

## First 5 Commission of San Diego

February 7, 2019

### Staff Report

## Updates Since Last Report

### Health

- Healthy Development Services (HDS)

- North Inland (Palomar Health) update on CAL Safe collaboration:

This is the third year that North Inland “Parent Educator” returned to San Pascual High School and completed a four-week Parent Education Support and Empowerment (PESE) workshop with teen parents that have an infant. The classes took place at 7:30 am every Friday at their school and each class was well attended with great participation every week including both teen mothers and teen fathers. Parent Educator has worked tirelessly over the years to ensure these students are able to receive credits for the class as part of their teen parent curriculum.

This collaboration makes it possible to reach vulnerable populations where they are at and support them. At the conclusion of each session, teen parents were encouraged to engage in other HDS services thus providing opportunities for life-long learning.

Three proposals from Palomar Health, the North Inland provider, were accepted for the San Diego County Office of Education Early Years Conference – Reclaiming the Child: Advancing Equity in Early Childhood Education scheduled for February 22 & 23, 2019. The following presentations will be presented:

- Strategies for Early Language (Spanish)
- Sensory vs Behavior (English and Spanish)
- Effect of Caregiver Mental health on the Development of the Child (English and Spanish)

- KidSTART

- The Pritzker Foundation of Chicago brought together experts from 4 states, California, Oregon, New York and North Carolina, to focus on systems of care for young children. On December 5, 2018 this group convened for a “think tank” to discuss programming, funding, and evaluation efforts related to early childhood services. As part of a 2-day conference, Vice-Chair Skiljan and Executive Director Arguilez joined a group of approximately 30 that the American Academy of Pediatrics took to Rady Children’s Hospital-San Diego to learn about HDS and KidSTART. The group included Camille Maben, Executive Director of First 5 California and Moira Kenney, Executive Director of the First 5 Association. This half-day event included a program overview, case studies, and in-person sharing from 4 parents who had experienced KidSTART or HDS (2 parents for each program). The parents’ stories were powerful examples of the impact that First 5 San Diego has had on children and families in our community and a reminder of how fortunate we are to have this innovative and unique programming in San Diego County.

- Oral Health Initiative (OHI)
  - The OHI health clinics continue to provide comprehensive oral health services to the underserved communities. Several clinics have expanded their educational outreach and care coordination efforts which have increased the number of young children, as well as pregnant women, completing their treatment, and fewer patients are missing appointments.

## Learning

- The California Department of Education awarded a grant of up to \$157,481 to First 5 San Diego to build capacity for certified trainers, observers, assessors, and coaches participating in Quality Rating and Improvement Systems similar to San Diego County's First 5-funded Quality Preschool Initiative (QPI). The grant will be expended in FY 18-19 and FY 19-20.

## Family

- First 5 First Steps
  - The new year is off to a good start for the home visiting program. The Regional Coordinator and home visiting contractors entered into a contract agreement with HHS – Eligibility Operations to provide home visiting services to CalWORKS eligible families that have a child(s) in the home.

## Community

- Community Engagement and Event Sponsorships

First 5 San Diego is proud to have sponsored or participated in the following community events:

- Health and Lifestyle Expo – November 8, 2018 (Participated)
- Solana Beach 5K – November 10, 2018 (Participated and **Sponsored**)
- USO (Active Duty) Baby Shower – November 14, 2018 (Participated)
- Memo Health Fair – January 19, 2019 (Participated)
- Grandparents Raising Grandchildren – January 26, 2019 (Participated)
- It's How We Live – February 2, 2019 (Participated and **Sponsored**)

## Administration

- Evaluation
  - The dashboard for the first quarter of FY 2018-19 is included in the Executive Director's report as item 5-2.
- Finance Committee
  - The Finance Committee met on January 15, 2019 at which time the committee reviewed the 2<sup>nd</sup> quarter expenditure projections and Balance Sheet as of December 31, 2018. Both documents were approved to go forward to the Commission and are included in today's meeting packet.
- Networking / Professional Development
  - Executive Director Arguilez completed her participation in the First 5 Network Leadership Academy. This was a three-part series of training and coaching focusing on bringing First 5 leaders together in the effort to strengthen leadership and network capacity. This is an ongoing effort and a continued focus for the First 5 Association to continue engaging the First 5 network statewide.

- A select group of First 5 leaders were invited to Washington DC to engage in the first ever visit on behalf of the First 5 CA network. Counties invited included San Diego, Los Angeles, Orange County, San Bernardino, and Fresno.
- First 5 San Diego was invited to speak at the Help Me Grow Inland Empire Early Intervention Summit in San Bernardino in February to share our model practice through the Healthy Development Services initiative and help inform the Help Me Grow strategic planning process and the design of their regional model.
- Ongoing efforts engaging the philanthropic community through the Early Childhood Funders workgroup at San Diego Grantmakers.
- Outreach with the new leadership at the United Way to learn more about their efforts to support children entering Kindergarten ready to learn.
- Executive Director Arguilez will be presenting the FY 17-18 Annual Report to the Board of Supervisors on Tuesday, February 12<sup>th</sup>.
- Executive Director Arguilez was named the Fundraising Chair for the annual March for Babies that is scheduled for Saturday, April 27<sup>th</sup> at Balboa Park. The March for Babies kickoff event is scheduled for Thursday, February 7<sup>th</sup>. The March of Dimes leads the fight for the health of all moms and babies. For 80 years, March of Dimes has helped millions of babies survive and thrive. Now we're building on that legacy to level the playing field for all moms and babies, no matter their age, socio-economic background or demographics.

# 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.