

Families First Community Center



Providing Housing for Homeless Families

With Minor Children

...Teaching Life Skills Needed for Success...

Our Mission

We seek to break the cycle of homelessness by equipping families with minor children with the skills they need to gain self-sufficiency.

Our Vision

We believe that, together, we can build a community free from poverty, discrimination, and neglect. We envision a community where all members stand on solid ground with the skills and confidence they need to achieve their dreams.

“The true reflection of society can be seen in the way that it cares for the elderly, the poor and needy, and the homeless.”

~~ Hubert Humphrey ~~

501(c)(3) Organization: 47-4792801

P.O. Box 951 (41 North Street), Ellsworth, ME 04605
(207) 460 – 3711

familiesfirstellsworth@gmail.com

www.familiesfirstellsworth.org

www.facebook.com/Families-First-Community-Center-
1007010682682336/

www.ebay.com/usr/ffccellsworth

Generational Poverty is the #1 Cause of Homelessness in Rural areas

Not domestic violence, not substance abuse, not mental illness.

Generational poverty is a cycle of welfare, rental vouchers and food stamps. Breaking this cycle enables families to follow their dreams, support themselves and provide a better life for their children.

Supportive Services are available in Hancock County but when people are dispersed geographically, without transportation or child-care, they cannot utilize these services in a practical way.

It is the FFCC goal that each parent leave our transitional house able to meet their basic needs and those of their children. They will have employment, permanent housing, be working toward educational goals, have savings and a working vehicle.

**At FFCC homeless parents
with minor children will learn the
life skills needed to be successful.**

Local Statistics

In the first eight months of 2016, the Emmaus Homeless Shelter had to turn away 38 families consisting of 131 members due to lack of appropriate space. This included 80 children.

H.O.M.E. in Orland estimates it has to turn away approximately two families per month for the same reason.

Many in Hancock County are homeless but may have some type of roof over their heads, such as couch-surfing or a car, camper, or unheated storage unit without water or electricity. However, when MaineHousing did its annual Point-in-Time survey on January 24, there were still 41 homeless in this county, counting those actually living outside on arguably the coldest day of the year.

Families First Community Center

will provide Transitional Housing for 6 live-in families in separate apartments, for up to 12-18 months each, and mentor them to develop the skills to become self-sufficient. Our home will be a sober, structured, supervised environment with on-site house parent 24/7. Staff will consist of an Executive Director, Case Managers and Community volunteers (VIFS — 'Volunteers in Family Service', also called mentors). More information about our need for volunteers appears on *page 25*.

Transitional Homes with similar philosophies to FFCC, that teach life-skills, offer referrals, education, medical, and safety planning, are highly recommended by the National Alliance to End Homelessness. The U. S. Department of Housing and Urban Development (HUD) released a report on the effectiveness of transitional housing programs for families and it cites the following encouraging data as they pertain to transitional housing for families:

As a result of Transitional Homes programs:

Mothers' employment rose 43%.

Post-secondary credentials increased 18%.

86% of families leaving TH moved directly to their own residences.

75% of mothers paid all rent.

One year post-Transitional Home homelessness was *too rare to be reliably measured*.

42% of children previously separated rejoined their families.

69% of children got along better with peers.

48% got along better with siblings.

57% got along better with adults.

63% enjoyed school more.

Virtually all parents reported that services they received were helpful. The most-used services were case management, goal-setting, primary health care, life skills training, and employment.

Whitney's Story



Whitney with her daughter Payson. Not pictured: her son Anekin

Whitney grew up in generational poverty. Her mother passed away from cancer when she was young. She was in and out of DHHS, along with her brothers and sisters. Often her family had no stable place to stay. She fell behind at school and became the brunt of cruel jokes.

She was kicked out of her parents (dad's and his girlfriend's) home when she became pregnant her senior year of high school, precluding graduation, even though the baby was not due until late June. Whitney had already been accepted to college but that dream was shattered.

She moved in with her boyfriend and had two children, Payson, and one little boy who passed away from SIDS very young. When her boyfriend began to use drugs, she moved back in with her parents. Whitney was again evicted, however, for insisting they not allow her underage sister to date a convicted pedophile, or for him to be in the house with young Payson.

She had her third child, Anekin, with her father's girlfriend's son, who committed suicide. She lived on a neighbor's porch while waiting to move up the long waiting list into a local emergency shelter.

This little family of three had a bedroom 18' x 15'. In that shelter there is a dorm for single men, a dorm for single women and 4 rooms for families. All eat together and share the same living areas. Often there are resident 'singles' that should not be around children (for example, those suffering from PTSD who yell at children at the slightest squeal of simple laughter).

After 10 months, Whitney received her rental voucher and moved into a trailer park. Unfortunately, there was drug activity and it was too dangerous to let her small children out to play. Though located about one mile from town, she had no childcare or transportation to attend HiSet classes or continue volunteering at a prestigious cancer nonprofit.

This young mother wanted a better life for her children but could not drive, did not know how to open a checking account or budget money, had no idea what it took to be a good tenant or how to apply for a job, and seemed to be a magnet for unhealthy relationships with others, including relatives, who often took advantage of her kind nature.

She knew nothing of how to get her dreams for her children back on track without help. If only FFCC had been in existence for Whitney. But she is our inspiration! She and the many parents like her struggling to break out of a multi-generational cycle of poverty.

Today, thanks to the FFCC Board and Whitney's own extremely hard work, she has completed her HiSet, attends college, has a decent job as a housekeeper and can afford a safe apartment. Her children attend school regularly and are nearing their own educational age-groups. Whitney is about to take her Maine driving test. She hopes to graduate from college and go to medical school, something she has wanted since her mother's death when she was only 10, and was reinforced with her baby son's death. We believe in Whitney!

Won't you help others like Whitney?

How FFCC Will Serve Families

An *Individualized Life Plan* is developed, with maximum input from each participant based on personal and family needs, with help from staff and mentors (VIFS). Each adult will be occupied 40+ hour each week developing the skills necessary to fulfill their Life Plan. When residents leave the Center, they will have reliable housing, parenting skills, a steady income and savings, and affordable transportation.

Education & Job Skills

- HiSET and Adult Education classes
- Vocational/technical training
- Higher Education, including help applying for scholarships
- Tutoring for adults and children
- Constructive use of time. Each adult must be occupied 40+ hrs/week. It will be a combination of education, work, therapies, and volunteerism. Children will volunteer, according to their individual interests and attend school regularly
- Montessori approach to on site pre-school and daycare
- Access vouchers for summer camps and after school programs for children

Medical & Therapeutic

- Regular well check ups
- Optical and dental care
- Physical, occupational, and/or speech therapy
- Mental health treatment - diagnosis, therapy, and medication management
- Drug and alcohol treatment – Clients with substance abuse issues will be required to do a combination of the following: out-patient treatment, a 12-step program, and random drug testing

- Help obtaining healthcare coverage
- Advocate for adults and children with disabilities
- Creative therapies

Safety & Stability

- Case management to formulate and ensure success with the family's transition plan
- Volunteers in Family Service [VIFS] to help residents succeed in their goals
- Domestic violence, crisis, and co-dependency prevention
- Substance abuse prevention and smoking cessation
- Sexual responsibility education
- Assistance with procuring housing and transportation

Life Skills

- Instructions on how to maintain housing by being a respectful tenant, neighbor & community member.
- Job Coaching – interviewing, resume writing, job search skills, professional presentation and attire, job responsibility education
- Interpersonal skill building – communication, conflict resolution, healthy relationships, self-esteem and self-assertiveness training
- Understanding personal responsibility to discourage at-risk behaviors
- Housekeeping skills
- Grocery Shopping, Nutrition (including Gardening) and Cooking
- Personal Finance/Budgeting
- Parenting Classes (including how to find and keep reliable child care)
- Help obtaining a Maine Driver's License

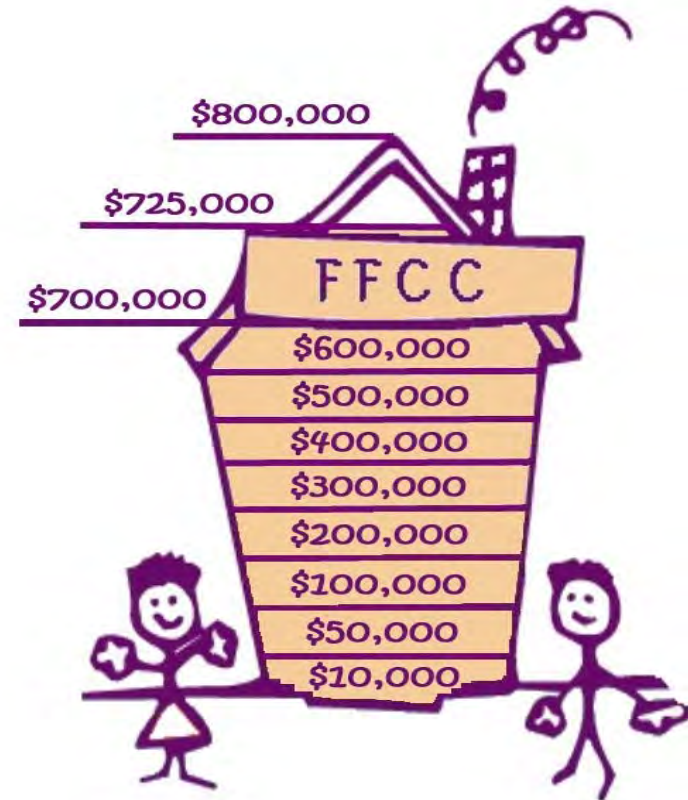


Families First Community Center

In October 2017, after fundraising for 2 years, we purchased the large Victorian farmhouse at 41 North Street, Ellsworth, with a double-parlor, large family dining room, large family kitchen, laundry area, room for staff office and house parent quarters. The barn and ‘mother-in-law’ addition have been torn down and 6 apartments, each with a kitchenette and 2-, 3- or 4- bedrooms, are being constructed. The main floor of the new “barn” will be a child-care center & classroom.

This is Phase I
of our 3 - Phase Plan
to become operational.

Donate Today!



Will you help us
“REACH FOR THE STARS?”

We need \$75, 618
to finish building the FFCC residence
And complete Phase I.

FFCC 3 - Year Strategic Plan (2017-2019)

Goals:

1. Increase community awareness of poverty to spur active engagement and support.
2. Purchase, renovate the house, and build programming to support our families.
3. Build the capacity of the Families First Community Center Board, Community Advisory Panel, and volunteer network to accomplish the vision.
4. Grow and diversify the financial resources to reach sustainability.

3 - Phase Plan to serve homeless families

PHASE I — Building: Raise awareness. Board development. Find/renovate/construct a residence suitable for multiple families with minor children. Raise money through events, grants, donations. Study models. Write policies. Build strong support network of related professionals (Community Advisory Panel), and create Memoranda of Understanding (MOU's) with supportive community organizations.

Nearly Completed ✓

PHASE II — Start-Up: Develop program. Learn the social service system. Develop mentoring (VIFS) program. Hire and train staff. Identify suitable family residents. Create outreach case management.

Partially Completed ✓

PHASE III — Operation: Families in residence. In-house case management. Outreach program. Active mentoring program.

Meet our Board

Terri Ouellette
President

Terri lives in Ellsworth and is the owner of Serenity Space Solutions, interior design/professional organizing. Her varied background includes nursing and teaching. Terri's experience as a professional drywaller is invaluable as we renovate our classic Victorian farmhouse.



Samantha T. E. Coffin
Treasurer, Web Admin

Samantha began volunteering with nonprofits at age nine. She entered college at age 13. Now back in Ellsworth, she owns and resides in the historic White Pillars. Samantha has been the FFCC Web Administrator since our founding.



Wendy Wincote Schweikert
Secretary

Wendy joined the board last month after serving on the Community Advisory Panel for a year. She also heads the FFCC development committee. Her professional life included radio and television sales management, marketing & public relations, and after marrying Ken, retail management at the Grasshopper Shop. She lives in Blue Hill.



Richard Paget
Board Member

Richard retired after a career on Wall Street and is an active volunteer. He currently serves as Board Treasurer of Open Door Recovery Center. He lives in Stonington.



Dawn Carter Coffin, P.E.
Founder and President Ex-Officio

Dawn is a professional engineer and project manager. She worked for MDOT for most of her career. She has volunteered for a number of nonprofit causes and learning experiences. She eventually became Volunteer Coordinator for the Emmaus Shelter and it was this experience that inspired her to address the problem of homelessness among families with children. She lives in Ellsworth.



Connie Jan Sears
Founder and Board Member

CJ spent her 40 - year professional career helping families in need, as a social worker for the State of New Hampshire and non-profit organizations. She recognized the immediate local need for transitional housing for families during 11 years working at the Emmaus Shelter. Her knowledge, experience, and vision are important strengths for FFCC. She lives in Northeast Harbor.



Bronson Stephens
Board Member

Bronson is an attorney with Acadia Law Group. His experience practicing law with Legal Aid in New York for 5 years gives him a personal perspective on the challenges faced by low income families, including housing and public benefits. He lives in Blue Hill but hopes to buy a home in Bucksport.



Community Advisory Panel members (CAPs)

Lieve Brutsaert-Durant, Ed.D., retired
Heather Carter, MA
Nell Dalheim, R.D.H., Dental Hygienist
Andrea Faurot, MBA, Principal, Sedgwick Elementary School
Leona Gagnon
Nancy Glista, Downeast Humanists and Freethinkers
Nichole Gulowsen, CADC, LMSWcc, CCS
Mark Green, Executive Director, Downeast Community Partners
Alice Grindle, LSW/C, BHP, MHRT/C, FedCap Rehabilitation Services
Anne Heisey, School Principal, retired
KaTina Howes, General Assistance Director, City of Ellsworth
Jaime Willis Hunt
Sheila Nataraj Kirby, Ph.D., retired
Nancy Jaretz, RN, BSN, M.Ed.
Dr. Julian Kuffler, MD, MPH
Whitney Larrabee, formerly homeless
Carol Mason, ARNP, FAHA, retired
Joe Perkins, Downeast Community Partners
Marjorie Peronto, University of Maine Professor
Annie Sargent, Director, Ellsworth Adult Education
Dotty Small, Police Detective, City of Ellsworth, retired
Dr. John Van Pelt, retired
Molly Warren, Educational Technologist III
Mark E. Webber, Volunteer, formerly homeless
Dick Whittaker, Marine Biology, Federal Marine Service, Law Enforcement, retired
Kay Wilkins, Co-Chair Downeast GLSEN, Teacher, retired
Jen Winter, RN, Visiting Home Nurse
Lynne Campbell Witham, MS, Director, University College at Deer Isle

Collaboration Agreements

BOY SCOUT TROOP #86
CAMP BEECH CLIFF
CFPB FINANCIAL COACHING PROGRAM
CHILD & FAMILY OPPORTUNITIES
CITY OF ELLSWORTH
COMMUNITY CLOSET
COURTLAND REHAB CENTER
CREATIVE ENERGY
DARLING'S AUTO MALL
DOWNEAST COMMUNITY PARTNERS
DOWNEAST FAMILY YMCA
DOWNEAST HORIZONS
DOWNEAST HUMANISTS AND FREETHINKERS
DOWNEAST SCORE
EASTERN MAINE DEVELOPMENT CORPORATION
EASTWARD FAMILY FUN CENTER
ELKS LODGE #2743
ELLSWORTH ADULT EDUCATION
ELLSWORTH COMMUNITY MUSIC
ELLSWORTH FAMILY PLANNING
ELLSWORTH HOUSING AUTHORITY
ELLSWORTH POLICE DEPARTMENT
ELLSWORTH PUBLIC LIBRARY
EMMAUS SHELTER
FEDCAP REHABILITATION SERVICES
FIRST NATIONAL BANK
FRIENDS IN ACTION
GEAR PARENT NETWORK
GLSEN
HANCOCK COUNTY ADULT DRUG TREATMENT COURT
HANCOCK COUNTY DEMOCRATIC COMMITTEE
HEALTH EQUITY ALLIANCE
HEALTHY ACADIA
H.O.M.E.
HOSPICE VOLUNTEERS OF HANCOCK COUNTY
KIDSPACE NATIONAL CENTER
LA LECHE LEAGUE
LOAVES AND FISHES FOOD PANTRY
MAINE COAST MEMORIAL HOSPITAL
MAINE EDUCATIONAL OPPORTUNITY CENTER
MAINE FAMILIES
MDI HOSPITAL/COMMUNITY HEALTH & DENTAL CENTERS
NAMI
NEW VENTURES
NEXT STEP DOMESTIC VIOLENCE PROJECT
OPEN DOOR RECOVERY CENTER/HILL HOUSE
PRIMARY HEALTH
ROBERT & MARY'S PLACE
RSU 24 ADULT EDUCATION
SEABOARD FEDERAL CREDIT UNION
SEAPORT VILLAGE HEALTHCARE
SPCA
SPECIAL CHILDREN'S FRIENDS
STATE OF MAINE CDBG PROGRAM
THE GRAND
TOWN OF CRANBERRY ISLES
UNIVERSITY COLLEGE OF ELLSWORTH
UNIVERSITY OF MAINE COOPERATIVE EXTENSION
WIC
YOUR PLACE

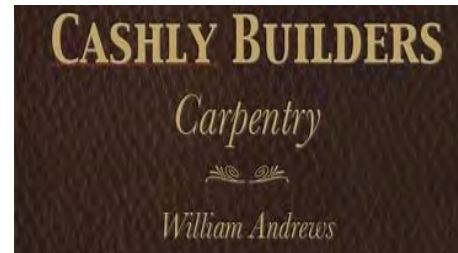
Grants Received in the Past 12 Months

	Machias Savings Bank	\$5,000
	Deborah Pulliam Fund of the Social Justice Committee of the Unitarian Universalist Congregation of Castine	\$5,000
	Alice B. Yoakum Fund of the Maine Community Foundation	\$1,000
	The Ray and Kay Eckstein Charitable Trust	\$10,000
	Opportunity Fund of the Unitarian Universalist Congregation of Castine	\$10,000
	Federal Home Loan Bank of Boston Affordable Housing	\$244,000
	Bangor Savings Bank Foundation Community Matters More	\$5,000
	The Stroud Fund of St. Mary and St. Jude	\$4,000
	The Unity Foundation	\$250
	The Home Depot Foundation	\$3,000

FFCC Construction & Building Partners

These local businesses have helped FFCC tremendously with material donations and/or cost reductions for our renovations.

We are so grateful for their generosity!



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with Minor Children
...Teaching Life Skills Needed for Success...

2015 Founding Members

Royal Society

Jeffery A. Coffin, P. E.

Eaton Society

Ms. Deborah Little

Riordan Society

Mr. & Mrs. Mark Mason &

Dr. & Mrs. Arthur Shapiro

F.R.O.G. Foundation

St. Joseph's Women's Council

Susan Kales

Lyle Moldawer

Terry Cole & Sally Daniels

www.familiesfirststellsworth.org

FAMILIES FIRST COMMUNITY CENTER



Providing Housing for Homeless Families
with Minor Children
...Teaching Life Skills Needed for Success...

2016 Wall of Honor

Royal Society

Jeffery A. Coffin, P.E.

Anonymous

Anonymous

Eaton Society

Drs. Richard M. & Rita L. Seger, c/o
St. Joseph's Peace and Social Justice
Committee

John Primeau & Rose Ann Schultz

Willem & Lieve Brutsaert

Riordan Society

Paul & Terri Ouellette

Rev. Jerry Stone

William McP. Bigelow

St. Dunstan's

Episcopal Church

Mr. & Mrs. Clifford Olson

Susan Kales

Anonymous

James & Betsey Armstrong

Gordon & Cynthia Donaldson

Anonymous

Lynne Campbell Witham

Maire Scanlon

Jen Johnson

Anonymous

Anonymous

Anonymous

Catherine McLoud

Terry Cole &

Sally Daniels


Kit LaRocco

Anonymous

Elaine Hokansson

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FAMILIES FIRST COMMUNITY CENTER



Providing Housing for Homeless Families
with Minor Children
...Teaching Life Skills Needed for Success...

2017 Wall of Honor

Royal Society
Jeffery A. Coffin, P.E.
Norma & Mark Stevens

Eaton Society

<p>Tina Dayton Jackson Lab 'Holiday for Kids Committee' in memory of Lynn Richardson Walter Grenier Harry Jones</p>	<p>Connie Mahaffey John Primeau & Rose Ann Schultz Somesville Union Meeting House Anonymous</p>
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Riordan Society

<p>Ellen Pileski St. Brendan the Navigator Episcopal Church Claudia Larocco Unitarian Universalist Church of Ellsworth Henry & Roman Cosentino Gabrielle Wellman William McP. Bigelow Community of Christ Church Bill & Rosemary Sargent Tim Torrey Myriam Welch St. Joseph Women's Council Janet Byers Anna & Dick Roelofs Julie Wang Richard Paget Woodley & Jane Osborne Katherine Lane Barbara & Don Linton Marcy MacKinnon</p>	<p>Jeanette Schmidt & Katherine McDonald Lawrence & Cathi Bost Ken & Wendy Schweikert Scott & Michelle Wingate Rev. & Mrs. Jerry Stone Joe & Judy Losquadro Tim Maney Gordon & Cynthia Donaldson Sarah Coletti & Roger Baker Paul & Terri Ouellette Betsy Armstrong Joyce Jones Cathy Melio Gerald Webb Roger Innes Mr. & Mrs. Clifford Olson Burt Sellers & Nancy Gourlie Barbara & Mark Campbell Terry Cole & Sally Daniels Cynthia & David Wildes</p>
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www.familiesfirstellsworth.org

Families First Community Center Wants You!

- ~ We need Board Members, CAPs, and VIFS ~
- ~ Can you serve on one of these FFCC committees? ~
Development, Policy, Building, Housing Quality Standards,
Personnel Search, Life Skills & Mentoring
- ~ Could you assist in fundraising or grant writing? ~
- ~ We need clerical skills & office help ~
- ~ We need help with renovations, skilled & unskilled ~
(will train!)
- ~ Could you volunteer once the House is open? ~
- ~ Please contact us ~

VIFS Wanted!

("Volunteers in Family Service",
i.e. Mentors)

Families First Community Center

We are looking for people who
have experience in one or more
of the following:

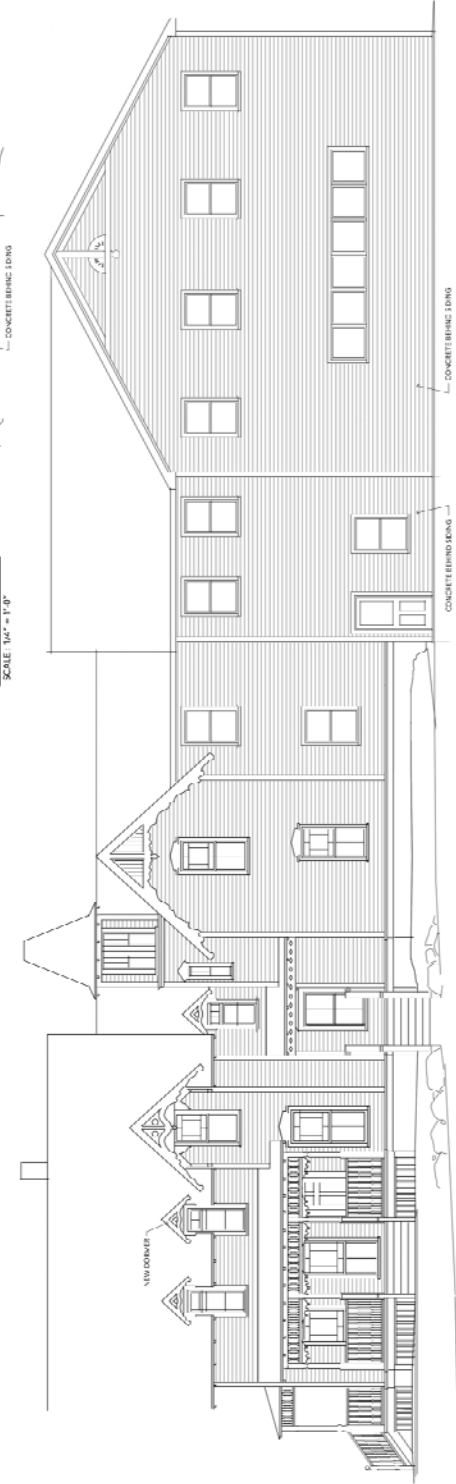
- ✓ Children (caring for, reading/games, acting as "grandparent")
- ✓ Education (working with schools, tutoring, teaching)
 - ✓ Organization
- ✓ The Work Force (applications, dress/deportment)
- ✓ Health Care (scheduling appointments, been through treatment)
 - ✓ Running a household
- ✓ Getting involved in the Community
- ✓ Housekeeping, Gardening, Sewing
- ✓ Paying Bills, Balancing a Checkbook and Saving Money
 - ✓ Driving

And anything else you can think of!!

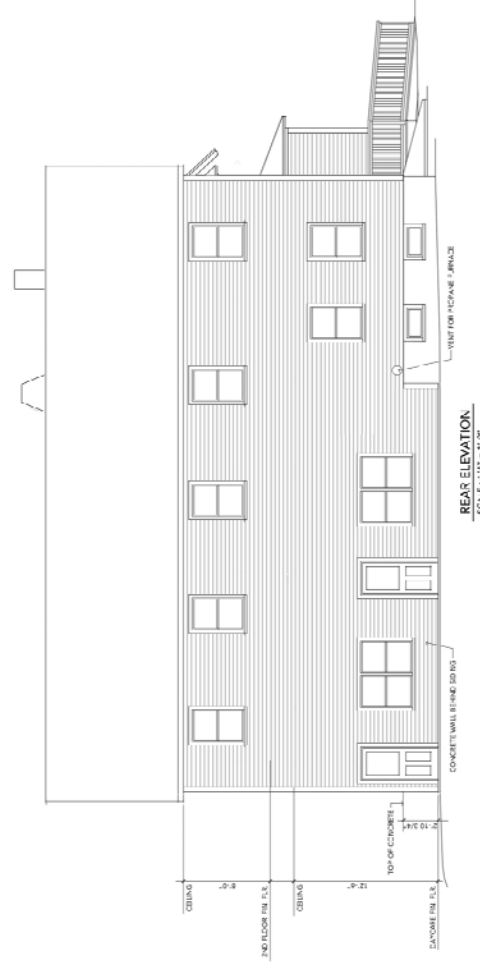
Please contact FFCC!



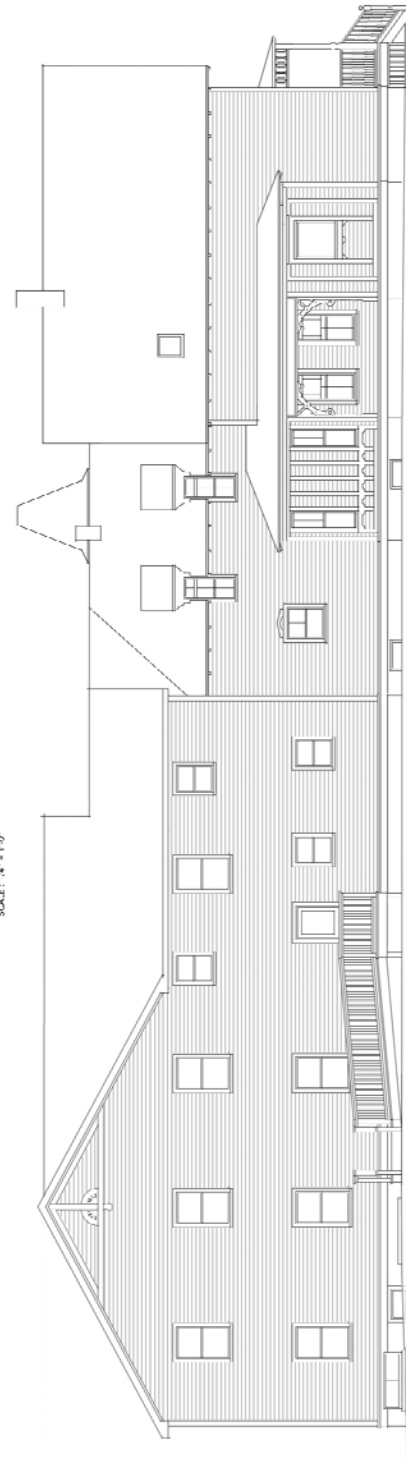
FRONT ELEVATION
SCALE: 1/4" = 1'-0"



RIGHT ELEVATION
SCALE: 1/4" = 1'-0"



REAR ELEVATION
SCALE: 1/4" = 1'-0"



LEFT ELEVATION
SCALE: 1/4" = 1'-0"



Seaboard FCU is proud to support Families First Community Center and their efforts to create a safe home for families in need.



Providing Christian Fellowship to the Women of Hancock County since 1947
Saint Joseph's Women's Council

FIRST TUESDAY AT 6:00PM

PARISH HALL

We are Always Accepting New Members



Community Health and Counseling Services

Making a Difference.

It's what we do.

INTRODUCING PRIMARY CARE SERVICES

Community Health and Counseling Services is excited to announce the addition of primary care services at our Ellsworth office, located at 52 Christian Ridge Road.



Shannon Curtis, FNP-BC, MSN has joined our team! Shannon has provided primary care services in Hancock county for more than 10 years.

Additional services offered through our Ellsworth office include:

TREATMENT FOSTER CARE

Are you interested in making a difference in a child's life?

Consider becoming a Treatment Foster Care Resource Parent.

BEHAVIORAL HEALTH HOME

Case Management Services delivered in a team approach

with a focus on integrating physical and mental health.

The service includes a Case Manager, a Nurse Care Manager and a Peer Support Specialist.

To learn about these services, and other services offered through CHCS, please contact us at 207-610-8016 or visit our website for more information at chcs-me.org.



It's Time to MOVE!®



Travis Coffin

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185 State St. Ellsworth, Maine



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Tradewinds Variety

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1215 State Street, Veazie

367 State Street, Ellsworth

COMING SOON—98 Coldbrook Road, Hampden

COMING SOON—665 Stillwater Ave, Old Town

Tradewinds Car Wash

928 Union Street, Bangor

471 Wilson Street, Brewer

Tradewinds Market

55 Park Street, Milo

Tradewinds Market Plus

153 Hinckley Road, Clinton

Tradewinds Shop n Save

361 South Street, Calais

Tradewinds Variety Plus

19 Duck Cove, Orland

All locations donate 1 penny for every gallon of gasoline sold to cancer care in the area.

EMMC's Lafayette Family Cancer Center, Sarah's House, Beth C Wright Cancer Resource Center and Mary Dow Cancer Center, Alford Center for Cancer Care

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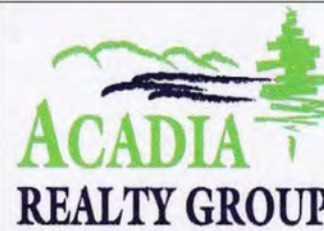
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Another Gallery

529 Route 175 | South Blue Hill, Maine

ELLSWORTH *Jewelers*

126 Downeast Highway, Ellsworth, Maine

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*Where Downeast Maine
Gets Engaged*

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JUD HARTMANN GALLERY

A Fine Arts gallery featuring a unique series of limited-edition bronze sculptures entitled, "The Woodland Tribes of the Northeast," as well as paintings by Jerry Rose, Barron Krody, Sally Ladd Cole, C. Fenner Ball, Olena Babak, William Bracken, and others.

Grandmother of all Penobscots

"She had a very sharp, keen eye and a peculiar way of blackening her face like a thundercloud when anything displeased her. Her face would change color entirely and her eye would look like thunder and lightening. She knew everything that was going on and was keener than a knife."



Molly Molasses
Bronze Edition: 20
Height: 32"

MID-JUNE—MID SEPTEMBER:
Open Daily in Blue Hill, Maine
10:30 – 5 p.m.
Sunday open if it's raining
or cloudy. 12 – 5

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SEPTEMBER 20—EARLY NOVEMBER:
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Photo Credit: Frank Netto



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We are proud to help this important organization-

Families First Community Center.

"The happiest moments of my life have been the few which I have past at home in the bosom of my family."

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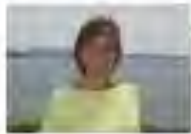
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I would like to be a Monthly Donor in the amount of \$ _____ /month.

I would like to sponsor a family for:

- a day (\$24),
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All Society and Weekly + Donations will be displayed on our "Wall of Honor" in the Home, on our website & in the paper.

- I have made a provision for Families First Community Center in my estate plans.

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All Gifts to Families First Community Center are tax-deductible, 501(c)(3), as provided by law.

Enclosed is my gift of: \$ _____

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Name(s): _____

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