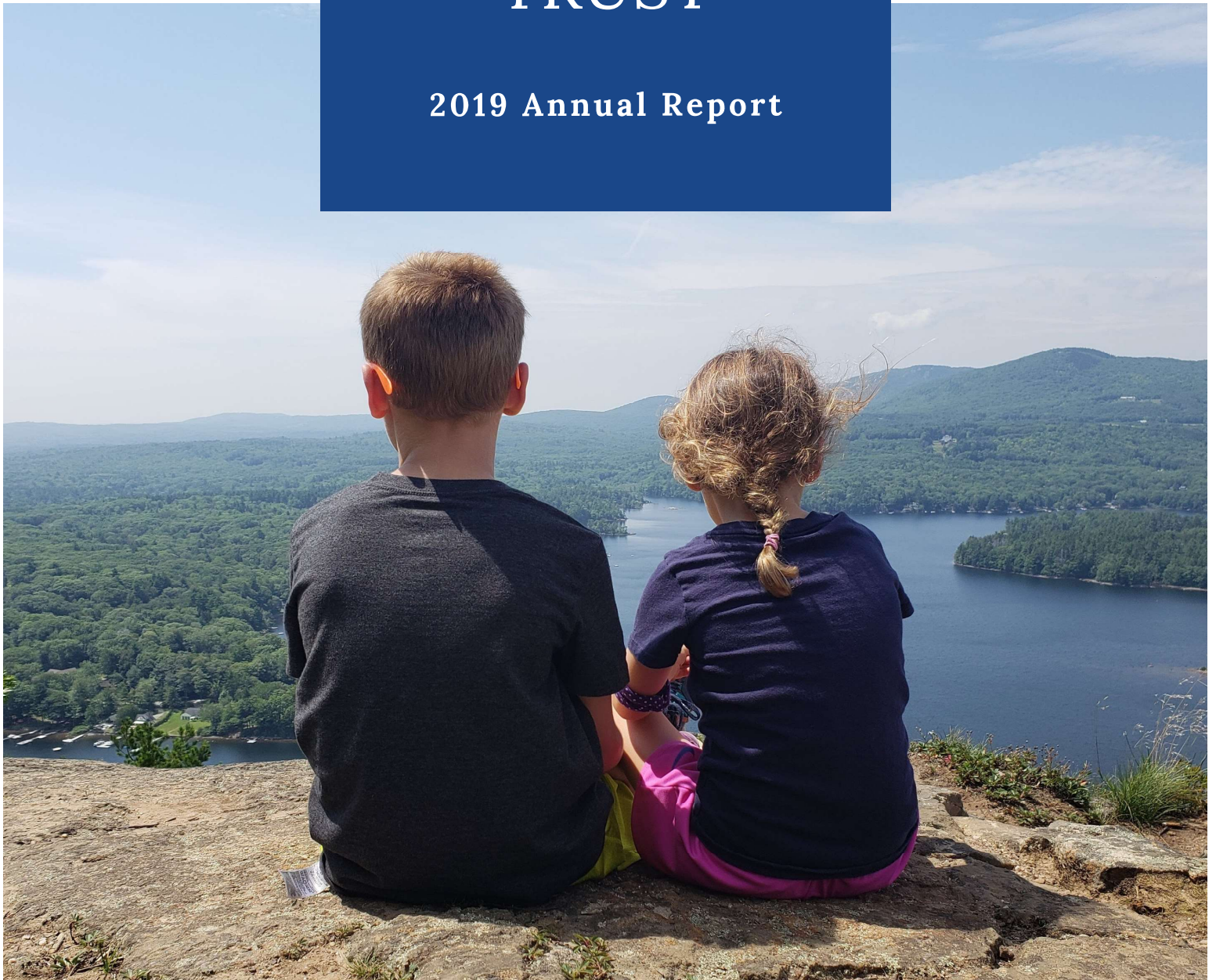


MAINE CHILDREN'S TRUST

2019 Annual Report



Our Mission

To prevent the abuse and neglect of Maine's children

Our Vision

To lead a statewide effort to prevent child abuse and neglect by organizing a strong unified voice that abuse is preventable and to facilitate collaboration to accomplish this goal

Our Values

We believe:
That child abuse is preventable;
In fostering collaboration;
Our work must respect and engage differences;
We must be resource conscious.

History

Maine Children's Trust was originally created by Statute in 1985 as a part of State Government. In 1994, legislation was enacted that transformed the Trust into a 501(c)3 non-profit, governed by a Board of Directors and designated the Trust as a Maine income tax checkoff recipient. The Trust's governing guidelines remain in statute. The Trust provides leadership and coordination of efforts throughout Maine to prevent child abuse and neglect before it occurs. The Trust provides funding and supports for prevention programming, as well as coordinates several statewide collaborative initiatives to strengthen families and prevent child abuse and neglect.

Affiliations

- **Office of the Administration for Children & Families Community-Based Child Abuse Prevention | State Lead**
- **Parents as Teachers | State Office**
- **Brazelton Touchpoints Site | Maine Touchpoints Project**
- **Circle of Parents | State Chapter**
- **National Alliance of Children's Trust and Prevention Funds | Network Affiliate**
- **Prevent Child Abuse America | State Chapter**
- **National Family Support Network Affiliate | State Network Lead**
- **Association of State and Tribal Home Visiting Initiatives**

2019 Board of Directors

OFFICERS

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Soltan Bass, LLC

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Regional Vice President and Director of
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Chief Financial Officer, Crisis and Counseling

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Social Services Director, Kennebec Valley
Community Action Program



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State Director, Fight Crime: Invest in Kids Maine

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Healthy Families

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Former Senator, Maine State Legislature

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Vice President of Programs, Sweetser

Peter Mills, Esq.

Executive Director, Maine Turnpike Authority

Greg P. Mitchell

Detective, Maine State Police

Marianne Moore

Senator, Maine State Legislature

Tracee O'Brien

Child Protective Intake Supervisor, Office of Child
and Family Services, DHHS

Christopher J. Pezzullo, D.O.

Clinical Director, Maine Primary Care
Association

Heather Pouliot

President, Core Marketing and Design

Renee Whitley*

Executive Director, Franklin County Children's
Task Force

***Represents a Local Child Abuse and Neglect Prevention Council**

Message from our Board Chair & Executive Director

In Maine, we have a heightened awareness of the devastating impact of child abuse and neglect due to the tragic deaths of several children in recent years. While these tragedies have been widely reported in the media, it is important to remember that many more children are negatively impacted by abuse and neglect every day, every year. In most cases, child abuse and neglect can be prevented.

Prevention in practical terms means strengthening families so that families have the knowledge, resources and support they need to thrive. Parents need information about child development and parenting to understand typical behavior and manage their children's behavior in positive ways. With parenting information, they can support their children's social and emotional development so their children develop healthy relationships and are resilient. Parents need support for themselves too – this comes from having social connections with friends, other parents and the larger community. With support, parents can learn to manage their own stressors to navigate challenging times and rebound from difficulties.

Let's be honest – parenting is a hard job under the best of circumstances. All families should be able to feel they can ask for support when needed and know that they can count on getting the help they need to keep their families safe and strong. Maine Children's Trust provides central coordination for two of Maine's strongest prevention efforts – the Maine Families Home Visiting Program and the Prevention Councils. Our awareness efforts are focused on the importance of building strong families and caring communities to not just prevent adverse events, but to make Maine a place where all children can grow up safe, healthy and loved.

We thank all of you who share our vision and support our efforts to be sure that all children in Maine grow and thrive in safe, stable and nurturing relationships and environments.


Charles Soltan, Esq.
Board Chair


Pam LaHaye
Executive Director



What We Know From Science

The first months and years of a child's life are a critical time for brain development. In the absence of responsive caregiving—or if caregiving responses are unreliable or inappropriate—the brain's architecture does not form as expected, which can lead to disparities in learning and behavior.¹

Toxic stress weakens the architecture of the developing brain, which can lead to lifelong problems in learning, behavior, and physical and mental health. Toxic stress can occur when a child experiences strong, frequent, and/or prolonged adversity—such as physical or emotional abuse and chronic neglect—without adequate adult support. This kind of prolonged activation of the stress response systems can disrupt the development of brain architecture and other organ systems, and increase the risk for stress-related disease and cognitive impairment, well into the adult years.²

Experiencing childhood trauma—including being the victim of child abuse and neglect—is associated with increased risk of health and psycho-social problems later in life: alcoholism and alcohol abuse, illicit drug use, depression, intimate partner violence, adolescent pregnancy, unintended pregnancies, liver disease, chronic obstructive pulmonary disease, ischemic heart disease, and more.³

1 <http://developingchild.harvard.edu/science/key-concepts/serve-and-return/>, 2 <http://developingchild.harvard.edu/science/key-concepts/toxic-stress/>, 3 <http://www.cdc.gov/violenceprevention/acestudy/findings.html>

2019 Maine Child Maltreatment Numbers

Every year, thousands of Maine children ages 0-17 are victims of child maltreatment including neglect, emotional abuse, physical abuse and sexual abuse.

During the 2018 calendar year, **5,472 Maine children** were found to be victims of one or more types of abuse:

- * 2,506 children were found to be victims of neglect
- * 1,449 children were found to be victims of emotional abuse
- * 1,216 children were found to be victims of physical abuse
- * 301 children were found to be victims of sexual abuse

Maine **babies under 1 year of age** are, by far, the age group most often found to be victims of child maltreatment. In 2018, 503 Maine babies, ages 0-11 months old, were found to be victims of substantiated neglect and/or abuse.

From Report to Maine Children's Trust, Information Services Unit, Office of Child and Family Services, Maine Department of Health and Human Services, May 31, 2019.

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IMPORTANCE OF CHILD ABUSE PREVENTION



The root causes of childhood trauma, including exposure to substance abuse, domestic violence, and abuse and neglect, can lead to significant challenges in adulthood. Supporting families to reduce their stress so that they can focus on supporting their child's healthy development is key to reducing the potential of child trauma, especially abuse or neglect. Child abuse prevention research strongly supports primary prevention efforts as an effective deterrent to the human and financial impacts associated with child maltreatment.

The prevention efforts led by the Trust are proven strategies for strengthening families and saving money that might otherwise be needed for intervention or treatment services. The Trust focuses on primary and secondary prevention strategies to stop maltreatment before it occurs. While both are proactive, all families can benefit from primary prevention activities and secondary prevention efforts focus on families that have an identified risk factor. The Trust provides a solid infrastructure to help local community-based organizations deliver these high-quality prevention services and activities in ways that fit local needs.

PROTECTIVE FACTORS



- 1) Knowledge of Child Development:** Information on how kids grow and how to help each unique child thrive
- 2) Parental Resilience:** The ability to bounce back from stress and cope with challenges in a positive, constructive way
- 3) Concrete Supports in Times of Need:** Access to services and resources that keep a family safe and healthy, such as food, shelter, and healthcare
- 4) Social Emotional Competence of Children:** Children know that they belong, know they are loved, understand their feelings and can get along well with others
- 5) Supportive Social Connections:** Having friends, family and community that provide emotional support in tough times and help celebrate good times



PREVENTION REACH

Maine Children's Trust works to prevent child abuse before it occurs through:



Partnering with local organizations, we achieve more. The Trust partners with over 20 local organizations to deliver proven prevention program and strategies while supporting the organizations with resources and child abuse prevention expertise.



Leading child abuse prevention training in Maine, the Trust support programs that train thousands of family-serving professionals. Their efforts have resulted in training over 1500

educators, 1100 child care providers, and nearly 400 medical professionals in infant safe sleep, abusive head trauma prevention, protective factors and mandated reporting last year.



Supporting parenting communities, we provide parenting education that builds Protective Factors in families.

Through the Child Abuse and Neglect (CAN) Prevention Councils, 2,147 caregivers participated in parent education classes and Circle of Parents, a peer support model. These programs helped 1,007 mothers, 588 fathers, 23 grandparents, and 31 foster/adoptive caregivers. Additionally, 1,221 caregivers and children participated in playgroups, which provided opportunities for socialization and positive parent-child interactions through play.

Focusing on one of our most vulnerable population, we have targeted efforts to reach our youngest children. Through our networks and partnerships, the Trust acts as the backbone organization to improve social outcomes for young children in several ways.



Providing infant safe sleep education and a portable crib, our Cribs for Kids initiative has served families who might otherwise have to put their infant in an unsafe sleep situation. The Trust serves as an affiliate for the Cribs for Kids program and utilizing our statewide network of prevention partners we have reached over 1,500 families in need.



Unifying local, state and regional organizations, the Trust convenes a statewide Infant Safe Sleep & Period of PURPLE Crying Coalition to share data, best practices, resources and expertise to reduce unsafe sleep and shaken baby related death and injury to infants under one.

Representatives from numerous hospitals, the medical examiner office, physicians, state government agencies, law enforcement, the American Academy of Pediatrics and local agencies gather to develop strategies for and provide consistent messaging around safe sleep practices.



Guiding the work of Maine Families, which has shown positive outcomes in child health, safety and development, as well as overall family well-being. Maine Families reached 2,008 families with 2,070 children through 21,076 home visits last year. Overall, 64% of participating families reported they always placed their babies on their backs, without bed-sharing or soft bedding. In addition, 82% of participating mothers received a postpartum care visit with a healthcare provider within 8 weeks of birth and 87% of children 19-35 months had up to date immunizations, compared to the state is at 73.7% of all children visited, 99.7% had an identified Primary Care Provider, while statewide, 55.8% had a medical home. Finally, 77% of participating children were up to date with the most recent well-child check-up.





Maine Families Home Visiting

Central Coordination

Maine Children's Trust has supported home visiting in Maine since the 1990's through advocacy, grants and training. In 2010, the Trust assumed responsibility for providing system coordination, quality assurance and technical assistance with all the State contracted home visiting sites. Eight years ago, all home visiting system supports came under the Trust's umbrella – quality assurance, quality improvement, training, technical assistance, staff credentialing, along with data collection and reporting. The Trust became the home of the Parents As Teachers State Office, the national model utilized by Maine's home visiting system. During this time, more in-depth Standards of Practice were created that allowed for even greater consistency in services offered by the local contracted agencies delivering the program.

In 2016, the Maine DHHS consolidated all home visiting contracts and the system supports (infrastructure) into one contract with the Trust. The Trust has managed the direct service contracts with the local agencies since that time for no additional cost to the grant beyond the infrastructure costs. A new web-based family record and data system was developed to capture federal performance measures data and much more. All Maine Families sites have achieved and maintained Blue Ribbon Affiliate status with Parents as Teachers (PAT) after undergoing a rigorous endorsement process. Maine is the only state to have achieved this distinction for all PAT sites.

*Funding for Maine Families is provided by
the Maine CDC.*

County Contacts

Androscoggin & Oxford
Community Concepts, Inc.
207-783-3990

Aroostook
Aroostook Council for Healthy Families
207-532-1141

Cumberland
The Opportunity Alliance
207-553-5801

Franklin
Franklin County Children's Task Force
207-778-6960

Hancock
Maine Family Planning
207-667-5304 Ext. 225

Kennebec & Somerset
KVCAP
207-859-1577

Knox, Lincoln & Sagadahoc Counties
The Parent Program of MidCoast Maine
207-832-0343

Penobscot & Piscataquis
Penquis
207-974-2481

Waldo
University of Maine Cooperative Extension
207-342-5971

Washington
Down East Community Hospital
207-225-0438

York
Southern Maine Health Care
207-490-7704

Evidence-Based Services to Families

Offered in every county of the state through a well-established and rigorously accountable system of performance-based contracts with local agencies, Maine Families Home Visiting is a voluntary program available for pregnant women, expectant couples, and parents or primary caregivers of children from birth to age three.

As affiliates of the international Parents as Teachers (PAT) evidence-based model, services are delivered by highly trained specialists to ensure safe home environments, promote healthy growth and development for babies and toddlers, and provide key connections to needed services. Family visitors use a non-judgmental and compassionate approach that empowers parents with skills, tools, and confidence to nurture the healthy growth of their baby.

The intensity and length of service is matched to family needs in response to an individualized needs assessment. This allows for careful optimization of resources, in which highest-need families receive more frequent visits over a longer period of time.

Maine Families consistently delivers positive outcomes for Maine's youngest children and their families in areas such as maternal and child health, child development, safety and family well-being.



Child Abuse and Neglect Prevention Councils

Central Coordination

Maine Children's Trust has supported the prevention efforts of the Child Abuse and Neglect Prevention Councils since the 1990's with grant funding, public awareness and technical assistance. Since 2015, the Maine Department of Human Services has executed agreements with the Trust to lead and coordinate a statewide project to prevent child abuse and neglect. Through this effort, the Trust supports the Councils in their statutory role as the county-level coordinating entity to lead and deliver child abuse prevention efforts.

The Council statute guides the Trust in providing central statewide leadership, strengthen the network and ensure ongoing delivery of free evidence-based and evidence-informed child abuse programming in every county in Maine. A toolkit has been developed to guide data evaluation, integrate data with community feedback and develop prevention plans and priorities. The Trust provides a centralized data system, core programming training and technical assistance to ensure consistency in service delivery, as well as model fidelity.

Funding for the CAN Prevention Councils is provided by the Department of Human Service: Office of Child and Family Services.

County Contacts

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207-783-3990

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Aroostook Council for Healthy Families
207-532-1141

Cumberland
The Opportunity Alliance
207-553-5801

Franklin
Franklin County Children's Task Force
207-778-6960

Hancock
Downeast Community Partners
207-667-2995 Ext. 232

Kennebec & Somerset
KVCAP
207-859-1577

Knox, Sagadahoc & Waldo Counties
Midcoast Maine Community Action Program
207-859-1577

Lincoln
Healthy Kids
207-563-1818

Penobscot & Piscataquis
Penquis
207-974-2481

Washington
Sunrise Opportunities
207-225-3426

York
Kids Free to Grow
207-985-5975

Child Abuse and Neglect Prevention Councils

Evidence-Based and Informed Services to Families

The Child Abuse and Neglect Prevention Councils use child maltreatment data provided by the Office of Child and Family Services; a needs assessment, which analyzes gaps, community input and an advisory board, to select approved evidence-based parent education, supports and strategies. These targeted and individualized prevention plans focus on programs and activities that will lead to the most substantial advancements in preventing child abuse in each county.

The Councils serve special populations identified through prevention planning and offer programming for fathers, substance-affected families, co-parenting/separated families, prenatal families, as well as offering education in child sexual abuse prevention. The Councils also provide training to family-serving professionals in every county in the following trainings: Infant Safe Sleep, Protective Factors, Mandated Reporting and Period of PURPLE Crying, an abusive head trauma prevention training.



2019 Child Abuse Prevention Month Event



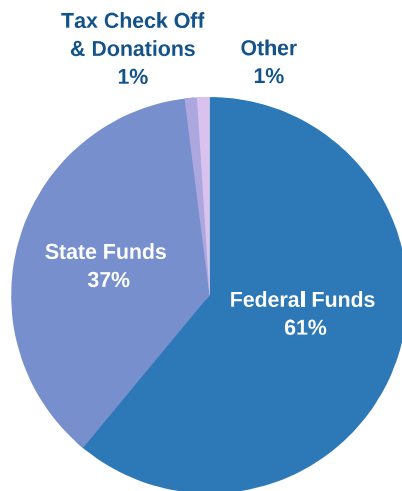
Maine Children's Trust and local prevention partners gathered at the Governor Hill Mansion on March 26, 2019, to kick-off Child Abuse Prevention Month in April and to share with legislators, guests and the community the importance of supporting efforts to prevent the abuse or neglect of Maine's children. Many news stations, legislators and community leaders helped us spread this important message.



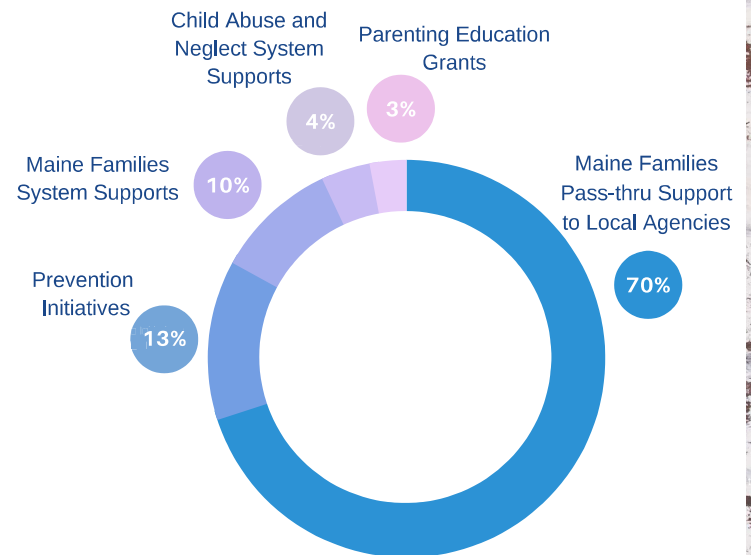
FY19 Financial Overview

Maine Children's Trust receives funding from the federal and state government as well as individual donors in support of our mission to prevent child abuse and neglect. Below is an overview summary of our agency funding sources and initiatives funded for FY19 beginning on July 1, 2018.

Agency Funding Sources



Initiatives Funded





YOU CAN MAKE A DIFFERENCE IN A CHILD'S LIFE

Help support community programs that prevent child abuse and neglect by making a tax-deductible donation to Maine Children's Trust with three easy options:

1

Simply "check off" a donation on your
Maine Income Tax Return Schedule
CP/Voluntary Contributions and Park
Passes

2

Mail a check to our address below:
56 Leighton Road
Augusta, Maine 04330

3

Go to www.mechildrenstrust.org and click
to donate by credit card or PayPal.

For more information:

Phone: 207-623-5120

Email: info@mechildrenstrust.org

Website: www.mechildrenstrust.org



...
EVERY child deserves
to grow up **FEELING**
safe and loved

Staff

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 MaineChildrensTrust

 MaineFamilies



