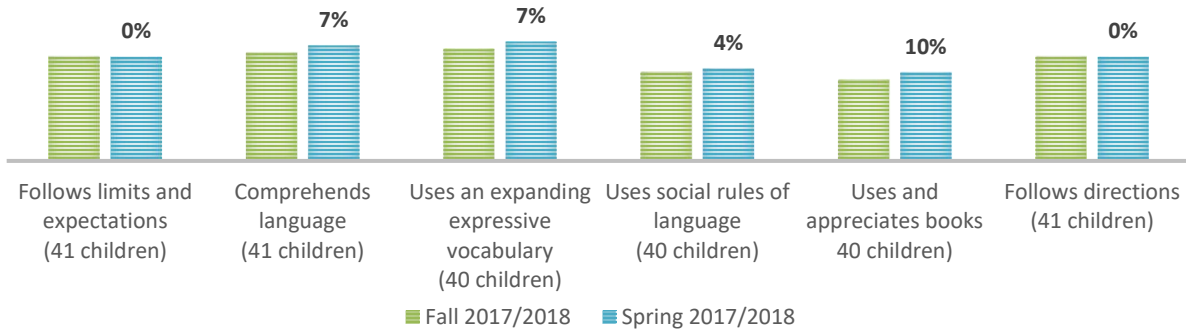
SOCIAL AND EMOTIONAL DEVELOPMENT: GROWTH

- *Our infants and toddlers will begin to develop the ability to express and manage emotions in appropriate ways.*
- *Our infants and toddlers will begin to develop and engage in positive relationships and interactions with adults and peers.*
- *Our infants and toddlers will begin to develop age appropriate self-help skills.*



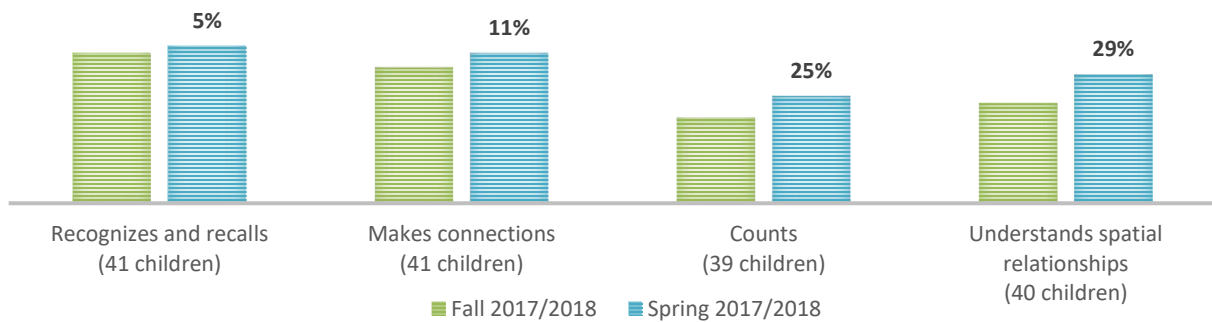
LANGUAGE & LITERACY DEVELOPMENT: GROWTH

- *Our infants and toddlers will begin to demonstrate receptive and expressive language skills and communication strategies in their home language(s).*
- *Our infants and toddlers will begin to learn and demonstrate how print works, and engage with stories and books.*



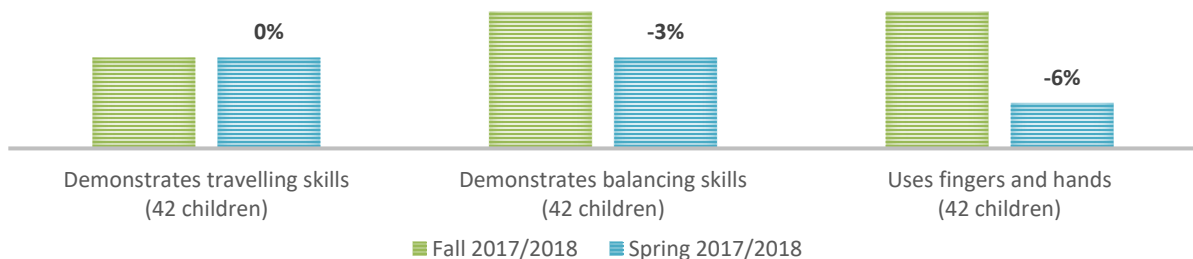
COGNITION: GROWTH

- *Our infants and toddlers will learn and begin to use math concepts during daily routines and experiences. (1 year and up)*
- *Our infants and toddlers will begin to use all of their senses to process and explore their environment and demonstrate the ability to remember and connect new and known experiences in their environment.*



PERCEPTUAL, MOTOR, AND PHYSICAL DEVELOPMENT: GROWTH

- *Our infants and toddlers will begin to develop and strengthen control over large and small muscles.*



PARENT INVOLVEMENT ACTIVITIES

POLICY COUNCIL

- Members were elected from Early Head Start parents, as well as ACES Governing Board and community representatives
- Met regularly, approved hiring, and approved grant proposals
- Volunteer sub-committees met in the areas of Personnel and Self-Assessment
- Head Start Orientation and Governance training was provided to all interested parents and community members

PARENT COMMITTEE ALLIANCE

- Middletown, CT
 - Held 4 meeting at Faith Lutheran Church
 - Average attendance: 2 parents
 - 21 parents met during the Family Fun Day event in Middletown

Topics Addressed:

- | | |
|--------------------------|-----------------------|
| ➤ Parent Observations | ➤ Parent Advocacy |
| ➤ Policy Council Updates | ➤ Community Events |
| ➤ Program Updates | ➤ Parent Suggestions |
| ➤ Health and Safety | ➤ Meeting Their Needs |

PARENT EDUCATION

Topics included: Health and Wellness, Safety in the home and outdoors, Infant Massage, Promoting language acquisition, Family Goal setting, Child Development, Importance of music and movement, Oral Health, Healthy Nutrition, Choking and CPR, Financial Workshop, Reading to Children and reading children's cues.

GROW TRUCK

Through an agreement with the CT Food Bank, ACES Early Head Start families were provided nutritional education and free groceries. Part of the GROW Up with Good Nutrition Initiative, the GROW! (Grocery On Wheels) Truck visited the ACES Middletown Community Education Center twice a month in summer 2018. The truck is stocked with fresh fruits and vegetables, low-fat dairy products, meat, fish and other healthy foods like brown rice and whole-grain products. Before boarding the GROW truck, families participate in short workshops that teach them about making healthy and great tasting food choices on a budget.

COMMUNITY GARDEN

EHS continued its partnership with Middlesex Hospital, Middletown United Fathers, & UCONN SNAP Ed. to provide families the opportunity to explore the Long Meadow Community Garden where they can learn about the basics of gardening and healthy eating. During the harvest season, families assisted with harvesting, preparing and sampling produce-fresh from the fields!

FAMILY FUN DAY

- The annual event was held August 6, 2018 in Middletown at Veteran's Memorial Park
- Families engaged in games and movement activities, as well as interacting with some of our community partners and their resources

THE LULLABY PROJECT

The Lullaby project is a songwriting workshop for parents. It's a chance for them to write a special, personalized lullaby or song for their new baby with support and encouragement from an experienced musician and songwriter. Wesleyan is trained in facilitating these workshops and partnered with Early Head Start in 2018. This Lullaby Project is modeled after the Lullaby Project started at Carnegie Hall in New York City.

SOCIALIZATION PLAYGROUPS

The purpose of our socialization playgroups for infants and toddlers is to support the child's development by strengthening the parent/child relationship. Socialization playgroups are designed to reinforce many of the activities and goals that are developed by the family and home visitor during their home visits. Parents are very hands-on during socialization playgroups.

In 2018, socialization playgroups were held regularly at the Russell Library and ACES in Middletown, and at Grace Episcopal Church in Old Saybrook for shoreline area families. They were also held at some other locations on a non-regular basis.

Socialization Site	# Playgroups	Average # Parents	Average # Children
Russell Library	4	3	3
ACES Early Head Start	8	4	4
Grace Episcopal Church	5	2	1
Hallie House	2	3	3
Rehabilitation Associates of CT (ACES Early Head Start)	18	2	2
Walk and Talk (Community Parks)	9	4	3

COMMUNITY PARTNERSHIPS

COMMUNITY PARTNERS

City of Middletown	Middlesex Central CT Chapter of the American
Columbus House	Middletown Adult Education
Community Health Center, Inc.	Middlesex Hospital
Community Health Network	Middletown School Readiness Council
CT Birth to Three	Middlesex United Way
CT Dental Health Partnership	Opportunity Knocks Collaborative
CT Dept. of Children and Families	Russell Library
CT Foodbank	Shoreline Soup Kitchens and Pantries
Faith Lutheran Church	The Community Renewal Team
Hallie House	The Connection Supportive Housing
Injury Prevention Center	Wesleyan University
LEARN Young Children and Families	Women, Infants & Children (WIC)

BIRTH TO THREE PARTNERS

ABC Intervention
Creative Interventions
Easter Seals Rehabilitation Center of Greater Waterbury
LEARN: Partners for Birth to Three
Reachout, Inc.
Rehabilitation Associates of CT, Inc.
Sarah, Inc. – Kidsteps
TheraCare

LOCAL EDUCATIONAL AGENCY PARTNERS

Clinton Public Schools
Cromwell Public Schools
Middletown Public Schools
Old Saybrook Public Schools
Portland Public Schools
Westbrook Public Schools