

## First 5 Commission of San Diego

April 18, 2019

### Staff Report

## Updates Since Last Report

### Health

- Healthy Development Services (HDS)

- North Inland (Palomar Health):

The San Diego County Office Education, held the 16<sup>th</sup> Annual Early Years Conference: “Reclaiming the Child: Advancing Equity in Early Childhood Education”.

Palomar Health did three presentations at the conference:

- A Close Look into the Impact of Caregiver Mental Health on the Development of Young Children;
- Behavior Versus Sensory: What if Misbehavior is Really Sensory, and
- Talk Builds Young Children’s Brains: Strategies to Improve Children’s Language Learning Opportunities.

The feedback from teachers that attended the conference included expressing appreciation for the presentation techniques, activity ideas, and for the presentations being in Spanish.

- North Coastal (Rady Children’s Hospital)

HDS North Coastal has been in a conversation with Alta Vista High School to collaborate and present the Parent Education, Support and Empowerment (PESE) classes to teen parents. The first class is set to start March 28, 2019. A development specialist will support the child development activities in which teen parents will participate; each teen parent will learn while also receiving credit.

- Medical Director of the American Academy of Pediatrics-California Chapter 3 (AAP-CA3), Pradeep Gidwani, presented the San Diego HDS program at the First 5 San Bernardino and First 5 Riverside’s Help Me Grow Regional Early Intervention Summit. The presentation provided an overview of the inception of the HDS system and changes that have created the system we currently have. Other counties are looking at the HDS program to replicate some of our best practices.

- Oral Health Initiative (OHI)

- The OHI health clinics continue to provide comprehensive oral health services to 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

- Quality Preschool Initiative
  - The Quality Preschool Initiative continues to positively impact the growth and development of preschool-aged children to ensure that they have the foundation that they need to transition to kindergarten and experience success in preschool to become life-long learners.
  
- IMPACT
  - In year four of funding from this grant, one of the projects supported by IMPACT is the YMCA Childcare Resource Service (CRS) Family Connections. So far this year, YMCA-CRS Family Connections has recruited and trained 33 family child care providers on using developmental screening tools and provided training and technical assistance on using the “Supporting Families Toolkit” guide to 27 home visiting staff.
  - First 5 CA has formed a workgroup of Executive Directors from throughout the state to help inform the next iteration of IMPACT efforts, being referring to as IMPACT 2.0. Executive Director, Arguilez has been identified as a representative for the SoCal region. The next iteration will assume an overall reduction in funding available statewide and is to focus on providers in alternative settings (i.e. Family Childcare Homes, Family Resource Centers, Libraries) serving primarily infants and toddlers.
  - Shana Wright Bruno, MPH, CCHS, Director of Lactation Supportive Environments at the UC San Diego Center for Community Health recently received a “Rising Star Award” from the California Breastfeeding Coalition. The California Breastfeeding Coalition mission is to improve the health and well-being of Californians by working collaboratively to protect, promote, and support breastfeeding. Shana is a member of the IMPACT Breastfeeding-Friendly Environment program. The goal of this program is to increase access to environments that support the initiation and duration of breastfeeding. IMPACT works to increase the number of baby-friendly childcare facilities helping them adopt and implement policies supportive of breastfeeding and lactation accommodation.
  
- San Diego County is one of 16 counties that have been selected to participate in a Dual Language Learners (DLL) Pilot Evaluation funded by the First 5 CA Commission. The American Institutes for Research (AIR) will lead this project and our local efforts will be coordinated through the San Diego County Office of Education. This project will engage 25 sites in the study during the period May 1, 2019 to June 30, 2020. Funding received will be for the following:
  - Fund a local *Study Liaison Position* to support and increase DLL Pilot participation by building site directors’, early educators’, and families’ understanding and the overall success of the DLL Pilot study.
  - Compensate site directors and educators for their expertise and time spent coordinating schedules with AIR for classroom/program observations and completing surveys and child assessments.
  - Compensate parents for time spent providing their unique perspective about young DLLs and information about their children through focus groups, interviews, and survey completion.

## Family

- First 5 First Steps
  - First Steps Home Visiting contractors, including County-wide Coordinator, AAP-CA3, have signed contracts with the HHSA Eligibility Operations for a CalWORKS Home Visiting program, utilizing funds received from the State of California. All contracts have been signed by AAP-CA3 and other First Steps contractors and staff recruitment has commenced. These contracts are independent of First 5 San Diego; however, they share the program model and contractors.
  - Contracting Officer’s Representative (COR) site visits have started and will continue through April 2019.

- SAY San Diego (Central Region) First Steps staff have been offered the opportunity to attend the Lactation Educator Counselor training program through a UCSD extension. The cost will be covered by the HHSA Public Health Services, REACH (Racial and Ethnic Approaches to Community Health) grant. The grant's target populations must reside in Mid-City and Southeastern San Diego; this is why only SAY San Diego was offered the opportunity.

## Community

- On February 25, 2019 First 5 San Diego launched its mobile APP. The mobile APP can be used to help a family track their child's meals, activity and reading with one easy click. Just tap "Food" for meal ideas and recipes, tap "Play" for exercise and playtime ideas, and tap "Read" for the perfect bedtime story. To track your child's progress daily, just enter their name & age, and go.
- Community Engagement and Event Sponsorships

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

- Early Years Conference – February 22-23, 2019 (participated)
- First 5 SD 20 Year Open House – February 25, 2019 (hosted)
- USO Active Duty Baby Shower (MCRD) – February 27, 2019 (participated)
- First 5 Express (North Island CDC) – March 1, 2019 (participated)
- First 5 Express (Naval Amphibious Base CDC) – March 1, 2019 (participated)
- First 5 Express (Dr. Seuss Birthday SDPL – Central) – March 2, 2019 (participated)
- Military Spouse Baby Shower (MCRD) – March 13, 2019 (participated)
- 7<sup>th</sup> Annual International Mariachi Festival – March 10, 2019 (participated and **sponsored**)
- "Disaster Aware, Are you Prepared?" Conference – March 16, 2019 (participated)
- 5<sup>th</sup> Annual Ethics Fair – March 28, 2019 (participated)
- Lexington Elementary School – Wellness Fair/Open House – March 28, 2019 (participated)
- Grandparents Raising Grandchildren – April 4, 2019 – (participated)
- Bancroft Elementary School – Wellness Fair/Open House – April 11, 2019 (participated)

## Administration

- Evaluation
  - The Dashboard for the second quarter of FY 2018-19 is included in the Executive Director's report as item 10-2.
- Finance Committee
  - The Committee met on March 12, 2019. They reviewed:
    - The Balance Sheet as of February 28, 2019;
    - The FY 2019-20 Operating Budget;
    - The FY 2019-20 Sustainability Fund Budget; and
    - The Financial Spending Plan 2015-2020 and 2020-2025
  - The Finance Committee engaged in a discussion regarding the upcoming strategic planning period for 2020-2025. They reviewed both a 3-year and 5-year spending plan. After careful review of the financial projections, the committee unanimously approved continuing with the 5-year spending plan cycle to align with the traditional strategic planning cycle of 5 years. Considerations included the declining Prop 10 revenue and Sustainability Fund account and the Commissions inability to continue funding community projects as they are presently.
  - All documents were approved by the Finance Committee to go to the Commission and are included in the agenda packet for today's meeting.

- Networking / Professional Development

- Executive Director has been selected for the following committees and/or advisory boards:
  - Representative on the External Advisory Board to the Dean for the SDSU College of Education – three-year term;
  - Representative on the First 5 Association Policy Committee for the Southern CA Cluster.
- Executive Director Arguilez has been voted the Chair of the Public Policy Committee for the San Diego Child Care Planning Council.
- Executive Director Arguilez was invited to participate in a convening on the Achievement Gap Prevention Project focusing in the Barrio Logan Community funded by SDUSD and the Foster Family Foundation. Harvard Graduate School of Education is leading this effort and will be following up with First 5 SD on next steps and opportunities to collaborate on this effort.
- Executive Director Arguilez was selected to participate on a panel discussion at the San Diego Foundations screening of the documentary film “No Small Matter” scheduled for April 16<sup>th</sup>.
- Executive Director Arguilez was invited to participate in a roundtable discussion for San Diego Councilmembers District 3 – Chris Ward to discuss quality child care access and marketing conditions in San Diego, scheduled for April 22<sup>nd</sup>.
- Ongoing efforts engaging the philanthropic community through the Early Childhood Funders workgroup at San Diego Grantmakers and the San Diego Foundation.
- First 5 SD is working with the Supply Bank to allocate their diapering resources to identified programs serving children in the 0-5 years in San Diego.
- SDSU is beginning a new series of highlighting former alumni and where they are today; Executive Director Arguilez has been selected as the first alumna to highlight in the series. Publication date is pending.
- First 5 SD is following up on the 20 Year Open House event community engagement activity for increasing the Network Strategy via the Kumu mapping application. First 5 SD staff will be trained by our consultants to navigate and maintain effort. This technology will be used to help track integrated partnerships to support our Core Functions in the new 2020-2025 strategic plan.

# 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.