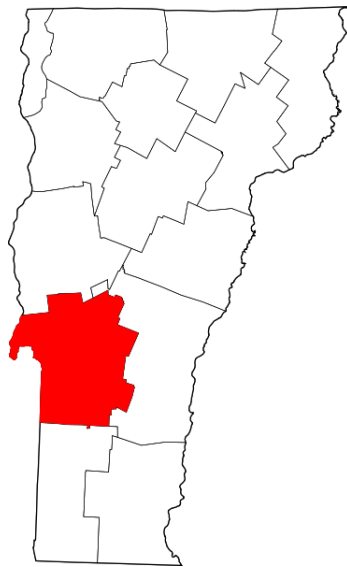


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# **Rutland County Head Start**

## **2019-2020**

### **COMMUNITY ASSESSMENT**



Community Care Network

**Rutland Community Programs**

**Early Care and Education Programs**

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# Rutland County Head Start 2019-2020 Community Assessment

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## Section 1: 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 child care 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 child care 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 child care, 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 child care 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

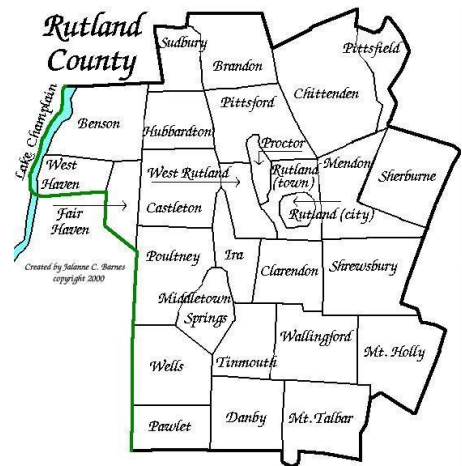
*The purpose of this section is to meet the requirement of 1305.3(1): The demographic make-up of Head Start eligible children and families including their estimated number, geographic locations, and racial and ethnic composition.*

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 4.2% from 2010 to 2017. The population estimate in 2010 was 61,649 for Rutland County, with the highest concentration in Rutland City (16,495). The population estimate in 2018 was 59,273 for Rutland County and 15,325 for Rutland City's population. Rutland City's population declined 4.6 percent from 2000 to 2010 and from 2010 to 2018 Rutland City's population estimate declined by 7.1% 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, 50.9% percent are female. The median age is 46.6 years, continuing to creep up since 2010, resulting in it continuing to be one of the highest in New England. Population distribution demonstrates that the only category of our population that is increasing is our 65+ group:

**Table 1: Rutland County Population Distribution**

Age	2010	2018	% change
65 and older	16.6%	20.7%	+ 4.1%
18 – 64	64.1%	61.4%	- 2.7%
45 – 64	32.4%	31%	- 1.4%
25 – 44	21.9%	20.8%	- 1.1%
18-24	9.8%	9.6%	- .2%
Under 18	19.3%	17.9%	- 1.4%
Under 5	4.6%	4.4%	-.2%

Eighteen percent of the population is under 18 years and 21% is 65 years and older. The birth rate in the county also continues to decline; there were 621 births in 2001, 593 in 2008, and 522 in 2017.

Sources: U.S. Census Bureau: 2010 U.S. Census  
 Rutland Regional Planning Commission Rutland Regional Plan 2015  
 2018 American Community Survey 5-Year Estimates  
 World Population Review  
 Vermont Department of Health: 2018 Vermont Vital Statistics, Vermont Resident Births

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

Based on the 2018 population estimates, there are roughly 359 children under age five throughout rural Rutland County who are eligible for Head Start or Early Head Start services.

**Table 2: Head Start Child Estimate**

<b>Population</b>	<b>59,273</b>
<b># Children Under Age 5</b>	<b>2,602(4.4%)</b>
<b># Family Households</b>	<b>25,145</b>
<b>% Poverty Level-Children under 18</b>	<b>13.8%</b>
<b>Estimated # of EHS-HS-eligible children</b>	<b>359</b>

The poverty level in Rutland City is slightly higher (14.1%), where the greatest density of population resides (15,325). Taking this factor into account, the number of eligible children could be as high as 366.

Sources: 2010 U.S. Census  
 2018 American Community Survey 5-Year Estimates

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## Race

For people reporting one race alone, 96.6% percent is White; 0.9% is Black or African American; 0.5% is American Indian and Alaska Native; and 1.0% is Asian. Additionally, .9% report two or more races. In Rutland County, 1.4% identify themselves as Hispanic and 95.4% identify as White non-Hispanic.

Sources: 2010 U.S. Census  
2018 American Community Survey 5-Year Estimates

## Households and Families

There are 25,145 households in Rutland County. Similarly to decline in population, there has been a decline in the size of households: from 3.34 people in 1970 to 2.28 in 2010, where it has remained.

Families make up 59.8% of the households in Rutland, a slight decline from the previously reported figure (62%). Family households with married couples make up 47.6%; households with a female householder with no husband present represent 7.9% of the family households; male householder with no wife present has remained at just above 4%.

Source: 2010 U.S. Census  
2018 American Community Survey 5-Year Estimates  
Rutland Regional Planning Commission Rutland Regional Plan 2015

## Income/Poverty

The estimated median household income in Rutland County was \$54,973 (up from the previous report of \$50,029) in 2018. Nearly three-quarters of the households received earnings and 20.2% received retirement income other than Social Security; 38.9% received Social Security (up from 37.4% in the last report). In Rutland City, the story is significantly different, with estimated median household income reported at only \$45,229 for 2018

**Table 3: Median Household Income, 2018 Estimates**

Household Type	Rutland County	Rutland City
Any	\$54,973	\$45,229
Families	\$67,291	N/A
Married-couple Families	\$71,407	N/A

Poverty is concentrated in Rutland City and especially in the downtown and northwest Census Tracts. The overall poverty rate in Rutland City is 14.1% compared to 10.7% for the county. Compared to Rutland County as a whole, where in 2016, 8.3% of families were estimated to be living below poverty level, it is estimated that in Rutland City, 13.7% lived below the poverty

level. Of these Rutland City families, 44.5% of those living in poverty have related children living with them that are under the age of 18; 19.7% have related children living with them that are under the age of 5 (Rutland County figures are 24.5% and 12.3%, respectively).

The unemployment rate in the Rutland County Labor Market Area was 2.8% in February 2020, compared to 2.6% statewide. Comparatively, Rutland City’s unemployment rate was 3.1%.

Source: Rutland, Vermont Housing Needs Assessment and Market Study, 2012  
 Rutland Regional Planning Commission Rutland Regional Plan 2015  
 2018 American Community Survey 5-Year Estimates  
 Vermont Department of Labor, Local Area Unemployment Statistics, February 2020

## 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 2015

## Education

In 2018 92% of Rutland County residents had attained a High School diploma or equivalent; 30% had a bachelor's degree or higher. In Rutland City, rates are comparable. Not surprisingly, median earnings increase with level of educational attainment:

**Table 4: Median Income for Population 25 years and over, 2018 Estimates**

Education level	Rutland County
Less than high school graduate	\$23,550
High school graduate ( or equiv.)	\$30,687
Some college or assoc. degree	\$33,401
Bachelor’s degree	\$42,189
Graduate or professional degree	\$54,463

The total public school enrollment in Rutland County (pre-K-High School) was 7,617 for the 2018-2019 school year, down slightly from 7,704 in 2017-2018. In addition, 728 children are



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reported as enrolled in PreK/EEE for the 2018-2019 school year, down from the previous year (702), but up significantly from previous years: 2013-2014 at 476; 2014-2015 at 504; and 2015-2016 at 582.

Source: U.S. Census Bureau, American Community Survey 2016  
Vermont Agency of Education, Student Enrollment Report, 2018-2019, 2017-2018, 2016-2017, 2015-2016, 2014-2015, 2013-2014

## **Housing**

Since 2010, Rutland County's total occupied non-vacation housing stock has been declining at an annual pace of 0.63%, compared to a growth rate of 0.16% for the state. Although growth may occur in some individual Rutland County towns, the number of households living in the county is projected to continue to decline between 2020 and 2025.

Although vacancy rates may vary town by town, the countrywide estimated rental vacancy rate in Rutland is 5.5%. This is higher than the statewide rate of 3.4%, and the second highest rental vacancy in the state. The average days on market of for sale homes in Rutland (133 days in 2018) is also higher than the state as a whole.

The median sales price of homes sold in Rutland County in 2018 was \$150,000—lower than the statewide median of \$215,000. Median gross rent (including utilities) in Rutland County was an estimated \$821 per month, significantly less than the statewide median of \$945. Similar to the rest of the state, 35% of all Rutland County households pay more than 30% of their income for housing. About 15% of Rutland County households pay a severely high 50% or more of their income for housing. These households are at a high risk of housing instability, including frequent moves, eviction, foreclosure, and homelessness.

Rutland County has some of the oldest housing stock in the state. The median home was built in 19694 compared to 1974 for the state as a whole. Of all homes in Rutland County, nearly 30% were built prior to 1940 compared to 26% statewide. Although not necessarily indicative of housing quality problems, an older home is likely to elevate home maintenance and heating costs for its occupant.

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.

### Section 3: Other Child Development and Child Care Resources

*The purpose of this section is to meet the requirement of 1302.11(iv): Other child development, child care centers and family child care child care 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.*

#### Child Care Availability and Quality

Twelve Community-based Community Child Care Support Agencies operate throughout the state, providing referrals and financial assistance to families in need of child care. In Rutland County, there are 106 Regulated Child Care programs with a total capacity of 3,157 as of April, 2020. 98 percent of the Regulated child care programs participate in the STARS program, a voluntary quality rating system of the Vermont Child Development Division.

**Table 5: April 2020 Capacity and Vacancies of Regulated Child care Programs in Rutland County by Town**

Town	# of Programs	# of programs with STARS Quality Rating	Capacity	Openings	Vacancy Rate
Benson	3	3	35	12	34%
Brandon	7	7	192	13	7%
Castleton	8	8	121	8	7%
Chittenden	3	3	56	1	2%
Clarendon	2	2	80	7	9%
Danby	3	3	93	25	27%
Fair Haven	10	10	161	20	12%
Killington	3	3	148	39	26%
Middletown Springs	3	3	51	10	20%
Mount Holly	3	3	75	2	3%
Pawlet	4	4	76	12	16%
Pittsford	3	3	50	2	4%

Poultney	3	3	53	6	11%
Proctor	6	5	143	5	4%
Rutland City	35	34	1,468	158	11%
Rutland Town	2	2	16	0	0%
Shrewsbury	1	1	58	10	17%
Tinmouth	1	1	47	7	15%
Wallingford	2	2	79	8	10%
West Haven	1	1	50	3	6%
West Rutland	3	3	105	6	6%
<b>TOTAL</b>	<b>106</b>	<b>104</b>	<b>3,157</b>	<b>354</b>	<b>11%</b>

Source: Building Bright Futures Information System 2020

According to the Rutland Regional Planning Commission, child care professionals they spoke to in the development of the child care 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 child care facilities, especially in small towns with few providers to begin with.

Over time, CCFAP's reimbursement rates have not kept pace with the cost of child care due to program funding constraints. This leaves a gap between financial assistance payments and the current market rates for child care programs. It means that a family eligible for 100% financial assistance may still have a co-pay for their child care provider, often making early care and learning unaffordable.

Weekly child care 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 child care than in other areas of Vermont.

**Table 6: Rutland County Child Care Rates**

Provider Type	Infant	Toddler	Preschool	School Age (Part Time)	School Age (Full Time)
Rutland Region Licensed Center	\$212.50	\$200.00	\$197.50	\$100.00	\$161.25
Rutland Region Registered Home	\$175.00	\$167.25	\$160.00	\$100.00	\$153.75

In comparison to the 75th percentile of statewide market rates the child care programs in the Rutland AHS district rates are lower. The licensed center 75th percentile rates are 18% to 24%

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lower than the statewide rate; while the registered home rates are 3% to 17% lower than the statewide rate.

Using the standard calculation of percentile to determine access to child care programs without a co-payment when receiving 100% CCFAP it appears there is no access to full time infant and toddler care in licensed centers, and full time preschool care in registered homes. However, when comparing the child care program’s actual rate to the CCFAP rate that would be paid based on the STARS level there is access without co-payment to child care programs in every age category and provider type.

Sources: Rutland Regional Planning Commission Rutland Regional Plan 2015  
2017 Vermont Child Care Market Rate Survey

In addition to private child care, 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 Local Education Agencies (LEAs) for RCHS who are deemed “kindergarten ready” as a percentage of all children entering kindergarten.

The 2016-2017 school year marked the deployment of the new *Ready for Kindergarten! Survey* (KRS), with 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 reports the lowest percentage of children who were “ready” for kindergarten. Rutland City School District also has the highest percentage of children eligible for Free and Reduce Lunch (FRL) of the seven LEAs in Rutland County. RCHS focuses much of its school-readiness efforts in this catchment area.

**Table 7. Rutland County LEA Percentage of Public School Students Deemed Kindergarten “Ready”**

	<b>2016-2017</b>	<b>2017-2018</b>	<b>2018-2019</b>
Addison-Rutland SU	94.21%	85.71%	90.59%
Bennington-Rutland SU	91.67%	87.80%	87.93%

Mill River Unified SU	76.36%	74.58%	74.07%
Rutland Northeast SU	87.18%	91.76%	83.87%
Rutland Central SU	100%	91.43%	N/A
Rutland Southwest SU	70.59%	73.38%	N/A
Rutland City SD	69.42%	61.43%	68.03%

Source: Vermont Agency of Education, Statewide Report on Kindergarten Readiness, Ready For Kindergarten! Survey 2016-2017, 2017-2018,2018-2019

## 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 2016 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.

**Table 8: 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	14	48	37	18
<b>Rutland Central SU</b>	164	14	30	17	12
<b>Rutland Southwest SU</b>	132	***	26	15	***
<b>Rutland City School District</b>	363	26	93	73	35
<b>TOTAL</b>	<b>1,598</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>	231	35	62	31
<b>Bennington-Rutland SU</b>	362	70	123	22
<b>Rutland South SU</b>	107	24	23	***
<b>Rutland Northeast SU</b>	239	29	66	20
<b>Rutland Central SU</b>	164	46	38	***
<b>Rutland Southwest SU</b>	132	23	25	29
<b>Rutland City School District*</b>	363	55	58	***
<b>TOTAL</b>	<b>1,598</b>			

\*includes 13 with multiple disabilities

Source: Vermont Agency of Education Dec 1, 2015 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.

**Table 9: Special Education % of ADM Population- December 2015**

SU	Active IEP Students	ADM*	Percent IEP
Addison-Rutland SU	231	1363.46	16.94%
Bennington-Rutland SU	362	2246.1	16.12%
Rutland South SU	107	820.48	13.04%
Rutland Northeast SU	239	1612.65	14.82%
Rutland Central SU	164	1107.49	14.81%
Rutland Southwest SU	132	709.63	18.60%
Rutland City School District	363	1952.46	18.59%
<b>Total</b>	<b>1,598</b>	<b>9,812.27</b>	<b>16.29%</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 child care setting, as shown in the table below.

**Table 10: 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>	17	12
<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 \*\*\*

RCHS has formal agreements with all Rutland County supervisory unions and school districts to coordinate disability services (and kindergarten transition). Additionally, RCHS 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 2018-2019 is higher than other Head Start programs nationally (38 percent), based on the Head Start Program Fact Sheet 2018 (U.S. Administration for Children and Families).



**Table 11: Age Distribution of RCHS at Time of Enrollment**

<b>RCHS Head Start Enrollee Characteristics 2018-2019</b>		
<b>Total Actual Enrollment</b>		
Age 3	71	51.45%
Age 4	66	47.83%
Age 5	1	0.72%
<b>Total Actual Enrollment</b>	<b>138</b>	<b>100%</b>

Source: 2019 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.

**Table 12: Educational Characteristics of RCHS Families 2017-2018**

	<b># of families</b>	<b>% of families</b>
<b>An advanced degree or baccalaureate degree</b>	9	7.2%
<b>An associate degree, vocational school, or some college</b>	23	18.4%
<b>A high school graduate or GED</b>	77	61.6%
<b>Less than high school graduate</b>	16	12.8%

Source: 2019 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.

**Table 13: Educational Attainment for Rutland County, 25 Years and Older**

	<b>% of population</b>
<b>An advanced degree or baccalaureate degree</b>	30.3%
<b>An associate degree, vocational school, or some college</b>	27.1%
<b>A high school graduate or GED</b>	35.1%
<b>Less than high school graduate</b>	7.5%

Source: 2018 American Community Survey 5-Year Estimates

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## Health Indicators

Of the 135 families receiving RCHS services during 2018-2019 (this includes families who dropped out during the program year), 72 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. In 2016, the obesity rate among Vermont's WIC 2-4 year olds was 14.5%, ranking Vermont 20th out of 51 states. 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:

- 4 out of 5 adults in Rutland County do not eat enough fruits and vegetables
- 29% of Rutland area students ate two or more fruits and 14% ate vegetables three or more times per day in the past week, both less than the state rates of 31% and 19% respectively. (2019 YRBS)
- 14% of Rutland County students did not eat breakfast in the past week, slightly higher than the state rate of 11%. Only 33% of students ate breakfast 7 days out of the week, significantly lower than the state rate of 40%.
- Of Rutland County high school students, 4% went hungry most of the time or always, which is higher than the state rate of 2%.

Sources: Rutland Regional Medical Center Community Health Needs Assessment 2018-2020  
2019 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  
State of Childhood Obesity- Vermont

## 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 -8 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 8 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 2016, 22% of Primary Care Physicians and 19% of Specialty Physicians in Rutland County were ages 60 or older.
- 95% of FTE primary care physicians are accepting new patients, 83% are accepting new Medicaid patients and 88% are accepting new Medicare patients. 99% of FTE specialists are accepting new patients, 97% are accepting new Medicaid patients, and 99% are accepting new Medicare patients.

Source: Rutland Regional Medical Center Community Health Needs Assessment 2018-2020

## 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.

- 68% of Rutland County adults reported a routine dental visit in the last year, similar to the state rate of 72%
- There is an older age demographic in the Dental workforce in Rutland County. 58% of the primary care dentists are 60 years old or older, which is the largest percentage of dentists over age 60+ (18 of 31 dentists)
- Rutland County has 22.9 FTE primary care dentists and 6.8 FTE dental specialists in 2017. There is 1.0 FTE pediatric dentist in Rutland County.



Source: Rutland Regional Medical Center Community Health Needs Assessment 2018-2020  
Vermont Department of Health 2017 Dentist Survey

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## 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 (13.5 compared to 4.8 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 10% and 8%, respectively. The prevalence for adults is significantly higher than the state prevalence.

Source: Rutland Regional Medical Center Community Health Needs Assessment 2018-2020

## Mental Health

- 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%.
- In the past 12 months, 29% of Rutland County students felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. This is significantly higher than the state rate of 25%. 38% females and 21% males reported feeling this way.
- Suicide: 13% of high school students in Rutland County made a suicide plan, with 7% attempting suicide, 2% requiring medical intervention. These are slightly higher than state rates
- Depression: Rutland and Vermont adults report very similar rates of depressive disorder, 23% and 22% respectively; both significantly higher than the US average for adults at 17% Source: Rutland Regional Medical Center Community Health Needs Assessment 2018-2020

Source: Rutland Regional Medical Center Community Health Needs Assessment 2018-2020

## Substance Abuse

- The rate of accidental or undetermined opioid related deaths per 100,000 Vermonters in Rutland is 21.9, higher than the state rate of 15.2.
- In 2014 538,403 prescriptions for opioids were dispensed.
- The percentage of residents having received an opioid prescription in 2015 in Rutland County was 21%, the highest percentage in the state and 4% higher than the state average. Controlled Substances: in Rutland County, 30% of Rutland County residents received at least one prescription for a controlled substance in 2015; 5% higher than the Vermont rate.

- In Vermont, about 154 of every 10,000 Vermonters age 18-64 receive Medication Assisted Treatment for opioid addiction.
- Between 2016 and 2017 the number of accidental and undetermined opioid related fatalities decreased by 4% with 21.9/100,000 deaths in 2016 and 15.2/100,000 deaths in 2017.
- Substance abuse was a factor in 27% of reports received to the Vermont Child Protection Line in 2016. Substance Use is the most common reason for reports from 2012-2016.

Source: Rutland Regional Medical Center Community Health Needs Assessment 2018-2020

### 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 2018-2019. 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.

**Table 14: Rutland County School District Free and Reduced Lunch 2018-2019**

School District	Students Eligible for Free/Reduced Lunch
Addison-Rutland SU	40%
Bennington-Rutland SU	38%
Rutland City School District	55%
Rutland Northeast SU	38%
Mill River Unified SU	37%

Source: Vermont Agency of Education, Child Nutrition Programs, Free and Reduced Eligibility for Fiscal Year 2019

### Domestic Issues

- In 2017, 8% of the state’s misdemeanor domestic assault cases and 13% of the state’s felony domestic assault cases occurred in Rutland County.
- Rutland County had the second highest number of homeless persons fleeing domestic violence at 24 people
- From 1994-2017, there have been 27 domestic violence related homicides in Rutland County, the highest number of cases across the state.

Source: Rutland County Community Health Needs Assessment 2018-2020  
2017 Vermont Domestic Violence Fatality Review

The table below shows the child abuse reports accepted in 2016, 2017, and 2018 by intervention for Rutland County. Rutland County reports make up roughly 10% of the reports in each category, consistent with the expected percentage of the population of Vermont.

**Table 15: Reports Accepted by Intervention**

Child Abuse Investigations			Child Abuse Assessments			Family Assessments			Total Reports Accepted for Intervention		
2016	2017	2018	2016	2017	2018	2016	2017	2018	2016	2017	2018
292	342	302	160	146	122	130	103	101	582	573	525

**Table 16: Reports (Child Abuse) Substantiated in 2017 & 2018 Rutland DCF District**

Physical Abuse		Sexual Abuse		Risk of Sexual Abuse		Risk of Harm		Emotional/Neglect	
2017	2018	2017	2018	2017	2018	2017	2018	2017	2018
16	11	15	22	4	3	22	21	1	2

Source: 2018 Report on Child Protection in Vermont, Department for Children and Families, Family Services Division

### Public Assistance

Fifty-six(56) out of 125 RCHS families received public assistance such as TANF or SSI in 2018-2019. Thirty-four(34) children were eligible based on family (39%) annual incomes below 100 percent of the federal poverty level.

18 (18) families with 18 children were homeless at some time during the 2018-2019 program year; 9 families acquired housing during that period.

Source:2019 Head Start Program Information Report

The table below shows the number of Rutland County families receiving ReachUp and 3SquaresVt (food stamps) assistance in March 2020. There has been little change year to year.

**Table 17: Rutland County Reach Up & 3SquaresVT 2020**

	Families Households	Recipients	Children Under 19 RU <18	Benefits %
ReachUp	455	1034	752	11%
3SquaresVT	4,937	8,246	N/A	N/A

## Head Start Services Requested

80% of families enrolled in RCHS used at least one family services support program in 2018-2019 RCHS families requested and received the following services during that period.

**Table 18: Services Received by RCHS Families 2018-2019**

Service	# Families
Emergency/crisis intervention such as meeting immediate needs for food, clothing, or shelter	28
Child Mental Health services	42
Housing assistance such as subsidies, utilities, repairs, etc.	1
Job Training	0
Adult education such as GED	3
Child abuse and neglect services (referrals)	0
Substance Abuse prevention/treatment	0
Domestic violence services	0
Health education	82
Parenting Education	95
<b>Number of families receiving at least one service</b>	<b>101</b>

Source: 2019 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.

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### 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 noncustodial 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



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## **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 2018-2019, 42 children were served with clinical services at Head Start (30 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.