

Executive Summary

First 5 Sacramento
**EVALUATION
REPORT**

FY2022-2023





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, caregivers, and communities 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 5s across the state have leveraged these funds to touch the lives of more than a million kids, their families, and their caregivers. In FY 2022-23, First 5 Sacramento invested \$19 million to support strategies and results that promote our mission and vision for children and families in Sacramento County.

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

MISSION

In partnership with the community, we support a prevention and early intervention system that promotes optimal health and development, narrows disparities, and improves the lives of children 0 to 5 and their families.

VALUES

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 2022-23 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, group parenting education workshops, 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



Evaluation Spotlight: **REFUGEE FAMILY SUPPORT (RFS) PROGRAM**

First 5 Sacramento partnered with five trusted agencies strategically placed in areas with high refugee populations (REDA, MAS-SSF, NorCalResist, Mutual Assistance Network, and Public Health Institute) to provide culturally responsive navigation services to newcomer refugee families for support in their resettlement journey. RFS navigators are from the communities and speak a shared language with participants. Their lived experience supports the effectiveness of this culturally responsive support.

86% of RFS participants reported their ability to navigate life in the US has gotten better.

Between September 2022 through August 2023 (First 5 California funding period), **447** newcomer refugee families with children under the age of six participated in the RFS program. Navigators provided more than 1,000 basic needs resources, over 950 navigation services, 326 mental health assessments, 207 education workshops, and 107 language support services.

At follow-up, 91% reported the connections to health or welfare services helped somewhat or a lot, and 86% reported their ability to navigate life in the US has gotten better since participating in the RFS program.





Priority Area: HEALTH

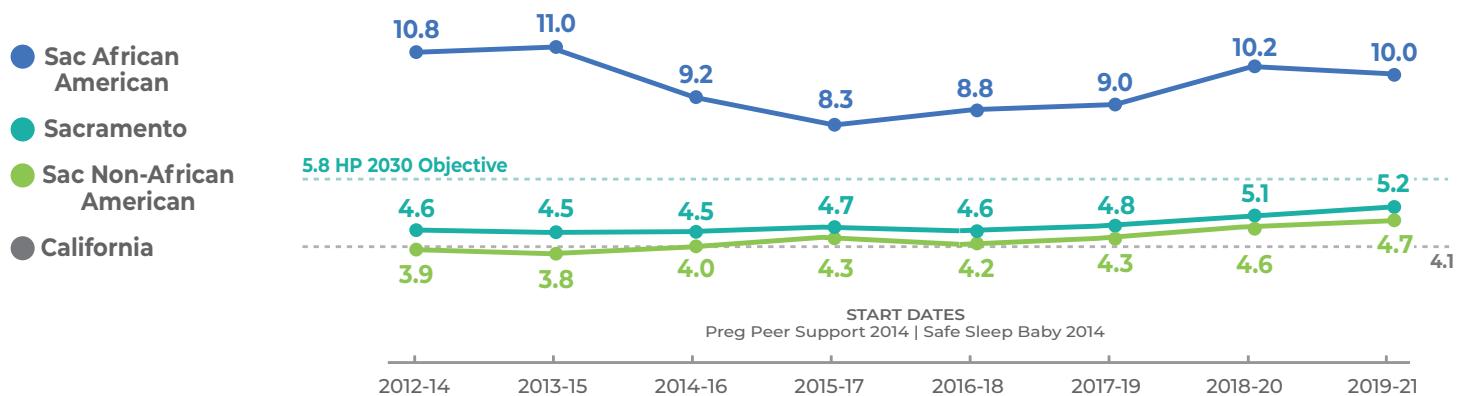
Substantial disparities in health outcomes between ethnic groups begin as early as in utero and can have intergenerational impacts. First 5 Sacramento seeks to eliminate health disparities in Sacramento County.

The Reducing African American Child Death campaign's direct services and community outreach contribute to decreasing countrywide rates of African American infant mortality.

About 2,000 African American infants are born in Sacramento County each year. Although there was a 7% decrease in the infant mortality rate among African American infants since 2012-2014, these infants remain nearly twice as likely to die compared with all other races.

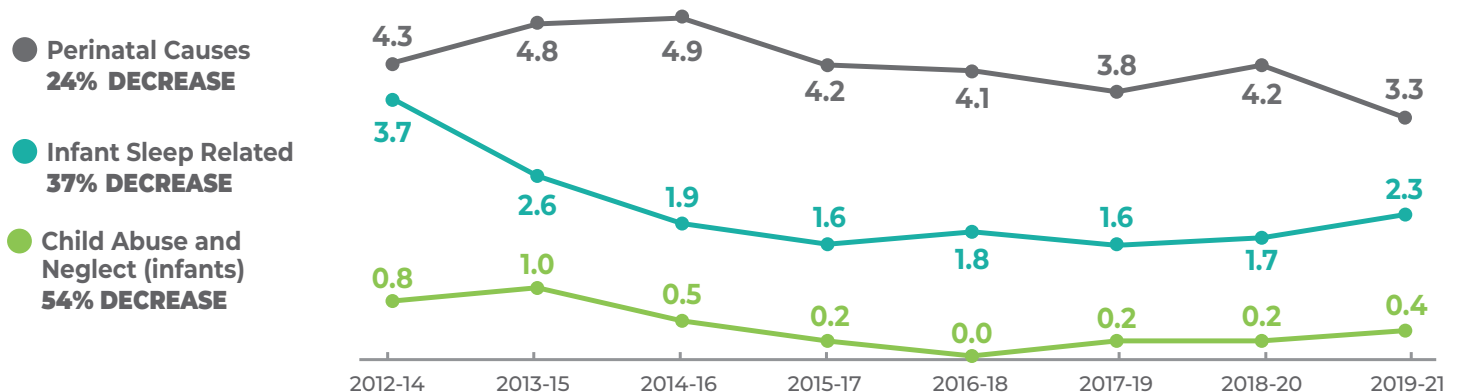
The 2019-2021 disparity gap between African Americans and all others decreased 35% compared with the 2012-2014 baseline. Unfortunately, this also reflects countywide increases (4.6 to 5.2 per 1,000 births), as well as increases within the "All Others" group (3.9 to 4.7 per 1,000).

Sacramento County Infant Mortality per 1,000 Live Births, By Race



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

Sacramento County 3-Year Rolling Rates of African American Infant Death:



Priority Area: **HEALTH**

- 149 women received **Pregnancy Peer Support** services. Participants significantly improved access to protective factors and had fewer barriers to maternal and infant health. **For the fourth consecutive year, there were zero newborn deaths among infants born to BMU participants**
- 832 caregivers received **Infant Safe Sleep** education workshops and 546 cribs were distributed to safely sleep infants in need. Participants significantly improved safe sleep knowledge and improved practices.
- The Sac Healthy Baby and Model of Caring **Perinatal Education Campaign** strategies included online content, community outreach, and special events to share information and resources with African American expectant and new parents.



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 2,399 mothers through lactation consultants, drop-in support, and a helpline. Among those reached for follow-up at or after six months postpartum, 65% (120/185) were exclusively breastfeeding, which exceeds the Healthy People 2030 target (42%), and most recent statewide estimates (27%).

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 Be Mom Aware Campaign, collaboration with health systems to leverage efforts and resources, breastfeeding support trainings for home health nurses, Safe Sleep Baby 3.0, and the ongoing impact of community water fluoridation and dental clinics.

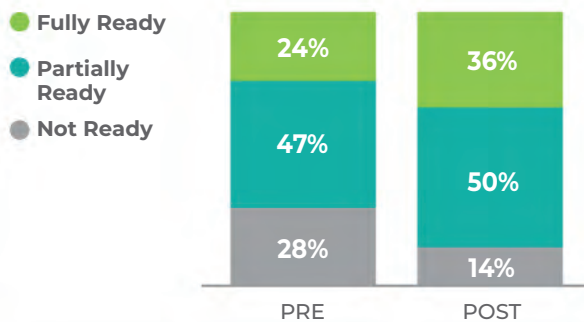


Priority Area:

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



Source: FY 2022-23 Transition Summer Camp Matched Set N = 179

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

More than 1,300 families participated in transition orientation activities to help them understand what to expect in kindergarten. Children who attended kindergarten transition summer camps significantly improved scores in each of the three kindergarten readiness domains measured, including Kindergarten Academics, Self-Regulation, and Social Expression, and children were significantly more likely to be Fully Ready for kindergarten, overall.

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 225 early educators with short- and long-term efforts to increase their quality of teaching, impacting more than 1,300 enrolled children. Child Action and PBM staff facilitated nearly 2,500 short- and long-term consultation sessions. Short-term participants averaged 13 contacts and long-term participants had an average of 11 hours of consultation. Nearly all (97%) of long-term participants increased assessment scores by the end of the fiscal year.

School districts conducted more than 6,000 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 more than 6,000 child development, speech/language, vision, and/or hearing screenings. More than one-quarter (26%) of children who received a speech/language screening were provided needed referrals, and 16% were referred for additional vision services.

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

Together, the nine school districts and Help Me Grow (HMG) served 3,328 adults and 4,057 children ages 0-5. In FY 2022-23 768 children attended playgroups, 584 caregivers took part in text-based parenting education, 935 caregivers took part in parenting education workshops, and nearly 1,100 caregivers received early literacy support. Additionally, HMG received 671 calls throughout the fiscal year, and 256 families received 701 home visits from HMG Family Advocates

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 3,600 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 3,786 parents/caregivers and 1,746 children in 3,632 families, through light-touch activities, connections to community services, short-term crisis intervention, group parenting education workshops, and home visiting. More than one-third of the families served (35%) participated in two or more of the Birth & Beyond strategies during the fiscal year. Participants significantly increased parenting knowledge and skills, demonstrated progress in their family's focal areas via the Family Development Matrix, and significantly improved protective factors.

Sacramento Crisis Nursery offered a safe haven for more than 350 children in distressed families.

The Sacramento Crisis Nursery provided emergency daytime and/or 24-hour care for 346 children in 239 families experiencing crisis situations such as lack of employment, housing/homelessness, medical needs, domestic violence, mental health, and alcohol or other drug use.

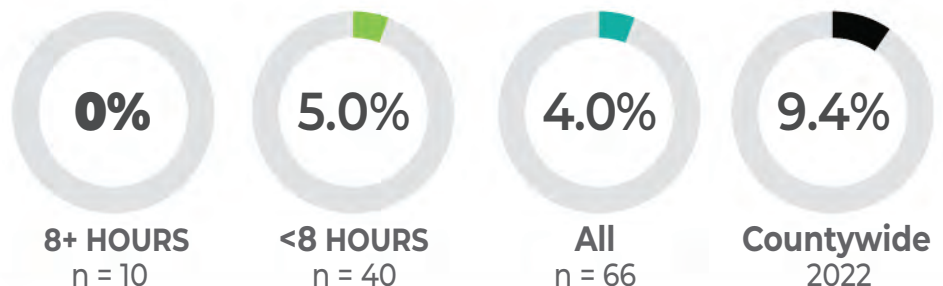
Nearly all caregivers completing an exit survey following each visit (99.8%) agreed that the Crisis Nursery kept their child(ren) safe and secure and 99.4% felt better able to solve their crisis situations because the Crisis Nursery was available to them.

On average, caregivers' levels of stress, and the impact of stress on their ability to care for their child(ren), significantly decreased between intake and program exit.

For the second consecutive year, zero children whose family had at least eight hours of home visiting after a substantiated baseline CPS allegation experienced recurrence within 12 months.

Twelve-month outcomes for families who had an intake into Birth & Beyond home visiting between March 1, 2021 and February 28, 2022 highlight promising results for families achieving the minimum dosage of home visiting on reducing the risk of child maltreatment. Only 3.1% of those receiving eight or more hours of home visiting (n = 352) experienced substantiated maltreatment within 12 months, compared with 7.9% of children who received less than eight hours of home visiting (n = 394). Further, among a subset of participants who entered Birth & Beyond home visiting with a substantiated baseline in the six months prior to intake (n = 50), 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 = 50)



Countywide rate of Substantiated recurrence following a substantiated baseline CPS outcome provided by Sacramento County CPS



IN THEIR OWN WORDS:

Client Success Stories

Harriet and her four-year-old, Toby (fictional names) were experiencing unstable housing after Harriet fled from Toby's father due to domestic violence. Toby received recurring emergency daytime child care from Crisis Nursery enabling Harriet to attend appointments and take care of other emergencies. Harriet also received resources to connect with the Family Justice Center, a Housing Navigator, Head Start preschool, accessed the Crisis Nursery Baby Boutique to obtain adequate clothing for Toby, and was able to secure permanent housing through the Crisis Nursery connections.

"I sometimes feel like I literally have no one to help... you guys give me that much needed time and assistance that keeps me going"

– "Harriet," Crisis Nursery Parent

Harriet expressed her gratitude for the assistance provided by Crisis Nursery, mentioning that Crisis Nursery gives her the time and assistance that keeps her going despite feelings that she does not have a support system to help. Harriet also noted that Toby enjoys the Crisis Nursery, too.

Brenda enrolled her five-year-old daughter Norah (fictional names) in the First 5 Transition Summer Camp as she was struggling with separation anxiety and having a hard time adjusting to the classroom setting in addition to being away from her mom for the first time. Norah had great attendance during the four-week program, despite a range of challenges their family was facing as Brenda had health issues related to being eight months pregnant, the family was moving, and they were experiencing car troubles.

"... I haven't seen her so happy and excited. Being so close to my due date and in the middle of moving this program has helped a lot and I feel like she's better prepared for kindergarten now. Thank you for all that you guys did, and we will miss you a lot!"

– "Brenda," Mother of Transition Summer Camp Participant

With support from the Summer Camp. Norah became more confident in new/unfamiliar situations, mastered writing more lowercase letters, and was able to initiate and build relationships with some of the other children, despite being shy and reserved when she first started preschool. One of Norah's most unexpected and exciting benefits was the experience of eating lunch in the cafeteria. Norah went from being scared to eat lunch in the cafeteria to, after experiencing the process, excitedly telling her mom, "At first I was scared, but then I was so excited!" After this experience, Brenda told her preschool teacher that Norah would not stop talking about it, and for the rest of Summer Camp she'd always ask eagerly "are we eating lunch in the cafeteria again?"

