

**Executive
Summary**

First 5 Sacramento

EVALUATION REPORT

FY2019-2020



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 on 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 2019-20, First 5 Sacramento invested a total of \$22.1 million to support strategies and results that promote our mission and vision for children and families in Sacramento County. COVID-19: The Coronavirus (COVID-19) pandemic heavily impacted all programming funded by First 5 in the third and fourth quarters of the fiscal year. Many programs paused their services before launching new virtual services. Please read the following report with this in mind.



MISSION

First 5 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, Family Resource Centers	Reduce Infant Death
HEALTH	Breastfeeding support in the Women, Infants and 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, playgroups, 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



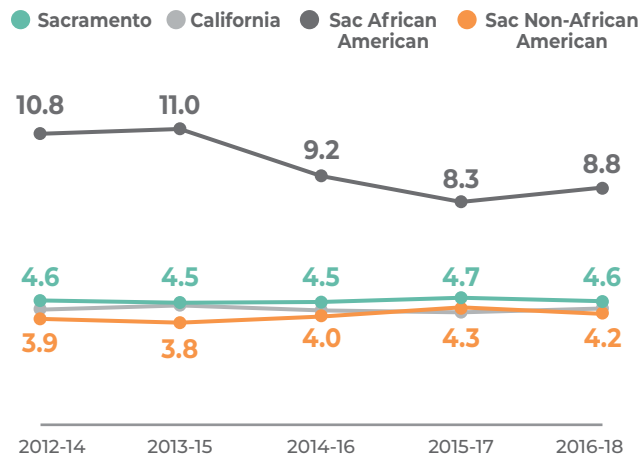
Priority Area: HEALTH

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 outcome between ethnic groups. First 5 Sacramento seeks to eliminate these health disparities in Sacramento County.

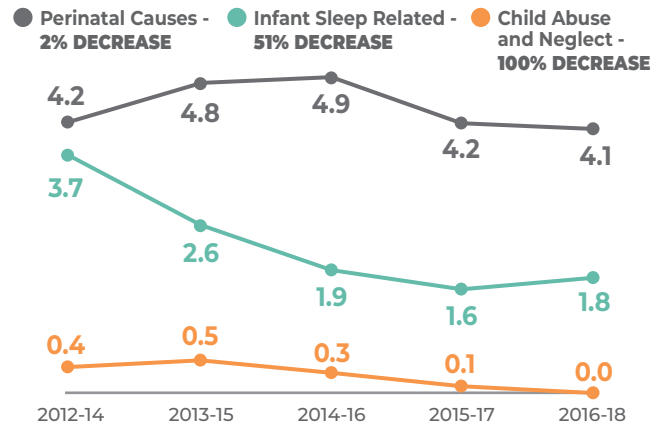
The Reducing African American Child Death campaign helped decrease the rate of infant death among African American children by 19%.

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 2019-20, 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 support mentors to case manage 180 pregnant women and address socio-economic and health risks to their pregnancies, family resource centers provided a variety of services to help decrease child abuse and neglect, and safe sleep training was provided to 984 expectant parents. A public education media campaign launched around the county. When comparing the baseline of 2012-2014 to 2016-2018 (the most current available data), there has been a 19% decrease in the rate of African American infant deaths and a 33% decrease in the disparity between infant mortality rates of African Americans and all other races.¹

Rate of Infant Mortality (Rolling Averages)



Three-Year Rolling Average Rates of African American Infant Death:



The WIC program helped mothers continue exclusive breastfeeding longer.

First 5 funded two Women, Infants and Children (WIC) programs who in turn reached 2,743 mothers with support; including lactation consultants, drop-in support, and a helpline. An astounding almost 50% of mothers served by First 5-funded WIC programs reported exclusively breastfeeding at 6 months post birth.

Over 7,000 children were screened for early dental needs and connected to a dentist if needed.

The Center for Oral Health's Early Smiles program provided screenings to 7,310 children and fluoride varnishes to 5,678 children at schools and community events. From these screenings, 22% of children were found to have untreated oral decay and were referred to follow up care.

¹Source: California Department of Public Health. Sacramento County, Department of Health Services, Public Health Division, Epidemiology Program, Birth Statistical Master Files



Priority Area:

EARLY CARE AND DEVELOPMENT

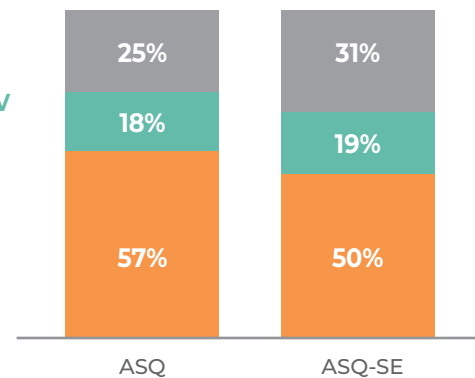
The research is consistent about short- and long-term benefits of quality early education experiences for children, particularly in the way such experiences mitigate other risk factors. Early education can come from formal early education experiences, as well as with daily interactions between children 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.

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

The Help Me Grow collaborative screened 399 children aged 0-5 for issues related to child development, speech/language, vision, and/or hearing. Of the children screened for developmental delays, 57% of children screened on the Ages and Stages Questionnaire (ASQ) were flagged with developmental delays and connected to follow up services.

Developmental Screening Results from Help Me Grow

- No Concern
- Monitoring Zone
- Flagged (Concern)



The Quality Child Care Collaborative supported 61 child care programs to improve quality.

Early education settings received education, assessments, and technical assistance to improve quality. This impacted 114 teachers, 75 from child care centers and 39 from family child care homes.

100% of children with a concern on their hearing screening from Preschool Bridging Model Plus received services.

Additionally, 98% of children with a concern on their vision screening received services, based on a referral from Preschool Bridging Model Plus.

School districts conducted over 7,000 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 7,124 screenings to identify potential delays or concerns related to child development, speech/language, vision, and/or hearing. As a result, 12% of children screened were provided needed referrals for speech/language, followed by vision (11%), developmental services (7%), and hearing (2%).

A new protocol was developed to streamline and standardize developmental screeners for school districts.

In the Spring of 2020, a special study was conducted to better understand the School Readiness screening and referral process. Interviews were conducted with all 9 School Readiness Coordinators about their policies, practices, and areas for improvement. In addition, 20 parents whose child had been screened and flagged with a concern in at least one developmental domain were contacted and interviewed. The result was the production of a protocol that all school districts should follow when administering screeners for children aged 0-5.



Priority Area:

EMPOWERED FAMILIES

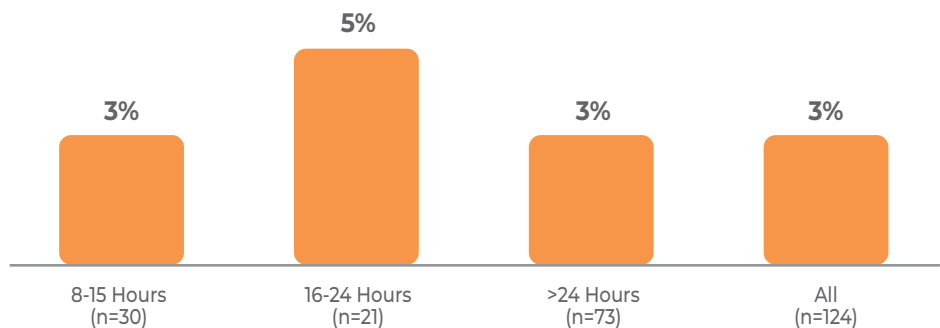
Parenting styles are one of the most powerful predictors of child outcomes, and warm and nurturing interactions help buffer children from the effects of chronic stress. The Center for the Study of Social Policy identifies 5 protective factors that strengthen families: parental resilience, social connections,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

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

Across Sacramento County, Birth & Beyond Family Resource Centers served 3,901 parents/caregivers and 2,033 children. Services include resources and referrals, evidence-based parenting education, crisis intervention, and evidence-based home visitation. Almost 50% of children in the home visitation program have been involved with Child Protective Services in the past. 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 are paying off: among the 304 children who came into the Birth & Beyond home visitation program with prior CPS involvement in the past five years, only 3% experienced another substantiated allegation within 12 months of intake.

Substantiated Recurrence of Maltreatment within 12 Months of intake

(Children 0-5 with Prior CPS Involvement)



Source: Department of Children, Family and Adult Services, CPS Export October 2019; First 5 Sacramento Persimmony. Note: Local data includes those with "Substantiated Baseline Disposition."

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

The Sacramento Crisis Nursery served 489 children in 322 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 statistically 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 UNCERTAINTY TO SUCCESS:

One client's story from Sacramento CRP WIC

June, a 34-year-old mother of two conjoined twins, came to Community Resource Project WIC because she needed an electric breast pump. Her twins were born 5 weeks premature and placed in the NICU. She had specified that she wanted to make sure her twins only received breastmilk so that they would have the best nutrition possible. Additionally, June stated she “doesn’t know how she would be able to pump without CRP WIC.” Most moms can receive an electric breast pump through their insurance at no cost via the Affordable Care Act, however she was concerned that it would not be hospital grade and she had needed to exclusively pump since her twins were born.

June and the twins were referred to First 5 referral services and immediately set up with a Lactation Consultant appointment to help her initiate pumping. During this time, she additionally received follow up calls through First 5 Breastfeeding Services with a Lactation Consultant who would check in with her to offer support and assistance. The help June received from the First 5 Lactation Consultants and the staff at CRP WIC helped her to not only get her benefits and food for her children at home, but they were also able to provide her with encouragement to keep moving forward on her pumping journey. She is a very experienced mom and very dedicated to providing the best for her children. The twins had a successful separation surgery in October and returned home in December 2020.

“The lactation team at CRP WIC helped get me a hospital-grade pump immediately when I had the twins. They virtually sent me video...on how to set up and use the pump while separated from my girls. They checked in weekly... it was a pleasure speaking with them...I wouldn’t have been able to get this pump without WIC...or even be able to pump for as long as I have been without the lactation team.” – June