

## Volume 3, Issue

### DISTRICT 4 HRDC

#### MISSION STATEMENT

To stimulate a better focusing of all available local, state, private, and federal resources upon the goal of enabling low-income individuals of all ages to attain the skills, knowledge, and motivations, and secure the opportunities needed for them to become fully self-sufficient.

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406-265-6743.



### Come find out if your car seat is the "Right Fit!"

There will be a Car Seat Fitting Station on **September 21<sup>st</sup> from 1-3pm at Great Northern Fairgrounds**. Car seats will be provided for those in need!

If you cannot make the clinic, we have a permanent fitting station at the Boys and Girls Club M-F 9-2. Please call Mary at **265-6206 x 308**, for an appointment.

Montana has a primary law that states: Each child under the age of 6 years and weighing less than 60 pounds must be properly restrained in an appropriate child safety seat, while being transported in a passenger motor vehicle. This allows law enforcement officers to do a traffic stop without having to observe another traffic violation. Just because it is not a primary law, all children over six years old and 60 pounds should also be in a booster seat. Standard car seat belts are designed for people 4 ft. 9 in. and over 80 pounds. Any child 13 and under should always ride in the back seat as it is the safest place to ride in a vehicle!

**PEASE REMEMBER TO ALWAYS BUCKLE UP,  
WE DO!**

North Central Montana Transit  
2013 - 2014 Schedule

**Blue Line \$1.00 One Way Fare**

**Have Rocky Boy Service (M-F)**

**Morning Route**

Park & Ride (Old IGA lot)	7:05 AM
Rocky Boy High School/Agency	7:40 AM
Rocky Boy Clinic	7:45 AM
Stone Child College	8:00 AM
Box Elder/Plain Green	8:10 AM
MSUN SUB/Cowen	8:35 AM
Northern MT Hospital/Clinics	8:40 AM
IGA	8:45 AM
Park & Ride (Old IGA lot)	8:50 AM

**Red Line \$1.00 One Way Fare**

**Have To Fort Belknap (M-F)**

**Morning Route**

Park & Ride (Old IGA Lot)	6:55 AM
IGA	7:00 AM
Have Tire Factory	7:05 AM
Chinook	7:25 AM
Harlem (EZ Mart)	7:55 AM
Ft. Belknap College/tribe	8:00 AM
Clinic/ Kwik Stop	
<b>Ft. Belknap back to Have</b>	
Harlem EZ mart	8:05 AM
Chinook	8:35 AM
Have IGA	9:00 AM
MSUN SUB/Cowen Hall	9:05 AM
Northern MT Hospital	9:10 AM
Clinics (Medical Gp East, Bullhook, VA)	9:15 AM
Park & Ride (Old IGA lot)	9:25 AM
Mail/Walmart	9:35 AM

**Fort Belknap Shuttle to Have (M-W-F)**  
**\$1.00 One Way Fare**

**Morning Route**

Ft. Belknap (Kwik Stop)	6:40 AM
Harlem (EZ Mart)	6:45 AM
Chinook (PA & Hwy 2)	7:15 AM
Have IGA	7:40 AM
MSUN SUB/Cowen Hall	7:45 AM
Northern MT Hospital	7:55 AM
Clinics (Medical Gp East, Bullhook, VA)	8:00 AM
Park & Ride (Old IGA lot)	8:05 AM
Holiday Village Mall	8:10 AM
Walmart	8:20 AM

**Green Line \$ 20.00 Round Trip- \$10.00 One Way Fare**

**Great Falls Service (Tuesdays & Thursdays)**

**Morning Route**

Ft. Belknap (Kwik Stop, Tribal Office, College)	6:40 AM
Harlem (EZ Mart)	6:45 AM
Chinook (PA & 1st St.)	7:15 AM
Have IGA	7:40 AM
MSUN Northern SUB/Cowen Hall	7:45 AM
Northern MT Hospital	7:50 AM
Clinics (Medical Gp East, Bullhook, VA)	7:55 AM
Park & Ride (Old IGA Lot)	8:00 AM
Laredo (Northern Winz)	8:40 AM
Box Elder (Jitterbugs)	8:50 AM

**Arrive Great Falls**

GTF Transfer Center (4th St. & 1st Ave S.)	GTF	10:10 AM
Benefis West		10:20 AM
Benefis East		10:30 AM
GTF International Airport		10:45 AM

**Depart Great Falls**

GTF International Airport		2:15 PM
Benefis East		2:30 PM
Benefis West		2:40 PM
GTF Transfer Center (4th St. & 1st Ave S.)	GTF	2:50 PM
Box Elder (Jitterbugs)		4:10 PM
Laredo (Northern Winz)		4:20 PM

**Arrive Have**

Walmart		4:40 PM
Holiday Village Mall		4:50 PM
Park & Ride (Old IGA Lot)		4:55 PM
MSUN Northern SUB/Cowen Hall		5:00 PM
Northern MT Hospital		5:10 PM
Clinics (Medical Gp East, Bullhook, VA)		5:15 PM
IGA		5:20 PM
Chinook (PA & 1st St.)		5:45 PM
Harlem (EZ Mart)		6:10 PM
Ft. Belknap (Kwik Stop, Tribal Office, College)		6:20 PM

<b>Afternoon Route</b>	
IGA	3:00 PM
Northern MT Hospital/ Clinics	3:10 PM
MSUN SUB/Cowen Hall	3:20 PM
Park & Ride (Old IGA lot)	3:25:PM
Holiday Village Mall/Walmart	3:30 PM
Box Elder /Rain Green	4:00PM
Stone Child College	4:10 PM
RBoy Agency/Old Stone Child	4:20PM
Rocky Boy High Schol	4:25 PM
Rocky Boy Clinic	4:30 PM
Park & Ride (Old IGA lot)	5:10 PM

<b>Afternoon Route</b>	
IGA	3:15 PM
MSUN SUB/Cowen Hall	3:20 PM
Northern MT Hospital	3:25 PM
Park & Ride (Old IGA lot)	3:40 PM
Mail/Walmart	3:45 PM
Park & Ride (Old IGA lot)	4:00 PM
Have Tire Factory	4:05 PM
Chinook	4:25 PM
Harlem (EZ Mart)	4:55 PM
Ft. Belknap (College/ Tribe Clinic/ Kwik Stop)	5:00 PM
Harlem (EZ Mart)	5:05 PM
Chinook	5:35 PM
Have IGA/ Park N Ride	6:00 PM

<b>Afternoon Route</b>	
IGA	11:00 AM
MSUN SUB/Cowen Hall	11:05 AM
Northern MT Hospital	11:15 AM
Clinics (Medical Gp East, Bullhook, VA)	11:20 AM
Park & Ride (Old IGA lot)	11:25 AM
Holiday Village Mall	11:30 AM
Walmart	11:30 AM
Park & Ride (Old IGA Lot)	11:40 AM
IGA	11:45 AM
Have Tire Factory	11:50 AM
Chinook PA & Hwy 2)	12:10 PM
Harlem (EZ Mart)	12:40 PM
Ft. Belknap ( Kwik Stop)	12:45 PM

updated Aug 30th, 2013

## New High School Equivalency (HSE) to replace GED



### There have been changes to the High School Equivalency programs.

The Montana State Office of Public Instruction (OPI) determined that exploration of an alternate assessment was necessary. This led to the implementation of the HiSET test provided through Education Testing Services (ETS). ETS also provides the Graduate Record Exam for students entering graduate school, the PRAXIS (Teacher credentialing), Advanced Placement (AP services), and many other products. Montana and several other states have chosen to use the HiSET as the HSE test. This means that the GED will no longer be available, and the test for high school equivalency will be replaced by the HiSET in January 2014.

**What does this mean for local students?** Although we do not expect the 2014 test to be significantly different from the current GED test, we are not sure if scores from previous GED tests will be carried forward or if students will have to be retested. We are currently working on a plan for that. The assessment is expected to change significantly in the next few years, making it necessary to stop rolling

scores over from older tests. Also, we will eventually be able to offer a computer based testing service that will allow students to complete the test online and receive scores immediately. Students will begin paying for the test on-line in January. A system will be implemented to allow programs such as Work Readiness Component (WoRC) and other public assistance or educational agencies to provide payment for the test. There may be additional fees associated with testing centers and re taking exams, but those are yet to be determined. Testing centers are working closely with OPI to ensure that increases in fees are limited.

The state of Montana was the first state to choose ETS as their testing provider. Tennessee, New Hampshire, and Missouri have also made this decision. Many states have not announced their intentions at this time. The disadvantage of having states choosing different assessments is that it will be more difficult to start testing in one state and continue in another. OPI is working with ETS to determine how these situations will be handled. The Adult Basic Education instructor, Fawn Thibodeaux, and the GED examiners will be attending a conference in September in hopes of having additional information.



[www.facebook.com/hrdc4eandt](http://www.facebook.com/hrdc4eandt)





**The Low Income Energy Assistance Program, (LIEAP - pronounced LEE-AP) will begin Tuesday, October 1.** LIEAP was created to help low-income people pay for rising energy costs. Program eligibility is determined by the household's total annual gross income and total current liquid assets. Assistance is available to both owners and renters including a renter whose heating costs are included in their rent.

Applications will be mailed to applicants who applied last season and have not moved. They will be available on-line or you can come to HRDC 4 agency and pick one up. Whether you heat your household with propane, natural gas, wood, or electricity, we want to help.

**If you applied last season and have not moved, the state will mail you a pre-printed application. You are still required to supply current documents and income verifications.**

**DISCONNECT WARNINGS-DO NOT IGNORE THEM:**

If you are behind on your energy bills, call your vendor right away and schedule a payment arrangement. Making a scheduled payment arrangement can avoid having your services disconnected and your heat cut-off.

If your service is disconnected, in most instances, you will be responsible to pay the full past due balance, a reconnect fee, and security deposit. These costs can be quite hefty, so avoid the stress and be pro-active in keeping your account active.

If you set-up a payment arrangement with your heating vendor, note that the arrangement is a legal verbal contract. If you break the contract the vendor has a legal right to terminate your services without further warnings or notification.

**CONTACT US:**

The Energy Program offers different types of assistance. Each household is unique; however, the staff will work with each applicant to ensure households do not go without heat. If you have further questions or would like us to provide an Energy Education presentation, don't hesitate to contact us.

(Teresa Wynia, Program Director & Sarah Singer, Energy Specialist during the Brown Bag Lunch Series)



**2013/2014  
LIEAP SEASON**

**Begins**

**TUESDAY,  
OCTOBER 1st**

Parents do their best to protect their children. They want them to be happy, healthy, and safe. Victims of domestic violence want those same things for their children, but struggle to provide them because of their unique situations. You cannot guarantee the safety of a child living in an abusive home. Even if the abuser's intent is not to hurt the children, they often get caught in the crossfire. Moreover there are emotional, behavioral, and social difficulties for children living in homes with domestic violence. Even if a child isn't being hit, they are still negatively impacted by the violence.

### Emotional Impact:

- Children experience shame, guilt, or blame themselves
- Confusion about conflicting feelings toward their parents or caregivers
- Fear of abandonment or the unknown
- Fear they may be injured
- They become afraid to express their own feelings and emotions
- Anger or embarrassment
- Feelings of helplessness or being powerless

### Behavioral Impact:

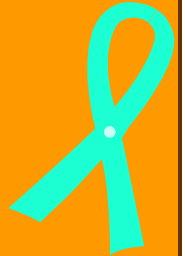
- Acting out or withdrawing
- Aggression or passivity
- Refusal to go to school
- Acting as a substitute parent or caregiver

- Lying to avoid confrontation
- Excessive attention seeking
- Bedwetting and nightmares
- Out of control behavior
- Reduced intellectual competency
- Manipulation, dependency, and mood swings
- Social Impact:
  - Isolation from friends and relatives
  - Difficulty with relationships
  - Difficulty trusting people, particularly adults
  - Poor anger management and problem solving skills
  - Excessive social involvement to avoid being at home
  - Passivity with peers or bullying
  - They engage in exploitative relationships as perpetrator or victim

Additionally, children who live in violent homes may experience more physical symptoms such as illnesses, problems with development, self-abuse, and high risk play. They can suffer from shorter attention spans and anxiousness as well. People sometimes believe they are "hiding" the situation from their kids, or that they aren't aware of what is happening. That isn't true. Children recognize tension and distress, and they see and hear more than people believe.

**Domestic violence hurts the children.**

**It hurts everyone.**



## CURRENT JOB OPPORTUNITIES:

To find current job postings, visit our web site at

[www.hrdc4.org](http://www.hrdc4.org)

We also list job openings with local newspapers, and Havre Job Service.



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# Child Care Link News

We worry about what a child will become tomorrow, yet we forget that he is someone today.


~Stacia Tauscher

Montana's Early Childhood Services Bureau announced the update of the existing Sliding Fee Scale effective August 1, 2013. This sliding fee scale is used in determining the co-payment obligation for households receiving Best Beginnings Child Care Scholarship assistance. This update is based on the 2012 Federal Poverty Index. The 2013 Legislature directed the

Household Size	Gross Monthly Income
2	\$1891
3	\$2386
4	\$2881
5	\$3376
6	\$3871


Bureau to update to the most current Federal Poverty Index possible with the funding that they were able to provide.

The Early Childhood Services Bureau also announced that effective August 1, 2013 scholarship rates were increased 2% over the existing rates being paid for child care services. The implementation of this 2% increase over the current rates is based on action taken by the 2013 Legislature's action that specifically designated a 2% increase to providers. Prior to this update, the rate being paid for child care services through the Best Beginnings Child Care Scholarship Program was in the 75th percentile of the May 2009 Market Rate Survey.



### Child Care Link- Trainings

CPR & First Aid Dates  
 September 28, 2013 , October 12, 2013 and December 28, 2013  
 9:00 AM-2:00 PM ~ Two Year Certification  
 Call Kathy at 265-6743 ext. 1112 to register or for information on future classes



Montana's child care system recognizes four types of child care, and requires that anyone caring for 3 or more unrelated children on a regular basis become registered/licensed by the state. A **Family Child Care** has one child care provider with a total of six children, three of whom can be under the age of two. A **Group Child Care** has two child care providers with a total of twelve children, six of whom can be under the age of two. A **Child Care Center** has 13 or more children depending on facility size, with child-to-adult ratios varying on age of children. A **Legally Certified Provider** is a special provider certification category that is used for child care scholarship purposes only. A Legally Certified Provider may care for no more than two unrelated children or all members in one sibling group.

Preschools are part-day programs and are not regulated in Montana. Drop-in Child Care are not regulated by the state of Montana because the care provided is usually irregular and for shorter periods of time.

For more information on becoming a child care provider, please contact District 4 HRDC Child Care Link or visit the following website:

<http://www.dphhs.mt.gov/earlychildhood/familygroupnew.shtml>

# Housing

The housing program enables eligible participants to live in safe, decent, and affordable housing. The participating low-income families will not pay more than 30%-40% of their adjusted monthly income for housing costs.

All programs require an application and placement on a wait list. Length of time varies for each program. Families are selected for participation by application time and date without discrimination.

**Section 8** rental assistance and other housing options are also available through this office.



# Havre Food Bank



# Watch us grow !

The addition to the Food Bank has really progressed. Thanks to the Donation from Wal-Mart, we are able to add 384 square feet. Most of it will be used for storage and a much needed office.



DISTRICT 4 HRDC  
2229 5TH AVENUE  
HAVRE MT 59501  
(406) 265-6743  
www.hrdc4.org

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## OR CURRENT OCCUPANT



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**NMCDC serves children  
ages 0 to 5 including  
children with moderate  
to severe disabilities.  
NMCDC is free to all families.**



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