

First 5 Commission of San Diego
September 12, 2011
**Contract Amendment: HHS Alcohol and Drug Services
And Healthy Development Services**

Request

The request before the Commission is to amend the contract with Family Health Centers of San Diego (FHCS) to provide Healthy Development Services (HDS) at additional sites for the existing pilot project that brings HDS services to children whose mothers are enrolled in substance abuse treatment programs. The intent of the request is to include sites where there are higher concentrations of children and reach more children with the existing dollars. This is a joint pilot project between First 5 San Diego and County of San Diego Alcohol and Drug Services (ADS) and both entities are recommending this action.

Background: Children of Substance Abuse

Substance abuse among women of childbearing age continues to pose a major public health problem. Different sources estimate that between 5.5% and 10% of pregnant women abuse drugs and/or alcohol. Locally, between 2,500 and 4,500 drug-exposed babies are born annually in San Diego County. ADS funds twelve women's substance abuse treatment programs that provided services to 1,400 families with 1,200 children between the ages of 0-5 in FY 2009-10.

Children of substance abusing parents are among the highest risk population of children for developmental delays as a result of direct or indirect exposure to maternal substance abuse, and are more likely to develop drug and alcohol dependency in later life (National Survey on Drug Use and Health Report, 2009). Early developmental intervention with these children can reduce long-term lifetime need for more intensive treatment services, but it is challenging to connect these children to services. Parents in substance abuse treatment frequently have a very prescribed schedule of responsibilities with very limited flexibility — e.g., daily attendance at individual and/or group treatment sessions, attending court mandated parenting or domestic violence classes; seeking employment, finding housing, and maintaining daily obligations. Many of these women have lost their driving privileges and are reliant on walking or public transportation. Providing for their children's developmental needs while in treatment is often out of reach for these parents due to the lack of available time and transportation. However, young children routinely accompany their parents to their parent's substance abuse treatment programs where they are accessible for early intervention services. The Commission approved a joint pilot project with ADS last November to provide HDS services on site at treatment facilities as a means to identify and serve these high need children when they are already on site.

Proposal: Support additional sites within the current onsite HDS – Two Year Pilot

The two initial regions for the pilot were identified by ADS based on the best information available at the time. However, a review of the first five months of data of the pilot program revealed that the new contractor for women's treatment services in the Central region (awarded in March 2011) is in startup and not seeing as many patients as was anticipated. Currently, there is a smaller client base in the Central and North Central Regions, with more women seeking treatment in adjacent areas where programs are more established.

The proposal before the Commission is to extend the reach of the pilot by allowing the contractor, Family Health Centers, the flexibility to provide services at neighboring locations where there is a larger concentration of mothers of children 0-5 seeking treatment. Providing services at neighboring sites will maximize funds available for this project and provide services to more children, allowing the pilot to reach targets closer to those originally estimated for the project. This would not cost any additional dollars.

The initial action of the Commission in November 2010 specified two sites for the pilot project. By allowing the contractor the flexibility to provide HDS services at treatment centers that currently have higher concentrations of children 0-5, more children in this high need population will benefit from these services for no additional funds, and there will be more data to gauge the impact of the pilot project.

Commission History

- On November 1, 2010 (Item 2), the Commission approved a two-year pilot providing early developmental screening and intervention at two ADS women's treatment programs and to amend an HDS contract, adding

an additional \$300,000 for FY 2010-11, and \$300,000 for FY 2011-12 to provide developmental services in Central, and North Central regions.

- On May 3, 2010 (Item 6), the Commission received an information item on opportunities to leverage First 5 developmental services with County Alcohol and Drug Services.

Link to the First 5 Strategic Plan

This proposal links to the following goals of the Commission's Strategic Plan.

Promote each child's healthy physical, social, and emotional development.

1. Decrease the percentage of children entering kindergarten with undetected and/or untreated developmental, social emotional or behavioral delays or problems.
2. Increase the public's commitment to investing in services that support the healthy development of children ages 0 to 5.

Strengthen each family's ability to provide nurturing, safe, and stable environments.

1. Increase the use of positive parenting practices to promote the healthy social emotional development of children ages 0 to 5.
2. Increase parents' and caregivers' access to needed services for their children.
3. Increase the community's capacity to identify, treat, and support the needs of young children and pregnant women.

Link to Live Well, San Diego!

This proposal links to the following goals of the County's *Live Well, San Diego! Building Better Health*

- Building a Better System
 1. Improve Access to Quality Care by creating efficiencies in screening, referral and service delivery for social services and physical and behavioral health.
 2. Develop new approaches to improve the outcomes of people with alcohol and drug abuse disorders.

Staff Recommendation

- 1) Find that the proposed contract amendment for Healthy Development Services is consistent with the Commission's Strategic Plan, furthers the support and improvement of early childhood development within the County, and provides a public benefit.
- 2) Authorize the First 5 Executive Director, or her designee, to amend the Family Health Centers, Central Region, Healthy Development Services contract to provide developmental services at additional ADS women's treatment program locations.

Fiscal Impact

None.