

Executive Summary

First 5 Sacramento

# EVALUATION REPORT

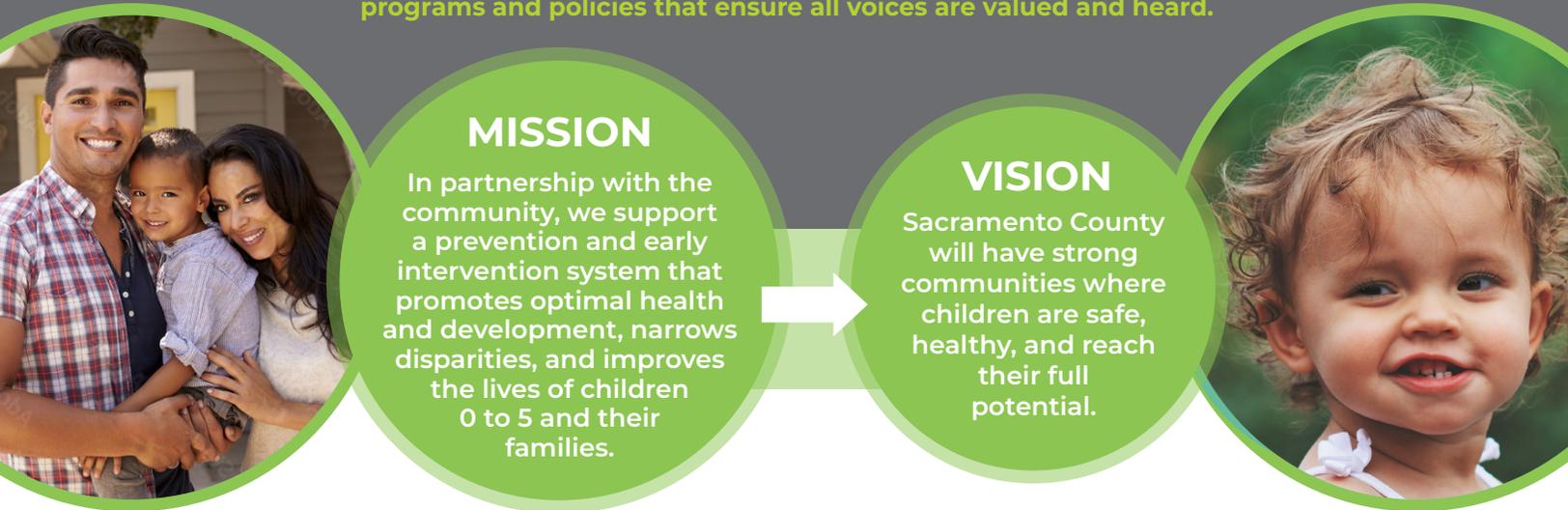
FY2021-2022



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

Research shows that **90% of a child’s brain develops in the first five years of life**. Children’s early experiences and what parents and caregivers do during these years to support their child’s growth will have a meaningful impact throughout life. In 1998, voters approved the California Children and Families Act, adding a tax on tobacco products to support programs for children ages 0-5 and their families. For more than 20 years, First 5’s across the state have leveraged these funds to touch the lives of more than a million kids, their families, and their caregivers. In FY 2021-22, First 5 Sacramento invested \$18.8 million to support strategies and results that promote our mission and vision for children and families in Sacramento County.

**First 5 Sacramento is committed to being an anti-racist organization. We strongly value diverse life experiences, cultures, and heritages and invest in and advocate for programs and policies that ensure all voices are valued and heard.**



The following report summarizes highlights from the FY 2021-22 evaluation of First 5 Sacramento’s three priority areas: Health, Early Care and Learning, and Empowered Families. Full details by each result area, including service delivery, data analysis, systems impact, and family success stories can be found in the full evaluation report or the interactive dashboards available on the First 5 Sacramento website.

PRIORITY AREA	FUNDED STRATEGY	RESULT
HEALTH	Reduction of African American Child Death (RAACD) campaign: pregnancy peer support, Safe Sleep Baby education, and a public media campaign	Improve Perinatal Conditions and Reduce Infant Death
	Breastfeeding support in the Women, Infants, and Children (WIC) program	Increase Breastfeeding
	Systems/policy efforts to increase access to health systems	Increase Utilization of Medical, Dental, and Mental Health Services
EARLY CARE AND LEARNING	Systems/policy efforts to increase access to affordable child care	Increase Access to Affordable Early Care
	Consultation and coaching for early learning providers through Early Learning Partnerships Building Mindful Early Care and Education (PBM)	Increase Quality of Early Childhood Settings
	Developmental screenings, playgroups, provider and parent education, and transition to kindergarten activities throughout nine school districts	Increase School Readiness
EMPOWERED FAMILIES	Birth & Beyond: home visiting, parenting education, crisis intervention, and social and emotional learning and support; Crisis Nursery: Emergency care and overnight stays for children whose parents are in crisis	Increase Effective Parenting to Decrease Trauma and Child Maltreatment



# Priority Area: HEALTH

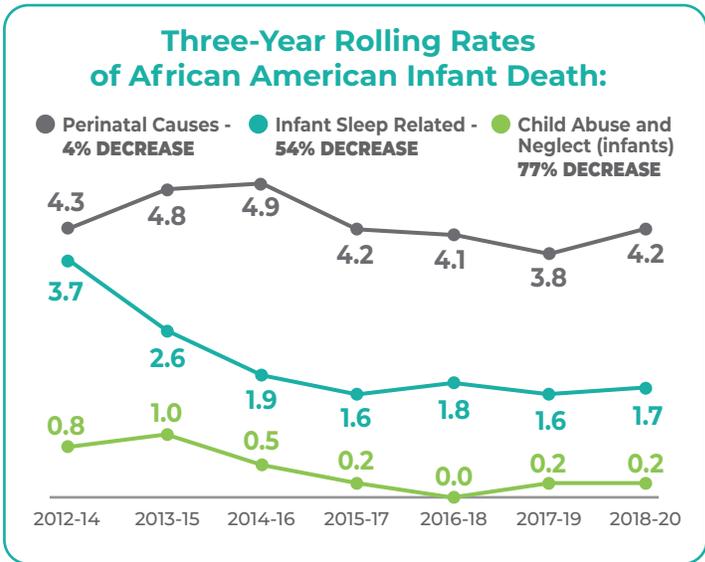
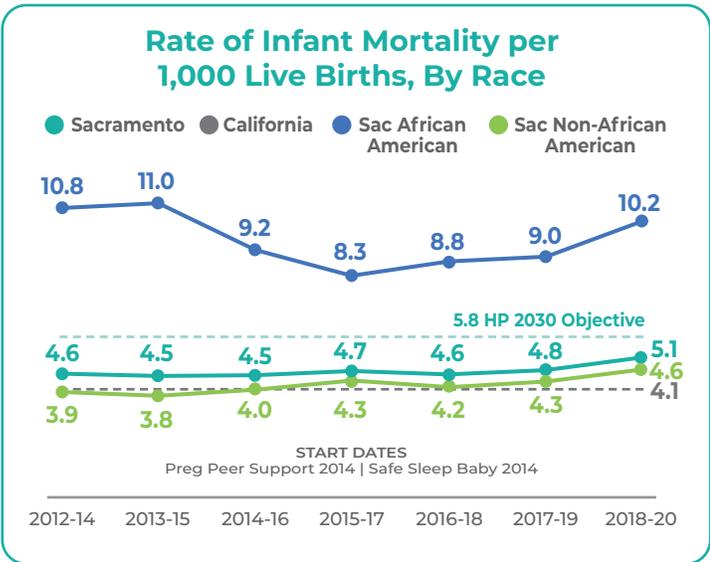
Substantial disparities in health outcomes between ethnic groups begin as early as in utero and can have intergenerational impacts. First 5 Sacramento seeks to eliminate health disparities in Sacramento County.

## The Reducing African American Child Death campaign helped decrease the rate of infant death among African American children by 6%.

Each year, there are about 2,000 African American infants born in Sacramento County. These babies have historically died at twice the rate of other infants. In FY 2021-22, First 5 Sacramento's efforts to reduce infant and child death among African Americans continued to make impressive strides.

- **Pregnancy Peer Support** coaches mentored and empowered 162 women to reduce socioeconomic and health risks to their pregnancies.
- **Infant Safe Sleep Education** workshops were provided to 535 parents and caregivers.
- The two components of the **Perinatal Education Campaign** (SacHealthyBaby and UnequalBirth) were revitalized and promoted on social media and at community events.

Countywide infant mortality rates are higher than statewide but lower than the Healthy People 2030 target.



### WIC programs helped mothers to exclusively breastfeed longer.

With First 5 funding, Department of Health Services Women, Infants & Children (DHS WIC) and its subcontractor Community Resource Project (CRP WIC) supported 2,143 mothers through lactation consultants, drop-in support, and a helpline. Nearly two-thirds (63%, 89/142) of mothers reached for follow-up reported exclusively breastfeeding at six-months post birth or later, which exceeds the Healthy People 2030 target (42%), and most recent statewide estimates (26%).

### First 5 Sacramento staff engaged in efforts to impact access to and utilization of important preventative and supportive health systems.

Policy and systems change efforts include the development of the Be Mom Aware Campaign, collaboration with insurance providers and health systems to leverage efforts and resources, and ongoing historical efforts such as community water fluoridation and maintaining five dental clinics.

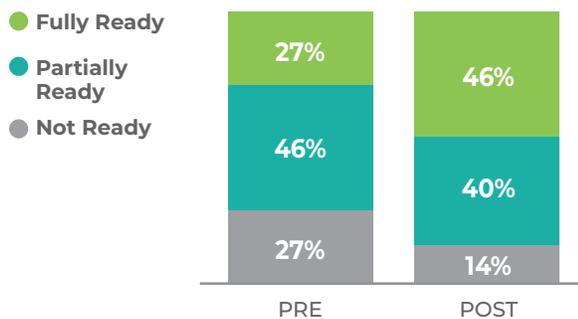


Priority Area:

# EARLY CARE AND LEARNING

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. Formal early learning settings can screen children for developmental delays and connect them to early interventions when needed. First 5 Sacramento fosters these experiences and linkages through its investment in early child care.

## Transition Summer Camp Participants' Change in Kindergarten Readiness



**Children participating in the Transition Summer Camp were significantly more likely to be considered “Fully Ready” for kindergarten.**

More than 1,200 families participated in transition orientation activities to help them understand what to expect in kindergarten. Children who participated in kindergarten transition summer camps had significant improvements in the three kindergarten readiness domains measured, including Kindergarten Academics, Self-Regulation, and Social Expression.

**The Early Learning Partnership Building Mindful Early Care and Education (PBM) program supported early child care and education programs through short- and long-term coaching and consultation to improve quality of early learning sites.**

PBM reached 201 early educators with short- and long-term efforts to increase their quality of teaching, impacting more than 2,500 children in their classrooms. Child Action and PBM staff facilitated over 2,000 short- and long-term consultation sessions. Short-term participants averaged 13 contacts and long-term participants had an average of 12 hours of consultation. Most (92%) long-term participants had higher assessment scores by the end of the fiscal year.

**School districts conducted 5,001 screenings to detect health or developmental concerns.**

School districts conducted 5,001 screenings to identify potential delays or concerns related to child development, speech/language, vision, and/or hearing. Twenty percent of children who received a vision screening were provided needed referrals, 17% were referred to speech/language services, 12% received developmental referrals, and 4% received referrals for hearing services.

**Children, families, and schools increased kindergarten readiness through a range of activities, workshops, and trainings.**

The nine participating school districts and the Help Me Grow (HMG) program served 2,845 adults and 3,422 children ages 0-5. In FY 2021-22 463 children attended playgroups, 568 caregivers took part in text-based parenting education, 687 caregivers participated in parenting education workshops, and more than 1,300 caregivers received early literacy supports. Additionally, HMG received 762 calls throughout the fiscal year, and HMG Family Advocates provided 465 home visits to 179 families.



Priority Area:

# EMPOWERED FAMILIES

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 the social-emotional competence of children. Families at risk for maltreatment can benefit greatly from prevention and early intervention services that help strengthen protective factors such as coping skills and connection to concrete supports. First 5 Sacramento funds Birth & Beyond Family Resource Centers and the Sacramento Crisis Nursery to mitigate barriers and empower families by increasing the five protective factors.

**Birth & Beyond Family Resource Centers reached nearly 3,300 families through a range of light-touch to intensive services to strengthen protective factors, build family resilience, and prevent or reduce child maltreatment.**

Birth & Beyond (B&B) Family Resource Centers served 3,369 caregivers and 1,489 children, through light-touch activities, connections to community services, short-term crisis intervention, and evidence-based parenting education workshop series and home visiting. More than one-third of the families served (36%) participated in two or more of the Birth & Beyond strategies. On average, caregivers significantly increased their parenting knowledge and skills, as well as increased family functioning and resilience. Participants also increased their knowledge of programs and resources in their community, and over 800 families developed empowerment and/or case management plans for their families.

## Sacramento Crisis Nursery offered a safe haven for more than 300 children in distressed families.

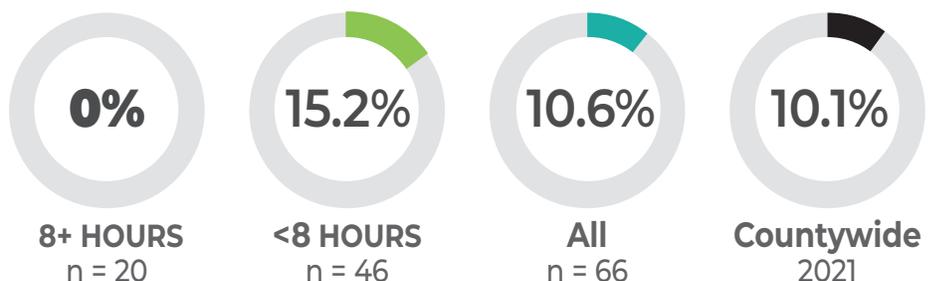
The Sacramento Crisis Nursery provided emergency daytime and/or overnight care for 326 children in 234 families dealing with crisis situations such as lack of employment, housing/homelessness, medical needs, domestic violence, mental health, and alcohol or other drug use. Children could stay at the Nursery for the day or overnight, while their parents received support to address their crises.

Nearly all caregivers completing an exit survey following each visit (99.6%), agreed that the Crisis Nursery kept their child(ren) safe and secure, and 98.8% felt better able to solve their crisis situations because the Crisis Nursery was available to them. On average, caregivers' levels of stress, and the impact of stress on their ability to care for their child(ren), decreased significantly between intake and program exit.

## Zero children whose family had at least eight hours of home visiting after a substantiated baseline CPS allegation experienced recurrence within 12 months of intake.

Twelve-month outcomes for families who had an intake into Birth & Beyond home visiting between March 1, 2020 and February 28, 2021 highlight promising results for families achieving the minimum dosage of home visiting on reducing the risk of child maltreatment. Among all children (n = 884) served during this time, 3.7% experienced substantiated maltreatment within 12-months, compared to 2.3% of those receiving eight or more hours of home visiting after intake (n = 436). Further, among those who entered Birth & Beyond home visiting with a substantiated baseline in the six months prior to intake, none of the children whose families had eight or more hours of home visiting experienced substantiated recurrence.

### Substantiated Child Maltreatment Recurrence within 12 Months, Ages 0-5 (Substantiated Baseline Subset, n = 66)



<sup>1</sup>Countywide rate of Substantiated recurrence following a substantiated baseline CPS outcome provided by Sacramento County CPS



# IN THEIR OWN WORDS:

A Success Story from WIC Lactation Support

Andrea<sup>2</sup>, a 25-year-old mother, gave birth to extremely premature twins at 25 weeks. Sadly, one of the twins passed away at birth, leaving mom shattered and in need of added support for her other child, Anthony. Andrea had enrolled in WIC during her pregnancy. She contacted WIC to obtain a breast pump to supply milk for her surviving child. The First 5 WIC Lactation Consultant (LC) kept in close contact with Andrea to develop a pumping plan, provide moral support during a very stressful and emotional time, provide clinical support (e.g., managing oversupply and complications), help establish and maintain milk supply while Anthony was in NICU, as well as transitioning to direct breastfeeding.

WIC met Andrea's initial needs through a breast pump loan and lactation support. She was able to establish her milk supply and provide life-saving human milk to her fragile infant. Despite Anthony's unexpectedly early start in life and Andrea's challenges, she remained motivated, determined, and built a great connection with her LC. She later exchanged the loaner pump for a more permanent pump through the WIC incentive program and has since continued to provide Anthony human milk through his 13th month of life. Because of the cost of renting an electric pump, Andrea expressed that she likely would not have continued breastfeeding without the pump provided by WIC.



***“WIC has helped me with so much, from breastfeeding support ... to nutrition education. I don’t know what I would have done without an electric pump.”***

– “Andrea,” WIC Participant

<sup>2</sup>Fictional names used. Photos included with permission from WIC participant.