

First 5 Commission of San Diego

October 10, 2019

Staff Report

Updates Since Last Report

Health

- Healthy Development Services (HDS)

- Visit from Dr. Nadine Burke-Harris, California's first Surgeon General.

On May 28th, 2019, California Surgeon General, Dr. Nadine Burke-Harris visited San Diego as part of her statewide listening tour. The event held at the San Diego Foundation was an opportunity for her to learn about the various resources available in our region, including First 5 initiatives, highlighting the Healthy Development Services and First 5 First Steps Home Visiting program. Dr. Burke-Harris, a leading expert on Adverse Childhood Experiences (ACEs) participated in a community dialogue on the importance of early identification and intervention for families with young children ages birth to 5 years.

Many of First 5 San Diego's initiatives, including Healthy Development Services and First 5 First Steps Home Visiting program, actively work to prevent and address ACEs among program participants and their families.

- Central Region (Family Health Center) - American Academy of Pediatrics, Chapter 3 (AAP-CA3)

In partnership and collaboration of HDS Central Region and the AAP, The Maternal Depression Program policy brief was finalized at the end of the FY 2018-19. It is entitled "*Supporting Maternal Mental Health in an Integrative Relational Model*". The report highlights the lessons learned, challenges, successes and opportunities to continue elevating this very critical area of need.

- Family's Experience Survey

AAP-CA3, Harder + Co and Regional Evaluation Partners worked closely to design, pilot and implement the Family's Experience Survey (FES). The survey captures gaps previously identified by contractors. It will replace 2 other surveys and will provide more accurate data. The FES is also available in Spanish and Arabic languages.

- KidSTART Center (Rady Children's Hospital)

- KidSTART presented to First 5 San Diego, Harder + Co and AAP-C3 the lessons learned, opportunities and successes of screening children and caretakers with the ACE tool. Data compiled from October 2015 to December 2018 includes a comparison of families in the KidSTART program vs. the General Population, ACEs scores compare to Child Behavior Checklist tool (CBCL) and Parent/Child dyad.

- KidSTART participated with three presentations at the 10th Annual Early Childhood Mental Health Conference "We Didn't Wait" held in San Diego from September 12 to 14, 2019. The spotlight this year was to explore the unique challenges of serving children and families who have underlying trauma. The KidSTART Center collaborated with the following presentations:

- Co-Treatment Within the Family System: Treating Trauma Alongside Behavioral Management.
 - Function Junction: Understanding Executive Function in Children 0-5.
- Oral Health Initiative (OHI)
 - OHI's off-site dental services team at La Maestra Community Health Center began its 5th year providing preventative and restorative oral health services for children ages birth through 5 in First 5 San Diego Quality Preschool Initiative (QPI) preschool settings. Using place-based portable services technology, the off-site dental services program brings services to children who might not otherwise receive care. In FY18-19, 113 school-based children received dental screenings and exams, and 28 received dental treatment.

Learning

- Quality Preschool Initiative
 - The Quality Preschool Initiative (QPI) 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.
 - The San Diego County Office of Education (SDCOE) is actively recruiting eligible First 5 San Diego QPI provider agencies to participate in the Early Childhood Mental Health (ECMH) Pilot program. California passed AB2698 to encourage Early Childhood Mental Health Consulting (ECMHC) services in state-funded early learning and care programs (state preschool and general childcare) as a means of providing adequate support to teachers, children, and caregivers. ECMHC is a problem-solving and capacity-building intervention implemented in a collaborative relationship between a professional licensed consultant, with early childhood mental health expertise, and one or more caregivers – an early care and education provider and/or family member.

Family

- First 5 First Steps
 - First Steps Home Visiting contractors have all began their CalWORKS Home Visiting contracts, completed hiring and have begun to enroll clients. This program is utilizing funds received from the State of California totaling \$3.5m for FY19/20. These contracts are independent of First 5 San Diego, however, they share the program model and contractors.
 - Half of SAY San Diego (Central Region) First Steps staff have completed the Lactation Educator Counselor training program through the UCSD extension. The cost was covered by the HHS 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. The course was well received by the staff and they are excited to be able to utilize this newfound knowledge to help support their clients. The remainder of the staff will begin the course at the end of September.

Community

- On July 28, 2019 First 5 San Diego sponsored the First 5 Family Fun Zone at the Live Well San Diego 5K and Kid's 1-Mile Fun Run. The zone included nine partner agencies throughout San Diego County that

offered services for children. The zone also included a Lullaby Lounge to aid parents in feeding and changing their little ones in a private location.

- Community Engagement and Event Sponsorships

First 5 San Diego is proud to have sponsored or participated in the following **45** community outreach events:

- April 20, 2019 - Faith Chapel – Block Party Egg Hunt (Participated)
- April 26, 2019 - MCAS CDC - Family Resource Fair (Participated)
- **April 27, 2019 - March of Dimes – March for Babies (Sponsored)**
- **April 27, 2019 - Chula Vista Collaborative – Day of the Child (Sponsored)**
- April 27, 2019 - Vista Unified School District – Education Fair (Participated)
- April 30, 2019 - NCHS – Ramona Family Fiesta (Participated)

- **May 04, 2019 – 13th Annual Cinco de Mayo Trail Run (Sponsored)**
- May 04, 2019 – Operation Home Front – Active Duty Baby Shower (Participated)
- **May 05, 2019 – Miracle Babies – 5K (Sponsored)**
- **May 18, 2019 – Mito Foundation – Safari 5K (Sponsored)**
- May 25, 2019 – Maplewood Spring Resource Fair (Participated)

- **June 01, 2019 – NHA – Let’s Move Olympics (Sponsored)**
- June 01, 2019 – Naval Amphibious Base – Color Run (Participated)
- June 01, 2019 – SDCL – Santee – Star Wars Reads Day (Participated)
- **June 08, 2019 – DEEP – 1st Annual Summertime Reading (Sponsored)**
- June 08, 2019 – Black Infant Health – 9th Annual Old School Fun (Participated)
- **June 15, 2019 – F5SD Healthy Eating Event (Sponsored)**
- **June 22, 2019 – New Children’s Museum – Mass Creative Day (Sponsored)**
- **June 22, 2019 – SD Special Needs Foundation – All Inclusive Day (Sponsored)**

- July 10, 2019 – Options Resource Fair (Participated)
- July 12, 2019 – SDCL Encinitas Resource Fair (Participated)
- **July 20, 2019 – Olivewood Gardens – Day of Play (Sponsored)**
- **July 28, 2019 – LWSD 5K and 1 Mile Fun Run (Sponsored)**

- August 2, 2019 – NCHS Global Latch on Day (Participated)
- August 3, 2019 – UCSD – Little Grad Picnic (Participated)
- **August 3-4, 2019 – UNIDOS Conference Family Expo (Sponsored)**
- August 4, 2019 – SDCL – Poway “Kids Fest” (Participated)
- **August 7, 2019 – SD Special Needs Foundation – All Abilities Day of Play (Sponsored)**
- **August 9, 2019 – Parks and Rec – Back to School Fair (Sponsored)**
- August 13, 2019 – SDPL – Book Rich Environment Mira Mesa (Participated)
- **August 17, 2019 – DEEP – Summer Reading Program End (Sponsored)**
- **August 17, 2019 – Imperial Avenue Street Fair (Sponsored)**
- August 17, 2019 – Sharp Grossmont NICU Family Fair (Participated)
- August 19, 2019 – NCHS – Back to School Bash (Participated)
- August 21, 2019 – San Diego Career Centers – Back to Work Day (Participated)
- August 22, 2019 – 2019 Ombudsman Fair (Participated)
- August 24, 2019 – 10,000 Plus Project (Participated)
- August 24, 2019 – Grandparents Raising Grandchildren (North) (Participated)
- **August 24, 2019 – Festival of Books (Sponsored)**

- **September 12 – 14, 2019 – We Didn’t Wait Conference (Sponsored)**
- September 27 – 29, 2019 – MCAS Air Show Expo (Participated)
- September 27, 2019 – Hilton Health Fair (Participated)
- September 29, 2019 – Child Support Services Annual Family Picnic (Participated)

- October 1, 2019 – Kindergarten Gear Up (Participated)

- October 5, 2019 – SDCL – Spring Valley Signature Event (Participated)

Administration

- **Evaluation**

- The Dashboard for the fourth quarter of FY 2018-19 is included in the Executive Director's report as item 7-2.
- CAL Berkeley is conducting a statewide study on the state of the Early Childhood Education Workforce as part of the Preschool Development Grant. This study is supported by the California Dept. of Education, First 5 California, and the Dave and Lucille Packard Foundation. Each county commission has been approached to participate in an oversampling for each respective county. San Diego oversampling will focus on engaging an additional 88 Family Child Care Providers, 73 Teachers and 73 Center Directors. The final report is estimated to be ready in mid-2021. The cost to participate in the study is \$46k and Executive Director Arguilez is fundraising for this study. At this time, two community organizations have indicated they are interested in supporting. Fundraising efforts will continue up until 2021 for this endeavor.
- Harder+Co is compiling a report to be published early in 2020 that captures QPI efforts over the last 7 years and highlights the engagement of several key school districts in accessing meaningful enrollment data of children that have participated in QPI in their districts. This is related to a longitudinal impact study on QPI that is forthcoming. Support from Stanford University has been secured and leading researcher, Dr. Deborah Stipek is presently working with a doctoral team to review our data and create a study plan.
- A policy brief, ***Maternal Mental Health: In An Integrative Model*** was recently published to share the need, lessons learned, challenges and opportunities to focus on this critical issue impacting women and children. This was a collaborative effort led by the Family Health Centers of San Diego and the American Academy of Pediatrics through the Healthy Development Services Initiative. **(report has been provided for Commissioner review).**

- **Finance Committee**

- The Committee met September 17, 2019. They reviewed the Balance Sheet for August 31, 2019 and the Independent Audit Report for FY 2018-19. They met with the Senior Auditor from Moss, Levy, and Hartzheim who reported that there are no findings on compliance or internal controls over financial reporting. All documents were approved by the Finance Committee to go to the Commission and are included in the agenda packet.
- Finance Committee member, Hank Kim, Chief Investment Officer provided an overview of the Commissions investments including the federal reserve impacts, economic updates that impact earnings, and the treasury market.
- Finance Committee members engaged in a discussion of the Commissions revenue and expenditures forecast and the need to focus on leveraging of funds and greater glide sloping of community projects in the next five-year funding cycle of 2020-2025.

- **First 5 Networking /Administrative Updates / Professional Development**

- Executive Director Arguilez has applied to the new Governor's Early Childhood Policy Council. The first 5 Association network has nominated her to represent the statewide First 5 Network of Commissions. Applications were submitted to both the Governor and President Pro Tem for their consideration.
- Executive Director Arguilez gave the welcome message to the early education providers at the annual We Can't Wait - We Didn't Wait early childhood mental health conference.
- Executive Director Arguilez was a special guest at the annual AAP – Reach Out and Read event. It was an opportunity to share about the importance of our early intervention and prevention efforts at First 5 San Diego and provided a call to action to support increased awareness to our work and drive policy changes.

- Executive Director Arguilez met with Senator Atkins office in September to discuss the recent QPI site visits in August and to invite her to tour facilities to learn more about our work in supporting quality early care and education settings for young children.
- First 5 SD hosted a meeting on the Early Development Instrument (EDI) with a special guest from First 5 LA to share their effort on how they are using the EDI to measure kinder readiness.
- Executive Director Arguilez and Commissioner Skiljan participated in a tour of the UCSD Mother's Milk Bank and had the opportunity to learn more about the upcoming grand opening of the new warehouse.
- Executive Director Arguilez hosted an Early Education tour in August 2019 that included Todd Gloria, CA Assemblyman; First 5 California Commission Executive Director, Camille Maben; Kris Perry, Deputy Secretary of Early Childhood with the California HHSA; and Shana Hazan, First 5 California Commissioner. The tour included a center-based site operated by Child Development Associates and a Family Child Care home in Chula Vista. Both sites have participated and benefited from both local QPI funds and First 5 CA investments in quality early learning.
- Executive Director Arguilez presented the newly approved 5-year Strategic Plan 2020-2025 to the San Diego HHSA Executive Team.
- Executive Director Arguilez remains active in the following local boards / councils: San Diego Child Care Planning Council (Chair of the Public Policy Committee); SDSU College of Education Advisory Board; Child and Family Strengthening
- First 5 San Diego welcomed California's first Surgeon General, Dr. Nadine Burke-Harris in May 2019 to a provider and community roundtable discussion on early identification and early intervention efforts. This dialogue included highlights from First 5 San Diego's key initiatives – First 5 First Steps Home Visiting and Healthy Development Services.
- Executive Director Arguilez continues participating in community collective impact efforts including the following efforts: CWS Prevention Summit workgroup; Strong Families Thriving Communities; ECE Advocacy Coalition; Diamond Educational Excellence Partnership (DEEP); and the 2GEN Workgroup facilitated by the San Diego Workforce Partnership.
- Executive Director Arguilez is an active member of the HHSA Home Visiting Evaluation Taskforce reviewing and evaluating HHSA and First 5 San Diego home visiting efforts targeting pregnant women and children birth to 3 years.
- Executive Director Arguilez continuing work to prepare for the implementation of the new 5-year Strategic Plan 2020-2025 - the creation of a corresponding implantation plan for the new strategic directions (i.e. sustained funding, integrated leadership, coordinated systems of care, and resilient families).
- Executive Director Arguilez has successfully negotiated a new lease for the First 5 administrative headquarters. The new office space focuses on right sizing for the organization that is aligned with the emerging financial forecast. The anticipated move-in date is to be determined.
- Executive Director Arguilez has scheduled meetings with all impacted contractors to discuss the anticipated contract reductions for the 2020-2025 fiscal years. The goal is to proactively plan for the upcoming fiscal year and to provide support, as requested, to determine the route of least impact to services in the community and staffing.

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 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.