

Inter-County Community Council

Community Needs Assessment - 2021

Serving the counties of Clearwater, East Polk, Pennington, and Red Lake



Community Action:
Helping People. Changing Lives.



Inter-County Community Council

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Executive Summary

After reviewing the survey data and World Café responses, the needs assessment team identified the following priority areas.

Priority Areas

1. **Childcare (Community and Agency Level):**
 - Finding infant care
 - Finding additional childcare providers in the community
 - Covering the costs of childcare
 - Finding evening/night/weekend/ childcare
2. **Transportation (Family and Agency Level):**
 - Lack of reliable transportation
 - Lack of driver's license
 - Lack of automobile insurance
3. **Criminal Records (Family Level):**
 - Helping people with criminal records find housing and jobs
4. **Financial/Life Skills (Family Level):**
 - Money management skills, having a home bank, cooking meals, home maintenance/cleaning, soft skills to get and keep a job
5. **Housing (Community Level):**
 - Shortage of affordable housing
6. **Senior Issues (Community Level):**
 - Fast growing population in our service area & high level of poverty

Correlating Needs

Through review of surveys, world café's, and anecdotal data, **mental health** and **substance abuse** were found to be influential correlating needs to all of the priority needs listed above.

ICCC's Mission

ICCC's mission is to provide services, assistance and other activities of sufficient scope and magnitude to give promise of progress toward the alleviation of poverty, its symptoms and causes.

Overview

Background

Inter-County Community Council (ICCC) is a private non-profit organization incorporated in 1965. Currently, ICCC provides the following services: Employment & Training, Energy Assistance, Family Services, Food Support, Head Start, MNsure, and Weatherization.

Purpose

As an established Community Action Agency serving Northwest Minnesota, we are required to conduct a Community Needs Assessment every three years. The Community Needs Assessment is used to evaluate the needs of our service area and assist ICCC in planning for future services and programs based on the data collected. ICCC completed this by surveying clients, community members, and community partners where services are provided in Clearwater, East Polk, Pennington, and Red Lake counties. Surveys were also completed in neighboring counties that are served through Employment and Training programs.

Assessment Process

To collect quantitative data, two surveys were prepared by ICCC: a general survey and a community partner survey. During the month of April 2021, the general survey was distributed to ICCC's service area community members and program participants served in the last year and a half. The community partner survey was distributed in April/May of 2021 to ICCC partners who have a direct or indirect relationship with the low-income sector. Both surveys were made available on paper or online through an online survey tool and included questions in the following topic areas:

| | |
|-----------------|---|
| Mental Health | Transportation |
| Housing | Children & Youth |
| Financial/Legal | Health |
| Seniors | Connection & Strengths of the Community |
| Substance Use | COVID -19 |
| Poverty | |

To collect qualitative data, we hosted two "World Cafes" where participants were divided into small groups and rotated around the "World" giving us feedback on 6 topics. World Cafes were held with ICCC staff and Community Partners. The topics included: Employment and Training, Children/Youth, Housing, Financial/Legal, Health/Nutrition and Mental Health/Substance Use. We collected information on struggles and successes on each topic as well as what actions ICCC could do to support people in this area. ICCC Board of Directors and Head Start Policy Council were included in survey design, were invited to participate in the World Cafes, and reviewed and approved results of the Community Needs Assessment.

Means of Distribution

ICCC pulled a list of served households in the last year and a half. There were 1,709 households contacted via phone, email, mail and home visits. Postcards were printed and available at satellite offices, mailed to other community organizations, and handed out to households receiving services. ICCC also posted information about the need's assessment survey on the agency website and on all social media outlets.

Response Rate and Data Collection

General Survey: 256 responses

Community Partner Survey: 50 community partner surveys were completed.

Further county data was also collected through the American Community Survey (ACS) and other resources.

*Anecdotal data for Polk County includes the entire county, unless otherwise noted. ICCC is the Community Action Agency designated to serve East Polk County, although we do have some programs that serve all of Polk County.

Demographic Overview of Service Area

Age

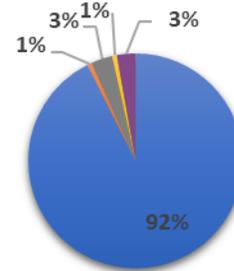
| Population by Age and County of Residence | | | | | |
|---|------------|------------|-----------|----------|-----------|
| Age | Clearwater | Pennington | East Polk | Red Lake | MN |
| 0-4 years | 552 | 929 | 552 | 251 | 346,140 |
| 5-17 years | 1,639 | 2,364 | 2,142 | 717 | 927,348 |
| 18-24 years | 601 | 1,122 | 564 | 288 | 500,630 |
| 25-44 years | 1,916 | 3,539 | 1,810 | 908 | 1,453,414 |
| 45-64 years | 2,235 | 3,664 | 2,594 | 1,092 | 1,454,788 |
| Over 65 years | 1,709 | 2,421 | 3,474 | 784 | 828,594 |

Age demographics by county of residence estimates that the greatest population across each county of ICCC's service area is aged 45-64 years. The state data estimates that the largest population in Minnesota is also aged 45-64 years of age.

US Census Bureau, American Community Survey. 2015-19

Race

| Population by Race and County of Residence | | | | | |
|--|------------|------------|-----------|----------|-----------|
| Race | Clearwater | Pennington | East Polk | Red Lake | MN |
| White | 7,568 | 13,329 | 8,792 | 3,821 | 4,609,049 |
| Black | 16 | 153 | 50 | 20 | 356,515 |
| American Indian | 734 | 233 | 136 | 68 | 58,011 |
| Asian | 42 | 165 | 49 | 0 | 268,181 |
| Mixed/Other | 443 | 270 | 212 | 89 | 165,398 |



Race Demographics

- White
- Black
- American Indian
- Asian
- Mixed/Other

US Census Bureau, American Community Survey. 2015-19

Income

Median household income within ICCC's service area is shown below.

| Median Household Income by County of Residence | |
|--|----------|
| Clearwater | \$50,386 |
| Pennington | \$60,122 |
| East Polk | \$60,066 |
| Red Lake | \$58,576 |
| Minnesota | \$71,306 |

US Census Bureau, American Community Survey. 2015-19

All of ICCC's County median household income is significantly lower than the state average median household income.

Education

Educational attainment is calculated for persons over the age of 25. All counties within ICCC service area, except for Pennington County, are above the state average of 6.86% with NO HS DIPLOMA. Our service area has a higher rate of persons over the age of 25 with No HS Diploma than compared to the state average. Similarly, ICCC service area falls below state average for those with Bachelor Degree's and Graduate/Professional Degrees.

| Education Attainment by County of Residence | | | | | |
|---|------------|------------|-------|----------|-------|
| Educational Attainment | Clearwater | Pennington | Polk | Red Lake | MN |
| No HS Diploma | 13.92% | 6.84% | 8.12% | 7.35% | 6.86% |
| HS Diploma Only | 34.9% | 33.1% | 30.6% | 37.5% | 24.7% |
| Some College | 21.7% | 22.5% | 22.3% | 23.3% | 21.0% |
| Associates Degree | 12.4% | 18.2% | 13.6% | 15.6% | 11.5% |
| Bachelor's Degree | 13.0% | 14.5% | 17.9% | 13.0% | 23.7% |
| Graduate or Professional Degree | 4.1% | 4.8% | 7.4% | 3.3% | 12.4% |

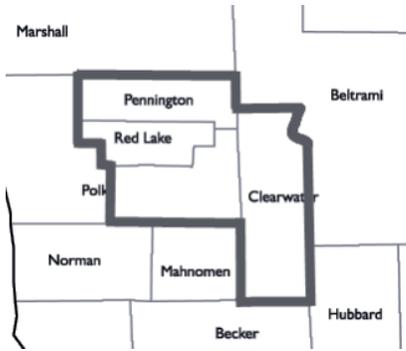
US Census Bureau, American Community Survey. 2015-19

| ICCC Service Area Graduation Rates 2020 | |
|--|-----------------|
| School | Graduation Rate |
| Bagley | 81.1% |
| Clearbrook-Gonvick | 92% |
| Fosston | 86% |
| Win-E-Mac | 94.3% |
| Fertile-Beltrami | 100% |
| Red Lake Falls | 100% |
| Red Lake County Central | 100% |
| Thief River Falls | 88% |
| Goodridge | 100% |
| STATE | 83.8% |

Graduation Rates

According to MN Department of Education 2021 Report Card, Minnesota's Graduation rate is 83.8%. All schools in ICCC's service area, with the exception of Bagley, located in Clearwater County, are above the state average.

ICCC Client Characteristics



ICCC provides a range of services designed to meet the needs of low-income residents. During FY 2020 (October 2019-September 2020), ICCC provided services including Energy Assistance, Weatherization, Family Services, Head Start and Early Head Start, Employment & Training, Food Support, and Health Insurance enrollment. Below is data on the number of clients served collected through ICCC Section G Report from October 2019-September 2020.

| People Served | 4,179 Individuals | 1,654 Families |
|---------------------------|-----------------------------------|----------------|
| Age | 0-5 | 546 |
| | 6-17 | 1,051 |
| | 18-24 | 352 |
| | 25-54 | 1,264 |
| | 55+ | 926 |
| Gender | Male | 1,956 |
| | Female | 2,222 |
| Race | White | 3,559 |
| | Black or African American | 98 |
| | American Indian and Alaska Native | 228 |
| | Asian | 14 |
| | Native Hawaiian | 2 |
| | Mixed Race | 110 |
| Family Type | Single Parent Female | 150 |
| | Single Parent Male | 20 |
| | Two Parent | 270 |
| | Single Person | 677 |
| | Two Adults NO Children | 336 |
| | Other | 121 |
| Family Income Source | One or More Sources of Income | 1,579 |
| | Zero Income | 18 |
| Household Income Levels | 100% of Poverty & Below | 815 |
| | 101%-150% of Poverty | 425 |
| | 151% + of Poverty | 414 |
| Housing | Own | 902 |
| | Rent | 606 |
| | Homeless | 28 |
| | Other | 4 |
| Education Level of Adults | No HS Diploma | 485 |
| | HS Diploma only | 1,028 |
| | Some College | 5 |
| | College Graduate | 513 |

Poverty

Poverty Rates

In 2019 it was estimated that 4,212 (11.61%) households were living in poverty within our service area. Below shows the percentage of the population living with income below the Federal Poverty Level (FPL). All counties in our service area have a higher percentage of people living in poverty as compared to the state's data indicator.

| Poverty Rate by County of Residence | | | | | |
|-------------------------------------|------------|------------|-----------|----------|-----------|
| Poverty | Clearwater | Pennington | East Polk | Red Lake | MN |
| Total Population | 8,821 | 14,183 | 9,268 | 4,015 | 5,563,378 |
| Population in Poverty | 1,260 | 1,535 | 1,001 | 416 | 526,065 |
| % of Population in Poverty | 14.28% | 10.82% | 10.80% | 10.36% | 9.45% |

US Census Bureau, American Community Survey. 2015-19

Children in Poverty

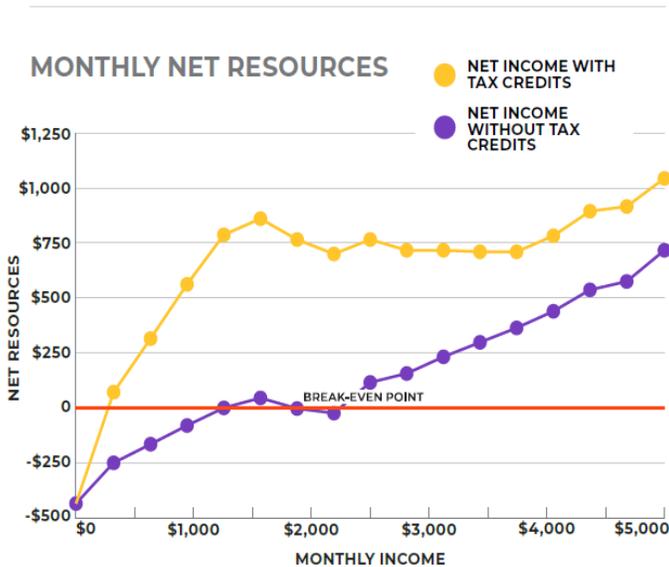
| Child Poverty Rate (ACS) | | | | | | |
|--------------------------|--------------------------|------------------------|---------------------------|----------------------|---------------------------|----------------------|
| | Age 0-4 Total Population | Age 0-4 in Poverty / % | Age 5-17 Total Population | Age 5-17 Poverty / % | Age 0-17 Total Population | Age 0-17 Poverty / % |
| Clearwater | 507 | 19.3% | 1,586 | 18.7% | 2,093 | 18.9% |
| Pennington | 929 | 26.6% | 2,364 | 14.3% | 3,293 | 17.7% |
| East Polk | 552 | 25.4% | 2,142 | 17.3% | 9,024 | 11.1% |
| Red Lake | 251 | 21.1% | 717 | 11.4% | 968 | 13.9% |
| STATE | 346,140 | 12.8% | 927,348 | 11.9% | 1,273,488 | 12.2% |

US Census Bureau, American Community Survey. 2015-19

According to the American Community Survey 5-year data, an average of 23.1% of children age 0-4 and 15.4% of children age 5-17 in ICCC's service area live in poverty. These rates exceed the poverty level in the state of MN.

Below are some additional facts and charts about poverty. In a family of one adult and two children, the family needs on average \$3,901 a month to meet basic needs for a safe standard of living. If the family receives all of the public supports they are eligible for in addition to working, they will still only have \$47 leftover to put toward savings, cellphones, internet, entertainment, and other miscellaneous expenses.

MN Kids Count Data Book 2020



This graph is generated in ESI to show the family's pathway to economic stability. The entire time they are on MFIP, this family barely breaks even. As this family comes off MFIP at about 130% FPG (\$28,236 yearly or \$2,353 monthly), they experience their first cliff. Our scale is not sensitive enough to show all the ups and downs this family faces between 165% and 200% of FPG, but the family loses SNAP, School Meals, Early Learning Scholarships, MinnesotaCare, and most of their housing benefit. Even though the chart does not show it, the biggest cliff happens between 260% (\$56,472) and 275% (\$59,730) FPG, when the family becomes ineligible for Child Care Assistance, MA, and WIC.

| BASIC NEEDS MONTHLY BUDGET | | PUBLIC SUPPORTS | | BUDGET AFTER PUBLIC SUPPORTS |
|----------------------------|-----------|----------------------------|-------|------------------------------|
| FOOD | \$603 | WIC | \$72 | \$251 |
| | | MFIP Food | \$281 | |
| | | School Meals | FREE | |
| HEALTH CARE | \$553 | MA for Adults | FREE | \$0 |
| | | MA for Children | FREE | |
| HOUSING + ELECTRICITY | \$1,089 | Section 8 | \$569 | \$494 |
| | | Energy Assistance | \$26 | |
| CHILDCARE | \$717 | MFIP Child Care | CCAP | \$4 |
| TRANSPORT | \$442 | None | \$0 | \$442 |
| OTHER NECESSITIES | \$341 | MFIP Cash Benefit | \$0 | \$341 |
| TAX LIABILITY | \$156 | None | \$0 | \$156 |
| ANNUAL TAX BENEFITS* | | State Income Tax Credits | \$455 | \$622* |
| | | Federal Income Tax Credits | \$167 | |
| TOTAL EXPENSES AND TAXES | (\$3,901) | | | (\$1,686) |
| INCOME | \$1,733 | | | \$1,733 |
| WHAT'S LEFTOVER? | (\$2,168) | | | \$47 |

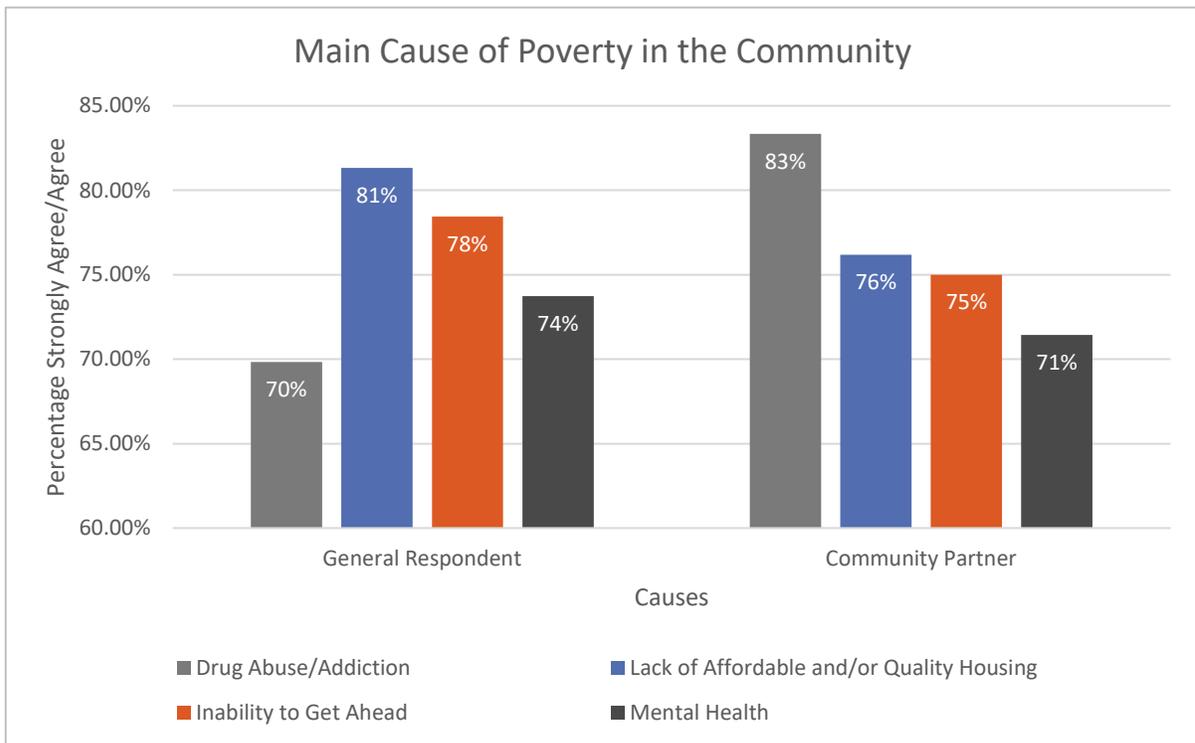
Seniors in Poverty

Poverty rates for seniors (persons age 65 and older) living in ICCC's service area are shown below. According to the ACS survey, approximately 9.6% of seniors are living in poverty within ICCC's service area. This rate is higher than the Minnesota (7.2%) average.

| Senior Poverty Rate (ACS) Ages 65+ by County of Residence | | | | | |
|---|------------|------------|-----------|----------|---------|
| Poverty | Clearwater | Pennington | East Polk | Red Lake | MN |
| Ages 65+ Total Population | 1,709 | 2,421 | 3,474 | 784 | 828,594 |
| Ages 65+ In Poverty | 233 | 183 | 273 | 74 | 59,701 |
| Ages 65+ Poverty Rate | 13.6% | 7.6% | 7.9% | 9.4% | 7.2% |

Survey Respondent Results

Survey respondents (General and Community Partner) were asked what they felt was the main cause of poverty in their community. 83.34% of Community Partner respondents felt that Drug Abuse/Addiction was the main cause of poverty, while 81.32% of General Respondents felt that Lack of Affordable and/or Quality Housing was the main cause.



Qualitative data collected through World Café conversations with both Community Partners and ICCC staff also identified Substance Use/Addiction and Lack of Affordable and/or Quality Housing as barriers, but also found that our community struggles with the following: lack of financial planning skills, unaffordable childcare, lack of transportation and moving forward in life with a criminal record.

Employment & Education/Training

Employment

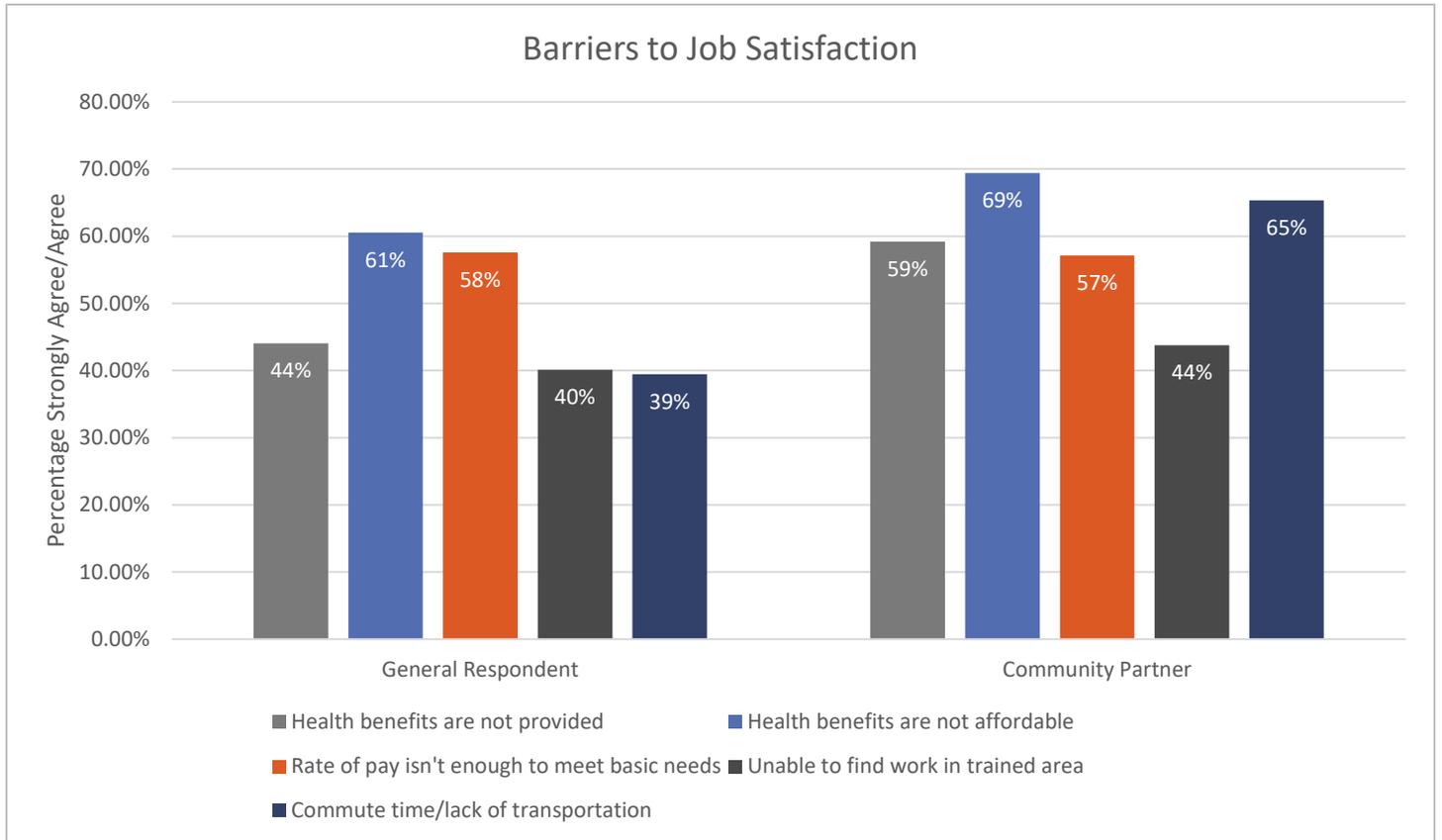
Labor force, employment, and unemployment data for ICCC's service area is shown below. Overall, ICCC's service area experienced an average of 6.33% unemployment rate in March 2021. This exceeds Minnesota's unemployment rate of 4.5%. According to Minnesota Department of Employment and Economic Development, in the fourth quarter of 2020, Northwest Minnesota had 11,255 total job vacancies.

| Unemployment Rate by County of Residence | | | | | |
|--|------------|------------|--------|----------|-----------|
| | Clearwater | Pennington | Polk | Red Lake | MN |
| Labor Force | 4,281 | 8,476 | 15,874 | 2,154 | 3,003,073 |
| Number Employed | 3,908 | 7,994 | 15,092 | 2,025 | 2,867,069 |
| Number Unemployed | 373 | 482 | 782 | 129 | 136,004 |
| Unemployment Rate | 8.7% | 5.7% | 4.9% | 6% | 4.5% |

Minnesota Department of Employment and Economic Development; Minnesota Unemployment Statistics LAUS Data March 2021

Qualitative data from the World Café found that lack of childcare, transportation, and criminal record/background checks were large barriers to securing and maintaining adequate employment. In regards to education/training, World Café data indicated that households need assistance navigating a career path as well as understanding how to apply for scholarships, grant opportunities, and FAFSA. It was identified that many families struggle to secure adequate employment because some jobs require a diploma/degree before you are considered for employment. Other barriers to employment/training include: mental health, juggling work and school, literacy and language barriers, and soft skills.

Survey respondents (General and Community Partner) were asked what they believe were barriers to job satisfaction in their own life or in their communities. General Respondents AND Community Partners believe the greatest barrier to job satisfaction is that the health benefits are not affordable.



Housing

Housing Units

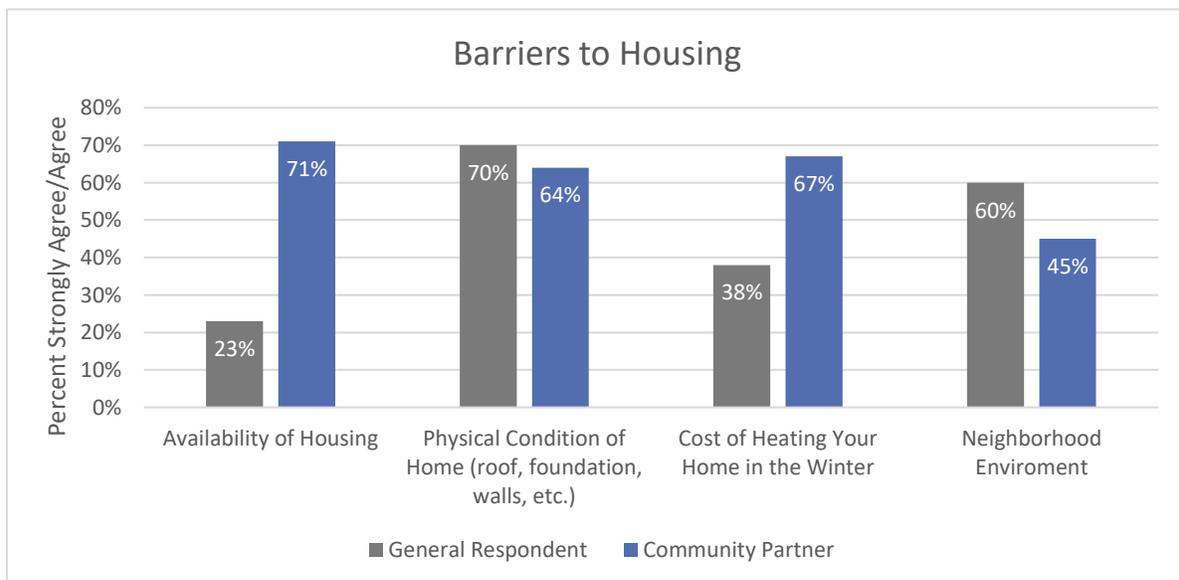
Each year, the US Census Bureau estimates the number of housing units within each county. A housing unit is a house, apartment, mobile home, or a group/single room that is occupied as separate living quarters. Cost-Burdened households are those who spent 30% or more of their monthly gross income on housing. ICCC's service area data on housing is shown. Clearwater County has the highest cost-burdened percentage coming in at 29%.

| Housing Units - 2019 | | | | | |
|--------------------------|------------|------------|--------|----------|-----------|
| | Clearwater | Pennington | Polk | Red Lake | MN |
| Housing Units | 4,790 | 6,542 | 14,952 | 1,938 | 2,438,203 |
| Owner Occupied | 57.8% | 66.7% | 61.4% | 72.0% | 64.2% |
| Renter Occupied | 13.3% | 24.9% | 22.8% | 14.1% | 25.5% |
| Median Rent | \$680 | \$693 | \$716 | \$554 | \$977 |
| Cost-Burdened Households | 29.0% | 21.3% | 24.2% | 18.1% | 25.8% |

US Census Bureau, American Community Survey. US Census Bureau, Decennial Census. 2015 - 19

Housing Barriers

Survey Respondents (General and Community Partner) were asked what they believe were the barriers to housing. Each group indicated a different barrier they believed was the largest barrier. However, both groups had a large percentage of respondents agree that the physical condition of a home was a large barrier.



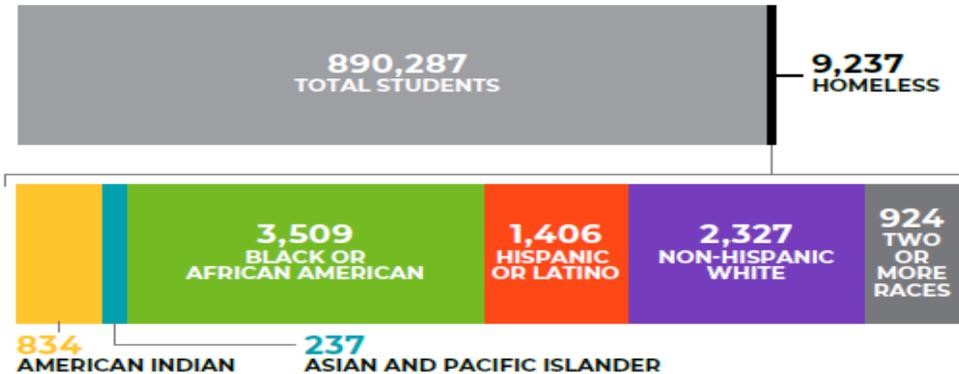
Qualitative data from the World Café found that there is a shortage of affordable and available housing that is in good condition. It was also found that housing assistance is difficult to secure due to long waiting lists and disqualifiers such as a criminal background or various rental assistance regulations. Other barriers to housing identified include: utility costs, upkeep and repair costs, and unresponsive or slow to act landlords.

Homelessness

The graph below, from the 2020 MN Kids Count Data Book, gives a picture of the racial background of those students experiencing homelessness in MN.

STUDENTS EXPERIENCING HOMELESSNESS BY RACE, 2019

Source: Minnesota Dept. of Education, Personal contact with Joseph Curiel.



NW MN Continuum of Care (CoC) Point in Time data is conducted in January of each year. The NW CoC includes the following Counties: Kittson, Roseau, Marshall, Lake of the Woods, Pennington, Red Lake, Norman, Polk, Beltrami, Clearwater, Mahnomon, and Hubbard. It also includes Red Lake Nation and parts of White Earth Nation and Leech Lake Nation.

| NW MN CoC Point-in-Time Homeless Count – Persons in household with at least one child | | | |
|---|---------------------------------|--|-------|
| | Sheltered | | Total |
| | Staying in an Emergency Shelter | Enrolled in a Transitional Housing Program | |
| Total Number of Households | 24 | 41 | 65 |
| Total Number of Persons (Adult & Children) | 74 | 118 | 192 |
| Number of Persons (under age 18) | 42 | 68 | 110 |
| Number of Persons (18-24) | 1 | 19 | 20 |
| Number of Persons (over age 25) | 31 | 31 | 62 |

By Race:

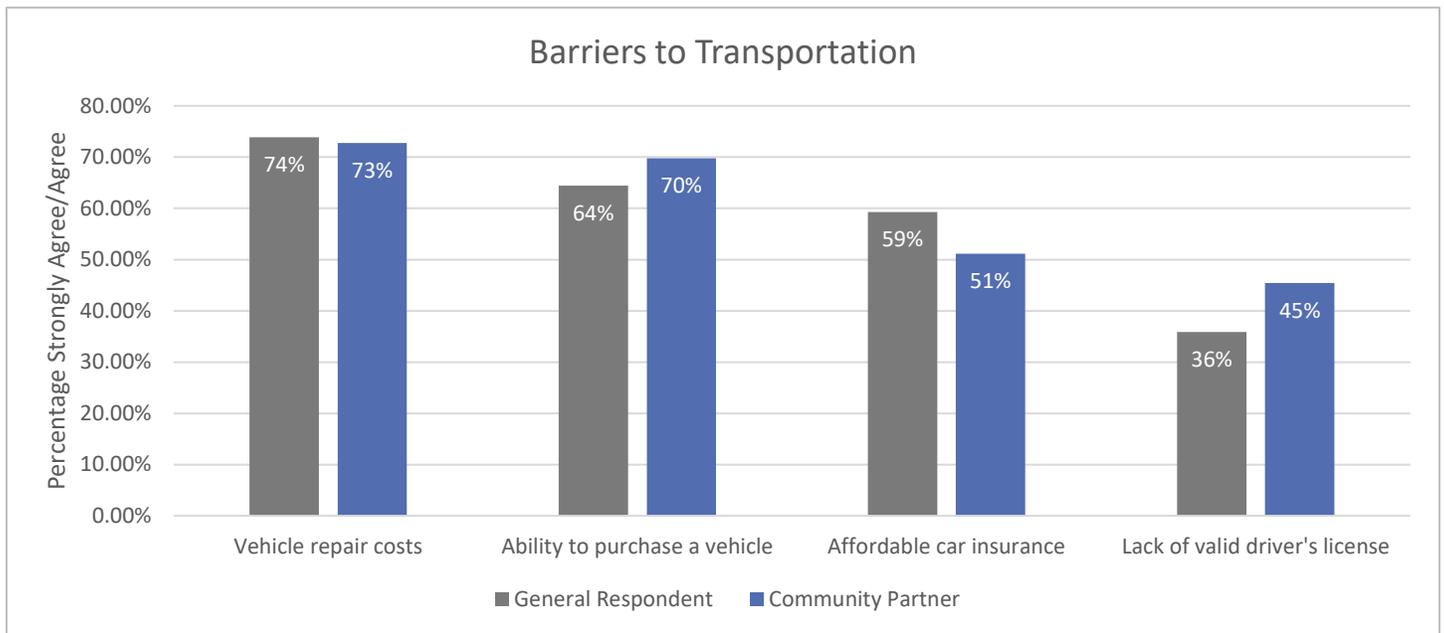
| NW MN CoC Point-in-Time Homeless Count – Persons in household with at least one child | | | |
|---|---------------------------------|--|-------|
| | Sheltered | | Total |
| | Staying in an Emergency Shelter | Enrolled in a Transitional Housing Program | |
| White | 10 | 54 | 64 |
| Black or African American | 0 | 5 | 5 |
| American Indian or Alaska Native | 56 | 38 | 94 |
| Multiple Races | 8 | 21 | 29 |

*As of July 15, 2021, the NW CoC priority list had 81 homeless households in need of assistance/housing.

Transportation

Methods of transportation were reported for ICCC's service area by the U.S. Census Bureau, American Community Survey 2015-2019. Data shows that approximately 79.25 % drove to work alone while 9.75% carpooled, 3.5% rode bicycle or walked, 1% used a taxi or other means, and 0.75% used public transportation.

Survey Respondents (General and Community Partner) were asked what they believe were barriers to transportation in their own life or in their communities. General Respondents AND Community Partners believe the greatest barrier to transportation is vehicle repairs costs. Further data is shown below.

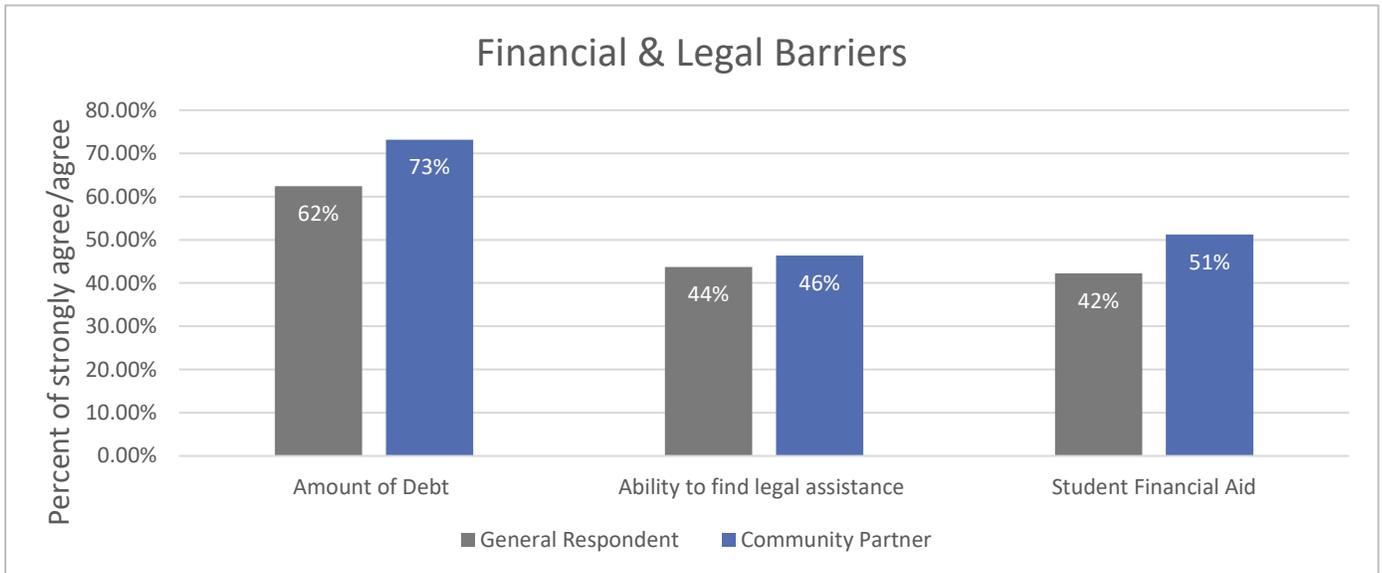


Qualitative data from the World Café found that lack of affordable automobile insurance and public transportation cost were large barriers to transportation. Other barriers for transportation include: public transportation with children, lack of a vehicle, and walking or biking a long distance to one's destination.

Financial/Legal

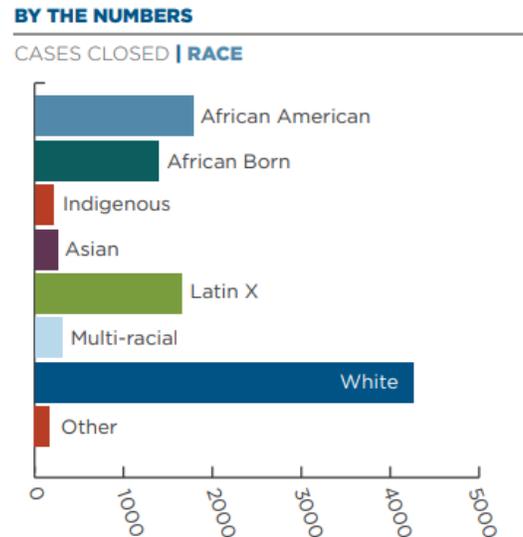
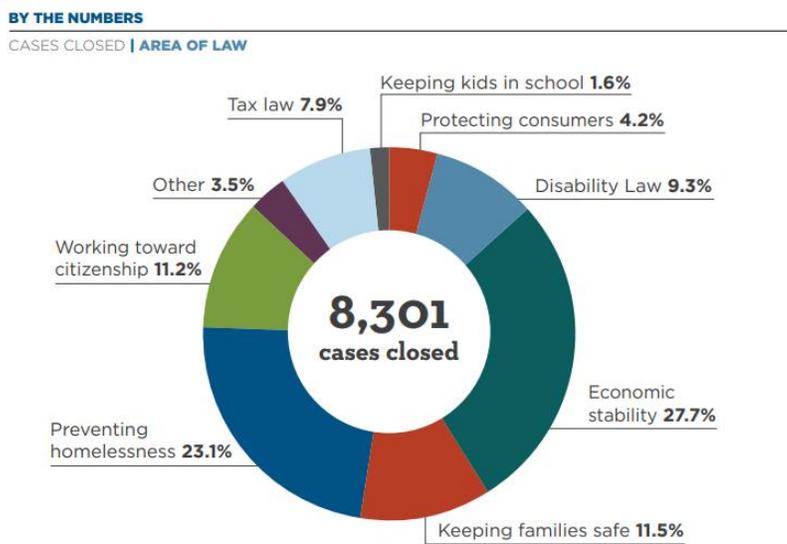
Financial and Legal

The top three barriers were the same in both the General Respondents and Community Partner surveys. The main barrier identified was the amount of debt households had. The other two barriers identified were the ability to find legal assistance and student financial aid.



Qualitative data from the World Café highlighted that families could benefit from education on financial planning, life skills, home maintenance/ownership, assistance with revoked driver’s license and getting/finding affordable automobile insurance. In addition, many families do not have a ‘home bank’ with accounts that will allow them to cash a check at no cost or put money into a savings account.

Below is legal data on 2020 Legal Aid cases closed in Minnesota.



Technology

Connectivity

In 2020, during the COVID-19 pandemic, it became apparent how dependent our services had been and would become upon access to broadband. According to the Connected Nation from October 2020, our counties had the following coverage to broadband services:

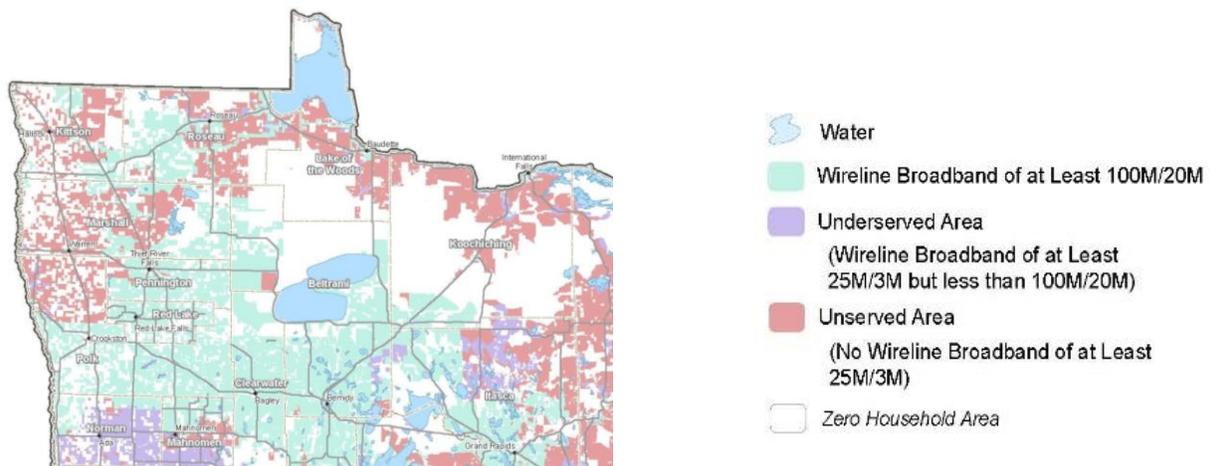
- **Clearwater:** 99.74%
- **Pennington:** 98.53%
- **Polk:** 93.06%
- **Red Lake:** 99.99%



2019 Provider Broadband Service Inventory

Border-to-Border Broadband Development Grant Program

Unserved, Underserved and Served Broadband Areas



As you can see on the map above, *most* of the ICCC service area has broadband service.

Children & Youth

Health Insurance

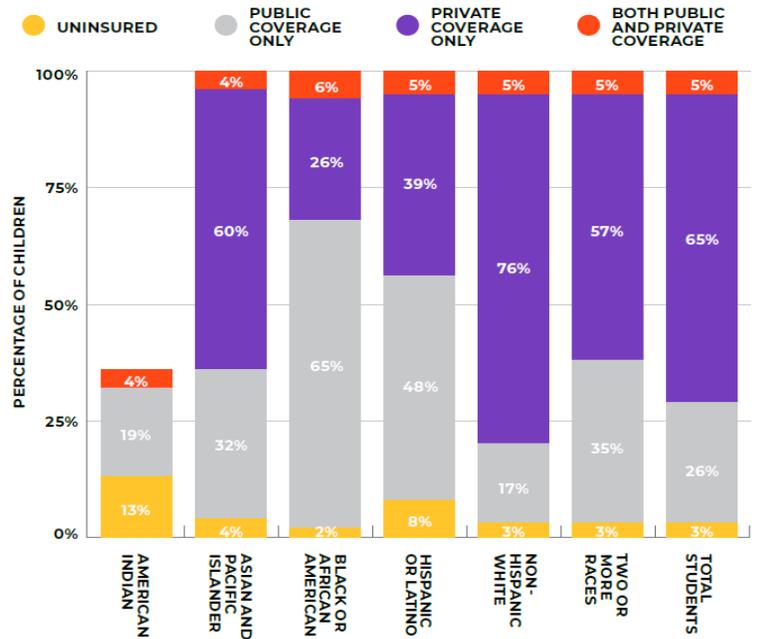
Below is data pertaining to the number of children who do not have health insurance.

MN Department of Health, Minnesota Public Health Data Access – 2018; US Census Data 2018

| Children with No Health Insurance | |
|-----------------------------------|-------------------------------|
| | 2015-2019 (0-18 years old) |
| Clearwater | 8.7% |
| Pennington | 2.0% |
| Polk | 3.3% |
| Red Lake | 2.8% |
| MN | 3.4% |

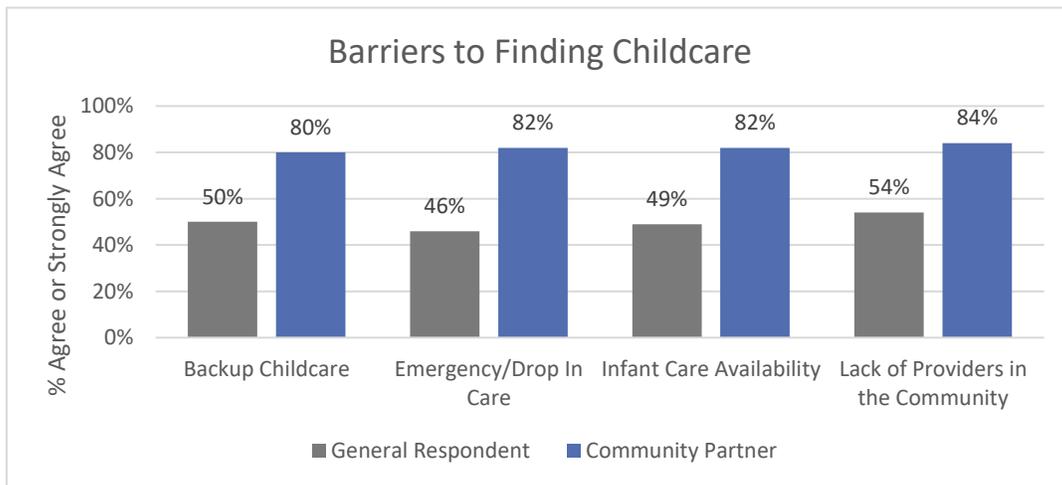
HEALTH INSURANCE COVERAGE FOR CHILDREN BY TYPE, 2018

Source: Population Reference Bureau, analysis of data from the U.S. Census Bureau, 2017 and 2018 American Community Survey.



Child Care

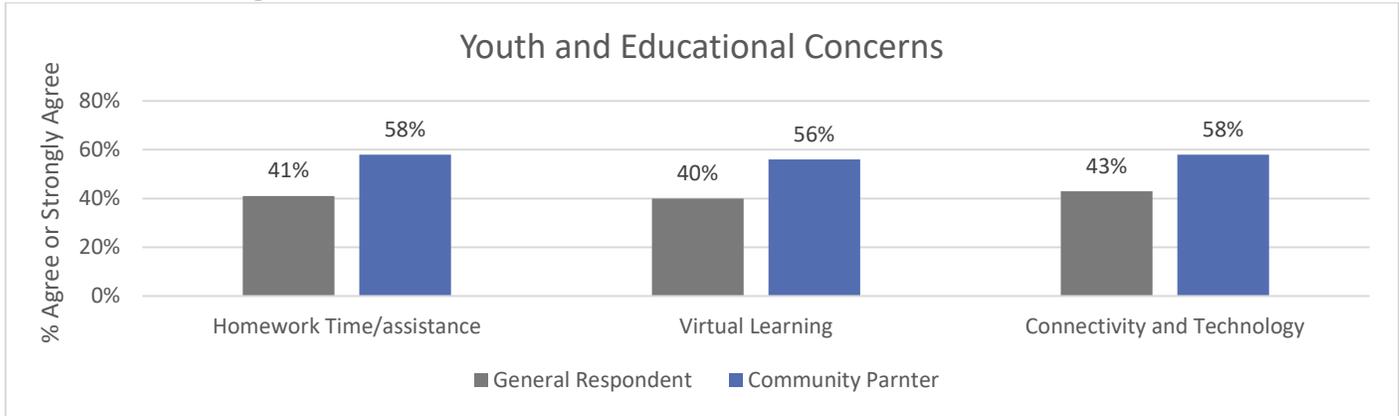
In surveying local childcare centers, our service area has seen a reduction of 316 child slots in the last 3 years. Survey Respondents (General and Community Partner) were asked what they believe were barriers to finding child care in their own life or in their communities. Below you will find survey data that shows that the largest barrier to child care is lack of providers.



Qualitative data from the World Café highlighted families are struggling with a shortage of providers, lack of quality care, a waitlist for the Child Care Assistance Program, and the overall cost of care that families face.

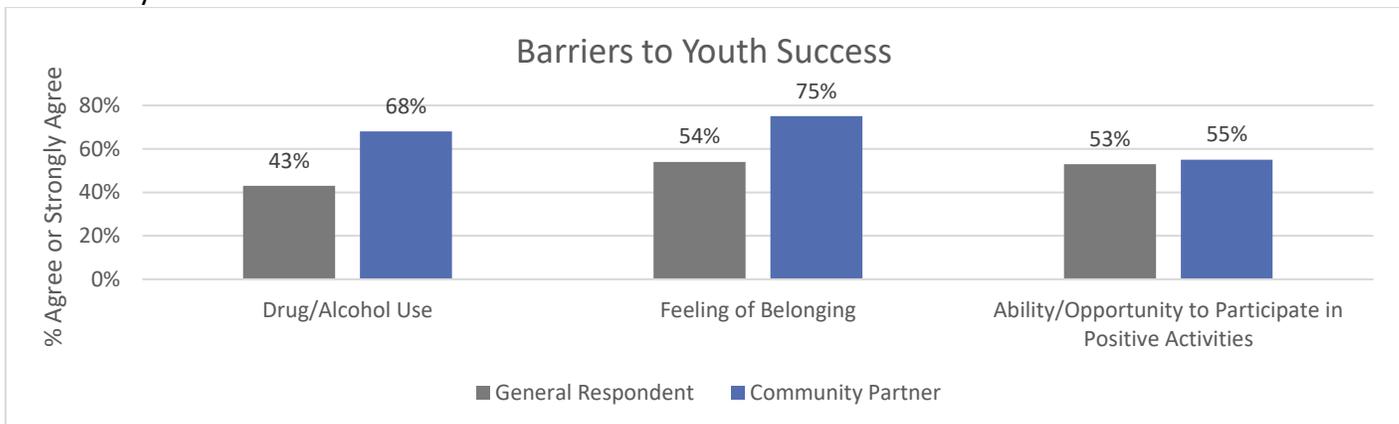
Other Youth Concerns

When asked what are the areas that may cause barriers for youth success, our Community Partners and General Respondents had three common themes: Connectivity and Technology, Homework time/assistance and Virtual Learning.



Feeling of Belonging/Substance Use:

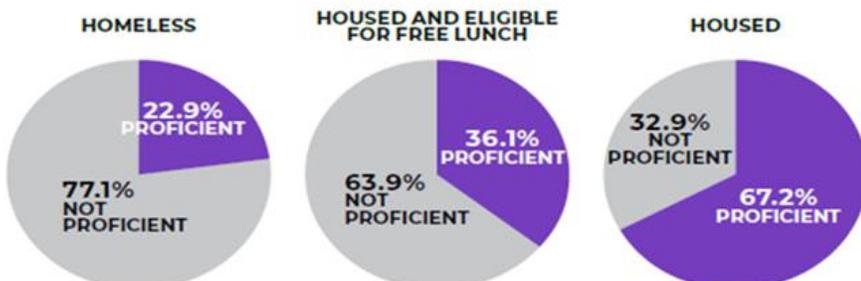
Survey respondents identified feeling of belonging and drug/alcohol use as areas of concern for our younger community members.



Qualitative data from the World Café highlighted that our children face mental health issues and a lack of available mental health services. They note that our communities have done better at offering positive activities for youth, but families may be struggling to cover the costs or transportation to and from these activities.

READING PROFICIENCY, 3RD GRADE, FOR STUDENTS EXPERIENCING HOMELESSNESS COMPARED TO HOUSED STUDENTS, 2019

Source: Minnesota Dept. of Education, Personal contact with Joseph Curiel.



According to the 2020 MN Kids Count Data Book, student homelessness affects their ability to develop reading proficiency by 3rd grade, in comparison to their housed peers.

MN Department of Education 2021 Report Card

Seniors

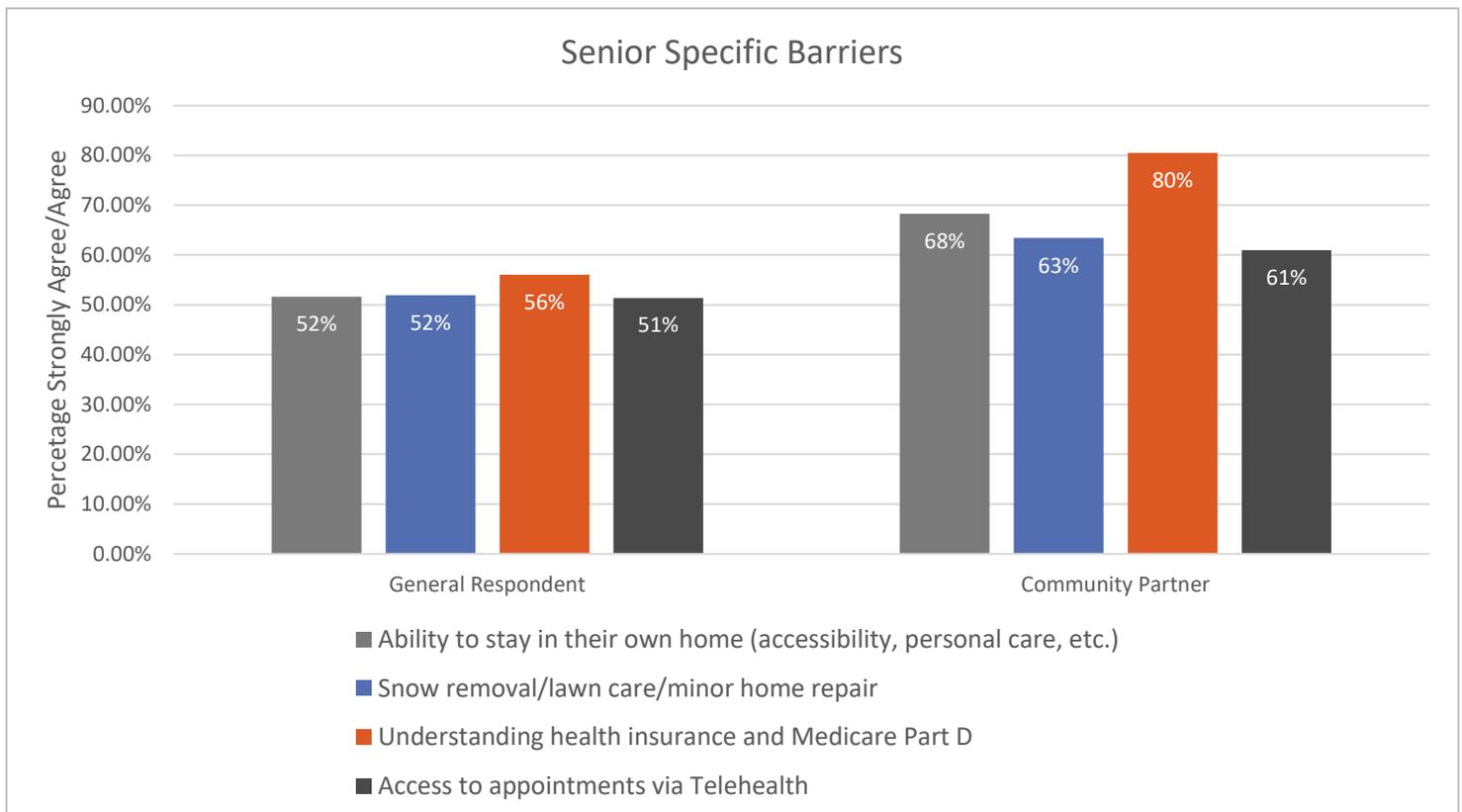
Below is a table that contains the senior profile of the counties in ICCC's service area. Based on the Aging Data Profile collected from the Minnesota Department of Human Services, in the state of Minnesota the percentage of Seniors 65+ will grow by 3.7% between 2020 and 2050. ICCC's service area exceeds the state average of percentage of residents 65+ in 2020 and projected through 2050.

| Senior Profile (Age) | | | | | | |
|----------------------|----------------|-------|-------------------------|-------|------------|-------|
| County | 65+ Population | | ICCC Service Area % 65+ | | State% 65+ | |
| | 2020 | 2050 | 2020 | 2050 | 2020 | 2050 |
| Clearwater | 2,067 | 2,039 | 23.1% | 22.3% | 17.1% | 20.8% |
| Pennington | 2,823 | 3,648 | 19.6% | 24.6% | 17.1% | 20.8% |
| Polk | 6,445 | 7,684 | 20.1% | 23.9% | 17.1% | 20.8% |
| Red Lake | 908 | 859 | 22.6% | 22.6% | 17.1% | 20.8% |

* Aging Data Profile, Minnesota Department of Human Services

Of those who responded to our General and Community Partner survey's, 56.04% and 80.49% respectively, believe the greatest barrier for seniors is Understanding Health Insurance and Medicare Part D.

See the chart below to see highest ranked senior specific barriers for ICCC's service area.



Health

Medically Underserved/Health Professional Shortage Area

According to the MN Office of Rural Health and Primary Care, ICCC lies within a geographic area that is designated as a low-income/geographic Health Professional Shortage Area for dental, mental health and primary care. According to the Federal Health Resources & Services Administration, the majority of our area is also in a Medically Underserved Area which means that the area has too few primary care providers, high infant mortality, high poverty, or a high elderly population. All 4 of our counties fall into the primary care medically underserved category. Pennington county was added to this designation on 5/24/2021.

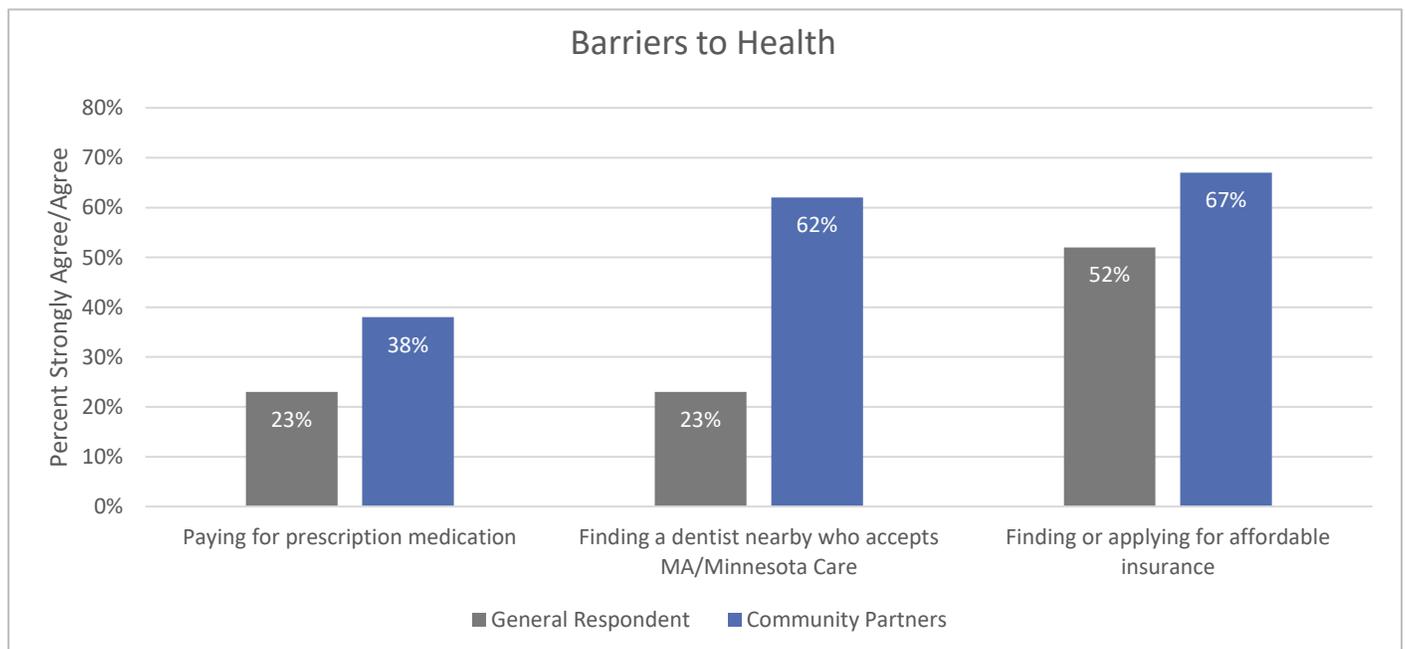
Dental Access

As a part of a partner grant application, the following information was identified:

- All of MN counties fall in a Dental Health Professional Shortage area
- Our area falls into a high Medicaid enrollment area
- According to the MN Health Assessment of 2017 from MN Department of Health, rural and isolated areas of the state have only one practicing dentist for every 3,900 residents. This forces residents to face added travel time, appointment wait time, and dentists who do not accept patients covered by public programs.

Qualitative data from the World Café found that lack of Prescription Medications and Dental Coverage are large barriers in our community. Other barriers to health include: finding and paying for mental health services, obtaining birth control or family planning services, information on long-term care planning, and applying for affordable health insurance.

Survey Respondents (General and Community Partner) were asked what they believe were barriers to health in their own life or in their communities.



Nutrition

Supplemental Nutrition Assistance Program (SNAP)

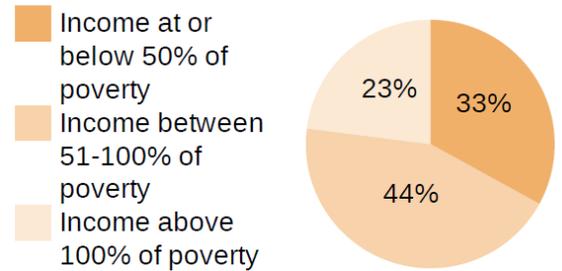
| Food Stamps/ Supplemental Nutrition Assistance Program (SNAP) | | | |
|---|------------------|---------------------------------------|---|
| | Total Households | Households Receiving Food Stamps/SNAP | Households Not Receiving Food Stamps/SNAP |
| Clearwater | 3,405 | 419 | 2,986 |
| Pennington | 5,995 | 504 | 5,491 |
| Polk | 12,584 | 1,309 | 11,275 |
| Red Lake | 1,669 | 168 | 1,501 |
| MN | 2,185,603 | 172,477 | 2,013,136 |

US Census Bureau, American Community Survey. 2015-19

According to the Center on Budget and Policy Priorities Chart, in 2019:

Most SNAP Participants in Minnesota Are Poor

Share of participants by household income, FY 2019



Source: CBPP analysis of data from USDA Food and Nutrition Service, FY 2019

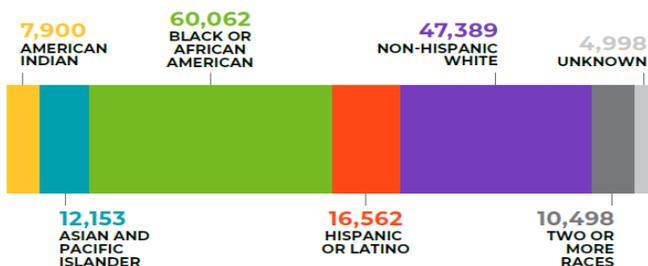
ICCC's Outcome Totals Supplemental Nutrition Assistance Program (SNAP) Oct. 2019 – September 2020

| | |
|---|------|
| SNAP Screenings | 1737 |
| Clients Receiving SNAP Information (through mailing, brochures, etc.) | 997 |
| People Reached Through Promotion | 425 |
| Approved for SNAP Benefits** <i>**to the best of our knowledge</i> | 81 |

According to the 2020 MN Kids Count Data Book, these are the SNAP participation rates for the State of MN:

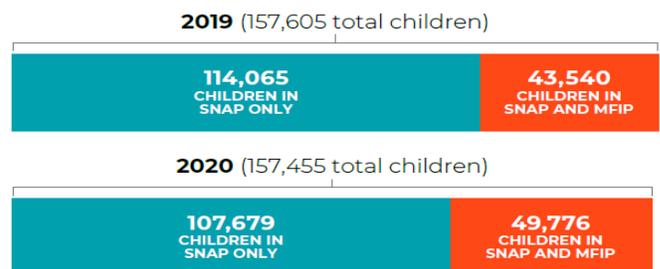
SNAP PARTICIPATION BY RACE, DECEMBER 2019

Source: Minnesota Dept. of Human Services, Personal contact with Dorina Nikolla.



SNAP PARTICIPATION BY CHILDREN, 2019-20

Source: Minnesota Dept. of Human Services.



Mental Health

Adverse Childhood Experiences Study (ACES)

According to the Centers for Disease Control, Adverse Childhood Experiences Study states that ACES are potentially traumatic events that occur in childhood (0-17 years) such as violence, abuse, or neglect; having family member attempt or die by suicide; substance abuse; mental health problems; instability due to parent separation or household member incarceration. These are linked to chronic health problems, mental illness, and substance abuse in adulthood. It can negatively impact education, job opportunities, and earning potential.

Prevalence + Frequency

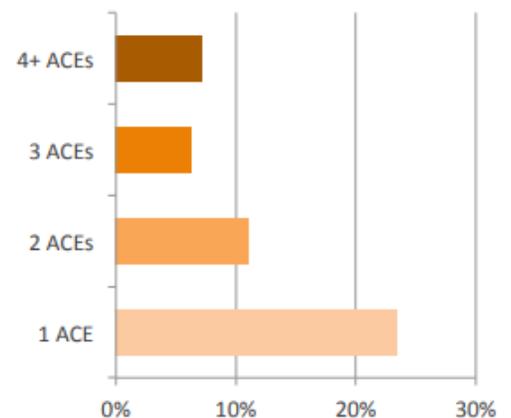
Minnesota, 2019 MSS

According to the 2019 Minnesota Student Survey (MSS):

- Of Minnesota's 8th, 9th, and 11th graders, **48%** reported experiencing **at least one ACE**.
- More than half of adolescents experiencing any ACEs report more than one.
- The most frequently reported ACEs in Minnesota are:
 - **living with someone with mental illness** (26%)
 - **parental incarceration** (16%)
 - and **household alcohol abuse** (11%).
- The least frequently reported are:
 - **sexual abuse** (6%)
 - and **household drug use** (5%).

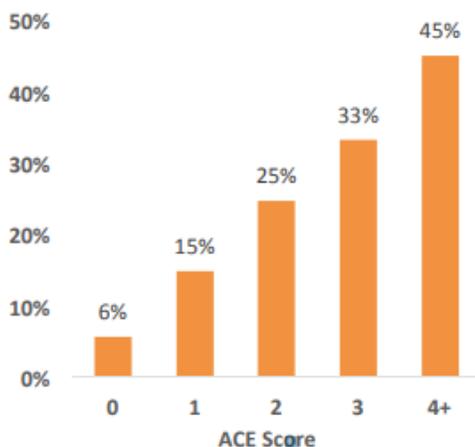
Number of ACEs Reported

Minnesota, 2019 MSS



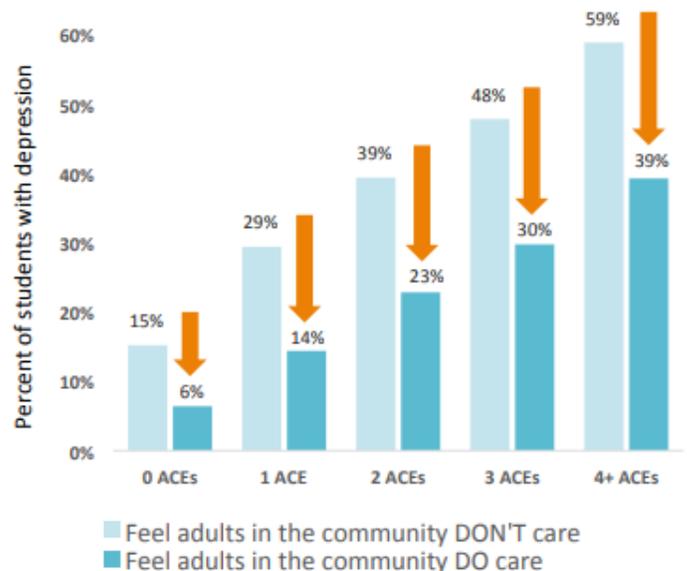
According to the 2019 Minnesota Student Survey of 8th, 9th, and 11th graders, they found the following information in regard to ACEs in MN high school students:

Of students with 0 ACEs, **6%** reported having thoughts of suicide in the past year, compared to **45%** of students with 4+ ACEs; students with 4+ ACEs are **7.5 times** more likely to report **suicidal thoughts**.

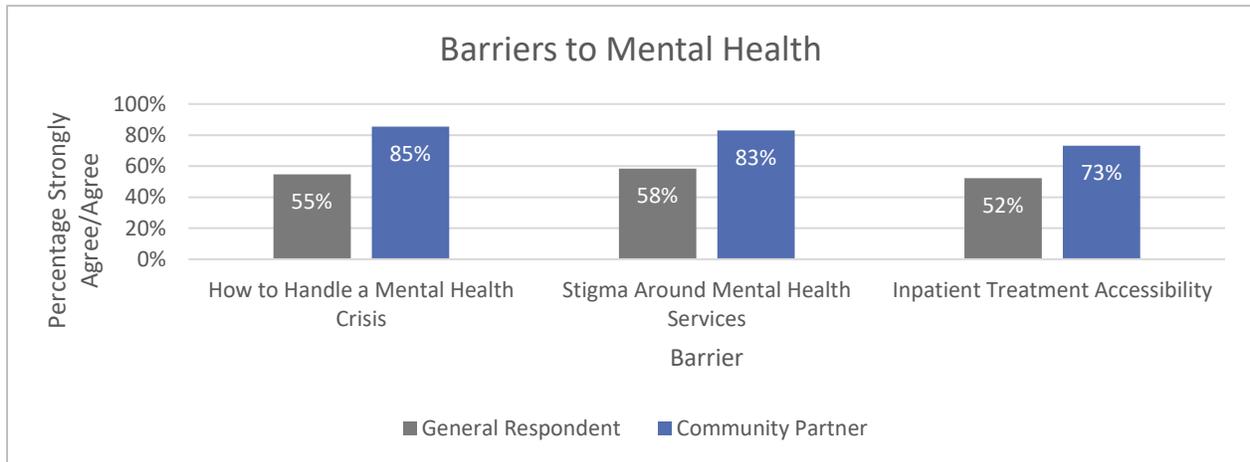


Past-2-Week Depression Rates are Lower for Students Who Feel Community Adults Care

Minnesota, 2019 MSS



Qualitative data from World Cafes identified stigma and access to treatment as barriers to mental health. Below are results received from the General Respondent and Community Partner surveys.



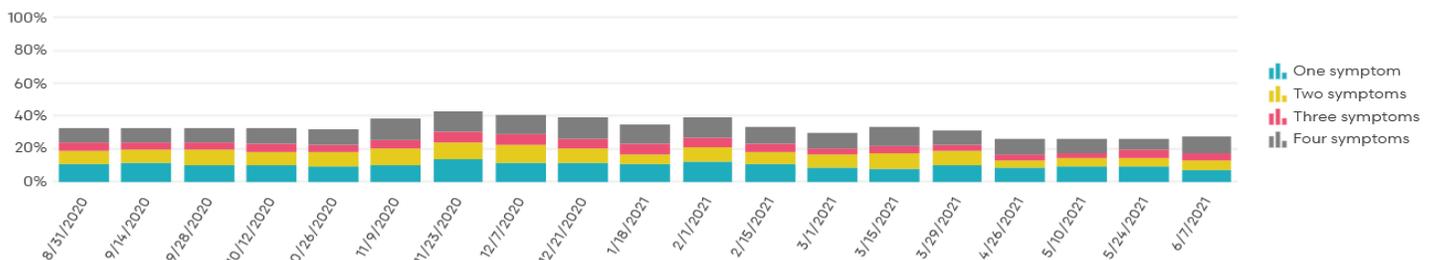
| Mental Health Statistics by County (2021 County Health Rankings) | | | | | |
|---|------------|------------|-------|----------|-------|
| | Clearwater | Pennington | Polk | Red Lake | MN |
| Average Number of Poor Mental Health Days in Past 30 Days | 4.2 | 3.9 | 3.7 | 3.9 | 3.5 |
| Percentage of Adults Reporting 14+ Days of Poor Mental Health per Month | 14% | 12% | 12% | 13% | 11% |
| Mental Health Provider Rates | 4,410:1 | 460:1 | 420:1 | No Data | 370:1 |
| Suicide Rate per 100,000 population | No Data | 15 | 25 | No Data | 14 |

The chart shows Mental Health Statistics within ICCS Service area.

The No Data for Red Lake County and Clearwater county is where the numbers reported are too low to have statistical significance. Each of our Counties have high rates of Poor Mental Health Days and the ratios of number of people versus providers in the County is also much higher than the state ratio.

People experiencing depression or anxiety symptoms more than half of days

By detailed response, Minnesota, 8/19/2020 - 6/7/2021



Substance/Alcohol Use

Substance Use

In Minnesota, more than 2.5 million opioid prescriptions were reported as dispensed in 2019, a decrease of about 8.5% from 2018. Substance use in ICCC's service area includes both alcohol and drug use. ICCC staff identified many barriers to treatment for substance abuse and barriers to reintegrating into society after receiving treatment or serving time in jail or prison.

Barriers Identified:

- Lack of options for treatment in their community
- Lack of a support system near treatment centers or upon discharge
- Having to choose between work and treatment
- Childcare during treatment
- Duration of treatment
- Following treatment or incarceration for substance related crimes, people may face ineligibility for assistance, housing, and employment

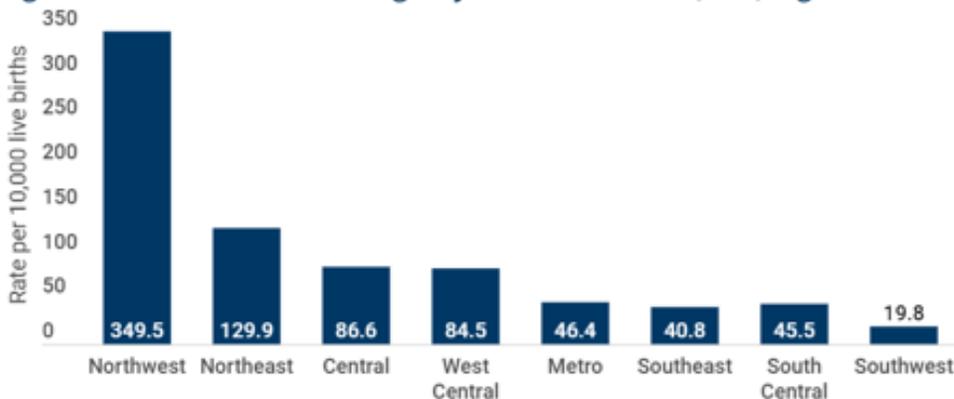
Alcohol Use

In 2019, most Minnesotans (60.5%) said they drink alcohol, according to Minnesota Department of Health, Minnesota has one of the highest binge drinking rates in the nation at 20.7%. According to the 2021 County Health Rankings, an average of 23.75% of people in ICCC's service area reported excessive drinking.

| Adult Alcohol and Smoking Rates | | | | | |
|--|------------|------------|------|----------|-----|
| | Clearwater | Pennington | Polk | Red Lake | MN |
| Adult Excessive Drinking (binge or heavy drinking) | 22% | 25% | 24% | 24% | 23% |
| Adult Smoking | 24% | 20% | 19% | 20% | 16% |

2021 County Health Rankings

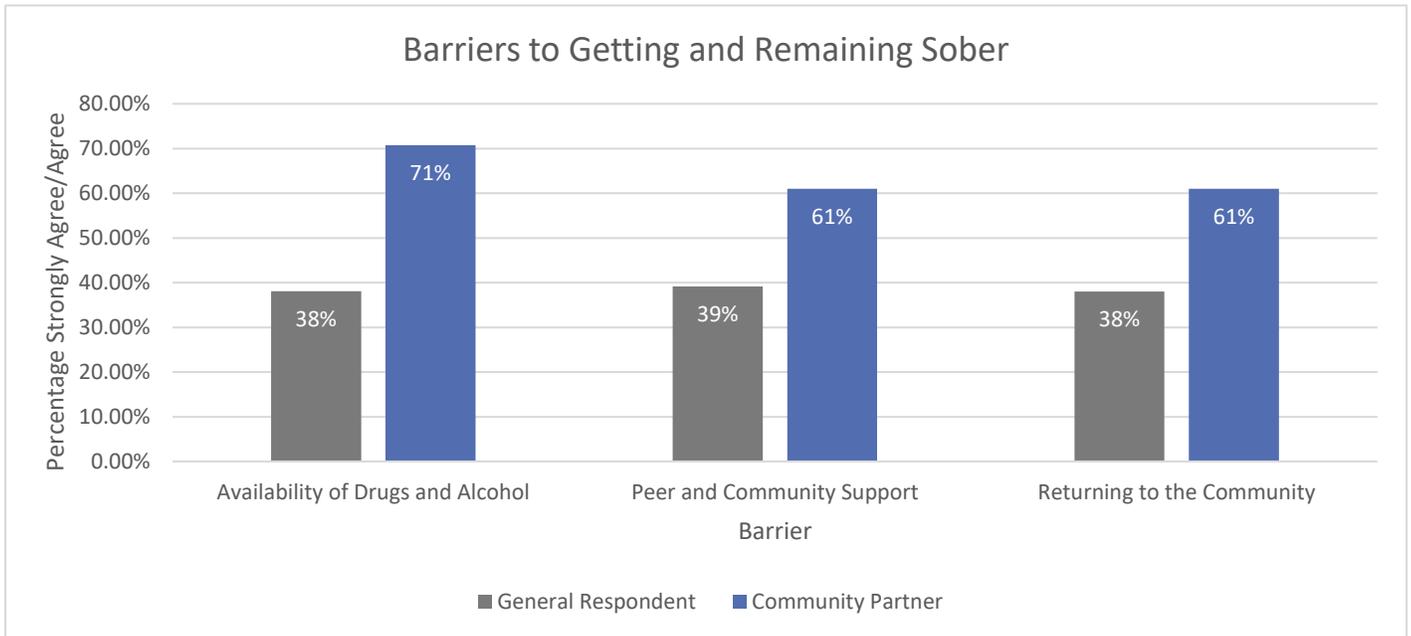
From 2012 to 2019, the rate of neonatal abstinence syndrome (NAS) was highest in the Northwest Emergency Medical Services (EMS) region.



The Northwest area of Minnesota, where ICCC's service area is located, had the highest rate of neonatal abstinence syndrome (NAS). With a rate of 349.5 per 10,000 live births. NAS is conditions that a baby has when they are withdrawing from specific drugs they are exposed to before birth.

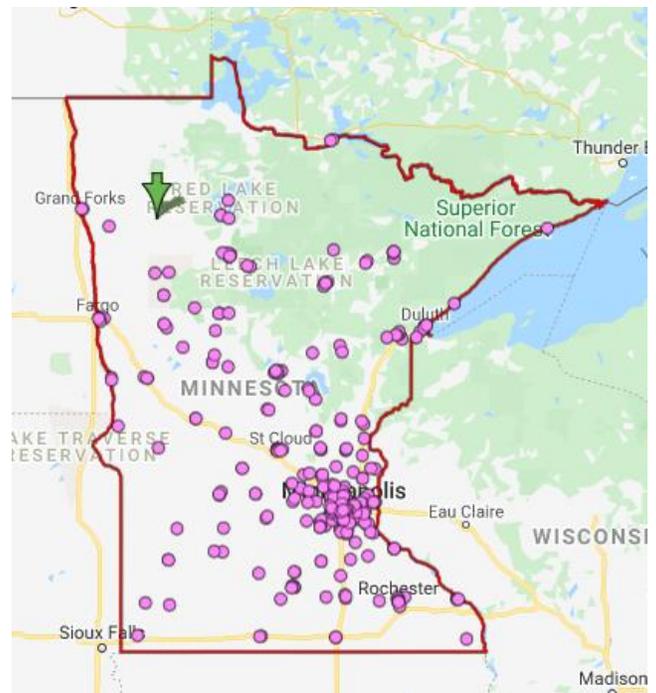
Source: Minnesota hospital discharge data

Survey Respondents (General and Community Partner) were asked what they believe were barriers to getting and remaining sober in their own life or in their communities. Community Partners believe availability of drugs and alcohol is the largest barrier to getting and remaining sober, while General Respondents believe peer and community support is the largest barrier.



Substance Use Treatment Facility Map

The following map is from the Substance Abuse and Mental Health Services Administration. The green arrow points to Oklee, which is near the center of ICCC’s service area. Each pink dot represents a substance use treatment facility of some kind, including those that offer in-patient, out-patient, virtual services, and detoxification. Not all facilities offer all services.



SAMHSA Treatment Locator, 2021

COVID-19

In our local surveys, the following were reported as hardships by the general public:

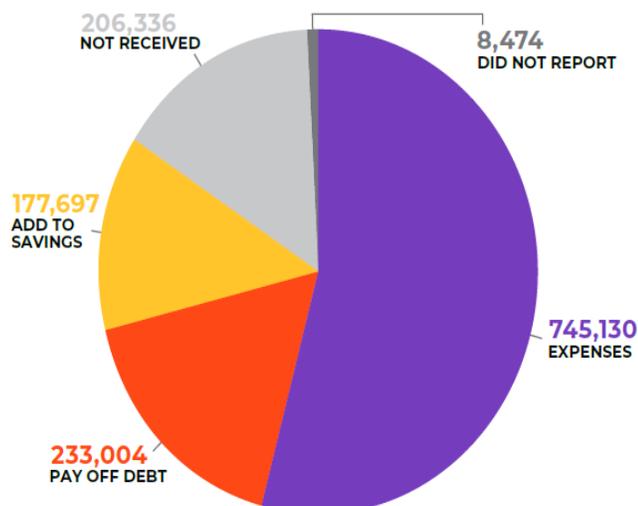
- Change or loss of work/job
- Illness and/or death due to COVID-19
- Loss of childcare
- Lack of socialization and support systems
- Managing distance learning with children
- Navigating online appointments
- Increased stress and anxiety

The following were reported as hardships clients faced, as reported by our community partners:

- Social isolation and/or impact on mental health due to social isolation
- Fear correlating with somewhat paranoid behaviors/statements
- Overwhelming care of their children while teaching school and working from home at the same time
- Lack of parental ability and/or desire to supervise and enforce distance learning attendance & participation
- General mental health concerns, fear/anxiety, depression
- Lack of access to mental health care in a timely manner
- Lack of “community” meals – missing the socialization that comes with eating meals together
- Loss of work/income
- Worsened medical problems
- Stress about medical bills if they contract COVID-19 and are seriously ill

STIMULUS PAYMENT USAGE IN MINNESOTA FOR HOUSEHOLDS WITH CHILDREN

Source: U.S. Census Bureau Household Pulse Survey, Week 9.



Connection & Strengths of the Community

Connection

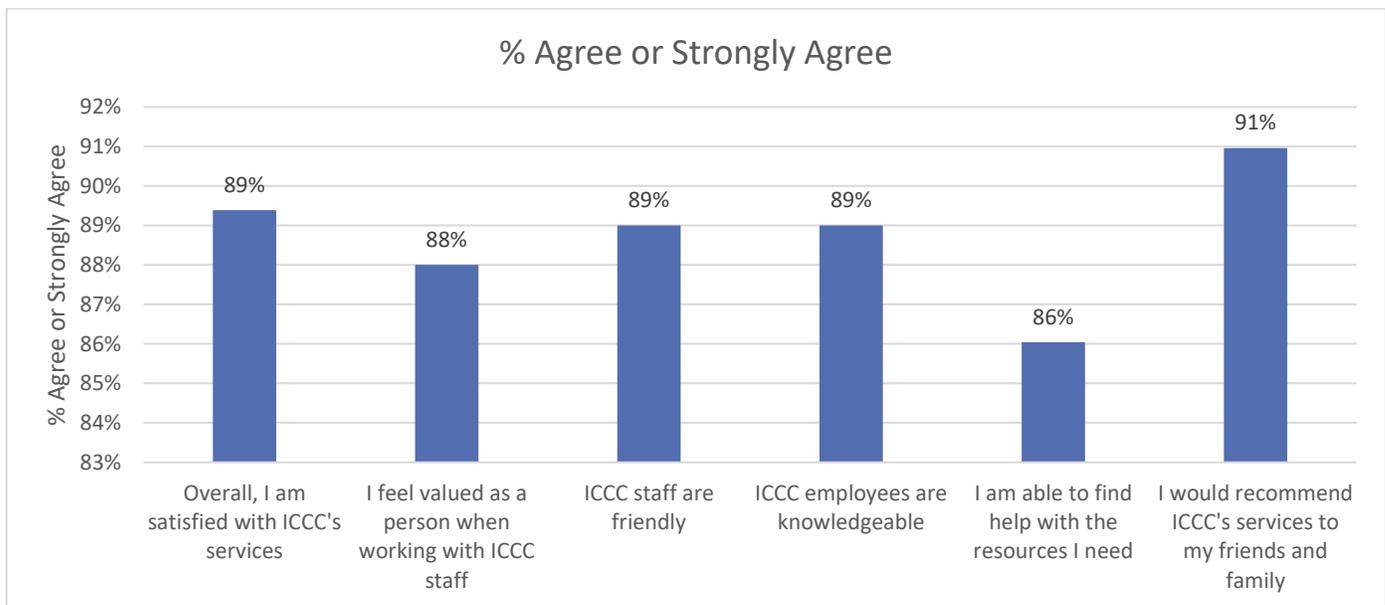
ICCC believes it is important for those in our service area, and those we serve to feel valued and connected to the community in which they live. When asked, 66.67% of General Respondents felt like they were a valued part of the community in which they live.

Strengths of the Community

Survey respondents were asked what they felt the strengths of the community are. The top three strengths identified are:

1. Kind, caring, supportive people willing to look out for and help each other.
2. Access and availability to basic goods and services
3. Job opportunities

ICCC Customer Satisfaction Data



“Connection: The energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship.”

-Brene Brown

Head Start/Early Head Start Resources

| | Clearwater | Pennington | Polk | Red Lake |
|--|---|--|---|---|
| Health | <p>Clearwater County Nursing Service: provides EPSDT to eligible children; assists local schools in completing preschool screenings. Available to any HS eligible children. Essentia Clinic, Sanford Clinic, Sanford Medical Center. All accept MA & MN Care.</p> | <p>Inter-County Nursing Service, Sanford Clinic / Hospital, Altru Clinic, Riverview Clinic, Hope Pediatric Clinic, Sedra Medical Clinic, Hearing on Main, NW Eye Clinic. All accept MA & MN Care.</p> | <p>Polk County Public Health: provides EPSDT to eligible children without a medical home; assists local schools in completing preschool screenings. Available to any HS eligible children. Essentia Clinic / Hospital, Sanford Clinic, Altru Clinic, Riverview Clinic / Hospital. All accept MA & MN Care.</p> | <p>Inter-County Nursing Service, Altru Clinic, Essentia Clinic, Riverview Clinic. All accept MA & MN Care.</p> |
| Dental | <p>Various Dental Clinics. Some will take MA/MN Care, however, they limit the number of patients they will see. Northern Dental Access— located in Bemidji and Halstad, but will do mobile community dental clinics for a fee.</p> | <p>Various Dental Clinics. Some will take MA/MN Care, however, they limit the number of patients they will see. Northern Dental Access— located in Bemidji and Halstad, but will do mobile community dental clinics for a fee.</p> | <p>Various Dental Clinics. Some will take MA/MN Care, however, they limit the number of patients they will see. Northern Dental Access— located in Bemidji and Halstad, but will do mobile community dental clinics for a fee.</p> | <p>No Dental Clinic located in this county. Northern Dental Access— located in Bemidji and Halstad, but will do mobile community dental clinics for a fee.</p> |
| <p>We are currently using 2 Collaborative Dental Hygienists that provide services to Head Start agencies. They conducted dental exams on-site and make referrals to area dental providers</p> | | | | |
| Nutrition | <p>WIC: nutrition tips, advice, supplemental food for income qualifying women, infants & children Food Support: nutrition assistance for eligible low-income families U of M Extension Service. Parent and child education. Food Shelves: Bagley,</p> | <p>WIC: nutrition tips, advice, supplemental food for income qualifying women, infants & children Food Support: nutrition assistance for eligible low-income families U of M Extension Service. Parent and child education. Food Shelves: Thief River Falls, Goodridge</p> | <p>WIC: nutrition tips, advice, supplemental food for income qualifying women, infants & children Food Support: nutrition assistance for eligible low-income families U of M Extension Service. Parent and child education. Food Shelves: Fosston, Erskine, Crookston, White Earth / Mahnomen</p> | <p>WIC: nutrition tips, advice, supplemental food for income qualifying women, infants & children Food Support: nutrition assistance for eligible low-income families U of M Extension Service. Parent and child education. Food Shelves: Red Lake Falls, Oklee</p> |

Head Start/Early Head Start Resources

| | Clearwater | Pennington | Polk | Red Lake |
|-----------------|---|--|---|--|
| Education | <p>ECFE: limited enrollment, no current count due to pandemic limitations School Readiness: <u>Clearbrook-Gonvick</u> (33) 4 year olds - 2 full days / week, with some Fridays (24) 3 year olds – 1 half day / week <u>Bagley</u> (40) 4 year olds (5 full days / week) 3 year old program suspended due to pandemic Head Start: 179 children 0-4 yrs, 18 in Bagley Center classroom Family Child Care Providers: 19 providers, 222 slots county wide Reduction of 44 slots since 2017</p> | <p>ECFE: limited enrollment, no current count due to pandemic limitations School Readiness: <u>Thief River Falls</u> (40) 4 year olds, full day, 2 days /wk (40) 4 year olds, 3 half days / wk (30) 3 year olds in 2 half days / wk <u>Goodridge</u> (20) 4 year olds, 3 full days wk (12) 3 year olds, 1 full day/wk Head Start: 179 children 0-4 yrs, 36 in TRF Center classroom Family Child Care Providers: 36 providers, 430 slots county wide Reduction of 196 slots since 2017 Child Care Centers: 144 slots in TRF</p> | <p>ECFE: limited enrollment, no current count due to pandemic limitations School Readiness: <u>Win-E-Mac</u> (25) 4 year olds 2 full days one week, 3 full days the 2nd week <u>Fertile</u> (26) 4s 2 full days /wk <u>Fosston</u> (40) 4 year olds, 2 full days / wk (15) 3 year olds, 1 half day / wk Head Start: 179 children 0-4 yrs, 8 in WEM LDO, 10 in Fosston LDO, and 6 in Clubhouse center classrooms Family Child Care Providers: 23 providers, 292 slots on east end of county in our service area Reduction of 42 slots since 2017 Child Care Centers: 66 slots in McIntosh New Center in Fosston anticipated opening January 2022 – 42 slots</p> | <p>ECFE: limited enrollment, no current count due to pandemic limitations School Readiness: <u>Red Lake Falls</u> (30) 4 year olds, 2 full days/wk (12) 3 year olds, 1 full day/wk <u>Oklee</u> (12) 4 year olds, 3 full days/wk * add'l day added for 21-22 (10) 3 year olds, 1 full day/wk <u>Plummer</u> (12) 4 year olds, 3 full days/wk * add'l day added for 21-22 (10) 3 year olds, 1 full day/wk Head Start: 176 children 0-4 yrs, 5 in the Oklee combination classroom Family Child Care Providers: 12 providers, 146 slots county wide Reduction of 34 slots since 2017 Child Care Centers: 41 slots in RLF</p> |
| Social Services | <p>Clearwater County Human Services: administers food support, MA, TANF, Child Care sliding fee assistance Tri-Valley Opportunity Council: administers rural transportation collaborative and THE Bus transit. Stellher Human Services & Lake Country Associates: provides mental health services.</p> | <p>Pennington County Human Services: administers food support, MA, TANF, Child Care sliding fee assistance. Tri-Valley Opportunity Council: administers rural transportation collaborative and THE Bus transit. Sanford Medical Services / Mental Health Division; The Village Family Service Center: provides mental health services.</p> | <p>Polk County Social Services: administers food support, MA, TANF, Child Care sliding fee assistance. City of Fosston: administers rural transportation collaborative and THE Bus transit. Northwestern Mental Health Center: provides mental health services.</p> | <p>Red Lake County Social Services: administers food support, MA, TANF, Child Care sliding fee assistance. Tri-Valley Opportunity Council: administers rural transportation collaborative and THE Bus transit. Northwestern Mental Health Center: provides mental health services.</p> |

Head Start/Early Head Start Resources

| | Clearwater | Pennington | Polk | Red Lake |
|-------------------------|--|--|--|---|
| Family Support / Crisis | <p>Violence Intervention Project: provides domestic violence advocacy, family support, safe parent visits, shelter for families homeless due to domestic violence situations.</p> <p>Salvation Army Emergency Support Life Center</p> <p>Evergreen Homeless Shelter (Bemidji)</p> | <p>Violence Intervention Project: provides domestic violence advocacy, family support, safe parent visits, shelter for families homeless due to domestic violence situations.</p> <p>Salvation Army Emergency Support</p> <p>Communities Caring for Children</p> <p>Life Care Center</p> | <p>Violence Intervention Project: provides domestic violence advocacy, family support, safe parent visits, shelter for families homeless due to domestic violence situations.</p> <p>Care & Share Center: homeless shelter and advocacy services, family support, thrift store for needy families.</p> <p>Communities Caring for Children</p> | <p>Violence Intervention Project: provides domestic violence advocacy, family support, safe parent visits, shelter for families homeless due to domestic violence situations.</p> <p>Salvation Army Emergency Support</p> |
| Demographics | <p>No. Children B-4 yrs: 552</p> <p>Child Poverty Rate (0-4): 24.9%</p> <p>Median Income: \$50,386</p> | <p>No. Children B-4 yrs: 929</p> <p>Child Poverty Rate (0-17): 10.2%</p> <p>Median Income: \$60,122</p> | <p>No. Children B-4 yrs: 552</p> <p>Child Poverty Rate (0-17): 19.8%</p> <p>Median Income: \$60,066</p> | <p>No. Children B-4 yrs: 251</p> <p>Child Poverty Rate (0-17): 14%</p> <p>Median Income: \$58,576</p> |

Disabilities / Homeless / Other Services

| | Clearwater | Pennington | Polk | Red Lake |
|------------------------------------|---|---|---|--|
| School Districts / ECSE Providers | Bagley Clearbrook-Gonvick BRIC Special Ed Coop Help Me Grow / IEIC | Thief River Falls (own program) Goodridge NW RIC Special Ed Coop Help Me Grow / IEIC | Fertile-Beltrami Fosston Win-E-Mac ASEC Special Ed Coop Help Me Grow / IEIC | Red Lake Falls Red Lake County Central ASEC Special Ed Coop Help Me Grow / IEIC |
| Services Provided | OT, PT, Education & Remediation, Speech / Language, EBD, TMI hearing | OT, PT, Education & Remediation, Speech / Language, EBD, TMI hearing | OT, PT, Education & Remediation, Speech / Language, EBD, TMI hearing | OT, PT, Education & Remediation, Speech / Language, EBD, TMI hearing |
| % of children Sp. Ed | Bagley – 18.3% Clearbrook-Gonvick – 15.7% STATE – 16.7% | TRF – 17.2% Goodridge – 13.3% | Fertile-Beltrami – 13% Fosston – 20.1% Win-E-Mac – 16% | Red Lake Falls – 11.9% Red Lake County Central – 14.3% |
| % of children Homeless | Bagley – 1.2% Clearbrook-Gonvick – 0.4% STATE – 0.7% | TRF – 0.7% Goodridge – 0% | Fertile-Beltrami – 0% Fosston – 0.3% Win-E-Mac – 0% | Red Lake Falls – 0.3% Red Lake County Central – 0% |
| % of children Free / Reduced Meals | Bagley – 42.2% Clearbrook-Gonvick – 47.1% STATE – 32.2% | TRF – 31% Goodridge – 44.3% | Fertile-Beltrami – 25.6% Fosston – 35.2% Win-E-Mac – 37.3% | Red Lake Falls – 27.1% Red Lake County Central – 35% |
| % of children ELL | Bagley – 0% Clearbrook-Gonvick – 0% STATE – 8.4% | TRF – 1.2% Goodridge – 0% | Fertile-Beltrami – 0% Fosston – 0% Win-E-Mac – 0% | Red Lake Falls – 0% Red Lake County Central – 0.5% |