

First 5 Alameda County



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Welcome to our Annual Report.

This annual report takes a look at the final year of our 2009-2013 Strategic Plan. It reflects the wide variety of programs, services and supports managed, funded and assisted by First 5 Alameda County. We utilized what we learned over the past four years to inform the development of our 2013-2017 Strategic Plan.

The First 5 Alameda County Commissioners and the Alameda County early childhood community have worked passionately and tenaciously to provide high quality services to young children and their families in our community. As First 5 funding declines, we continue to work on policy and fiscal strategies to maintain and expand the focus on young children in our community.

A renewed national focus on the importance of early childhood is inspiring a supportive climate to think bigger about our work and to push for reforms within our state and county. The Obama administration, business leaders, Ready Nation, Fight Crime—Invest in Kids, and Too Small to Fail are only a few of the national campaigns which support investments in early childhood, and many similar efforts are happening throughout California. We continue to learn from these efforts and look for opportunities to promote best practices that make young children and their families a higher priority at all levels of government and philanthropy.

Please don't hesitate to contact me or our staff at any time if you have questions or suggestions on how we can advance our community's collective work to make sure that all children thrive and succeed.

Sincerely,

Mark Friedman, CEO

www.First5Alameda.org

You will find our results, findings, and more organized in the following categories:



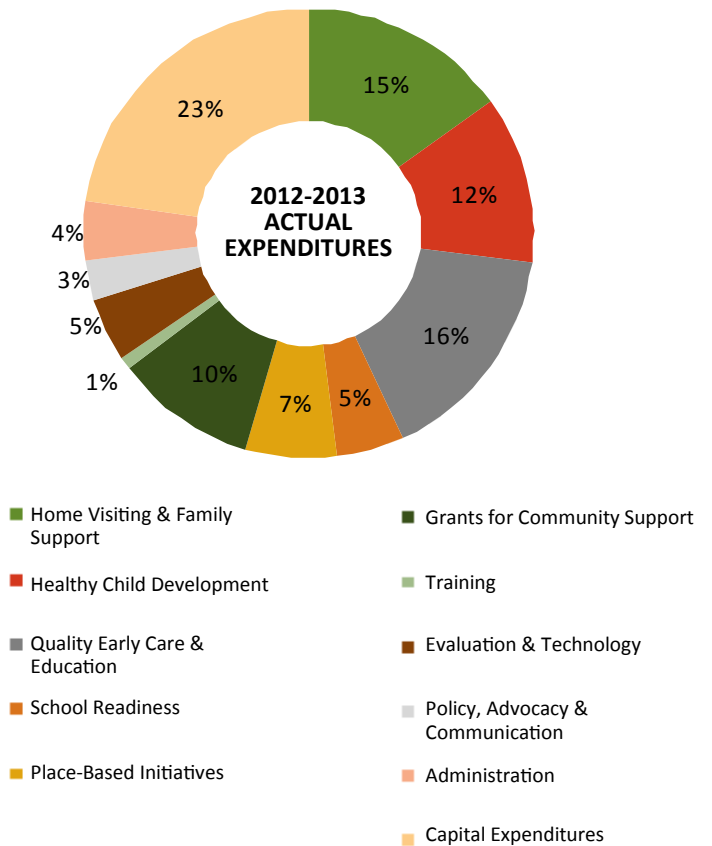
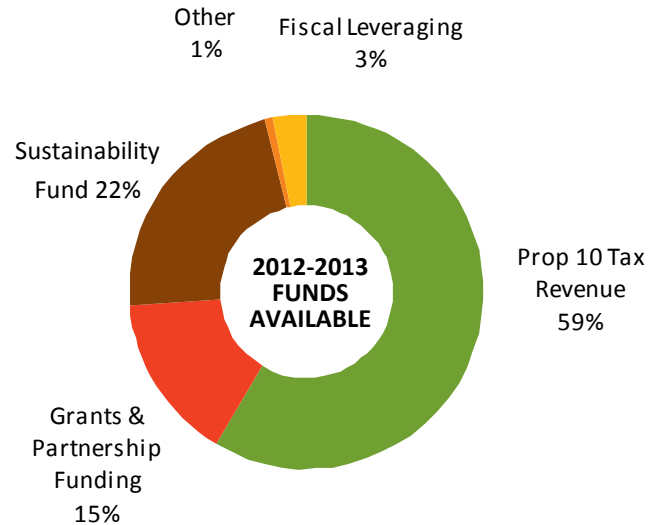
Annual Report 2012-2013

Financial Report

FUNDING SOURCES (IN THOUSANDS)	
Prop 10 Tax Revenue	\$13,646
Grants & Partnership Funding	\$3,528
Sustainability Fund	\$5,219
Other*	\$192*
Fiscal Leveraging	\$706
TOTAL FUNDS	\$23,291

EXPENDITURES (IN THOUSANDS)	
Home Visiting & Family Support	\$3,492
Healthy Child Development	\$2,816
Quality Early Care & Education	\$3,735
School Readiness	\$1,141
Place-Based Initiatives	\$1,532
Grants for Community Support	\$2,358
Training	\$231
Evaluation & Technology	\$1,052
Policy, Advocacy & Communication	\$651
Administration	\$1,010
Capital Expenditures**	\$5,273**
TOTAL EXPENDITURES	\$23,291

Time Period
Financial activities undertaken from July 1, 2012 through June 30, 2013.



* Funding from investments (\$103,719) and miscellaneous revenue (\$87,948)

** Purchase of an office building

Here is how we've impacted

Children

Of the 4 basic building blocks to School Readiness, kindergarten teachers consistently report that students lack the self-regulation skills necessary for school success*. Many F5AC programs focus on building children's **self-regulation and on the early identification of developmental concerns** to help prepare children for school.



HIGHLIGHTS OF OUR WORK WITH CHILDREN

- Offered developmental screenings, information and referrals to children in pediatric and early care and education settings, community agencies, and during home visits.
- Linked children with concerns to services through the centralized Help Me Grow (HMG) phone line for providers.
- Fostered school readiness activities in local libraries and parks and recreation programs through Neighborhood Partnership.
- Provided Summer Pre-Kindergarten programs (SPK) in school districts, for children with no prior preschool experience.
- Offered mental health consultation in family child care homes, and in pre-k through 3rd grade classrooms.

2012-13 RESULTS

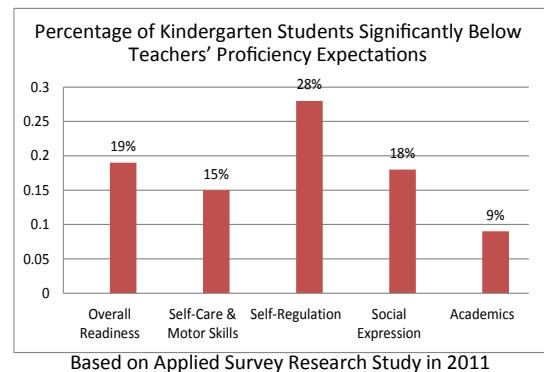
- 6,386 children were screened for developmental concerns through pediatric practices, home visiting programs, ECE sites and community agencies; 1,349 (21%) of the screens showed "of concern" in one or more domains.
- 1,211 calls and referrals were made to the HMG phone line for child-specific and general information.
- 942 children were served through Neighborhood Partnership activities. Self-regulation skills, including playing cooperatively, staying focused and participating successfully in circle time were among the areas in which teachers noted the most improvements.

"We 'teach' important tools and concepts to young children in the area of conflict resolution and everyday social decision making. Our clinicians were able to conduct a...class activity focusing on naming and identifying...feelings with 4-6 year olds." (Ann Martin Children's Center Report)

- 679 children attended a brief, 5-6 week SPK experience. Children who attend SPK tend to do as well in self-regulation as children who have had long-term preschool experience.
- 15 classrooms in 6 preschool to 3rd grade programs and 7 family child care homes received mental health consultation.

WHAT WE'VE LEARNED

We have increased identification of children with developmental concerns, but need to continue to work on linking families to needed resources. We have opened up the HMG phone line for parents to call directly, increasing neighborhood-based school-readiness activities, and launched an on-line resource directory and early childhood website to increase parent and provider access to information and community resources.



POLICY/SYSTEMS CHANGE

- We are engaging in advocacy work to make developmental screening a Healthcare Effectiveness Data and Information Set (HEDIS) measure of health care quality.
- We are seeking school district support to continue funding Summer Pre-K programs.

*Applied Survey Research, 2011

Children

Families

Alameda County over the past year

Families

Five protective factors are reflected in stronger, healthier families: parental resilience, social

connections, knowledge of parenting and child development, concrete support in times of need, and nurturing children's social/emotional competence (Strengthening Families, Center for the Study of Social Policy).

"[Before] I felt really fragile. Now I feel stronger on the inside. I learned that I have to forgive. Now I show my son pictures of his dad, feel happier and enjoy my life more." (Parent Café participant)

HIGHLIGHTS OF OUR WORK WITH FAMILIES

- Performed parental depression screening during home visits and through community agencies.
- Fostered parenting education/support groups, parent-child activities, and Parent Cafés to strengthen social connections, knowledge of parenting and children's development, and parent-child interactions.
- Offered family navigation through Help Me Grow to connect families to needed services and empower them to become their child's first advocate.
- Piloted Strengthening Families Parent Cafés as a model for parent engagement.

2012-13 RESULTS

- 90% of all 1,228 families served by F5AC intensive home visiting programs are screened for depression with the Edinburgh Postnatal Depression Screen. This year 24% screened positive for depression.
- 1,865 parents attended parenting classes and/or support groups offered by 12 community agencies, 11 Summer Pre-K programs and the Family Resource Network; 1,056 parents attended parent-child activities offered by 11 community agencies.
- 87% of 611 parents who attended parenting programs said they "feel more confident as a parent."
- More than 70% of the 64 parents who attended Parent Cafés said the Cafés helped them "a lot" to "be better parents to their children" and "to better understand what their child is feeling and how to respond." Parents also reported increases in "the amount of friendly interactions with other parents in the school or neighborhood."

WHAT WE'VE LEARNED

We have learned that addressing all five protective factors in our work with families is critical. Our families continue to face challenges to parental resilience, especially among primary caregivers who are depressed and already at great risk of poor outcomes due to health and socioeconomic circumstances. Some families need immediate mental health support, while others benefit from information about their child's development and increased social connections with other parents.

POLICY/SYSTEMS CHANGE

- Over the next years, the Alameda County Public Health Department will staff home visiting programs with four mental health providers to expand screening and support for parents at risk for depression.
- We are committed to integrating the Strengthening Families framework into our service delivery models.
- Parents throughout the county will receive resources and support through a new Help Me Grow media campaign and through on-going parenting programs and Parent Cafés.
- We continue to identify gaps in resources and advocate for new supports.



Professionals

Systems Change

Working so that every

Professionals

Our work is focused on providing opportunities for early childhood providers **to obtain the knowledge and skills to offer effective services to children 0-5** and their families.

HIGHLIGHTS OF OUR WORK WITH PROVIDERS

- Offered trainings in family support and early childhood topics such as child development, health care reform, violence and trauma.
- Facilitated learning communities and consultation groups to increase the depth of knowledge and peer support for providers serving specific populations.
- Provided Early Care and Education quality improvement opportunities such as on-site coaching, consultation and higher education courses.

2012 - 13 RESULTS

- 1,247 providers attended trainings offered by F5AC or our partner Resource and Referral agencies.
- 155 early care and education providers received a stipend to pursue higher education.
- 102 providers were trained in Touchpoints, funded through California Project LAUNCH. At one Touchpoints training, 92% (n=24) of providers said their ability to help parents use their own skills and resources to solve problems and address challenges changed “some” or “a lot” following the training.

- 67 providers attended community consultation groups on serving different cultures. Providers surveyed felt that learning about community resources for families and discussing and reflecting on families’ cultural traditions and beliefs were among the most useful aspects of the groups.



“[The Community Consultation group]...helps me... [by validating] the work I do in the community. It has [also] helped break the sense of isolation a provider may face in working with disadvantaged communities.” (Community Consultation group participant)

- 22 providers participated in the Harris Training in early childhood mental health; 23 providers participated in mental health consultation learning communities and support groups.
- 59 providers attended a Shelter Learning Community for providers working in Alameda County homeless shelters.
- 26 early care and education programs (5 family child care, 21 centers) have received on-site quality coaching and consultation. The Low Income Investment Fund provided technical assistance and funding for 11 quality grants and 4 facility grants for quality improvements totaling \$192,700.

WHAT WE’VE LEARNED

Early Childhood providers benefit from clear roadmaps to fulfill professional and educational goals. Our work with providers can improve by aligning training opportunities with professional competencies being developed nationally and in collaboration with local partners to promote seamless pathways to educational and professional development opportunities.

POLICY/SYSTEMS CHANGE

- Making first steps in delivering a coordinated menu of supports to help providers provide high quality care and rate highly against recognized child care benchmarks through our participation in the California Race to the Top Early Learning Grant.
- Launched an electronic Early Childhood Resource Guide and Connection Cafés to help bring resources to providers’ fingertips and offer a natural community of peers to support each other.

Free from abuse & neglect and

Alameda County child is...

Systems Change

Our work is increasingly focused on **promoting systems and policy changes that enhance community capacity and fiscal sustainability** of services, where families have access to appropriate levels of care, are linked with community supports and successfully transition between systems from birth to kindergarten entry.



HIGHLIGHTS OF OUR WORK WITH SYSTEMS CHANGE

- Championed and continuing to expand Help Me Grow (HMG), a coordinated system in the county for early identification, linkage to services and supporting similar efforts throughout the state.
- Participated in the Alameda County Interagency Children's Policy Council and the Birth-8 Success workgroup to develop common cross-agency outcomes for children up to 8 years of age.
- Consolidated county and community prenatal and post-partum home visiting programs into one system within Alameda County Public Health with common standards, outcomes, training and data reporting.

2012-13 RESULTS

- Hosted 29 representatives from 11 California counties who visited our Help Me Grow program.
- Held a two-day training for county and community clinics with the Centering Healthcare Institute to promote Centering programs in clinics.
- Published a policy brief for Project LAUNCH on Mental Health Consultation in Home Visiting Programs.
- We were highlighted as one of two counties in the Finance Project publication, "Exploring the Financing and

"Creating a statewide infrastructure to grow and sustain the HMG model in CA by cultivating and supporting county affiliates, demonstrating the impact of HMG and serving as a statewide voice for systems and services that promote early childhood development." - HMG CA Mission Statement

Sustainability of Community Level, Multi-sector Systems Supporting Children and Families."

- Initiated the first countywide school readiness baseline study to help the county monitor children's readiness for kindergarten, with support from the Interagency Children's Policy Council.
- We supported the passage of SB402, requiring all California birthing hospitals to adopt breastfeeding friendly practices by 2025.

WHAT WE'VE LEARNED

While our programs on the ground emphasize the use of best and promising practices, our chances for sustaining these practices require an intentional focus on evolving our early childhood systems. We have not yet reached the tipping point where policy makers see the value of investing in early childhood as a critical ingredient to the future of our communities. But we are making some advancements in aligning regional and state systems to accelerate and sustain important strategies that show promise for positively impacting children's outcomes.

POLICY/SYSTEMS CHANGE

- We are exploring a potential State Medicaid waiver and other regulatory changes for child care mental health consultation and family navigation services as a long-term funding stream for sustaining of First 5 programs.
- We are supporting the development of an integrated early childhood system linking county & community programs with school districts.
- We are Supporting the statewide expansion of Help Me Grow.

ready for success in 3rd grade & life!



Thank you for your interest in Alameda County children & families! And thank you to our funders and commissioners for your ongoing support.

Our Commissioners:

Pamela Simms-Mackey, Chair

Helen Mendel, Vice-Chair

Alex Briscoe

Wilma Chan

Ricky Choi

Lori Cox

Renee Sutton Herzfeld

Deborah Roderick Stark

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Funders:

Abt Associates

Alameda County Health Care Services

Alameda County Public Health

Alameda County Social Services Agency

California Department of Education (Race to the Top)

Cal State University East Bay Foundation

First 5 California

First 5 Contra Costa

Packard Foundation

Kellogg Foundation

Substance Abuse and Mental Health Services Administration

Thomas J. Long Foundation

United States Department of Health and Human Services

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