



Heart of Maine
UNITED WAY

Opportunity 2028

Shared Performance Measures

Glossary of Key Terms and Phrases

Barriers: Circumstances or obstacles preventing individuals from obtaining or accessing resources, services, basic needs, etc. Examples include, but are not limited to: transportation, financial, education, stigma, awareness, access, physical, social, systemic, isolation, etc.

Developmental Milestones: Age-specific physical, social, emotional, cognitive, and communication skills and behaviors

Harm Reduction: A variety of services, strategies, and resources aimed to reduce the negative consequences of Substance Use Disorder, such as overdose reversal medications, syringe exchanges, medicated assisted treatments, supervised injection sites, etc.

Headline Indicator: The population based measurement utilized by HoMEUW to track progress towards achieving each Opportunity 2028 goal

Outcomes: Conditions of well-being for a specified population (children, families, individuals, youth, individuals with substance use disorder, individuals who are homeless, individuals experiencing domestic abuse or violence, etc.)

Recovery: A process through which an individual achieves improved health, wellness, and quality of life through the reduction or elimination of substance use

Resiliency: A set of qualities, behaviors, and attitudes that help individuals succeed and withstand the negative effects of trauma and other adverse experiences or circumstances


Risk-Taking Behaviors: Actions, attitudes, or beliefs that lead to undesirable results and consequences

Shared Community Indicators: A predetermined set of measurements utilized by funded programs which will contribute to and quantify the results of HoMEUW's headline indicators

Social Skills: A set of behaviors and actions resulting in healthy and positive interactions, these can include, conflict resolution, impulse control, effective communication, respect for others, and taking responsibility for one's actions

Stigma: A set of negative beliefs and attitudes based on assumptions, preconceptions, and generalizations that result in prejudice, avoidance, rejection, and discrimination

Wellbeing: the overall quality of one's life; the condition of being happy, healthy, and safe; positive development in physical, behavioral, social, and cognitive areas



Goal 1: Meet basic needs and promote self-sufficiency for all.

107,461 Eastern Mainers are currently living at or below 200% of the federal poverty line (ex. family of 4 making less than \$49,200/year)

Headline Indicator: 10,746 people move out of poverty by 2028.

Outcome 1.1	Outcome 1.2	Outcome 1.3	Outcome 1.4
Families, seniors and individuals have access to resources and assistance to address food insecurity	Families, seniors and individuals obtain or maintain safe, affordable, stable housing	Individuals have an effective support system when faced with violence or abuse	Individuals have access to opportunities to improve financial stability and achieve self-sufficiency
<p>Shared Community Indicators:</p> <p>1.1.1 Number of individuals who experience reduced barriers to accessing food security resources</p> <p>1.1.2 Number of individuals who experience an improvement in food security</p> <p>1.1.3 Number of individuals with increased knowledge of healthy eating habits</p>	<p>Shared Community Indicators:</p> <p>1.2.1 Number of individuals experiencing reduced barriers to housing resources</p> <p>1.2.2 Number of individuals who secure emergency, transitional, permanent, or affordable housing</p> <p>1.2.3 Number of individuals who improve their ability to maintain housing</p>	<p>Shared Community Indicators:</p> <p>1.3.1 Number of individuals experiencing reduced barriers to supportive services around violence and abuse</p> <p>1.3.2 Number of individuals experiencing violence obtain safe shelter</p> <p>1.3.3 Number of individuals who report a greater understanding of abusive behavior and how to prevent violence in their lives</p> <p>1.3.4 Number of individuals experiencing improved safety</p>	<p>Shared Community Indicators:</p> <p>1.4.1 Number of individuals experiencing reduced barriers to financial stability and self-sufficiency</p> <p>1.4.2 Number of individuals served who increase disposable income by accessing benefits and/or reducing costs</p> <p>1.4.3 Number of individuals who build incomes, savings, or assets</p> <p>1.4.4 Number of individuals who participate in volunteer work to enhance their job skills.</p>

		<p>1.3.5 Number of individuals who are better able to navigate the legal system</p>	<p>1.4.5 Number of individuals who increase job readiness skills</p> <p>1.4.6 Number of individuals who obtain a high school diploma or GED.</p> <p>1.4.7 Number of individuals served who earn job-relevant licenses, certificates, and/or credentials</p> <p>1.4.8 Number of individuals served who gain post-secondary education, further skill-based training, or credentials</p> <p>1.4.9 Number of individuals served who gain employment</p>
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Goal 2: Prevent, treat, and support recovery from Substance Use Disorder

107 people in Eastern Maine died due to overdose in 2016.

Headline Indicator: Eliminate deaths due to Substance Use Disorder by 2028.

Outcome 2.1

Increase access to the full spectrum of accessible and affordable treatment and recovery resources

Outcome 2.2

Increase access to prevention programming, youth programs to increase resiliency, and strategies to reduce stigma

Shared Community Indicators:

2.1.1 Number of individuals experiencing reduced barriers to treatment and recovery resources

2.1.2 Number of individuals experiencing progress toward their treatment and recovery goals

2.1.3 Number of individuals with increased access to healthcare services

2.1.4 Number of individuals experiencing increased health and/or safety through harm reduction services

2.1.5 Number of community members who develop skills and knowledge that allow them to support persons in recovery

2.1.6 Number of volunteers who gain skills and knowledge that allow them to provide recovery supports

2.1.7 Number of individuals who successfully participate in alternative programming to prevent incarceration

2.1.8 Number of affected others receiving resources and supports

Shared Community Indicators:

2.2.1 Number of individuals experiencing reduced barriers to accessing prevention and youth programming

2.2.2 Number of individuals increasing awareness of the dangers of alcohol and drugs

2.2.3 Number of youth and/or adults served who avoid or reduce risk-taking behaviors

2.2.4 Number of elementary, middle, and/or high school youth served who maintain satisfactory or improve school attendance

2.2.5 Number of elementary, middle, and/or high school youth served who participate in school and/or community-based out-of-school time programs and/or receive individualized supports to increase resiliency

2.2.6 Number of children and/or adults served who adopt healthy behaviors

2.2.7 Number of policies promoted, enacted, or modified to reduce stigma and promote recovery

Goal 3: Ensure all children have quality early learning experiences.

Only 48% (1,347) of children in Eastern Maine are reading proficiently at the end of third grade.

Headline Indicator: Increase the percent of children reading proficiently at the end of third grade to 58% by 2028.

<p>Outcome 3.1</p> <p>Increase access to preschool and quality early childcare programs</p>	<p>Outcome 3.2</p> <p>Parents and caregivers are informed and engaged in their child’s development</p>	<p>Outcome 3.3</p> <p>K-3 children have access to before and after school activities</p>	<p>Outcome 3.4</p> <p>Providers and professionals deliver quality educational experiences</p>
<p>Shared Community Indicators:</p> <p>3.1.1 Number of parents and caregivers experiencing reduced barriers to accessing childcare and programs</p> <p>3.1.2 Number of children experiencing improved wellbeing</p> <p>3.1.3 Number of children meeting or exceeding age-appropriate developmental milestones</p>	<p>Shared Community Indicators:</p> <p>3.2.1 Number of parents or caregivers experiencing reduced barriers to accessing parenting resources</p> <p>3.2.2 Number of parents and caregivers who increase their knowledge of child development</p> <p>3.2.3 Number of parents and caregivers who increased knowledge of positive caregiving/parenting skills</p> <p>3.2.4 Number of parents and caregivers who are using parenting best practices in the care of their children</p> <p>3.2.5 Number of children experiencing improved wellbeing</p> <p>3.2.6 Number of children meeting or exceeding age-appropriate developmental milestones</p>	<p>Shared Community Indicators:</p> <p>3.3.1 Number of children experiencing reduced barriers to accessing before and/or after school activities</p> <p>3.3.2 Number of children who increase academic knowledge and/or skills</p> <p>3.3.3 Number of children who demonstrate improved life-skills</p> <p>3.3.4 Number of children mentored, improving their social and emotional health and development</p> <p>3.3.5 Number of children participating in evidence-based activities that promote positive youth development.</p>	<p>Shared Community Indicators:</p> <p>3.4.1 Number of providers or professionals experiencing reduced barriers to professional development and/or training opportunities</p> <p>3.4.2 Number of providers or professionals who increase their skills in early childhood best practices</p> <p>3.4.3 Number of providers or professionals implementing early childhood best practices</p> <p>3.4.4 Number of children meeting or exceeding age-appropriate developmental milestones.</p> <p>3.4.5 Number of children who improve social skills</p>