

First 5 Commission of San Diego

November 5, 2018

Staff Report

Updates Since Last Report

Health

- Healthy Development Services (HDS)

HDS regions continue to place emphasis on engaging under-served populations; they have strategized targeted efforts to work with populations that are difficult to engage.

In the Central and East regions, African American and Caucasian low-income families are the demographic groups that have been identified as underserved. Efforts to engage these populations include:

- Providing services at community hubs where families might congregate (e.g. City Heights, Southeast, DEEP-Jacobs Center, El Cajon, Nurse Family Partnership, East Region Collaborative Network) and presenting on HDS network services.
- Connecting with Women, Infants and Children (WIC) and Public Health Nursing (PHN), who serve a wide variety of demographics.
- Collaborating with other initiatives, such as First 5 First Steps and Oral Health Initiative, to maintain family engagement.
- Offering to place a care coordinator on-site at the above listed venues, as needed.

In the South region (where the largest population is Latino), as part of the strategy to engage African American families, South Bay Community Services (SBCS) actively seeks to diversify their workforce and represent the populations we are trying to engage by hiring African American staff. Outreach presentations and materials continue to represent African American families and diverse demographic groups.

Learning

- First 5 SD is a Member of the San Diego Grantmakers Early Education Funders workgroup engaging in developing collective strategies that will support leveraging local funding towards a common goal to support children and families throughout San Diego County.
- Participated in a funders site visit at Mi Escuelita (South Bay Community Services) to explore the therapeutic model approach, investments required and future expansion of program. This was also a networking opportunity for all present.
- First 5 First Steps celebrated 5 years of services. Commissioner Skiljan and Executive Director Arguilez were present to support the partners and spoke on behalf of her former experience as a home visitor along with special guests. The guests were former teen parents that Executive Director Arguilez worked with in 1998 and were there to share their experience and their personal success as a family.

Family

- First 5 First Steps Adopts Maternal Mental Health Curriculum
Supporting families with mental health needs has been a challenge across First 5 First Steps service regions and target populations. Family Support Specialists report that caregivers present with mental

health symptoms, such as stress and anxiety, but families are often not ready to engage in formal mental health services such as therapy or support groups. In response to this challenge, First Steps has identified Northwestern University's Mothers and Babies Program as an evidence-based curriculum that has been found effective in preventing perinatal depression and anxiety. Mothers and Babies promotes healthy mood management by teaching pregnant women and new parents how to effectively respond to stress in their lives through interactive activities and psychoeducation. Mothers and Babies will be implemented by Family Support Specialists in either a one-on-one or group context and will complement the existing tools and curricula used in First Steps, such as Parents as Teachers.

Community

- **Community Engagement and Event Sponsorships**
First 5 San Diego is proud to have sponsored or participated in the following community events:
 - Adoptive Families Picnic/Health Fair – October 14, 2018 (Participated)
 - SDCL Sunnyside/Bonita – Reading Extravaganza – October 19, 2018 (Participated)
 - SDCL La Mesa – Star Wars Reads Day – October 20, 2018 (Participated)
 - Grandparents Raising Grandchildren – South – October 20, 2018 (Participated)
 - Military Provider Fair – October 26, 2018 (Participated)
 - 21st Annual SD Pediatric Conference – October 27, 2018 (Participated)
 - Linda Lake Fall Festival – October 28, 2018 (Participated)
 - Waterfront Pumpkin Patch – October 29, 2018 (Participated and **Sponsored**)
 - Faith Chapel Fall Festival – October 31, 2018 (Participated and **Sponsored**)
 - NCHS Fall Festival (Oceanside) – November 3, 2018 (Participated)

- **First 5 sponsored the 3rd Annual *LiveWell* Advance on October 2, 2018**
Executive Director Arguilez moderated a workshop on “Building Resilient Families - *Making Connections within the Early Childhood System*”.
 - The workshop demonstrated how First 5 San Diego has created a web of services that connect families to service providers, service providers to other service providers, agencies and systems of care. These connections help parents and caregivers make the most important connection – to their children.

 - Additionally, the workshop covered the new 3 Rs of service: 1) Relationships; 2) Regulation; and 3) Resilience.

Administration

- **Evaluation**
The Local Annual Report to the Community for Fiscal Year 2017 – 18 will be presented to the Commission today.

- **Finance Committee**
The Finance Committee has not met since the last Commission meeting on October 8, 2018. The Finance Committee is next scheduled to meet on January 15, 2019 at which time the committee will review the 2nd quarter expenditure projections and Balance Sheet as of December 31, 2018.

- **Networking / Professional Development**
Executive Director Arguilez is participating in the First 5 Network Leadership Academy. It is a three-part series of training and coaching focusing on bringing leaders together, receiving coaching and identifying network strategies. This academy engages the leadership cohort in sharing model practices, supporting innovative approaches, and bringing seventeen First 5 leaders across the State of California together in a more intentional way.
 - The second cohort is being formed and Naomi Chavez has been nominated to be considered.

Pritzker Children's Initiative has selected California to develop comprehensive planning and policy to inform future investments. There is a First 5 San Diego site visit scheduled for December 5th. This visit is being coordinated with the First 5 Association.

Background on First 5 San Diego Commission's Current Projects

2-1-1 San Diego

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.

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.

First 5 First Steps (F5FS)

First 5 First Steps provides county-wide 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.

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 (HDS)

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 Family Connections is a partnership with the YMCA Childcare Resource Service (YMCA-CRS) that assists Family Child Care Home (FCCH) providers to implement developmental screenings and 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 Breastfeeding Friendly Environment Program for Childcare Facilities

Through IMPACT funding, the goal of this program is to increase access to environments that support the initiation and duration of breastfeeding. Specifically, services will work to increase the number of baby-friendly childcare facilities helping them adopt and implement policies supportive of breastfeeding and lactation accommodation.

KidSTART

KidSTART is an integrated program within First 5 San Diego and HHSA 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.)

Kit for New Parents (Kit)

The 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 county-wide and are available in English, Spanish, Vietnamese, Cantonese, and Korean.

Maternity Shelter Program (MSP)

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 (OHI)

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.

Parent and Community Education

Parent and community education campaigns connect children to needed services and promote practices that strengthen families and improve children's health and development.

Quality Preschool Initiative (QPI)

QPI is a systemic approach to assess, improve, and communicate the level of quality in early care and education programs.