


FIRST 5 MAKING AN IMPACT IN THE SACRAMENTO REGION

First 5 Colusa • First 5 El Dorado • First 5 Placer • First 5 Sacramento • First 5 San Joaquin • First 5 Stanislaus • First 5 Sutter • First 5 Yolo


 BOARD OF SUPERVISORS
 2010 MAY 26 A 11:10

May 25, 2010

The Honorable Jeff Grover, Chair
 District 3
 Stanislaus County Board of Supervisors
 1010 10th Street, Suite 6500
 Modesto, CA 95354

Dear Chair Grover:

On behalf of the First 5 Sacramento Region, I am pleased to provide you with the *First 5 Sacramento Region 2010 Impact Report*, which was prepared on behalf of the Children and Families Commissions of Colusa, El Dorado, Placer, Sacramento, San Joaquin, Stanislaus, Sutter and Yolo Counties.

This report describes the investments and accomplishments of First 5's in the eight-county Region. The great work being done for our young children is the product of effective community collaborations among nonprofit organizations, government agencies, schools, child care providers, parents and families. The responsible stewardship of Proposition 10 public funds is making a difference in our communities.

Some report highlights include:

- More than \$47 million invested to serve 75,942 children ages 0 to 5 and 86,706 of their parents and other primary caregivers in the Sacramento Region during 2008-09
- An investment of nearly \$11 million to reach 24,216 children with improved family functioning services and supports last year
- Services to support health access provided to 7,919 children and 4,837 parents and primary caregivers in the Region during 2008-09

If you desire additional information or have questions about the report, please contact John Sims at (209) 558-7272 or at simsj@stancounty.com.

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Enclosure



Supporting and Sustaining the Health, Wellbeing and Success of Our Region's Youngest Children & Their Families

The Impact of First 5 in the Sacramento Region

EXECUTIVE SUMMARY

April 2010

In 1998, California's voters passed Proposition 10 which imposed a fifty cent tax on tobacco products with the revenue generated providing the state's first funding stream dedicated to helping children from the prenatal state to age five grow up healthy in all respects and ready to succeed in school when they enter kindergarten. This movement is now known as "First 5" to emphasize the importance of the first five years of life.

Since becoming fully operational, First 5's in the Region have been leaders in providing prevention and essential services that strengthen children and families. As of 2009, First 5's have had about eight years to invest in programs and improved systems of services. This summary describes the impact of First 5 within eight counties in California's Sacramento Region: Colusa, El Dorado, Placer, Sacramento, San Joaquin, Stanislaus, Sutter and Yolo Counties.

Over 3 million people make a home in the Sacramento Region. The Region is home to 318,217 children ages 0-5. Most families in the Region earn less than the California median income. In the midst of the national economic crisis, unemployment in the Region is much higher than normal—in some counties, more than double the rate prior to the crisis. These rates range between a low of 11.3% in Placer County to a high of 25.9% in Colusa County.

While the Region offers a picturesque backdrop, challenges particular to the area do exist. Typical family concerns such as the price of gas, increasing grocery bills and California's notoriously high rent prices hinder many of the options the geography offers. Additionally, the expansiveness of the terrain can lead to isolation—those living in rural areas or the mountain's foothills may experience winter conditions that preclude driving into town for services.

Increasingly, First 5's are plugging holes in the local safety net caused by diminishing resources, greater demand for services and the state budget crisis.

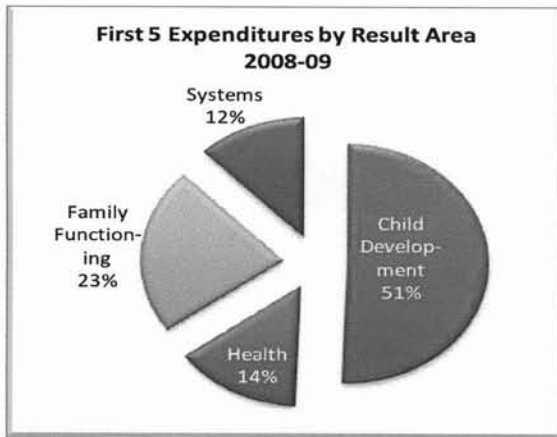
In 2008-09, First 5 Sacramento Region invested \$47,625,671 to serve 74,939 children ages 0 to 5 and 86,816 of their parents and other primary caregivers.



First 5 provides a flexible funding source that not only meets local needs, but brings millions of additional federal dollars into communities in the Region by providing the match that allows counties to leverage funds for nurse home visiting, prenatal care for high risk pregnancies, provider training, and an array of services that link children and families with needed care.

More and more people now live in the Sacramento Region. In fact, every single county in the Region has grown since First 5 was created. Despite the increase in population, child outcomes have improved because of First 5 contributions. More children are now being born healthy.

The percentage of First 5 investments in the Region across the four First 5 result areas is shown in the following chart.



As a result of these investments, 75,942 children, and 86,706 parents and other caregivers were served in 2008-09 in the Region.

The Bottom Line:

Children are healthier and families are functioning better. After over a decade of First 5's existence, fewer children ages 0 to 5 are growing up in poverty, family interventions have contributed to a decline in child maltreatment allegations, substantiations and entries, and as a result, children are staying safe with their own families. More mothers now receive early prenatal care. More infants are born at healthy birth weights, fewer are considered low birth weight infants and infant mortality rates are dropping. Adult smokers are decreasing in numbers, fewer youth are exposed to smoking at home and fewer youth are smoking themselves.

Children are ready for school. As a result of Proposition 10 funded services being provided to children ages 0 to 5, more second graders are scoring "advanced" or "proficient" and fewer second graders are scoring "below basic" or "far below basic" in English language arts and math since the first records in 2003. The special education population is receiving diagnoses and essential intervention earlier than ever before.

Child development is improving. Children and families are being screened earlier using standardized assessment tools. Families and children are connected to services and programs, and increased percentages of children are achieving developmental milestones. Quality standards for early care and education settings have been implemented and the education levels of child care professionals and skills and knowledge of family and informal care providers have increased.

Community awareness, collaboration and partnerships are enhanced. Hospitals, schools,

families and community leaders are contributing to improved infrastructure. Kindergarten teachers and early childhood education teachers are meeting at the same tables to discuss the same kids, families are forming their own support groups outside of First 5 sponsored activities, and Family Resource Centers (FRCs) have expanded throughout the Region to serve as vital community hubs.

The Details:

Health

There are many different factors that lead to good health. In the 2008 to 2009 fiscal year the Region invested nearly \$7 million dollars in a coordinated system of proven methods to improve children's health by addressing these factors.

- **Access to health services.** The lack of health insurance is a major barrier to receiving health care services. Access to health services continues to be a priority for the Sacramento Region. For example, in 2008-2009:
 - ▶ Services to support health access were provided to 7,919 children and 4,837 parents and primary caregivers throughout the Region.
 - ▶ More than 8,300 children and parents received primary care and prenatal care services, including breastfeeding support.
 - ▶ Every First 5 commission in the Region worked to help families find a medical home, reducing inappropriate emergency room usage and increasing access to preventive care.
- **Maternal health.** Focusing on health outcomes early for both mother and child has been shown to have long term benefits:
 - ▶ Since implementing Proposition 10, the number of pregnant women delaying prenatal care until after their first trimester has decreased by 3.4%.
 - ▶ Over the past nine years the average rate of births to teens in every county in the Sacramento Region has declined. Between 1999 and 2008 the rate decreased by 13.2 births for every 1,000 teens.
 - ▶ Since 2000, First 5 efforts have helped improve the overall breastfeeding rates for the Region as a whole; with El Dorado, Placer, Sacramento, Stanislaus and Yolo Counties exceeding the State rate and six of the eight counties reporting an increase in breastfeeding rates.
- **Oral health.** Tooth decay is the most common preventable disease affecting California's children,

causing pain, illnesses and problems with eating, sleeping and learning. First 5 is working in every county to improve oral health in many ways. First 5's coordinated system of education, screening and treatment for children ages 0 to 5 means that children enrolled in Healthy Kids or other First 5 funded insurance products also have access to dental care. Five of the eight counties fund direct oral health services, reaching more than 10,000 children in the Region.

- **Mental health.** In many counties, First 5 is a critical partner and funder of vital early childhood mental health services, using a coordinated systems approach. All eight counties support mental health through resource and referral as well as a variety of direct services ranging from early childhood counseling, a multi-disciplinary interview center, home visiting, screening, interventions, Differential Response programs and therapeutic interventions.
- **Nutrition and fitness.** Over one-third of California's children ages 2 to 5 are already significantly overweight or are at risk of obesity. First 5 has been on the forefront of fighting this looming health crisis by:
 - ▶ (1) educating children and parents about good nutrition; (2) encouraging child care providers and other service to promote good nutrition and physical activity; (3) offering activities for young children that create physical fitness; and (4) creating safe places for young children to play outside. In most counties, First 5 is the only source of flexible funding to support these types of projects.
 - ▶ Evidence of First 5's ability to have an impact on childhood obesity can be found throughout the Region, as six of eight counties in the Region fund direct services aimed at improving children's nutrition and physical fitness.

Child Development & Early Care and Education

First 5 has been a leader in raising awareness about the many facets of child development and in creating a Region-wide focus on the early detection and treatment of developmental concerns; and in preparing children to succeed in school.

- **Child development screening and referral.** Early screening is crucial. Children who receive early treatment for developmental delays are more likely to graduate from high school, hold jobs, and avoid

teen pregnancy and crime. There were 7,797 children ages 0 to 5 enrolled in special education throughout the Sacramento Region in the 2008-09 school year. This represents an average of 2.5% of the 0 to 5 population across the eight counties. First 5 is one of the only consistent funding sources for developmental screening of children ages 0 to 5, when intervention is most likely to be effective.

- **Children with special needs.** Because of First 5, more than 3,700 children in four counties were screened and at least 275 children a year received early intervention referrals and follow-up. Most likely, these children would not have had developmental issues identified until much later, if at all.
- **Early care and education.** Quality early care and education (ECE) programs are important to foster the intellectual, social and emotional development of children. Counties have invested heavily in improving the availability and quality of ECE throughout the Sacramento Region. These efforts have focused mainly on three core strategies:
 - ▶ Activities to increase access and availability of quality early care and education through training and retention of ECE providers, increasing access to early learning sites, and improving the quality of care through training and support.
 - ▶ In 2009, six counties in the Sacramento Region invested \$3.06 million in the CARES program on a 2:1 match (\$2.04 million from the counties and \$1.02 million from First 5 California). More than 12,000 children in the eight counties benefitted from First 5 investments in one year.

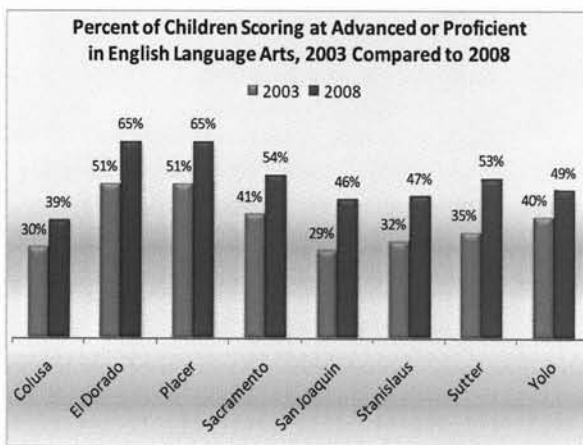
Readiness for School

Readiness for school upon entering kindergarten is vital to later success in school and in life. A recent California study shows children who are solid in their early academic and social-emotional skills significantly outscore their peers in English and math tests at third and fifth grades.

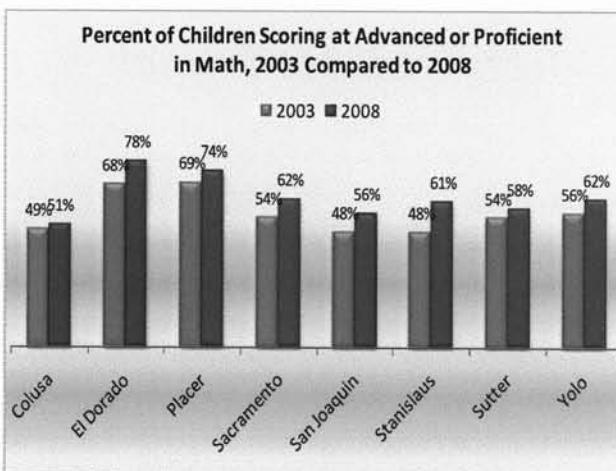
- **Readiness for school.** First 5 efforts are having a clear impact on school readiness:
 - ▶ Last year First 5 Sacramento Region invested \$17.1 million dollars and reached 31,438 by helping prepare 17,732 children and 13,706 of their parents be "ready for school." The average cost per person was \$44. All eight counties invest in school readiness through one or more of three primary strategies: comprehensive

school readiness programs, early literacy programs, and activities to help children transition into Kindergarten successfully.

- Since First 5 programs were just getting started in 2001, children in second grade during 2003 would not have had the benefit of any First 5 funded programs. By 2008, however, a significant proportion of second graders had been reached by one or more First 5 program during their earlier years.
- English language arts (i.e., reading) scores climbed in every county by 2008, with six counties showing double-digit jumps ranging from 13 to 18%.



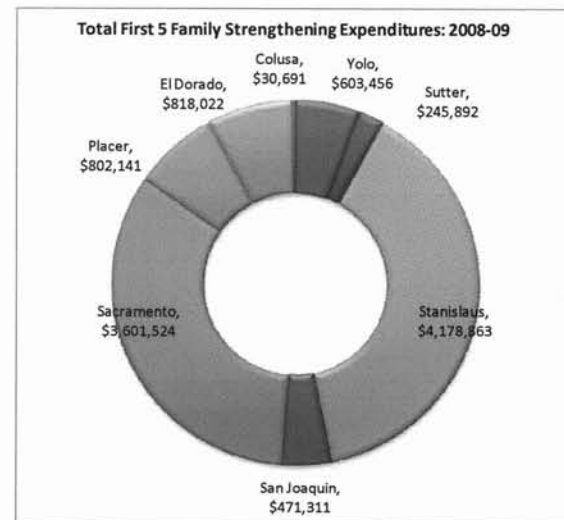
- Second grade math scores also climbed substantially from 2003 to 2008. Five counties showed improvements of at least 6% in the percentage of children scoring at Advanced or Proficient levels in math.



Family Support & Engagement

Parents truly are their children's first teachers, and often can benefit from information and support to meet their families' needs. First 5 has been the catalyst to greatly expand parent and family support and engagement services in the Region, through active partnerships between family members, programs, professionals and communities. Funded strategies are strengths-based and focus on building the assets within a family, regardless of the family's configuration. These strategies respect the culture and values of all types of families.

First 5 commissions across the Region invested \$10,751,900 in improved family functioning services and supports last year. These investments reached 24,216 children, representing 6% of the Region's population of children between the ages 0 to 5. This funding also provided services to 34,818 parents, primary caregivers and providers. A total of 59,034 persons were served directly through improved family functioning funding at an average cost of \$182 per person.



- **Family access to services.** When Proposition 10 passed in 1998, there were very few places in the Sacramento Region where families could go for centralized, coordinated, community based "one-stop" information and assistance. First 5 has changed this in a very profound way by creating or expanding Family Resource Centers (FRCs):

- Before Proposition 10, there were 17 FRCs located throughout the Sacramento Region. This represented approximately one FRC for

every 20,261 children ages 0 to 5, and their families.

- ▶ By the end of 2009, the number of FRCs throughout the region had grown to 41, a 241% increase. Now there is one FRC for every 9,028 children ages 0 to 5, and their families.
- ▶ This includes establishment of new FRCs in Colusa County and the development and expansion of a countywide network of FRCs in Stanislaus, Sacramento and San Joaquin counties.

- **Parent education and support.** First 5 is working to reach as many parents as possible through information, parent education programs and more intensive family support services like home visiting programs. For example:

- ▶ All counties in the Region provide broad based parenting information and supports by disseminating information through a number of strategies including publishing newsletters with parenting tips; participating in community fairs and outreach activities in order to link families to needed information and services; producing articles for local print and electronic media, and distributing the Kit for New Parents provided by First 5 California.
- ▶ More than 9,000 parents and primary caregivers in the Region participated in general parenting education or intensive parenting supports in the 2008-09 program year in addition to the parents and caregivers that received parent education and supports through other First 5 strategies, such as school readiness programs, child development initiatives or home visiting.
- ▶ Seven counties in the Region have First 5 funded programs to provide support services in the homes of families. This ensures that services are available in a familiar environment and language, and reduces barriers, such as lack of transportation or cultural differences that may prevent a family from seeking services.

- **Child safety.** Child abuse prevention is a major focus of First 5 with counties making substantial investments in family support and systems. When abuse does occur, First 5 funded programs often have a large role in improving family situations so abuse is not repeated. Some positive trends can be found from the work that First 5 has done in collaboration with county Child Welfare Services and other groups since 1999:

- ▶ Over the past nine years there has been a 12.7% increase in the total child abuse and neglect

reports in the Region, from 17,289 in 1999 to 19,448 in 2008.

- ▶ During this same time, the rates of child abuse reports per 1,000 children between the ages 0 to 5 decreased by 6.5 points for the First 5 Sacramento Region, while they increased for California.
- ▶ For child abuse cases opened, recurrence within 24 months for the Region as a whole had dropped to 3.8% of cases in 2008 – almost half of what it had been less than a decade before.

- **Family Literacy.** Adult literacy is crucial for the well being and development of children. Family literacy programs provide parents with the tools, skills and knowledge of how to support their children to learn specific skills that provide the foundation for child literacy success. In the Region:

- ▶ Five counties invested a total of \$328,983 specifically for family literacy activities in fiscal year 2008-09. As a result, an additional 3,160 parents and caregivers and 6,573 children were served for less than \$34 each.
- ▶ All counties investing in family literacy report that participation in literacy programs increased the amount of time and frequency families spent reading with their children.

Community Awareness & Capacity Building

The impact of First 5 goes far beyond increasing the type or amount of services for children and families. A critical role of First 5 is to help make services work better so that they are more accessible and effective for families. First 5 builds:

- **Community Awareness and Engagement to Benefit Children.** Every county is working to improve the linkages across different types of children and family services. The Sacramento Region implements effective strategies – “what works” – to increase awareness and support for children.
- **Service Capacity.** First 5 has enhanced the capacity of community services in every county in the Region through training and technical assistance, investments in physical infrastructure, investments to enhance service capacity, and developing the community’s capacity to solve its own problems.

- **Systems Change.** First 5 has sought to effect systems change by investing in strategies to maximize the impact of existing funding streams and enable programs to use limited resources in the most effective manner. Strategies used across the Region have enhanced data systems, reduced duplication of services, promoted web-based universal enrollment and created centralized registries related to immunizations and breastfeeding.

Efficient and Effective Use of Resources

First 5 is highly effective at investing in what works, holding service providers accountable to produce results, evaluating the results of investments and getting the most value possible out of available funds. Accountability is maintained through long-range program and financial planning, contracting and monitoring of funded programs, strong fiscal systems, and annual audits.



Ongoing investments have been made in evaluation processes throughout the Region. These include designing an evaluation framework for First

5 as a whole and for each program, creating systems to collect and report evaluation data, monitoring services delivered, analysis of specific desired outcomes, and regular discussion of evaluation findings with program staff and the First 5 commissions. At the same time, the Region's funding last year on evaluation and administration, relative to total expenditures demonstrates efficiencies across the Region with only 9.9% on average spent on administration. Evaluation expenditures average 4.4% in the Region, leaving 85.7% of all expenditures going to programs and services.

First 5 gets the most out of its limited resources. Four counties have used their funds as matching funds or other forms of leverage to secure over \$56.7 million in additional funding from federal reimbursements, foundations, special grants, investments from the business community and other sources over the past five years.

FY 2005-09	Tax Revenue	Leveraged Funds	% Leveraged
Colusa	\$ 1,167,025	\$ 113,000	9.7%
Sacramento	\$ 68,635,756	\$ 38,729,924	56.4%
Stanislaus	\$ 27,036,753	\$ 13,689,327	50.6%
Yolo	\$ 8,098,863	\$ 3,265,043	40.3%
Total	\$ 104,938,397	\$ 55,797,294	39.3%

Over the course of four years these counties have been able attract nearly 40% of the total tax revenues received in additional funds.

What Makes First 5 Unique?

Other characteristics that make First 5 special include:

- **Champion for children 0 to 5.** First 5 is uniquely focused on the first years of life, and addresses the full range of issues that lead to healthy, well developed children.
- **Catalyst for change.** First 5 focuses on results for children, not specific types of services, and is able to drive changes in services to create better results.
- **Local flexibility.** Each county is able to decide how to best use First 5 funds in order to meet unique local needs and complement what already exists.
- **Relationship based.** First 5 respects and builds upon family and community relationships; children are served in the context of their family and families are supported in the context of their community.
- **Prevention and early intervention focus.** First 5 is committed to preventing child health/development problems and addressing issues early.
- **Non Partisan.** First 5 is concerned about all children ages 0 to 5, not just particular income or demographic groups, or belief systems.
- **Partnership Spirit.** First 5 engages all sectors of the community – public and nonprofit agencies, businesses, parents and others – and strives to build lasting partnerships across sectors to serve children and families better.

The study was conducted by Social Entrepreneurs, Inc. The complete report is available from the First 5 Association of California website at www.f5ac.org.

First 5 Sacramento Region

*Supporting and sustaining the health,
well being and success of our Region's
youngest children and their families*

2010 IMPACT REPORT

*For the Children and Families Commissions of
Colusa, El Dorado, Placer, Sacramento, San Joaquin,
Stanislaus, Sutter and Yolo Counties*



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This report was prepared by Social Entrepreneurs, Inc. on behalf of the First 5 Sacramento Region Children and Families Commissions. The project was completed through a combination of regional technical assistance funding and individual county Commissions. The thoughtful guidance, extensive contributions of information and other support given by the dedicated people of the First 5 Children and Families Commissions in the Sacramento Region is gratefully acknowledged.

The majority of pictures in this report were provided by First 5 Commissions from the Region and show people, services and other activities supported by First 5 in their communities. Credits for other photos used are provided in the endnotes.

Overview

Introduction

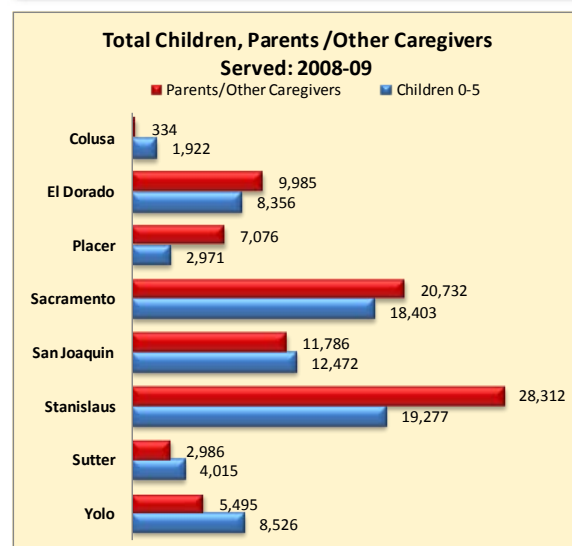
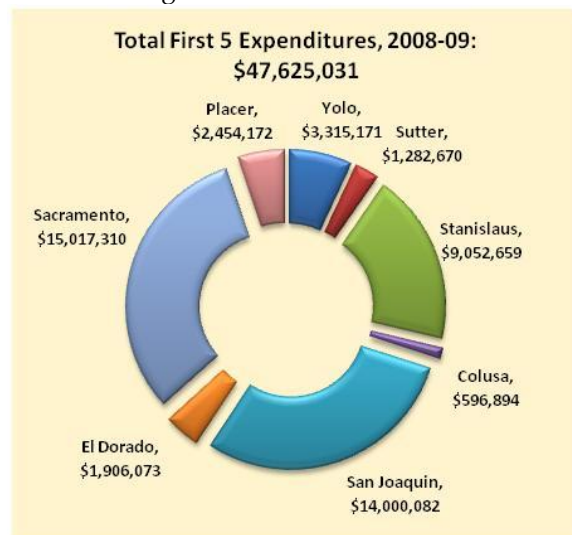
Our country and the state of California are experiencing a recession unlike anything seen since the Great Depression. While all are affected, none more so than the most vulnerable of all, our children. The impact of the current recession on children is expected to continue through next year and could virtually erase decades of improvements in American children's well being, according to a new report by the Foundation for Child Development.

The Foundation's Child and Youth Well-Being Index Project at Duke University recently issued its annual composite assessment of children's well being. The assessment concludes that through 2010, virtually all the progress made in family economic well being since 1975 will be wiped out because of the recession, taking a lasting toll on children. The projection is based on the analysis of data from past recessions and economic forecasts for the future.

First 5's in the Region have been leaders in providing prevention and essential services that strengthen children and families since the eight counties all became operational by 2001. Increasingly, First 5's are plugging holes in the local safety net caused by diminishing resources, greater demand for services and the state budget crisis.

First 5 provides a flexible funding source that not only meets local needs, but brings millions of federal dollars into communities in the Region. First 5 funds provide the match that allows counties to leverage investments in dollars for nurse home visiting, prenatal care for high risk pregnancies, provider training, and an array of services that link low income children and families with needed care.

Investments and numbers served in fiscal year 2008-09 are significant:



Note: Numbers are derived from annual reports that are submitted by each county to the state. These numbers represent services and counties make every effort to keep duplication of numbers served to a minimum. However, each county's ability to provide unduplicated counts differs.

The First 5 Sacramento Region has been leading the way for a healthier, brighter future for our children and our state for over a decade.

First 5's presence in the Region is more critical now than ever before. In the last 10 years of our work, we've seen more smokers quit smoking, child abuse diminish and more students graduating.¹ By combining world class research and no-nonsense practicality, First 5's in the Region are paving the way to a better future.

The Bottom Line: Has it worked?

More and more people are living in the Sacramento Region—in fact, every single county has grown since First 5 was created. Despite the increase in population, child outcomes have improved because of First 5 contributions. More children now are being born healthy.

Children are healthier and families are functioning better. After over a decade of First 5's existence, fewer children ages 0 to 5 are growing up in poverty. Family interventions have contributed to decreasing child maltreatment allegations, substantiations and entries, and as a result, children are staying safe within their own families. More mothers now are receiving early prenatal care.² More infants are born at healthy birth weights, fewer are considered low birth weight infants and infant mortality rates are dropping.³ Adult smokers are decreasing in numbers, fewer youth are exposed to smoking at home and fewer youth are smoking themselves.⁴

Children are ready for school. As a result of receiving services when ages 0 to 5, more second graders are scoring "advanced" or "proficient" and fewer second graders are scoring "below basic" or "far below basic" in English Language Arts and Math since the first records in 2003.⁵ The special education population is receiving diagnoses and essential intervention earlier than ever before.⁶

Child development is improving. Children and families are being screened earlier using standardized assessment tools. Families and children are connected to services and programs, and increased percentages of children

are achieving developmental milestones. Quality standards for early care and education settings have been implemented and the education levels of child care professionals and



skills and knowledge of family and informal care providers have increased.

Systems of care are improving. Hospitals, schools, families and community leaders are contributing to improved infrastructure. Breastfeeding is taught in hospitals, Kindergarten teachers and early childhood education teachers are meeting at the same tables to discuss the same kids, families are forming their own support groups, community leaders are moving forward for children, and Family Resource Centers (FRCs) have expanded throughout the Region to serve as vital community hubs.



All of this is made possible by the wisdom of the voters and the locally driven decision making of First 5's across the Region.

Background

Recognizing the need for an emphasis on children prenatal to age five, the people of California passed Proposition 10 in 1998. This was the state's first funding stream dedicated to helping children grow up healthy and ready to succeed in school upon entering Kindergarten. Prior to Proposition 10, California spent little on children during these important developmental years. First 5 has now been supported three times by the voters in California, demonstrating the value and impact of its services for children, families and communities across the Region and the state.

What is First 5?

The State Commission and fifty-eight county Children and Families Commissions—one for every county—were established after the landmark passage of Proposition 10 to create a new focus on early childhood development. Now recognized as “First 5” to emphasize the importance of those first five years of life, these commissions work to understand and address the needs of young children and their families.

The First 5 State Association created six Regions to increase collaboration within the state. The Sacramento Region is comprised of nine counties, eight of which are covered in this report: Colusa, El Dorado, Placer, Sacramento, San Joaquin, Stanislaus, Sutter, and Yolo.

Each commission is responsible for the management and investment of Prop 10 revenues in each county. First 5 California receives 20% of the annual revenues for statewide parent education efforts and administration. The remaining 80% is divided among county commissions, with county birth rates used to determine annual funding allocations. Funding allocations are made for services that result in outcomes to promote

support and improve the health, school readiness, family functioning and the development of all children, prenatal through age five.⁷



The Sacramento Region

The Region's geography is as complex and unique as describing the State's. With land stretching from valleys to mountains, the terrain leaves nothing to be desired. The Region's assortment of national forests and wildlife refuges are lush and uninhabited. Vast stretches of earth allow for farmlands. The area's rich soil and amenable weather have allowed much of the Region to remain rural and economically dependent on agricultural activities. Interstate 5 and Interstate 80 have led to tremendous growth in nearby communities throughout the Region, while areas that are in large part not highly traveled, have remained tiny farming communities. This juxtaposition of larger cities, bedroom communities and rural, agrarian towns is the essence of the Region.

Economy. Over three million people have found a home in the Region.⁸ As is the state and national trend, the placement of the population is shifting. While major cities like San Francisco and Sacramento are growing, many are choosing to make the commute and drive the extra distance for lower home prices, quality schools and friendly neighbors.

The primary industries throughout the Region are educational services, health care and social assistance; the retail industry is not far behind. The majority of persons living in the Sacramento Region work within a half an hour of their home and have a relatively short commute.



Most families in the Region earn less than the California median income. Following the 1960 Winter Olympics, the Lake Tahoe population boomed with the promise of a resort lifestyle. The highest valued homes are those in counties near Lake Tahoe, like El Dorado and Placer Counties; the lowest are those in more rural areas such as Sutter and Colusa Counties. Working families in the Lake Tahoe area often have difficulty finding affordable housing, and while rural areas offer lower home prices, the job market is significantly tougher. More populated urban counties like Sacramento, San Joaquin and Stanislaus offer reasonably valued homes for those working in Sacramento or San Francisco.

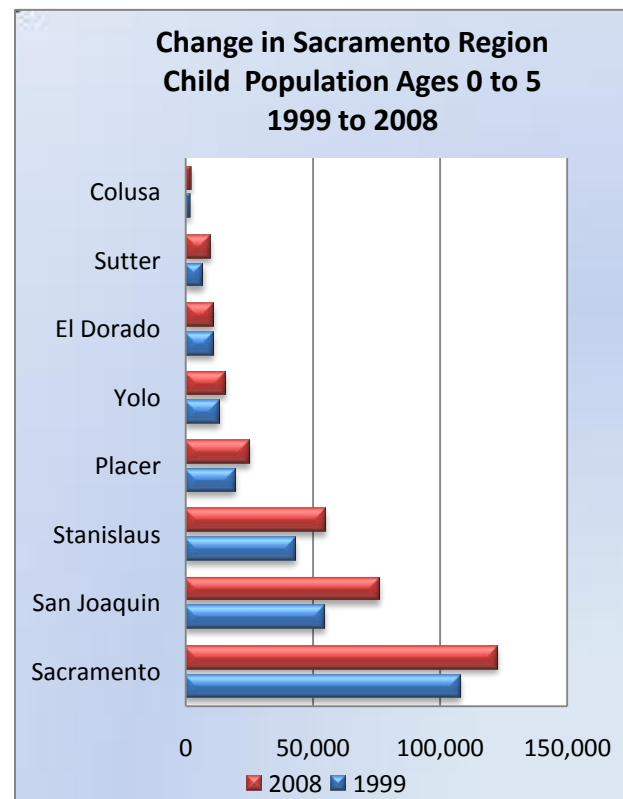
In the midst of the national economic crisis, unemployment in the Region is much higher than normal—in some counties, more than double the rate prior to the crisis. It is fair to say that the closer in proximity to a larger city, the lower the unemployment rate; the more rural a town, the higher the rate. These rates range between a low of 11.3% in Placer County to a high of 25.9% in Colusa County.⁹

Population. Although the average population density among the counties is roughly 160 people per square mile, the congregation of the populace is widely varied.¹⁰ This low population density can lead to isolation. Families living in rural areas, like Colusa County with 16 people

per square mile, are faced with a lack of services and have very different challenges than those living in more populated areas like Sacramento County. Public transportation is provided in most of the Region; many counties have internal transportation to get from town to town, and those that border hubs like San Francisco and Sacramento tend to provide commuter service. This helps to counteract feelings of isolation, but for those in rural areas, public transportation into larger cities can be a major barrier to employment and access to services.

Most people in the Region are White/ Caucasian, while Hispanic/ Latinos have grown to as much as one-third of the population in some counties. In most areas, the Asian population outnumbers the Black/African American population, particularly in areas closer to the Bay Area.

Half of the counties have a history that began with statehood, and the traditional values of hard work, honesty, perseverance and integrity that were valued in 1850 during the Gold Rush are still in place today.



Most of the 318,217 children ages birth to five living in the Region are members of families in which both parents work, and roughly one-quarter of the population is married with children.¹¹ Between 5.9% and 9.5% of families with children under the age of 18 are female-led households.

County	2008-2009	
	Children 0-5	Births
Colusa	2,113	367
El Dorado	11,126	1,814
Placer	25,310	4,035
Sacramento	122,819	21,389
San Joaquin	76,162	11,030
Stanislaus	55,094	8,549
Sutter	9,831	1,468
Yolo	15,762	2,669
Region Total	318,217	51,321

While the Sacramento Region offers a picturesque backdrop, challenges particular to the area do exist. Typical family concerns such as the price of gas, increasing grocery bills and California's notoriously high rent prices hinder many of the options the geography offers. Additionally, the expansiveness of the terrain can lead to isolation—those living in rural areas or the mountain's foothills may experience winter conditions that preclude driving into town for services.



The needs of the counties are as varied across the Region as they are within each county. Grassroots efforts and local government are supremely important to the people of the Sacramento Region and the efficiency and collaboration of these eight counties is essential to the Region's success.

The impact of First 5 goes beyond the multitude of essential programs and services that it has helped to create and sustain. To fully appreciate the effect that First 5 has had, it is necessary to understand the many roles that are served by First 5 – roles that were not being addressed or not fulfilled sufficiently before First 5 was created – and the characteristics that make First 5 unique. Here are some of the key ways that First 5 is truly unique, along with what local and state leaders have to say about the impact of each item in the Sacramento Region.

CHAMPION FOR CHILDREN 0-5

First 5 is uniquely focused on the first years of life, and addresses the full range of issues that lead to healthy, well developed children

These years are critical for children and we need to get the very best start we can give them (in the way that First 5 has been focused--on family, school and health). If you can make those foundation points, there's a good chance that you can see that all the way through the child's life. There's no moment in time that provides that opportunity.

-Gayle Erbe-Hamlin, Chief Administrative Officer, El Dorado County

CATALYST FOR CHANGE

First 5 focuses on results for children, not specific types of services, and is able to seek fundamental changes in services to create better results

Because of First 5's advocacy for FRCs and their partnership with our local child protective agency, we have really large positive changes at a systems level. Our county was able to fully institute a differential response or a first line of intervention using community resources for children that are victims or are at risk of child abuse.

-Kim Wood-Hiatt, Clinical Director of Sierra Vista Child & Family Services

LOCAL FLEXIBILITY

Each county is able to decide how to best use First 5 funds in order to meet unique local needs and complement what already exists in the community

When you think of public policy, you don't have the ability to actually fill in the gaps. In any large system, either national or statewide, there will be gaps in services (like in rural areas). Without having a safety valve type funding mechanism that can be responsive to local needs, you will not be addressing those needs. First 5 is that safety valve.

-Francesca Wright, Evaluation Consultant, Yolo County

HOLISTIC APPROACH

First 5 works across disciplines and acts as the "glue" to bring services together and fill critical gaps that no other funding source is able to address

The First 5 Commission has had a focus on ensuring that programs are knitted together and have leveraged funding/services for a continuum of services. When First 5 started funding programs, they forged partnerships and linkages between Child Protective Services and our programs. We now have a continuum of care, not just independent programs.

-Penelope Clarke, Commission Alternate, Sacramento County

RELATIONSHIP BASED

First 5 respects and builds upon family and community relationships; children are served in the context of their family, and families are supported in the context of their community

First 5 has played a major role, if not the only major role in a generational/cultural shift of generalized understanding of the importance of the first 5 years of life. Generally, parents and society as a whole didn't understand just how important it was. First 5 opened the eyes to the general public.

-Mickey Richie, Senior Analyst for California Rural Caucus, Sacramento County

PREVENTION AND EARLY INTERVENTION FOCUS

First 5 is committed to preventing child health/development problems and addressing issues early

This is the largest prevention program. The cost per child is \$1,600 on an annualized basis. A report will be released early next year to show that the cost of an open substantiated case in CPS \$100,000. According to calculations for the Board of Supervisors, if you took \$4 million away from a prevention program, you would need to add another \$25 million to deal with the problem afterwards.

-Sheila Boxley, Executive Director of the Child Abuse Prevention Council, Sacramento County

NON PARTISAN

First 5 is concerned about all children age 0 to 5, not just particular income or demographic groups, or belief systems.

This nation has to see children as its highest priority. Because it doesn't matter what party you're in, male or female, those children are non-partisan. We need to invest in our children for our future.

-Denyse Cardoza, Executive Director of KidZKount, Placer County

PARTNERSHIP SPIRIT

First 5 engages all sectors of the community – public and nonprofit agencies, businesses, parents and others – and strives to build lasting partnerships across sectors to serve children and families better

What we see over time, what all of us believe on the Commission, is that collaboration creates more service. That if we can reduce duplication, we can save money and then use that money we've saved to provide another service. And we believe that we've increased the access to services and health services in their communities. I don't think that would've happened without First 5 pushing because it would've been the "same old same old."

-Helen Thomson, Board of Supervisors for Yolo County

LEVERAGING OF FUNDS

First 5 gets the most out of its limited resources. Four counties have used their funds as matching funds or other forms of leverage to secure over \$56.7 million in additional funding from federal reimbursements, foundations, special grants, investments from the business community and other sources over the past five years.

I wanted to share an example of how First 5 has helped us leverage more assistance for San Joaquin County. I just talked with Carol Melcher from Linda University Medical Center Perinatal Services Network. She talked about the one day conference/workshop that the Perinatal Services Network is planning in May to help hospitals move towards becoming baby-friendly. I told her I would love for our hospitals to attend, but that getting any funds for travel would be very difficult. Carol said she might be able to bring the entire conference to Stockton, for her group to "pilot" before they present it in May. So we set a tentative date. We would get the same training that people who attend the May conference will get, along with the workbook and all the training materials. This is not breastfeeding training, but training on how to move forward towards hospitals becoming baby-friendly.

-Mary Woelfel, Coordinator for the Public Health Breastfeeding Initiative, San Joaquin County

ACCOUNTABILITY

First 5 is committed to evidence-based and/or promising practice programs, evaluation of services to assess results and strong fiscal accountability; annual independent audits show solid fiscal systems with no adverse findings

First 5 is the best thing going in government. I've worked a lot in government agencies, and you don't see anybody that's been evaluated like First 5. There's a higher level of accountability and because of this, the structure is excellent. Most of the money goes out to the counties, then to the state. Typically in reverse in California, so the state is protected.

-Brad Morrison, Contractor, Sutter County

The impact of First 5 in the Sacramento Region is explained further in the remaining sections of this report. Each section highlights a major area of investment – health, child development, early care and education, readiness for school, support for parents and families as a whole, efforts to coordinate services and make them more accessible to families, community awareness of early childhood issues, and the means to use resources in an efficient and accountable manner. The accomplishments of First 5 can be best appreciated by understanding the full range of ways that communities have been profoundly changed because there are champions for young children that have local control of the resources to turn visions into reality.

Health

Health

There are many facets to ensuring that children have good health. Prenatal care for pregnant women, together with breastfeeding and other practices after birth, increase the likelihood that infants will be healthy at the start of life. Regular access to health care services allows children to receive important preventive care and to have health issues addressed quickly before they become more severe. Oral health, mental health, nutrition and physical fitness are intimately connected to a child's ability to learn and can all profoundly affect the overall health of children.

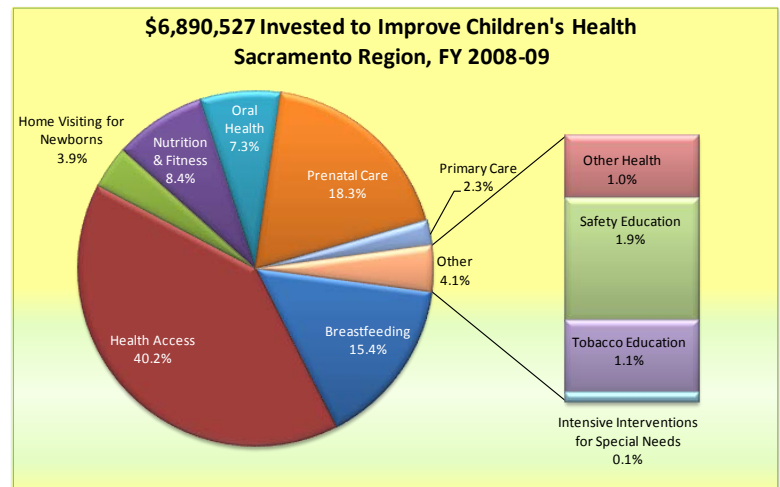
First 5 Sacramento Region recognizes the interrelated factors that lead to good health. In the 2008 to 2009 fiscal year, the Region invested nearly \$7 million dollars in a coordinated system of proven methods to improve children's health.

This section highlights the variety of ways that First 5 has had a positive impact on the health of children age 0 to 5 in the Sacramento Region.

Access to Health Services

The lack of health insurance is a significant barrier to receiving health care services. The inability to access care, in turn, leads to high economic costs as well as poor health outcomes.

The number of people without insurance continues to grow. Between 1999 and 2007, the number of states where *more than* one in three people under the age of 65 were uninsured more than doubled (from nine to 20 states plus the District of Columbia). California was one of the 10 states with the largest number of uninsured people (12,987,000) for some or all of 2006-2007. In California:¹²



- Four out of five uninsured individuals (79.3%) during 2006-2007 were from working families.
- More than 70% of the uninsured were from families with one or more people employed full-time.¹³
- In the eight-county Sacramento Region an estimated 380,000 children and adults were uninsured for all or part of 2007; including approximately 9,000 of the Region's children ages birth to 5.

The Institute of Medicine has identified significant consequences from lack of health insurance coverage, including:

- Decreased opportunity for normal development and educational achievement among children with untreated preventable health conditions.
- Loss of health and premature death.
- Increased anxiety due to the medical and financial consequences of serious illness or injury.
- Increased burden on hospitals and health providers from providing uncompensated care to the uninsured.
- Lost productivity as a result of the poorer health and premature death or disability of uninsured workers.

Health insurance improves preventive health care and reduces overall health care costs for the community. Studies of Children's Health Initiatives report higher rates of emergency room visits and hospitalizations for uninsured children;¹⁴ costing Californians approximately \$7,000 every time an uninsured child visits a hospital for a preventable ailment. In contrast, only 17% of that amount, or \$1,200, is needed to provide health coverage for each uninsured child all year.¹⁵

Access to health services continues to be a priority for the Sacramento Region. For example:

- Services to support health access were provided to 7,919 children and 4,837 parents and primary caregivers throughout the Region.
- More than 8,300 children and parents received primary care and prenatal care services, including breastfeeding support.

All of the counties in the Region have placed a high priority on linking families to available insurance coverage and increasing access to services for families who may not have coverage. Six of the counties fund health insurance products which extend coverage to families who are not eligible for MediCal, Healthy Families or private insurance. As a direct result of First 5 investments in health access:

- In Stanislaus County, there are now 1,701 children enrolled in health plans who did not have other health insurance. In addition, 2,991 children and pregnant women who did not previously have access to health care received services.
- More than 4,000 children in Colusa, El Dorado, Sacramento, San Joaquin, and Yolo Counties had health coverage through California Health Initiatives /Healthy Kids at the end of the 2007 fiscal year as a direct result of First 5 investments. Placer joined later in 2007.

Families are helped by First 5 to continue to re-enroll in the Healthy Kids programs each year. Two examples of success:

- In San Joaquin County, the number of children enrolled in Healthy Kids increased 54% over a four-year period. In one year, more than 1,200 children ages 0 to 5 and 280 pregnant mothers were enrolled.
- First 5 Sacramento County funds the Cover the Kids (CTK) program to provide comprehensive health insurance application assistance for families. Over the past two fiscal years:
 - ✓ 1,270 families, representing 1,404 children received insurance assistance
 - ✓ Health insurance coverage among children served by First 5 Sacramento's CTK program increased to 97%, exceeding the national average
 - ✓ Eight months after enrollment, nearly all children retained coverage (91.2% in 2008, and 97% in 2009)

First 5 Sacramento Region's Impact on Health Insurance

"First 5's across the state, and especially those in this Region, have been the lynchpin on making progress in children's health insurance. This movement wouldn't have taken off the way it did or have the staying power without First 5. The impact is profound. In the middle of 2009, there were 1,422 kids who were enrolled in Healthy Kids. Those kids would not have health insurance because the First 5 commissions were absolutely pivotal in getting the Children's Health Initiative created there."

*- Suzie Shupe, Executive Director
California Children's Health Initiatives*

However, insurance coverage does not always mean that children receive health care services. Every First 5 commission in the Region is working to help families find a medical home, reducing inappropriate emergency room usage and increasing access to preventive care.

What Healthy Kids Means for One Family

Raymundo, a Placer County father, worked at night and cared for his two young sons during the day. They did not have health insurance. One day Dad was doing some shopping with the boys and saw a bulletin board that advertised low cost insurance for children. He jotted down the phone number and within a week he was able to register his boys in Healthy Kids. Since he is still learning English, the enrollment assistance, including translation ensured he was able to understand the information and correctly complete the required forms.

- Parent of children enrolled in Healthy Kids, Healthy Future

- In 2005, 3.1% of the 64,000 emergency room visits in the Sacramento Region were by uninsured children ages birth to five. By 2007, the percentage had declined to 2.9%.
- Colusa, El Dorado, Sacramento, San Joaquin, and Yolo Counties had positive performance trends related to primary care and emergency room visits compared to Medi-Cal utilization rates. As an example of this trend, 92.6% of children living in Sacramento County in 2009 had all of their age appropriate well child visits, exceeding the national average of 85% for children younger than age six.
- San Joaquin County well child visits were above the averages for MediCal and Healthy Families.¹⁶

Finally, First 5 has created access to health care by offering mobile health services, providing community based health and development

screenings, and transporting young children and their parents to medical care.

- First 5 Colusa's Medical Out-of-County Transportation Program ensured that 10 children were able to attend 29 different medical visits for services not available in-county. Nearly all (70%) of these children were 12 months or younger, and 100% were primarily Spanish speaking.
- Stanislaus County Children and Families Commission funds MOMobile which provides primary care services including well child care exams for children and pregnant women.

Maternal and Infant Health

Focusing on health outcomes early for both mother and child has been shown to have long term benefits. Prenatal care reduces the risk of premature birth; low birth weight babies; and neonatal, infant and maternal mortality. Premature births have been shown to be a significant factor in infants' illness and disability, including vision and hearing impairments, delays in development, and chronic conditions such as asthma.¹⁷ Timely and proper prenatal care also means that some detected conditions can be treated in-utero.¹⁸

What Healthy Kids Means for Another Family

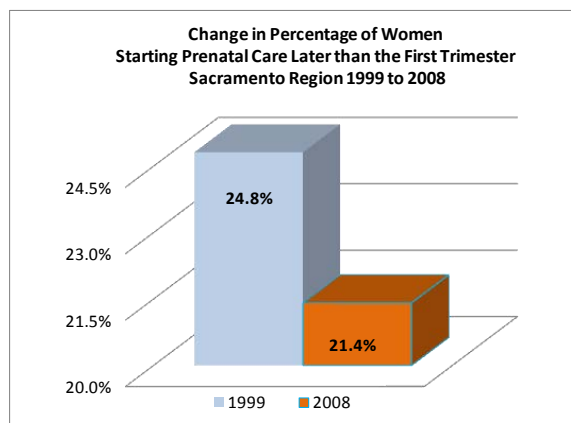
"Without Healthy Kids, Healthy Future my daughter would not have health insurance and it would be hard to take her to the doctor. Having my children covered by HKHF [means] I'm able to take her to the doctor so that she stays healthy."

"First 5 cares about the well being of the children overall and not just in a specific thing like other programs. For example, HKHF covers all of the child's doctor visits, not just for emergency. It covers whether an emergency or not ... for a cold, medicine, a specialist, or dentist."

- Parent of children enrolled in Healthy Kids, Healthy Future

Research shows that late or no prenatal care is more common among women with low incomes, low levels of education and lack of medical insurance. Three frequent reasons why women delay care are: did not know they were pregnant; did not have insurance or funds to pay for care; or, could not get an earlier prenatal appointment.¹⁹

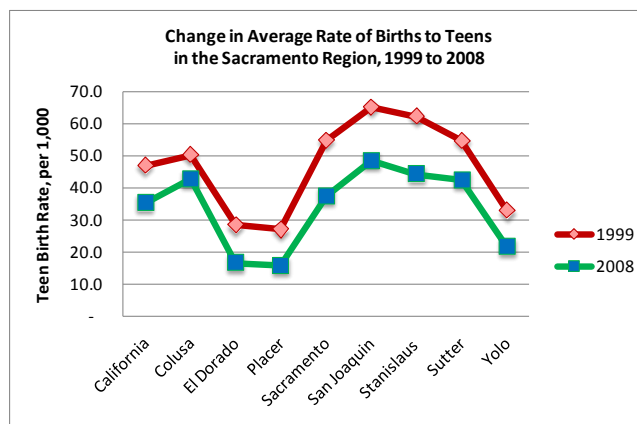
First 5's focus on health insurance access and enrollment has been a major factor in helping pregnant women to obtain insurance. Family engagement and parent education strategies described later in this report have also played a role in encouraging prenatal care. These types of activities connect parents, including first time mothers, to family, friends and other positive social supports and information that are factors in women seeking early care.²⁰



Since the implementation of Prop 10, the percentage of pregnant women delaying prenatal care until after their first trimester has decreased by 3.4 percentage points.

Another positive trend over the past nine years is the continued decline in the average rate of births to teens in every county in the Sacramento Region. Between 1999 and 2008 the rate decreased by 13.2 births for every 1,000 teens, which is remarkable, considering that two counties (Stanislaus and San Joaquin) are part of the San Joaquin Valley which was found to have the highest teen birth rates of any region in California in 2003.²¹

Teen parenting is expensive. The Public Health Institute estimates that babies born to teens cost their families more than \$3,000 a year in lost income and private medical expenses. The cost to California taxpayers is estimated at \$1.7 billion a year, or \$2,493 per baby.



Breastfeeding

Most medical associations acknowledge breastfeeding as the preferred method of infant feeding. Breastfed infants have lower rates of hospital admissions, ear infections, obesity, diarrhea, allergies and other medical problems than bottle-fed babies. Mothers who breastfeed have reduced risk for premenopausal breast cancer and ovarian cancer, and also have reduced rates of postnatal depression. Since breastfeeding promotes early attachment between mothers and their children, social-emotional health and developmental benefits are also realized for the children.

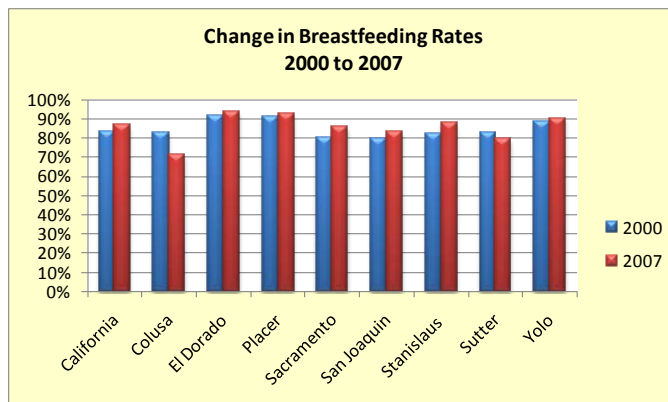
Education and support for breastfeeding has been an emphasis of many of the First 5 commissions in the Region.

- First 5 El Dorado provided in-hospital support, connections to community resources, and a follow-up home visit to 700 parents and 1,076 family members of newborns through the *Best Beginnings* initiative.
- First 5 San Joaquin provides technical assistance and training to hospitals to

increase breastfeeding rates. It also funds outreach to pregnant women to increase prenatal care and provide education about healthy lifestyles.

- First 5 Sacramento funds nutrition services which include lactation support for expecting and new mothers and “Baby Friendly” trainings to provide nurses and other hospital staff with the knowledge and skills to promote breastfeeding among new mothers and to assist committed hospitals to receive a “Certificate of Intent” from Baby Friendly USA. In addition, all First 5 Sacramento service providers promote breastfeeding. Results include:
 - ✓ The 6-and 12-month exclusive breastfeeding rates for children with mothers in nutrition classes is more than twice the national average (27.7% compared to 11.3%).
 - ✓ 12-month breastfeeding rates for mothers receiving any type of First 5 service increased from 13.4% to 19.0% in one year.
 - ✓ Two Birth Centers received “Baby Friendly” certifications; only 86 hospital and birth centers in the United States have achieved this status, which requires adoption of the “Ten Steps to Successful Breastfeeding,” outlined by the Baby Friendly Hospital Initiative.
- First 5 Yolo funded Woodland Memorial Hospital to distribute “formula free” gift diaper bags and follow up with mothers. At six months 22% of mothers reported they were still exclusively breastfeeding – a 16% increase over 2006 rates.

Since 2000, First 5 efforts have helped improve the overall breastfeeding rates for the Region as a whole (exclusive in hospital from 84.9% in 2000 to 85.6% in 2007); with El Dorado, Placer, Sacramento, Stanislaus and Yolo Counties exceeding the State rate and 6 of the 8 counties reporting an increase in breastfeeding rates.²²



Childhood Immunization

Vaccines work to safeguard children from illnesses and death caused by infectious diseases by helping prepare their bodies to fight diseases. In addition to the direct personal and community health benefits, three childhood vaccines (diphtheria, tetanus toxoids, and acellular pertussis; measles, mumps and rubella; and Type b flu) have been shown to provide significant cost benefits. Indirect savings from work time lost by parents to care for ill children, prevention of death and lost earnings from disability, etc. show savings that range from \$24 for every dollar spent on DTap to \$2 for the Hflv vaccine.²³



First 5's work in the Sacramento Region to ensure children have timely vaccinations is illustrated through these examples:

- The Sutter County Children and Families Commission funds the Initiative on Child Health (ICH) which provides no cost immunizations daily on a walk-in basis and

at special immunization clinics held in the community. Last year:

- ✓ 2,893 vaccines were provided to 705 children ages 0 to 5, representing 7.2% of the county's children in that age group.
 - ✓ 18% of children served by ICH did not have any insurance and would have had to pay for immunizations as an out-of-pocket expense.
 - ✓ 6% of parents surveyed indicated their children would have gone without immunizations this year if not for this program.
- First 5 Sacramento immunization rates for 2 and 5 year old children significantly increased over the past two years, and now exceed state and national averages.
 - ✓ 84.2% of two year olds and 91.7% of five year olds had complete immunizations in fiscal year 2007-08, compared to the state average of 78.6%.
 - ✓ One year later, these rates increased to 92.9% for two year olds and 100% for 5 year olds.

Prevention is Key

"Most of all, prevention is key. [Especially] when we spend trillions to right a wrong that we could have prevented."

- Cle Moore, Associate Director
Stanislaus County Health Services Agency

First 5 is working toward reaching the Healthy People 2010 target that 62% of children ages 5 and under will participate in a population-based immunization registry. In 2005, national data showed that only 56% of that age group was in a registry.

- In Stanislaus County, 99.7% of children ages 0 to 5 are entered in the countywide immunization data registry, greatly exceeding the Healthy People 2010 objective: 117,714 timely immunizations were given to children ages 0 to 5 as a result

of the countywide immunization registry; and, 94.7% of 2008 Kindergarten students were up-to-date on their immunization at the time of enrollment.

- First 5 Placer's Shots for Tots program registered over 2,400 children in the immunization registry: 43% of two year old children in the registry are up-to-date on their immunizations; and, 60 health care providers are now partner sites working to ensure children are receiving the necessary immunizations.

Oral Health

One in four elementary school children in California have untreated tooth decay,²⁴ making it the most common disease of childhood. Untreated oral health problems impact children in the Sacramento Region every day in important ways. Children with oral health problems experience persistent pain, leading to problems with eating, nutrition, sleeping and speaking. They are prone to repeated infections in their ears, their sinuses, and other parts of their bodies, because their infected teeth and gums are a continuous source of pathogens into the body.²⁵ Oral health problems negatively affect children's self-image, impacting school attendance and performance. It is estimated that in the U.S. more than 51 million school hours are lost each year because of dental related illness.²⁶



Oral health concerns are not the same for all populations, including:

- Children living in poverty suffer from twice the tooth decay as their more affluent peers, and their disease is more likely to go untreated.
- Children younger than age six receive approximately 16% of oral health services.²⁷
- Latino kindergartners are nearly 2.5 times more likely to have untreated dental decay than non-Latino white children.
- Children living in rural areas²⁸ have greater challenges accessing services due in part to limited practitioners in the area, long drive times to service, and limitations by payment type.

First 5's coordinated system of education, screening and treatment for children ages 0 to 5 means that children in the Region enrolled in Healthy Kids or other First 5 funded insurance products also have access to dental care.

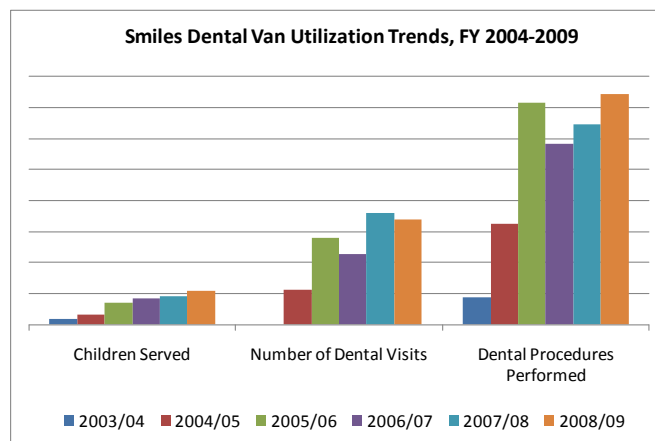
Oral Health Reach

6.4% of all children ages 0 to 5 across Colusa, El Dorado, Sutter and Yolo Counties received oral health care last year because of First 5 funded services.

First 5 also funds direct services to improve oral health access and treatments for children ages 0 to 5 and pregnant women, highlights include:

- Mobile Dental Services are provided in Colusa, Stanislaus, and Sutter Counties:
 - ✓ In Colusa, 240 children received oral health education and dental screenings; 102 of those children also received fluoride varnish.
 - ✓ In Sutter County a record 1,079 children were served last year; 48% of parents surveyed said their child would not have received dental services without the Mobile Dental van. The number of children served, visits and dental

procedures performed continues to grow each year, as shown in the chart below.



Not only have the number of services to children in Sutter County increased, but so have the percentage of children returning each year. This indicates the program has been successful in achieving two goals: attracting new clients to the dental van, and providing a “dental home” to other, returning clients. Finally, as the program has grown, so has the complexity of services offered.

In 2009, the dental van served 1,079 children. In addition to providing an average of nearly three sealants and four x-rays per child, they also completed:

- ✓ 1,1151 fillings
- ✓ 216 extractions
- ✓ 84 steel crowns
- ✓ 41 pulpotomies

- First 5 El Dorado's Oral Health Access Initiative provided education and access to care for 678 children ages 0 to 5 last year, an increase of 23% over the previous year. Three out of four parents surveyed reported having dental insurance for their child and 66% have a dentist that regularly cares for their child.
- First 5 Yolo increased access to care as clinics provided an additional 128 hours of

dental care per week. Wait times for non-urgent care dropped 61% for pregnant women and 13% for children. Last year 978 children and 370 pregnant women received oral health services. Oral health care during pregnancy decreases the risk for early childhood caries (ECC) in the child and may reduce the incidence of poor pregnancy outcomes.²⁹

- First 5 San Joaquin continues to increase the percentage of children ages 3 to 5 that receive dental exams. Between 2006 and 2008, 1,031 children were served, a three-year average of 55% – higher than the average for First 5 California as a whole.

Children who live in communities with fluoridated water have a 15 to 40% reduction in dental caries.

- First 5 Sacramento is improving oral health by investing in direct services, infrastructure and systems change to increase oral health outcomes for children. These changes include dental clinic construction and upgrades; investing in water fluoridation projects to meet the Healthy People 2010 Goal of 75% of water fluoridation in populated areas, and increasing access to dental health services through the Cover the Kids (CTK) program. Impacts include:
 - ✓ Added 26,774 new fluoridated water service connections that have been effective since 2007, and increased the percentage of county residents with fluoridated water from 37% to 45%.
 - ✓ Increased the percentage of CTK children seeing a dentist by their first birthday from 3.2% to 13% in fiscal year 2008-09.

Mental Health

Nationally, one in five children has a diagnosable mental health disorder.³⁰ Yet roughly three out of four children in need of mental health services do not receive treatment,³¹ increasing the likelihood that they will experience problems at school, conflicts with family or peers, violence, drug abuse and even suicide.³² Research suggests that many of these mental health disorders in children might be avoided or ameliorated with prevention, early detection and intervention.

Types of early intervention services shown to be effective in supporting young children and their families include:

- ✓ *Parent-Child Interactive Therapy* – which helps parents learn to read and respond appropriately to their child's cues.
- ✓ *Individual or Group Play Therapy* – during which children learn to express or regulate emotions through play.
- ✓ *Parent Psychotherapy/Education* – in which primary caregivers learn to understand their childhood or mental state, and its impact on parenting.
- ✓ *Provider Consultation* – in which specialists help early childhood providers address the social, emotional, and behavioral needs of individual children or the whole group.

In 2004 it was estimated that 7% of children between the ages of 0 and 5 living in the Sacramento Region were affected by severe mental illness (SMI) and severe emotional disorders (SED).³³

Year end data reports for FY 2006-07 showed that only 12% of the estimated number of children with mental health disorders received mental health services.³⁴



Behavioral Supports and Interventions
Make a Difference

Jose's father asked for services, stating that Jose (3 ½ years old) refused to do what the parents asked, had tantrums; the father feared that other children would hit Jose because of his behavior. At the home visit it was apparent that Jose's language abilities were limited to a few words and most of his communication was done by gesturing. The assessments completed by the parents indicated Jose's social emotional development was atypical for his age. The specialist suggested the parents give Jose one or two word instructions, a great deal of praise for any and all compliant behavior, put him in time-out immediately when he did not comply and spend time playing and reading with Jose every day. She stressed that the behavior plan would only work if it were applied consistently. Progress came slowly, even though the specialist modeled consistent expectations, follow through and verbal appreciation techniques for the mother.

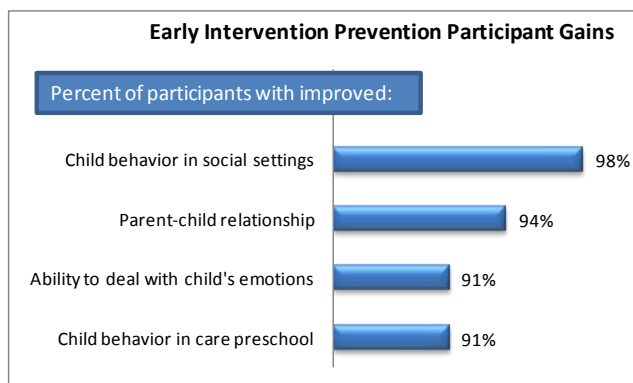
After the fourth home visit the mother reported that Jose's behavior was improving. At a family gathering, everyone commented on the positive change in his behavior and ability to successfully play with some other children at the gathering. During the next two home visits Jose participated in the activities, followed directions and cleaned up after the activities. The mother told me that she was so happy because now she can go to the store and other public places and not have to worry about Jose having tantrums. While Jose and his parents have many challenges ahead, they are all developing skills to help with those challenges because of the Child Development Initiative.

-Sutter County Children and Families Commission

In many counties, First 5 is a critical partner and funder of vital early childhood mental health services, using a coordinated systems approach.

Examples of First 5's impact in the Region include:

- First 5 El Dorado's *Divide Early Childhood Counseling* project provided counseling services to 23 children and 40 parents and primary caregivers. An additional 105 parents and caregivers of 104 children ages 0 to 5 participated in a 4-week course to address difficult behaviors in children.
- The Stanislaus County Children and Families Commission funds a number of projects that support parent and child mental health. Last year 2,334 caregivers of children ages 0 to 5 were screened for depression, and 505 (22%) were referred for mental health services as a result. Those services are producing results, as illustrated by the *Early Intervention Prevention Program* findings:
 - ✓ 67% of services were provided to non-white children and families.
 - ✓ 73% of clients with risk factors showed improvements.
 - ✓ 88% of parents feel their children are more like other children of the same age.
 - ✓ Significant improvements were found in relationships and behaviors. They included:



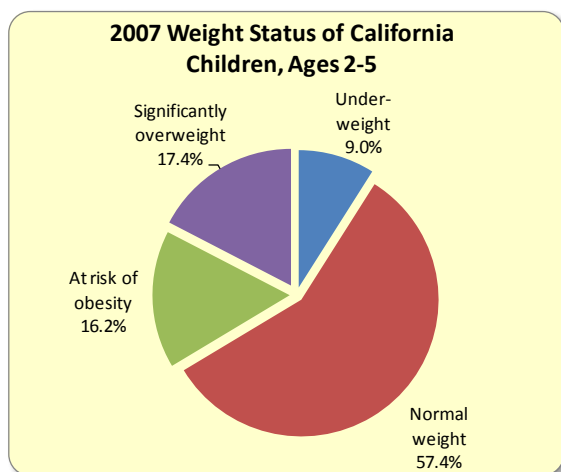
- Sutter County Children and Families Commission's *Child Development Initiative* provides early screening and intervention for children that have significant behavioral problems. Ongoing assessments and

referrals to outside specialists are also made. Last year 41 families were referred for service; 38% of those served completed all goals, and 25% completed some goals. Parents demonstrated improved ability to work with their children successfully.

- First 5 Yolo has committed to fund several community agencies over the next seven years to address needs identified through the Early Childhood Mental Health Needs Assessment.

Nutrition and physical fitness

There is a growing epidemic in childhood obesity in California. As shown in the following graph, over one-third of California's children ages 2 to 5 are already significantly overweight or are at risk of obesity.³⁵ Being overweight at a young age carries into later life; overweight preschool age children are five times more likely to be overweight at the age of 12.³⁶



Children are rated as significantly overweight based on being over the 95th percentile of the Body Mass Index (BMI) for their age and are at risk of obesity based on being between the 85th and 95th percentile of the BMI for their age

Good nutrition, together with regular physical activity, is essential to combating this epidemic.

Medical care costs associated with obesity exceed care costs for both smoking and problem drinking. Based on Surgeon General estimates,

the total cost of obesity in California is \$14.2 billion.³⁷

Overweight children face a greater risk of problems including Type 2 diabetes, high blood pressure, high cholesterol, asthma, and orthopedic problems. Overweight children also suffer psychosocial problems, including low self-esteem, poor body image, and symptoms of depression. For girls in particular, poor self-image from being categorized as obese follows them into adulthood, resulting in fewer years of completed education, lower family incomes, and higher rates of poverty, regardless of their initial socioeconomic background. Obese children are also hospitalized more often than children with healthy weight.³⁸

First 5 has been on the forefront of fighting this looming health crisis. Four main approaches are being used: (1) educate children and parents about good nutrition; (2) encourage child care providers and other service providers working with young children to promote good nutrition and physical activity; (3) offer activities for young children that create physical fitness; and (4) create safe places for young children to play outside. In most counties, First 5 is the only source of flexible funding to support these types of projects.

Evidence of First 5's ability to have an impact on childhood obesity can be found throughout the Region, as six of eight counties in the Sacramento Region fund direct services aimed at improving children's nutrition and physical fitness:

- First 5 San Joaquin includes nutrition information and services as part of its school readiness programs, and includes supplemental nutrition and physical fitness curricula during home visits.

- ✓ 100% of parents reported their child's physical activity levels increased due to the program; all noted improvements in healthy eating habits.
- ✓ Parents also made behavioral changes, including taking their children to the park regularly, cooking at home, and offering healthy foods and snacks.



- Stanislaus County Children and Families Commission provides health and nutrition education and activities through *Healthy Birth Outcomes*, *MOMobile 1*, and *Healthy Start* sites throughout the county. Last year 685 pregnant women and mothers of infants made positive changes after taking parenting, health education and nutrition classes.
- First 5 Yolo educated 2,811 children, 461 parents and family members, and 122 child care and preschool teachers with health and nutrition education last year. All of the *Movable Market* families increased fruit and vegetable consumption, and all of the children in *Get Ready* families increased their weekly physical activity levels.
- First 5 Colusa partners to provide a variety of activities, including nutrition education, and Mileage Club program in which children in Kindergarten are encouraged to walk laps around the track as often and as much as possible, setting good examples for their younger siblings and parents.

- First 5 Placer efforts have also produced improvements: 54% of participants in *North Tahoe FRC* nutrition classes gained knowledge on how to choose healthy foods for their families, and 91% reported they will change one or more food shopping habits. After participating in *University of California Cooperative Extension Nutrition BEST*:

- ✓ 82% of parents will now role model healthy lifestyle habits.
- ✓ 95% will serve less high fat, high sugar foods.
- ✓ 98% will offer more fruits, vegetables and whole grains to their children.
- ✓ 92% of parents have a high level of knowledge about recommended physical activity for their children.
- ✓ 82% of child care providers now provide more physical activity opportunities for children in their programs.

One Community's Recipe for
Improved Nutrition, Physical Exercise
and Family Connections

The garden project is designed to help families in these very difficult economic times. It builds on elder skills in the families and focuses on family members, including children, assisting in family food supply and nutrition.

Although many Cambodian, Hmong and Lao adults, and elders were farmers in their homeland, in Modesto they often have very little or no yard space in which to garden.

The Bridge, with the help of volunteers and staff have developed a demonstration and teaching project focused on container and small space organic intensive gardening.

-- The Bridge FRC Program Highlight
Stanislaus County Children and Families
Commission

- First 5 Sacramento also addresses children's nutrition and physical fitness needs through:
 - ✓ Nutrition and physical activity education for children and their parents; physicians and nurses; child care providers; and, low income housing areas. Education helps parents integrate healthy eating, active living and appropriate feeding changes into daily living.
 - ✓ Tot Lots – indoor and outdoor play spaces for children were established or planned in 25 sites throughout the county.



Child Development

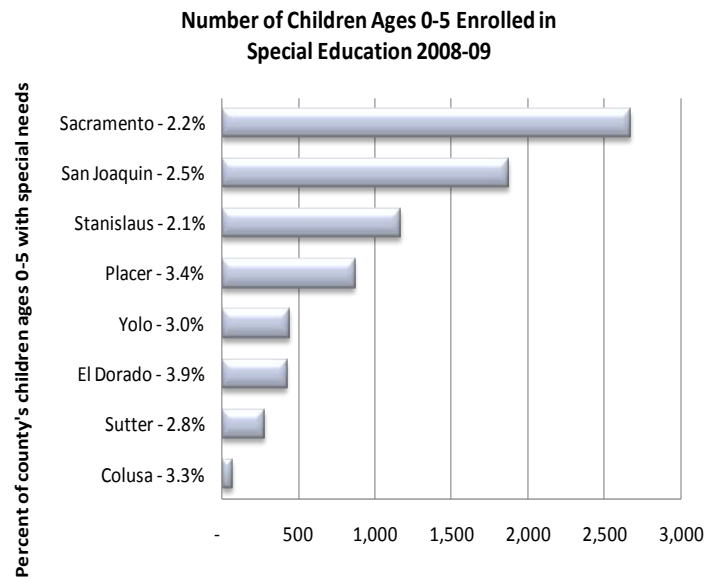
Child Development

There are five domains that cover different aspects of child development: cognitive development, social-emotional development, language/linguistic development, fine motor skills and gross motor skills. First 5 has been a leader in raising awareness about the many facets of child development and in creating a Region-wide focus on the early detection and treatment of developmental delays or concerns. As a result, children are receiving the support they need in their first five years to reach their full potential and enter Kindergarten ready to succeed.

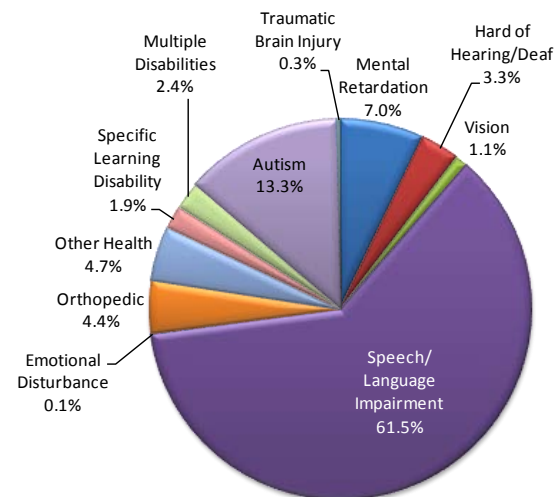
Developmental Screening and Assessment

Early detection of developmental delays and intervention prior to Kindergarten have huge social and economic benefits. Studies have shown that children who receive early treatment for developmental delays are more likely to graduate from high school, hold jobs, live independently, and avoid teen pregnancy, delinquency, and violent crime. These improvements in life outcomes created by early intervention for developmental delays produce savings to society ranging from \$30,000 to \$100,000 per child. Put another way, for every \$1 we spend on early intervention, society saves \$13 – a savings so substantial that countries such as Great Britain fund early intervention programs directly from their national treasury.³⁹

There were 7,797 children aged 0 to 5 enrolled in special education throughout the Sacramento Region in the 2008-09 school year; representing an average of 2.5% of the 0 to 5 population across the eight counties.⁴⁰



Percent of Region's Children Enrolled in Special Education by Type of Disability, 2008-09



As the chart above shows, the greatest proportion of children in the Region have disabilities related to speech and language impairment (n=4,796), which can be positively affected with early intervention.

Research finds that cognitive disparities can be found in children as early as nine months. For children who score low on cognitive assessments, particularly those with at-risk backgrounds and multiple risk factors – those living in poverty or from low income families, English language learners, children whose mothers have low education levels, and racial or ethnic minority children – the gap in cognitive assessments continues to grow over time.⁴¹

Training, Early Screening & Assessment
Makes a Difference

Great Beginnings (San Joaquin County) received a phone referral from one of the recent participants at an ASQ (Ages & Stages Questionnaire) training session conducted for the Community Partnership for Families (CPF). The staff member stated he was doing an intake on a family and encouraged the dad to stay so they could complete an ASQ on his almost 4 year old son. The staff member was concerned because the child was not toilet trained, did not talk and the parent had to turn the child's head to face him before the child appeared to listen. The ASQ was completed and the child indeed needed a referral. During the phone referral to Great Beginnings the CPF staff was encouraged to make a referral to Valley Medical Regional Center's Children's Unit, Monroe School and help the family contact Family Resource Network.

The child was seen by Great Beginnings in less than a week for an assessment and hearing screening. Although the family was hesitant about the referral, the CPF staff's assurance and interpretation support made them feel more confident. The ASQ follow-up training had taught the CPF staff the importance of making speedy referrals and how to explain the need for a referral to a child's family.

- Program Highlight First 5 San Joaquin

First 5 support is critical to ensuring that these children are screened early for developmental concerns and that the children with identified

concerns receive the services they need to address those concerns. First 5 is one of the only consistent funding sources for developmental screening of children age 0 to 5, when intervention is most likely to be effective.

Highlights from programs sponsored by First 5 in the Region include:

- First 5 El Dorado's *Together We Grow* project screened twice the number of children last year than it did the previous year. There were 1,334 children screened using the Ages and Stages Questionnaire. Children with identified concerns related to achieving developmental milestones were referred for additional services or supports. Almost half (47%) met their developmental milestones. When El Dorado County parents were asked if their child had a developmental screening at some time, 62% said yes; 54% of those children had been screened within the past year.
- As mentioned in the Health section, Sutter County uses a developmentally-based approach to address children's physical and psychosocial needs through its *Bright Futures* project. Last year, *Bright Futures* screened 359 children. Nearly half of the referrals for additional services were literacy related.
- In Stanislaus County comprehensive developmental screenings are provided by a number of providers, including the network of Family Resource Centers, El Concilio, and Children's Crisis Center. Nearly 1,500 children ages 0 to 5 were screened for educational development issues, and 133 (9%) were referred for further assessment or services. The Bridge FRC serves the Southeast Asian community and provides a good example of how effective culturally appropriate early screenings and assessments can be. Last year the Bridge assessed 81% of all children and families served with a strengths-based assessment; 84% of the children age 0 to 5 whose families were assessed received developmental

screenings, and 100% of the children who needed a referral based on the screening were referred for services.

- First 5 San Joaquin integrates screening for developmental delays into the entire array of school readiness funded programs. In 2008, First 5 set aside \$629,000 for direct treatment and intervention for children with special needs. That year over 80 home visitors, 30 preschool teachers, and nurses, social workers and supervisors were trained in using the Ages and Stages Questionnaire (ASQ) with parents to screen and identify developmental milestone concerns. In 2009, 463 school readiness program participants were screened, with 47 children (19%) identified as needing further testing.



- In addition to offering developmental screenings through its school readiness program, First 5 Sacramento partners with more than 50 agencies to provide no-cost developmental screenings children ages 0 to 5 years at Bright Futures community events. Last year more than 600 children received developmental screenings:
 - ✓ 72 children received screenings at five Bright Future community events
 - ✓ 525 children (16.3%) received screenings or assessments, including diagnosis for children as part of the school readiness program

*"Improvements in life outcomes created by early intervention for developmental delays produce savings to society ranging from \$30,000 to \$100,000 per child."*⁴²

Because of First 5, more than 3,700 children in these four counties were screened and at least 275 children a year receive early intervention referrals and follow-up. Most likely, these

children would not have had developmental issues identified until much later, if at all. Using the most conservative estimate from studies that

note a \$30,000 per child savings to society, long-term social savings of \$8.25 million may be realized from just one year of First 5 sponsored developmental screening. San Joaquin County alone stands to save \$1,410,000 from providing early intervention and treatment services to the 47 children identified with developmental concerns in

2009 - more than 181% of First 5's initial investment of \$629,000.

Children with Special Needs

Once children with developmental delays or other special needs have been identified, it is vital to provide ongoing support for the children and their families. Early intervention for children with special needs has been shown to result in children needing fewer special education and other services later in life, having to repeat a grade, and being engaged more fully in school and community activities. In the long term, children with special needs who receive effective supports are more likely to live independently and be employed as adults.

Early intervention services also have a significant impact on the parents and siblings of a child with special needs. The family of a child with special needs often feels disappointment, social isolation, added stress, frustration, and helplessness. Stress that can occur in caring for a child with special needs may affect the family's well being and interfere with the child's development.⁴³ Families of children with special needs are found to experience increased rates of divorce and suicide, and children with special needs are almost twice as likely to be abused as other children.⁴⁴ Early intervention can result in parents having improved attitudes about

themselves and their child together with improved abilities for raising their child.

First 5 is partnering with schools, Regional Centers, Head Start programs, county public health agencies and many other groups to strengthen the support systems for children with special needs and their families.

Following are several of the innovative approaches currently being sponsored by First 5:

- Supports for Sutter County's special needs children are provided through *Child Development Initiative (CDI)* and *Bright Futures* project. Through a strong collaboration of community partners, volunteers and Bright Future staff, free health and developmental screenings are offered to children aged 0 to 5 in Sutter County. Children who are identified as potentially at-risk at any of the screening stations are given a referral for services to address those issues, after which Bright Futures staff follow-up to encourage parents to act on the referral and to assist the parents should they encounter any problems with the referral process. Ninety-eight percent (98%) of parents reported learning something new during the screenings that would help them be a better parent, with 72% stating their child was helped "a lot."

Families that are referred to CDI work with a Behavioral Specialist to set and achieve family goals that support their child's development needs. Last year, 38% of families successfully completed all goals and 25% had completed some goals. More

importantly, 92% of parents reported improvements in their child's behavior through the end of program services.

- First 5 El Dorado's *Divide Early Childhood Counseling* early mental health services, early childhood specialists provide parents with information regarding periodic developmental screenings, and suggest activities and referrals to

promote parent understanding and recognition of developmental milestones in their children.

- First 5 Placer provides training and parent support to increase parents' understanding about the special education process, including individual education plans (IEP) and how to be strong advocates on behalf of their child with special needs. After participating in training,

100% of parents scored in the higher ranges of skills and knowledge in each of these areas.

- Independent evaluators for First 5 San Joaquin concluded that parents participating in programs and direct support services had increased their self-sufficiency and abilities to overcome obstacles in addressing the care of their child with special needs.
- The Stanislaus Children and Families Commission funds the Early Intervention Prevention Program which is a collaboration between Behavioral Health and Recovery Services and Sierra Vista Child & Family Services. The Commission's funding has provided for flexible and early preventative mental health services for parents and young children, and consultation and

Early Intervention and Parent Supports Make a Difference

A 3 year old boy started occupational therapy in the Sensory Integration Clinic in February. After 3 months his family is pleased to notice that he not only is listening and attending better, his fine motor and school readiness skills are starting to improve. Parents were taught sensory diet techniques as well as behavioral techniques Great Beginnings staff learned from the First 5 funded training given by Dr. Ann Corwin. Mom is extremely grateful for the progress her son has made. Mom was also referred to First 5 programs in the Lodi area and has started to take advantage of their programs.

- Program Highlight First 5 San Joaquin

"These [early] years are critical for children and we need to give them the very best start we can, in the way that First 5 has by focusing on family, school and health.

"If you can make those foundation points, there's a good chance that you can see that all the way through the child's life. There's no better moment in time to provide that opportunity."

Gayle Erbe-Hamlin
Chief Administrative Officer
El Dorado County

training to child care providers. As a result, nearly all (85 to 95%) of care providers are able to:

- ✓ More effectively handle behavior and emotional difficulties in children
- ✓ Help establish positive relationships with children's families

- First 5 Yolo provided more than 140 hours of training to 101 private child care providers on serving children with special needs. The program responded to 16 requests to help providers accommodate children with special needs and 100% of these children were retained in their child care setting for at least six months.

Early assessment, intervention and treatment programs are frequently referred to as "upstream investments" which mitigate or eliminate problems "downstream" which are more costly and difficult to address.

Three particular program models targeting parents of young children have been shown to be effective and cost beneficial in producing results for children and families: nurse-parent home visiting for low-income, first time parents; high quality preschool for disadvantaged three and four year old children; and the Strengthening Families model of family skills training parents and caregivers.⁴⁵

First 5's throughout the Sacramento Region have invested in one or more of the model programs shown to be effective. Benefits to individual children, families and the community as a whole

are being realized from positive impacts and trends in the areas of:

- ❖ Child care
- ❖ Child injuries and unintentional accidents
- ❖ Child maltreatment
- ❖ Crime
- ❖ Domestic violence
- ❖ Educational outcomes
- ❖ Employment
- ❖ Smoking
- ❖ Social welfare costs
- ❖ Substance abuse
- ❖ Teen pregnancy
- ❖ Teen suicide

Studies by the RAND Corporation and the Washington State Institute on Public Policy found that for every dollar invested in one of these early intervention program models, the public saves between \$2.24 and \$17.07 in societal costs.⁴⁶ Additional examples of cost savings from First 5 investments are provided in the last section of this report.

Cost saved for every \$1 invested in:	
Nurse-Parent Home Visiting	\$2.24
High Quality (Perry) Preschool	\$8.74 - \$17.07*
Strengthening Families	\$7.82

Return on investment in Perry Preschool through early adulthood was \$8.74 and increased to \$17.07 by mid-adulthood.

Early Care & Education

Early Care and Education

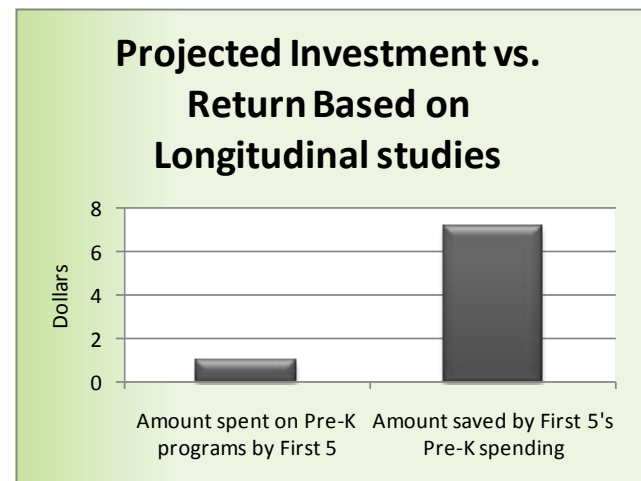
Early Care and Education (ECE) refers to the overall field of child care, preschool and other environments that promote early learning and care of children in the years leading up to Kindergarten.

Eighty-five percent of children's brain growth occurs by age four. Significant development of physical coordination, emotional and social skills also occurs in these beginning years of life. Experience gathered from a child's environment inspires new connections and reinforces existing connections or synapses. It also influences how the brain organizes or "wires" itself to guide physical activity, behavior and learning. This "wiring" influences the decisions made throughout life—the decisions someone makes today are a result of the brain mapping that occurred between birth and age five. And, the people primarily responsible for the child's brain development are parents and caregivers.⁴⁷

Ignoring the importance of brain development compounds the cost later. Overwhelming research shows the tremendous cost-gain benefit of investing very early in a child's life as opposed to later.⁴⁸

For example, for every dollar invested in a high quality pre-Kindergarten program, \$7.16 is saved by avoiding costs for more intensive services needed later.⁴⁹ In a study from RAND, *The Economics of Early Childhood Interventions*, home visiting for at-risk mothers and children returned \$2.24 for each dollar spent.⁵⁰ The study found that the greatest monetary benefits went to the participants themselves, to society as a whole, and to government. The monetary returns from prevention programs like home visiting continue the return over time. Over 25 to 30 years, a dropout student can cost a community as much as \$500,000 in public

assistance, health care, and incarceration costs. Preventing high school dropouts by ensuring school readiness is an investment well worth making.⁵¹ The chart below shows the relationship between investments in early care and education relative to the projected savings over two to three generations.



Even though most brain development takes place before Kindergarten, nearly all (95%) public investment costs occur after age five.⁵²

Because First 5 recognizes the benefits of quality early care and education, they have invested significantly in improving the availability and quality of ECE throughout the Sacramento Region. These efforts have focused mainly on three core strategies: activities to increase access and availability of quality early care and education through training and retention of ECE providers, increasing access to early learning sites, and improving the quality of care.

Availability of Quality Early Care and Education

While quality early care and education (ECE) can contribute greatly to the growth and development of young children by providing positive early learning experiences to foster their intellectual, social, and emotional development, child care also impacts parents and families as a whole. The availability of quality child care allows parents to work outside of the home, support the family financially, and create greater economic self sufficiency overall.



The demand for quality care continues to grow. Access to infant-toddler care and care for children with special needs both continue to be priorities for the Region's families. Even when care is available, low income families find it difficult to pay for licensed care without subsidies. Retention of experienced and well trained ECE providers is a critical part of making sure there is sufficient capacity of quality child care to meet local needs. Training and professional supports for providers have helped them feel better able to care for the Region's children.

Examples of First 5's impact on increasing the availability of quality ECE programs include:

- First 5 El Dorado funds a number of programs that improve children's access to quality early education experiences for children. Last year 232 children and 169 parents and primary caregivers participated in these community-based early learning activities. The percentage of three and four

year old children attending preschool in El Dorado County in 2007 was 61%, higher than the statewide percentage (42%) of three and four year old children enrolled in preschool.

- Stanislaus County Children and Families Commission has expanded access to quality care for children who are at risk of maltreatment. Programs such as Laura's House, and Children's Crisis Center provide wraparound services for children and families that include quality child care, provided by specially trained providers for this targeted population of children.

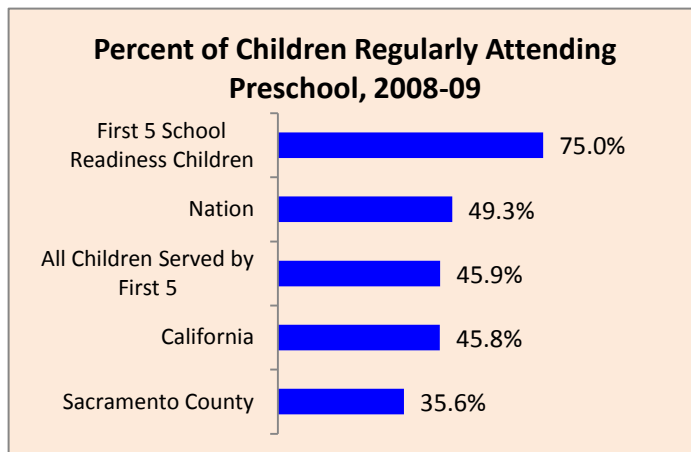
Quality and effective preschool has been found to be one of the most promising investments that can be made. The Economic Policy Institute's 2007 study found that a targeted preschool program would start to pay for itself within six years. Those benefits would continue to be realized in future years by reduced spending on public education, child welfare and the criminal justice system.

"UP 4 WS [Universal Preschool for West Sacramento] documented how access to quality preschool closed the achievement gap between English language learners and English-speaking children. By the end of the school year, there was no significant difference in the social/emotional or cognitive skill levels between those children who came into the classroom speaking English as their primary language and those who did not."

- Helen Thompson, Chair
First 5 Yolo

First 5 Sacramento funds preschool and provides services including social, emotional, physical, language development, and learning activities throughout the county. Last year children received 37,135 of these services through First 5 funded preschools. There are no income eligibility guidelines for children attending preschools funded through First 5

Sacramento. The only guideline for participation is that children live within the catchment area of the school program being funded. First 5 Sacramento has been very successful in increasing the number of children in its programs that attend preschool. As shown in the chart below, preschool or nursery school attendance among First 5 Sacramento school readiness children is higher than the national and state averages. Overall, 45.9% of First 5 Sacramento children were found to be attending preschool or nursery school on a regular basis, which is higher than reported for the County as a whole.



First 5 San Joaquin and First 5 Yolo Counties have each made long term commitments to increasing access to quality preschool. Last year these two counties invested \$2.64 million and provided quality preschool programs for 1,134 children and 253 parents and primary caregivers.

- First 5 San Joaquin has added 923 new preschool spaces throughout San Joaquin County that are culturally and developmentally appropriate and include access for children with special needs. Since 2003, about 3,400 children have participated in First 5 funded preschool programs. More than half (51%) were Hispanic/Latino. Parents' educational levels were low. One in five parents did not graduate high school, and 31% had a high school diploma or GED. Yet, despite the disparities, results from the

second year of a five year study are positive. An increased percentage of parents now spend more time working with their children on cognitive and academic skills, such as helping their children with words and numbers (84%) and reading books (79%). They have also increased their level of engagement with education; an average 90% of preschool parents met and talked with their child's teacher in the past year.

- First 5 Yolo funds a universal preschool program for the City of West Sacramento, better known as UP 4 WS. West Sacramento is a community with more than 1,766 preschool age children. Nearly 40% of those children come from homes where English is *not* the primary language. During UP 4 WS's first year, children enrolled in the program made significant educational gains. Using the Desired Results Development Profile-Revised, teachers measured individual student growth across a range of 39 indicators. Overall students improved by an average of 48% in literacy and math skills. Even more impressive, children who were English-language learners and had lower pre-scores on measures of letter and word knowledge, had nearly identical scores as native English speakers at the end of the year.

I know that we have had child care providers who come in, they go to a First 5 funded workshop and they understand they need to know more about children. They then go to school, and we see an impact in the health of the children that they work with. It is truly transformative for the children, families, and people operating the programs. First 5 has built capacity for our entire county and everyone has benefitted from it.

Catherine Goins
Executive Director Childhood Development
Programs, Placer County Office of Education

Provider Education and Retention

The National Child Care Staffing Study found that staff turnover is detrimental to children, noting that children in centers with inadequately prepared teachers and high turnover rates are more likely to show delays in language and social development. Workforce surveys conducted throughout the state prior to 2001 showed annual turnover rates for early childhood teaching staff of between 20% and 42% per year. Low wages and lack of support for these early care and education (ECE) professionals was a precursor of the turnover rates.⁵³

Comprehensive Approaches to Raising Educational Standards (CARES) is a statewide program that addresses the dual challenges of high turnover rates and limited professional development support for ECE providers. CARES offers training and professional growth opportunities to ECE providers, encouraging them to meet professional standards such as accreditation and obtaining or enhancing their Child Development Permit status, and gives financial incentives to providers that meet professional development benchmarks to help retain those providers.

Across the state the CARES program has improved workforce stability with 96% of participants remaining in the child care field a year after joining the program.⁵⁴

In 2009, six counties in the Sacramento Region invested \$3.06 million in the CARES program on a 2:1 match (\$2.04 million from the counties and \$1.02 million from First 5 California). Over the course of the CARES program, counties have had considerable success:

- First 5 El Dorado funds the *High 5 for Quality* initiative to develop and support quality early care and education sites throughout the county. Last year, the initiative provided

educational scholarships to 19 early care and education providers and supported the professional development of 22 Friends, Family, and Neighbors (FFN) care providers.

- First 5 Placer provided training for 665 ECE professionals, 94 of whom received a stipend. Thirty-six newly recruited family child care providers completed a pre- and post-Family Child Care Environment Rating Scale (FCCERS) to assess where their program quality could be enhanced. After participating in workshops and receiving

technical assistance and support, their average scores increased 24% across six categories of program quality. These programs are now “meeting children’s developmental needs” and well on the path to attaining “high quality personal care environments.”

Stanislaus County trained more than 1,200 early learning educators last year to care for and educate children better – raising the quality of early care and education for young children.

- First 5 Sacramento supports CARES ECE providers who do not work at a state funded child development center. Evaluation results shows that:
 - ✓ CARES participants reported increased job satisfaction as their levels of confidence in performing their jobs grew.
 - ✓ Retention rates have also improved. The average tenure for a CARES participant in 2007 was seven years, as compared to five years for non-CARES early care and education providers.
 - ✓ Over the past two years, 793 individuals applied for, and 64.7% were awarded professional development stipends to participate CARES tracks 2 or higher. Of those individuals eligible, 22.2% advanced on the professional development matrix.
- In San Joaquin County more than 1,300 stipends have been awarded to caregivers to encourage early learning providers and teachers to increase their education. Last

year alone, 342 early care educators completed coursework and received a stipend, and 96% stated that they have gone back to school or furthered their education as a result of participating in the CARES program. After two years of the CARES program, the proportion of providers enrolled in a four year university in pursuit of a college degree in ECE increased to 35% – up from 1%.

- The CARES program in Yolo County served 438 early care and education staff and providers from fiscal year 2003 to 2004 through 2009 to 2010. During this time, participants in the program:
 - ✓ Earned over 4,100 academic units.
 - ✓ Obtained 203 child development permits, 16 AA degrees, 22 BA degrees, 4 Masters Degrees and 1 teaching credential.
 - ✓ Formed cohorts to complete BA degrees in collaboration with the local community and state college campuses.
 - ✓ Received advising, mentoring and training in English, Spanish and Russian.
 - ✓ Received CARES stipends an average of three years while continuing their professional growth.
 - ✓ In a random survey of 20% of all CARES participants receiving stipends, all stated that CARES was of great assistance in their ability to continue their education and move up the educational tracks.

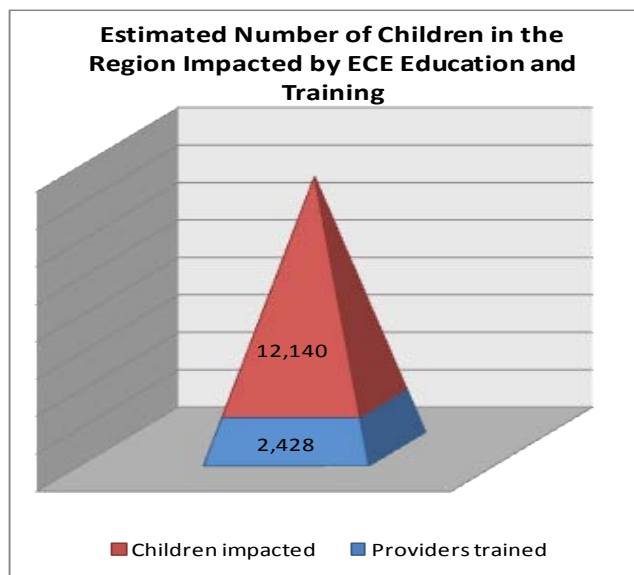
In addition to CARES, counties provide other programs and training to educate early care and education providers:

- First 5 Sacramento funds more than one strategy to improve the level of quality care given to children:
 - ✓ Child Action provides technical assistance and support through the Quality Child Care Collaborative. In addition, Child Action provides referrals for parents seeking child care

and parents have the opportunity to participate in workshops addressing how to access quality child care.

- ✓ The Preschool Bridging Model program objectives include promoting workforce development and program improvement in private child care settings. One quarter of the teachers in the program also participate in the CARES program and 46.1% of teachers/providers reported being currently active in teaching related training.
- Sutter County Children and Families Commission offers the Lessons Learned program to improve the teaching skills of child care providers. Results from participants evaluating the program show that nearly all (between 81 and 94%) felt:
 - ✓ Their students benefited to a large degree from the materials
 - ✓ They would use the materials again (e.g., to benefit other children)
 - ✓ Participation had increased the depth of their own programs to a large degree
- Stanislaus County Children and Families Commission conducts an annual conference for early care and education providers. Over the past six years more than 1,500 teachers, students, child care providers, administrators, and health educators have participated, with some attending more than one conference. Last year, 99% of participants completing a survey indicated they had learned new information and 100% planned on using it.

Professional development for ECE providers has a multiplier effect because improved teaching methods and other aspects of ECE program quality impacts all of the children taught by those providers.



Assuming that each provider participating in one of the quality improvement projects mentioned above touches the lives of only five children, more than 12,000 children in the eight counties benefited from First 5 investments in one year.

Child Care Quality Standards

Quality early care and education programs must provide for three basic needs common to all children. They must protect the child's health and safety, help them build positive relationships, and provide environments, experiences and opportunities that stimulate learning. Each of these elements is essential to quality care, and each can be measured using standardized and validated tools.⁵⁵

The design of the CARES program is one example of First 5's commitment to quality care; financial incentives to retain ECE providers are only given to providers who invest in professional development that can improve the

quality of their programs. Another example is educating the early care and education profession on using tools to assess quality and then making changes based on results.

First 5 in Colusa, Placer, San Joaquin, Stanislaus and Yolo Counties have sponsored training and provided support to early childhood educators on the use of research-based environmental assessment instruments such as the Early Childhood Environment Rating Scale (ECERS) for center-based programs and Family Child Care Environment Rating Scale (FCCERS) for family child care homes. First 5 Sacramento funds a "train the trainer" model.

Environmental rating scale tools are used by ECE providers' external reviewers to systematically assess the current environment in their programs and identify specific areas for improvements.

- First 5 Colusa uses their mini grant program for child care facilities to assist in increasing their Environmental Rating Scales. These grants provide funding for supplies as well as training from staff that is trained in Thelma Harms' Early Childhood Environment Rating Scale. Last year 32 child care sites, working with approximately 250 children, were rated and received training and supplies necessary to raise scores in specific areas.
- First 5 San Joaquin took the lead to establish a countywide child care quality assessment and improvement system and then trained providers on how to implement it. First 5 preschools must meet one of the three levels of quality criteria as part of the tiered reimbursement system. The majority of preschool classrooms were considered "advancing" followed by those at the "quality" level – 74.5 and 14.2% respectively. Programs take assessment results to heart. After assessing various aspects of program quality, providers have made improvements to their programs and facilities. In one year, 923 children

participated in quality preschool programs that received “good” or “excellent” ECERS scores.

- The Yosemite Community College District helps early care and education providers in Stanislaus County to conduct assessments using the ECERS tool.
- First 5 Placer trains newly recruited family child care providers how to assess their programs at the beginning of the year and at the end. In 2009, 86% of providers increased their average FCCERS scores from 4.37 to 5.41 – a 24% gain. This is the second year in a row that average scores increased by at least two points for at least one in six providers.
- First 5 Sacramento supports quality improvements through the Preschool Bridging Model program. Based on environmental rating scale scores specific to the child care setting, last year 46 center-based programs moved up the rating scale, from an average of 4.3 at the initial assessment to 5.3 (out of a maximum of 7) at the follow-up. Additionally, 56 family child care homes improved more than a point from 4.1 to 5.2 on a 7-point scale.
- All early care and education programs receiving First 5 Yolo funds or services are assessed using a standardized environmental rating tool. Family child care rating scores improved 27% between pre- and post-assessments, and center based classrooms improved 16%.

Readiness for School

Readiness for School

Getting children ready to succeed in school by the time they start Kindergarten – “school readiness” for short – is one of the overarching goals of First 5. School readiness encompasses three important areas: readiness in children, readiness in schools, and the readiness of families and communities to support their children. All of the efforts described throughout this report, such as good health, child development screening and early intervention, quality early care and education and support for parents and families with young children, are important contributors to school readiness.

The connection between school readiness and future achievements has been demonstrated by multiple studies. The better prepared a child is upon entering school, the more apt they are to meet age appropriate development milestones and do well in their school work. Beyond advancing children’s development, high quality school readiness programs have been shown to promote individual success and community prosperity.⁵⁶

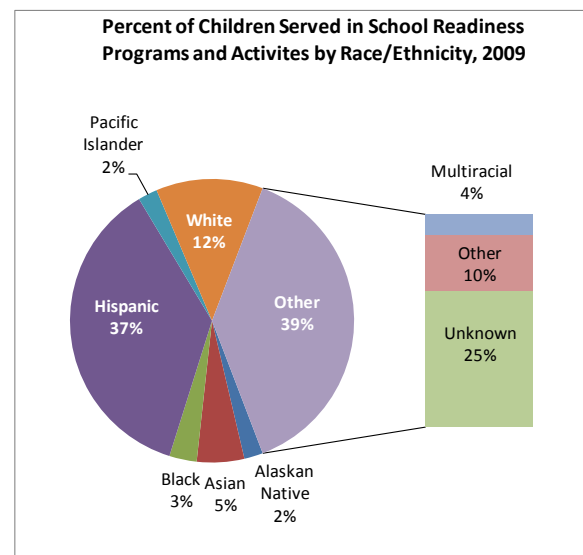
There is a gap in access to high-quality preschool programs for low income, working class families who do not qualify for state aid or other subsidies.

Every county in the Sacramento Region has made large investments to promote school readiness through three primary strategies: comprehensive school readiness programs, early literacy programs, and activities to help children transition into Kindergarten successfully.

Last year First 5 Sacramento Region invested \$17.1 million dollars to help prepare 31,438 children and their parents to be “ready for school.” The average cost per person was \$44 – about what it costs to fill the average

size car with 15 gallons of gas at \$2.93 per gallon.

As can be seen in the chart below, a greater proportion of children served were from diverse populations, with 88% of children from race/ethnic groups other than White.



This is significant as recent research shows that poor, immigrant Latinas have healthy babies, but by age 2 or 3, their toddlers begin to lag behind white middle-class children in vocabulary, listening and problem-solving skills. Gaps in learning need to be addressed early on if they are to be closed and children positioned for educational success.⁵⁷

“Cognitive skills and language during toddler years are a strong predictor of who will do well in Kindergarten and early elementary grades.”

Bruce Fuller, Professor
Education and Public Policy
University of California, Berkeley

Comprehensive School Readiness Programs

Ten years ago, the National Educational Goals Panel suggested that the nation's number one priority should be school readiness of children. That was around the same time as the passage of Proposition 10.

The "school readiness" of children does matter. A longitudinal study released in 2008 of students in five high-need California school districts found that "the data are clear that the best outcomes flow to children who are well-rounded at Kindergarten entry... Children who are solid in their early academics as well as their social-emotional skills significantly outscore their peers on English and math tests at third through fifth grades. Regression analyses show that academic achievement is closely connected to skills in Kindergarten Academics, but children who enter school knowing their letters and numbers and who have key expressive skills are those who do best."⁵⁸

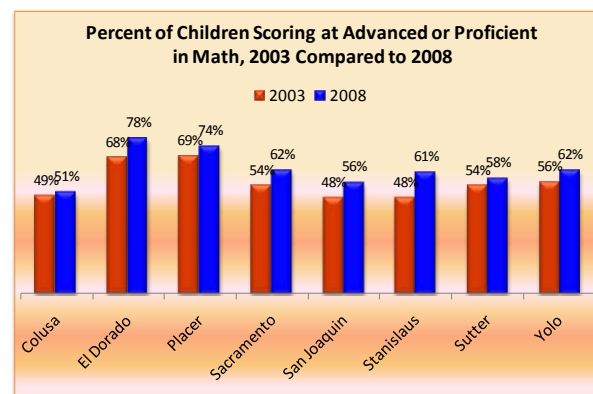
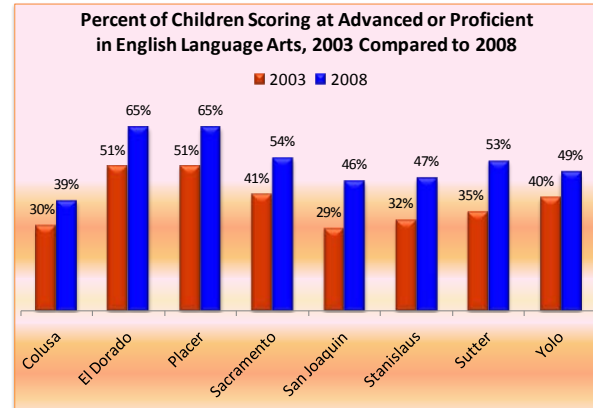
As noted in the study, school readiness requires a balance of academic and social-emotional skills. First 5 took this into account by designing comprehensive school readiness programs that offer a variety of services to promote early learning, social skills and physical and emotional health for children while preparing parents to help their children succeed in school. To have the greatest impact in closing the school achievement gap, these comprehensive school readiness programs target the neighborhoods of schools rated in the lowest three deciles of the statewide Academic Performance Index (API).

First 5 school readiness programs are tailored to the unique needs of each community. In all cases, First 5 partners with the schools, other public agencies and community organizations to bring together and integrate the services that are most important for school readiness. First 5 helps to coordinate the program, using its funds very strategically to fill critical gaps in services.

All services provided are specifically designed to improve school readiness, and typically include: family literacy; developmental screenings and intensive intervention supports for children with special needs; and, Kindergarten transition activities.

All eight counties in the Sacramento Region operate school readiness programs and together they served 17,732 children in fiscal year 2008-09.

Compelling evidence of the effect of school readiness programs can be seen in the dramatic improvement in countywide second grade English and math scores over the past five years. Since First 5 programs were just getting started in 2001, children in second grade during 2003 would not have had the benefit of any First 5 funded programs. By 2008, however, a significant proportion of second graders had been reached by one or more First 5 program during their earlier years.



English language arts (i.e., reading) scores climbed in every county by 2008, with six counties – El Dorado, Placer, Sacramento, San Joaquin, Stanislaus and Sutter – all showing double-digit jumps ranging from 13 to 18%.⁵⁹

Many factors influenced this rise in reading proficiency, including changes in school standards and efforts to reduce class sizes, but First 5 has been a vital part of these community-wide efforts to improve school performance.

Second grade math scores also climbed substantially from 2003 to 2008. Five counties – El Dorado, Sacramento, San Joaquin, Stanislaus and Yolo – all showed improvements of at least 6% in the percentage of children scoring at Advanced or Proficient levels in math, with the greatest improvements occurring in El Dorado (10%) and Stanislaus (13%) Counties.⁶⁰

Further proof of the impact of First 5 school readiness programs can be found in the following local research and evaluation results:

- First 5 San Joaquin specifically targets populations shown by research to be in greater need of school readiness services, including families whose primary language is mostly other than English, whose level of education is lower, and whose family income is at or below the Federal Poverty Level. During the summer of 2008, First 5 invested approximately \$230,000 in Kindergarten bridge programs at 85 sites serving over 2,700. This equates to roughly \$83 per child. These investments are already paying dividends. Two years into a longitudinal study, results show the increases in the percentage of:
 - ✓ School readiness parents engaging in activities with their child three or more times per week



- ✓ Caregivers helping children with letters, words, numbers, reading books, and watching children's movies
- ✓ Parents getting involved in school activities

More than half of San Joaquin County parents and teachers reported that children's developmental skills had increased. More importantly, transition into

Kindergarten was highly successful with nearly 75% of students having little to no difficulty; and 94% being promoted to first grade.

When compared to the National Head Start sample, San Joaquin preschool children had better scores in all areas of classroom conduct, with less

observed problem behaviors. Finally, when results were normalized to the general population these preschool children were observed to perform slightly above the general population in both persistence and attention learning behaviors. At the conclusion of year two of the longitudinal study early trends show an increased ease of transition to Kindergarten and frequency of parent reading to child – both important indicators of future school success.

The significance of these results are underscored by a study from the David and Lucille Packard Foundation that finds for each dollar invested in universal, quality preschool, California will profit by \$2.62. When the investments target the most at risk children and families, the return can be much higher.

- Proportionately, First 5 Sacramento County invests more in its School Readiness initiative than any other program. Targeting six of the most academically needy school districts, 43,837 services were provided to 3,162 children ages 0 to 5 years and 39,213 services were provided to 1,788 of their

parents and families last year. More than 17% of these children have been diagnosed with a physical, emotional, hearing, or learning difficulty, or other special need.

- Preschool classes for 3 to 4 year olds are but one of the funded approaches in First 5 Sacramento's Countywide School Readiness plan. While all of their funded school readiness sites have preschool classes that also receive First 5 funded services, most of these preschool programs are funded by other sources. First 5 funds preschool in four out of nine districts, as seen in the table below:

County	Number of Preschools	Slots
Galt	48	24 for 2 years
Natomas	144	48 for 3 years
Robla	144	36 for 4 years
Twin Rivers	1120	280 for 4 years
Total	1456	

Independent evaluation of last year's school readiness program found significant improvements for children, parents and families:

- ✓ School Readiness children outperformed a comparable national population of Head Start children from 2004 on measures of early math skills and letter naming.
- ✓ Parental stress levels decreased.
- ✓ Amount of time adults read to children participating in First 5 Sacramento-funded preschool increased.
- ✓ Most school readiness children with special needs were receiving early intervention services by the end of the year.
- Lead Kindergarten and early care and education teachers in El Dorado County collaborate to plan, support and implement School Readiness plan activities at the district and individual school level. Last year school readiness programs served 2,521

children. Significant accomplishments for children at Kindergarten entry included:

- ✓ 92% with health insurance
- ✓ 58% with a developmental screening in the previous 12 months
- ✓ 79% with dental insurance
- ✓ 96% eating breakfast daily
- ✓ 86% with *no concerns* related to speech, hearing or learning, and
- ✓ 85% with previous preschool experience.

Early Intervention and School Readiness

When Luda Semeryuk, a home visiting specialist in Yolo County's school readiness program, met 3 ½ year old Nikolas, he couldn't speak in sentences. Even the separate words he tried to say were difficult to understand. It was clear to Luda that Nikolas needed some intervention to help him prepare for entering Kindergarten when he turned 5, so she referred him to a speech therapist. Eighteen months later, everything had changed. He had grown into a typical and talkative 5-year-old. With the help of speech therapists, Nikolas passed all his individualized education program (IEP) tests and no longer needs speech therapy. He now communicates at the same skill level as other children his age.

- First 5 Yolo

- Sutter County Children and Families Commission's school readiness program provides targeted transition activities to children preparing to enter Kindergarten, and school readiness classes and support to children and families on-site at elementary schools in two districts. Most school readiness components involve children and their caregivers, with one of the primary goals being the development of caregiver commitment to improve the home-based educational environment. Independent evaluation results found:

- ✓ Improved focus on high quality school readiness activities taking place in the home.
- ✓ 86 to 97% of parents engaging with their children at least three times per week.

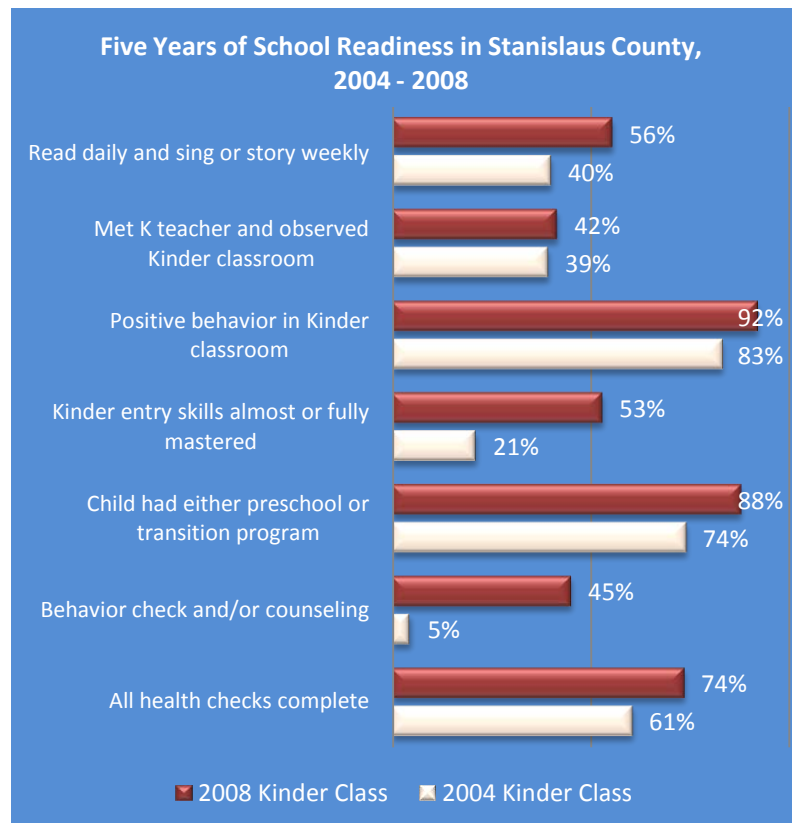
A unique aspect of this program is the Child Development Specialist who works to identify children at least six months prior to Kindergarten entry, in order to provide a standardized complement of evidence based services and referrals to other agencies to address any identified concerns impacting successful transition to school.

- First 5 Placer's school readiness programs are offered through three districts and demonstrated solid progress in preparing children for a successful entry into Kindergarten. Notable results over the past year:

- ✓ Kindergarten teachers reported that children graduating from western Placer's parent participation preschool program were some of the best prepared students entering school this past year.
- ✓ 56% of the children assessed using the Desired Results Developmental Profile after participating in the summer preschool program in North Tahoe, were considered "ready for school" in four domains – 37 percentage points better than at the start of the program.
- ✓ 98% of the typically developing four year olds had "fully" or "almost mastered" skills in four domains.
- ✓ Children with special needs increased their fine motor and literacy skills.

- First 5 Colusa provides comprehensive school readiness services through its two Family Action Centers (FACs) located in Williams and Arbuckle. Working in partnership with other agencies in the county, the FACs offer a variety of school readiness programs that focus on child development and parent skills building.

- School readiness activities take place in multiple communities throughout Stanislaus County. Last year, 2,568 parents and caregivers increased their knowledge of how to prepare children for school and 3,304 children and their families participated in school readiness activities. After five years of school readiness investments, improvements in the readiness of children entering Kindergarten in Stanislaus County are significant. Most noticeable are the numbers of children that have received behavioral assessments and follow up supports (40.5% increase over 2004) and those who mastered the skills needed to successfully enter Kindergarten (30.9% increase over 2004).



- First 5 Yolo's investment in school readiness has centered on early literacy and high quality preschool. When it comes to preparing children for school, both of these strategies have had significant impacts:

- ✓ 76% of parents reported that UP 4 WS was the first preschool experience for their child.
- ✓ 25 to 50% of children who were not school ready when they started UP 4 WS became ready for school by the following Spring.
- ✓ School readiness target schools outperformed comparison schools for the third consecutive year.

When every child enters Kindergarten prepared to learn, the entire K-12 system benefits as a result of having to commit fewer resources to either special education or remedial education.

Early Literacy Activities

Early literacy activities are a core component of school readiness strategies throughout the Region with good reason. Recent studies have found promising practices for developing emergent literacy in young children: adult-child shared storybook reading, literacy enriched play interventions, and teacher-lead structured phonological awareness.

Exposure to the types of early literacy programs provided by First 5 significantly increases the likelihood of school readiness and school success by increasing parent-child interactions around literature, increasing the frequency of reading with/to children in the home, enhancing



language and vocabulary skills, and increasing the number of books in the home. Examples of programs and results from the Region:

- Since 2006, First 5 San Joaquin has made an average yearly investment of more than \$378,000 to serve approximately 2,400 children annually. After participating in *Raising a Reader*, *Reach Out and Read*, or the mobile library *Training Wheels*:
 - ✓ 71% of all parents now read to their children most days, up from 50% at the beginning.
 - ✓ English Language Learners are closing the gap, 72% read to their children most days.
 - ✓ Children with disabilities have increased their non-verbal communications abilities to enhance their participation in reading and storybook sharing.
- Stanislaus County Children and Families Commission has funded a number of early literacy activities over the years, including *Traveling Tales* which provides training and support for child care providers to promote early literacy; and *First Steps to Learning* program focused on parent-child interactive literacy, creating a literacy-based home environment, ensuring children have health and development screenings, and promoting participation in preschool or Kindergarten transition activities. In one year, *Traveling Tales* provided 16,381 story time experiences and distributed 1,526 literacy kits throughout the libraries. Results include:
 - ✓ 59% of children displayed an increase in their vocabulary.
 - ✓ 80% of early care providers reported their children showed increased interest in books and story time.
 - ✓ *First Steps to Learning* program has improved parent-child reading over five years, increasing from 40% to 55.5% the number of children that are reading at home on a daily basis.

- After English, Spanish is the most commonly used language in Yolo County, six times more than the next common language, Russian. Last year in Yolo County, 627 out of 2,630 (23%) Kindergarteners spoke Spanish as their first language. The Yolo County Library expanded its literacy programs through a First 5 grant. As a result, more families and children than ever before are participating in library literacy programs. Funding from First 5 has moved the gauge on early literacy:
 - ✓ One in three families have increased reading at home, and
 - ✓ Children from these homes performed better in developmental theme areas.
- First 5 Placer has made early literacy available through the *Ready to Succeed Literacy* website and the *Ready To Succeed* newsletter. Both are producing results:
 - ✓ Last year the website received 46,931 hits, a 44% increase over the previous year.
 - ✓ 99% of parents gained knowledge about early literacy and school readiness through the online tutorial.
 - ✓ 100% of parents will use the information to better support their child's literacy development.
 - ✓ 100% of early care and education professionals are incorporating more reading or book related activities into their lesson plans.
- First 5 El Dorado promotes early literacy through its *Ready to Read @ Your Library* providing monthly and weekly themed story times for children 0-5. Based on a 2007 countywide survey, an estimated 73.6% of El Dorado County parents read to their children 0 to 5 every day of the week, higher than the statewide percentage at 60.1%.

The "Wheels on the Bus Go 'Round and 'Round"
Early Literacy on Wheels

"I have witnessed parents becoming more engaged and confident in reading to their children. Other changes include older siblings visiting at times (summer or if they are home ill) and rummaging through some of the Chapter Books kept on the ImagiBus through our annual Sacramento Book Bee grant. I have seen special needs children mainstream into educational classes. In addition, site providers, parents and community members are more comfortable now asking for materials for assistance, such as books on: temper-tantrums, potty training, sibling rivalry, crafts and storytelling to children. The ImagiBus can address these needs as we have resources in literacy from multiple partners."

Literacy Coordinator, Colusa County

Kindergarten Transition and Other School Readiness Programs

The National Education Goals Panel (NEGP) has defined the various ways in which schools can become better ready for children. Their number one recommendation is to smooth the transition between home and school, which not coincidentally is a primary goal of school readiness programs throughout the Sacramento Region. First 5 understands that Kindergarten can be challenging for many children that are not used to the schedule, curriculum, behavior expectations and other types of structure imposed in the classroom. This is especially true for children who did not attend a preschool or other type of early learning program. First 5 Kindergarten transition programs address these challenges and help children succeed in multiple ways.

Kindergarten transition programs:

- ✓ Introduce children and families to their new school and teacher to help them transition socially and emotionally.
- ✓ Develop relationships between Kindergarten teachers and ECE providers, helping ensure that the schools are ready for the children.
- ✓ Identify children and families who will need additional support during enrollment or the first year of school.
- ✓ Address questions and concerns parents have about their school and community resources.

First 5 was responsible for starting the first Kindergarten transition programs within most counties in the Region. For example, the Stanislaus Children and Families Commission addresses questions and concerns parents have about their child's school readiness through the network of Family Resource Centers; while Kindergarten preparedness activities occur at Healthy Start sites in Ceres, Hughson, Orville Wright, and Riverbank-Casa Del Rio. Highlights from a few of the other programs:

- Over an eight-year period, Sutter County's *Smart Start* program provided a preschool experience to 1,435 children who have little or no preparation for Kindergarten. In 2009, 250 children participated in the program, and positive gains were seen in all Preschool Skills Assessment categories. Smart Start students had Walker Assessment Scale (WAS) social and academic preparation pre-program scores well below the state average.
 - ✓ WAS results showed that at program start 55% of Smart Start students were in the *severe to moderate* category for school maladjustment. By the end of the program, only 6% of Smart Start participants remained in this category, demonstrating the ability of Smart Start to help highly needy children to be Kindergarten ready.
- An independent evaluation of Sutter County's school readiness program

concluded that the program delivered the types of transition activities promoted by the National Education Goals Panel, and that a significant proportion of families at SR sites benefited from this participation. Parent survey results supported this:

- ✓ 66% of parents learned something to help transition their child to Kindergarten.
- ✓ 66% of parents and 67% of their children were now more familiar with the school, teachers and staff because of their attendance at the transition activities.

- First 5 Placer's transition programs have produced solid results two years in a row:
 - ✓ 92% of children in the summer camp program were assessed ready for school at the end of each program compared with 73% and 52% respectively at the start of the program.
 - ✓ 56% of children in the summer preschool program were assessed at developmental levels considered "ready for school" after completing the program, compared with 19% at the beginning.



- First 5 El Dorado has taken a systems approach to school readiness through its *High 5 for Quality* initiative. Now all elementary schools serving Kindergarteners in El Dorado County have developed School Readiness Plans that provide school-based activities for children 0 to 5 and their families. Results from observation forms

show children with pre-Kindergarten experiences faring better than those without similar experiences:

Skill	With Pre-K Experience	Without Pre-K Experience
Fully mastered counting to 20 or beyond	60%	50%
Recognize basic shapes	81%	69%
Know most of the alphabet	64%	56%
Able to listen to a story	79%	67%
Able to follow rules	63%	56%
Able to show concern for others feelings	70%	69%

- ✓ Of the 300, there were 189 children that attended Kinder Camp.
- ✓ 100% of teachers reported positive changes in children.
- ✓ 94% of teachers found children were more prepared for school.
- ✓ 100% of teachers found social skills had developed in a majority of Kinder Camp attendees.
- ✓ 90% of parents said their child was better prepared for Kindergarten as a result of Kinder Camp.
- ✓ 51% of parents said the first few weeks of Kindergarten were *very easy* for their child.

- First 5 Sacramento helps children and families successfully transition to Kindergarten by offering structured family visits to Kindergarten classrooms and summer camps for children with little or no preschool experience. Last year, 4,962 children attended pre-Kindergarten camps in a classroom setting and learned Kindergarten concepts such as numeracy, literacy, and social interaction. Sixty-nine percent of school readiness families (978) with children ages 4 or 5 participated in school-linked transitional activities.
- An integral piece of Colusa First 5's school readiness programs are the Kinder Camps operated in partnership with five elementary schools located in five separate rural communities throughout the county. These camps help prepare children for Kindergarten, while the school readiness newsletters provide parents tips to help their children before and after starting Kindergarten. A final aspect of transition support is the Kindergarten Transition Backpacks provided to more than 300 children in the spring during Kinder Registration throughout the county. The results show for Kinder Camp children:

Family Support & Engagement

Family Support & Engagement

Strong families are essential to the overall health and well being of children. Beyond providing for the basic needs, strong families – those able to provide a safe, nurturing and stable home environment for their children and that also have positive and dependable connections with family members and their community – significantly influence the positive health, development and long term outcomes for children.

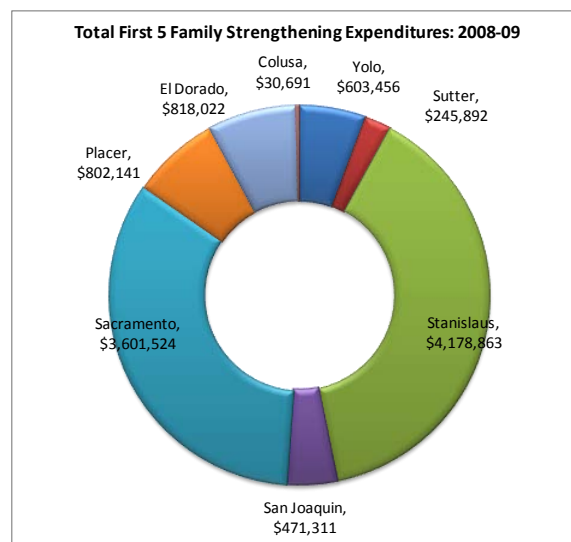
Research from the Center for the Study of Social Policy (CSSP) found six protective factors or conditions to positively impact family and child outcomes.⁶¹ Strengthening one or more of these areas is the focus of family support and engagement.

- *Parental Resilience*: The ability to cope with and bounce back from all types of challenges.
- *Social Connections*: Friends, family members, neighbors, and other members of a community who provide emotional support and concrete assistance to parents.
- *Knowledge of Parenting and Child Development*: Accurate information about raising young children, appropriate expectations for their behavior, and knowledge of alternative discipline techniques.
- *Concrete Supports in Times of Need*: Financial security to cover day-to-day expenses and unexpected costs; formal supports like TANF, Medicaid, and job training; and informal support from social networks.
- *Nurturing and Attachment* (infants and toddlers): A child's early experience of being nurtured and developing a bond with a caring adult.
- *Children's Social and Emotional Competence* (preschoolers): A child's ability to interact

positively with others and communicate his or her emotions effectively.⁶²

The First 5 Sacramento Region implements family support and engagement through active partnerships between family members, programs, professionals and communities. Funded strategies are strengths-based and focus on building the assets within a family, regardless of the family's configuration. These strategies respect the culture and values of all types of families; generally begin early; and, address issues and factors at multiple levels.

First 5 commissions across the Region invested \$10,751,900 in improved family functioning services and supports last year.

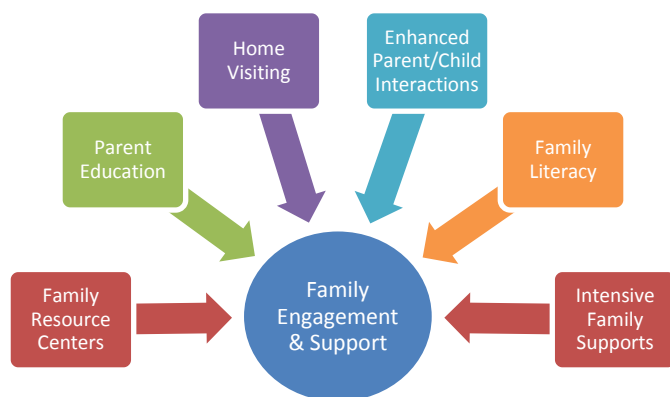


These investments provided services and supports for 24,216 children, representing 6% of the Region's population of children between the ages 0 to 5. This funding also provided services to 34,818 parents, primary caregivers and providers. A total of 59,034 persons were served directly through improved family functioning funding at an average cost of \$182 per person.⁶³

First 5 leveraged its investments in improved family functioning by linking to other strategies (e.g. school readiness and child health) to broaden the range of family support and engagement activities available throughout the Region. Since funding for those result areas has been described elsewhere in this report, it is not duplicated here.



The Region's major family support and engagement strategies include: family resource centers, home visiting, parent education, enhanced parent child interactions, family literacy, and intensive family supports. The impacts achieved in each of these areas are highlighted in the following subsections.



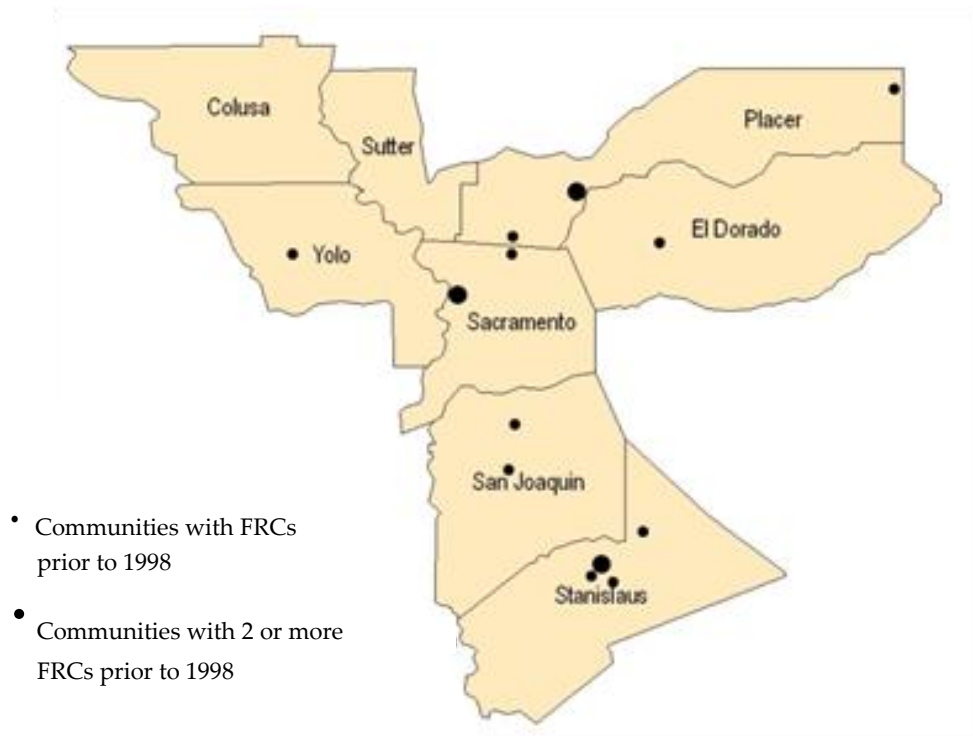
Family Resource Centers

When Proposition 10 was passed in 1998, there were very few places in the Sacramento Region where families could go for centralized, coordinated, community based “one-stop” information and assistance. Services that did exist were often not accessible to families in outlying areas, or to families with special needs.

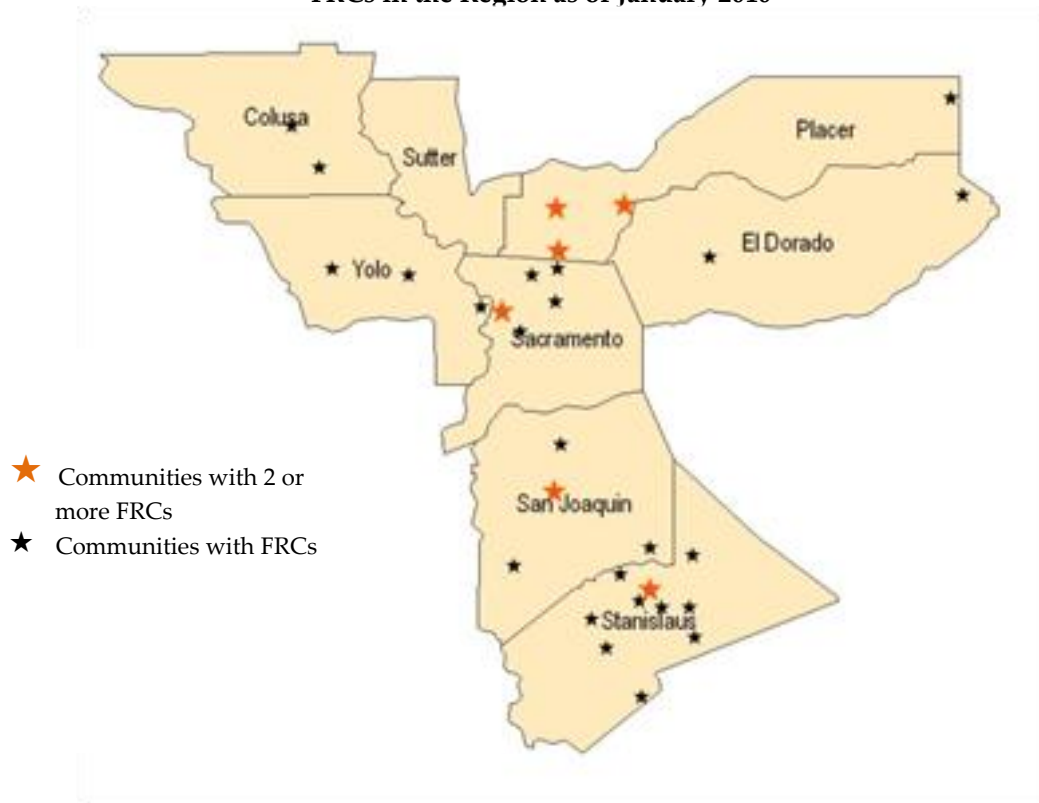
First 5 has changed this situation in a very profound way by creating or expanding Family Resource Centers (FRCs) throughout the Region. These FRCs serve as vital community hubs. While each FRC responds to the unique needs of its community, FRCs in the Region are based on best-practice models and offer a set of core services for their clients, which include: parent education, child development activities, community resource and referral, drop-in availability, peer-to-peer supports, and life skills advocacy (e.g., budgeting, anger management, cooking, etc.). Some FRCs offer additional comprehensive services because they are partners in larger systems of care (i.e., health enrollment and access initiatives, Child Welfare System’s Differential Response, etc.); are part of active community collaborations, or are embedded in larger agencies that offer multiple types of programs.⁶⁴

Before the passage of Proposition 10, there were 17 FRCs located throughout the Sacramento Region. This represented approximately one FRC for every 20,261 children ages 0 to 5, and their families.⁶⁵ By the end of 2009, the number of FRCs throughout the Region had grown to 41, a 241% increase. Now there is one FRC for every 9,028 children ages 0 to 5, and their families. The maps on the next page show the distribution of FRCs in the Region before and after the passage of Proposition 10.

FRCs in existence prior to the passage of Prop 10



FRCs in the Region as of January 2010



The Difference an FRC Made for One Family

"About a year ago, I had some problems with my husband. He would drink a lot and when he did he became violent. I got to a point where I needed things to change, and in one of his rages, I called the police. The next day I went to KidsFirst (FRC), where I was connected to legal help and counseling. Since then things have really improved at home. My husband has not had a drink since last October. He helps me with the care of my girls and we have a good time at family events... even our relatives noticed the difference in our family. KidsFirst has really helped me a lot. I have found out about a lot of things, made new friends, and learned about many things happening in our community. I have started helping out with organizing activities at my children's school and I'm involved with the PTA...Now, when I see someone who needs help, I do whatever I can to help them and I tell them where they can find help for their family, just like was done with me."

- As told by a Placer County parent

The impact of the FRCs that exist because of First 5 is best understood by looking at two examples: the establishment of two new FRCs in Colusa County (called Family Action Centers or FACs) and the development and expansion of a countywide network of FRCs in Stanislaus, Sacramento and San Joaquin Counties.

Colusa County Family Action Centers

Prior to the establishment of First 5 there was no centralized location where families of young children could receive information, services and supports in Colusa County. First 5 Colusa's first strategic plan identified the need for community-based, accessible parenting classes and other parent education efforts in both Spanish and English to include cognitive, social,

emotional and physical development of young children.

In 2002, the Arbuckle Family Action Center opened, and four years later the Williams Family Action Center opened. Both sites offer large areas to work with children and parents, a children's classroom, an adult learning center with computer access, restrooms, and offices.

The FACs provide approximately 17 different programs and services onsite that directly benefit children ages 0 to 5 and their families through their direct services offered in collaboration with community based groups, county agencies, public education, funders, and multi-county partnerships.

Sacramento, San Joaquin and Stanislaus Counties' Family Resource Centers

In 1999, approximately 85% of the Region's children between the ages 0 to 5 lived in these three counties. There were 12 FRCs in place, or roughly one for every 24,300 children and their families.

The Children and Families Commissions in these three counties provided funding to expand the network of FRCs. Today the FRCs are a mixture of well established community based organizations and newly developing organizations that receive funding to provide specific services for children ages 0 to 5 and their families, and offer special needs assistance and differential response services to families.

These counties focused on capacity building (e.g., providing technical assistance from commission staff, contracting with larger, more established organizations with necessary infrastructure, etc.) to help establish and develop smaller, or less established community groups and organizations to expand or create new FRCs to meet local communities' needs.

■ There are now 29 FRCs located throughout these three counties (one for every 11,768 children ages 0 to 5). This means that families of those children needing assistance

have easier access, receive services closer to home and work, and FRC staff can create lasting relationships that support and empower parents.

"I can't imagine my life without the support of First 5. I wouldn't have had the types of classes that have been really helpful in my life, I wouldn't have the counseling that I mentioned, and our life would be in a high rate of violence, I wouldn't have a home visitor or the intervention specialist that has helped me a lot in the process."

- Sacramento County parent

- In Stanislaus County last year, 11,069 children's families – 20% of the county's 2008 population of children between the ages of 0 and 5 - were reached through the FRC network. Community referrals and differential response (DR) referrals to FRCs across the county climbed more than 375% over a two year period (from 1,214 in 2006 to 4,611 in 2008). This increase reflects the community partners' increased confidence in the FRC's work with families and improved procedures and efficiency between partners. Every family that is served effectively through an FRC rather than entering or re-entering the child welfare system represents a savings to county public services.
- FRCs in San Joaquin County provided almost 1,300 screenings, referrals and case management services for 96 families. This included 96 developmental and 1,200 health insurance screenings; family success team services for 48 families; and eight family strengthening workshops. These were in addition to the array of core services.

Sustainability of Family Resource Centers

Counties have focused on the long term viability of their FRCs using different strategies:

- In 2007, the Family Action Centers in Williams and Arbuckle joined to establish a non-profit entity called the Family Action Centers of Colusa County (FACCC.) With an established board and community volunteers, the organization is working to expand support beyond First 5 funding.
- The FRCs, along with other funded partners in Stanislaus County participated in a one-year sustainability planning project funded by the Children and Families Commission. The sustainability plans provide the roadmap and action steps necessary to achieve long term results for children and their families.
- First 5 San Joaquin and Sacramento Counties provide technical assistance and support to their FRCs to increase their capacity and position them for long term success.



Experts Speak Out on the Value of Family Resource Centers

"This model of having community based resource centers that deliver family support services at the community level has been highly impactful in our county, both on reducing risk factors for child abuse and in bringing support and services to a community."

- Kim Wood-Hiatt, MFT
Clinical Director
Sierra Vista Child & Family Services

"FRCs have pulled together multidisciplinary teams, who otherwise operated in silos. It was not uncommon that several different workers were going into the same home, and didn't know that a duplication of efforts was going on. The system of care is much more cohesive and complete for the family, rather than choppy."

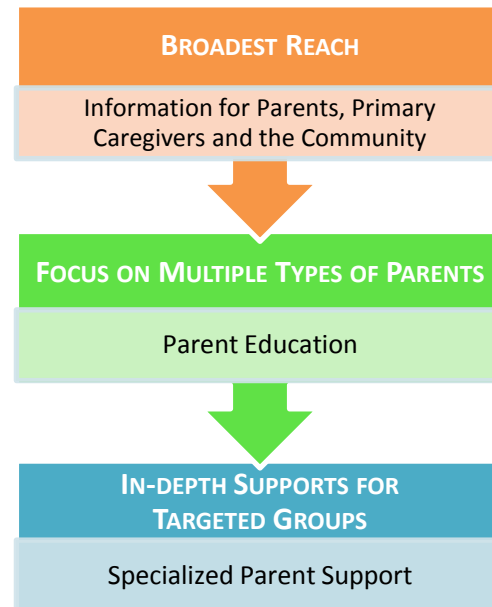
-Penelope Clarke
First 5 Sacramento Commission Alternate, and
former
Countywide Services Manager

Parent Education and Supports

A study of First 5 programs by the Harvard Family Research Project found that parents receiving education and support services were much more likely to have their children receive developmental screenings, have regular doctors and medical homes, and participate in an early childhood education program.⁶⁶ Effective parent education programs reduce risks and build protection factors.⁶⁷

First 5 is unique in its goal to reach as many families with children age 0 to 5 as possible, and not just families meeting income or other eligibility criteria. Consistent with the goal of reaching as many parents as possible, a multi-level approach has been used throughout the Sacramento Region to help parents do the best

possible job in supporting their child's development. The graphic below shows the various tools and strategies First 5 Sacramento Region uses to reach families.



Broad Reach Information

All counties in the Region provide broad based parenting information and supports by disseminating information through a number of strategies. These strategies include: publishing newsletters with parenting tips, participating in community fairs and outreach activities in order to link families to needed information and services, and producing articles for local print and electronic media.

Additionally, valuable information on child development, health, positive discipline and other topics is available to all parents of children age 0 to 5 in the Kit for New Parents provided by First 5 California.

First 5 San Joaquin has created an integrated, coordinated and comprehensive information and referral system where collaborative partners provide information and referrals at co-located or centrally located sites. This allows families to enroll in programs and services through a single point of entry.

Five of the counties in the Region (El Dorado, Placer, Sacramento, San Joaquin and Stanislaus) invest in resource and referral directories and services for their communities.

Access to Resource Information			
County	Internet	Telephone	Print*
		9-5, 24-7 M-F 365	Hard Copy/PDF
Colusa			x
El Dorado	x	x	x
Placer	x	x	x
Sacramento	x	x	x
San Joaquin	x		x
Stanislaus	x	x	x
Sutter			x
Yolo	x	x	x

*(hard copy or downloadable PDF)

General Parent Education

General parenting education is incorporated as a component of each county's school readiness program. Parents seeking more in-depth education about child development and parenting, obtaining their GED, or learning English can attend a variety of parent education programs that are available through First 5 support in every county in the Region. Some programs target certain participants, such as pregnant or parenting teens, grandparents and kinship caregivers, or divorcing parents. Many First 5 programs offer parent education as an integrated element of more comprehensive parent support programs. For instance, Sutter County Children and Families Commission offers child development and behavioral workshops for parents as part of the Child Development Initiative. Finally, each county ensures programs are appropriate to the language and cultures of its population. For example, First 5 Sacramento provides the Power of Parenting to strengthen multiethnic families and communities.

More than 9,000 parents and primary caregivers in the Region participated in general parenting education or intensive parenting supports in the

2008-09 program year. (These totals do not include the parents and caregivers that received parent education and supports through other First 5 strategies, such as school readiness programs, child development initiatives or home visiting.)

Important aspects and impacts of the First 5 approach to parent education, whether delivered in the community or in the home, are highlighted here:

- Programs use curriculum and processes proven by independent research to be effective, including Parents as Teachers, Positive Parenting Program (Triple P), Parent Child Interaction Therapy, and the Modified David Olds Model of home visiting.
- Research based tools are used with parents to assess family strengths and needs, including Ages & Stages Questionnaires (ASQ and ASQ-SE), Life Skills Progression, and standardized depression screening tools.
- All counties implement pre and post surveys and tests to gauge the impact of parent supports.

First 5 parent education programs in the Region are having a positive effect on the knowledge, skills, and behaviors of parents. For example:

- The Stanislaus County Children and Families Commission funds parenting education through FRCs; 99% of children ages 0 to 5 whose caregivers took a pre/post test or survey indicated an increase in parenting knowledge or skills after attending parenting education or support groups; and, 685 pregnant women and mothers of infants made positive parenting changes after taking parenting, safety, and nutrition classes.
- First 5 Placer funds Men, Infant, and Children classes providing education on brain development, child nurturing and the stages of child development. After

participating in classes, 91% of fathers rated their parenting knowledge as average or above average (an increase of 41% over pre-class surveys). Research shows that even very young children who have experienced high father involvement show an increase in curiosity and in problem solving capacity⁶⁸ and are more likely to have solid marriages later in life.⁶⁹

- First 5 El Dorado's Together We Grow (TWG) initiative completed 1,453 screenings for 1,334 children, provided parents with information regarding the screenings, and suggested activities and made referrals to promote parent understanding and recognition of developmental milestones.
- Parents participating in Sutter County Children and Families Commission's Family Soup program in FY 2008-09 were assessed to have increased confidence in areas such as connecting to needed educational resources, accessing community resources, and awareness of health insurance resources.
- After receiving case management services and going through First 5 San Joaquin's Family Success Team process, almost two-thirds of the family goals were achieved (i.e., obtaining health insurance for their children, receiving employment assistance, and enrolling their children in affordable child care); and more families were assessed as stable or safe/self-sufficient, with improved parenting skills.

Focusing on educating teen parents can produce significant results and cost savings.

Research finds 34% young women who had been teen mothers did not earn a high school diploma or a GED,⁷⁰ both of which have been shown to have a direct correlation with improved child and family outcomes later in life. Additionally, teen parenting is expensive,

costing the nation an estimated \$9.1 billion for increased public sector health care costs, child welfare costs, state prison systems, and lost revenue due to lower taxes paid:

- First 5 San Joaquin funded the Pregnancy Resource Center to increase pregnant and parenting teens' knowledge and skills related to child development. High school teachers reported participating teens had increased self-esteem, confidence in their parenting skills, and strong bonds with their children.
- First 5 Placer's Chana program illustrates the impact parent education and support has for teen parents and their children. In FY 2008-09, 92% (13) of teen participants earned a high school diploma and 8% a GED; an increase over the previous year. Six months after completing the program, these teens were also found to be mostly self-sufficient in maintaining health care for their child and themselves, living in a stable environment, paying their bills without emergency assistance, and providing adequate food and nutrition.



Home Visiting Programs

Research shows that in the first years, all learning—emotional, social, intellectual, language, and motor—is linked, and each area of development depends on and influences the other areas.⁷¹ In previous generations, families worked together to raise children, with extended families and even multiple families

working together.⁷² Today, families are smaller, and often isolated with single parents, or grandparents shouldering the responsibility for raising children on their own. Many of these caregivers need additional supports.

Effective home visiting offers family support that recognizes and respects the special role that parents play in shaping the lives of their children.⁷³ The specific goals of home visiting programs vary, but typically they seek to improve family outcomes by strengthening the parent-child (caregiver-child) relationship during the first few years of a child's life.

Home visiting programs also provide a link between families and other community services.⁷⁴ It helps parents and caregivers understand a health issue, developmental delay, or disability. By getting the information and support from home visitors, parents are able to make appropriate interventions on behalf of their children.

What Home Visiting Means

"Our newborn home visitor has come back to tell a story of a frustrated, crying mom because she wasn't able to breastfeed her baby. When the home visitor left, the baby was latched on and everybody was happy. And you just think, what would have happened in that family had the home visitor not gone out?"

- Bonnie Davies, Board Member
Family Action Centers of Colusa County

Seven counties in the Region have First 5-funded programs to provide support services in the homes of families. This ensures that services are available in a familiar environment and language, and reduces barriers, such as lack of transportation or cultural differences that may prevent a family from seeking services. The services provided through home visiting vary

depending on the program but generally include case management, health screening, parent education and support, child development screening, home safety and environment assessments, and linkage to other services.

2008-2009 First 5 Funded Home Visiting Programs in Region

	Parents as Teachers	Public Health Nurses	Other Research-based
Colusa		❖	❖
El Dorado			❖
Placer	❖		
Sacramento	❖	❖	❖
San Joaquin	❖	❖	❖
Stanislaus	❖	❖	
Yolo	❖	❖	

Like other First 5 investments, these programs use research-based curriculum such as the nationally recognized Parents as Teachers (PAT) Program, Touchpoints Parent Child Home Program, Healthy Families America Model, and the Modified David Olds Model which uses nurses as home visitors.

Colusa, El Dorado, San Joaquin and Yolo Counties have home visiting programs that specifically target parents of newborns. Last year these four programs alone served over 1,121 parents representing 885 children. The average cost per parent was \$240 (based on a total investment of \$268,832). For the equivalent of one week's rent for a two bedroom unit, a parent is provided with supports, resources, and knowledge that benefit their children for a lifetime.⁷⁵

In the past, Sacramento only funded a small amount of PHN home visiting but in 2009, funding expanded to include PHN, Birth and Beyond, and SR home visiting models countywide. Sacramento, Stanislaus and San Joaquin Counties provide home-based services on a targeted basis to reach families that would not otherwise be able to access family support

services, or that are at higher risk of adverse child/family outcomes. Many counties offer home visiting programs as part of a larger school readiness initiative. Home visiting supports parents in the parenting role and child bonding, essential to social-emotional development:

- First 5 San Joaquin home visiting services include instruction in child development, referrals for services, and social and emotional support. Since 2005, more than 1,600 families per year have received home visiting services, and showed improvements in their relationships with family and friends; their children; and supportive services.
- Nearly all participants (95%) completing surveys for Colusa's Welcome Home program reported the program helped them to bond with their newborn and provided a much needed support that they didn't have elsewhere.
- On average, 67% of 41 families participating in First 5 Yolo's Step by Step program, increased their knowledge and competency as parents across 12 skill areas, as compared to 51% the previous year, making a significant change in the lives of these children and families.

Home visiting has also reduced the risk of maltreatment or abuse in the Region and contact with the child welfare system. For example:

- In Sacramento County, 84% of families with a history of involvement with Child Protective Services (CPS) had no recurring CPS involvement after receiving Birth & Beyond home visitation services. One year later, 66% of families did not re-enter CPS; 65% of families with a history of involvement with CPS had no recurring CPS involvement; and, 88% of families with no prior history, including many first time parents, had no CPS involvement at all.

Investments in home visiting can yield significant cost savings.

For example, First 5 Sacramento's *Birth & Beyond* home visiting program costs on average \$1,600 per child, while the cost per child annually for an open CPS case is \$100,000.⁷⁶

Intensive Family Support Programs

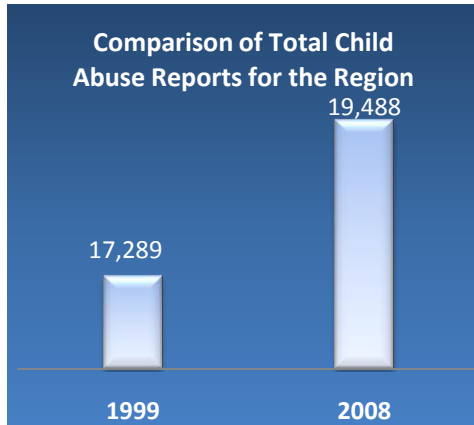
Studies have shown that children who experienced maltreatment were more likely to engage in risky behavior and to suffer from adverse health effects such as obesity and certain chronic diseases.⁷⁷ Similarly, other studies found that adults who experienced abuse or neglect during childhood are more likely to suffer chronic illnesses as an adult and to experience early death.⁷⁸

Early interventions and implementation of effective policies and strategies to prevent child abuse and neglect is estimated to save US taxpayers \$104 billion per year.⁷⁹ These savings are realized through direct costs for foster care services, hospitalization, mental health treatment, and law enforcement. Indirect cost savings are estimated at \$70 billion per year from reduced expenditures for treating chronic health problems, to providing special education, and operating the criminal justice system.⁸⁰

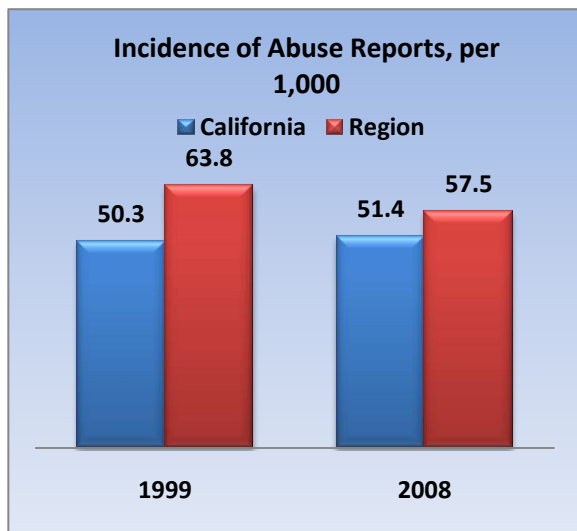
The positive side of these studies is that there are a number of opportunities to reduce child abuse and neglect by assisting parents and caregivers in addressing their own needs and being able and available to respond to the needs of their children.

First 5 has been an essential partner in the fight against child abuse and neglect, and other forms of family violence. Some positive trends can be found from the work that First 5 has done in collaboration with county Child Welfare Services and other groups since 1999.

Over the past nine years there has been a 12.7% increase in the Region's total child abuse and neglect reports, from 17,289 in 1999 to 19,448 in 2008.

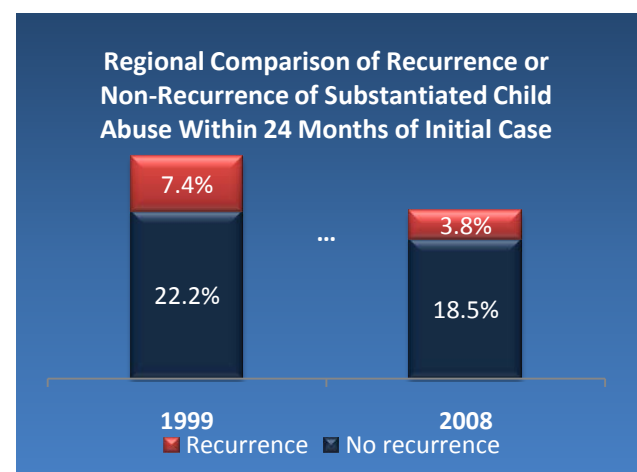


During this same time, the rates of child abuse reports per 1,000 children between the ages 0 to 5 **decreased** by 6.5 points for the First 5 Sacramento Region, while they increased for California.



The increased emphasis brought by First 5 on supporting families with children is making a real difference. For cases where child abuse or neglect is substantiated, family support services are now available because of First 5. They are important resources in helping families prevent a recurrence of abuse.

Since First 5 has been implemented, there has been a substantial decline in the recurrence of abuse/neglect. In child abuse cases opened in 1999, one year after Proposition 10 passed, a recurrence of abuse or neglect within 24 months occurred in 7.4% of substantiated cases. As shown in the chart on the next page, after extensive First 5 investments in family support systems, recurrence within 24 months for the Region as a whole had dropped to 3.8% of cases in 2008 – almost half of what it had been less than a decade before.⁸¹

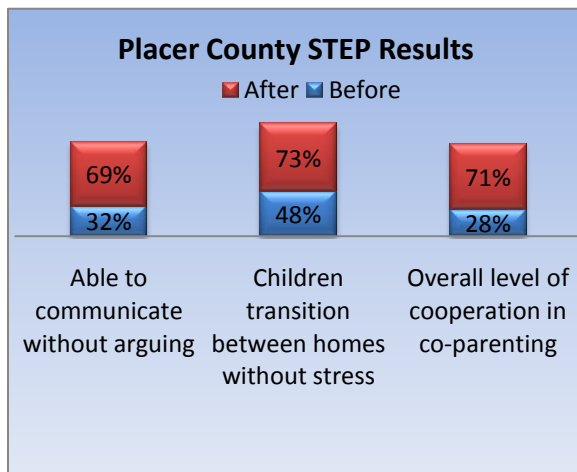


First 5's contribution to these results has been a combination of systems integration and direct services coordination and collaboration.

All of the Family Resource Centers and parent education and support programs described earlier in this report work to promote positive discipline and effective parenting skills, while reducing stress factors for families, in order to prevent child abuse and neglect. These efforts are complemented by more targeted and intensive programs, such as:

- First 5 Sacramento's *Birth and Beyond* home visiting program for pregnant women and those with new babies works to reduce the risk of child abuse and break the cycle of violence.

- Stanislaus County Children and Families Commission's *SAFE Court* family reunification and substance abuse services, provide a home environment for women with children while recovering from substance abuse.
- Sacramento, Stanislaus and Yolo Counties provide respite child care programs for parents whose young children are at risk of abuse and neglect, or who have open CPS cases. In Stanislaus County, 261 children enrolled in respite childcare were kept safe from child abuse without incident, thereby preserving the family.
- First 5 Placer's *Multi-Disciplinary Interview Center (MDIC)* serves possible victims of alleged felony child abuse and their parents, and the *High Conflict (STEP)* program works with divorcing parents to improve relationships with their child and their ability to parent together in a high stress environment. The STEP program has been shown to enhance communication, reduce stress and improve parenting.



Family Resource Centers, home visiting and other family support services funded by First 5 have provided the platform for implementation of "differential response" systems in Sacramento and Stanislaus Counties.

Under differential response, families that are the subject of a report of suspected child abuse or neglect or do not meet the criteria for Child Welfare Services action are referred to their local FRC or family service provider to get assistance with issues that may be causing stress or conflict. In Stanislaus County differential response (DR) referrals to FRCs across the county climbed, as did referrals from the community. Every family that does not enter or reenter the child welfare system represents a savings to county public services.

On Intensive Family Supports

"Birth and Beyond is part of the continuum of care in the child protection system. This program has permitted us to adopt an approach of differential response. We can have families work with paraprofessionals in the program, as opposed to elevating those families into social workers/CPS caseloads. This allows for a more appropriate assignment of families on that spectrum."

- Roger Dickinson, Chair
First 5 Sacramento

First 5 Yolo is reducing risk for children placed in foster care while also saving the county thousands of dollars annually. In 2007, when California was found to be "experiencing an unprecedented crisis" in its ability to find licensed homes for more than 80,000 foster youth⁸², First 5 Yolo began building the capacity of foster families and increasing the number of licensed homes in the county. After two years, First 5 Yolo's Foster Family Recruitment, Retention and Support program has:

- ✓ Increased the number of licensed foster families to 73; a 93% increase over a two year period.
- ✓ Retained 90% of the licensed families enrolled.
- ✓ Made a 25% increase in placement satisfaction for 292 foster parents.

- ✓ Saved the county an estimated \$150,000 in foster care expenditures (FY 2008-09) because children were cared for local licensed foster homes rather than certified agency foster care or group home, often out of county.

It must again be emphasized that First 5 is one partner among numerous groups working to fight child abuse and neglect. However, all available information indicates that First 5 family support services are an important part of child abuse prevention in many counties.

Family Literacy Activities

Adult literacy has been shown to be crucial for the well being and development of children.⁸³ Family literacy programs provide parents with the tools, skills and knowledge of how to support their children's learning of specific literacy skills that provide the foundation for child literacy success.

The family literacy model has been shown to be effective. As parents develop their own literacy skills, they are better equipped to foster the literacy and language growth in their children. These parents' perspectives on literacy change and they are able to provide a more economically stable home environment. As their confidence and skills grow, they are more willing and able to take the lead as their child's first, and most important, teacher. Additionally, children whose families have more parent child

"Attending the classes was invaluable, both in terms of information and support. We are truly thankful for the dedication offered to families like ours. Hearing about real-life situations helped us better appreciate the plights of others who are walking in similar shoes. We feel appreciated, supported, and better able to take on the challenges before us in raising the two little girls who have come to live with us."

- Yolo County Foster Parent

interactive literacy activities, tend to have greater improvements in cognitive development areas.⁸⁴

First 5 Sacramento Region incorporates family literacy activities into many of the school readiness and early literacy programs described earlier in this document. Five counties in the Region (Colusa, El Dorado, Placer, Sacramento and Yolo) invested a total of \$328,983 specifically for family literacy activities in fiscal year 2008-09. As a result, an additional 3,160 parents and caregivers and 6,573 children were served for less than \$34 each.



Throughout the Region, First 5 is having an impact through its family literacy activities in all programs:

- In Stanislaus County the percent of families that engage in literacy activities at home has increased by 38.7% (40% of families in 2004, compared to 55.5% in 2008).
- After participating in family literacy programs funded by First 5 San Joaquin, 71% of parents indicated reading to their child almost every day of the week. Parents that reported they never or rarely read to their children dropped from 21% to 7%.
- In El Dorado County, 68% of parents reported that they or another family member read or show picture books to their children every day, and 22% read or show books 3 to 6 times per week as a result of family literacy activities.

- First 5 Sacramento provided 23,679 literacy services, in 2009, with 40.6% directed at family literacy programs where the importance of reading at home is emphasized and time and reading materials are provided for parents and children to read together. Year end evaluation verified that family participation in literacy programs increased the amount of time and frequency families spent reading with their children.

Parent-Child Interactions

A low cost, high impact approach to increase and enhance parent-child interactions used by First 5 in many parts of the Sacramento Region is to sponsor playgroups.

Playgroups are conducted with age-appropriate activities that promote child development and positive parent-child interactions. Playgroups can also be



therapeutic, providing parents and children the opportunity to interact in a way that supports positive behavioral health. Finally, playgroups provide a forum for peer support between parents, building stronger social networks and community relationships among families. By helping to reduce parent isolation and stress, playgroups give parents opportunities to learn new skills and share tips and advice on childrearing. They are inexpensive to operate, and can be established in neighborhoods and communities where they are needed or desired. The impact of parent child interactions and playgroups in the Region can be seen from program evaluation and other reports:

- First 5 Placer offers enrichment activities for children and parents through the Placer

Nature Center and the Sierra Nevada Children's Museum (Kidzone). Last year Nature Center results showed:

- ✓ 66% of parents gained a greater appreciation of nature and learned new ways to take care of nature; and
- ✓ 94% of parents said they would support their child's curiosity about nature by making time for outdoor activities with their child.
- ✓ Placer parents are also interacting more with their children. The number of visits by underserved children and parents increased from an average of 1.5 in 2007 to 5.2 in 2008.

- First 5 El Dorado offers playgroups in six community-based sites, including a new night time "Working Parents" playgroup. As a result, nearly two-thirds (65%) of El Dorado parents participate in activities where they are able to connect and share ideas with other parents of young children.

In addition to playgroups, counties in the Region offer library programs and story times that increase the interactions between parent and child around literacy, while building social connections with other parents. The impacts from these activities are described in the Early Literacy and Family Literacy sections of this report.

Other Types of Family Support and Access in Times of Need

Parents need support to provide for children's basic needs with tangible resources such as food, clothing, housing, etc. This is especially true in times of crisis or stress. Access to concrete supports during such times is considered one of the six protective factors or conditions to positively impact family and child outcomes.⁸⁵ Besides the wide array of family support and engagement services already discussed in this section, counties in the Region also provide a limited amount of concrete family supports in times of need. Types of tangible supports include:

Impact of Other Types of Support for
One Family in Need

The Arbuckle Family Action Center (Colusa County) was contacted by an emergency nurse at Colusa Medical Center requesting immediate support for a 22 year old woman who had lost her two year old child and brother-in-law in a fire that same morning. The AFAC provided immediate support, served as the connection between the family, community members and the responding agencies. Working with the Sheriff, The American Red Cross, local churches, the Behavior Health crisis line, and community members, AFAC coordinated support, resources and other arrangements for help, including clothing, shelter, translation services, and air fare to allow the parents to return home to Texas in time for the burial of their two year old child.

- Basic needs support, i.e., food, clothing and financial assistance provided through FRCs and wraparound services in Colusa, Placer and Stanislaus Counties.
- Transportation assistance to help families of young children access local programs and services in Placer, San Joaquin and Stanislaus Counties; and to help families in Colusa County obtain needed out-of-county medical care.
- Varying levels of substance-abuse screenings, referrals, brief intervention and treatment services; and provider trainings in Sacramento, Stanislaus and Yolo Counties.

Throughout this section examples have been provided highlighting data from national research that shows the return on family strengthening and engagement of investments, including:

- FRCs were able to serve high risk families through differential response (DR). FRCs are able to provide more contacts and supports to families at a lower cost per service unit than possible through public agencies. FRCs also help keep families from entering or reentering the child welfare system.
- Teen parents who complete high school and are able to parent their children in a stable environment produce concrete savings from costs for public sector health care, child welfare, and state prison; and lost revenue due to lower taxes paid as a result of limited education. The cost to the nation for teen parents was recently estimated at \$9.1 billion for a single year.
- First 5 Yolo saved the county an estimated \$150,000 in foster care expenditures because children were cared for in licensed foster homes rather than certified agency foster care.

Further examples of cost savings from First 5 investments are provided in the last section of this report.

All of the families interviewed [for this impact report] stated that their family had been strengthened and their children were better prepared for school as a result of First 5.

Community Awareness & Capacity Building

CORRESPONDENCE NO. 1
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Community Awareness & Capacity Building

As the leading advocate for young children, a central focus of First 5 is to increase the community's awareness of early childhood development. Additionally, First 5 works to build the capacity of individuals, communities, organizations and agencies in identifying and responding to community needs through improved systems, training, mentoring and other proven strategies.

First 5 accomplishes this through implementing best practices in community engagement, outreach and capacity building strategies.

What Works?

Community capacity building sets the foundation and framework for developing resources to support identified community needs. It helps overcome challenges and barriers, such as limited funding, less resources, and service overlaps, which can occur among community organizations and agencies.

The evidence-based best practice utilized in the *Communities That Care* model provides a unifying framework for communities to use in promoting family strengthening and healthy development of children. Strategies from this approach include:

- ✓ Communitywide prevention and intervention policies that create protective factors for the community.
- ✓ Coordinated and integrated approaches to serve multi-need families.

- ✓ A commitment to strength-based, individualized, family-center solutions, with shared decision-making between agencies.
- ✓ Communitywide training on the fundamentals of community organizing and how to collaboratively make objective decisions, select priorities, and identify resources and gaps.
- ✓ Identification of overlapping initiatives, and reduced duplication of efforts and enhanced prevention services.

Building local capacity is accomplished by educating individuals and mentoring local organizations and institutions to increase their ability to work effectively within their communities. Ultimately people become more engaged, capable and equipped to solve their family and community issues. And, an engaged community has higher levels of participation, which has been shown to positively affect

community job opportunities, economic growth, safety, educational performance, and longevity.

Research shows that the neighborhood and community also have impacts on the well being of children ages 0 to 5 and their families. When social capital and civic engagement are increased, communities are

more likely to benefit from lower crime, better health, higher educational achievement, and more economic growth.

According to a study by Dr. Ichiro Kawachi, social isolation is associated with health problems and shortened life. For example, a 10%



higher level of trust was associated with an 8% lower death rate. The Saguaro Seminar found that given the choice of 10% more [police] officers on the beat or 10% more citizens knowing their neighbors' first names, the latter was found to be a better crime prevention strategy.

Finally, The Civic Engagement Project for Children and Families, developed collaboratively by the David & Lucile Packard Foundation, the James Irvine Foundation, the Miriam & Peter Haas Fund, the Walter & Elise Haas Fund, and the Peninsula Community Foundation, has identified "promising practices" of civic engagement practiced by First 5 commissions throughout California. Included is targeted outreach to inform community members about commission activities and funding opportunities for program development. Effective outreach is to specific ethnic, linguistic, geographic, socio-economic and/or political communities and uses methods that are appropriate to those communities.

Community Awareness and Engagement to Benefit Children

The Sacramento Region implements effective strategies – "what works" – to increase awareness and support for children. On a broad scale, the Region focuses on community awareness events, community outreach, and public events that celebrate children and offer opportunities to reach a large cross-section of the community. Examples of what works:

- First 5 San Joaquin offers the Concilio SAFE social support groups through a therapeutic parenting program for families with culturally sensitive methods and addressing access.
- Three collaborative groups funded by First 5 El Dorado are focused on developing local leadership in strengthening collaboration. Through data assessment, First 5 El Dorado captures and assesses information to

identify needs and propose collaborative solutions in all three areas.

- Over the past two years, First 5 Sacramento invested \$1,423,000 in a Community Building Initiative that focuses on activities that build linkages among individuals and a connection to the local community. It is the only county in the Region to invest in community building in this way. Results of the CBI over the past two years include:
 - ✓ 579 CBI events held; some offered families the opportunity to connect and network during an organized activity; others provided educational opportunities for young children or their parents (e.g. gatherings where parents read to children or collaboratively prepared nutritious meals and promote healthy eating.)
 - ✓ Increase in parent-child activities
 - ✓ Decrease in parent stress levels

Additionally, participants in CBI events:

- ✓ Were more connected to their communities and had a greater sense of investment and trust in their neighbors, and
 - ✓ Demonstrated higher levels of parent efficacy (e.g., feel they can be in control of their lives).
- First 5 Placer places a major emphasis on outreach and community building with its recognition of the need to engage the community throughout the year with the Outcome Faire and social marketing campaigns. The county funds a number of activities to support and improve available systems of care in the county. These include supporting outreach, planning, support and management of services; building provider capacity through training and support; and strengthening communication with the community at large.

In addition to increasing community awareness, support for children is an integral part of the Region's focus. By increasing access to services, children are better prepared:

- A recent study assessing the multi-county Community Health Initiative (CHI) in nine counties, including San Joaquin County, found positive impacts with regards to children's access to primary care, specifically, Healthy Kids:
 - ✓ Increases low-income children's access to primary care and decreases likelihood of hospitalizations for preventable illnesses.
 - ✓ Helps prevent over 1,000 hospitalizations each year from 2000 to 2005.
 - ✓ Saves the State of California and the federal government up to \$7.3 million annually in hospital costs.

Contributing to the Cultural Richness
of the Local Community

In Stanislaus County, a young Laotian woman who had spent much of her childhood at the Bridge Family Resource Center returned to produce a Southeast Asian cultural show for the community utilizing the Bridge youth talent. Hmong and Lao children came out of their quiet shells and became performers to bring together three generations of Southeast Asians along with teachers, professors, and community members.

- Bridge Annual Report to the
Children and Families Commission

- Data suggests that increased access to family oriented activities and a more connected community was very important to families in Sacramento County. In response, First 5 Sacramento made Community Connectedness Mini Grants available up to three times per year to groups of parents and community members seeking to make a difference for children ages 0 to 5 in their neighborhoods or communities.
- First 5 El Dorado offers scholarships in order to increase parent participation in education. Scholarships were provided to

153 parents taking childbirth education, breastfeeding, and baby basics classes. These scholarships allowed parents to participate in education who otherwise would not have been able to; boosting class enrollment by 36%.

- Sutter County Children and Families Commission provides its free immunization program at walk-in clinics, and at back to school gatherings, including the Live Oak Head Start Parent Night, Back-to-School Immunization Clinic, and the Kindergarten Back to School night. The program is also provided at community gatherings such as Farmer's Markets, the Live Oak Peach Festival, Hawk Flight, Sutter County Baby Shower. Independent evaluators for the immunization program attribute community awareness and outreach for such high numbers of children being served in the program each year. Effectiveness of the community awareness efforts shows, as the top three referral sources to the program were clinic (33%), family member/friend (23%), and doctor/hospital (21%).

Capacity Building

Successful organizations and communities are able to identify and understand issues and then work together to develop solutions. First 5 has had an impact in building the capacity of community services in multiple ways: through training and technical assistance, investments in physical infrastructure, investments to enhance service capacity, and through developing the community's capacity to solve its own problems.

Examples of training and technical assistance for service providers have been presented throughout this report, such as professional development for ECE providers through the CARES program, training of providers in many counties on child development assessments and addressing early childhood mental health issues.

In Their Own Words
Capacity Building

We completed the Articles of Incorporation, and were approved for 501(c)(3) status as the Family Action Centers of Colusa County (FACCC). We are extremely grateful for all First 5 Colusa has done, and continues to do, in this endeavor. We would not exist without you. The number of individuals we assist continues to grow each quarter as well as the types of services provided. We strive to be people and a place that community members see as an extension of their family and home.

- Williams Family Action Center
Colusa County

Other examples of how First 5 has helped build community and organizational capacity throughout the Region include:

- Sutter County Children and Families Commission's Bright Futures program has successfully motivated and integrated volunteers from a broad range of agencies into identifying and serving the needs of the families and taking an active role in their own communities. Between 2007 and 2008 the number of volunteers increased 25% to 148. These volunteers contributed 978 hours to the program – or roughly the equivalent of one person working half time for an entire year - at a total dollar value of \$5,337. More importantly, high level of participation from the community remains strong, even in the sixth year of the program.
- First 5 Placer funding is provided to support periodic partner lunches to encourage information sharing, dialogue, networking and collaboration. These are scheduled and directed by the funded partners with topics selected by the group. In addition, First 5 also provided support for a conference on post-partum depression in the county that attracted 205 participants.

System Changes

Early Childhood Comprehensive Systems that Spend Smarter, a report recently released by the National Center for Children in Poverty is designed to maximize the impact of existing funding streams and enable programs, such as First 5, to feel confident that they are using the limited available resources in the most effective ways. The report supports the development of local, collaborative partnerships in promoting this systems change. Examples of systems change include:

- In Stanislaus County, the Immunization Registry became operational in August 1997. In 2001, RIDE (Regional Immunization Data Exchange) was implemented as the software used among eight counties to store immunization records entered by multiple immunization providers (medical offices and clinics, pediatricians and family practitioners and hospitals). The registry also assists other providers when proof of immunizations is not available. The goal is to have a single data source for all of Stanislaus County, and to be linked to the other counties within California. Over 99% of children 0 to 5 in Stanislaus County are now entered in the RIDE immunization data registry, greatly exceeding the Healthy People 2010 objective.

Leadership Leads to Systems Change

"Because of First 5's advocacy for FRCs and their partnership with our local child protective agency, we have [seen] really large positive changes at a systems level. Our county was able to fully institute differential response as a first line of intervention; using community resources for children who are victims or are at risk of child abuse."

- Kim Wood-Hiatt, MFT
Clinical Director
Sierra Vista Child & Family Services

- In Yolo County, similar data system enhancement efforts are ongoing. The COMPASS web-based universal application system was launched, and Health Enrollers were trained through the Yolo Health Insurance Coordinating Committee.
- First 5 San Joaquin continues to promote systems-level change:
 - ✓ The commission invested approximately \$376,986 in seed money between 2003 and 2006 to assist in the development of the San Joaquin County Centralized Eligibility List (CEL). When California Department of Education (CDE) started funding the project in June 2006, over 4,000 children had received services through the CEL, while 6,422 between the ages of birth to 5 remained on the list awaiting services.
 - ✓ \$60,000 is invested annually, equal to half of the annual cost, to maintain the One-e-App system in San Joaquin County. During 2007-08, 12 application assistants helped families with health insurance enrollments for more than 1,200 children ages 0 to 5 and 280 pregnant mothers.
 - ✓ \$150,000 is being directed to promote systems-level improvements in lactation services. Funds provide hospitals needed support to implement the California Department of Health Services Model Hospital Policy Recommendations and become “baby-friendly” and “breastfeeding-focused”.



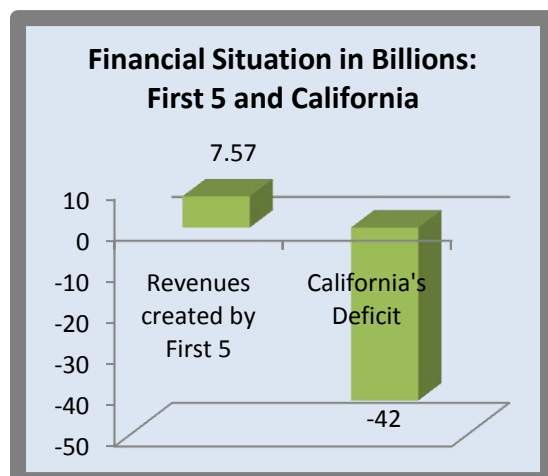
Efficient & Effective Use of Resources

CORRESPONDENCE NO. 1
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Efficient and Effective Use of Resources

The Economic Impact of First 5

The positive economic impact of Proposition 10 since it was passed in 1998 is in the billions of dollars. First 5 raised new revenues of approximately \$400 million in 1998 and 1999 to \$750 million annually thereafter for the California Children and Families Program, to be allocated primarily to new state and county commissions for early childhood development programs.⁸⁶ Further, First 5 has increased state General Fund revenues of about \$2 million in 1998-99 and \$4 million annually thereafter, and increased county General Fund revenues of about \$3 million in 1998-99 and \$6 million annually thereafter.

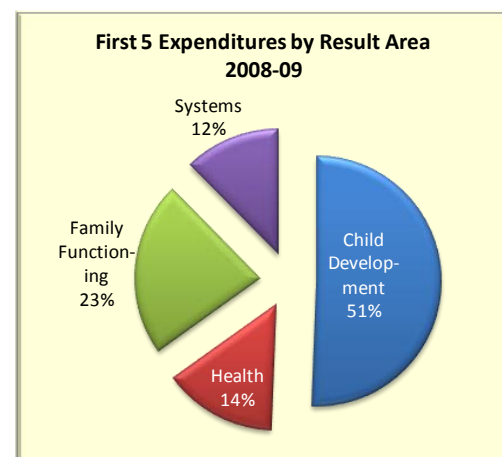


The above chart compares the financial situation between the revenues created by First 5's existence, \$7.57 billion since 2000 versus the \$42 billion deficit throughout the state of California.⁸⁷

First 5's commitment to efficient and effective use of resources, including long-term strategic

and financial planning, evaluation and capacity building are reasons why it has been so effective in meeting the diverse needs of the Region's youngest children and their families.

In 2008-09, First 5 Sacramento Region invested \$47,625,671 to serve 74,939 children ages 0 to 5 and 86,816 of their parents and other primary caregivers. The percentage of these investments across the four First 5 result areas is shown in the chart below.



The table below shows the number of children and parents in each county that were served with these funds during the past year.

2008-2009 Service Levels	Children 0 to 5	Parents, Providers, Caregivers	Total Served
Colusa	1,922	334	2,256
El Dorado	8,356	9,985	18,351
Placer	2,971	7,076	10,047
Sacramento	18,403	20,732	39,135
San Joaquin	12,472	11,786	24,258
Stanislaus	19,277	28,312	47,589
Sutter	2,986	4,015	7,001
Yolo	8,526	5,495	14,021
Region Total	74,913	87,735	162,648

For less than \$300 per person on average, First 5 Sacramento Region was able to improve child

health and development outcomes, strengthen families and communities, build strong service delivery collaborations, and remain accountable to the public. Comparing this to the mean amount spent on each student in California's public schools, \$8,142, or the average amount spent on each prisoner in the Federal prison system, \$23,917, First 5 is remarkably efficient while providing essential services that are proven to enhance child well being.⁸⁸

Research and studies mentioned throughout the report describe cost savings to counties from implementing certain models of high quality programs. Early childhood programs can keep children out of expensive special education programs; reduce the number of students who fail and must repeat a grade in school; increase high school graduation rates; reduce juvenile crime; reduce the number of youth who end up in the welfare system as adults; and increase the number of students who go to college.

"In terms of child abuse and prevention, this [home visiting] is the largest prevention program. The cost per child is \$1,600 on annualized basis.

"A report will be released early next year to show that the cost of one open, substantiated case in CPS is \$100,000. ...according to calculations for the Board of Supervisors, if you took \$4 million away from a prevention program, you would need to add another \$25 million to deal with problems after [the fact]. It would be pretty foolish as a policy maker to take that away."

- Sheila Boxley, Executive Director
Child Abuse Prevention Council (CAPC)

The table above right shows how \$6.6 million invested in 2009 for three early childhood intervention programs (newborn home visiting, high quality preschool, and intensive family strengthening) can result in savings of nearly

	Home Visiting for Newborns*	High Quality Preschool**	Intensive Family Strengthening
Cost saved for every \$1 invested	\$2.88	\$8.74 - \$17.07	\$7.82
Children Served	885	1,384	3,560
Total Investment	268,832	\$ 2,688,217	3,670,178
Projected Savings	\$774,236	\$ 23,495,017	28,700,788
Total Savings	\$52,970,041		

Estimates based on numbers in combined Region Annual Report form 2 of State Commission reporting for 2008-09

** Used data from newborn home visiting programs only*

*** Cost saving for high quality preschools estimated using \$8.74, which represents savings into early adulthood*

\$53 million. Conservative estimates for the total number of children served were used.⁸⁹

First 5's throughout the Region realize economic benefits, for instance:

- First 5 Placer contributes nearly \$4.6 million and over 85 jobs to the County's economy on an annual basis. Economic impacts were determined in an independent study to be a result of First 5 Placer funding. The Commission directly provides more than \$3.3 million of output and 74 jobs. Funded activities indirectly support \$256,000 in output and two jobs through increased demand for goods and services. Additionally, First 5 funding generates an induced impact of over \$987,000 and almost nine jobs through consumer activities of people employed directly or indirectly.

First 5 is one of the most effective models anywhere of investing in what works, holding service providers accountable to producing results, evaluating the results of investments and getting the most value possible out of a relatively small but vital amount of money.

The ability to consistently use resources in an efficient and accountable way is driven by four core capabilities found throughout the Sacramento Region: in-depth planning to target resources where they can have the greatest impact; fiscal leveraging efforts to stretch dollars as far as possible; program evaluation and

accountability systems to monitor and learn from investments that are made in specific programs; and, fiscal accountability systems to diligently manage revenues and expenditures.

Economic Impact is Personal

"One economic impact [of our program] is the creation of four jobs, one of which is filled by a member living in the community we serve. Additionally, opportunities for AmeriCorps placements and Welfare to Work placements (one for the 08-09 fiscal year and additional placements in 09-10) afford opportunities for on the job training and experience while earning stipends or income.

"The significant reduction in child abuse reports may have an impact on the number of children placed in receiving homes and foster care, thereby reducing county expenditures. Volunteer opportunities have also increased (particularly in the Clothes Closet)."

- The Drop In Center FRC

Fiscal Leveraging

The First 5 Commissions in the Sacramento Region have been very resourceful in working with community partners to attract other sources of funding. This is done by using the flexibility of First 5 funds as a cash match to bring additional resources to the counties and through funded programs using First 5 dollars as a match to attract other private funding and support.

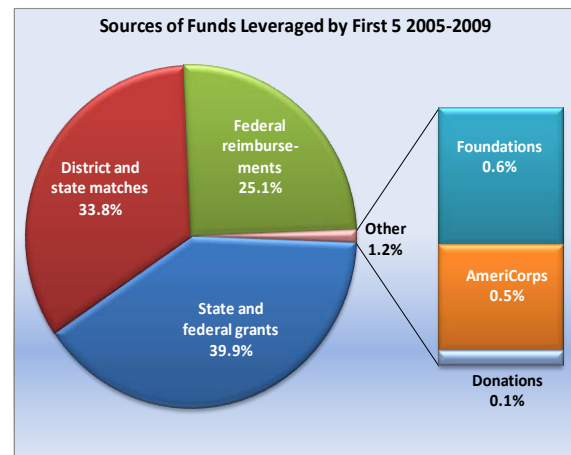
For the four year period from 2005 to 2009, a total of \$56,022,594 in additional funds was secured by four counties as a direct result of investments made with First 5 funds. This figure does not include First 5 California matching funds. It represents "new" resources

from federal or other governmental districts and private sources that would not have been received otherwise.

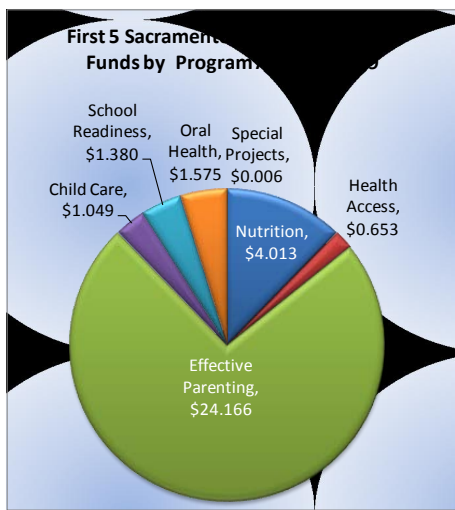
The table below shows the amount of tobacco tax revenue disbursed to each county over the past four years (FY 2005-06 through FY 2008-09), the amount of funds leveraged by the county, and the percentage of leveraged funds relative to the revenues received.

FY 2005-09	Tax Revenue	Leveraged Funds	% Leveraged
Colusa	\$ 1,167,025	\$ 113,000	9.7%
Sacramento	\$ 68,635,756	\$ 38,729,924	56.4%
Stanislaus	\$ 27,036,753	\$ 13,689,327	50.6%
Yolo	\$ 8,098,863	\$ 3,265,043	40.3%
Total	\$ 104,938,397	\$ 55,797,294	39.3%

Over the course of four years these four counties have been able attract nearly 40% of the total tax revenues received in additional funds. The breakdown of funds leveraged by source is shown in the chart below.



First 5 Sacramento County researched funds leveraged over the past five years according to program and service area. The chart that follows shows that effective parenting programs represented nearly 75% of all leveraged funds, thereby increasing resources by more than \$24 million dollars.



Numerous examples of fiscal leveraging have been presented in the report, such as the success of several counties to bring new funding sources together to expand services at Family Resource Centers launched by First 5 without requiring additional First 5 investments. Two more examples:

- First 5 San Joaquin invested in sustainability and program infrastructure services in 2008. As a result of this work, 12 First 5 funded programs were able to receive matching funds from First 5 California. First 5's investment in Healthy Kids enabled the program to leverage funds from both The California Endowment and Blue Shield, which increased the amount of health insurance money available to support the local Healthy Kids program.
- The California Endowment leveraged First 5 funding when it funded Stanislaus County's Bridge FRC through a two year grant for \$127,000. Funding provides stipends to community members for helping to develop Bridge resources, provides organizational development support, and increases culturally competent medical services.

The common thread is that First 5's continuous focus on building partnerships and collaborations positively impacts its leveraging

capabilities, not only with other organizations, but within and across initiatives and service networks serving multiple counties. First 5 has taken advantage of the unique flexibility of First 5 funds and stretched those funds much further.

Integration, Collaboration and Coordination of Services

The impact of First 5 goes far beyond increasing the type or amount of services for children and families. A critical role for First 5 is helping make services work better so that they are more accessible and effective for families. Two important ways that First 5 has fulfilled this role in the Sacramento Region are by improving the integration, collaboration and coordination of services and by building the capacity of organizations that serve children and families.

First 5 has always been a major catalyst to increase collaboration and engagement across many types of service delivery systems, leading to better coordinated services for families and more efficient use of resources. This work has resulted in a richer array of services, supports and community linkages in each of the eight counties. Furthermore, effective collaboration and service integration helps reduce and eliminate unnecessary duplication and provide the right service for the situation. First 5 is implementing best practice approaches for integrated and collaborative services throughout the Region. Here are a few of the many examples of how First 5 has stimulated better coordination of services:

- In one nine-month period, First 5 San Joaquin trained 240 community agency and school staff to assist families with their health insurance application. Another 35 staff from seven different organizations were trained as Certified Application Assistants (CAAs), nearly a five-fold increase in the number of CAAs in less than a year.
- Three different collaborations are having results in Stanislaus County. Healthy Start

programs at nine sites hold collaborative meetings; coordinate public awareness, community outreach, fiscal and evaluation reporting, and program evaluation activities. The Children's Crisis Center coordinates a range of services with Child Welfare Services, law enforcement, social services and other organizations. And, the 0 to 5 Early Intervention Program collaborates with FRCs throughout Stanislaus County to deliver preventative, early intervention mental health services. Finally, a multi-disciplinary team consisting of all Stanislaus County FRCs participating in Differential Response (DR) meets twice monthly to coordinate and integrate service delivery for all 0 to 5 families. This is producing more consistent and comprehensive service delivery.

- In Sutter County, the Smiles program has been successful in expanding the referral base for the program through coordination. The number of referrals from agencies such as Sutter County Health Department, WIC, and Social Services almost doubled between 2008 and 2009. Improved collaboration around early education is also occurring. The results from an online staff survey continue to show clear signs of deeper collaboration and a greater understanding between preschool and Kindergarten teachers of each other's roles in the children's learning process.
- First 5 Colusa serves as a catalyst for strong program coordination. This work resulted in 896 individuals receiving services in 2008 at the William Family Action Center, accounting for approximately 18% of the total Williams population and roughly 57% of the population age five and under. Collaboration with the school district to provide more space allowed the Arbuckle FAC to increase enrollment in the Kids Academy program by 15% and parent education classes by 88%. Finally, increased collaboration between the existing Maternal Child and Adolescent Health Program and

the new Welcome Home Program has resulted in increased calls from community partners inquiring as to what services are available from Public Health to support new parents.

Return on Investment

"[First 5] Yolo's work with foster care has had the best return on investment. The commission has been working to make it easier for parents to understand the myriad of challenges of becoming a foster parent. It's a conservative investment of 7:1 of expanding the number of families willing or who do take young children and comparing this with the next costly [type of] care."

- Francesca Wright,
Evaluation Consultant

Collaboration extends beyond county lines and even the Region. When Loma Linda University Medical Center Perinatal Services Network learned from the San Joaquin Perinatal Breastfeeding Initiative Coordinator that network members in that county would not be able to attend training due to costs and the economy, they agreed to bring the SOFT Approach workshop to San Joaquin at no cost – a good example of how strong relationships help leverage resources.

Program Evaluation and Accountability

First 5 has the flexibility to fund only the most innovative, effective and proven programs and efforts. It has local leadership in place to guide and tailor the use of funds to the unique circumstances in each county, and, First 5 is dedicated to accountability and results through evaluation.

Rigorous standards exist to ensure that funds are used properly. Each organization that receives First 5 money signs a contract with

performance outcomes to be met for the program or project being funded. Funded organizations submit regular progress reports – quarterly in most counties – and also participate in program evaluation activities to assess the quality and effectiveness of services. Annual reports are prepared by each First 5 commission to show what was accomplished each year, and presented to the community at public hearings and other venues, in addition to being available on First 5 websites.

Ongoing investments have been made in evaluation processes throughout the Region. These evaluation systems include designing an evaluation framework for First 5 as a whole and for each program, creating systems to collect and report evaluation data, monitoring of services delivered, analysis of specific desired outcomes, and regular discussion of evaluation findings with program staff and the First 5 commissions.

Sutter County Children and Families Commission established a database to track the number of interactions between its grantee agencies. All programs showed an increased level of cross-program interaction, indicating a high level of interaction has been achieved. Data also indicate that the Commission has been successful in getting more intensive services to a greater number of children.

First 5 ensures that funded agencies have the skills and knowledge necessary to understand and effectively participate in program evaluation activities. In cases where a funded program is new, community based or lacking in infrastructure, First 5 works with intermediary agencies that can help “grow” the program while ensuring rigorous accountability.

One example of this is found in Stanislaus County, where the Children and Families Commission contracts directly with Sierra Vista Child and Family Services (SVCFS) to provide direct services for children 0 to 5 and their families.

SVCFS is a well established organization with a solid management and direct service team, and positive relationships with other human service providers throughout the county. SVCFS also provides administration, program management support, fiscal oversight, fund development, board support, and leadership coaching for a group of Family Resource Centers (FRC) funded by the Commission. Not only does this reduce administrative overhead for the group of programs and services as a whole, it provides significantly increased levels of program evaluation and accountability. One of the FRCs supported by SVCFS is the Bridge Center: follows:

- The Bridge provides family support services for the Southeast Asian population to reduce cultural isolation, facilitate adaptation, and address risk factors for abuse and neglect. Services provided include parent education, case management, mental health assessments, screenings using standardized instruments, counseling, interpretation, health outreach, school readiness, home visiting, and resource and referral.
- Last year the Bridge significantly exceeded all of its benchmark targets, as shown in the chart on the next page.

Cultural Competence Meets Capacity Building
and First 5 Accountability Standards

Item	Target	Actual
Number of children & families served	160	177
Percent of strength-based assessments	70%	81%
Percent of assessment with referrals	80%	100%
Percent of case-managed families	40%	70%
Percent of parents with increased knowledge	80%	95%
Percent of parents screened for depression	60%	83%
Percent of children with developmental screenings	60%	84%
Percent of caregivers understanding the importance of education	80%	85%
Percent of uninsured children enrolled in health insurance within 90 days	85%	100%

- Five years of data across all programs in Sutter County show that the unduplicated child count *per year* has increased 89% - nearly double the number of children served in 2005. Comparing these numbers to US Census figures, the commission can confidently estimate that 63% of the 0 to 5 child population receives one or more services as a direct result of its funding. Additionally, evaluation shows that over the past four years children are being served in their communities, proportionate to the population distribution.

The investments in evaluation processes and infrastructure means First 5 can compare service delivery over a number of years. Throughout this report examples are provided of trends in services and outcomes across multiple years, such as the ability to track consistent increases in the number of children served.

As another example of First 5's commitment to evaluation and accountability, all of the information in this report was obtained from First 5 annual reports, program evaluation reports and other research conducted by the counties. It shows the depth to which First 5 closely monitors all investments and is able to modify programs or redirect funding as needed to invest in programs and services that truly have an impact.

First 5 Planning

All First 5 commissions are required by state law to adopt a countywide strategic plan that identifies the goals and objectives to be achieved, the programs and projects to be supported to achieve those goals, the approach to integrating early childhood development services into a consumer-oriented and easily accessible system, and reliable indicators to be used in monitoring progress and achievements. Each First 5 commission in the Sacramento Region has conducted an extensive strategic planning process to understand community needs and develop priorities for First 5 investments. These strategic plans are reviewed annually, and are revised whenever it is necessary to reflect changing community conditions.

Another critical form of planning done by every county is long-term financial planning. Revenues from state tobacco tax collections were always expected to decline steadily – in fact, one of the stated purposes of Proposition 10 was to discourage smoking through higher costs, thus leading to lower tobacco tax revenues. Recently, additional taxes have been imposed on tobacco products in order to raise money to help cover large state and federal budget deficits or achieve health objectives. These taxes are already leading to further reductions in smoking, thereby also cutting Proposition 10 revenues. In October 2009, the Board of Equalization (BOE) adjusted the tobacco tax revenue projections to incorporate the impact of the recent increase in

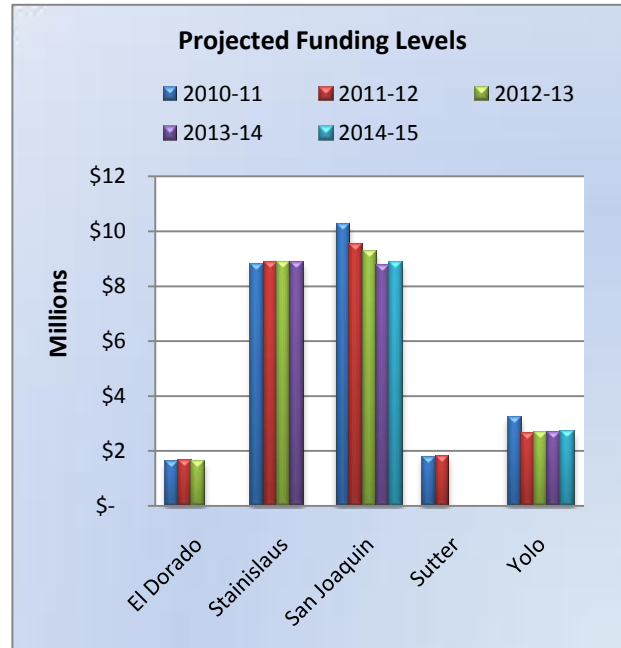
federal tax on tobacco products to various California funds, including Proposition 10 funds. Projected impact on First 5 California revenue *to the counties* is a decrease of 1.82% in 2009-10, followed by decreases of 3.3% and 3.2% over the following two years. The following table compares actual 2008 tax revenue disbursed to county commissions for July through December to actual 2009 tax revenue for the same period. This year-to-year comparison reflects a 10.32 % decline.

County Commission Tax Revenues Disbursed			
Month	2008	2009	
Jul	40,645,848	35,140,342	
Aug	39,427,264	35,502,754	
Sep	41,603,211	35,393,944	
Oct	33,659,407	34,108,850	
Nov	24,125,873	15,514,996	
Dec	31,065,555	33,133,297	
			% of Change
Total	\$210,527,158	\$188,794,184	-10.32

Instead of spending all available funds each year only to be faced with steadily cutting funds to effective programs year after year as tobacco tax revenues drop, First 5 has taken the long term view, carefully managing resources so that a target level of funding can be sustained for many years. This has often required building a reserve for sustainability during the early years which is now being spent as annual revenues dip below the expenditure target.

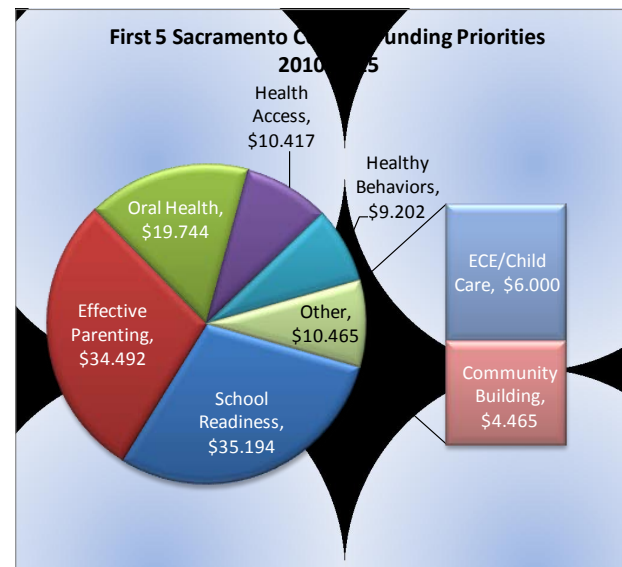
Five year financial forecasts are prepared by every county and are reviewed and updated at least once a year. These forecasts are used to determine a stable level of expenditures that can be sustained over the entire time period covered by the forecast.

The following graph illustrates anticipated funding levels over the next two to five years for five of the Region's counties. As seen, even though revenues to the counties will continue to decline, thoughtful financial planning has minimized the fluctuation in funding for essential programs and services.



First 5's focus on program sustainability and efficiency during the planning process has helped the counties keep investments relatively constant. For example:

- First 5 Sacramento will invest more than \$119 million in programs, services, and community building over the next five years. It has projected expenditures according to specific strategic plan priorities, as shown in the next graph.



- First 5 El Dorado has been able to increase service levels while keeping funding levels consistent, reflecting efficiency and sustainability efforts taken on by the funded partners. In some cases, initiatives that were originally funded by First 5 are now funded by other community partners. Two of the many examples of this include the Choices for Children website in El Dorado County and the CEL in San Joaquin County.

Thoughtful long range financial planning and good stewardship helps ensure that First 5 can manage its resources, while remaining flexible and responding to changing community needs.

Fiscal Accountability

The First 5 commissions have established strong fiscal systems to maintain full accountability over the use of the tobacco tax funds and other resources. These fiscal systems include the following elements:

- Policies and procedures that control how projects are selected for funding and how contracts are developed and administered for those selected projects.
- Accounting policies, procedures and systems to ensure that First 5 funds are only expended for purposes authorized by law, in alignment with the county strategic plan and annual budget approved by the Children and Families Commission.
- Close monitoring and evaluation of programs, services and projects funded by First 5, as described in the previous section on Program Evaluation and Accountability.
- Regular reporting of expenditures and other financial information at public meetings that are open to the community.
- Annual financial audits by independent auditors, which not only verify the accuracy of financial statements but also the effectiveness of internal accounting controls and county compliance with state laws governing the First 5 commissions.

- Working with the Government Finance Officers Association (GFOA) and using the fiscal managing guidelines to ensure accountability.

Community Collaboration Comes Through in Times of Need

One of the biggest challenges we have faced is having enough resources to share with our community members. We have run short of food during some of our food giveaways; we did not have enough computers for our students and individuals searching for jobs and writing resumes; and we have also found ourselves short of staff to provide assistance. These struggles have been resolved through partnering with individuals and agencies within our community.

Through our partnership with the County Office of Education's Adult Education Department, five laptop computers will be provided to assist students at the Family Action Center. Our staffing shortage has been addressed by sharing our need with the community and the One Stop Partnership. Community volunteers help us on a regular basis and high school students funded through the Work Investment Act provide needed help in the afternoons. It is amazing what can be accomplished when we all join together to benefit our community.

- Arbuckle Family Action Center
Colusa County

Finally, First 5 Sacramento Region is an integral part of more than a decade of commitment to California's youngest residents...

1998

Landmark passage of Proposition 10.

2000

California voters were asked to repeal First 5, but the 70% opposition reflected a strong anti-tobacco bias and support of early childhood education

2006

The Sacramento Region launched the new Healthy Kids insurance product for children who are not eligible for any existing programs such as Medi-Cal and Healthy Families and whose incomes are between 251 - 300% of the federal poverty level

2009

Voters cast their ballot in favor of Proposition 10 for a *third* time.

Resources

Resources

The information presented in this report about the investments and accomplishments of the First 5 commissions in the Sacramento Region was compiled by Social Entrepreneurs, Inc. from a review of literally hundreds of reports and data sources provided by the counties. These included the county strategic plans, annual reports prepared in accordance with state law and submitted to First 5 California, evaluation reports for individual programs funded by First 5, research reports prepared by or for First 5 and a variety of other materials. People interested in more detailed information about county level activities in the Sacramento Region are encouraged to contact the counties directly. Access to the websites of each county First 5 commission is available through the First 5 Association of California website at www.f5ac.org by selecting the County Commissions option.

Valuable insights about the impact of First 5 in the Sacramento Region were obtained from a series of telephone interviews with local and state level stakeholders with direct knowledge of the work of First 5. The participation of the following individuals in these interviews is greatly appreciated.

Sheila Boxley – Executive Director, Child Abuse Prevention Council, Sacramento County
 Linda Baker – David & Lucille Packard Foundation
 Vicki Barber, Ed. D. – Superintendent, El Dorado County Office of Education
 Kelly Brooks – California State Association of Counties (CSAC), Legislative Representative, Health & Human Services
 Ellen Brown – Health Net, California
 Denyse Cardoza – Executive Director, KidZKount ,Inc. Placer County
 Penelope Clarke – First 5 Commissioner Alternate, Sacramento County
 Wendy David – First 5 Commissioner, El Dorado County
 Bonnie Davies – Welcome Home Program, Colusa County
 Roger Dickinson – First 5 Commission Chair, Sacramento County
 Gayle Erbe-Hamlin – Chief Administrative Officer, El Dorado County
 Denise Erickson – Early Learning Program Planner, Colusa County
 Jane Frederick – Funded Partner; United Cerebral Palsy, San Joaquin County
 Catherine Goins – Commissioner, First 5 Placer; Executive Director, Early Childhood Education, Placer County Office of Education
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Helen Thomson – First 5 Chair; Chair, Yolo County Board of Supervisors
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