

**From:** [First 5 San Diego](#)  
**To:** [Hays, Karen](#); [Javier, Lenette](#)  
**Subject:** [External] First 5 E-Comment Received  
**Date:** Wednesday, April 9, 2025 3:06:42 PM

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04/09/2025

First 5 San Diego Commission

April Commission Meeting

It's been a blessing to have received this opportunity that was referred by my child's doctor. Since my child has been seen by his Doctor he had a few concerns with his speech development. His doctor always talked about this program that was available for him but I, at first, did not take the opportunities. Finally, two years later, I decided to accept the help and, my only regret, is not having started sooner. I now attend my son speech sessions and observe the improvements he has been making. Besides the speech sessions my son receives I have also been offered other resources from my case manager within the facility that have helped my family greatly and my son has been recommended occupational therapy too. I would have not known about what my son's unique needs and about his development if it wasn't for me coming here. Highly recommend this program for other families.

Ana Carrillo

**From:** [First 5 San Diego](#)  
**To:** [Hays, Karen](#); [Javier, Lenette](#)  
**Subject:** [External] First 5 E-Comment Received  
**Date:** Wednesday, April 9, 2025 4:50:53 PM

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04/09/2025

First 5 San Diego Staff, Commission & Finance Committee

I am a physician that refers to first 5 on a weekly basis. I am happy with their support for my patients and would be deeply disappointed if any cuts are made to the program that is such a necessity for our patient population. Stopping or cutting back on this essential program would be greatly detrimental to our families well being and healthy futures. please reconsider.

Gabriela Novota

**From:** [First 5 San Diego](#)  
**To:** [Hays, Karen](#); [Javier, Lenette](#)  
**Subject:** [External] First 5 E-Comment Received  
**Date:** Wednesday, April 9, 2025 1:13:36 PM

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04/09/2025

First 5 San Diego Commission

April commission meeting

Nos fue muy útil para nuestra hija las personas son amables y se esfuerzan por practicar el lenguaje con mi hija también de explicar cada cosa al padre .

Hedy Betsy

**From:** [First 5 San Diego](#)  
**To:** [Hays, Karen](#); [Javier, Lenette](#)  
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**Date:** Wednesday, April 9, 2025 1:13:37 PM

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04/09/2025

First 5 San Diego Commission

April commission meeting

Nos fue muy útil para nuestra hija las personas son amables y se esfuerzan por practicar el lenguaje con mi hija también de explicar cada cosa al padre .

Hedy Betsy

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English translation: It was very useful for our daughter. The people are kind and make an effort to practice the language with my daughter, as well as to explain each thing to her father.

**From:** [First 5 San Diego](#)  
**To:** [Watson, Hunter](#)  
**Subject:** [External] First 5 E-Comment Received  
**Date:** Thursday, April 10, 2025 5:23:32 PM

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04/10/2025

First 5 San Diego Commission

See attached

Claudia Ruvalcaba

[https://first5sandiego.org/wp-content/uploads/gravity\\_forms/5-97ff8b9b65ca20abf4aea9a91d8f3c6a/2025/04/Commissions-e-comment-from-Claudia-04.10.25.docx](https://first5sandiego.org/wp-content/uploads/gravity_forms/5-97ff8b9b65ca20abf4aea9a91d8f3c6a/2025/04/Commissions-e-comment-from-Claudia-04.10.25.docx)

Claudia Ruvalcaba

Behavioral Specialist with HDS South Bay Community Services.

I wanted to share my feelings and thoughts as we navigate the uncertainties of the next fiscal year. I have been grieving the effect that budget cuts will have on our staffing, the amount and quality of services provided, the limitations of sharing psychoeducation and providing emotional support to the families in our community.

I have been reflecting on the meaningfulness and connection that I have witnessed in HDS since starting in back March 2021. A month shy from 4 years, I have seen this program work not just to educate parents, but also for them to feel heard, seen, and supported. I recently had a mom rejoin the program, who I met back in 2021, while helping her expose new foods items to her daughter. During this time, she shared being pregnant and welcomed a baby boy. Mom and baby boy joined us in our baby steps class, which benefits attachment, child's development, and provides infant education.

The mothers in this series were extra special as they were navigating motherhood after the COVID pandemic lockdown. Mothers vocalized a high need of connection and feeling validated as they shared their parenting experience. The series ended and mother concluded services within HDS.

This past December, this mom returned to get tools and tips on how to support son's slow to warm temperament and continue build up his confidence. The little baby boy is now a 4-year-old navigating the TK system. Mother and child received behavior parent coaching, speech, physical therapy, and occupational services through our program. Because of the services they received through HDS, both children were able to meet milestones rather than needing to receive other higher level developmental service through programs such as CAES or school districts and potentially receiving a diagnosis. This mother had built trust with our providers from her daughter's experience and was able to feel at ease knowing that her youngest would receive the support he needed.

These are moments I feel joy and pride as a provider. I see our families' building connections and trust within our program. I as a provider, worry about the ease of parents registering and connecting to services in a timely manner. These budget cuts would also affect our retention of invaluable staff who have exceptional one-of-a-kind training in Infant and early childhood mental health, that make an impact in our children and family's lives. I feel that I still have a lot to give and know the connections and need our families have. I am hoping this will shed some light on all the pieces that are worth fighting for.

**From:** [First 5 San Diego](#)  
**To:** [Hays, Karen](#); [Javier, Lenette](#)  
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04/10/2025

First 5 San Diego Commission

April Meeting

Having a preemie baby with lots of complications the first year of his life and being a first time mom has been very challenging. Getting the news that my son is behind on his speech didn't help. Not knowing what to do to help my son was heart breaking but thanks to his pediatrician she recommended HDS services. HDS has helped my son improve of his speech and has given me tools to help him at home. Being able to understand and be the support my son needs is an amazing feeling. Wouldn't have been able to do it without the help of the wonderful staff here at HDS.

Lizbet Olea

**From:** [First 5 San Diego](#)  
**To:** [Hays, Karen](#); [Javier, Lenette](#)  
**Subject:** [External] First 5 E-Comment Received  
**Date:** Friday, April 11, 2025 10:13:41 AM

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04/11/2025

First 5 San Diego Staff, Commission & Finance Committee

I wholeheartedly support the Health Development Services program and cannot overstate how much it means to our families and the children who are our future. This program provides vital services to families who need additional support, helping kiddos grow into the best versions of themselves and setting them up for lifelong success. Our community truly relies on these services — they are a cornerstone for building strong, healthy foundations for our children. Losing this program would be devastating and would leave a significant gap in the care and support so many families depend on. We must continue to invest in the health, development, and futures of our children.

Morgan Lamberto



**From:** [First 5 San Diego](#)  
**To:** [Hays, Karen](#); [Javier, Lenette](#)  
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04/11/2025

First 5 San Diego Commission

We are receiving excellent speech and OT services for my 4 year old son at First Five SD , Escondido. Without these services it would have been extremely difficult for the family who are new to San Diego. Taking the opportunity to thank Heidi, Breanna and Laura for all their support.

Naveen Jayakumar

**From:** [First 5 San Diego](#)  
**To:** [Watson, Hunter](#)  
**Subject:** [External] First 5 E-Comment Received  
**Date:** Monday, April 14, 2025 12:14:32 PM

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04/13/2025

First 5 San Diego Staff

I have been receiving regular therapy appointments, with Caroline and this is something that I always look forward to.. she listens and participates in my sessions , in my therapy I am looking to hear or see a situation in a different perspective that I have not yet come acrossed, and I feel my therapy has always helped me and I am very grateful to have this.

Kathryn Petry

**From:** [First 5 San Diego](#)  
**To:** [Watson, Hunter](#)  
**Subject:** [External] First 5 E-Comment Received  
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04/14/2025

First 5 San Diego Commission

For the April 16th , 2025 meeting

Submitted on behalf of a mother who would like to remain anonymous (Palomar Health, Healthy Development Services)

"Healthy Deveopment Services has been a great help with providing educational classes for myself and my toddler. As well as counseling for me, as a single mother. These are opportunities I would not be able to have paying out of pocket and I am forever grateful to have these services available through First 5."

Caroline Loretan