

• What is this map?

- ▶ This visual is a representation of the “ripple effect” that is created as a result of First 5 San Diego’s Healthy Development Services.
- ▶ The map was developed through the analysis of qualitative data spanning three Fiscal Years (2019-2020, 2020-2021, 2021-2022). The data analyzed include narrative data submitted on a quarterly basis, Family Survey Experience (FES) open ended data, and regional MDT observational data.
- ▶ The map includes and incorporates additional input from HDS regional partners.

• How is the map organized?

- ▶ The information on the map is organized by “ripples” or levels. We organized the data in a total of 7 ripples starting with key elements and moving outwards in order of impact.
- ▶ How to read the map:
 - ▶ Start at the bottom (1: Key Elements of HDS) and think about the Key Elements of HDS as the key inputs that set in motion the subsequent ripples that propel outwards: the impact of HDS on providers and the system that culminates in the largest ripples on families, children and the community at-large. The map should help paint a picture of the reach that HDS has in the community and all of the milestones and victories that happen throughout the process that are supporting multiple stakeholders.

• What is each ripple?

1. **Key Elements of HDS:** describes the unique features of HDS that set the foundation for the later stages of impact, including the development of relationships with community partners, cross team collaboration, intentional care coordination teams, etc.
2. **Provider Impact of HDS:** describes how HDS’s approach to training and supporting providers allows them to build and strengthen capacity, deepen partnerships in the community, and develop expertise in child development and family support.
3. **Provider Impact on HDS:** slightly different than provider impact of HDS, this ripple shows the results of the capacity and relationships built in the second ripple and how providers bring that capacity and learnings into their interactions with children and families.
4. **System Impact of HDS:** this level highlights how the HDS model is integrated into the approaches other community organizations and partners take with children and families, including incorporating development assessments as practice and building referrals pathways into and out of HDS.
5. **Family Impact of HDS:** highlights the confidence developed by parents and caregivers in their understanding of the development and needs of their children as well as the trusting relationships they develop with HDS providers and community.
6. **Child Impact of HDS:** describes the ultimate impact on children of all the previous ripples including their developmental, behavioral, and social emotional gains, the confidence they develop, and how the system of care is more clearly serving them in support of their overall healthy development.
7. **Community Impact of HDS:** describes the large-scale impact of HDS on other families and future generations beyond the current HDS participants.



1 Key elements of HDS

Flexible, responsive, long-term and trust-based funding

Cross-regional collaboration and consistent foundation of service levels/curricula/tools while allowing flexibility in service flow and approach based on regional differences

Provider trainings and support (early childhood social-emotional/mental health, reflective practice, trauma-informed and culturally responsive services, resilience, well-being and self-care)

Providers that reflect the communities being served and bring a wealth of knowledge and experience

Collaboration with community partners (MDTs, pediatricians, school districts, health providers)

Deep relationships between funders, contractors/providers, AAP, evaluation

Dedicated care coordination teams implemented by a strong network of providers

2 Provider impact of HDS

Providers gain expertise in prenatal and early childhood mental health and development

Strong collaboration and warm handoffs between care coordination teams, HDS providers and community partners

Providers are able to bring a consistent, empathetic, whole-family centered, culturally responsive approach that prioritizes relationships and tailored to meet families where they are at

Providers feel supported and have high levels of career satisfaction, potentially increasing staff retention and decreasing burnout

Learning communities and ongoing refinement of best practices, improving quality and consistency of care

Providers model healthy attachment for caregivers

3 Provider impact on HDS

Care coordinators are support system for caregivers

Providers able to quickly respond to changes in community needs such as the Covid-19 pandemic (telehealth, resources/basic needs)

Providers model reflective practice, family-centered care, focus on social-emotional development for community partners

4 System impact of HDS

HDS fills service gap for families who aren't eligible for other services or provides bridging services while families wait for higher levels of service (e.g. school district, CA-ES, etc.)

Pediatricians incorporating development screenings as a standard of practice

Pediatricians refer to HDS as an essential part of the system of care and are more aware of available services/resources for families

Strong connections with medical homes

Community partners collaborate with each other beyond HDS and MDTs

Community partners change how they approach services as they observe and learn from HDS's relational and collaborative approach

5 Family impact of HDS

Caregivers improve their own mental health and are better able to read their child's cues and model regulation/co-regulate with their child

Families were able to continue services during COVID due to the quick implementation of telehealth and support/resources for basic needs

Families are able to address their basic needs and build their capacity to access resources through care coordinator/wrap-around support which builds their readiness for services and allows them to focus on their child

Families stress levels are reduced and are better able to support their child and strengthen relationships within their families (e.g. improved co-parenting)

Caregivers feel more confident in their parenting as they learn about development and how to play with their child and build stronger relationships/attachments with their children (e.g. practice positive discipline, create routines and healthy habits, build language and communication)

Families of all backgrounds and cultures feel welcomed, engaged, cared for, listened to, supported, understood, hopeful

6 Child impact of HDS

Confident caregivers lead to more confident children

Children are better supported by their caregivers and have stronger attachment/relationships with their caregivers

Children are experiencing developmental/ behavioral/social emotional gains (able to communicate their needs, regulate their emotions, improved overall language and communication, age-appropriate socialization)

Children who are otherwise ineligible for services are receiving quality care and making gains that prepare them to enter school ready to learn and improve their long-term developmental trajectories

Children's basic needs and social determinants of health are supported by more resilient and self-sufficient families having their needs met

7 Community Impact of HDS

Caregivers and children pass on the skills and approaches learned through HDS to future generations, potentially transforming family dynamics and impacting children for years to come

Children are entering school ready to learn and caregivers are entering school ready to advocate for their child

Families share what they learn through HDS with their friends, neighbors and other families at schools, church, etc., spreading the impact of HDS through their communities

HDS Ripple Effect Map Content

1 Key Elements of HDS

- ▶ Flexible, responsive, long-term and trust-based funding
- ▶ Provider trainings and support (early childhood social-emotional/mental health, reflective practice, trauma-informed and culturally responsive services, resilience, well-being and self-care)
- ▶ Collaboration with community partners (MDTs, pediatricians, school districts, health providers)
- ▶ Dedicated care coordination teams implemented by a network of strong provider organizations
- ▶ Cross-regional collaboration and consistent foundation of service levels/curricula/tools while allowing flexibility in service flow and approach based on regional differences
- ▶ Providers that reflect the communities being served and bring a wealth of knowledge and experience

2 Provider impact of HDS

- ▶ Deep relationships between funders, contractors/providers, AAP, evaluation
- ▶ Providers feel supported and have high levels of career satisfaction, potentially increasing staff retention and decreasing burnout
- ▶ Providers are able to bring a consistent, empathetic, whole-family centered, culturally responsive approach that prioritizes relationships and tailored to meet families where they are at
- ▶ Providers take multi/trans/inter-disciplinary approach
- ▶ Providers gain expertise in prenatal and early childhood mental health and development
- ▶ Strong collaboration and warm handoffs between care coordination teams, HDS providers and community partners

3 Provider impact on HDS

- ▶ Learning communities and ongoing refinement of best practices, improving quality and consistency of care
- ▶ Providers model healthy attachment for caregivers
- ▶ Providers model reflective practice, family-centered care, focus on social-emotional development for community partners
- ▶ Providers able to quickly respond to changes in community needs such as the Covid-19 pandemic (telehealth, resources/basic needs)
- ▶ Care coordinators are support system for caregivers

4 System impact of HDS

- ▶ Community partners change how they approach services as they observe and learn from HDS's relational and collaborative approach
- ▶ Community partners collaborate with each other beyond HDS and MDTs
- ▶ Strong connections with medical homes
- ▶ Pediatricians refer to HDS as an essential part of the system of care and are more aware of available services/resources for families
- ▶ Pediatricians incorporating development screenings as a standard of practice
- ▶ HDS fills service gaps for families who aren't eligible for other services or provides bridging services while families wait for higher level of services (e.g. school district, CA-ES, etc)

5 Family impact of HDS

- ▶ Families of all backgrounds and cultures feel welcomed, engaged, cared for, listened to, supported, understood, hopeful
- ▶ Caregivers feel more confident in their parenting as they learn about development and how to play with their child and build stronger relationships/attachments with their children (e.g. practice positive discipline, create routines and healthy habits, build language and communication)
- ▶ Families stress levels are reduced and are better able to support their child and strengthen relationships within their families (e.g. improved co-parenting)
- ▶ Families are able to address their basic needs and build their capacity to access resources through care coordinator/wrap-around support which builds their readiness for services and allows them to focus on their child
- ▶ Families were able to continue services during COVID due to the quick implementation of telehealth and support/resources for basic needs
- ▶ Caregivers improve their own mental health and are better able to read their child's cues and model regulation/co-regulate with their child

6 Child impact of HDS

- ▶ Children who are otherwise ineligible for services are receiving quality care and making gains that prepare them to enter school ready to learn and impact their long term developmental trajectories
- ▶ Children are experiencing developmental/behavioral/social emotional gains (able to communicate their needs, regulate their emotions, improved overall language and communication, age appropriate socialization)
- ▶ Children are better supported by their caregivers and have stronger attachment/relationships with their caregivers
- ▶ Children's basic needs and social determinants of health are supported by more resilient and self-sufficient families having their needs met
- ▶ Confident caregivers lead to more confident children

7 Community impact of HDS

- ▶ Families share what they learn through HDS with their friends, neighbors and other families at schools, church, etc., spreading the impact of HDS through their communities
- ▶ Children are entering school ready to learn and caregivers are entering school ready to advocate for their child
- ▶ Caregivers and children pass on the skills and approaches learned through HDS to future generations, potentially transforming family dynamics and impacting families for years to come

