



Comprehensive Service Approach

Our entire team is committed to this delivery model ensuring clients are connected to all of the programs and services that they need. ACAP Coaching Services are available to individuals and families. Our coaches work with clients on overcoming challenges and identify pathways to achieving their goals. Coaches work alongside individuals and families offering guidance and support along the way.



Early Care & Education

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



Economic Development

We provide resources to assist individuals and families reach their goals. Our team provides the supports and resources to help achieve economic stability and sustainability.



Energy & Housing

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



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, and obesity.



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 certification), paid on-the-job training, work experience in high-wage, high-demand careers, and transportation to/from and child care during training or work.



Affordable Care Act Navigator Program

Provides free individualized assistance from Certified Healthcare Navigators. All aspects of Marketplace coverage including determining eligibility, comparing and explaining options, accessing tax credits, and applying and enrolling for coverage.



Breast Pump Loaner Program

Provides the equipment necessary for WIC moms who are breastfeeding to support their return to work or school. Electric breast pumps are available for loan to those needing this support.



Breastfeeding Support

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



Central Heating Improvement Program

Provides grants to repair or replace dangerous or malfunctioning heating systems identified by a licensed heating technician. Applicants of the Home Energy Assistance Program (HEAP) whose income is below 200% of poverty guidelines are eligible. Heating system improvements such as cleaning, tune-up and evaluation, heating system repairs, replacements, and heat pump installations are allowable. Priority is given to households experiencing 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, will receive reimbursement for meals served to children in their care.



Coaching

ACAP Coaching Services are available to individuals and families. Our coaches work with clients on overcoming challenges and identify pathways to achieving their goals. Coaches work alongside individuals and families offering guidance and support along the way.



Dislocated Worker Job Services Program

Personal job counselors offer guidance, connections, and support in areas such as: job search, resume and interviewing skills, and career exploration. There is also financial support with education and occupational training, books and supplies, transportation, childcare, and other services.



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 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 those households who are income eligible 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.



Financial Literacy

Individualized and group trainings to help individuals and families better understand their finances. Our team empowers clients to better understand how to make sound financial decisions, allowing them to provide for themselves and their families. Activities include budgeting, understanding credit score, and paying off debt.



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 Early Head Start services are available throughout Aroostook County.



Helping Hands Emergency Services

Coaches work with families and individuals before, during, and after emergencies arise to address needs, where other resources are unavailable. They then 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 with consideration given to elderly and household income.



Homeownership Education

A class designed to educate aspiring and existing homeowners on essentials of successful home ownership. This homebuyer education class taught by industry professionals (lenders, home inspectors, real estate agents) in an educational, non-sales-oriented environment, and offers closing cost incentives to those who qualify.



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 centrally located.



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!

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 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.



Snap Education

In Southern Aroostook communities, SNAP-Ed provides education and activities that contribute to obesity prevention and overall health for low-income families. SNAP-Ed aims to improve the likelihood that families will make healthy food choices within a limited budget and choose physically active lifestyles.



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 5 years of age. Extended family members or foster parents raising young children are also encouraged to apply.



Tobacco Cessation

Provides support to people in Aroostook County to help reduce cancer incidence and mortality by assisting individuals to end tobacco use. This is a partnership with Maine Cancer Foundation.



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 5 tribal communities in Maine (and 2 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

Provides a comprehensive Energy Audit by BPI Certified Energy Auditors to determine the best approach to reduce heating costs of your home. Energy Conservation Measures may include air sealing, wall and attic insulation, basement wall insulation, weather stripping and caulking. Improvements may also include moisture controls and health and safety measures. Eligible applicants for the Home Energy Assistance Program (HEAP) and whose income is below 200% of poverty guidelines are placed on our Weatherization wait list when certified for HEAP. Households are ranked by the following factors: household with senior citizens (over 60), children age 6 or under, a person with disability, fuel usage costs and poverty level.



Youth Job Services Program

Job counselors work with eligible youth (ages 16-24) 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.

What is ACAP?

For nearly 5 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 vision 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?

At ACAP, we work to make that difference for individuals and families across Aroostook County. We offer more than 40 programs and services with the goal of servicing everyone through our comprehensive service delivery approach. This model connects individuals, families, and the community in areas of Early Care and Education, Economic Development, Energy and Housing, and Prevention and Wellness. 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 experience.

Our 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

ACAP provides equal opportunity in employment and services.

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



Aroostook County Action Program

2021 Directory of Services



www.acap-me.org