

FIRST 5 SAN DIEGO

2017 ANNUAL REPORT

MESSAGE FROM THE EXECUTIVE DIRECTOR

DEAR COMMUNITY MEMBERS,

I am pleased to share the First 5 San Diego Annual Report for Fiscal Year (FY) 2016-17. This year, we invested almost \$37.5 million in direct services for young children and their families and served more than 54,000 children, parents, caregivers and providers. In addition, First 5 San Diego partners leveraged \$13.7 million in cash and in-kind support with public and private entities.

First 5 San Diego was honored to be the recipient of several awards and distinctions this year. Our KidSTART program was recognized as a Program of Excellence by Jackson Healthcare as part of their 2016 Hospital Charitable Services Awards program. With this award, KidSTART was one of 10 programs across the nation recognized for excellence in the areas of community impact, innovation and collaboration. We also received a 2017 National Association of Counties (NACo) Achievement Award for our Oral Health Initiative's Offsite Dental Services. The program provides preventative and restorative oral health services utilizing location-based portable services technology, bringing services to underserved children who might not otherwise receive care. Our Healthy Development Services program was recognized as an Innovation Challenge 2.0 Finalist by Let's Get Healthy California. The Innovation Challenge seeks to engage, empower and recognize change makers who seek to positively impact the problems that they care most about and to prove that we can work together to support innovation and improve community health and health care.

Another accomplishment this year was that Prevent Child Abuse America accredited First 5 First Steps as an official Healthy Families America (HFA) multi-site system, recognizing it as a provider of high-quality family support services. Attainment of HFA accreditation marks a successful milestone for our program, which has been serving families throughout San Diego County since October 2013.

Finally, for the third time, First 5 San Diego was awarded the Certificate of Achievement for Excellence in Financial Reporting from the Government Finance Officers Association for our Comprehensive Annual Financial Report for FY 2015-16.

I am proud to report the following achievements for FY 2016-17 for each of our program areas:

HEALTH

- Screened 23,979 children and 6,790 pregnant women for oral health services and provided treatment for 13,321 children and 2,662 pregnant women
- Screened 17,913 children for developmental delays and treated 5,053 children with developmental concerns
- Screened 10,558 children for behavioral delays and provided treatment for 2,781 children with behavioral concerns

LEARNING

- Provided high-quality early education for 14,175 children
- Achieved a high-quality ranking for 96.3% of participating preschool sites
- Provided professional development to 1,557 early childhood education teachers

FAMILY

- Served 648 primary caregivers and 579 children with intensive home visits
- Provided care coordination to nearly 21,000 children, parents, and caregivers
- Provided 4,885 parents and caregivers with parent education services

COMMUNITY

- Sponsored or participated in community events that reached over 102,000 San Diegans
- Conducted a community awareness campaign that achieved more than 81 million gross impressions
- Provided 57,672 health and social service referrals for families

In this report, we celebrate the achievements of another productive year working to improve the lives of children ages zero through five and their families. Thank you to our Commissioners, First 5 San Diego staff and each of our community partners who have made these achievements possible.

Sincerely,

A handwritten signature in white ink that reads "Alethea Arguilez". The signature is fluid and cursive, with a long horizontal line extending from the end of the name.

Alethea Arguilez, M.A.

FIRST 5 SAN DIEGO PROJECTS FOR FY 2016-17

Childhood Injury Prevention Program

The Childhood Injury Prevention Program educates parents, caregivers, and early childhood education staff about childhood injury prevention strategies to make homes, automobiles and communities safer for children ages zero through five.

Community Water Fluoridation

Community Water Fluoridation supports Sweetwater Authority to become optimally fluoridated to improve the oral health of children and families. With First 5 San Diego investments, optimal fluoridation was also reached for the City of San Diego and Olivenhain Municipal water districts.

Discovery Zone Expansion Project

The Discovery Zone Expansion Project is a partnership with the San Diego County Library to implement family early literacy stations (First 5 San Diego Discovery Zones) at the new Alpine and Imperial Beach Libraries. Designed to provide a child's first teacher, the primary caregiver, with the tools and resources they need to incorporate research-based family early literacy practices in the home.

First 5 First Steps

First 5 First Steps provides countywide home visitation services to specific high-risk target populations including pregnant and parenting teens, military, refugee/immigrant and low-income families using the Healthy Families America (HFA) model and the Parents as Teachers (PAT) curriculum.

Five & Fit

Five & Fit mobilizes volunteers ages 55 and older to prevent early childhood obesity by teaching children to make healthy food choices and engage in regular exercise while supporting parents and educators to build healthy habits.

Good Start for Women + Children

The Good Start for Women + Children Program is a partnership with the Jacobs & Cushman San Diego Food Bank to provide pregnant women and children ages 5 and under in high-need communities with a monthly food package and First 5 San Diego parent education materials.

Healthy Development Services

Healthy Development Services (HDS) is an array of services for early identification and treatment of children with mild to moderate developmental delays. Services include assessment and treatment for developmental (including speech and language) and behavioral concerns, parent education and Care Coordination to all families receiving HDS services.

IMPACT Family Connections

IMPACT (Improve and Maximize Programs so All Children Thrive) Family Connections is a partnership with the YMCA Childcare Resource Service (CRS) that assists Family Child Care Home (FCCH) providers to implement developmental screenings and develop clearly articulated referral pathways for services. The program also provides training and technical assistance to home visitors across San Diego County to enhance families' knowledge about quality early childhood education settings.

IMPACT Lactation Supportive Environments/Breastfeeding Friendly Environment Program for Childcare Facilities

The goal of this program is to increase access to environments that support the initiation and duration of breastfeeding. Specifically, strategies aim to increase the number of childcare facilities that develop, adopt and implement policies that support breastfeeding and lactation accommodation.

2-1-1 Information and Referral

2-1-1 San Diego is a free 24-hour phone service and online database that connects people with community resources. 2-1-1 also operates a First 5 San Diego Warm Line that assists parents of children ages zero through five with locating services and resources for their families.

KidSTART

KidSTART is an integrated program within First 5 San Diego and the Health and Human Services Agency's Behavioral Health Services to support children with complex needs. The KidSTART Center performs triage, assessment, referrals and treatment for children with multiple, complex delays and disorders. The KidSTART Clinic provides comprehensive behavioral and social-emotional clinical treatment (First 5 San Diego funding supports the Center only).

KinderStart

KinderStart is a Kindergarten summer-school readiness pilot program at Laurel Elementary School in Oceanside. It provides a high-quality, multi-week early learning opportunity for children preparing to enter kindergarten and needing additional support. The program targets children with no preschool experience.

Kit for New Parents

The Kit for New Parents (Kit) is a free, comprehensive resource from First 5 California for new and expectant parents emphasizing the importance of a child's early years. Kits are distributed countywide and are available in English, Spanish, Vietnamese, Cantonese, Korean and Mandarin.

Maternity Shelter Program

The Maternity Shelter Program (MSP) provides safe, secure and supportive housing with intensive case management services for pregnant and parenting young women between 18 and 24 years old, and their dependent children. MSP assists these young women who are homeless, or at risk of becoming homeless, develop the skills necessary to live independently while providing a safe and stable home for themselves and their children.

Mi Escuelita Therapeutic Preschool

Mi Escuelita provides a therapeutic preschool experience for young children who have been exposed to domestic violence and abuse.

Oral Health Initiative

The Oral Health Initiative (OHI) provides oral health services, care coordination and preventative education to children ages birth through five and pregnant women with the goal of improving oral health, promoting positive oral health practices and increasing provider capacity. OHI also offers offsite dental services utilizing place-based portable dental services technology at targeted First 5 San Diego Quality Preschool Initiative (QPI) preschools.

Pathways to Play

The Pathways to Play Project is a partnership with the County of San Diego Department of Parks and Recreation to create nature-based play areas (play nodes) for children ages zero through five at the Tijuana River Valley Regional Park, providing opportunities for physical activity, educational experiences and family engagement.

Quality Preschool Initiative

The Quality Preschool Initiative (QPI) is a systemic approach to assess, improve and communicate the level of quality in early care and education programs.

Renette Park Project

The Renette Park Project is a partnership with the City of El Cajon to enhance Renette Park with a new playground that provides opportunities for physical activity, educational experiences and family engagement for children ages zero through five and immigrant populations.





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INTRODUCTION

WHAT IS FIRST 5 SAN DIEGO?

The First 5 Commission of San Diego County (First 5 San Diego) promotes the health and well-being of young children during their most critical years of development, from the prenatal stage through five years of age. Our ultimate goal is that all children ages zero through five are healthy, are loved and nurtured, and enter school as active learners. First 5 San Diego is a key contributor to improving the system of care for our county's youngest children by providing them with developmental checkups and services, dental care, quality preschool, early education and literacy programs, home visiting services, obesity prevention services and other family support services while building the community and organizational capacity to support families. First 5 San Diego programs and services are funded through San Diego County's portion of California's Proposition 10 tobacco tax revenues.

WHY THE FIRST 5 YEARS?

The first five years of a child's life are critical to a child's development, shaping his or her success in school and in life. High-quality early childhood programs have been associated with higher educational attainment and income, in addition to being linked to lower rates of substance abuse and justice system involvement later on in life.¹ First 5 San Diego focuses its resources to provide young children the opportunities they need to reach their highest potential and enter school healthy and ready to succeed.

FOUR PROGRAM AREAS

The overarching goal of the First 5 San Diego Strategic Plan 2015-2020 is to strengthen the relationships essential for the healthy development of young children.

These relationships are threaded across four key areas:

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

LEARNING: Support each child's development of communication, problem-solving, physical, social-emotional and behavioral abilities, building on their natural readiness to learn.

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

COMMUNITY: Build each community's capacity to sustain healthy social relationships and support families and children.

VISION

The vision of First 5 San Diego's work is that all children ages zero through five are healthy, are loved and nurtured and enter school as active learners.

MISSION

First 5 San Diego leads the San Diego community in promoting the vital importance of the first five years of life to the well-being of children, families and society.





THE REACH OF FIRST 5 SAN DIEGO

WHO DID FIRST 5 SAN DIEGO SERVE?

During FY 2016-17, a total of 54,155 San Diegans received direct services via First 5 San Diego programs (Figure 1.1). These include health and dental services, quality preschool, parenting classes and much more. Over 34,000 children from birth through age five were served. Thousands of additional young children and their parents benefited from community-wide services such as the Kit for New Parents, a parent warm line, community health screenings and media messages. First 5 San Diego programs served more boys (54.2%) than girls (45.8%) (Figure 1.2). More children between the ages of three and five (62.7%) were served relative to children under age three (37.3%) (Figure 1.3).

WHAT WERE THE ETHNICITIES AND LANGUAGES OF CHILDREN AND PARENTS SERVED?

The majority of children (66.0%) and parents (61.0%) served by First 5 San Diego programs were Hispanic/Latino. First 5 San Diego served smaller percentages of children and adults in the White (non-Hispanic), Asian/Pacific Islander, and African-American/Black categories (Figures 1.4 and 1.5).² More than half of children (53.7%) and parents (58.9%) spoke English as their primary language and the next largest proportion of children (41.1%) and parents (36.4%) spoke Spanish. Other languages spoken were Arabic, Cantonese, Chaldean, Korean, Mandarin, Somali, Tagalog and Vietnamese (all less than 1%).

NUMBER OF SAN DIEGANS WHO RECEIVED FIRST 5 SAN DIEGO SERVICES

34,389 CHILDREN
18,213 PARENTS OR CAREGIVERS
1,553 PROVIDERS
TOTAL 54,155

Figure 1.1

GENDER OF CHILDREN SERVED

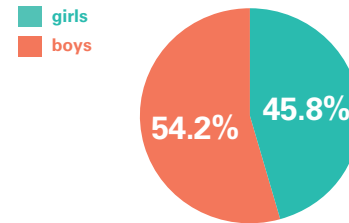


Figure 1.2

AGES OF CHILDREN SERVED

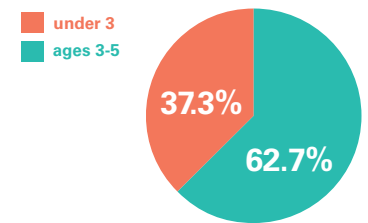


Figure 1.3

ETHNICITY OF CHILDREN SERVED BY FIRST 5 SAN DIEGO COMPARED TO SAN DIEGO COUNTY UNDER 6 POPULATION

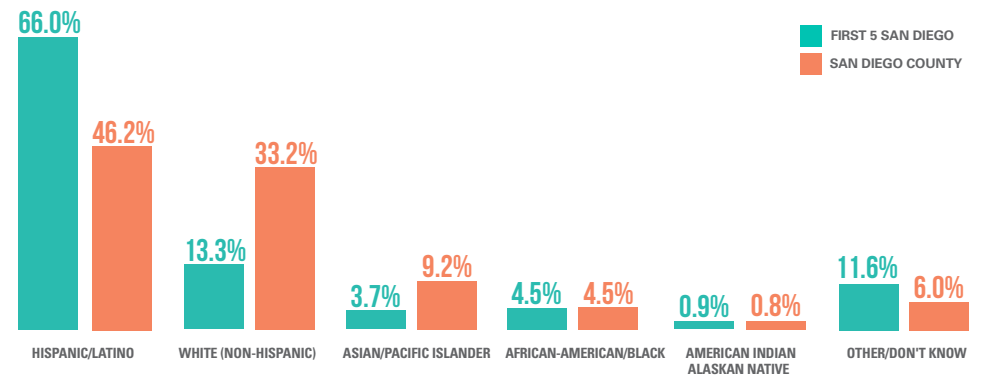


Figure 1.4

ETHNICITY OF PARENTS/CAREGIVERS SERVED BY FIRST 5 SAN DIEGO COMPARED TO SAN DIEGO COUNTY ADULT POPULATION

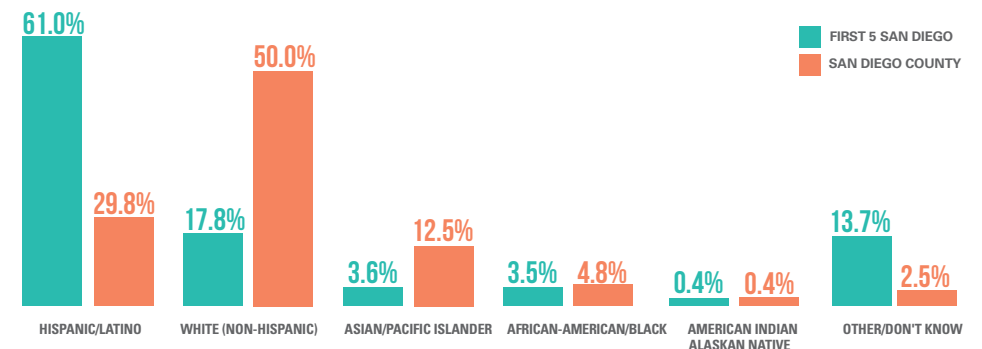


Figure 1.5

Everyone at First 5 was so friendly and had sincere interest in my child. They taught me what to expect from my child and how to help him reach his goals.

*-Monica**

HEALTH



WHY IS HEALTH IMPORTANT?

Ninety percent of a child's brain develops in the first five years of life.³ A child's health in their earliest years lays the foundation for a lifetime of well-being and enhances his or her capacity to develop the competencies necessary to reach their full potential in adulthood.⁴ Untreated developmental and social-emotional delays experienced during this early stage of life are likely to have a negative impact on learning abilities, language capabilities and social development. Numerous research findings indicate that early interventions can modify a child's developmental pathway and lead to positive life-long results.^{4, 5}

WHAT DOES FIRST 5 SAN DIEGO DO?

First 5 San Diego programs support healthy child development by providing developmental, behavioral, home visiting and dental services to zero through five-year-old children and their families.

WHAT DOES FIRST 5 SAN DIEGO FUND?

First 5 San Diego funds three primary health initiatives: Healthy Development Services (HDS), KidSTART and the Oral Health Initiative (OHI). Each initiative provides a unique contribution to improving health outcomes for San Diego's youngest children. Other First 5 San Diego programs that play an important role in addressing health needs include: First 5 First Steps (F5FS), Maternity Shelter Program (MSP), Mi Escuelita Therapeutic Preschool (Mi Escuelita) and the Quality Preschool Initiative (QPI).

HOW DO FAMILIES GET CONNECTED TO SERVICES?

First 5 San Diego health initiatives provide multiple levels of support for children and families through a comprehensive system of care (Figure 2.1). Often, the initial service a child receives from a First 5 San Diego program is a developmental or behavioral "checkup" or screening (Step 1). These screenings provide parents with a snapshot of how their child is developing in key areas such as speech, cognition, fine and gross motor skills and social-emotional development. When screening results indicate a concern, service providers follow up with families to conduct a more comprehensive assessment and determine the level of care needed (Step 2). Providers use assessment results to customize treatment or offer an appropriate service referral to address the child's specific needs (Step 3).

**Names of children and families have been changed to protect confidentiality.*

FUNDING: \$15,064,420

NUMBERS SERVED

- 49,567 children
- 19,869 parents
- 1,010 providers

HIGHLIGHTS

97.9% of high-risk children and pregnant women identified with dental disease received treatment

97.7% of children receiving treatment for a developmental concern showed gains

88.2% of children receiving treatment for a behavioral concern showed gains

HEALTH SYSTEM NAVIGATION



Figure 2.1



ENSURING GOOD ORAL HEALTH

WHY IS ORAL HEALTH IMPORTANT?

Tooth decay is one of the most common, yet preventable, chronic diseases among children in the United States.⁶ Ensuring good oral health in early childhood is critical to prevent the onset and progression of dental disease. Early dental intervention can also reduce the number of dental procedures a child receives throughout his or her life, contributing to long-term cost savings.⁷ If untreated, tooth decay can affect a child's health and well-being by interrupting sleep, impairing speech and language development and inhibiting social interaction.⁸ In addition, children with poor oral health are more likely to miss or perform poorly in school.⁹ According to the National Health and Nutrition Examination Survey, 23% of children ages two through five had cavities in primary teeth.¹⁰ Despite the fact that the American Academy of Pediatric Dentistry recommends that a child have his or her first visit to the dentist by age one, an estimated 30.3% of children between the ages of one and five in California have never visited a dentist.^{11,12,13} Oral health care is also vital for pregnant women as it affects the overall health of both the mother and unborn baby.¹⁴ Dental disease during pregnancy is linked to increased risk of preterm delivery, low birth weight infants and the transfer of dental disease between mother and child.¹⁵

WHO DID FIRST 5 SAN DIEGO SERVE?

This year, OHI providers screened 23,979 children and 6,790 pregnant women for oral health needs and performed dental exams, which may include cleaning, scaling and x-rays for 14,815 children and 4,778 pregnant women. A total of 13,321 children and 2,662 pregnant women received treatment for identified oral health needs, including those considered to be at high-risk for dental disease (Figures 2.2 and 2.3). Among those who were identified as high-risk patients with dental disease, 97.9% of children and 97.9% of pregnant women received treatment (Figure 2.4). Additionally, oral health education was provided in a clinic or community setting to a total of 6,303 pregnant women and parents of children ages zero through five.

For the second year, OHI provided Offsite Dental Services (ODS) to children at four preschool sites in three targeted zip codes (91945, 92115 and 92020) with high volume of underserved children. ODS consists of a dentist, dental assistant and care coordinator who assist the children's parents with scheduling and checking in for appointments and applying for insurance. During FY 2016-17, 209 children were screened, 48 children were given an exam and 48 were treated through ODS (Figure 2.5). Additionally, 75 parents and primary caregivers received oral health education.

WHAT DOES FIRST 5 SAN DIEGO DO?

Oral health services funded by First 5 San Diego include:

- Dental screening, examination and treatment services for pregnant women and children ages zero through five;
- Care coordination services for pregnant women and children identified as high-risk for dental disease (risk factors include intermittent oral hygiene and care, frequent consumption of sweetened beverages and food and a family history of dental disease);
- Oral health education for parents, primary caregivers and early childhood education providers at community-based organizations and in clinical settings;
- Training for prenatal care providers, general and pediatric dentists, primary care providers and ancillary staff; and
- Mobile dental services at four preschool sites in order to provide access to a dental home for children.

NUMBER OF CHILDREN WHO RECEIVED ORAL HEALTH SCREENINGS AND/OR SERVICES

Screenings	23,979
Exams	14,815
Treatment	13,321

Figure 2.2

NUMBER OF PREGNANT WOMEN WHO RECEIVED ORAL HEALTH SCREENINGS AND/OR SERVICES

Screenings	6,790
Exams	4,778
Treatment	2,662

Figure 2.3

PERCENTAGE OF HIGH RISK CLIENTS WITH DENTAL DISEASE WHO RECEIVED TREATMENT



97.9%
of children



97.9%
of pregnant
women

Figure 2.4

NUMBER OF CHILDREN WHO RECEIVED OFFSITE DENTAL SCREENINGS AND/OR SERVICES

Screenings	209
Exams	48
Treatment	48

Figure 2.5

NUMBER OF CHILDREN WHO RECEIVED DEVELOPMENTAL SCREENINGS AND/OR SERVICES

Children Screened	17,913
Children Identified with Developmental Concerns	2,397
Children who Received Developmental Treatment*	5,053

*Includes children referred by providers not funded by First 5 San Diego

Figure 2.6

CHANGE IN AVERAGE PERCENT DELAY FOR CHILDREN WITH MILD OR MODERATE DEVELOPMENTAL CONCERNS*

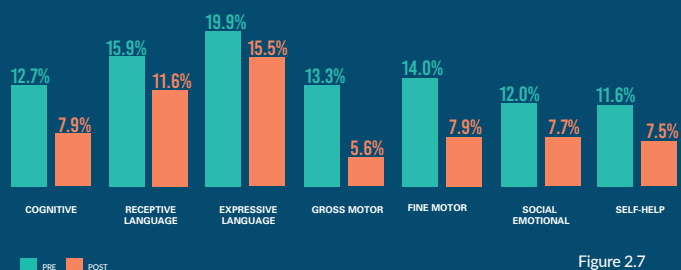


Figure 2.7

CHANGE IN AVERAGE PERCENT DELAY FOR CHILDREN WITH COMPLEX DEVELOPMENTAL CONCERNS*

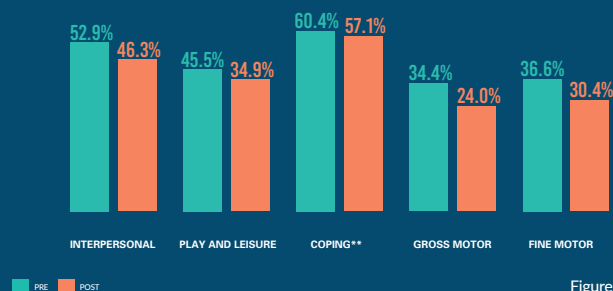


Figure 2.8

*Statistically significant; $p < .05$.

**The change in the Coping domain was not statistically significant at $p < .05$.

A p-value, a measure of statistical significance, is provided in many of the figures presented in this report. When a p-value is less than .05, the finding is referred to as "statistically significant." Statistical significance means that the changes between the data points are likely not due to random chance. Therefore, a statistically significant finding means the change is a real difference.

EARLY IDENTIFICATION AND INTERVENTION FOR DEVELOPMENTAL CONCERNS

WHY IS EARLY INTERVENTION FOR DEVELOPMENTAL CONCERNS IMPORTANT?

Early identification and treatment of developmental concerns are essential for young children to enter school ready to learn and to prevent the need for more intensive services later in life. In the United States, about 15% of children under age six had moderate risk for developmental delays, yet only 2% of zero through two-year-olds and 5% of three through five-year-olds with delays receive treatment.¹⁶ Many children with developmental concerns do not receive their first screening or treatment until after they enter school, when interventions tend to be less effective and more expensive.¹⁷

WHAT DOES FIRST 5 SAN DIEGO DO?

Several First 5 San Diego programs offer developmental screenings, assessments and treatment services (such as speech and language, occupational and physical therapies) to address the developmental needs of young children. Specialized classes and one-on-one coaching for parents are also offered to teach families how to support their child's healthy development at home. It is First 5 San Diego's goal to expand screenings across multiple settings, such as pediatrician offices and preschools, to ensure that all children in San Diego County have regular developmental checkups before entering kindergarten. Collectively, HDS, KidSTART, F5FS, QPI, MSP and Mi Escuelita screened 17,913 children and identified 2,397 with developmental concerns. Developmental treatment was provided through HDS, QPI, and KidSTART to 5,053 children, including those who were referred to First 5 San Diego programs for treatment by other providers (Figure 2.6).

ARE CHILDREN WITH DEVELOPMENTAL CONCERNS IMPROVING?

HDS and KidSTART provide developmental assessment and treatment services for children with mild, moderate and complex needs. Children identified with a developmental concern received treatment to support and monitor their growth in cognitive, language, motor, social-emotional and self-help domains. Children served through HDS and KidSTART are assessed both at the beginning (pre) and end (post) of treatment. The average percent delays for children at both of these time points are presented for children with mild to moderate needs in Figure 2.7 and for children with complex needs in Figure 2.8. Overall, 97.7% of children with concerns receiving developmental treatment through HDS or KidSTART demonstrated gains in at least one developmental domain.



NUMBER OF CHILDREN WHO RECEIVED BEHAVIORAL SCREENINGS AND/OR SERVICES

Children Screened	10,558
Children with Behavioral Concerns	1,381
Children who received Behavioral Treatment*	2,781

*Includes children referred by providers not funded by First 5 San Diego

Figure 2.9

PERCENTAGE OF CHILDREN WHO MADE BEHAVIORAL GAINS AFTER TREATMENT

Internalizing Behaviors	88.7%
Externalizing Behaviors	89.4%
Total Behaviors	86.7%

Figure 2.10

CHANGE IN PROTECTIVE FACTOR MEAN SCORES FOR CHILDREN IN BEHAVIORAL SERVICES*

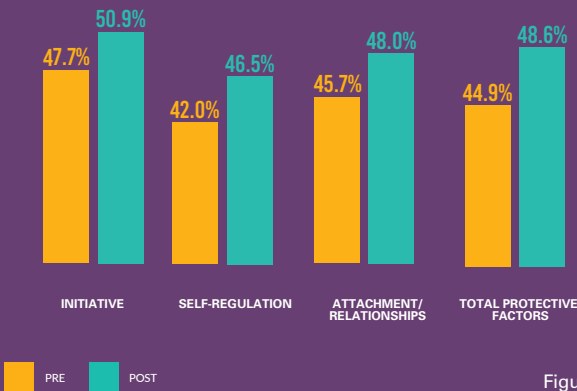


Figure 2.11

*All domains are statistically significant; $p < .05$.

*A p-value, a measure of statistical significance, is provided in many of the figures presented in this report. When a p-value is less than .05, the finding is referred to as "statistically significant." Statistical significance means that the changes between the data points are likely not due to random chance. Therefore, a statistically significant finding means the change is a real difference.

EARLY IDENTIFICATION AND INTERVENTION FOR BEHAVIORAL AND SOCIAL-EMOTIONAL CONCERNS



WHY IS EARLY INTERVENTION FOR BEHAVIORAL AND SOCIAL-EMOTIONAL CONCERNS IMPORTANT?

An estimated 13 – 17% of children ages zero through five experience social-emotional problems that negatively impact their functioning, development and school readiness.¹⁸ Children with social-emotional difficulties may experience challenges managing their emotions, focusing on tasks, interacting with family and peers and controlling their behavior, which can lead to lifelong problems.¹⁹ Treating behavioral concerns before the age of five is likely to prevent the onset of mental health disorders, reduce future behavior concerns and increase a child's ability to regulate his or her emotions during daily activities.^{18, 20, 21}

WHAT DOES FIRST 5 SAN DIEGO DO?

First 5 San Diego funds community programs that provide screening, assessment and treatment services that are designed to meet the behavioral and social-emotional needs of children ages zero through five. First 5 San Diego providers offer specialized classes and one-on-one coaching with parents to promote a comprehensive approach to well-being. Family-based programs have been shown to be effective at preventing or reducing children's behavioral problems while promoting social skills and academic performance.²² Through HDS, QPI, KidSTART and F5FS, First 5 San Diego providers screened 10,558 children, identified 1,381 children with behavioral concerns and provided behavioral treatment for 2,781 children, including those who were referred to First 5 San Diego programs for treatment by other providers (Figure 2.9).

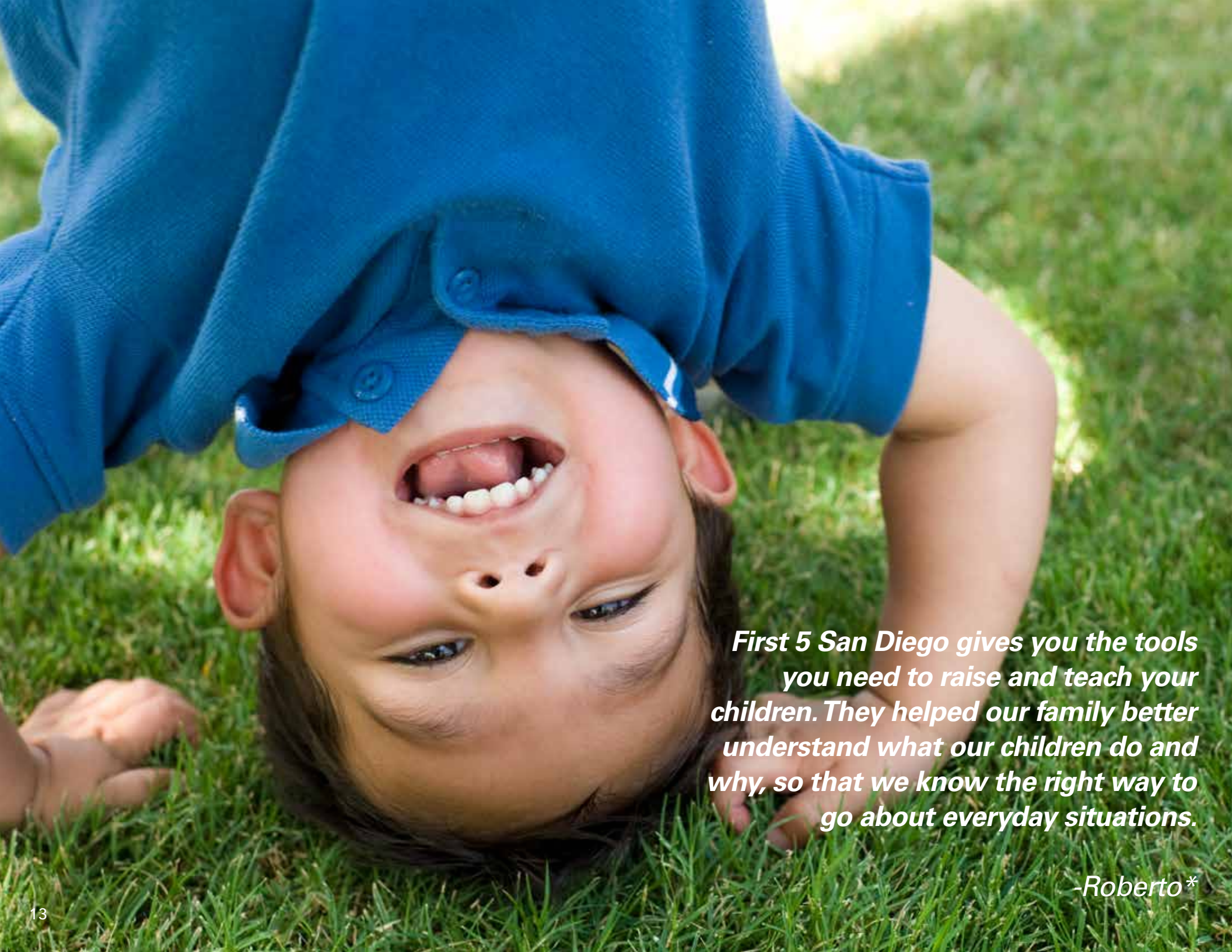
ARE CHILDREN'S BEHAVIORS AND PROTECTIVE FACTORS IMPROVING?

The behavioral treatment services offered by First 5 San Diego are customized to meet each child's unique needs. This year, 2,781 children received treatment aimed at improving their internalizing behaviors (e.g., anxious or depressive symptoms) and/or externalizing behaviors (e.g., aggressive and hyperactive symptoms).

- Overall, 88.2% of children who were identified with behavioral concerns and received behavioral treatment showed improvement.
- Of those children receiving clinical treatment through HDS, 86.7% reduced their total behavioral concerns (Figure 2.10).

First 5 San Diego behavioral services also strengthen children's protective factors. Protective factors are strengths that positively influence a child's resilience, such as the ability to form relationships, get needs met, regulate strong emotions and explore surroundings with confidence. This year's results showed that children's protective factors significantly increased after receiving HDS behavioral treatment (Figure 2.11). Specifically, children improved in the following areas: initiative (using independent thought and action to meet needs), self-regulation (expressing feelings through socially appropriate words and actions) and attachment/relationships (mutual, strong, long-lasting relationships with significant adults).

- Overall, 85.4% of children who participated in group classes or whose parents received one-on-one consultations through HDS demonstrated an increase in protective factors.



*First 5 San Diego gives you the tools
you need to raise and teach your
children. They helped our family better
understand what our children do and
why, so that we know the right way to
go about everyday situations.*

*-Roberto**

FAMILY STORIES

The positive impact of First 5 San Diego services

REDUCING STEVEN'S TANTRUMS

Georgia* brought Steven*, her four-year-old son, to HDS with concerns about his excessive tantrum behaviors and lack of verbal communication. HDS staff conducted a developmental assessment with Steven and referred him to behavior classes and to the school district for speech services. During their first behavior class, Steven walked into the playroom and immediately began to explore the room and toys. However, when the class was over and it was time to clean up, he began crying, throwing toys across the room and scratching and attempting to bite Lara, the parent educator. Lara took the opportunity to model the parenting strategies she had been teaching Georgia and, after a few minutes, Steven was able to calm down. Georgia continued attending classes and consistently followed through with the Home Activity Plan she developed with Lara, which included teaching Steven strategies to self-regulate. Over the course of the classes, Steven was better able to control his emotions and transition more easily from playtime to clean up. As a result of the HDS services and support she received, Georgia felt more confident in her ability to manage Steven's behaviors and was able to reengage in activities that she had stopped doing with him, such as going to the park, restaurants, the grocery store and family events.

FINDING A DENTAL HOME

While at preschool Julio* experienced trauma to his two front teeth. Julio was in a lot of pain so his caregiver, Esmeralda*, brought him straight into a nearby dental clinic. Esmeralda was unsure whether the clinic would see Julio because she did not have an appointment and the family did not have dental insurance. When she arrived at the clinic, Esmeralda expressed her concerns with the staff and stated that she did not have the funds to pay for Julio's treatment. The clinic staff reassured Esmeralda and let her know that Julio qualified for the OHI program, which would cover his emergency treatment along with future preventative services. Esmeralda and Julio were extremely grateful and were happy to know that they could come to this clinic for all of Julio's future dental needs.

**Names of children and families have been changed to protect confidentiality.*



LEARNING

The Quality Preschool Initiative helped support one of my new teachers by providing her with coaching, professional development and resources that otherwise would have been much more difficult to obtain. The coaching she received helped her grow as a new teacher and provide her students with an environment rich in social-emotional development opportunities

-Phyllis, QPI Director*

WHY ARE HIGH-QUALITY PRESCHOOL AND EARLY LEARNING IMPORTANT?

Research shows that children's brains develop and change rapidly during their first five years of life. During this time of critical cognitive and social-emotional growth, high-quality early learning environments can have positive and lasting effects on academic achievement and other important child outcomes.²³ In particular, children who participate in high-quality learning environments are better prepared for kindergarten, have greater success in elementary school and are more likely to graduate from high school and thrive in adulthood.^{24, 25}

Multiple studies find that children in high-quality preschool programs show larger gains in their development (e.g., early literacy, improved cognitive abilities, greater motivation for learning) and are more likely to sustain those gains beyond preschool.²⁶ The benefits of high-quality early education programs have been shown to outweigh the costs for children of all ethnic and socioeconomic backgrounds and are more cost-effective than other types of educational interventions.^{26, 27, 28}

WHAT DOES FIRST 5 SAN DIEGO DO?

To ensure that San Diego's children enter kindergarten ready to succeed, First 5 San Diego dedicates significant resources to increasing children's access to high-quality early learning environments, enhancing the quality of preschool classrooms, supporting the professional development of early childhood education (ECE) staff and strengthening parenting skills and knowledge of child development

WHAT DOES FIRST 5 SAN DIEGO FUND?

Drawing on recommendations from early education research and emerging best practices, First 5 San Diego funds three early learning programs: Quality Preschool Initiative (QPI), Mi Escuelita Therapeutic Preschool (Mi Escuelita) and KinderStart. In total, 14,175 children in San Diego County received high-quality early education through these three programs in FY 2016-17 (Figure 3.1).

- QPI supports and enhances quality in preschools across San Diego County. QPI provides intensive coaching and professional development for administrators and teachers to reach improvement goals in key areas of early learning quality, supports preschool staff to identify and address developmental and social-emotional concerns and enhances family engagement and parent education.
- Mi Escuelita is a single-site therapeutic preschool for children affected by family violence.
- KinderStart is a five-week intensive summer program offered in an elementary school setting to prepare children for successful entry into kindergarten. Summer pre-kindergarten bridge programs such as KinderStart have been shown to be effective in preparing children who did not attend preschool for the transition to kindergarten.²⁹

**Names of children and families have been changed to protect confidentiality.*

FUNDING: \$12,325,497

NUMBERS SERVED

- 14,175 children
- 1,557 teachers and staff

HIGHLIGHTS

- 96.3% of QPI classrooms were rated as high-quality
- 92.0% of QPI children made gains in four or more developmental domains as measured by the state-wide Desired Results Developmental Profile 2015 assessment tool
- Nearly 60% of QPI lead teachers have a bachelor's degree or higher

NUMBER OF CHILDREN WHO RECEIVED HIGH-QUALITY EARLY EDUCATION

Quality Preschool Initiative	14,021
Mi Escuelita	125
KinderStart	29
Total	14,175

Figure 3.1

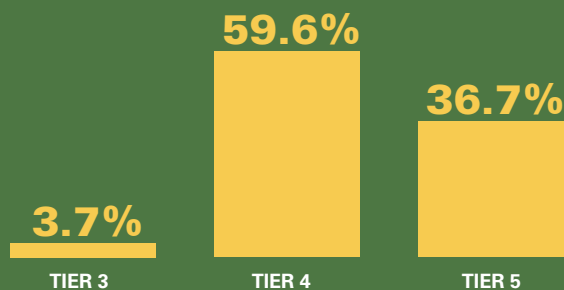
BUILDING HIGH-QUALITY PRESCHOOLS

HOW IS QUALITY MEASURED IN PRESCHOOL?

A high-quality preschool program is one that implements evidence-based practices for learning including:

- highly-qualified teachers, instructional assistants and program directors;
- ongoing professional development of staff;
- low child-to-teacher ratios and small class sizes;
- health screenings and referrals to appropriate services;
- supportive learning environments;
- positive teacher-child interactions; and
- family engagement in their child's education.^{30,31, 32, 33}

PERCENTAGE OF QPI SITES AT EACH QUALITY RATING TIER



*No classrooms scored at Tier 1 or 2.
Figure 3.2

Elements of high-quality preschools are assessed and rated as part of the San Diego County Quality Rating and Improvement System (QRIS). San Diego's QRIS was developed over 12 years of quality preschool program implementation. Every QPI site receives points using the San Diego QRIS matrix based on its performance in seven rated elements. Each site receives an overall rating from 1 (lowest) to 5 (highest) based on these points. This year, 96.3% of rated QPI sites earned a high-quality tier rating of 4 or 5 (Figure 3.2).

Two of the seven QRIS elements focus on the qualifications of preschool staff, with a greater number of points assigned for higher levels of teacher education. Research suggests that preschool teachers with a college education in child development or early childhood education are more effective, nurturing and engaging, and provide richer language and cognitive experiences for children.^{24,34, 35, 36} Overall, nearly three in five QPI lead teachers (59.7%) have a bachelor's degree or higher.



NUMBER OF DEGREES EARNED BY QPI
ADMINISTRATORS AND TEACHERS

ASSOCIATES	3
BACHELORS	9
MASTERS	2
TOTAL	14

Figure 3.3

AVERAGE CLASS SCORES

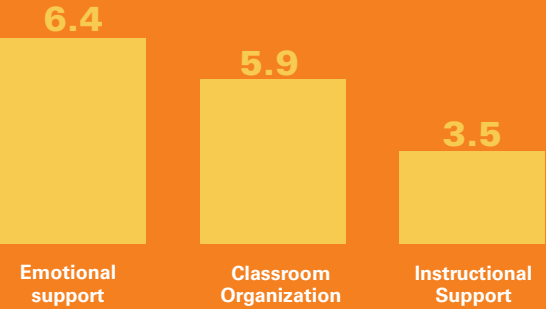


Figure 3.4



PROFESSIONAL DEVELOPMENT FOR EARLY CHILDHOOD EDUCATION PROVIDERS

WHY IS PROFESSIONAL DEVELOPMENT IMPORTANT?

Professional development for preschool teachers is important for the growth and maintenance of the knowledge and skills required to offer high-quality instruction and promote student learning and achievement.^{37, 38, 39} High-quality professional development can support teachers' abilities to identify and support a child's learning needs, which are particularly important in preschool when early intervention to address a child's developmental and behavioral concerns can significantly impact future academic success.

WHAT DOES FIRST 5 SAN DIEGO DO?

First 5 San Diego funds several professional development opportunities for QPI preschool teachers and administrators. This year 1,557 teachers and site directors received support to develop customized professional development plans, accessed robust and systematic coaching aligned to their professional development plans from experienced coaches using classroom observations and other data and participated in professional development workshops and teaching communities to achieve their goals. First 5 San Diego also provides incentives to site directors and lead teachers to advance their level of education. This year, 14 administrators and teachers earned a college degree (Figure 3.3).

WHAT IS THE IMPACT OF PROFESSIONAL DEVELOPMENT?

First 5 San Diego's investment in the professional development of early care and education (ECE) staff aims to enhance the effectiveness of QPI teachers and support the success of preschoolers in San Diego County. QPI utilizes the Classroom Assessment Scoring System (CLASS) as one way to measure teacher effectiveness. The CLASS is a quality assessment tool administered by a reliable, independent observer who rates teacher-child interactions across three domains on a scale from 1 (lowest) to 7 (highest): emotional support (e.g., teacher sensitivity), classroom organization (e.g., behavior management), and instructional support (e.g., modeling language for students). This year, average QPI CLASS scores ranged from 3.5 to 6.4 across the three domains, indicating a high level of classroom quality and effective instruction (Figure 3.4).

BENEFITS OF HIGH-QUALITY PRESCHOOL

IS HIGH-QUALITY PRESCHOOL HELPING CHILDREN?

Overall, children attending high-quality preschool programs funded by First 5 San Diego made gains between the beginning and end of the 2016-17 school year in every developmental domain on which they were assessed, using the Desired Results Developmental Profile 2015 (DRDP 2015) tool (Figure 3.5). Furthermore, children who attended QPI for two years demonstrated significantly greater developmental gains in all six domains by the end of preschool than their counterparts who only attended QPI for one year (Figure 3.6). Overall, 92.0% of children with room for improvement made gains in at least four of the developmental domains assessed. The DRDP 2015 includes five domains for all children and one additional domain for dual language learners.

IS HIGH-QUALITY PRESCHOOL HELPING TO SUPPORT CHILDREN WITH SPECIAL NEEDS?

QPI supports early screenings to identify strengths and concerns that may require focused interventions, referrals or further assessments for individual children. This year, 12,424 screenings were completed in collaboration with QPI parents. During the year, 264 children were determined to be eligible for special education and related services under the Individuals with Disability Education Act (IDEA) and developed Individual Education Plans (IEPs) to support their individual learning needs. In addition, just over 900 children with IEPs upon enrollment received continued, individualized learning support during the year.

Workshops and trainings offered to parents have been a wonderful opportunity to educate our families in a broad spectrum of child development areas such as literacy, nutrition and positive discipline.

-Toby, QPI teacher*

*Names of children and families have been changed to protect confidentiality.

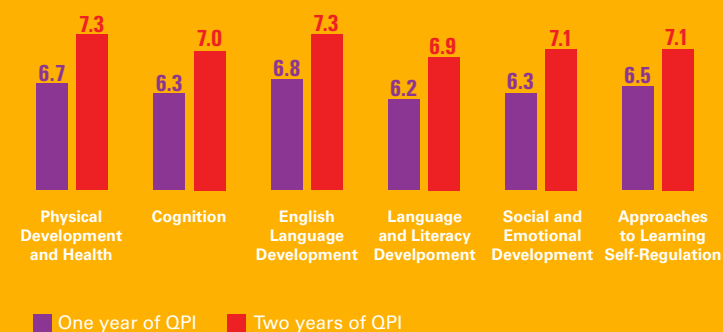


PERCENTAGE OF QPI CHILDREN WHO MADE DEVELOPMENTAL GAINS



Figure 3.5

DEVELOPMENTAL DOMAIN SCORES OF CHILDREN COMPLETING ONE YEAR OF QPI AND CHILDREN COMPLETING TWO YEARS OF QPI*



* All domains are statistically significant; $p < .05$
 A p-value, a measure of statistical significance, is provided in many of the figures presented in this report. When a p-value is less than .05, the finding is referred to as "statistically significant." Statistical significance means that the changes between the data points are likely not due to random chance. Therefore, a statistically significant finding means the change is a real difference.

Figure 3.6

PROVIDER STORIES:

The positive impact of First 5 San Diego services

I've worked closely with my preschool teacher and her coach this year on looking at the quality interactions measured by the CLASS. Our entire school ended up adopting the CLASS as our instructional framework! I appreciate the coaching support around this element of the Quality Preschool Initiative.

-Michael, QPI Director*

I feel that QPI has helped us understand that the quality of the classroom environment has a huge impact on how children learn, socialize and play. With all of the new furniture and ideas on how to arrange the room, my classroom is more organized, clean and welcoming.

-Pam, QPI Teacher*

We have happy families whose children are able to attend a highly qualified preschool program because of the availability of funding from First 5 San Diego.

-Jim, QPI Teacher*

*Names of children and families have been changed to protect confidentiality.





FAMILY

The First 5 First Steps program and our Family Support Worker changed our lives forever. We learned how to become better parents, strengthened our connection to the community and got help finding a job. Words cannot express our gratitude.

*-Ron and Jennifer**

WHY IS FAMILY IMPORTANT?

Children can reach their fullest potential when raised in safe, stable, loving and stimulating environments.^{40, 41} Positive family relationships and interactions support a child's cognitive and social-emotional development, school readiness, overall academic achievement and can buffer against social and behavioral problems.^{41, 42, 43} When parents and caregivers engage in positive parenting behaviors such as routinely talking, reading, singing and telling stories to their children, they are actively supporting the development of social and language skills and preparing their child to succeed in school.⁴⁴

WHAT DOES FIRST 5 SAN DIEGO DO?

First 5 San Diego supports families by providing parents and caregivers with intensive home visitation services, care coordination and parent education services, as well as parenting resources to promote children's optimal development and school readiness.

WHAT DOES FIRST 5 SAN DIEGO FUND?

First 5 San Diego supports families through the following programs: First 5 First Steps (F5FS), Healthy Development Services (HDS), KidSTART, Maternity Shelter Program (MSP), Oral Health Initiative (OHI) and Quality Preschool Initiative (QPI). In addition, parenting information and resources are provided to the community through the Kit for New Parents (Kit) and the First 5 San Diego Good Start Newsletter.

WHY ARE SERVICES TO FAMILIES IMPORTANT?

Raising a young child can be challenging and overwhelming for even the most composed mother or father. Add life stressors such as single parenthood, unemployment, housing instability, or raising a child with special needs and having allies to support and empower parents can be critical to the well-being of all family members.⁴⁵ An effective parent support program can be one such ally, resulting in better physical, cognitive and emotional development in children, increased parent-child bonding and decreased rates of child abuse and neglect.^{46, 47, 48}

First 5 San Diego's programs support the whole family, recognizing that good parenting can be learned and positive parenting skills will benefit children throughout their lives.

**Names of children and families have been changed to protect confidentiality.*

FUNDING: \$4,109,692

NUMBERS SERVED

- 14,363 children
- 13,613 parents

HIGHLIGHTS

- 96.8% of QPI and HDS caregivers tell stories or sing songs to their child
- 79.5% of HDS parents know more about age appropriate child development
- 72.2% of QPI, HDS, and F5FS parents regularly read to their child
- Over 17,000 parent resource Kits were distributed



SUPPORTING FAMILIES THROUGH HOME VISITATION

WHAT SERVICES DOES FIRST 5 SAN DIEGO OFFER FOR FAMILIES?

F5FS provides intensive home visitation services for families in San Diego County and supports families by:

- Helping families to develop healthy attachment relationships;
- Promoting positive parenting practices such as reading to a child and advocating for a child's well-being in school and the doctor's office;
- Supporting healthy and safe living environments for families; and
- Connecting families to community resources, including medical and social service providers.

My home visitor helped me understand that I was strong and a good mother. I never felt judged. I always felt understood. So many times she listened to me and helped me to listen better to my baby.

*-Cheryl**

WHO DID FIRST 5 SAN DIEGO SERVE?

F5FS serves high-risk families, including pregnant and parenting teens, military, immigrant, refugee and low-income families using an evidence-based home visiting model and curriculum. Evidence-based home visiting programs have been shown to be particularly effective for these high-risk populations who often lack social support.^{49, 50, 51} This year, 648 pregnant women or caregivers and 579 children received F5FS services.

WHAT IS THE IMPACT OF SERVICES FOR FAMILIES?

F5FS home visitors routinely assess parents and caregivers on the development of their parenting skills. High percentages of parents who have participated in F5FS demonstrate competence in these skills, including in their development of social support networks, ability to problem-solve and mobilize resources, satisfaction with their role as parents, interactions with their child(ren) and overall safety and developmental appropriateness of the home environment (Figure 4.1). Additionally, families who receive home visiting through F5FS demonstrate these important healthy behaviors:

- 96.9% of mothers were linked to a medical home within 90 days of enrollment.
- 100% of children were linked to a medical home within 90 days of enrollment, which is higher than the state rate (96.2%).⁵²
- 60.6% of mothers reported breastfeeding when their babies were 6 months old, which is higher than the National (51.8%) and State of California (58.5%) breastfeeding rates.⁵³
- 96.0% of children were up-to-date with their Well Baby Checks at 12 months of age.
- 94.3% of parents reported their children were up-to-date with their immunizations at 12 months of age.

**Names of children and families have been changed to protect confidentiality.*

PERCENTAGE OF F5FS PRIMARY CAREGIVERS DEMONSTRATING PARENTING COMPETENCE

Parent/Child Behavior	81.4%
Role Satisfaction	81.8%
Social Support	82.5%
Problem Solving	90.2%
Mobilizing Resources	93.4%
Home Environment	94.9%

Figure 4.1

F5FS Receives HFA Accreditation

In 2017, First 5 First Steps received Healthy Families America (HFA) accreditation and became the first multi-site system to serve a county, rather than a state. HFA affiliated sites operate as “single sites” serving one city or geographic area, or as “multi-sites” serving a larger community, typically a state, through an organized collaboration of several sites. The large size and diversity of San Diego County make a multi-site system more appropriate and more effective for delivering services. The multi-site structure also brings F5FS several important benefits, notably the leadership from a Central Administration agency, AAP-CA3. This agency provides backbone support for the system, carrying out necessary tasks on behalf of the direct service agencies, freeing up agencies to focus on their direct work with families. A multi-site system also benefits from increased collaboration and resource sharing between sites. Regular meetings and communication between regional leads results in an exchange of ideas where agencies can learn from each other and jointly develop best practices.

SUPPORTING FAMILIES THROUGH PARENT EDUCATION

WHAT SERVICES DOES FIRST 5 SAN DIEGO OFFER FOR PARENTS AND CAREGIVERS?

Parent education programs help parents and caregivers learn the essential skills necessary to build a healthy family and reduce childhood injuries and maltreatment.^{45,54} First 5 San Diego offers a variety of parent education services in the form of workshops, classes and trainings through HDS, KidSTART, OHI, QPI and F5FS. These programs focus on providing parents with skills and resources to be strong role models and advocates for their families by:

- Encouraging and supporting parents' involvement and engagement in their child's development;
- Empowering parents to become active participants in their child's treatment;
- Supporting parents in advocating for their child's needs; and
- Linking parents to available tools and community resources, including medical and social services.

WHO RECEIVED PARENT EDUCATION FROM FIRST 5 SAN DIEGO?

This year, 4,885 parents and caregivers received parent education services focused on supporting their child's health, the importance of play, healthy social-emotional development and how to access important community resources through HDS, QPI, Mi Escuelita and MSP. F5FS also provided education to 648 primary caregivers during home visits.

Additionally, First 5 San Diego supported the distribution of 17,503 Kits for New Parents (Kit) this year. The Kit, a free parenting resource available to all new and expectant parents, includes advice and useful tips to prepare parents for the joys and challenges of parenting. The Kit is available countywide in six languages (English, Spanish, Mandarin, Vietnamese, Cantonese and Korean).

WHAT IS THE IMPACT OF PARENT EDUCATION?

First 5 San Diego parents who participated in parent education or home visitation services demonstrated the following positive outcomes:

- 93.9% of parents who participated in HDS and KidSTART parenting classes reported knowing how to advocate for their child (Figure 4.2).
- 79.5% of parents who participated in HDS parenting programs reported an increase in their knowledge of age appropriate child development.
- 72.2% of caregivers who received F5FS home visitation services or parenting classes from HDS or QPI reported reading to their child three or more days per week.

Additionally, F5FS caregivers improved in action, confidence, ability and knowledge of child development (Figure 4.3). These domains are important to foster connectivity, attachment and a secure relationship between caregiver and child.

CARE COORDINATION

Children served by First 5 San Diego programs HDS, KidSTART and OHI are likely to have multiple appointments and more than one service provider working with their families to best meet the child's needs. Care Coordinators are critical partners for families in these situations, working hand-in-hand with them to make appointments, prioritize which services to start first, monitor progress and help families overcome barriers (e.g., arranging transportation) to completing a treatment plan.

Nearly 21,000 children, parents, and caregivers received care coordination services through First 5 San Diego programs during FY 2016-17, including:

- 188 children and 244 parents in KidSTART;
- 6,899 children and 6,677 parents in HDS; and
- 5,496 children and 1,397 pregnant women in OHI.

PERCENTAGE OF PARENTS WITH IMPROVED KNOWLEDGE OF HOW TO SUPPORT THEIR CHILD (HDS AND KIDSTART)

Know how to advocate for my child	93.9%
Understand my child's needs	92.9%
Help my child learn and develop	90.6%
Know where to turn for resources	92.8%

Figure 4.2

CHANGE IN AVERAGE PARENTING PRACTICE SCORES FOR CAREGIVERS WHO RECEIVED HOME VISITATION*

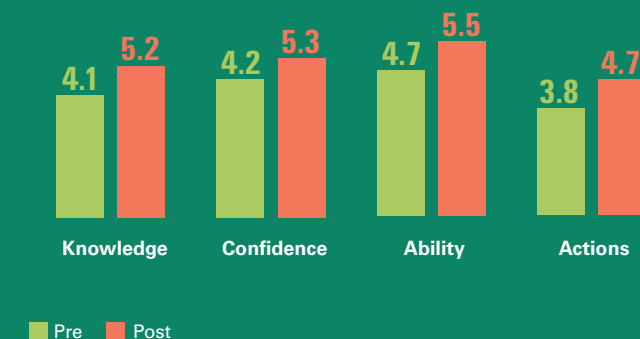


Figure 4.3

*All domains are statistically significant; $p < .05$

A p-value, a measure of statistical significance, is provided in many of the figures presented in this report. When a p-value is less than .05, the finding is referred to as "statistically significant." Statistical significance means that the changes between the data points are likely not due to random chance. Therefore, a statistically significant finding means the change is a real difference.



FAMILY STORIES

The positive impact of First 5 San Diego services

Helping Mom and Baby Thrive

Sarai* was referred to First 5 First Steps during her first trimester of pregnancy when she was 16 years old. When she was referred, Sarai was dealing with personal issues, such as being placed on probation, having difficulties with her boyfriend and poor school performance. Her circumstances made her doubtful about continuing with the pregnancy. Her home visitor started meeting weekly with Sarai, discussing topics of interest and providing a non-judgmental, supportive environment. Sometimes Sarai's mother would be present during visits and would offer positive reinforcement to her daughter. Sarai was very responsible in keeping appointments with her home visitor, doctor, prenatal case manager and probation officer. Slowly, she started to feel more hopeful about her future and made the decision to keep her baby, Joy*. She has worked hard to develop a secure attachment with Joy, who is now a year old. With dedication and determination, Sarai was able to graduate high school with honors and successfully complete her probation period. Sarai now has a job and has started attending college. Despite her busy schedule, Sarai always makes sure she spends quality time with Joy, supporting her developmental and emotional needs.

The F5FS program taught me how to be a better parent to my son Carlos. I have learned how important play is to learning. I know this program has had a positive impact on Carlos and when he starts school, I know he will do well.*

*-Fernanda**

*Names of children and families have been changed to protect confidentiality.

COMMUNITY



WHY IS COMMUNITY IMPORTANT?

Thriving and healthy communities offer a foundation for children and their families to develop and prosper. Good living conditions, including quality air, food options and places to play and exercise are fundamental to promoting well-being and a healthy lifestyle among children and families who live in San Diego County.

WHAT DOES FIRST 5 SAN DIEGO DO?

First 5 San Diego invests in countywide services to promote an efficient, family-centered network that prioritizes continuity of care and service quality. By building community and organizational capacities, First 5 San Diego integrates its efforts with *Live Well San Diego*, the County of San Diego's vision to achieve healthy, safe and thriving communities.

WHAT DOES FIRST 5 SAN DIEGO FUND?

First 5 San Diego is committed to supporting healthy, vibrant communities for children and their families by funding projects that build knowledge, infrastructure and capacity. Through broad-reaching investments, such as 2-1-1, Parent and Community Education, the San Diego County Childhood Obesity Initiative, Community Water Fluoridation, Summer Movies in the Park and Best Start, First 5 San Diego strengthens the community's capacity to support the healthy development of children ages zero through five.

FUNDING: \$5,962,323

NUMBERS SERVED

- 56,258 children and parents

HIGHLIGHTS

- First 5 San Diego sponsored and participated in local community events that reached over 102,000 San Diegans
- First 5 San Diego providers made 13,694 health and social service referrals
- Community Water Fluoridation at Sweetwater Authority will optimally fluoridate the water supply to improve the oral health of nearly 19,000 children under the age of 5

BUILDING A HEALTHY AND THRIVING COMMUNITY

HOW IS FIRST 5 SAN DIEGO SUPPORTING COMMUNITY AWARENESS?

First 5 San Diego invests in public awareness campaigns with the goal of educating parents on the importance of the first five years of life and raising awareness about the many programs it funds. This year's campaign promoted early childhood literacy and encouraged parents to "Talk, Read & Sing" and be active with their children. Even before a child is able to speak, words play an important role in brain development. By the time children reach three months of age, words have a bigger impact on their brain development than other sounds, including music. Studies show that the more words a child hears from parents or caregivers before the age of three, the greater their vocabulary and the greater likelihood of performing well academically.⁵⁵ Campaign messaging was broadcasted via television, radio, digital media and outdoor advertisements. The campaign achieved more than 81 million gross impressions and the use of First 5 San Diego's website averaged 7,500 page views per month and 2,000 new visitors each month.

HOW IS FIRST 5 SAN DIEGO CONNECTING FAMILIES TO SERVICES?

Children and parents who receive services through one of First 5 San Diego's funded programs often receive referrals to other First 5 San Diego providers or community agencies to help ensure that all of their family's needs are addressed. This year, First 5 San Diego-funded programs made 13,694 of these health and social service referrals.

First 5 San Diego also supports referrals for the broader San Diego community through 2-1-1 San Diego and the First 5 San Diego Warm Line (1-888-5 FIRST 5). By dialing either of these numbers, any family in San Diego County can be connected to health and social services near them. This year, 2-1-1 San Diego made 43,978 referrals for families with children ages zero through five.

HOW IS FIRST 5 SAN DIEGO IMPROVING COMMUNITIES?

First 5 San Diego is committed to building the community's capacity to promote health and learning in the first five years of life. Several First 5 San Diego initiatives focus on affecting system-level change that is crucial to supporting early childhood development in San Diego County. First 5 San Diego initiatives like Healthy Development Services (HDS), First 5 First Steps (F5FS), the Quality Preschool Initiative (QPI) and the Oral Health Initiative (OHI) play an important role in creating and improving countywide and regional networks that provide services for young children and their families.

The San Diego County Library has been a key partner in First 5 San Diego's parent education and outreach, hosting parent workshops and distributing bookmarks and Kits for New Parents. The San Diego County Library first partnered with First 5 San Diego during FY 2013-14 to develop early literacy spaces within five branch libraries referred to as "Discovery Zones." Through these spaces, families are encouraged to explore and share experiences critical to the early development of reading skills. The San Diego County Library recognizes the need to provide opportunities for children in all communities, and therefore expanded Discovery Zones to three additional locations. In May 2016 and April 2017, the County Library held the grand opening of the Alpine and Imperial Beach Branch Libraries, respectively. These libraries are now fully equipped to provide families and young children living in these communities with opportunities to expand their early learning experiences. The Discovery Zones are equipped with children's books, spaces for story time, an interactive play structure and an activity center to promote early learning.

Additionally, outdoor play contributes to the healthy development of children, and children and families need safe places to be active outdoors. First 5 San Diego was proud to finalize two park improvement projects this year: Pathways to Play and Renette Park.

Pathways to Play is a partnership with the County of San Diego Department of Parks and Recreation that created nature-based play areas for children ages zero through five at the Tijuana River Valley Regional Park. The setting provides opportunities for physical activity, educational experiences and family engagement. The project is the first of its kind for County parks and will serve as a model for other parks in the region.

Renette Park opened its doors to the community in September 2016. The project was a partnership with the City of El Cajon to enhance the park with a new playground that provides opportunities for physical activity, educational experiences and family engagement for children ages zero through five. One of the new playgrounds was designed for children up to age five and the other is for ages two through twelve. The project also included new sidewalk activity panels, picnic tables, gardening area and a playground shade structure. Prior to the ribbon cutting ceremony, a beautification project took place where volunteers in the community helped build benches and planter boxes and painted various areas of the park. These new playgrounds are a great benefit to the community surrounding Renette Park since they provide a quality setting that will motivate children and families to engage in healthy outdoor physical activity together. This project supports First 5 San Diego's priority to develop parent education and family engagement activities to encourage healthier lifestyles in an effort to reduce childhood obesity for San Diego's youngest residents.

CO-SPONSORED COMMUNITY EVENTS

First 5 San Diego sponsored and participated in local community events that reached over 102,000 San Diegans.

National Family Child Care Conference

First 5 San Diego was a proud sponsor of The National Association for Family Child Care's (NAFCC) 2016 Family Child Care Institute. NAFCC is a professional association dedicated specifically to promoting high-quality early childhood experiences in the unique environment of family child care. The conference was designed to plan, prepare and deliver exceptional training and education to family child care professionals that directly impact the high-quality care of children.

Summer Movies in the Park

Summer Movies in the Park, a series of free outdoor movie events in park facilities, is a collaboration between the County of San Diego Department of Parks and Recreation and local parks. The program brings families together to encourage quality time and offer a safe, free, age-appropriate event aligning with communities supporting families and giving access to services for parents and kids. As a partner, First 5 San Diego had the opportunity to screen public service announcements on the importance of healthy eating, physical activity and literacy. Summer Movies in the Park gives an opportunity to interact with thousands of San Diego families to educate and support them with these types of important messages.

We Can't Wait 2016:

Where Nature and Nurture Meet

First 5 San Diego was proud to sponsor this event which aims to educate, encourage and support the development of knowledge and skills for working with children with developmental and social-emotional concerns and their caregivers.

Jacobs & Cushman San Diego Food Bank Holiday Food Drive 2016

First 5 San Diego partnered with the Jacobs & Cushman San Diego Food Bank for the 2016 Holiday Food Drive. This is the fourth year that First 5 San Diego has participated in this collaboration to provide food for hundreds of thousands of the most vulnerable people in San Diego County, including chronically hungry children living in poverty.

March of Dimes March for Babies

First 5 San Diego was proud to support the March of Dimes Foundation at its 2017 March for Babies San Diego walk. Nearly 7,000 participants gathered in Balboa Park on April 29th to share in the March of Dimes mission to improve the health of babies by preventing birth defects, premature birth and infant mortality through research, education, community service and advocacy.





LIVE WELL SAN DIEGO IN ACTION

Live Well San Diego empowers all members of the San Diego community, from government and local businesses, to schools, faith-based organizations and individual residents, to become agents of change in Building Better Health, Living Safely and Thriving. Each one of the First 5 San Diego funded programs embodies this *Live Well San Diego* vision with the services they provide in support of our region's young children and families. Here are just a few additional activities that demonstrate our commitment to building healthy, safe and thriving communities:

Healthy, Safe and Thriving Kids -

Live Well San Diego Partner Advance

First 5 San Diego was a key partner in the planning of the children's health track for the inaugural *Live Well San Diego* Partner Advance in November 2016. The track focused on indicators of how San Diego children are doing and sharing programs that support children's health – touching on nutrition, physical activity, injury prevention and literacy. Child care providers, educators, health professionals and other community members attended the session to learn about programs that support the health of children and their families.

Neighborhood House Association - Head Start Let's Move Olympics

First 5 San Diego partnered with the Neighborhood House Association for the 4th Annual Head Start Let's Move Olympics. The focus of the event is to foster ways to implement healthy life long habits at a young age through physical fitness. Not only does the event promote an active lifestyle, it also encourages parents to engage with their children with positive nurturing and encouragement.

Farm Day at the Preschool with Suzie's Farm

In May 2017, First 5 San Diego was proud to partner with Suzie's Farm for "Farm Day at the Preschool" events at Playhouse Preschool and Field Preschool. Preschoolers got to plant their own seeds and enjoy a delicious veggie tasting with farm-grown ingredients.

AJ's Fruit and Veggie Club and Food 4 Less Team Up to Show Families How to Eat Healthy

First 5 San Diego was thrilled to partner with ENERGY 103.7's AJ Machado to celebrate National Fruits and Vegetables Month with AJ's Fruit and Veggie Club and a healthy cooking event at a local Food 4 Less grocery store. The event featured many different healthy cooking demonstrations for families looking to improve their children's eating habits. Parents were able to learn a variety of new healthy kid-friendly recipes that their children would enjoy eating and some new tips and tricks to help spice up home-cooked meals with healthy alternatives.

FINANCIAL INFORMATION: INVESTMENTS AND LEVERAGED RESOURCES

FIRST 5 SAN DIEGO COMMUNITY INVESTMENTS

During FY 2016-17, First 5 San Diego invested a total of \$37,270,147 to provide comprehensive health, education and family strengthening services for young children and their families. These funds were distributed among the four key goal areas identified in the First 5 San Diego Strategic Plan 2015-2020– Health, Learning, Family and Community (Figure 5.1). Investments included countywide initiatives and a capital project that supported the physical infrastructure of programs that serve children zero through five.

FUNDS AND RESOURCES LEVERAGED

As a direct result of the Commission’s financial investments, contractors leveraged an additional \$13,694,477 in cash and in-kind support. Many of the leveraged funding streams (Figure 5.2) have match requirements that were only accessible due to the availability of First 5 dollars. These leveraged funds and resources are critical to building capacity within and across programs and agencies in San Diego County. First 5 San Diego dollars are expected to decrease over time, but it is hoped that the capacity built through leveraging will allow agencies to continue improving the lives of children and families for years to come.

FIRST 5 SAN DIEGO INVESTMENTS
BY PROGRAM AREA

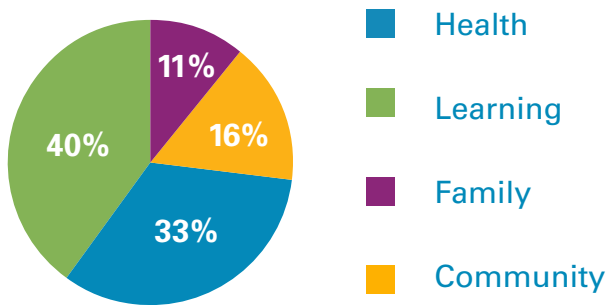


Figure 5.1

LEVERAGED FUNDING

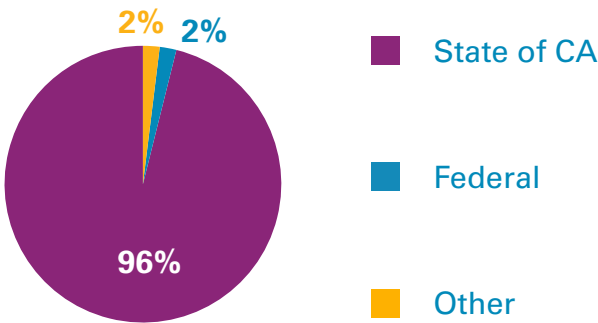


Figure 5.2

**STATEMENT OF REVENUES, EXPENDITURES AND
CHANGES IN FUND BALANCE (STATEMENT OF NET
POSITION)**

REVENUES

Prop 10 Tobacco Tax	\$17,887,814
Prop 10 Quality Preschool Initiative	10,769,855
Prop 10 Child Signature Program	1,677,313
IMPACT	1,607,269
IMPACT Hub	250,321
Interest Revenue	828,087
Net Increase in Fair Market Value	25,604
Total Revenues	\$33,046,263

EXPENDITURES

Labor and Benefits	\$2,121,154
Services and Supplies	627,523
Evaluation	842,058
Contributions to Community Projects	37,461,932
Total Expenditures	\$41,052,667

Net change in fund balance	(8,006,404)
Fund balance, beginning of fiscal year	73,239,274
Fund balance, end of fiscal year**	\$65,232,870

** Fund Balance includes the Commission's Operating and Sustainability funds.



THANK YOU TO OUR FUNDED PARTNERS

2-1-1 San Diego

All Kids Academy

American Academy of Pediatrics, California Chapter 3

Borrego Springs Unified School District

Cajon Valley Union School District

California Dental Association Foundation

Casa de Amparo

Child Development Associates

Children's Paradise, Inc.

Chula Vista Elementary School District

City of El Cajon

Community Action Partnership of San Luis Obispo County, Inc.

Coronado Unified School District

Cuyamaca Community College

Delibrainy, LLC

Easter Seals Southern California

Educational Enrichment Systems

Episcopal Community Services

Escondido Union School District

Fallbrook Child Development Center

Fallbrook Family Health Center

Family Health Centers of San Diego

Health and Human Services Agency

- **Aging and Independence Services**
- **Behavioral Health Services**
- **Public Health Services**

Health Quality Partners of Southern California

HealthRight 360 (formerly known as North County Serenity House)

Home Start, Inc.

Horn of Africa

Imperial Beach Health Clinic

Indian Health Council

Jacobs & Cushman San Diego Food Bank

King Chavez Academy of Excellence, Inc.
La Maestra Family Clinic
La Mesa-Spring Valley School District
Lemon Grove School District
Metropolitan Area Advisory Committee (MAAC)
Motiva Associates
Mountain Empire Unified School District
Mountain Health & Community Services
National School District
Neighborhood Healthcare
Neighborhood House Association
Newton Center for Affect Regulation
North County Community Services
North County Health Services
Oceanside Unified School District
Operation Samahan
Palomar Health Development Inc.
Poway Unified School District
Rady Children's Hospital – San Diego
San Diego American Indian Health Center
San Diego County Library
San Diego County Office of Education

San Diego County Parks and Recreation
San Diego Unified School District
San Ysidro Health Center
San Ysidro School District
Santee School District
SAY San Diego, Inc.
Scripps Mercy Hospital Chula Vista
South Bay Community Services
South Bay Union School District
Southern Indian Health Council, Inc.
St. Vincent de Paul Village, Inc.
Sweetwater Authority
The Children's Initiative
The Regents of the University of California
Vista Community Clinic
Warner Unified School District State Preschool
YMCA Childcare Resource Service
YMCA of San Diego County Early Enrichment Center

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