

Our Impact: Children - Help Me Grow

HMG **School Readiness**

Events & Training

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Children in Alameda County: In 2010 10% of public school aged children in Alameda County received Special Education Services (1). Only 20-30% of children with delays are identified before entering school (2). It is important to identify developmental concerns early when interventions can be most effective(3). To promote early identification and early intervention, the American Academy of Pediatrics recommends pediatricians use validated screening tools at well-child visits. HMG Alameda County uses the [Ages and Stages Questionnaire](#) screening tool.

Coordinated, early, and appropriate care: The Significance
 Early identification of developmental concerns leads to better outcomes, such as being prepared for kindergarten and better health. Help Me Grow Alameda County (**HMG**) is a streamlined system of early identification and referral that supports children 0 through 5 who have developmental, behavior, and or social/emotional concerns and their families. Help Me Grow Alameda County's Linkage Line is a central point for medical providers, parents, and educators who care for children to connect families to culturally appropriate services. HMG Alameda County assigns family navigators to work intensively with families to empower them to become advocates for their children.

- Our Results:**
- **Over 2,100 referrals** have been made to the Help Me Grow linkage line since it started in October, 2009. HMG now serves over 100 families per month.
 - **1,160 families were assigned navigators** to help empower families in advocating for their children.

- How Families Benefit:**
- Access to early identification through increased screening and early intervention.
 - Direct access to the Linkage Line for all families in Alameda County
 - Families learn how to access services that will help their children reach their maximum potential and be ready for Kindergarten. An online early childhood resource directory will be launched in July 2012.

Help Me Grow Linkage Line: (888) 510-1211
 For more info contact: first5alamedacounty@first5ecc.org



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Children in Alameda County: 24 teacher-observed readiness skills sort into four Basic Building Blocks (Domains) of readiness:

1. Self-Care & Motor Skills
2. Social Expression
3. Self-Regulation
4. Kindergarten Academics



In Alameda County, only 51% of students assessed entered Kindergarten scoring "Strong" in all domains. Children studied in Fall 2011 were scored on a scale from 'Not yet' (1) to 'Proficient' (4) on each of the 24 readiness skills. Scores were highest in the Self-Care & Motor Skills area (3.45) and lowest for Self-Regulation (3.18).

The Significance: School Readiness

A growing body of research shows that early childhood experiences during the first 5 years can have a significant impact on whether a student is adequately prepared for school. Children who score poorly in cognitive and non-cognitive skills before entering kindergarten are likely to do less well in school and more likely to become teen parents, to engage in crime, and to be unemployed as adults. High-quality early childhood programs can reduce grade-level retention and special education placement while increasing school achievement and social skills.

Our Results:

Children who attended F5AC Summer Pre-Kindergarten sessions perform equally well in all readiness skills except 'Kindergarten Academics' as those who had longer-term more formal preschool experience.

What Schools and Communities are learning:

The strongest and most consistent predictors of readiness are when:

- Children were observed to be well (not being hungry, tired, or ill)
- Children were older, female, from higher income families, and whose maternal education was higher
- Children were without special needs and who were not born with a low birth weight
- Children had attended preschool (especially in Kindergarten Academics and Self-Care & Motor Skills, but not necessarily in social-emotional readiness domains)
- Families reported more positive attitudes toward parenting

Schools and other early childhood programs can help smooth children's transition into kindergarten and ensure longer term success by providing short term Summer Pre-Kindergarten programs for children with no formal preschool experience, providing information to parents on school readiness activities, and creating opportunities to introduce parents to their child's school prior to Kindergarten.

Our Impact: Families - Maternal Depression

Parenting **Maternal Depression**

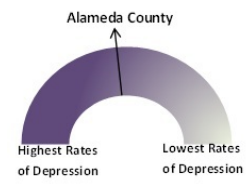


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Maternal Depression in Alameda County:



For 2006-08, Alameda County ranked 22 out of 42 California counties on the rate of maternal depression, with lower rankings indicating higher rates of depression (*Home Visiting Programs in Alameda County: Program Review and Evaluation*, Applied Survey Research, April 2011).

More Screening for Parental Depression: The Significance

Maternal depression is a significant risk factor affecting the well-being and school readiness of young children. First 5 Alameda County works closely with providers, encouraging them to screen caregivers using standardized depression screening tools and providing regular trainings on screening and referral processes.

Our Results:

- **12% increase** in standardized depression screening of F5AC parents between 2006-2011.
- **5,392 caretakers** were screened for depression, which is **77%** of all parents receiving F5AC home visiting services.
- **23%** of caretakers screened positive. We found a positive correlation between caretakers scoring positive for depression and children scoring positive for developmental concerns.

For more info contact: first5alamedacounty@first5ecc.org



Our Impact: Families - Parenting

Parenting Maternal Depression

4,109 parents 4,889 children

Attended a F5AC parent-child activity in 2010-11

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Families in Alameda County:



Language spoken at home

Alameda County is one of the most linguistically and culturally diverse counties in the state, with 42.8% of people ages 5 and older who speak a language other than English at home.

In 2010-11 F5AC offered parenting services in English, Spanish, Cambodian, Cantonese, Mandarin, Vietnamese and American Sign Language.

Strong Families: The Significance

Research shows that strong families are critical for children's development. First 5 Alameda County offers parent education and support groups and parent-child activities to promote parent-child attachments, enhance parenting skills and knowledge of child development, and increase social connection.

Our Successes (2010-2011)

- 1,059 parent-child activities were offered
- 1,600 parents/caregivers attended 751 parent education/support groups.
- 247 of surveyed parents reported they used what they learned
- 206 of surveyed parents reported the program had a large impact on their family
- 219 of surveyed parents reported they play more with their child

Examples of what parents are learning:

"I did not know how to talk to my two children... [Now] I spend more time... playing [and] reading [with them], and I have seen a big change in my children's vocabulary."

Digital Story: "I don't speak English, how do I help my child?"

Our Impact: Policy - Baby Friendly Hospitals

Baby Friendly Hospitals
Common Outcomes

Two Baby Friendly Hospitals in Alameda county

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Policy in Alameda County:
Eight birthing hospitals in Alameda County.



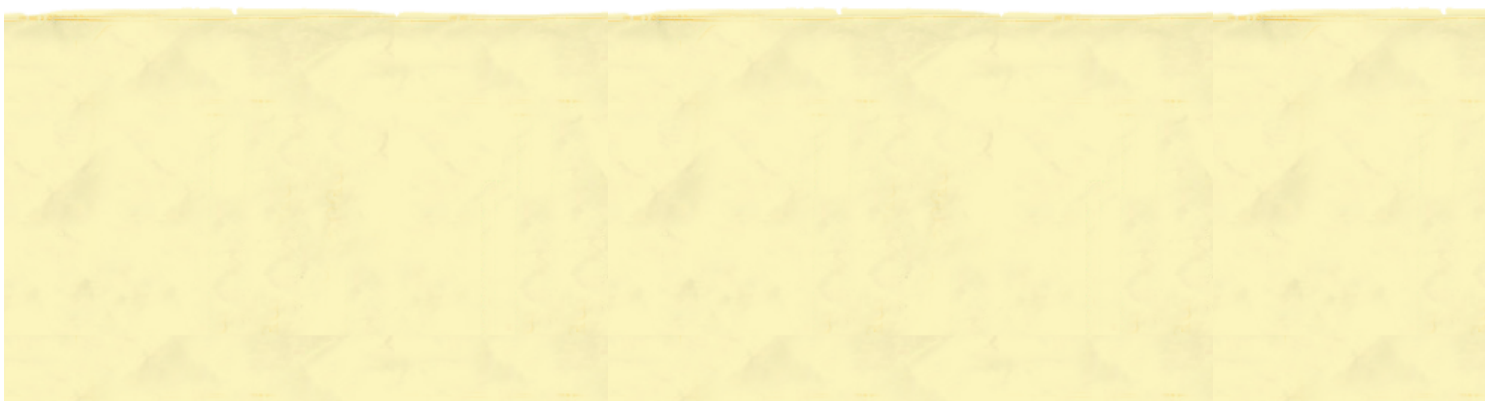
In 2011 there were 21,000 births in Alameda County which could have benefited from supportive breastfeeding policies.

In California, 41% of moms are exclusively breastfeeding at 3 months; only 21% at 6 months.

Baby Friendly Hospitals: The Significance
Baby Friendly Hospitals, a [World Health Organization](#) designation, are required to have hospital policies and staff training that contribute to greater breastfeeding success. Early success is critical to continued breastfeeding upon leaving the hospital. Breastfeeding promotes strong parent child attachment and has been shown to be a contributor to reduced rates of obesity in young children.

- Our Results:**
- First 5 Alameda County supported efforts over 3 years at Highland Hospital to achieve Baby Friendly designation. Highland Hospital has over 1109 births /year.
 - First 5 provides trainings to support lactation for home visitors, pediatricians and other community based providers.

Effects of Policy Change:
With a renewed national focus on promotion of breastfeeding, First 5 Alameda County is promoting "Baby Friendly" accreditation at all birthing hospitals in Alameda County. Currently Kaiser Hayward and Highland Hospital are "Baby Friendly." In addition, the new requirements for Joint Commission accreditation will require hospitals with more than 1100 births per year to promote exclusive breastfeeding by 2014.



Our Impact: Policy - Common Outcomes



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Policy in Alameda County:
Alameda County has ~100,000 children 0-5 years of age. Many early childhood programs are paid for with categorical funding, are fragmented, and without a common agenda.

Programs have difficulty connecting families as they transition between systems.

F5AC is expanding awareness among child serving agencies of the lifetime of rewards when all Alameda County children are:

**Healthy
Happy
Ready
Loved
Safe**
Sheltered/Fed/Clothed

Common Outcomes: The Significance
First 5 Alameda County (F5AC) must work in collaboration with other county and community partners if we are to create an early childhood system and achieve countywide outcomes: Reduced Abuse and Neglect and Kindergarten Readiness /3rd grade success. By committing to common outcomes we can demonstrate the impact of our collective work and advocate for enhanced funding for early childhood supports.

- Our Results:**
- In collaboration with the Alameda County Interagency Policy Council (ICPC) and the Alameda County 0-8 Convergence Committee, we have initiated the process to develop common outcomes with Health Care Services, Public Health, Social Services, Behavioral Health Care, school districts and community agencies.
 - F5AC and ICPC is developing a countywide study on school readiness that will provide a baseline for monitoring kindergarten readiness.

Effects of Policy Change:
A set of common outcomes is the starting point leading towards the development of a county-wide outcomes based budget for children 0-8 years old. An outcomes based budget is a policy tool to assure appropriate levels of funding are allocated to realize common outcomes.

Our Impact: Professionals - Early ID

Early ID Touchpoints



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Professionals in Alameda County:



Providers trained in Developmental Screening (2010-11).

Over 25% of children 0-5 in Alameda County have a healthcare provider who is trained in developmental screening by First 5 Alameda County.

More Professionals are Screening Children: The Significance

The American Academy of Pediatrics recommends developmental screening at well-child visits to increase early identification. Help Me Grow has been working with pediatricians to support effective use of the Age and Stages Questionnaires and the Ages and Stages Questionnaire-Social Emotional, which are validated screening tools.

Our Results:

- **38** medical practices have providers who attended an early identification training provided by First 5 Alameda County. These providers serve 30,000 Alameda County children ages 0 to 5.
- **455 children** were screened in 2011-2012 in seven early care and education programs. ECE Providers received training in supporting parent-completed developmental screening through First 5 Alameda County's Help Me Grow program.

What professionals are learning:

"I definitely think we're able to focus more on certain developmental or behavior delays with the ASQ. It helps also to open up the conversation with parents a little more. We obviously ask questions regarding development at all the well-child visits but having a formalized questionnaire really helps and the parents seem to really like going through the questions with us."

-Pediatric provider trained in developmental screening

For more info contact: first5alamedacounty@first5ecc.org



Our Impact: Professionals - Touchpoints

Early ID Touchpoints

68

Alameda County early childhood professionals were Touchpoints trained



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Professionals in Alameda County:



Providers report a 67% increase in knowledge as well as an increase in positive attitudes about relationships with families in a 2011 evaluation of 14 Touchpoints training sessions.

Better Partnerships with Families: The Significance

Touchpoints is a set of concepts professionals can apply to improve partnerships with families, connect with parents' strengths and vulnerabilities, and create a shared understanding of each child.

Our Results:

- **68** Alameda County early childhood professionals from East Oakland were trained in 2011-12.
- **Over 70%** of the 43 participants attending two Touchpoints training series at First 5 Alameda County reported that, their "ability to help parents use their own skills and resources to solve problems" changed "some" or "a lot" following training.

What professionals are learning:

During a 2012 Focus Group, Alameda County Providers who attended Touchpoints training reported:

- Improved listening skills and skills in developing relationships
- Ability to provide more compassionate and high quality services
- Being less frustrated by challenging situations
- Being better able to validate and empower parents

"[Touchpoints] helps normalize the chaos and stress of many of the lives of the families we work with. It changes the lens through which we view them and helps us remember that we are all human and that life is challenging"

-Touchpoints Trainee

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