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 Health & Human Services**  
 TTY Services available  
 by calling 1-800-963-9490

**FROM THE RDC DIRECTOR**

There are some changes in **Child Care Opportunities RDC** beginning October 1, 2011.

**Short Term RDC Contracts:** The state is required by statute to periodically put all state contracts out to bid through a request for proposal (RFP). The entire RDC System will be put out to bid in the fall. New contracts will be awarded for implementation on or after April 1, 2012. All RDCs, including **Child Care Opportunities** will be operating on a six month contract which will expire on March 31, 2012.

Child Care Opportunities will continue to provide the services and supports as we have in the past although we will adjust them to conform to new budget restraints and available resources.

**Budget cuts:** Department of Health and Human Services has recently reduced funding by 20% for all programs funded through the "Quality Initiative". These cuts are effective October 1, 2011. Programs receiving quality initiative funds include the eight regional RDCs, Child Care Plus ME, Infant Toddler Initiative, Afterschool Network, Maine Roads to Quality, and University of Maine and Muskie School for Public Service.

Child Care Opportunities RDC has responded to this cut by eliminating the Training Coordinator position (Joy Crockett has transferred to the CACFP program), reducing the number of MRTQ trainings that we are able to offer, and by reducing the hours that the RDC is open from 5 days to 4 days per week (Monday through Thursday). Faith and Megan will continue to provide training and technical assistance as they have in the past. Judy will continue to do referrals four days a week. We have tried minimize the impact on our providers, but please be patient with us...it may take us an extra day to get back to you.

As additional details become known, I will let you know through newsletters, our e-newsletter and on our website. Please read the article on page 2 regarding the changes in training .

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**Michelle Merritt** for becoming re-accredited by NAFCC,  
**Sharon Berry** for receiving  
 the 2011 Maine Childcare Sun Safety Program Childcare Mini-Grant,  
 and **Clarice Colbeth** for receiving her Infant Toddler Credential 1  
 And to  
**Maggie Hammond** of Winter Harbor  
**Sharon Berry** of East Machias  
**Mt Desert Nursery School** of NE Harbor  
**Christy Whitmore** of Surry  
**Sandy Alley** of Jonesport  
**Sarita Pfahl** of Bar Harbor  
 For moving up on Quality for ME



## ***RDC NEWS***

### **IMPORTANT -- Training 2011-2012**

There will be fewer MRTQ/State approved trainings available through the RDC system.

**Please make us aware of your training needs:** At **Child Care Opportunities RDC** we have had an excellent response to our **Training Needs Survey** and have used that information to prioritize what we will offer in Hancock and Washington counties. If you need a specific training, please make sure that we know about it. If you live a distance from our planned trainings let us know. We will be trying some new techniques to bring training to distant providers.

If **Child Care Opportunities RDC** is not offering a training that you need, it may be available through another RDC. In addition, many MRTQ trainings are now offered on-line. If you have never taken an on-line training and would like to learn how, Megan and Faith can assist you.

We will also continue to offer a variety of QRS trainings and electives as well as letting you know about other training opportunities. **If you have been putting off taking a training...this is the time to take it!**

There will also be a modest fee increase for core knowledge, MRTQ and state approved trainings effective October 1, 2011. Fees for these courses will increase by \$5 each.

**Joy Crockett** will be available to assist you with training and registration through September 30. After that date you may contact **Judy Nevells** or **Charlie Zeph** for assistance.

### **Reminders from DHHS**

There have been a few messages from the Department of Health and Human Services to providers this summer, and we want to take a moment to briefly review them. If you have questions regarding this information, give us a call and we can help you to connect with someone who can answer your questions.

#### **Quality Bump for Child Care Subsidy Program**

For a number of years, the department has been paying a "quality bump" to providers who are at a Step 2, 3 or 4 on *Quality for ME*. Maine statute and prior communication from the department indicate that providers who are on Step 2 or Step 3 are only eligible to receive the quality bump for a period of one year. Therefore, any program that has been at a Step 2 or Step 3 for longer than one year is no longer eligible for the quality bump unless they move up another step or are making substantial progress to move up.

#### **Child Care Subsidy Program and enrollment in *Quality for ME***

Child Care Subsidy Rules regarding guidelines of eligible providers currently indicates that a provider must be enrolled in the Maine Child Care Quality Rating System, *Quality for ME*. The department has further clarified the term "enrolled." Providers must have an active or waiver status and keep their *Quality for ME* status current in order to receive subsidized child care payments from the Child Care Subsidy Program.

#### **2011 Child Care Market Rate**

In June, the department released information regarding the maximum rate that DHHS will pay for child care services through the Child Care Subsidy Program effective 10/1/2011. These rates will be in effect until new rates are established by legislation or a new rate structure is established by DHHS. A few important things to note are that the total subsidy payment and parent fee cannot exceed the rate charged to other clients for equivalent child care services, and also that providers who have an agreement with DHHS cannot charge a parent receiving a subsidy a higher rate than the market rate.

## RDC NEWS

### Conscious Discipline® series

We are excited to announce that the Conscious Discipline® series by Dr. Becky Bailey is available for loan. Several programs have already borrowed it and have given it positive reviews.

Conscious Discipline® is a comprehensive classroom management program and a social emotional curriculum based on brain research, child development, and developmentally appropriate practices. It is based on seven skills to practice and apply to your program: composure, encouragement, assertiveness, choices, empathy, positive intent, and consequences. It is specifically designed to make changes in the lives of adults first. Adults can then in turn change the lives of children.

The training consists of 9 sessions on 4 DVDs. Programs may borrow one DVD at a time to view and discuss. Center-based programs may want to use this for staff training. Family child care providers may want to host a viewing in their home. Borrowers are responsible for issuing their own training certificates, and participants may submit these to Maine Roads to Quality.

Contact Faith or Megan for more information or to make arrangements to borrow the series at 667-2467 or [faithp@childandfamilyopp.com](mailto:faithp@childandfamilyopp.com), [meganl@childandfamilyopp.com](mailto:meganl@childandfamilyopp.com)

### Getting Ready for On-line Training

Are you new to trying on-line training, or would like to build your skills working on-line? RDC staff can come to you and offer you assistance. Many trainings are now being offered on-line. Research is showing that a combination of on-line and face-to-face training is the most effective instruction for adults and older students, and we can expect this to be the predominant model of the future. At Child Care Opportunities we are looking at ways to adapt our trainings for providers who live at a distance, and are trying “blended” training this fall.

In the meantime, give Faith or Megan a call if you would like to build your on-line training skills. We can assist you to: enroll in Moodle; practice using the Moodle discussion forum and student journals; and practice creating, saving, and managing files on your computer. We look forward to working with you!

### From the Resource & Referral Desk



Having current information on the child care referral data base is very important. When parents call to get child care referrals we want to give them the most current information about your program.

If you have had any changes in your program in the last 6 months, such as hours open, address, phone number, fees, vacancies, or if your program has closed, please call 667-2467 Ext. 239 and give the current information to the Child Care Referral Specialist.

### Picturing America Resources now available at CCO!

Produced by Head Start in partnership with the National Endowment for the Humanities, *Picturing America* features a stunning set of 40 poster-size reproductions of American art from the 1700's to the present. The project was designed to support children of all ages to learn about the art and history of America. In addition to the full-size prints, there is also a manual with activities that providers can use to engage children and families in learning more about the arts. If you would like to learn more about *Picturing America* and how you may be able to use this in your program, give Megan a call at 667-2467.

*Picturing America*  
AMERICA'S HISTORY THROUGH  
OUR NATION'S ART

# CCO MRTQ and State Approved Trainings for 2011!

**Supporting Maine's Infant and Toddlers, Guidelines for Learning & Development** (30 hrs) This curriculum is designed to help participants use the new guidelines. Participants will use various tools and strategies to engage in observation, to conduct authentic assessment, and to plan curriculum for this amazing age group. Class meets 8 times and there will be homework between classes for a total of 30 hours. Cost \$15.00. Tuesdays, Sept.13 to November 1, 2011 Trainer: Ruth Sousa, Time: 6 to 9pm, Location: WCCC Calais

**Getting Started in Family Child Care (Part A)** (6 hrs) This training introduces the aspects of opening up a family child care business in the home. It covers state inspection procedures, and addresses the reasons and importance of becoming a family child care provider. This revised curriculum identifies and provides a full array of resources to aid providers in establishing a successful and organized in-home business. (Required by DHHS for obtaining a family child care license.) Cost: \$15. November 10 & 17, Trainer: Faith Perkins, Time: 6:00-9:00pm, Location: Sumner High School, Sullivan

**Maine's Early Childhood Learning Guidelines** (30 hrs) The Early Childhood Guidelines are written for ages 3-5 and are connected to Maine's K-12 Learning Results. They have been approved by the Department of Education and the Department of Health and Human Services. This course will orient you to the Guidelines, help you integrate the Guidelines into your curriculum, and adapt them for children with special needs. Observation and authentic assessment are a key component to individualizing your program and will be central to the course. Class will meet 8 times and there will be homework between classes for a total of 30 hours of training. This course meets the Quality for ME standards. Cost: \$20. Tuesdays, October 11 to December 6, 2011. Trainer: Faith Perkins. Time: 6 to 9pm, Location: CCO, Ellsworth

## **NEW! Independent Self-Teaching Packets**

Child Care Opportunities is pleased to offer Independent Self-Teaching Packets for your professional development. These packets contain a collection of articles on various topics pertinent to early care and education. They also include some activities to try in your program.

You can receive training hours for reading the articles and responding to the reflective questions included in the packet. Completion of the homework will give you two hours of training time. There is also an extra credit component to each packet, that can give you an additional training hour.

Independent Self-Teaching topics that are currently available are:

- **Social development and Challenging Behaviors:** asks you to take a look at the difference between discipline and guidance, the messages each sends to children, and how children respond to them. This is a collection of useful articles and strategies
- **Math:** explores the mathematical connections children make through play with manipulatives and games
- **Let Them Play:** reviews research around play and how adults can support learning through play. This collection will help you explain the importance of play to parents and other educators

We are planning to add additional topics and will share these in our December newsletter.

The cost for a packet is \$10. To order an Independent Self-Teaching packet call or email Faith at 667-2467 ext. 257 or [faithp@childandfamilyopp.com](mailto:faithp@childandfamilyopp.com).

### **Coming in January**

***Supporting Maine's Infant and Toddlers, Guidelines for Learning & Development (30 hrs)***

### **Coming in February**

***Literacy and the Youngest Learner (18 hrs)***

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### **On Line Penquis RDC Training Schedule**

**MRTQ Operating Your Family Child Care Business—(24 hrs) Date: October 3 - November 28, 2011**

**MRTQ Working with School-Age Children and Youth—(30hrs) Date: December 5, 2011 - February 13, 2012**

**MRTQ Partners in Caring: Families and Caregivers—(12 hrs) Dates: January 9 - 30, 2012**

**MRTQ Foundations in Health, Wellness and Safety—(18 hrs) February 16 - March 29, 2012**

**For more information call: 973-3533 or 1-888-917-1100**

## CCO Elective Trainings for 2011!

**Communicating with Families:** (2 hrs) In this workshop, participants will explore different ways to communicate with the families in their programs, and discuss strategies to enhance parent communication and involvement. Cost: \$10. Wednesday, September 14, Trainer: Megan London, Time: 6:00-8:00 pm Location: MDI YMCA, **Bar Harbor**

**Curriculum Planning: Science in Action** (2 hrs) This workshop will explore the domain of science and introduce The Young Scientist Series. We'll look at fun ways to explore nature and science indoors and outdoors. Come join us for some hands-on activities, and leave with ideas and activities to use in your program. Cost: \$10. Tuesday, September 20, Trainer: Faith Perkins, Time: 6:00 to 8:00 pm, Location: **Machias**

**IRS's Small Business Advantage: Put Our Knowledge to Work for You** (2 hrs) When you're running a Child Care business, you don't need to be a tax expert, too. But you do need some tax basics. Shawn Savage, Senior Stakeholder with the Internal Revenue Service, understands the world of child care providers and the law. In this workshop he'll talk about tools and resources available to small businesses and self-employed persons. His presentation will include information on business taxes, recordkeeping, and help for your day-to-day business activities. He'll also discuss factors to consider in deciding whether a worker is an independent contractor or an employee, and he'll share new resources and credits that are available for small businesses. The training will include time for your questions. Cost: \$10. Thursday, October 13, 6:00-8:00 pm, Trainer: Shawn Savage, Location: CFO, **Ellsworth**

**Everyday Magic with Infants and Toddlers** (2.5 hrs) Developing curriculum for this awesome age group includes planning your space and materials, observing how children learn, and responding to their interests. Daily "routines" often become purposeful activities. In this training we'll look at some of these essential ingredients, and practice using our observations for planning. Cost: \$10. Saturday, November 19, 9:00-11:30 am, Trainer: Faith Perkins. Location: CFO, **Ellsworth**

**Come and Play! Exploring Water with Young Children** (2.5 hrs) In this workshop, participants will engage in fun, hands-on experiences with water. As we explore water play, we will also discuss the process of science inquiry and how this supports the development of children's curiosity, persistence, and problem-solving skills. Cost: \$10. Saturday, November 19, 12:00 – 2:30 pm, Trainer: Megan London, Location: CFO, **Ellsworth**

**Regulatory Challenges of Children** (2 hrs) Why is Joey having such a hard time with others and what makes him have so many melt downs? Children in our care have more and more regulatory issues that effect their behavior and their ability to tolerate change. This workshop looks at some of the reasons for regulatory challenges and focuses on helping children develop coping skills and strategies that increase their ability to tolerate change and to control their behavior.

Cost: **FREE** Trainer: Marjorie Withers

Thursday October 6, 6:00-8:00 pm, Location: Lots of Tots Child Care, 162 Main Street, **Princeton**

Thursday October 13, 6:00-8:00 pm, Location: UMM, Science Wing, Room103, **Machias**

**Building Self-Esteem in Children** (2 hrs) Building self- esteem in children is one of the best prevention investments we can make on behalf of children. This workshop will focus on why self-esteem is important and how we can help children build a healthy base of self-esteem.

Cost: **FREE** Trainer: Marjorie Withers

Wednesday, October 19, 6:00-8:00 pm, Location: Lots of Tots Child Care, 162 Main Street, **Princeton**

Wednesday, October 26, 6:00-8:00 pm, Location: UMM, Science Wing, Room 103, **Machias**



### **Looking for CPR and/or First Aid**

**WE CAN HELP!**



If anyone is in need of CPR/first aid and can help find others that are interested in your area to fill a class of 10, we can coordinate the training. Call Judy at 667-2467 Ext 239 if you are interested

**For more training opportunities go to the new Maine Early Care and Education Online Training Calendar for other on-line & face-to-face trainings.**

Click the following link to explore the calendar:

<http://ecetrainingcalendar.muskie.usm.maine.edu/public/main.aspx>

## Other trainings and Resources

### Bi-County Early Care and Education Conference - Canceled for 2012

Unfortunately, **Child Care Opportunities RDC** will not be able to offer the Bi-County Early Care and Education Conference next spring.



The conference has offered a variety of exciting workshops on relevant topics for early care and education professionals. Our presenters and key note speakers have encouraged and challenged early care and education professionals.

The conference has also been an opportunity for early care and education professionals from the entire region to get together, support each other and share their enthusiasm for the great work they do. The timing of our contract and the loss of resources make it impossible to plan and offer this event next spring.

The conference has been an annual event that we have enjoyed sponsoring along with our collaborating partners at Special Children's Friends, Sumner Adult Education and the University of Maine. We also want to acknowledge all of the presenters, vendors and exhibitors who have so generously given of their time to make this a successful conference year after year.

We would like to take this opportunity to thank some of the people who have worked so hard to make our most recent event so successful and meaningful.

University of Maine: Julie Dellamattera, PhD  
 Healthy Peninsula: Sally Christ, Kenny Miller  
 The Staff at Sumner Memorial High School

Special Children's Friends: Brenda Clough  
 Volunteer: Jaymee Thomas

Child Care Opportunities: Joy Crockett, Megan London, Faith Perkins and Judy Nevells

It is our hope that we will be able to offer the Bi-County Early Care and Education conference again in the future.

## 4-H Afterschool Academy

### For afterschool providers



Through a combination of face-to-face and web-based training, the 4-H Afterschool Academy will offer a total of 10 hours of professional development for afterschool staff. Participants will learn how to integrate 4-H and positive youth development concepts into their afterschool programs, actively engage students in 4-H Science and be introduced to 4-H Science curriculum that is research-based and easy to use. Participants must complete all 10 hours of training to receive their certificate of completion. CEUs are available. Successful completion of the program includes a t-shirt, access to 4-H curriculum and resources and the opportunity to participate in the National 4-H Science Day.

<u>Locations</u>	<u>(choose one) Dates of Face-to-Face Trainings</u>	<u>Times</u>
Machias	Monday, September 19 and 26	6:00 - 9:00 PM
Ellsworth	Wednesday, September 21 and October 19	6:00 - 9:00 PM
<b><u>Academy Agenda (total of 10 hours)</u></b>		
Webinar	Welcome to the 4-H Afterschool Academy	.5 hour
Web Course	e-Learning for 4-H volunteers	.5 hours
Face to Face	Basic Components of a 4-H Program	3 hours
Face to Face	4-H Science	3 hours
Webinar National	4-H Science Day	1 hour
Webinar	Civic Engagement	1 hour

**Registration fee: \$10 (non refundable)**

FMI: Contact Jen Lobley directly at 255-3345 or 1-800-287-1542.



Or you can register on-line at  
<http://umaine.edu/4h/youth/how-can-you-participate-in-4-h/afterschool/academy/>

## ***Other trainings and Resources***

### **Mental Health Consultation Services Available through CCC**

Mental Health Consultation services are offered in Washington County through the Community Caring Collaborative (CCC) and are available free of charge to child care providers, preschool teachers and staff, and to public school staff working with children up through grade 3. Child care providers, schools and /or families can request Mental Health Consultation services.

#### **What is Mental Health Consultation?**

- Consultation by a mental health early childhood specialist to a child care provider, school personnel and/or family
  - A consultant assesses the environment and works with staff to develop plans to improve outcomes for all students or an individual child, including those with behavioral or developmental challenges
  - The service focuses on skill building for staff and families to accommodate the child, and to effectively help the child develop coping and regulatory skills
  - It is a partnership between the consultant and the family and child care staff or teaching staff
- Mental Health Consultation is not direct therapy, or a substitute for it

#### **How Can Mental Health Consultation be Used?**

- Consultation can be utilized for challenges facing a particular child or group of children, due to regulatory issues or other issues effecting behavior and development
  - Consultation can also be utilized for general program concerns that impact staff, children and/or families
- Referrals for an individual child depend on written consent and involvement of the parent(s) or primary caregiver

#### **How Can These Services be Accessed?**

To find out more about Mental Health Consultation or to request services contact Chris Rudd at:  
PO Box 376, Machias, ME 04654  
Office: 207-255-6722; Mobile: 207-214-7124; Fax: 207-255-3856  
E-Mail: [crudd@cccmaine.org](mailto:crudd@cccmaine.org)

A referral form and information can also be found on the CCC website at [www.cccmaine.org](http://www.cccmaine.org) under Services link

## **FREE Downeast Circle of Parents Monthly Support Groups**

If you are a parent, step-parent, grandparent, aunt, uncle or other guardian caring for children, you are invited to join other caregivers in two monthly support groups held in Hancock and Washington counties. The Downeast Children's Council, a program of Downeast Health Services, is pleased to invite you to our new monthly "Circle of Parents Parent Café" group that will meet on the 2<sup>nd</sup> Tuesday of the month in Ellsworth, and the 3<sup>rd</sup> Tuesday of the month in Machias.

If you are interested in participating in these FREE mutual support groups, please call Jamie Brooks at 667-5304 ext. 261. Everyone is welcome. Share your story, meet others in your situation, and learn about resources and activities at the following locations:

- Downeast Health Services, 52 Christian Ridge Road, Ellsworth, 10:00am-11:30am on the second Tuesday of the month, September through December 2011.
- Downeast Health Services, 247 Main Street, Suite 2, Machias, 10:00am-11:30am on the third Tuesday of the month, September through December 2011.



### **CPR & FIRST AID RESOURCES**

American Red Cross ~ <http://www.redcross.org> ~ **667-4737**  
<http://www.americanheart.org>

Maine Coast Memorial Hospital (American Heart)

~ Contact: Michelle Mahon @ Maine Coast Memorial Hospital (American Heart) ~ **664-5588**

***Scholarships are available through Child Care Opportunities Resource Development Center  
Contact the Resource Development Center~ 667-2467.***

## Check out this **FREE** resource for family childcare programs!



The *Sesame Street Healthy Habits for Life* resource kit is now available to family child care homes for free through the RDC. The resource kits include a provider manual with lots of ideas and activities to get children moving and making healthy choices. Every program getting a kit will also receive a parent packet to send home with each child in their program. This packet contains information for parents about physical activity and nutrition, and also includes family-friendly recipes. If you would like to request a resource kit, call Megan at 667-2467.

### **CHILD CARE SUBSIDY RULES PUBLIC HEARING**

This is your opportunity as parents/families and child care providers to comment on proposed rule changes for the Child Care Subsidy Program. Your experiences as parents in accessing subsidy funds and your experience as providers in receiving subsidy funds may help to inform the state in the formulation of these rules. Please consider attending the public hearing from **7:00 pm—8:30 pm on Tuesday, September 13, 2011, at the Department of Health & Human Services, 2 Anthony Ave., Augusta, ME.** or submitting written comments. Copies of the proposed rules are available from DHHS.

### **ANNOUNCEMENT OF PUBLIC HEARING Child Care**

ANNOUNCEMENT OF PUBLIC HEARING Child Care Subsidy Program Proposed Rules October 2011 through September 2013. A hearing will be held by the Maine Department of Health and Human Services, OCFS, Early Childhood Division, to seek public input and comment on the draft rules for the Child Care Subsidy Program. Copies of the rules are available beginning August 24, 2011 from the Department of Health & Human Services, OCFS, Early Childhood Division, 11 SHS, Augusta, ME 04333-0011, by calling 624-7909 or on the Web at [www.maine.gov/dhhs/ocfs/ccsp\\_proposed\\_rules.shtml](http://www.maine.gov/dhhs/ocfs/ccsp_proposed_rules.shtml) **Written comments will be accepted until 5:00pm, Friday, September 16, 2011.** Written comments should be directed to Therese Cahill- Low, OCFS, 2 Anthony Ave., Augusta, ME 04333-0011 or email: [Therese.Cahill-low@maine.gov](mailto:Therese.Cahill-low@maine.gov). The public hearing will be held from 7:00 p.m. to 8:30 p.m. on Tuesday, September 13, 2011, Department of Health & Human Services, 2 Anthony Ave., Augusta, ME.



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