



EVALUATION REPORT

FY 2018-2019

Executive Summary



FIRST 5 SACRAMENTO: WHO ARE WE? WHAT DO WE DO?

Did you know that 90% of a child's brain is developed by the time he or she is 5. Children's early experiences shape how their brains grow and develop, and parents and caregivers in these early years have a significant impact on the rest of their children's lives. Based upon this research, voters passed the California Children and Families Act in 1998, adding a tax on tobacco products to support programs for children 0-5 and their families. In 2018-19, First 5 Sacramento invested a total of \$20.6 million to support strategies and results that promote our mission and vision for children and families in Sacramento County.



MISSION

First 5 Sacramento will support the optimal development of children ages zero through five, healthy pregnancies, the empowerment of families, and the strengthening of communities.



VISION

Sacramento County will have strong communities where children are safe, healthy, and reach their full potential.



| PRIORITY AREA | FUNDED STRATEGY | RESULT |
|----------------------------|--|---------------------------------------|
| HEALTH | Reduction of African American Child Death (RAACD) campaign, perinatal education campaign, peer support/home visitation for pregnant mothers, Safe Sleep Baby public education campaign | Reduce Infant Death |
| HEALTH | Breastfeeding support in the Women, Infants & Children (WIC) program | Increase Breastfeeding |
| HEALTH | Center for Oral Health: Dental screenings and connections to dentists for routine check ups | Decrease Dental Disease |
| HEALTH | Systems/policy efforts to help children get routine check ups | Increase Utilization of Medical Homes |
| EARLY CARE AND DEVELOPMENT | Systems/policy efforts to increase access to affordable child care | Increase Access to Child Care |
| EARLY CARE AND DEVELOPMENT | Assessments and coaching for Preschool Bridging Model and Quality Child Care Consortium | Increase Preschool Quality |
| EARLY CARE AND DEVELOPMENT | Support to nine school districts for parent education, developmental screenings, and transition summer camp | Increase School Readiness |
| EMPOWERED FAMILIES | 2-1-1 call line for resources, small community groups | Increase Family Connections |
| EMPOWERED FAMILIES | Birth & Beyond Family Resource Centers: Referrals, parent education, home visitation, and crisis intervention | Increase Effective Parenting |
| EMPOWERED FAMILIES | Crisis Nursery: Emergency care and overnight stays for children whose parents are in crisis | Decrease Child Maltreatment and Death |



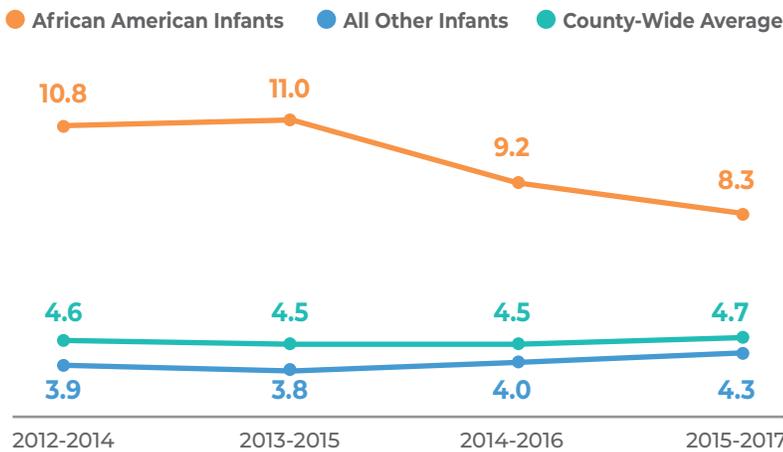
Priority Area: **HEALTH**

The impact of medical, dental, and mental health services starts as early as the womb. In California, one in five women will experience a perinatal mood and anxiety disorder (PMADs), and there are substantial disparities in health outcomes between ethnic groups. First 5 Sacramento seeks to eliminate these health disparities in Sacramento County.

The Commission's efforts to Reduce African American child death helped to decrease the rate of infant death among black children by 23%.

Each year, there are about 2,000 African American babies born in the county. These babies have historically died at twice the rate of other babies. In 2018-19, the groundbreaking campaign supported by First 5 Sacramento to reduce infant and child death among African Americans continued to make impressive strides. First 5 funded pregnancy peer mentors case managed 216 pregnant women, addressed socio-economic and health risks to their pregnancies, and provided safe sleep training to 883 expectant parents. A public education media campaign also continued around the county. When comparing the baseline of 2012-2014 to 2015-2017 (when funded programs were fully implemented), there has been a 23% decrease in the rate of African American infant deaths and a 42% decrease in the disparity between infant mortality rates of African Americans and all other races.

Rate of Infant Mortality



Other remarkable results include:

- 57% decrease in the rate of African American infant sleep-related deaths and a 68% decrease in disparity between rates for African Americans and other races.
- 85% reduction in African American child abuse and neglect (CAN) homicides per 100,000 children ages 0-5 and a 98% decrease in the disparity between rates for African Americans and other races.

The WIC program helped mothers to exclusively breastfeed longer.

First 5 funded two Women, Infants & Children (WIC) programs that in turn reached 3,237 mothers with support, including lactation consultants, drop-in support, and a helpline. The results? Mothers served by First 5-funded WIC programs are more likely (34%) than the State WIC average (21%) to be exclusively breastfeeding at three months and six months (26% versus 17%). The 6 month exclusive breastfeeding rate for First 5-funded clients at 26% exceeds the HP 2020 goal of 25.5%.

Almost 10,000 children were screened for early dental needs and were connected to a dentist.

The Center for Oral Health's Early Smiles program provided screenings and fluoride varnishes to 9,799 children at schools and community events. From these screenings, 26% of children were found to have untreated oral decay and were referred to follow up care. About 80% of all children screened were referred to a dental home for ongoing care.

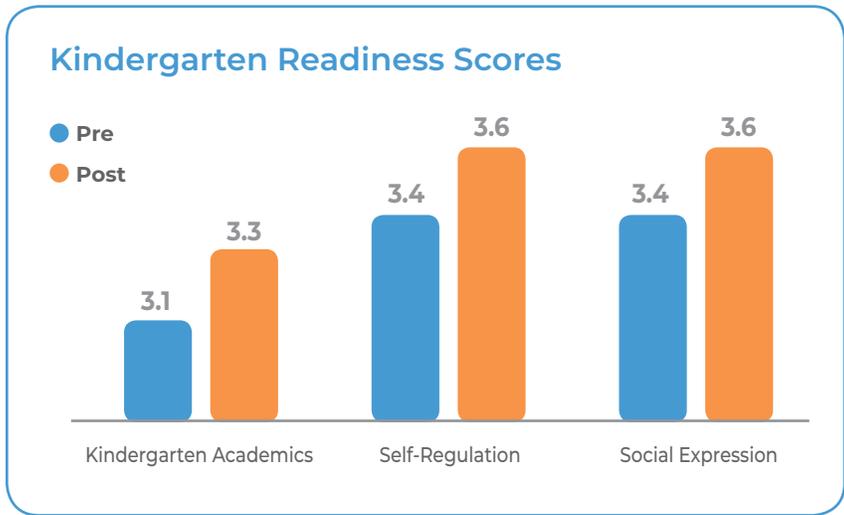


Priority Area:
EARLY CARE AND DEVELOPMENT

The research is consistent about short- and long-term benefits of quality early education experiences for children, particularly in the way such experiences mitigate other risk factors. Early education can come from formal early education experiences, as well as with daily engagements between children and their parents, family members, and community. In formal early learning settings, children can be screened for developmental delays and be connected to early interventions when needed. First 5 Sacramento intends to foster these experiences and linkages through its investment in early care and development.

Transitional Summer Camps increased children's kindergarten readiness by as much as 59%.

Nine school districts prepared 4,796 of Sacramento's most vulnerable children and 4,083 of their parents/caregivers to be ready for school. After their four week program, Transition Summer Camp students showed improvement across all three kindergarten readiness skill areas, with 59% of students improving in kindergarten academics, 44% improving in self-regulation, and 24% improving in social expression.



Half of parents read more than 5 times a week with their children.

Read-aloud time between parents and children has many benefits, including building early literacy skills and nurturing bonds between parents and children. Among parents who engaged in First 5-funded school readiness services in partner school districts, there was a significant increase in the percentage of parents reading to their child(ren) at least five times a week, from 44% (pre) to 52% (post).

School districts conducted almost 12,000 screenings to detect health or developmental concerns.

Early screening, detection, and referrals are essential to address children's health or developmental delays before they reach the school system, when such delays can significantly disrupt progress in school. School districts conducted 11,956 screenings for 3,969 children to identify potential delays or concerns related to child development, speech/language, vision, and/or hearing. As a result, 14% of children screened were provided needed referrals for speech/language, followed by vision (9%), developmental needs (2%), and hearing (1%).

Over half of children screened by Help Me Grow had developmental concerns.

As First 5 Sacramento's newest partnership in 2018-19, the Help Me Grow collaborative, which screens and addresses developmental needs, had a robust launch: 408 children aged 0-5 were screened for issues related to child development (including social/emotional development), speech/language, vision, and/or hearing. Of the children screened for developmental delays, 52% of children screened on the ASQ were flagged with developmental delays and connected to follow up services.



Priority Area:

EMPOWERED FAMILIES

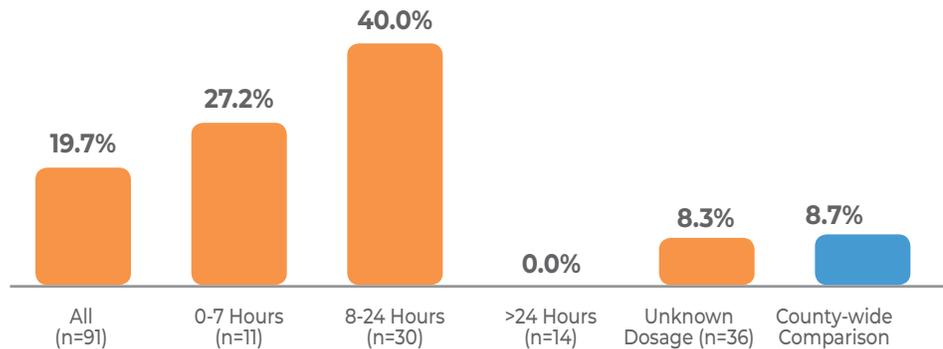
Parenting styles are one of the most powerful predictors of child outcomes, and warm and nurturing interactions help buffer children from the effects of chronic stress. The Center for the Study of Social Policy identifies five protective factors that strengthen families: parental resilience, social connections, knowledge of parenting and child development, concrete support in times of need, and social and emotional competence of children. First 5 Sacramento invests in strategies to build these protective factors.

Birth & Beyond Family Resource Centers are helping to reduce child abuse among high need families.

Across Sacramento County, Birth & Beyond Family Resource Centers served 1,300 children and 3,900 high needs parents/caregivers. Services included resources and referrals, evidence-based parent education, crisis intervention, and evidence-based home visitation. Almost 50% of the children served by B&B have been involved with Child Protective Services. Across Birth & Beyond's programs, short term gains were seen in parents' knowledge of parenting, reduction in stress, and reduction in risk for child maltreatment. These gains seem to be paying off: among 842 children with no prior involvement in the child welfare system, only five children out of 842 (<1%) experienced a substantiated allegation within 12 months of intake — about the same rate as the overall general county population. Among children who had already been a victim of a substantiated CPS baseline allegation, outcomes were better when their parents engaged in more hours of service; among those with 24 or more service hours, the rate of recurrence is substantially lower (0%) than the countywide rate of 8.7%. Consistent with previous studies of Birth & Beyond, these analyses showed that the more services a family had, the less likely they were to have contact with the child welfare system.

Substantiated Recurrence of Maltreatment within 12 Months

(Birth & Beyond children 0-5 with a substantiated baseline referral, by dosage of home visitation)



Sacramento Crisis Nursery offered a safe haven for nearly 500 children in distressed families.

The Sacramento Crisis Nursery served 484 children in 332 families who were dealing with lack of employment, housing/homelessness, medical needs, domestic violence, mental health, alcohol or other drugs. Children could stay at the Nursery for the day or overnight, while their parents received support to address their crises. From pre-to post-assessment, parents had significant reductions in stress, and 99% of Crisis Nursery's parents said they were better able to solve crisis situations as a result of the support they received.





FROM CHAOS TO STABILITY

One client's story from Sacramento Crisis Nursery

Staff at Crisis Nursery described how one 44 year-old single mother of one child with special needs benefited from their services. This particular mother had left another state to start a better life with her child in Sacramento and planned to stay with a family member; however, it was not a safe environment for her or her child, so she made the decision to leave the residence. Mother then lived in her vehicle with her child while looking for shelter and housing. She was referred to the Sacramento Crisis Nursery by Warmline, as well as to referrals to enroll her child in early intervention services.

Mother's presenting needs included an immediate need for a safe place for the family to reside, as well as securing the supports needed for her child, including child development screening, speech, occupational therapy, child care, and school enrollment. Her child currently has tubes in her ears for hearing, is nonverbal, and has limited peer interaction. Additionally, the vehicle the family resided in was currently being contracted for employment, but Mother was unable to maintain employment because she did not have child care for the child during the day. Soon, the family lost the vehicle and were without a place to stay, and were living on the street.

Mother and child were supported by Crisis Nursery through services, referrals, and connection to systems of care. During the child's stay at the Sacramento Crisis Nursery, the child was able to have a safe space to sleep at night. While the child was at the nursery, Mother was able to self-register for family shelter services, get into transitional housing for the family, sign her child up for medical services, and secure a medical appointment and screening for her child's hearing. Mother was referred to Help Me Grow for her child's developmental ASQ screening and it was identified that her child was not reaching developmental milestones. Mother connected with Alta Regional for the child's developmental screening and received referrals for the child's development, including speech services, occupational therapy services, and school meetings to meet the child's needs. Mother was also able to make appointments with the Social Security office, child support, and DHA to maintain the financial supports for the family. Mother was additionally able to attend parent support classes for the language and development of her child.

Through Crisis Nursery's support, Mother and child were able to establish safety, security, and developmental and educational resources. As her child transitioned into the school district, Mother was able to attend Individualized Educational Plan meetings with providers, and was set up with a Case Manager from the Crisis Nursery for school support. Her child is now registered for Preschool Services and will be getting speech, occupational therapy, and ABA therapy while in the school setting. Additionally, mother was able to self-register for family shelter and get into housing, so the family was no longer on the street. Mother was also able to get medical, financial, and developmental needs met while her child was provided care at the nursery. She was also able to advocate for the child's needs with Warmline, Alta Regional, and the School District.

Mother learned that advocating for a special needs child can be overwhelming. She has also utilized services for parental distress and has been connected with Single Mom Strong and Hope Cooperative/TLCS, for when life challenges become overwhelming.

"The Crisis Nursery has provided me so much. They gave me peace of mind. A temporary child-friendly atmosphere that my child could flourish in. They also provided additional resources to help me. They provided sanity and time to rejuvenate."