



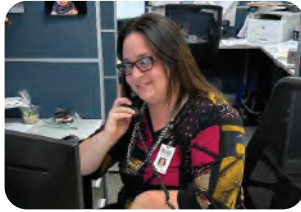
### Homeownership Education

We offer an 8-hour class designed to educate aspiring and existing homeowners on essentials of successful home ownership.



### Hope & Prosperity Resource Center

The Hope & 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's technology where they are able to meet with a coach or job counselor, utilize the tech centers to search for employment, housing and/or apply for other needed services, and access a meal, all in one location.



### Lead Hazard Reduction 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.



### Low-Income Assistance Program

Assists HEAP-qualified customers with electric bill payments.



### Mobile Service Unit

ACAP on wheels, this retrofitted RV will help provide ACAP's services to more remote areas of the County.



### Navigation Services

Need assistance, but unsure exactly what programs and services you may qualify for? The ACAP navigators listen, assess, and refer clients to all ACAP services and those of other agencies that may benefit the individual or family.



### Oral Health

Provides oral health 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.



### Prevention Services

These evidence based programs provide services to individuals across the life span with a focus on tobacco use, prevention, substance use prevention and nutrition and wellbeing.



### Quest: Quality Jobs, Equity, Strategy, and Training

Helps eligible workers reach their employment or educational goals by providing help with services and supports such as childcare, transportation, education and training, and apprenticeships.



### Restorative Practices

Provides alternatives to detention and suspension for youth involved with conflicts at school and in the community. Restorative Circles promote accountability and repair relationships. Referrals can come from Department of Corrections, schools, families, community organizations and concerned community members.



### School Aged Childcare

Licensed school aged childcare for children aged 5 through 12 provided after school and during school breaks.



### Supplemental Food for Women, Infants and Children (WIC)

WIC is a complete nutrition care program for families, (pregnant, post-partum, nursing women, children birth to age 5). The program offers: nutrition education; breastfeeding education, support and counseling including supplies and electric pump loaner program; health screenings and referrals; and financial support to purchase healthy foods and infant formula. Young children cared for by foster-parents, grandparents, father, or guardian can apply.



### Vitamin Angels

Through partnership this program provides prenatal vitamins to any woman in their childbearing years free of charge.



### Weatherization

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



### Youth Job Services Program

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

*Programs and services subject to change without notice.*

### What is ACAP?

For over 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 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 residents, ACAP programs collectively impact a vast population 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 Whole Family and 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 economic and social mobility through a supportive coaching experience.

### Our Mission

Aroostook County Action Program leads or collaborates to provide services that support, empower and improve lives.



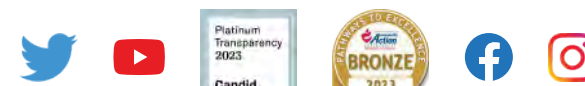
Aroostook County Action Program

*We Make Life Better!*

### Office Locations

771 Main Street, Presque Isle  
88 Fox Street, Madawaska  
40 Alfalfa Avenue, Fort Kent  
91 Military Street, Houlton

207-764-3721 • 800-432-7881  
TTY 207-764-3721



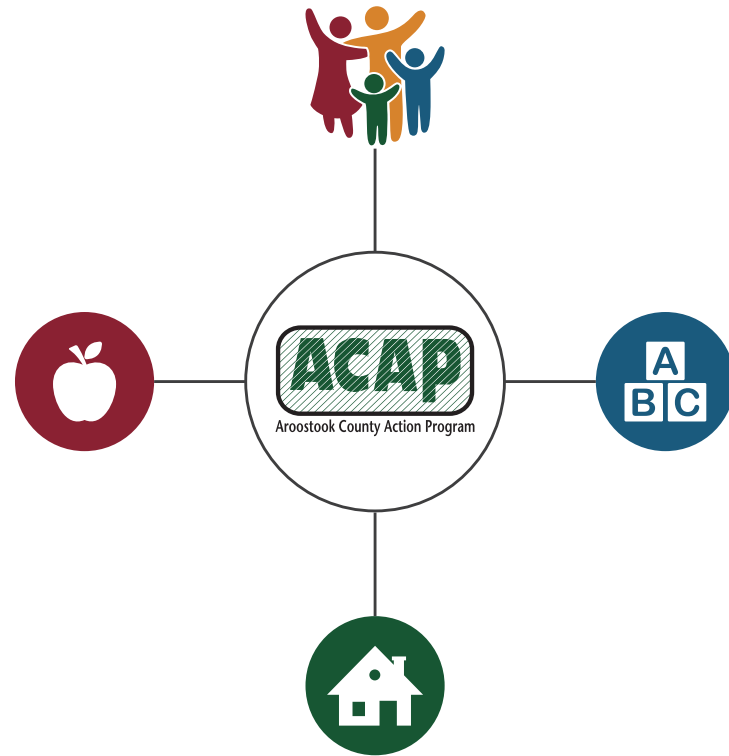
[www.acap-me.org](http://www.acap-me.org)

*ACAP provides equal opportunity in employment and services.*

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







- Above Ground Storage Tanks**  
Provides assistance to homeowners with replacing older oil tanks with newer, DEP approved tanks.
- Adult Job Services**  
Provides guidance, connections, and support in areas such as: job search, high school completion, college preparation and transition, occupational training (like CNA and CDL certifications), 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 Connectivity Program**  
This program provides eligible households with a discount on broadband service and connected devices.
- Aroostook CA\$H Coalition**  
ACAP serves as the lead for for the Aroostook CA\$H Coalition. Through the use of volunteers, the program prepares tax returns and connects the participants to community resources.
- Arrearage Management Program**  
Assists individuals in arrears with their electrical bill by forgiving balance due once program requirements have been met.
- Back Pack Program**  
In partnership with United Way of Aroostook, this annual program provides low-income students with backpacks and school supplies as they start the new school year.
- Breakthrough Youth**  
Evidence-based curriculum for youth, ages 14-24, that teaches personal responsibility, financial literacy, and pregnancy prevention.
- Central Heating Improvement Program**  
Provides Home Energy Assistance Program eligible households assistance with heating system evaluations, repairs, replacements, and conversions. Priority is given to individuals in no-heat situations.
- Child Care Food Program**  
Sponsors licensed child care providers, meeting USDA food and nutritional guidelines, to receive reimbursement for meals served to children in their care.
- Coaching Services**  
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.



- Collaborative Youth Programming**  
Evidence-based curriculum to build resiliency available to schools, clubs, and other organizations that serve youth. Free programming includes: substance use prevention, restorative practices, and respectful conversations.
- Community Closet**  
The Community Closet is a place for the community to donate gently used clothing and for others in need to select clothing for themselves or their family. The Closet is located at our 771 Main Street in Presque Isle office.
- Community Cupboards**  
Community Cupboards have been established throughout Aroostook County with the motto of "give what you can and take what you need." Cupboards are free and available 24/7 365 days a year in most locations. See our website for all locations.
- Diaper Distribution Pilot Project**  
Provides diapers and diapering supplies on a consistent basis while also providing wraparound support services to eligible families. Families receive monthly diapers and supplies when enrolling in navigation support services to connect them to other programs for which they may be eligible.
- Dislocated Worker Job Services Program**  
This program is designed to help workers who have been laid off get back to work as quickly as possible and overcome barriers to employment. A variety of individualized services are available to assist with re-entry into the workforce.
- Drug Free Aroostook**  
This collaboration with community partners provides education resources and evidence-based programming for reducing the use of alcohol, marijuana, and other drugs.



- Early Childhood Care**  
Provides child care from infancy to 6 years of age to children at State of Maine Level 4 Quality Rated and licensed facilities in Caribou, Fort Kent, Presque Isle, and Houlton. Child care is a fee-based program and we accept many forms of voucher payments.
- Early Intervention Services**  
Provides opportunities for children ages 3-5 years old with developmental delay 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). Classrooms are approved State of Maine Special Education preschool programs and are available in Fort Kent, Presque Isle, Caribou, and Houlton.

- Electrical Utility Assistance**  
Assistance provided to eligible households in managing electricity costs through special discounts or credits.
- Extended Learning Opportunity**  
Serves youth ages 16-21 by providing personalized paid opportunities for students to engage in learning in ways that make sense for them and connect their learning to everyday life in relevant and meaningful ways.
- Energy Crisis Intervention Program**  
Provides assistance to Home Energy Assistance Program eligible households by providing emergency fuel or preventing an electrical disconnect. Available November 1 to April 30.
- 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 eligible families of children prenatally through age 5. Comprehensive services include: developmentally appropriate early childhood education, health, nutrition, and family support services.
- Healthcare Navigation Program**  
Provides free assistance from Certified Healthcare Navigators with all aspects of Maine's Health Insurance Marketplace, including determining eligibility, comparing, and explaining options, and applying and enrolling in coverage.
- Healthy Eating Active Living (HEAL)**  
Statewide initiative working to reduce and prevent the negative health effects from tobacco use, substance use, and obesity as well as increase youth engagement and empowerment. Strategies include supporting access to and awareness of healthy eating, increasing awareness and access to physical activity, and supporting communities and worksites in becoming breastfeeding friendly.
- Heat Pump Program**  
Provides qualifying HEAP-eligible homeowners with a single head heat pump to assist with energy costs.
- Home Energy Assistance Program**  
Provides financial assistance to income and program-eligible households to help address energy costs.
- Home Repair Network Program**  
Offers 0%, deferred or forgivable loans and grants to income eligible homeowners for essential home repairs including septic and wells as well as accessibility and energy saving improvements. Priority is given to qualifying emergency repairs with consideration then given to household composition and income.
- Homeowner Assistance Fund Program**  
Provides eligible homeowners benefits that can be used for a variety of expenses or past due homeowner bills.



**What is a Comprehensive Service Delivery Approach?**  
Our entire team is committed to a comprehensive service delivery approach model. That means that our clients are connecting to all of the programs and services they need. We offer more than 40 programs and services in the areas of:

- Coaching**  
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.
- 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 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, rental assistance, home 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.