Project Homeless Connect

CAPCA is excited to be holding Arkansas’s first annual Project Homeless Connect in Faulkner County on January 24, 2017! The mission is to connect individuals and families experiencing homelessness with the services and care they need to move forward at NO COST to them.

ONE DAY. ONE STOP. ONE COMMUNITY.

Project Homeless Connect is a special event designed to provide homeless individuals and families access to a wide range of support services all in one place. The first official Project Homeless Connect was held in San Francisco in 1998, though variations on the concept have existed for some time. Project Homeless Connect is known as a best practice model that quickly swept the nation. The stated goal of Project Homeless Connect is to provide access to services that support the transition of homeless individuals and families off the streets and into permanent housing.

Connect events are designed to unite individuals and families experiencing homelessness to services they may have difficulty accessing on the street. Service providers try to deliver services on-site, minimizing the need for referrals and follow-ups.

After reaching out to the community, CAPCA has experienced overwhelming support from community partners, service providers, volunteers, sponsors, non-profits, churches and individuals interested in participating in any way possible.

Services at Project Homeless Connect will include, but is not limited to: housing, legal counseling, mental health, dental, vision, veterans assistance, flu shots, education, employment assistance, haircuts, hospitality, food supplies, a hot meal, pet care and care packages.

Since April 2016, CAPCA has been working diligently to make Project Homeless Connect a success, raising over $2,000.00 with multiple fundraisers selling popcorn, candles, t-shirts and more. A HUGE thank you to Wal-Mart and the Arkansas Community Foundation for their participation and support!

Each month until the BIG EVENT in January, CAPCA will be conducting “projects” to raise awareness of homelessness.

For more information on Project Homeless Connect, becoming a partner, sponsor, volunteer OR to keep up with the latest news, please contact Ms. Tiffany Caldwell, Emergency Services Coordinator at 501-329-3891, ext. 2121 or visit the facebook page at www.facebook.com/projecthomelessconnect.arkansas
Wishing on a Star
Arkansas Children’s Week focuses on ways to encourage and support children’s imaginative play experiences and how this sets the stage for learning. Cabot Head Start Center joined in the celebration with a week full of exciting activities such as Show and Tell with the children’s favorite items from home, dental presentations for the parents and kids, a nature walk and story time with the local librarian. The center also declared this week Spirit Week with daily themes including Red Day, Career Day, Wacky Day, 80s Day and Arkansas Children’s Week T-Shirt/Hat Day.

The week’s festivities came to a magical close with the center’s “Wishing on a Star” prom held at the Ward Chamber of Commerce building. In attendance were parents, grandparents, students, siblings, aunts and uncles who also gave their time to ensure a successful event. Much laughter and dancing filled the building as everyone enjoyed the wonderful night. The Cabot Center would like to say thank you to the Ward Chamber of Commerce who graciously donated the venue space.

Vroom, Vroom!
The highlight event of the year for Conway Head Start Center was their 2nd Annual Race Car Derby. Throughout the month of April, the students studied transportation and were visited by various community vehicles, such as the Conway Police Department and Fire Department, to give the students ideas to construct their own vehicles. The numerous hours spent developing and creating resulted in magnificent vehicles! As a reward, each student received a certificate of completion along with an ice cream treat. The Race Car Derby also drew attention from the Log Cabin Gazette, who featured this event on their front page. Conway Head Start would like to thank everyone who came out to support the race.

On to new adventures
Transition Day is always an exciting day for the Gould Head Start Center. In celebration of the preschoolers transitioning to kindergarten, the students performed songs for their family and staff in coordinating black and white attire. The parents were the key to this successful celebration! They worked very hard organizing, setting up, serving and cleaning to ensure everyone had a wonderful time. Center Manager Shunta Henderson awarded students with certificates of completion as well as all the parents and volunteers for donating their time to the center. Ms. Shunta concluded the night wishing the parents a very safe summer and requesting help in recruiting more children to the program.
**Exciting firsts at Heber Springs**

Heber Springs Head Start Center had many successful firsts this year! A new topic explored for Parents and Children Together (PACT) time was “How big am I?” In this activity, the parents traced the outline of their child’s body on large butcher paper; the students then designed their bodies to their liking. Due to the excellent turnout for this PACT meeting, the center is planning to keep this activity for next year!

An exciting field trip to the Greers Ferry National Fish Hatchery was another fun first this year. The children enjoyed feeding the large rainbow trout and looking at the baby rainbow trout. Not only was it their first field trip for many of the students, it was their first time riding a school bus!

**Splash Day at Rosebud**

Rosebud Head Start has benefited from partnerships with community helpers this school year. Community involvement has included Fire Fighters, Police Officers, the White County Health Department Liaison and local Librarian Lisa Boatman. Ms. Boatman came every week to read and perform a puppet show for the students! The children have definitely enjoyed these visits, but there is also no doubt this partnership has contributed to the students’ preparedness for their kindergarten transition. Since the partnership with Rose Bud Public Library, the center has seen a 70% increase in Child Outcomes through several domains.

As a reward for all of the children’s hard work, the parent committee sponsored an all-day Splash Day celebration on the final day of classes. The parents prepared a homemade “Slip & Slide”, “Noodle Darts”, “Water Frisbee” and “Wet & Wild Ball toss” in addition to yummy nutritious snacks like freshly cut watermelon and mixed fruit. Later that evening, Ms. Amanda Tharp, Teacher, and Ms. Elaine Harrison, Family Advocate II, conducted an awards ceremony and preschool graduation; the students, parents and teachers were presented with certificates and awards to commemorate their participation in Head Start.

**Field Day at Stuttgart**

Stuttgart Head Start Center had beautiful weather for their fun field day in May. Festivities included carnival style games, a three legged race and a sack race. With every carnival comes prizes; parents and children were rewarded with giveaways and little treasures!
A memorable year at Quitman

As the school year came to a close, the Quitman Head Start Center reflected on memories that will last for a lifetime. With spring came a fresh curiosity as children explored the outdoors: Picking bouquets for their beloved teachers and parents; tiny fingers and bright eyes searching through clovers with anticipation of finding one with four or more leaves; discovering frogs and worms, asking: “What do worms eat?” “Where are their eyes?” “Do frogs bite?” Examining blooms on the Bradford Pear trees, standing in the midst of the tiny white petals as the breeze caused them to swirl, then billow to the ground as the children exclaimed, “It’s snowing! It’s snowing!”

In April, a parent-planned Spring Celebration was enjoyed; the children searched for treat-filled eggs and played with their parents on the playground. Also in April, the center hosted a Male-Involvement Activity in which children and their mail caregivers made miniature greenhouses together.

In May, the Quitman Public School invited the children to the “big kid” school for a kindergarten tour. The little ones enjoyed a field trip to the school to meet teachers, visit classrooms, ride a real school bus through the parking lot, play on the playground and eat in the lunch room just like the big kids. Also in May, the parents planned and hosted an End-of-Year Program/Graduation ceremony at a local church. The church was packed with smiling family members as the children, dressed in caps, gowns, and sashes, sang, danced and received their diplomas. The parents presented the staff with a collage of all the children which is now hanging in the center’s office. The collage is not only a reminder of a beautiful year of observing children grow and learn, but also a reminder of how the coming together of parents, community and staff enriched not only the children’s lives, but the lives of the staff as well.

Quitman Head Start is extremely grateful to the parents, volunteers and staff who have made this year school year truly memorable. The parents were phenomenal planning celebrations, participating in PACT and parent meetings, and attending the Policy Council meetings. Community volunteers are always supportive. Foster Grandparent “Grandma Dot” spent eight hours nearly every week spending one-on-one time with the children.

Hats off to the community, parents and staff!

Dancing to success

Lonoke Head Start held their most exciting graduation ceremony yet at Apostolic Church. Much enthusiasm and anticipation could be seen on the children’s faces as they practiced for their big event. The graduates danced down a red carpet decorated with stars labeled with each student’s name to receive their diploma. One classroom entertained the crowd by performing a dance number on the big stage while another classroom decided to put on a drama show by acting out the book *Pete the Cat: I Love My White Shoes*. Lonoke Center would like to say thank you to Mr. Harold Reed Jr., a former parent, for designing all of the props. The highlight of the evening was a slide show created by Ms. Heather Petty.

Lonoke Head Start would like to wish the students all the best in their bright futures and thank their families for being a part of the center.
Cloud based applications play vital role

Technology has become and will continue to be an essential key to CAPCA’s advancement for years to come. The agency’s technology spectrum is moving more toward cloud based operations such as Office 365 which has a wide variety of useful applications. For example, Yammer is a collaboration tool that helps the CAPCA team stay on top of projects, round table discussions and more. Through this application, conversations can be convened, staff can work on files as a group and project organization is achieved. Also, the Technology Department has invested in six high quality tablets to enhance the way training is conducted within the agency. And while it can also become a challenge to compete with the world of technology due to the inevitable overhead, CAPCA will continue to work towards staying ahead of the game of technology and continue to serve the community to the fullest extent.

Sweet treats at Southside

Southside Head Start enjoyed many activities this spring! In May, the center celebrated the 2015-2016 graduation class at the McGhee Center. The parents organized the ceremony complete with donated finger foods, a beautifully decorated cake, picture booth, music and a delicious catered dinner by Zaxby's! One parent even volunteered to DJ the event! The children were also thrilled for the “End of Year” celebration on the last day of classes with FUN in the SUN. The day was full of activities with horseshoes, bean bag toss, hula hoops, parachutes and a game of good ole' fashioned ball. To top off the day, Mr. Richard Weaver of Kona Ice stopped by to visit and send off the South Side Head Start families with a sweet treat. This was by far the children’s favorite part of the day!

Playground fun at Mills

The Migrant and Seasonal program year is going great at the Mills Head Start Center! Staff are thrilled to have many new families join the center in addition to the returning families from the previous year. Classes are full and excited teachers are planning fun, active learning for the children.

The monthly parent meetings are exploring interesting topics selected by the parents. Come join and show your children how much you value learning for them as well as yourself.

The children are so enjoying the new playground equipment installed in the spring on the preschool playground! New slides, the climbing wall and activity areas provide great fun for the students. Safety is important for our children and the fall zone is new and fresh for safe running and jumping.

The center will soon say good bye to nine of the preschool children that will go to kindergarten in August. Most of these nine have been here for several years and the staff will miss them tremendously! Mills Center wishes the very best for them and their families as they continue to grow and learn.
Gould reaches in-kind goal
In April, the Gould Head Start Center received help from the community to reach their in-kind goal. In-kind is the 20 percent non-federal share that CAPCA must earn as part of the grant award. Non-federal share or in-kind contributions can consist of volunteer services, donated supplies, equipment, space, buildings or land.

Cane Creek State park volunteer Mr. Seth came to the Gould Head Start Center to teach the students about reptiles and give safety tips and procedures if reptiles are found near the children’s homes. The students learned to tell an adult and to not touch the reptiles so they will not be bitten or hurt. Parents and children alike enjoyed the information and visit from Mr. Seth. The Gould Center gladly accepts his offer to return to the center during the upcoming school year!

Postal Food Drive 2016
This year, CAPCA received 8,405 lbs. of food through the Postal Food Drive! Over 30 volunteers donated their Saturday to help CAPCA pick up, sort and box the food. Additionally, the Mayflower, Mt. Vernon, Enola and Vilonia post offices kindly collected items for the drive. CAPCA greatly appreciated their help!

Thank you Conway Junior High
Conway Junior High has once again amazed CAPCA with their generosity! The school issued a challenge and it appears as if the students and staff stepped up and knocked it out of the park! Over 2,300 pounds of food were donated to the food pantry! Thank you all for everything!!

Thank you Jim Stone Elementary
A HUGE thank you to Jim Stone Elementary for holding a cereal drive at the end of the school year and donating to the families we serve!

Thank you CAPCA would like to say a huge thank you to all of our volunteers and donors! We truly could not continue our mission of serving our community without you!
Success Stories

A helping hand
A client visited the Faulkner County food pantry in need of emergency food and shared his story with the Food Pantry Coordinator. He had experience and certifications in the culinary arts that qualified him to work in very nice restaurants. Sadly, this client had fallen on hard times, including the loss of visitation rights with his child. The staff listened to him, saw a need and through his connections, this client was hired as District Manager at a local restaurant! Listening is sometimes the most important part of helping someone in need.

A family reunited
In late March, the Department of Human Services (DHS) contacted the Cleburne County Support Office (CCSO) to inquire if the agency had funds for utility assistance. The representative explained she was trying to help an individual get her children out of DHS custody and get them home, but without her utilities paid she would not be granted custody. The client went to the CCSO to complete the application and was eligible for LiHeap assistance; during this process, she mentioned that her SNAP benefits had expired. Without food in the home the children would be removed from her custody again. The staff requested a food box referral from DHS to assist with this need.

The following week, the client called to announce that she was awarded full custody of her children and they were back home with her. The CCSO staff continued to support this client and her children by enrolling her in the A-16 program and discussing the Individual Development Account Program.

Empowering families
Through comprehensive Head Start services, the Zavala’s household has accomplished one of their greatest dreams. Mr. Lerin Zavala has worked in numerous restaurants, and through Head Start services, had the opportunity to open his own business. In April 2015, he decided to venture out, do what he loves most and purchase a food truck. His mobile food truck allows him to tour the town and share his unique taste. The Zavala household acknowledges Head Start as a key element to self-sufficiency. Head Start allows his children to have a safe learning environment while giving him flexibility and help with daycare expenses. Ms. Zulema Zavala, the mother, has played an active role in Head Start as a Policy Council representative. She feels empowered to take charge of her small family business. Both Mr. Lerin and Ms. Zulema feel this is a great start to a successful future.

A sweet smile
My story is about Beth, sweet Beth, broken Beth. Beth came in for help during regular winter utility assistance. She filed into the lobby with all of the other clients who had been waiting outside on a very cold day. I remember this day because it was very cold outside and we had to tell them that only the applicants could stay in the lobby, so the others had to go back outside in the cold. This announcement was not very popular, which in turn did not make us very popular and there were a few grumblers.

Now, this was Beth’s first time to come to CAPCA and she had no idea how or what was going to happen next. She sat down and waited her turn. She came into the office for her interview and began to tell her story; she told us that her husband was an oil field worker who had lost his job and moved her to Arkansas, and she was going to be looking for a job...she began to cry. We explained that we were here to help her.

We made copies of her income, bill and license. I looked at her license and I saw a happy person looking back at me. I told her that we wanted to help her get that smile back. As she was leaving that day, she hugged us and thanked us for helping her and being so kind; she also said that she shouldn’t have to come back for anymore help.

Beth called back and said she had received a disconnect notice and asked if we could help her with part of it; she was beside herself that we could take care of her entire disconnect bill.

Beth and her husband have now found full time jobs. Beth has since enrolled in our A-16 Program and is our newest IDA participant. She is so excited. We are glad to report that Beth has her smile back. -CAPCA staff member

“LISTENING IS SOMETIMES THE MOST IMPORTANT PART OF HELPING SOMEONE IN NEED.”
-CAPCA STAFF MEMBER
Parents’ Corner

Common myths about child mental health

Many myths and misconceptions surround mental health and cause unnecessary stress for parents and caregivers, especially when involving young children. Due largely to fear, shame and misunderstanding about psychiatric disorders, the majority of children never receive clinical care. Exposing the myths about child mental health is critical to getting more children the help and understanding they deserve.

**MYTH 1: A child with a psychiatric disorder is damaged for life.**

A psychiatric disorder is by no means an indication of a child’s potential for future happiness and fulfillment. If a child’s struggles are recognized and treated—the earlier the better—he/she has a good chance of managing or overcoming symptoms and developing into a healthy adult.

**MYTH 2: Psychiatric disorders result from bad parenting.**

While a child’s home environment and relationships with his parents can exacerbate a psychiatric disorder, these do not cause the disorder. Conditions such as anxiety, depression, autism and learning disorders are thought to have biological causes; parenting isn’t to blame. However, parents do play a central role by providing support and care that is crucial to their child’s recovery.

**MYTH 3: Children grow out of mental health problems.**

Children are less likely to “grow out” of psychiatric disorders than they are to “grow into” more debilitating conditions. Most mental health problems left untreated in childhood become more difficult to treat in adulthood. Since we know that most psychiatric disorders emerge before a child’s 14th birthday, there is huge incentive to screen young people for emotional and behavioral problems. Interventions can then be coordinated while a child’s brain is most responsive to change and treatment is more likely to be successful.

**MYTH 4: Therapy for kids is a waste of time.**

Treatment for childhood psychiatric disorders isn’t old-fashioned talk therapy. Today’s best evidence-based treatment programs for children and teens use cognitive-behavioral therapy which focuses on changing the thoughts, feelings and behaviors that are causing serious problems. Research has shown that there’s a window of opportunity — the first few years during which symptoms appear — when treatment interventions are most successful.

Koplewicz, Harold S. 7 Myths about Child Mental Health. www.childmind.org/article/7-myths-about-child-mental-health

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Another year has passed and summer is here. In August, 260 children that were enrolled with CAPCA Head Start will be transitioning to kindergarten. These children will be entering public school in the counties of Arkansas, Cleburne, Faulkner, Lincoln, Lonoke and White.

Here are a few tips to help your child during the summer:

* Practice writing letters, especially writing their name.
* Play games to help recognize letters of the alphabet.
* Find items around the house that begin with the same sound and identify the letter that makes each sound.
* Count throughout the day while doing activities or chores.
* Point out numbers you see in the environment.
* Play games where your child finds objects of particular colors and shapes around the house or as you are driving.
* Playing with play dough is a fun way to strengthen the muscles of the hand that will be used for writing.
* Practice cutting skills by cutting from old magazines and make a collage by gluing them to a piece of paper.
* Read to your child every day.
* Play Simon Says: Give your child two and three step directions.
* Give you child opportunities to interact with other children.
* Practice with your child how to express feeling if he/she doesn’t like something.
**Employees of the Month**

*“Because we are all an Essential Piece of the Puzzle!”*

Ms. Brittney Thomas, Purchasing Agent  
Accounting Department  
June 2016

“I have to brag on Ms. Brittney. Brittney is always very professional in every interaction you may encounter with her. Brittney is very polite, courteous and always willing to help. If she doesn’t have an accurate answer to something you have requested, she will find out and follow up accordingly. Very prompt in responding to various requests such as work orders, requisitions, copies of items, etc. Brittney is always smiling. I really enjoy working with her.”

– Nominator

Ms. LaQualia Chatman, Food Service Manager  
Gould Head Start Center  
April 2016

“I nominate Ms. LaQualia Chatman for Employee of the Month. Ms. LaQualia is at work on time and comes right in and starts getting her day ready in the kitchen. Ms. LaQualia is a very sweet person and when I ask her to help me in any area, she will do it with no hesitation even though she is my Food Service Manager. I have learned that Ms. LaQualia has a lot of talented skills. Ms. LaQualia drew the back drop for the Winter Celebration so it would be nice and pretty for the kids to stand in front of for the parents when they sung their songs. Ms. LaQualia is very friendly and polite to all the parents that she comes in contact with at the center and she just loves the babies at the center and the children love Ms. LaQualia too, as they call her when she brings them their meals in the classroom. Ms. LaQualia gets along with all of her coworkers and she attends all trainings that are required for her to be a Food Service Manager. I am glad to have Ms. LaQualia on my team because she gets the work done.”

– Nominator

Ms. Tiffany Caldwell, Emergency Services Coordinator  
Community Programs Department  
May 2016

“I would like to nominate Tiffany Caldwell as EOM because there is nothing she would not do for CAPCA. I have worked alongside her on many projects and her attitude is unbelievable!! She will go above and beyond on every task she works on. Tiffany cares so much for the clients here at CAPCA. She takes time on her own to research projects and programs to help the needs of Faulkner Co., White Co. and Cleburne Co. residents. Tiffany is a great team member, always ready to lend a hand when asked and even when not asked! Tiffany has worn several “hats” since I have known her - filling in where needed over the past year, never complaining, always smiling and excited to be at CAPCA! Tiffany is an amazing asset to CAPCA and would be a great choice for Employee of the Month.”

– Nominator

**Administrative Professional’s Day**

CAPCA would like to thank all of our hard-working administrative professionals for their dedication and service to our staff and clients. These staff members assist and support the entire agency; their endless knowledge, willingness and flexibility are greatly appreciated and truly exemplify community action.

Ms. Abby Gonzales, Office Assistant I  
Ms. Lennise Rios, Office Assistant II  
Ms. Nora Gomez, Office Assistant III  
Ms. Ashley Riba, Human Resource Assistant  
Ms. Jessica Riba, former Office Assistant I  
Ms. Myracle White, Community Programs Assistant  
Mr. Forrest McPeake, former Community Programs Assistant
Shunta Henderson now ACPA certified
Shunta Henderson, Center Manager of Gould Head Start, recently received the Arkansas Children’s Program Administrator Certificate.

Henderson earned the certificate after completing 60 hours of training. Topics included organizations management, supervision, legal and financial management, and family and community relations.

Nineteen children’s program administrators from across the state were recognized during a leadership banquet at Holiday Inn Airport Conference Center in Little Rock.

Diana Courson and Jo Ann Nalley, Director of Childhood Services, presented the awards.

The certificate program increases the knowledge and skills of children’s program administrators in Arkansas.

The training course supports administrators in their continued efforts to educate and care for children. Children’s programs provide essential services for families and communities throughout the state.

Arkansas State University Childhood Services coordinates the certificate program. The Arkansas Department of Human Services Division of Child Care and Early Childhood Education provides funding for the program.

Original article in Dumas Clarion, Dumas, Arkansas
CONGRATULATIONS CLASS CERTIFICATIONS!

Congratulations to the following staff on your CLASS certifications!

**Recertification:**
- Ms. Shunta Henderson – Center Manager – Gould Center
- Ms. Janiece Lasley – Education Specialist - Administrative Office
- Ms. Michelle Rollins – Classroom Manager – Mills Center
- Ms. Sandra Timm – Center Manager – Mills Center

**New Certifications:**
- Ms. Denise Middlebrook – Center Manager – Cabot Center
- Ms. Tabitha Shelton – RHS Education Coordinator, Administrative Office
- Ms. Adriana Olvera – Teacher – Amite MSHS Center

CONGRATULATIONS IN-KIND WINNERS!

Quitman Head Start Center - April 2016
Lonoke Head Start Center - May 2016
Gould Head Start Center - June 2016

ACAAA Conference Award Nominees

The following nominees were recognized for outstanding achievement in their respective categories at the 2016 Arkansas Community Action Agencies Association (ACAAA) Annual Conference. Congratulations to all!

**ACAAA Client Action Awards: Presented for outstanding progress towards self-sufficiency**
- Mr. Lerin Zavala, Head Start parent

**ACAAA Supporter Action Awards: Presented for outstanding support of community action**
- Ms. Shana Wells, former Head Start child, parent, CAPCA staff and current Governing Board member

**ACAAA Best Performance in a Supporting Role**
- Mr. Greg Hunter, Technology Coordinator

**ACAAA Best Performance in a Leading Role**
- Ms. Charlsie Barton-Stine, CCSO Community Services Assistant

**ACAAA Best Production**
- Cleburne County Angel Tree, Cleburne County Support Office
Sign up to receive our E-NEWSLETTER at www.capcainc.org

Give your child a HEAD START
Summer is in full swing! Head Start wants to thank all of the parents that enrolled their children in the 2015-16 program year. THANK YOU for giving your child a HEAD START! CAPCA is grateful you chose Head start for your child’s preschool experience. For the parents enrolled in the upcoming year, Head Start is excited to see you and your child, and hope you had a wonderful summer.
CAPCA Head Start is now accepting preschool applications for the 2016-2017 school year. To apply for services, your child must be three or four years old on or by August 1, 2016. Please contact the ERSEA Coordinator at (501) 329-3891, ext. 2127 for any questions about enrollment.

Did you know ...?
* Migrant and Seasonal Head Start centers are in Dumas and Kensett, Arkansas, and Amite, Louisiana. To be eligible for the Migrant & Seasonal program, a family’s income must come primarily from agriculture.
* Head Start serves children with disabilities.
* Head Start provides free health and dental screenings.
* Head Start requires a certified teacher in every classroom.
* Head Start works with your family to accomplish your goals.
* CAPCA also has a wide variety of services such as utility assistance, rental assistance, food pantry, housing and weatherization.

Welcome England and Ward centers!
CAPCA would like to welcome England, Arkansas, to the Head Start family. The agency will be working very hard this summer to open a center in your area. The address for this facility is England Head Start Center, 302 S. Washington Ave., England, AR 72046.
CAPCA is excited to announce the Cabot Center is moving to the Ward City Hall building and will now be called the Ward Head Start Center. The new address for this facility is Ward Head Start Center, 405 Hickory St., Ward, AR 72176.
Please contact the Administrative Office for questions regarding enrollment or job postings at (501) 329-3891 or visit the agency website at capcainc.org for more information.