


Tri-County CAP, Inc. -- Needs Assessment
Updated October, 2010

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INTRODUCTION

Tri-County CAP, Inc., located in northern New Hampshire, is one of about 1000 private, nonprofit organizations established under the Economic Opportunity Act of 1964 in response to America's War on Poverty. TCCAP provides assistance to more than 44,000 individuals living primarily in the counties of Coös, Grafton, and Carroll who are elderly, have disabilities, and/or have low incomes. Services provided

<p>Most Tri-County CAP programs operate in the Northern three counties of New Hampshire, Carroll, Coös and Grafton.</p>	
<p>Granite State Guardianship Services and our Alcohol and Other Drug Programs serve NH residents statewide.</p>	

include energy and fuel assistance, programs for youth and the elderly, housing options, alcohol and drug rehabilitation, oral health services, transportation, economic and community development, guardianship, family support, child care, services around domestic violence and sexual assault, and other crisis relief services, administered through more than 65 programs involving 300+ employees and over 1,000 volunteers. TCCAP is governed by a board of directors, and has an annual budget of \$22 million dollars. Funding for TCCAP's programming and administration is provided by Federal, State, County and local governments, augmented by private support from foundations, individuals and local United Ways.

PROFILE

Population

Tri-County CAP, Inc., one of six New Hampshire Community Action Programs, faces unique challenges in its goal to provide appropriate, quality services to its clients, due in part to the fact that although they comprise less than 13% of the State's population they reside in a geographical area covering 50% of the State's land, and including approximately 80 towns. The chart below summarizes US Census data for the Tri-County area population.

	Area in Square Miles (2000)	Population (2009 est.)	Pop. per Square Mile (2000)	Median Household Income (2008)	Percent of Population				
					Below Poverty Level (2008)	Under Age 18 (2009)	Over Age 65 (2009)	Over Age 25 With	
								No High School Diploma (2000)	Bachelor Degree (2000)
Carroll	934	47,860	47	\$ 51,064	9.2	18.5	20.3	11.8	26.5
Coös	1,800	31,487	18	\$ 42,788	13	19.3	19.7	23.1	11.9
Grafton	1,713	86,291	48	\$ 52,872	10.6	18.5	15.9	12.3	32.7
NH State	8,968	1,324,575	138	\$ 63,235	7.8	21.8	13.5	12.6	28.7

According to the latest available (2009) US Census population estimate, 31,487 persons reside in Coös County, an area of 1,800 square miles. Carroll County, with 47,860 residents, is about half the size of Coös, 934 square miles. Grafton County is the largest and most populous of the three Counties, with its 86,291 residents occupying 1,713 square miles. The combined tri-county population is 165,638 people in 63,910 households.

The two-year population trends between the 2007 Census and the 2009 Census estimate were markedly different in the three counties. Over that period both Carroll County and Grafton County showed an increase in its population of 1%. Coos County, on the other hand, experienced a 4% decrease, continuing a downward trend that has been documented since the 1990 census and before. The NH 2-year statewide rate showed a 6.6% increase in population.

The population of the three counties differs in other ways from the state averages. While overall 7.8 percent of New Hampshire’s residents live below the poverty level, the rate in Carroll County is 9.2%, in Grafton it is 10.6%, and in Coös it is a full 13%. (2008 figures)

Our residents are more elderly as well. The state average for citizens over 65 is 13.5%. Grafton County is somewhat higher with 15.9%, while Carroll’s over-65 population rate is 20.3%, and Coös’ is 19.7%. (2009 figures)

The percentage of New Hampshire residents over age 25 without a high school diploma is 12.6%, closely matched by Carroll (11.8) and Grafton (12.3) Counties. In Coös County, however, almost 1 in 4 (23.1%) residents over age 25 do not have a diploma. Coös residents are also less likely to have a Bachelor degree (11.9% of them over age 25 do) than other New Hampshire residents (28.7%). Carroll (26.5%) and Grafton (32.7%) are near or above the NH average. (2000 figures)

Housing

Three out of four persons in the region live in very rural areas, in a total of 102,342 housing units. Of those units, more than half are occupied full time, 70% by the owner. According to 2000 Census statistics, the median value of owner-occupied housing units for this region varied from \$70,500 in Coös County to \$109,500 in Grafton County and \$119,900 in Carroll County, all well below the State median value of \$133,300.

Specific housing unit values are very different from County to County. A full 82% of Coös County housing units are valued less than \$99,999, compared to 43.4% in Grafton County and 36.5% in Carroll. On the other end of the spectrum, 20.7% of Carroll County housing units and 15.2% of Grafton County units are valued at \$200,000 or more, a marked difference from the 1.7% of Coös County units similarly valued. (2000 Census statistics)

The following chart summarizes the percentage of households by County with monthly owner costs at various percentages of household income (HHI) in 1999.

	< 20% of HHI	20% - 29%	30% - 34%	35% or greater
Carroll County	51%	23%	7%	19%
Coös County	58%	23%	6%	13%
Grafton County	55%	25%	6%	14%

The 2000 Census also enumerated 17,346 rental units in the tri-county area. Carroll County, with 3,894 units, had a median gross rent of \$552/month; Grafton County had 9,552 units and a median gross rent of \$560/month, while Coös County had 3,900 units and a median gross rent of \$399.

The following chart summarizes the percentage of households by County with gross rent costs at various percentages of household income (HHI) in 1999.

	< 20% of HHI	20% - 29%	30% - 34%	35% or greater	Not computed
Carroll County	34%	23.2%	7.8%	25%	10%
Coös County	35.6%	25.5%	7.7%	25.1%	6.2%
Grafton County	33.3%	26.9%	7.6%	24.6%	7.5%

Education

More than 41,000 tri-county area residents three years or older are currently enrolled in schools and colleges. The ultimate educational attainment of these individuals, however, varies from County to County, with marked contrasts between Coös County and its neighbors to the south. The following chart provides a summary.

	Currently enrolled students	% of Population over 25 with		
		No High School Diploma	Bachelor's degree	Professional or Graduate degree
Carroll County	9,809	11.8%	26.5%	9.4%
Coös County	7,435	23.1%	11.9%	3.8%
Grafton County	24,139	12.3%	32.7%	14.2%
State of NH	332,888	12.6%	28.7%	10.0%

Employment

The region has 127,750 persons 16 years or older, with 83,341 (65%) of them in the civilian work force. While the percentage of males in the work force has remained about the same since 1980, the percentage of females has increased, and females now make up 48% of workers. Among families with children under 6, both parents are employed in 65% of Carroll County families, 69.2% of Grafton County families, and 70.5% of Coös County families.

The following chart shows the percentage of each County's workforce in various classes of labor, compared to the State of New Hampshire overall.

	Private workers	Government workers	Self-employed workers
Carroll County	72.7%	12.5%	14.4%
Coös County	76.4%	16.3%	7.1%
Grafton County	76.7%	13.8%	9.3%
State of NH	79.4%	12.8%	7.6%

More tri-county workers are employed in education, health and social services than in any other segment of the work force. The following chart provides a summary of the percentage of workers in the year 2000 in each County's major industries, as compared with the state of New Hampshire.

	Educational, health and social services	Retail trade	Arts, entertainment, recreation, accommodation and food services	Manufacturing	Construction
Carroll County	19.0%	16.0%	14.7%	8.5%	11.0%
Coös County	20.5%	14.5%	9.9%	21.8%	5.9%
Grafton County	30.3%	12.8%	10.4%	12.7%	6.7%
State of NH	20.0%	13.7%	6.9%	18.1%	6.8%

Income

Almost three-quarters of the towns in this region are classified as "poorest" or "poorer" as defined by four economic measures: per capital income, median family income, percent of children in poverty, and percent of population below 185% of poverty. Only 6% of the towns in this region are classified as "wealthiest" or "wealthier."

In 1999, the median household income for the region ranged from \$33,593 in Coös County to \$39,990 in Carroll County and \$41,962 in Grafton County, all well below the NH median income of \$49,467. About 40% of the households in the Tri-County area have incomes of \$35,000 or less as compared to only about 29% of New Hampshire households in general. On the upper end of the income scale, while almost 11% of New Hampshire households earn \$75,000 or more, only 6% of the Tri-County households earn at least that much.

As with household incomes, families in this region earn less on average than New Hampshire families in general. In 1999 the median family income for this region ranged from a low of \$40,654 in Coös County to \$46,922 in Carroll County and \$50,424 in Grafton County, again marking a significant departure from the New Hampshire figure of \$57,575. And while only 23.3% of all New Hampshire families' incomes are below \$35,000 per year, 26.4% of Grafton County families earn less than that amount, as do 33.5% of Carroll County families and fully 40.3% of Coös County families.

Per capita income figures for the tri-county area show similar variations from the state per capita income of \$23,844. While Grafton County comes closest with \$22,227 per capita income, Carroll County residents have a per capita income of \$21,931, and Coös County only \$17,218.

There is also a marked discrepancy between male and female incomes for full-time, year-round workers. This chart shows the 1999 median earning amounts by gender of the worker.

	Male workers	Female workers
Carroll County	31,811	23,922
Coös County	32,152	21,088
Grafton County	31,878	25,286
State of NH	39,689	27,488

In light of the above figures, it is no surprise that tri-county families experience higher rates of poverty than state averages as well. The following chart shows the differences (2006 data).

	% Families in poverty	Families with related children...	
		Under 18 years old	Under 5 years old
Carroll County	9%	12.4%	NA
Coös County	11.6%	18.4%	NA
Grafton County	9.4%	10.8%	NA
State of NH	8%	9.6%	12.2%

In the subset of families with a female householder, and no husband present, the poverty rates are even more troublesome, as seen in this chart (1999 data).

	% Families in poverty	Families with related children...	
		Under 18 years old	Under 5 years old
Carroll County	17.9%	25.0%	45.4%
Coös County	25.4%	35.0%	57.8%
Grafton County	18.8%	25.0%	34.8%
State of NH	17.6%	23.5%	41.0%

ORGANIZATIONS AND AGENCIES SERVING THE COMMUNITY

The Tri-County Region has a full complement of organizations and agencies providing various services, including the following (listed by category). Tri-County CAP programs are followed by an asterisk.

Alcohol and Drug Abuse

Alcoholics Anonymous
Alcohol/Substance Abuse Prevention*
Step One Alcohol/ Drug Crisis Intervention*
Friendly Maintenance*
Friendship House Alcohol and Drug
Rehabilitation Programs*
Headrest (Lebanon area)
Impaired Drivers' Intervention*
Multiple Offender Program*
Narcotics Anonymous
NH DWI Prevention Council
Partnership for a Drug Free NH

Children and Youth

Appalachian Mt. Teen Program
Grafton County 4-H
Head Start*
Juvenile Court Diversion*
Life Bridge Mentoring
Restorative Justice Center*
Runaway Switchboard
Teen Center*
Youth Alternatives*

Disability Services

Androscoggin Valley Home Care
Androscoggin Valley Ostomy Club
Association for the Blind
Center of Hope
Children and Youth Project
Deaf TTY
Easter Seal Rehabilitation Center
Governor's Commission on Disabilities
Granite State Guardianship Services*
Granite State Independent Living
Library Service for the Handicapped
NH Assistive Technology and Equipment
Center

NH Brain Injury Association
NH Developmental Disabilities Council
Special Olympics NH
Vocational Rehabilitation

Domestic Violence and Sexual Assault

Carroll County Against Domestic Violence
and Rape
Grafton County Task Force
Pregnancy Pathways
Support Center at Burch House*

Adult Education

AHEAD
Adult Basic Education Program
Adult Learner Services Tutorial
NH Department of Education
North Country Education Foundation
Plymouth Adult Education
UNH Cooperative Extension
WREN
White Mountains Community College

Programs for the Elderly

AARP
Adult Medical Day Care Program*
Conway Senior Meals/Wheels
Foster Grandparent Program
Gibson Center for Senior Services
Grafton County Senior Citizen's Council
Helping Hands/Chore Corps*
Linwood Area Senior Services
Littleton Area Senior Center
Medicare Counseling*
Medicare Review Organization
NH Association for the Elderly
NH Elderly and Adult Services
NH Family Care Giver Program*

North Country Meals on Wheels-Home
Delivered Meals*
Northeast Health Care Quality Foundation
Ossipee Senior Center
Public Computer Labs*
Retired Senior Volunteer Program*
Senior Citizen's Law Project
Senior Community Employment Program
Senior Companion Program*
Senior Drop-in Center
Senior Community Service Employment
Program
Senior Meals Community Dining Centers*
Senior Transportation*
ServiceLink Resource Center*
State Council on Aging
Wakefield Senior Meals*
Woodsville Area Senior Services

Employment

Employment Standards Division
Families at Work*
NE Farm Workers' Council
NH Department of Employment Security
NH Division of Vocational Rehabilitation
North Country AmeriCorps-VISTA*
National Able Network
Welfare to Work*
Work Experience Program*
Workforce Development Initiatives*

Energy and Environment

CAP Heat Emergency Loan*
Electric Assistance*
Energy Crisis Assistance Program*
Fuel Assistance*
Weatherization*

Family Planning & Pregnancy Services

Child and Family Services of NH
Childbirth Preparation Classes
Crisis Pregnancy Center
Family Planning Clinics
Planned Parenthood
Pregnancy Pathways

Prepared Childbirth Services

Financial Assistance

Bonnie CLAC Car Loans & Counseling
Consumer Credit Counseling Service
Economic Development*
Family Debt Arbitration and Counseling, Inc.
Medicaid
NH Victim's Assistance Commission
Security Deposit Guarantee Loan Program*
Social Security Administration

Food and Material Assistance

American Red Cross
Food Pantries (Berlin, Lancaster, Colebrook,
& Littleton)*
Food Stamp Program, Food Shelf
Plymouth Community Closet
Salvation Army
St. Vincent de Paul Society Food Pantry
Tyler's Second Time Around Thrift Store*
WIC Program

Foster Care and Adoption Services

Casey Family Program
Catholic Charities
Child and Family Services of NH
Foster Parent Info
NH Division of Children and Youth Services

Health and Mental Health

AIDS Hotline
Alliance for the Mentally Ill
Alzheimer's Association of Greater NH
Alzheimer's Assistance/Adult Day Care*
Alzheimer's Health Care Services*
American Cancer Society
Ammonoosuc Community Health Services
Androscoggin Valley Hospital
Breast Cancer Support Group
Carroll County Health and Home Care
Carroll County Mental Health Center
Community Health and Hospice
Coös County Family Health
Cottage Hospital, Woodsville

Genesis Counseling Group
 Heritage Health and Hospice
 Hospice
 Hospice of Southern Carroll County
 Infant Mental Health Teams of NH
 Littleton Regional Hospital
 Molar Express
 Mt. Mooselaukee Health Center
 Multiple Sclerosis Society
 NH Aids Foundation
 NH Alzheimer's Association
 NH Brain Injury Foundation
 North Country Health Consortium
 Overeaters Anonymous
 Parent-to-Parent NH
 Tamworth Community Nurse
 Tamworth Dental Center*
 Upper Connecticut Valley Hospital
 Vaughn Community Health Service
 Visiting Nurse and Hospice Care Services of
 Northern Carroll County
 Visiting Nurses
 Weeks Medical Center
 West Central Services
 White Mountain Mental Health

Homeless Programs

Tyler Blain House*
 Coös County Homeless Outreach/PATH*
 Carroll County Homeless Outreach/PATH*
 Grafton County Homeless Outreach/PATH*
 NH Coalition for the Homeless

Housing and Housing Assistance

Berlin Housing Authority
 Cornerstone Housing North*
 Grafton County COVER
 Homeless Housing & Access Revolving
 Loan Fund*
 Housing Rehabilitation Program*
 HUD Housing Counseling*
 Lebanon Housing Authority
 Hanover Housing Authority
 NH Housing Authority
 NH Rental Housing Authority
 Security Deposit Loan Guarantee Program*

Legal/Court Based Services

American Civil Liberties Union
 Coös & Carroll County Court Based
 Mediation*
 Coös & Carroll County Family Mediation*
 Coös & Carroll County Challenge Program*
 Coös & Carroll County Court Diversion*
 Coös County Second Offenders Program*
 Disabilities Rights Center
 Legal Advice and Referral
 NH Bar Lawyer Referral & Info Service
 NH Legal Assistance, Carroll County
 NH Legal Assistance, Grafton County
 Probation Department

Transportation

Berlin/Gorham Trolley*
 Carroll County Transit Project*
 Littleton Care –A-Van*
 Long Distance Medical Transportation*
 Public & Senior Transportation*
 Tri-Town Bus (Littleton, Whitefield,
 Lancaster)*

*Tri-County CAP has Community Contact
 Offices in Ashland, Berlin, Colebrook,
 Lancaster, Lebanon, Littleton, Tamworth,
 and Woodsville