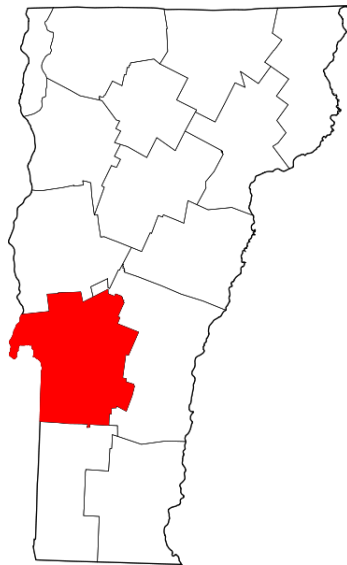


# **Rutland Community Programs, Inc. Rutland County Head Start**

## **2016-2017 COMMUNITY ASSESSMENT**



Community Care Network  
**Rutland Community Programs**

# Rutland County Head Start 2016-2017 Community Assessment

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## **Section1: Introduction**

### **Program Overview**

Rutland County Head Start (RCHS) is a program of Community Care Network, which is comprised of Rutland Mental Health Services and Rutland Community Programs; Rutland Community Programs is the Head Start grantee.

RCHS provides comprehensive child development services to 117 low-income preschool children and their families. The Head Start program is center-based and operates four hours per day, four days per week, September through May. Extended day, year-round childcare is available at both the Meadow Street and Hickory Street centers in Rutland City. Approximately 100 Head Start children receive full-day, full-year services with the wrap-around childcare program. Program operations are centered primarily in Rutland City, where about 120 children are served in a center-based/school-based model in several locations.

**Meadow Street Center.** The main facility, located on Meadow Street in Rutland City, houses five classrooms and provides services to about 77 children. All five classrooms include extended-day, year-round childcare, before and after Head Start and when Head Start is not in session (all are enrolled Head Start children; some from other sites who require full-day care). The Meadow Street center's childcare program is NAEYC-accredited and has a 5-STARs quality rating from the Vermont Child Development Division.

**Rutland City Public Schools.** RCHS collaborates with Rutland City Public Schools to operate inclusionary Early Essential Education (EEE)-Head Start classrooms at Northeast Primary School, Northwest Primary School, and at the Meadow Street center. This collaboration allows Rutland City Head Start children with a diagnosed disability to experience a school environment prior to Kindergarten, in classrooms with "typical" peers. The three collaborative classrooms serve about 30 children. Rutland City Public Schools provides transportation to all children enrolled in the collaborative classrooms.

**Bennington-Rutland Supervisory Union (BRSU):** The collaboration with BRSU serves about 10 children and their families at the Mettawee Community School Early Essential Education classroom in the town of Pawlet, Vermont.

**Hickory Street.** The Hickory Street Center (located at 15 Juneberry Lane in Rutland City) our Preschool Expansion Grant site serves 16 children. Children must be 4 years of age by the kindergarten cutoff date.

## Purpose

The purpose of the Community Assessment is to meet Head Start Performance Standard 1305.3-Determining Community Strengths and Needs. The information from this assessment is used to set long and short-term program objectives, determine services most needed, and provide governing bodies with relevant information about the service area.

## Methodology

The information presented in this Community Assessment was acquired and analyzed according to the most recent and relevant data available. The sources of data are listed in each section.

## Section 2: Demographic Profile of Service Area

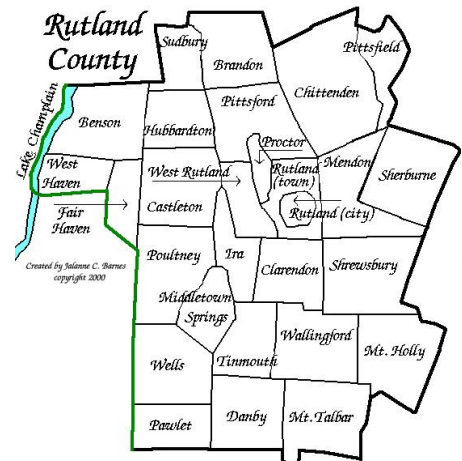
*The purpose of this section is to meet the requirement of 1305.3(1): The demographic make-up of Head Start eligible children and families including their estimated number, geographic locations, and racial and ethnic composition.*

Rutland County Head Start serves Rutland County in Vermont, with its primary service focus in Rutland City.

## Population

Rutland County is comprised of 28 towns ranging in population from under 300 to over 16,000. The region contains one urban center (Rutland City), six sub-regional centers of economic activity and a series of smaller rural villages surrounded by agricultural and forest land.

The population of Rutland County declined by 3.8 percent from 2010 to 2016. The population estimate in 2012 was 60,869 for Rutland County, with the highest concentration in Rutland City (16,495). The population estimate in 2016 was 59,310 for Rutland County and 15,601 for Rutland City's population. Rutland City's population declined 4.6 percent from 2000 to 2010 and from 2010 to 2016 Rutland City's population estimate declined by 5.4 percent.



Rutland County’s population experienced the greatest population decrease of all counties in Vermont from 2000 to 2010 according to the 2010 U.S. Census. Rutland City’s population also saw the greatest decrease from 2000 to 2010 of the 20 cities and towns reported in the 2010 Census. Since 1970, almost all of the population growth in the region has taken place outside of Rutland City. Growth rates and current populations, however, vary on a town-by-town basis. Of the total county population, 51 percent are female and 49 percent are male. The median age is 44.3 years, one of the highest in New England. Twenty-two percent of the population is under 19 years and 17 percent is 65 years and older. The birth rate in the county has declined somewhat in the last decade; there were 621 births in 2001 and 593 in 2008.

Rutland County’s projected growth rate is the second slowest in the state, with counties in the northwestern part of the state expected to see increases in their populations by 2020. Chittenden County, for example, experienced a 6.8 percent increase in population from 2000 to 2010, the highest growth rate in Vermont. A high rate of youth out-migration has resulted in Rutland County’s limited rate of population growth and an aging population on the whole.

Rutland County’s population is projected to remain fairly steady over the next 15 years, with an expected increase of only 2 percent by 2020.

Source: U.S. Census Bureau: 2010 U.S. Census  
 U.S. Census Bureau: 2012 State and County QuickFacts  
 Rutland Regional Planning Commission Rutland Regional Plan 2015  
 American Community Survey 2006-2008  
 Vermont Department of Health: Vermont Resident Births

### **Head Start Population Estimates: Rutland County**

Based on the 2010 Census, 2016 population estimates we estimate that there are about 318 children under age five throughout rural Rutland County who are eligible for Head Start or Early Head Start services in 2016.

**Table 1: Head Start Child Estimate**

<b>Population</b>	<b>59,310</b>
<b># Children Under Age 5</b>	<b>2,787(4.7%)</b>
<b># Family Households</b>	<b>29,459</b>
<b>% Poverty Level</b>	<b>11.4%</b>
<b>Estimated # of EHS-HS-eligible children</b>	<b>318</b>

Source: 2010 U.S. Census  
 U.S. Census Bureau American Fact Finder  
 U.S. Census Bureau Population Estimates 2016 Vintage Year

## **Race**

For people reporting one race alone, 97 percent is White; 0.5 percent is Black or African American; 0.2 percent is American Indian and Alaska Native; and 0.6 percent is Asian. One percent report two or more races. One percent of the people in Rutland County are Hispanic and 97 percent of the people in Rutland County are White non-Hispanic.

Source: 2010 U.S. Census  
U.S. Census Bureau American Community Survey 2006-2008

## **Households and Families**

There are 29,495 households in Rutland County. Rutland County's homes have changed significantly in the past several decades. From 2000-2010 in Rutland City, the number of households fell less rapidly than the population, meaning that on average households decreased in size during this period. Most dramatic is the decrease in the size of households from 3.34 people in 1970 to 2.28 in 2010. The average family size from 2011-2015 is 2.29.

Families make up 62 percent of the households in Rutland County with Nonfamily households at 38 percent. Almost 10 percent of the family households included a female householder with no husband present, and about 5 percent with a male householder with no wife present. Six percent of all households are a single female with a child under the age of 18 living at home.

Source: 2010 U.S. Census  
U.S. Census Bureau American Community Survey 2006-2008  
Rutland Regional Planning Commission Rutland Regional Plan 2015

## **Income/Poverty**

The median household income in Rutland County is \$46,109. Seventy-nine percent of the households received earnings and 18 percent received retirement income other than Social Security; 33 percent received Social Security. The average annual wage paid for local jobs was \$30,074 in 2003. It has gradually declined in relation to the state since 1990 and is now 93.7 percent of the statewide average. Overall household income, not surprisingly, has followed a similar trend. Average household incomes across the county have gradually lost ground to the state over the past 24 years. About 7 percent of Rutland County families and about 11 percent of individuals live below the poverty level.

Poverty is concentrated in Rutland City and especially in the downtown and northwest Census Tracts. The overall poverty rate in Rutland City is 16 percent compared to 12 percent for the county. The percentage of families in Rutland County with children living below the poverty level is 15.6 percent.

In 2010, Rutland County was estimated to have had a total residential employment of 30,650. Overall job growth has been slow over the past 25 years. The county's job growth rate since 1990 has been less than a third that of the state. The unemployment rate in the Rutland Labor Market Area was 4.6 percent in June 2015, compared to about 4 percent statewide. Rutland City's unemployment rate was 5.3 percent in June 2015.

Source: Rutland, Vermont Housing Needs Assessment and Market Study, 2012  
Rutland Regional Planning Commission Rutland Regional Plan 2015  
U.S. Census Bureau American Community Survey 2006-2008  
Vermont Department of Labor- Labor Force and Unemployment by LMA June 2015 estimates

## **Transportation**

Public bus transportation is available in the Rutland Region with fixed route and commuter services running to and from Rutland City, provided by Marble Valley Regional Transit District (MVRTD). Routes include the city, Rutland Town, Proctor and the Killington area. Regional services are provided to Fair Haven, Killington, Middlebury, Manchester and Ludlow with stops in between. RCHS sites in Rutland City are all on public transit routes. Door-to-door transportation is provided by a number of providers. The largest of these, MVRTD, serves residents through individual user fees, contract services for area human service agencies, and Medicaid transportation, supplying over 45,000 medically necessary trips annually.

Source: Rutland Regional Planning Commission Rutland Regional Plan 2014

## **Education**

In 2006-2008, 89 percent of people 25 years and over had at least graduated from high school and 26 percent had a bachelor's degree or higher. Eleven percent were dropouts; they were not enrolled in school and had not graduated from high school.

The total public school enrollment in Rutland County (pre-K-High School) was 7,816 for the 2015-2016 school year down from 7,902 the previous October. Total school enrollment is down by 973 students, or 12 percent, since 2009-2010. State total public school enrollment is down by 4.9 percent since 2010.

Source: U.S. Census Bureau American Community Survey 2006-2008  
Vermont Agency of Education Public School Enrollment Across Grade for School Year 2015-2016

## **Housing**

Rutland County's homeownership rate is virtually unchanged since 1970. The state has increased homeownership rates at a slightly faster rate than the county as a whole over 30 years. Sixty-four percent of all housing units in Rutland County are single-family homes, down from 66.3 percent in 1980. Multi-family units have grown at less than half the rate of single family homes in the county since 1990. Countywide, new rental units declined to only 35 new apartments per year for the last decade. That compares to nearly 100 new units annually for the 20 years prior to that. Forty percent of Rutland County renters pay at least 30 percent of their



income to rent. Because the county's renters earn significantly less than their counterparts statewide, renting in the county is a greater burden for its renters despite the fact that rents are lower than statewide. Rutland County has subsidized housing for 19.1 percent of renters.

The number of housing units in Rutland City grew slightly from 2000 to 2010, even though the number of households declined. This mismatch has pushed the overall housing vacancy rate up in Rutland from six percent in 2000 to eight percent in 2010. Construction permits for new housing have dropped, which should help the market to correct itself.

The City of Rutland has a significant amount of old housing stock and small multi-unit stock. About half the stock was built before 1940, and about a third of the stock is in 2-4 unit structures. Older multifamily stock in particular is undervalued relative to single-family housing, and its concentration in certain areas of the city is helping to drive neighborhood revitalization challenges. This stock also creates special needs for housing rehabilitation (such as remediating lead paint hazards).

In Rutland City in 2010, just under half (46 percent) of renter households paid more than a third of their incomes in rent, and over one-fifth (22 percent) of renters paid more than half of their incomes in rent. After adjusting for inflation, rents have grown over the past decade while incomes have declined—causing the prevalence of cost-burdened renters to increase substantially since 2000.

Low incomes – more so than high rents – appear to drive the housing cost burden problem. A family earning only 55 percent of the HUD-Adjusted Median Family Income could afford the median rent on a two-bedroom apartment, and rental cost burdens are almost entirely limited to households with annual incomes under \$35,000. A comparison of the rent distribution of apartments to the income distribution of renter households further suggests that inadequate apartment supply within an affordable price range mainly affects households earning under \$20,000 annually. At 52 percent, the homeownership rate in the City of Rutland is well below county, state, and national levels. A Census Tract northwest of downtown has a particularly low rate of 29 percent that is influenced by the multifamily stock in that area.

Source: Rutland, Vermont Housing Needs Assessment and Market Study, 2012  
Rutland County Housing Needs Assessment 2005

### **Section 3: Other Child Development and Childcare Resources**

*The purpose of this section is to meet the requirement of 1305.3(2): Other child development and childcare programs that are serving Head Start eligible children including publicly funded state and local preschool programs, and the approximate number of Head Start eligible children served by each.*

#### **Childcare Availability and Quality**

Twelve community-based Community Childcare Support Agencies operate throughout the state, providing referrals and financial assistance to families in need of childcare. In Rutland County

there are 145 Regulated Childcare programs with a total capacity of 3,265 as of December 2014. About half of the capacity in the county is located in Rutland City, where there are 54 regulated programs. A little over 70 percent of the Regulated childcare programs participate in the STARS program, a voluntary quality rating system of the Vermont Child Development Division.

### December 2016 Capacity and Vacancies of Regulated Childcare Programs in Rutland County by Town

Town	# of Programs	# of program with STARS Quality Rating	Capacity	Openings	Vacancy Rate
Benson	3	3	35	2	6%
Brandon	14	11	253	29	11%
Castleton	15	9	207	25	12%
Chittenden	2	1	22	0	0%
Clarendon	3	2	46	18	39%
Danby	2	2	94	19	20%
Fair Haven	9	7	94	23	24%
Killington	3	1	141	8	6%
Middletown Springs	4	2	68	5	7%
Mount Holly	3	2	71	5	7%
Pawlet	6	4	170	6	4%
Pittsford	7	2	90	5	6%
Poultney	4	4	55	15	27%
Proctor	5	5	125	9	7%
Rutland City	54	39	1534	185	12%
Rutland Town	2	2	16	2	13%
Shrewsbury	1	1	40	10	25%
Tinmouth	1	1	12	0	0%
Wallingford	3	2	117	3	3%
West Rutland	4	3	75	14	19%
<b>TOTAL</b>	<b>145</b>	<b>103</b>	<b>3,265</b>	<b>383</b>	<b>12%</b>

Source: Rutland Promise Communities Invitation 2015

According to the Rutland Regional Planning Commission, childcare professional they spoke to in the development of the childcare chapter of the Regional Plan mentioned the increasing number of children in the region who struggle with mental health issues, behavioral issues, and/or disabilities. Children with these needs require specialized services that are not available at many childcare facilities, especially in small towns with few providers to begin with.

In 2010, the Vermont Child Development Division restructured the Childcare Financial Assistance Program (subsidy) to increase access, affordability and quality of childcare. The Childcare Financial Assistance payment rate scale was updated to the 2009 Federal Poverty Level; it had previously been grounded to the 2000 FPL, with basic rates providing access to

only 41 percent of providers. Childcare subsidy payments were adjusted for regulated facilities (licensed centers and registered homes), with quality incentives added. Subsidy rates increased 3 percent in November 2013.

Weekly childcare rates for both registered homes and licensed centers in Rutland County tend to run less than the Vermont average rates. But, lower median household income in the county means that a higher percentage of a family’s income goes to pay for childcare than in other areas of Vermont.

**Rutland County Childcare Rates**

<b>Provider Type</b>	<b>Infant</b>	<b>Toddler</b>	<b>Preschool</b>	<b>School Age (Part Time)</b>	<b>School Age (Full Time)</b>
Rutland Region Licensed Center	\$180.00	\$170.00	\$155.00	\$99.79	\$150.00
Rutland Region Registered Home	\$150.00	\$145.00	\$145.00	\$87.50	\$140.00

From 2003 to 2012, the market rates for a preschool age child in a licensed childcare center increased from \$140 per week to \$200 per week (43.9 percent). The market rates in a registered home care setting for the same period increased from \$106.25 to \$150 (41.2 percent).

SOURCE: Rutland Regional Planning Commission Rutland Regional Plan 2015  
2012 Vermont Child Care Market Rate Survey

In addition to private childcare, each school district/supervisory union in the county operates an Essential Early Education program for children age 3-5 with suspected and diagnosed disabilities (see Section 4).

## Kindergarten Readiness

Since 2000, Vermont has gathered information on the readiness of children entering kindergarten by surveying kindergarten teachers about students' knowledge and skills within the first six to ten weeks of school. The table below shows the percentage of children in each of the seven LEAs for RCHS who are deemed "kindergarten ready" as a percentage of all children entering kindergarten.

The 2015-2016 Ready for Kindergarten! Survey marks the deployment of a new survey instrument, changes in scoring methods, and criteria used for identification of students "ready". The new survey also includes new and revised questions, including six in the Physical Development and Health domain. The KRS is not a direct assessment of children; rather it relies on the accumulated observational knowledge the teacher has developed about the child during the first few weeks of kindergarten.

Rutland City Public Schools had the lowest percentage of children who were "ready" for kindergarten. Rutland City SD also has the highest percentage of children eligible for FRL of the seven LEAs in Rutland County. RCHS focusses much of its school-readiness efforts in this catchment area.

### Rutland County LEA Percentage of Public School Students Deemed Kindergarten Ready

Addison-Rutland SU	77.22%
Bennington-Rutland SU	87.50%
Rutland South SU	81.13%
Rutland Northeast SU	85.58%
Rutland Central SU	92.54%
Rutland Southwest SU	84.21%
Rutland City SD	61.24%

SOURCE: Vermont Agency of Human Services-Vermont Agency of Education Statewide Report on Kindergarten Readiness, Ready For Kindergarten! Survey 2015-2016

## **Section 4: Children with Disabilities**

*The purpose of this section is to meet the requirement of 1305.3(3): The estimated number of children with disabilities four years or younger, including the types of disabilities and relevant services and resources provided to these children by community agencies.*

### **Special Education Child Count Data**

According to the Vermont Agency of Education December 1, 2015 Child Count, there were 1,598 children (preschool through school-age) receiving special education services in the seven supervisory unions and school districts that serve Rutland County. This represents about 17 percent of the total public school enrollment in the county. Disability category data is not available for the age 3-5 population specifically, therefore, we will assume that the disability characteristics of the age 3-5 population mirror that of the school-age cohort for which data is available. Based on the 2015 Child Count data, we estimate that there are about 210-230 children ages 3-5 with disabilities residing in Rutland County, out of a subpopulation of 3,028 (about 8 percent).

### **Disability Categories**

The Child Count only captures children receiving services; there are likely other preschool-age children with special needs who were not identified in the annual Child Count. The Child Count data reflects the status of children with disabilities eligible for services under the Individuals with Disabilities Education Improvement Act of 2004 (IDEA) on December 1 of each year. The data are collected at the supervisory union level, according to state and federal statutes and regulations. In December 2015, the seven supervisory unions and school districts in Rutland County had an average special education population that was 17 percent of their Average Daily Attendance. The following tables show the distribution of students receiving special education services in each disability category. Some students present with multiple disabilities and are counted more than once.

**December 2015 Rutland County Child Count Disability by SU**

	<b>Total Receiving Services</b>	<b>Autism Spectrum Disorder</b>	<b>Developmental Delay</b>	<b>Emotional Disturbance</b>	<b>Intellectual Disability</b>
<b>Addison-Rutland SU</b>	231	***	46	29	***
<b>Bennington-Rutland SU</b>	362	32	50	37	14
<b>Rutland South SU</b>	107	***	17	16	16
<b>Rutland Northeast SU</b>	239	16	40	44	19
<b>Rutland Central SU</b>	164	15	33	26	***
<b>Rutland Southwest SU</b>	202	***	31	12	***
<b>Rutland City School District</b>	363	26	81	80	36
<b>TOTAL</b>	<b>1,668</b>				

\*\*\* count is less than 11

	<b>Total Receiving Services</b>	<b>Other Health Impairment</b>	<b>Specific Learning Disability</b>	<b>Speech or Language Impairment</b>
<b>Addison-Rutland SU</b>	218	27	65	20
<b>Bennington-Rutland SU</b>	381	78	123	26
<b>Rutland South SU</b>	114	28	22	***
<b>Rutland Northeast SU</b>	229	21	62	20

		<b>Other Health Impairment</b>	<b>Specific Learning Disability</b>	<b>Speech or Language Impairment</b>
<b>Rutland Central SU</b>	167	40	33	***
<b>Rutland Southwest SU</b>	134	17	27	32
<b>Rutland City School District*</b>	371	62	55	17
<b>TOTAL</b>	<b>1,614</b>			

\*includes 11 with multiple disabilities

SOURCE: Vermont Agency of Education Dec 1, 2014 Child Count Information Disability by Percent by SU  
Includes only active students receiving services. Counts less than 11 are represented by \*\*\*

### School District Special Education Rates

Rutland City has a slightly higher percentage of students receiving special education services as a percentage of Average Daily Membership as other school districts in Rutland County, at 19 percent.

### Special Education % of ADM Population- December 2015

<b>SU</b>	<b>Active IEP Students</b>	<b>ADM*</b>	<b>Percent IEP</b>
<b>Addison-Rutland SU</b>	231	1363	16.94%
<b>Bennington-Rutland SU</b>	362	2246	16.12%
<b>Rutland South SU</b>	107	820	13%
<b>Rutland Northeast SU</b>	239	1612.65	14.82%
<b>Rutland Central SU</b>	167	1156	14%
<b>Rutland Southwest SU</b>	132	709	18.60%
<b>Rutland City School District</b>	363	1952.46	19%
<b>Total</b>	<b>1,601</b>	<b>9,859.11</b>	<b>16.18%</b>

SOURCE: Vermont Agency of Education Dec 1, 2015 Child Count Information Active and Eligible with ADM

*\* Average Daily Membership (ADM) is a count of resident and state-placed students who receive an elementary and secondary education at public expense. Pupil counts are weighted based on grade level.*

All Vermont school districts have Essential Early Education (EEE) programs. This statewide program coordinates early childhood special education services for children age three to five. Services are administered by local school districts in conjunction with local early childhood service providers to ensure inclusive educational environments.

Most of the children who receive early special education services do so in a typical preschool or childcare setting, as shown in the table below.

**Location of Early Special Education Services Ages 3-5**

	<b>Total</b>	<b>In Regular Ed Program &gt; 10 hrs/wk &amp; receiving majority of hours of services in regular ed program</b>
<b>Addison-Rutland SU</b>	42	20
<b>Bennington-Rutland SU</b>	30	27
<b>Rutland South SU</b>	***	***
<b>Rutland Northeast SU</b>	29	17
<b>Rutland Central SU</b>	19	***
<b>Rutland Southwest SU</b>	16	12
<b>Rutland City School District</b>	54	50

SOURCE: Vermont Agency of Education Dec 1, 2015 Child Count Information Ages 3-5 Educational Environment by SU. Includes only active students receiving services. Counts less than 11 are represented by \*\*\*

RGHS has formal agreements with all Rutland County supervisory unions and school districts to coordinate disability services (and kindergarten transition). Additionally, RGHS participates in the Children’s Integrated Services (CIS) Program of the Vermont Department for Children and Families. CIS brings parents and professionals together to identify areas where young children may need additional support.



## Section 5: Characteristics of Head Start Children

*The purpose of this section is to meet the requirements of 1305.3(3) and (5): Data regarding the education, health nutrition and social service needs of Head Start eligible children and their families; the education, health, nutrition and social service needs of Head Start eligible children and their families as defined by families of Head Start eligible children and institutions in the community that service young children.*

### Age Distribution

The percentage of children age 4 served by RCHS in 2015-2016 is consistent with other Head Start programs nationally (46 percent), based on the Head Start Program Fact Sheet 2015 (U.S. Administration for Children and Families).

### Age Distribution of RCHS at time of enrollment

<b>RCHS Head Start Enrollee Characteristics 2015-2016</b>		
<b>Total Actual Enrollment</b>		
Age 3	82	54%
Age 4	69	56%
Age 5	0	0
<b>Total Actual Enrollment</b>	<b>151</b>	<b>100%</b>

SOURCE: 2016 Head Start Program Information Report

### Family Educational Characteristics

The majority of RCHS families have at least one parent or guardian with a high school diploma or GED.

### Educational Characteristics of RCHS Families 2015-2016

	<b># of families</b>	<b>% of families</b>
<b>An advance degree or baccalaureate degree</b>	6	8%
<b>An associate degree, vocational school, or some college</b>	19	14%
<b>A high school graduate or GED</b>	97	72%
<b>Less than high school graduate</b>	12	8.8%

SOURCE: 2016 Head Start Program Information Report (not all families disclosed educational information)

Because county educational data is only available at the individual level and not aggregated by family, it is difficult to determine how RCHS parents compare countywide, however.

### **Educational Attainment for Rutland County**

	<b>% of population</b>
<b>An advance degree or baccalaureate degree</b>	26.1%
<b>An associate degree, vocational school, or some college</b>	25.2%
<b>A high school graduate or GED</b>	37.8%
<b>Less than high school graduate</b>	10.9%

source: U.S. Census Bureau American Community Survey 2006-2008

### **Health Indicators**

Of the 135 families receiving RCHS services during 2015-2016 (this includes families who dropped out during the program year), 79 families reported receiving services under the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

The prevalence of overweight among Vermont WIC participants aged 2-5 years more than doubled between 1981 and 2001, but does seem to be stabilizing. In Rutland County, the prevalence continued to rise until 2007, peaking at 20 percent. Of children age 2-5 participating in WIC in 2012 through the Rutland District Office, while only 13 percent are considered obese (BMI > 95<sup>th</sup> percentile for age and gender), this is the highest in the state. Many children who are overweight have high cholesterol and blood pressure levels, risk factors for heart disease. Nationally, there is an alarming increase in the incidence of type 2 diabetes.

While data is not available specifically for the age 3-5 population, proportionally fewer Rutland County youth engage in healthy nutrition compared to Vermont as a whole. In Rutland County:

- ▶ About a third of adults in Rutland County reported eating the recommended serving of fruits and vegetables. This has remained unchanged since 2005, and is statistically similar to the State at 38%.
- ▶ Rutland County adolescents in grades 9-12 do not eat the daily recommended servings of fruit or vegetables compared to the State. In 2001 reports, nearly 40% of youth ate their recommended serving of fruit while only 10% ate the recommended daily intake for vegetables. More recent reports from 2013 identify a significant decline in the percentage of youth who report eating the recommended intake of fruit at 28%, with a slight increase in the number eating vegetables (13%). State rates are 33% for fruit intake and 17% for

vegetable intake. Only 30 percent of youth eat two or more servings of fruit a day vs. 36 percent in Vermont

- ▶ Only 12 percent of youth eat three or more servings of vegetables a day vs. 17 percent in Vermont

SOURCE: Rutland Regional Medical Center Community Health Needs Assessment 2015-2017  
2011 Rutland County Youth Risk Behavior Survey  
Vermont Department of Health 2012 Obesity in WIC Children Age 2-5  
National and State-level Estimates of Special Supplemental Nutrition Program for Women, Infants and Children Eligibles and Program Reach 2000-2009. USDA December 2011

### Primary Health Care Access

- ▶ Southern Vermont presents the greatest need for primary care practitioners (PCPs) based on Full Time Equivalence (FTE). Rutland County has the third highest need in the state. The need for primary care services for adults improved since 2011, but still persists with Rutland County falling behind the national benchmark by -7 FTE PCPs.
- ▶ Despite the shortage of PCPs in Southern Vermont, since 2012 all Southern Counties remain above the national benchmark for the number of primary care advanced practice registered nurses (APRNs), certified nurse midwives (CNMs), and certified physician assistants (PA-Cs).; Rutland County was 1 FTE above the national benchmark.
- ▶ The aging population of Rutland County will impact the number of primary care and specialty physicians to provide services to community members of the area. As of 2011, 22% of Primary Care Physicians and 15% of Specialty Physicians in Rutland County were ages 60 or older.

SOURCE: Rutland Regional Medical Center Community Health Needs Assessment 2015-2017

### Dental Care

Dental care availability in Rutland County has increased in recent years, however, a significant percentage of low income residents in Rutland County either do not have access to preventive, primary, or specialty dental care, or do not seek it out.

- Annually, 3 out of 4 Rutland County adults (74 percent) use dental care services.
- There has been a 3.5 percent increase in primary care dentists in Rutland County between 2009 and 2011.
- 100% of general dentists are accepting new patients as of December 2014, compared to only 79% in July 2008. Specific to Medicaid patients, however:
  - 83% indicate they accept Medicaid patients
  - 22% accept new Adult Medicaid patients (*Many have criteria or limitations*)
  - 61% accept new Child Medicaid patients
- There is an older age demographic in the Dental workforce in Rutland County.



- Primary care dentist FTEs in 2011 increased most in Rutland, Chittenden and Franklin counties as compared to 2009.
- 69 percent of primary care dentists and 80 percent of specialists in Rutland County accept patients with Medicaid insurance. The state average is 70 percent and 79 percent respectively.
- In 2011, there were 368 dentists practicing in Vermont; 81 percent were primary care dentists. In Rutland County, there were 47 practicing dentists, and 79 percent were primary care dentists.
- According to a 2011 survey of Rutland County dentists conducted by the Vermont Department of Health; 100 percent see children as patients (although many do not see children until age 3).

SOURCE: Rutland Regional Medical Center Community Health Needs Assessment 2015-2017  
Vermont Department of Health 2011 Dentist Survey

### **Medical conditions**

- ▶ Rutland Hospital Service Area has the highest hospitalization rates for asthma complications for all age groups, more than twice that of the statewide rate (14.4 compared to 6.3 per 10,000).
- ▶ Rutland also has the highest prevalence of current asthma for both adults and children (14%) compared with the rest of the state, at 11% and 12%, respectively. The prevalence for adults is significantly higher than the state prevalence.

SOURCE: Rutland Regional Medical Center Community Health Needs Assessment 2015-2017

### **Mental Health**

- ▶ A higher percentage of Rutland County high school students reported being bullied in the past month, at 21% compared to the State at 18%.
- ▶ Electronic bullying was statistically higher among Rutland County high school students at 19% compared to Statewide at 16%.
- ▶ More than 2 in 10 (21%) of Rutland County high school students reported feeling sad or hopeless for two weeks in a row in the past 12 months, similar to the State at 21%.
- ▶ The percent of students who made a suicide plan in the past year among Rutland County high school students was equal to the state rate at 11%. Further, a slightly lower percent of students in Rutland County attempted suicide in the past year at 4%, compared to the State at 5%.

SOURCE: Rutland Regional Medical Center Community Health Needs Assessment 2015-2017

### **Substance Abuse**

- ▶ Rutland Mental Health Services served the second largest number of clients for substance abuse in the state. The largest age group was 20-34 at 61%, followed by ages 35-49 at 23%, and ages 50-64 at 10%. More males were treated at 58% vs. 42% females, which is

consistent with other county statistics. Of those treated, 77% had Medicaid; the highest percentage of Medicaid patients in 2013.

- ▶ A slightly higher prescription drug misuse was reported for Rutland County at 8% compared to 6% the statewide rate.
- ▶ Vermont ranks among the top 3 States in the Nation in illicit drug use.
- ▶ In 2009, Vermont reached its worst prevalence of illicit drug use and held the highest illicit drug use at 35.09% for ages 18-25.
- ▶ Most recent reports from 2012-2013 showed a statistically significant ( $p>0.05$ ) decline for illicit drug use in Vermont. Current reports reflecting 2012-2013 illicit drug usage indicate a current usage rate at 30.02%. This currently ranks Vermont as the 3<sup>rd</sup> most heavily using illicit drug states. Vermont's current rates still remain considerable higher than National (21.44%) and the Northeast (23.57%).

SOURCE: Rutland Regional Medical Center Community Health Needs Assessment 2015-2017

## Free and Reduced Lunch

Rutland County has a higher percentage of students eligible for Free and Reduced Lunch than the state average, which was 41 percent in 2014-2015. The table below shows free and reduced lunch data at the school district/supervisory union level in Rutland County. The primary service area for RCHS, Rutland City, has the highest concentration of population in the county and has the highest FRL eligibility rate in the county.

### Rutland County School District Free and Reduced Lunch 2014-2015

School District	Students Eligible for Free/Reduced Lunch
Addison-Rutland SU	47.43%
Bennington-Rutland SU	38.17%
Rutland Central SU	40.53%
Rutland City School District	54.35%
Rutland Northeast SU	44.98%
Rutland-South SU	38.57%
Rutland-Southwest SU	45.39%

SOURCE: Promise Communities Invitation 2015

## Domestic Issues

- In 2010-2011, Rutland County had 95 domestic violence charges (10.8 percent), the 3rd highest in the State of Vermont. The Rutland County rate was more than twice the 2008-2009 rate (45).
- In 2010-2011, Rutland County had the 2nd highest rate of court petitions for relief from domestic violence (16.57 percent) even though the county is reported to contain only 10 percent of the State's population. This was a reduction from the 2008-2009 Rutland County rate of 19 percent.

SOURCE: Rutland County Community Health Needs Assessment 2012-2015

The tables below show the child abuse reports accepted in 2014 and 2015 by intervention for Rutland County. All reports have increased significantly in the past year.

**Reports (Child Abuse) in 2014-2015 Rutland DCF District**

Child Abuse Investigations		Child Abuse Assessments		Family Assessments		Total Reports Accepted for Intervention	
2014	2015	2014	2015	2014	2015	2014	2015
328	288	165	202	128	135	621	625

**Reports (Child Abuse) Substantiated in 2015 Rutland DCF District**

Physical Abuse	Sexual Abuse	Risk of Sexual Abuse	Risk of Harm	Emotional/Neglect
19	24	6	22	0

SOURCE: 2015 Report on Child Protection in Vermont- Department for Children and Families- Family Services Division

**Public Assistance**

Seventy-nine (79) out of 135 RCHS families received public assistance such as TANF or SSI in 2015-2016. Forty-five families (33%) had annual incomes below 100 percent of the federal poverty level.

Thirteen (13) families with 16 children were homeless at some time during the 2015-2016 program year; 8 families acquired housing during that period.

SOURCE: 2016 Head Start Program Information Report

The table below shows the number of Rutland County families receiving ReachUp and 3SquaresVt (food stamps) assistance in April 2014. There was little change from the previous year.

**Rutland County ReachUp & 3SquaresVT 2015**

	Families Households	Recipients	Children Under 19 RU <18	Benefits %
<b>ReachUp</b>	658	1,560	1,102	13%
<b>3SquaresVT</b>	5,712	10,249	3,387	12%

SOURCE: Vermont Economic Services Division ReachUp/3SquaresVT Families, Recipients and Benefits May 2015

## Head Start Services Requested

All families enrolled in RCHS used at least one family services support program in 2014-2015. RCHS families requested and received the following services during that period.

### Services Received by RCHS Families 2015-2016

Service	# Families
Emergency/crisis intervention such as meeting immediate needs for food, clothing, or shelter	39
Housing assistance such as subsidies, utilities, repairs, etc.	3
Job Training	1
Adult education such as GED	2
Child abuse and neglect services (referrals)	0
Substance Abuse prevention/treatment	0
Domestic violence services	2
Health education	85
Parenting Education	94
<b>Number of families receiving at least one service</b>	<b>132</b>

SOURCE: 2016 Head Start Program Information Report

## Section 6: Community Resources

*The purpose of this section is to meet the requirement of 1305.3(6): Resources in the community that could be used to address the needs of Head Start eligible children and their families.*

RCHS partners with numerous government and community agencies to support the needs of low-income families and children.

### Government

The primary conduit for social services support is the Vermont Agency of Human Services-Department for Children and Families district office in Rutland City. Services include the following.



### Child Development Division

The Child Development Division's goal is to increase accessibility to high-quality child care and child development services by working with programs within communities to coordinate and deliver services that meet families' needs.

### Office of Disability Determination Services

The Vermont Office of Disability Determination Services (DDS) determines the eligibility of Vermonters who apply for disability benefits under Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). DDS also determines the medical eligibility of Vermonters who apply for Medicaid based on having a disability.

### Family Services Division

The mission of the Family Services Division is to protect children and strengthen families, in partnership with families and communities. FSD works with thousands of Vermont families who are struggling and need help to keep their children safe.

### Office of Child Support

OCS is the state agency responsible for establishing, collecting upon, enforcing, and modifying support orders for children who do not live with both parents. OCS helps to establish parentage; establish an order for child and medical support; modify or enforce an existing order for child and medical support; make support payments to the custodial parent; and locate a missing non-custodial parent.

### Office of Economic Opportunity

The OEO administers the Federal Community Services Block Grant through five Community Action Agencies that provide direct services to nearly 40,000 Vermonters, including emergency food shelves, emergency housing assistance, employment counseling and search, and health and nutrition services.

## **Not-for-Profit Agencies**

Throughout Rutland County, numerous private organizations work in an integrated fashion to address the often complex needs of low-income families. These include:

- Rutland County Parent-Child Center
- Neighborworks of Western Vermont
- Bennington-Rutland Opportunity Council
- Rutland Housing Authority
- Homeless Prevention Center
- Rutland Regional Medical Center
- Rutland Area Visiting Nurse Association (Children's Integrated Services coordination)
- Evergreen Substance Abuse Center (Rutland Mental Health Services)
- Early Childhood Clinical Services (Rutland Mental Health Services)
- United Way of Rutland County
- Vermont Achievement Center
- Rutland County Women's Network and Shelter

## **Early Childhood Mental Health Services**

Rutland County Head Start and Rutland Mental Health Services' Early Childhood Team continue to operate with greater levels of collaboration and integration. The direct service program provides experienced Case Managers and Therapeutic Support Specialists to support children's therapeutic goals. This staff works in partnership with Rutland County Head Start to serve the most challenged families and young children of Rutland County.

Early Childhood Mental Health consultants serve the Head Start program with an array of basic observations, specialized observations geared toward helping children with intensive needs, and overall support for Head Start teachers.

The Early Childhood Team provides a large amount of consultation and training to Rutland County Head Start. For 2015-2016, 62 children were served with clinical services at Head Start (43 percent of enrollment), ranging from psychotherapy to case management and therapeutic support specialist time. Children continue to come to Head Start with increasingly complex and serious trauma/attachment histories and Head Start makes every effort to serve these children with a full package of comprehensive services.