

MISSION

Aroostook County Action Program, Inc. provides services and resources that help individuals and families achieve greater economic independence. As a leader, or in partnership with others, ACAP strengthens the community by responding to human needs.



Aroostook County Action Program

We Make Life Better!

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www.acap-me.org



Proud Fiscal Sponsor of the PI Loop
www.thepiloop.org

ACAP provides equal opportunity
in employment and services.

ACAP is a member of Maine Community Action
and the Community Action Partnership.



United Way
of Aroostook

Maine DHHS administers federal CSBG and other funds
that provide partial support for several ACAP programs.



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2020 Services Directory



What is ACAP?

For nearly five decades, when people in Aroostook County have faced challenges, Aroostook County Action Program (ACAP) has been the local agency to help. ACAP, a 501c3 nonprofit organization, is 1 of 10 community action programs in the state and 1 of approximately 1,100 nationwide. All these years later, we remain committed to our mission of "Making Life Better" in Aroostook County.

Who Do We Serve?

We serve the community of Maine's largest county. From moms-to-be and our youngest children, to families and individuals, to our eldest generations, ACAP programs collectively impact nearly everyone in Northern Maine.

What Do We Do?

Everyone deserves to feel safe, secure, and free to pursue goals. Sometimes, achieving those things on your own is hard and having support can make the biggest difference. We work to make that difference for our customers. We offer more than 40 programs that connect with individuals, families and the community in areas of Prevention and Wellness, Early Care and Education, Energy and Housing, and Economic Development. Rather than trying to fit a customer into a program, we let the customer lead the way and offer to walk beside them in their journey through a supportive coaching approach.



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Comprehensive Service Delivery

Our coaches work with individuals and families specific challenges and identify pathways to achieving goals, coaches then walk beside offering guidance and support along the journey.



Early Care & Education

We provide families with comprehensive and affordable high quality prenatal, infant, toddler, and preschool education and child development programs.



Energy & Housing

We help keep people warm, safe, and dry in their homes with a variety of programs that offer education or assistance in areas of heating and energy efficiency, and home purchase, repair, and assistance for people facing foreclosure or eviction.



Economic Development

We assist job seekers with going back to school or developing skills and help people overcome common barriers that might stand in their way in areas such as transportation and childcare.



Prevention & Wellness

We build a stronger, healthier community by partnering with local and statewide organizations to offer prevention services that focus on nutrition, oral health, substance use, tobacco, obesity and youth engagement.



Adult Job Services

Personal job counselors offer guidance, connections, and support in areas such as: job search; high school completion; college preparation and transition; occupational training (like CNA and CDL certifications); small business start-up; paid on-the-job training and work experience in high-wage, high-demand careers; transportation to/from and child care during training or work.



Affordable Care Act Navigator Program

Provides free, in-person assistance from Certified Healthcare Navigators with all aspects of Marketplace coverage including determining eligibility, comparing and explaining options, accessing tax credits, and applying and enrolling in coverage.



Breast Pump Loaner Program

Provides the equipment necessary for WIC moms who are breastfeeding to support their return to work or school.



Breastfeeding Support

Provides education and support to WIC enrolled women who are breastfeeding.



Central Heating Improvement Program

Provides income eligible households assistance for heating system improvements such as cleaning, tuning, evaluation, burner retrofit, repair, replacement, or conversion, with priority given to those in a no-heat situation.



Child Care

Provides childcare from infancy to six years of age to children at State of Maine Level 4 Quality Rated and licensed facilities in Caribou, Presque Isle, and Houlton. Centers in Caribou and Presque Isle have achieved accreditation from National Association for the Education of Young Children (NAEYC). Child Care is a fee-based program and we accept many forms of voucher payments.



Child Care Food Program

Sponsors licensed childcare providers, meeting USDA food and nutritional guidelines, to receive reimbursement for meals served to children in their care.



Coaching

This cross-agency resource offers personal guidance, support, and advocacy for individuals and families as they face obstacles or work on goal attainment.



Drug Free Aroostook

This collaboration with community partners provides education, resources, and evidence-based programming for reducing the use of alcohol, marijuana, and drug use.



Early Intervention Services

Provides opportunities for children ages 3-5 years old with developmental delays and/or disabilities to develop skills and strategies necessary to build solid foundations for school readiness in a small, low ratio setting to address goals identified on their Individual Educational Program (IEP). Foundation Classrooms are approved State of Maine Special Education preschool programs and are available in Fort Kent, Presque Isle, Caribou and Houlton.



Energy Crisis Intervention

Provides assistance to income-eligible households for emergency fuel delivery or an electrical disconnect emergency.



Energy, Moisture, & Infiltration Audit Inspection

Licensed Energy Auditors provide several layers of home energy usage evaluations and may provide recommendations for upgrades and predictions of savings. This is a fee-for-service program.



Family Development Accounts

A matched savings account program for income eligible families for post-secondary education, small business development, home purchase/repair, vehicle purchase/repair or emergency savings.



Head Start & Early Head Start

A comprehensive child development program serving families of children prenatally through age 5. In addition to educational screening and assessment and developmental educational services, Head Start and Early Head Start provide comprehensive screenings to children that include lead, vision, hearing, oral health, developmental, and behavioral screenings. We also provide BMI risk assessments, nutritional counseling, healthy meals, along with physical and mental health support and referrals. Home Based EHS services are available throughout Aroostook County.



Healthy Houlton

Promotes healthier lifestyle habits for children and families with opportunities for positive community engagement.



Helping Hands Emergency Services

Coaches work with families and individuals before, during, and after emergencies arise to address needs, where other resources are unavailable, and then to assist those households in preventing future crises.



Home Energy Assistance Program (HEAP)

Provides financial assistance to income and program-eligible households to help address energy costs.



Home Repair Network Program

Offers 0%, no payments, deferred or forgivable loans or grants to income-eligible homeowners for home repair, replacement or repair of septic systems, lead hazard reduction, replacement housing, accessibility, energy related repairs, and other essential improvements, with priority given to homes with the greatest repair needs and consideration given to elderly and household income.



Homeownership Education

Several times per year, we offer an 8-hour class designed to educate aspiring and existing homeowners on essentials of successful home ownership.



Homeownership Support Counseling

Foreclosure prevention counseling services to homeowners who are at risk of falling behind on their mortgage payments or are facing foreclosure.



Hope & Prosperity Center

The Hope and Prosperity Resource center is a warm and safe place to access a variety of services based on an individual's needs. Individuals and families have the ability to access the center where they are able to meet with a coach, utilize one of the tech centers to search for employment, housing and/or apply for other needed services, meet one-on-one with one of our job counselors or access a meal all under the same roof. The center is a place where someone has the ability to stay warm and dry and away from the elements but also have the ability to access resources and services right on hand.



Improving Outcomes for Youth

Provides youth, ages 16-24, with personal responsibility education, leadership and resiliency skills, financial literacy, and mentorship for young parents, including promoting healthy family relationships, self-care, and personal growth activities, designed to increase economic independence and promote positive social change.



Juvenile Detention Alternative Initiative

Provides alternatives to detention for youth involved with the Department of Corrections through a process of Restorative Practice, in which youth work with community mentors, complete community service, and participate in restorative circles that promote accountability and repair.

Kids Integrated Dental Services

Provides clinical assessments, oral prophylaxis, fluoride treatments, sealants, referrals, and oral hygiene instruction to MaineCare-eligible children enrolled in WIC and Head Start programs and at local contracted public schools in Aroostook County.

Lead Paint Inspection Program

Provides inspections of buildings to detect the presence of lead paint on interior and exterior surfaces. Subsidy for lead testing and the abatement of lead hazards may be available to households in pre-1978 housing with a child under age 6. Landlords may qualify for 5-year deferred/forgivable loans for abatement of lead hazards.

Let's Go! 5-2-1-0

Let's Go! focuses on changing environments and policies wherever children and families live, learn, work, and play. It encourages healthy behaviors to reduce childhood obesity, such as promoting more fruits and vegetables, spending less time in front of screens, moving more, and drinking fewer sugary beverages.

Low-Income Assistance Program

Assists HEAP-qualified customers with electric bill payments.

Oral Health

Provides education to people of all ages throughout Aroostook County in cooperation with other social service and health care providers. Coordinates a consolidated School Oral Health Program and is a resource for oral health programs in all elementary schools in Aroostook County. Administers a Dental Sealant Program for second and third grade students in every Aroostook County elementary school. Maintains an extensive dental health lending library that includes audiovisual materials, books and teaching aids.



Preschool Partnerships

Provides a comprehensive preschool development program to 3 and 4-year olds in partnerships with the public school in Dyer Brook and Presque Isle; with high school regional technical centers in Houlton and Presque Isle; and with Child Development Services across the county.

Supplemental Food for Women, Infants and Children (WIC)

Provides nutrition, education, and screening to eligible pregnant and postpartum women, nursing mothers, infants, and children under five years of age.



Tobacco Use Prevention

Focuses on prevention of the initial use of tobacco, the secondhand smoke exposure in the home and workplace, the promotion of tobacco treatment available through the Maine Tobacco Helpline, tobacco education programming for young adults, and increasing the number of youth entities that adopt and implement policies prohibiting the use of all tobacco products.

Wabanaki Teleophthalmology Consortium Project

ACAP provides fiscal support services for a project targeting five tribal communities in Maine (and two outside of the state). These communities have access to enhanced retinal exams for those with diabetes or at risk of diabetes. Examinations are scheduled for patients in clinics in each community during the year, as well as diabetic counseling and assistance with the purchase of insulin pumps.

Weatherization

Purchases and installs a variety of energy conservation materials for income-eligible households.

Women in Apprenticeships and Non-Traditional Occupations

This program helps women in our community make connections to apprenticeships (where you 'earn while you learn,' being trained at no cost while on the job) and non-traditional occupations like truck driving, maintenance, and advanced manufacturing.

Youth Engagement

A program of the Maine Youth Action Network that works primarily with school and community based youth groups to build young people's leadership on issues of social justice, restorative practices, and public health.

Youth Job Services Program

Job counselors work with eligible youth (ages 18-24) to identify education and career goals and then assist them with achieving those goals, including tutoring, financial education, and matching with a local mentor. In addition, this program offers support services such as childcare assistance; program follow-up; comprehensive guidance and counseling, including substance use counseling when necessary; and entrepreneurial skills training.