



LIVE UNITED™

2020 COMMUNITY REPORT

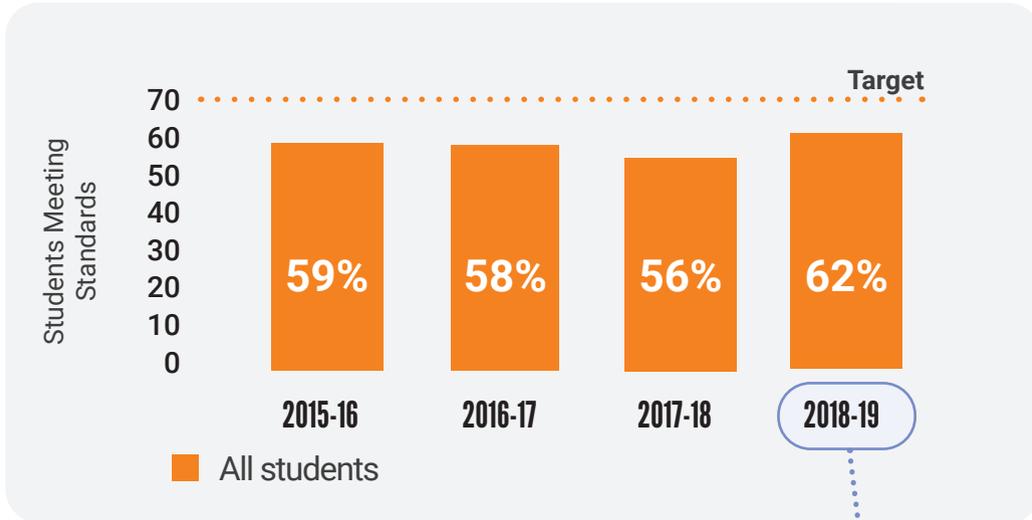
LIVE UNITED



United Way
of Greater Portland

GOAL 1: GIVE KIDS A STRONG START

* 3rd Grade Reading Proficiency



Target: By 2027, 70% of children read proficiently at the end of 3rd grade.
Baseline: 59% of children read proficiently at the end of 3rd grade.
2021 Benchmark: 61% of children read proficiently at the end of 3rd grade.

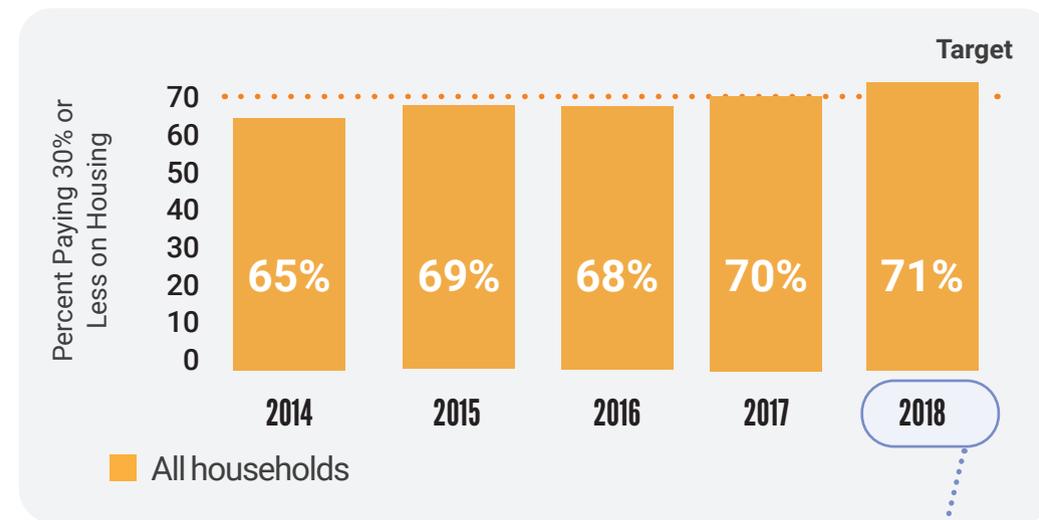
DATA SPOTLIGHT: Economically disadvantaged students are disproportionately behind

2018-19



GOAL 2: EMPOWER NEIGHBORS TO THRIVE, NOT JUST SURVIVE

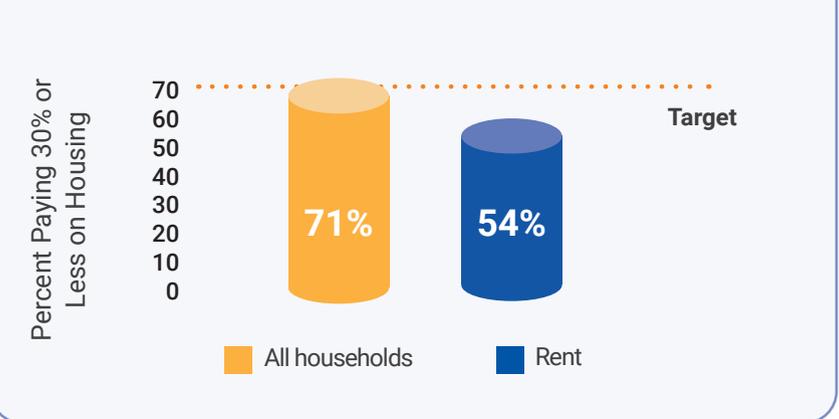
* Households Paying Less Than 30% of Income on Housing



Target: By 2027, 70% of households pay less than 30% of their income on housing.
Baseline: 65% of households pay less than 30% of their income on housing.
2021 Benchmark: 68% of households pay less than 30% of their income on housing.

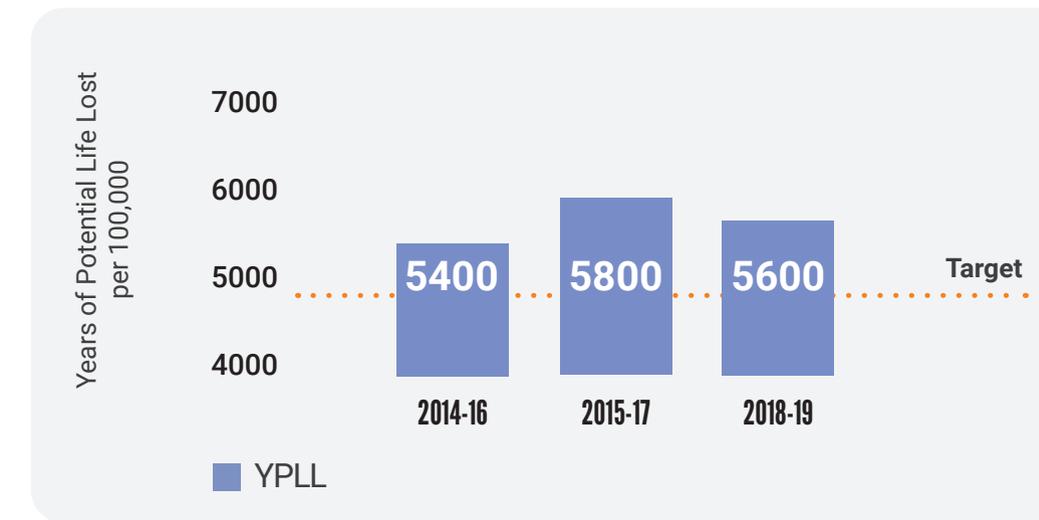
DATA SPOTLIGHT: Renters are spending too much on housing

2018



GOAL 3: HELP US ALL LIVE LONGER, BETTER

* Years of Potential Life Lost (YPLL)



Target: By 2027, reduce preventable premature deaths by 10% (4,860 Years of Potential Life Lost per 100,000 people).
Baseline: 5,400 Years of Potential Life Lost per 100,000 people.
2021 Benchmark: 5,400 Years of Potential Life Lost per 100,000 people.

United Way of Greater Portland is uniting individuals and organizations around our community's shared vision, Thrive2027, three 10-year goals to improve education, financial stability, and health for every person in Greater Portland.

A critical challenge that prevents our community from reaching its shared vision, Thrive2027, is Adverse Childhood Experiences (ACEs).

Adverse or traumatic experiences like those below can significantly impact a child's development and future wellbeing, literally impacting brain development and impeding academic achievement, social and emotional health, and even physical health into adulthood.

| ABUSE | NEGLECT | HOUSEHOLD DYSFUNCTION | |
|---|---|---|--|
| Physical  | Physical  | Mental Illness  | Incarcerated Relative  |
| Emotional  | Emotional  | Mother Treated Violently  | Substance Abuse  |
| Sexual  | | Divorce  | |

The good news is children and adults can bounce back from adverse events. If childhood adversity is stopped and replaced by practices that build resilience, the brain can slowly undo many of the stress-induced changes.

UNITED FOR OUR FUTURE: BUILDING RESILIENCY THROUGH SUPPORTIVE RELATIONSHIPS

Mariah was chronically absent in kindergarten. She struggled to acquire reading skills and became frustrated when she couldn't complete the same academic tasks as her peers. By first grade, Mariah felt disconnected and began falling further behind.

Count ME In, a funded community partner of United Way of Greater Portland, is a partnership of schools, businesses, parents, youth, state, and community organizations working to improve student attendance, engagement, and academic achievement.

The Count ME In team designed a plan to support Mariah's learning and help her family get her to school. Morning Mentor/Walking School Bus program volunteers walk with families to school or the bus stop every day. This helped connect Mariah's family with other children and families in the neighborhood and enabled her mother to get to early morning appointments for her mental health and substance abuse treatment that supported a stable home environment. She knew Mariah was safe and part of a neighborhood program.

By the middle of first grade, Mariah was attending school regularly, and she and her mother both felt more connected to and supported by the school community. By the end of third grade, Mariah was reading at grade level and no longer needed remedial reading support.



"Mariah's self-esteem grew with each month and year the school team was able to work with her and her mother. Her story demonstrates the importance of investing in our kids early and as a comprehensive team"

- Susan Lieberman, Count ME In

Read more stories and get connected at unitedwaygp.org.

UNITED for a RESILIENT FUTURE

ACEs over a lifetime

During the first 5-years of a child's life, their brain forms the foundation for healthy development and learning.

ACEs during early years can interrupt brain development and cause difficulty with learning.

Children who do not read proficiently by the end of 3rd grade are **4x** more likely to drop out of high school.

Adults who experienced ACEs are more likely to report not finishing high school, unemployment, & living in a household below the federal poverty level.

Economic & social costs of ACEs to families and communities is in the hundreds of billions of dollars each year.

Without proper support, when ACEs occur early in a person's life, they are more likely to develop substance use disorder, mental health problems, and chronic disease.

18% of Cumberland County middle school students reported suicide ideation during their lifetime.

UWGP in Action

GOAL 1

40 immigrant mothers increased their confidence and skills to support family literacy activities.

GOAL 1

510 children in early childhood programs are meeting their developmental milestones.

GOAL 2

79 individuals enrolled in employment support & training secured a job. An additional 49 secured & maintained employment for at least 3 months.

GOAL 2

180 youth and adults completed their high school education through Adult Education classes preparing them for postsecondary education and/or employment.

GOAL 3

108 adolescents who received counseling reduced their risk for suicide and substance use.

GOAL 3

253 individuals participated in peer groups that resulted in a reduction of suicidal thoughts.

GOAL 1

47 early childhood educators teaching 226 children received professional development and coaching to support children's social-emotional learning and manage challenging behaviors.

GOAL 1

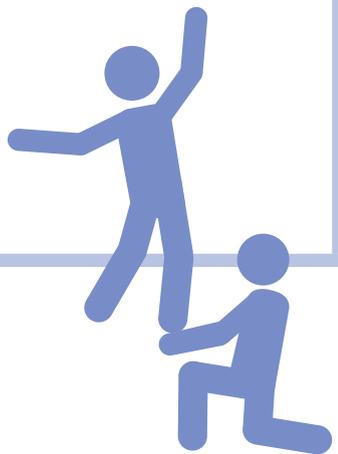
334 children are prepared to enter kindergarten, reaching critical milestones: engaging in collaborative conversations, beginning to understand English grammar and usage in writing and speaking, and using a combination of drawing, diction, and writing to communicate interests.

GOAL 2

524 households received free tax preparation through CA\$H Greater Portland. These individuals and families saved \$158,200 in income tax preparation fees, and received **\$1.1M** in federal and state income tax refunds, including \$299,611 in federal Earned Income Tax Credits.

GOAL 3

377 adolescents, including **76** who are homeless, abstained from, or reduced, their substance use.





TAKING CONTROL AND BUILDING A STRONG FUTURE

Ryan turned to EmPOWERme for guidance around changing careers, improving her finances, and finishing college. With the family coaches' support, Ryan started a new full-time job with benefits. She enrolled in the EmPOWERme Employment and Savings Program and created a five-year financial plan. With Ryan's new position and financial plan, she began earning \$107 per month in a Family Self-Sufficiency account.



A FATHER'S MENTAL HEALTH BATTLE

Donnie, a single father, struggled with anxiety and depression and had a history of suicidal ideation. Concerned about Donnie and his son, his primary care provider connected Donnie to Maine Behavioral Healthcare who found him a therapist within two days. **Donnie received support when he needed it most and developed skills needed to help manage his symptoms.**



MAKING A DIFFERENCE, ONE CONVERSATION AT A TIME

Last summer the city of Portland turned to UWGP for help managing volunteer requests to support our asylum seekers. Michael was one of those volunteers. He had sought asylum six years prior and knew first-hand the many challenges our new neighbors and their children faced. **Michael's experience overcoming a language barrier so he could connect with his new community drove his desire to volunteer with new asylum seekers.**



United Way
of Greater Portland

Full stories at www.unitedwaygp.org