



2014-15 Community Report: A Year in Review



Investing in Our Youngest Children NOW...
for Success in the FUTURE

About First 5 Sacramento

Research shows that a child's brain develops more in the first five years than at any other time in their life. Early experiences shape how the brain grows and develops influencing emotional, physical and intellectual growth. What parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life.

Based on this research, California voters passed Proposition 10, the California Children and Families Act in 1998, adding a tax on tobacco products to support programs for children ages 0-5 and their families. First 5 Sacramento funds community agencies to deliver prevention and early intervention services aimed at improving the health and well-being of children and their families.



Our Mission

Support the optimal development of children ages 0-5, healthy pregnancies, the empowerment of families and the strengthening of communities.



Our Vision

Sacramento County will have strong communities where children are safe and healthy.

First 5 Sacramento Commissioners and Alternates

COMMISSIONERS

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Beth Hassett, Vice Chair
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Olivia Kasirye, M.D.
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Steve Wirtz
Donna Sneeringer
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Kathy Kossick
Terrie Porter
Christina Elliott

First 5 Sacramento

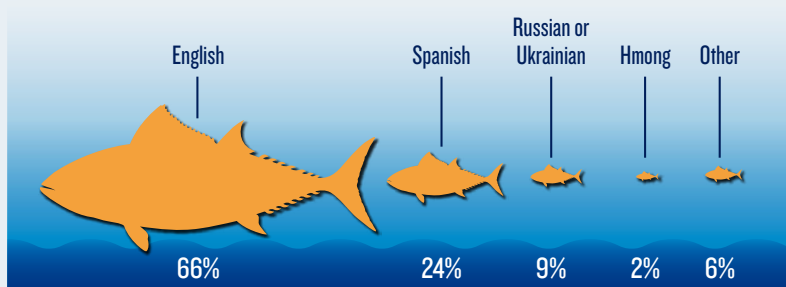
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Planning for the Future

First 5's Declining Revenue: As tobacco revenue continues to decline and First 5 spends down reserves, programs may be eliminated or reduced in the coming years. Sustainability efforts to maintain critical services is a high priority. First 5 Sacramento is dedicated to expanding partnerships and seeking new revenue sources to minimize the impact on children and families.

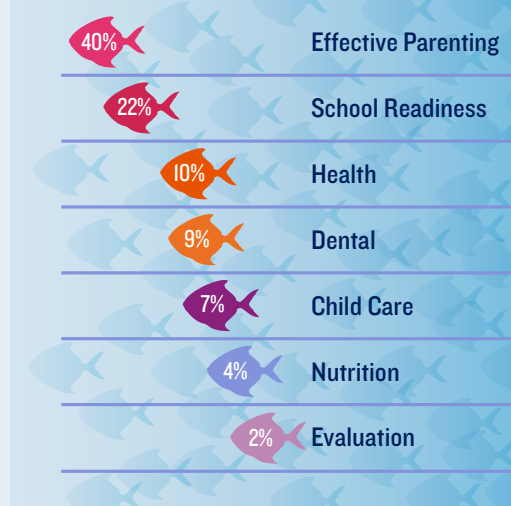


Primary Language Spoken by First 5 Sacramento Families

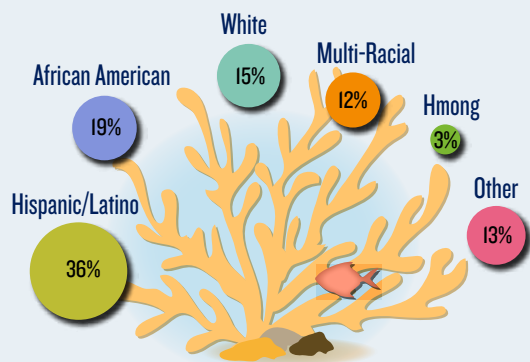


Program Expenses

Fiscal Year 2014-2015



Ethnicity of First 5 Sacramento Families

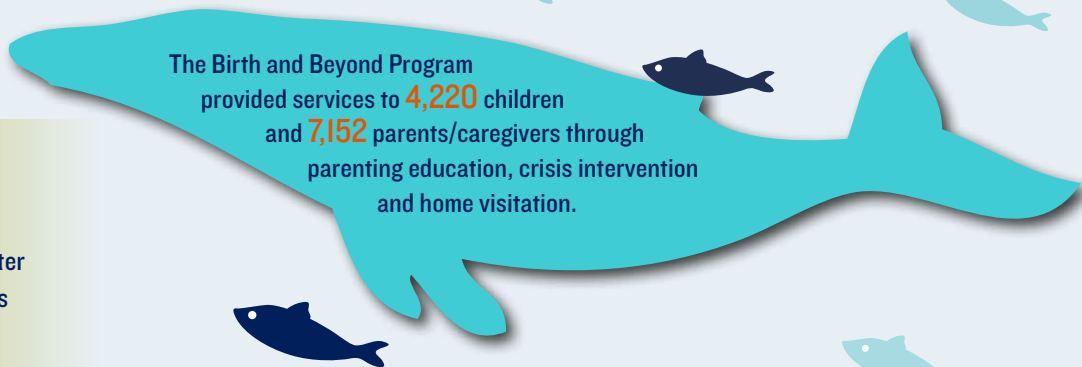


First 5 funded dental clinics performed **13,778** dental diagnostic procedures and **12,806** dental preventive procedures.



Receiving a greater number of First 5 services predicted greater Kindergarten Academics readiness.

The Birth and Beyond Program provided services to **4,220** children and **7,152** parents/caregivers through parenting education, crisis intervention and home visitation.

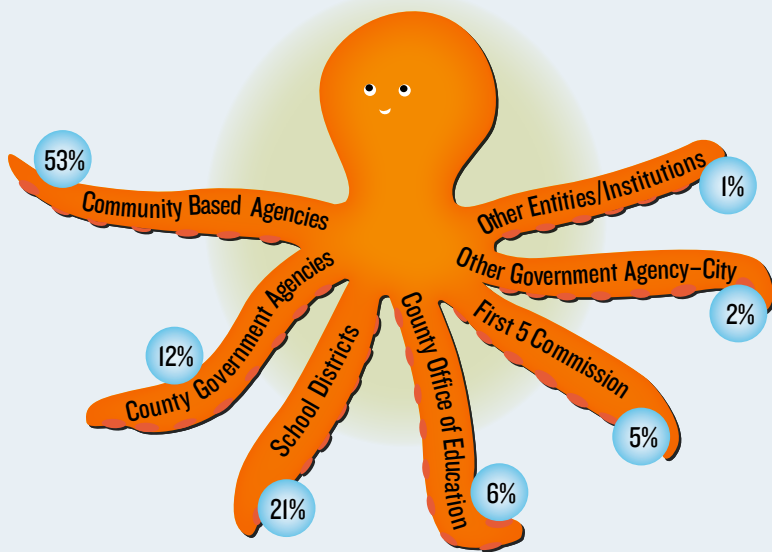


Number of Clients Served

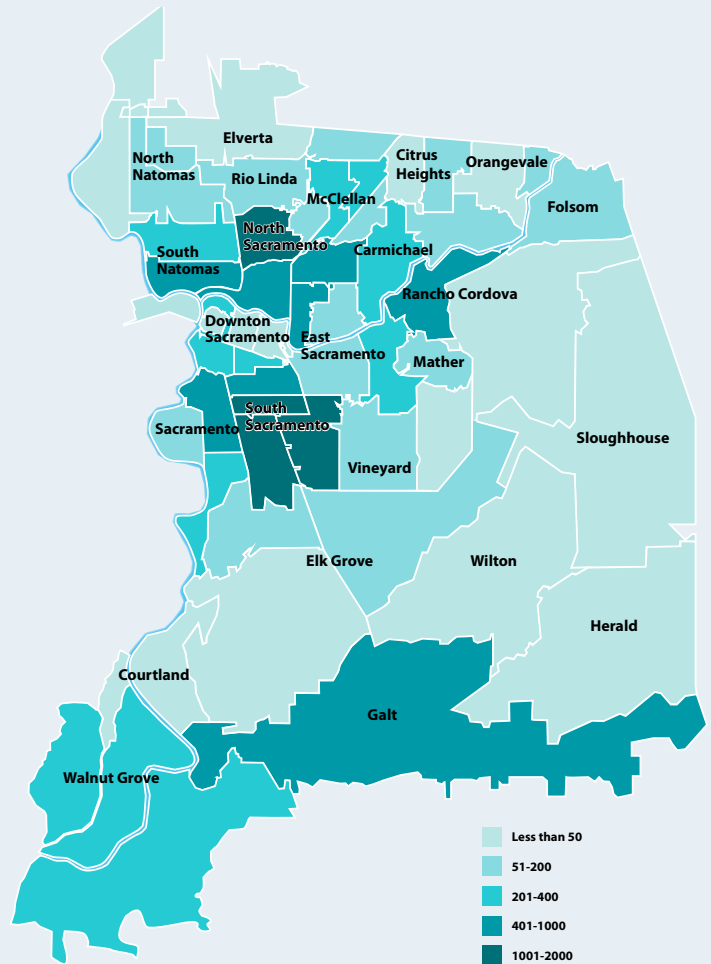
Duplicated client estimate: **60,122**
parents, children and providers

Unduplicated clients: **22,976**
Children: 8,731
Adults: 14,245

Program Expense by Agency Type



Families by Geographic Location



213 families received support services, resources and developmental screenings for children.

School Readiness Services

9 school districts
35 schools

4,918 children
4,377 parents/caregivers



4,586 mothers received breastfeeding support services.



2014-15 Accomplishments

During Fiscal Year (FY) 2014-15, First 5 Sacramento invested more than **\$24 million** to improve the health and well-being of children ages 0-5 in Sacramento County. This report summarizes the clients, services and related outcomes for programs funded by the Commission.

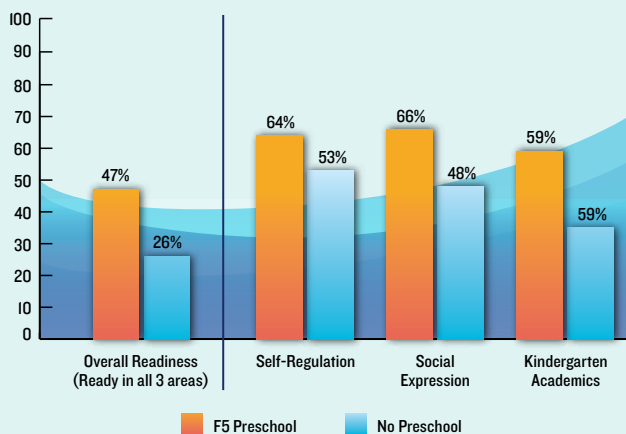
Proposition 10 funds were allocated across six result areas: Health, Dental, Nutrition, Early Care, School Readiness and Effective Parenting to more than **30** community-based and public agencies. In FY 2014-15, our funded partners reported serving an estimated **60,122** children, parents/caregivers and providers.

School Readiness

First 5 Sacramento (F5) invested over \$4.6 million to ensure that children entered kindergarten ready to learn. Our School Readiness programs included preschool, infant toddler play-groups, kindergarten transition programs, health screenings, home visiting and parent support programs.

For Overall Readiness and all three domains (Self-Regulation, Social Expression and Kindergarten Academics), a significantly larger percentage of children in First 5 funded preschools were ready for kindergarten, compared to children who did not attend preschool. This difference remained after controlling for other child and family characteristics.

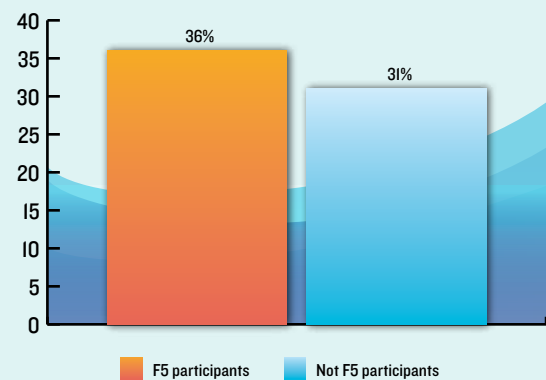
Percent Ready for School: F5 Preschool vs. No Preschool, Fall 2015



N=361 children who attended a F5 supported preschool. N=460 children who did not attend preschool. Differences statistically significant for Overall ($p < .001$); Self-Regulation ($p < .01$); Social Expression ($p < .001$); and Kindergarten Academics ($p < .001$).

First 5 participants reported engaging in more kindergarten preparation activities, such as attending an orientation, meeting the child's kindergarten teacher and working on school building skills with the child.

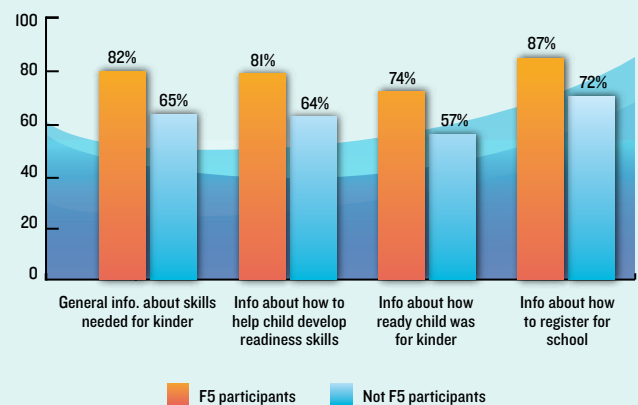
Percentage of Parents Who Reported Engaging in at Least 5 (of 9) Kinder Preparation Activities, Fall 2015



N=1350 (565 had at least one First 5 service). Difference significant ($p < .05$).

Families who participated in any First 5 service were more likely to receive school readiness information of all types than families who did not receive First 5 services.

Percentage of Parents who Received Kindergarten Readiness Information, Fall 2015



N=1307-1326. All statistically significant at $p < .001$.

Receiving a greater number of First 5 services predicted greater Kindergarten Academics readiness (which included answering questions about key details in literature; understanding the structure and basic features of books; writing one's own first name; recognizing rhymes; counting; and recognizing colors, letters, and shapes).

Effective Parenting

Recognizing that healthy child development begins at home, First 5 Sacramento invested \$4.8 million in programs that focus on building effective parenting skills. Through 9 family resource centers, parents of children ages 0-5 received parenting education, crisis intervention, home visiting, informational workshops, support groups and case managed referrals to other services.

The Birth and Beyond Program provided services to 4,220 children and 7,152 parents/caregivers through parenting education, crisis intervention and home visiting programs.

Birth & Beyond home visitation parents were matched with similar parents who had never received Birth & Beyond services. Parents who participated in Birth & Beyond home visitation were 173% less likely than comparison parents to have a substantiated child abuse referral.

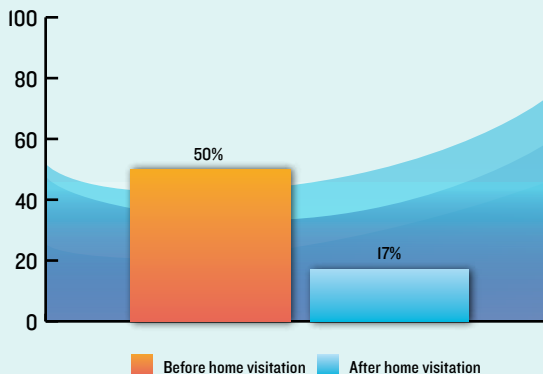
Summary of Regression Analysis Results between HV Program Group and Comparison Group

HV Participation Independent Variables	CPS Recidivism Outcome/Dependent Variables	
	Substantiated	All
ANY (1+ hours)	HV Program Group 41% less likely to have a substantiated referral*	HV Program Group 18% less likely to have a referral*
OPTIMAL (25-34 hours)	HV Program Group 173% less likely to have a substantiated referral*	HV Program Group 57% less likely to have a referral*

*Statistically Significant at $p < 0.05$ level

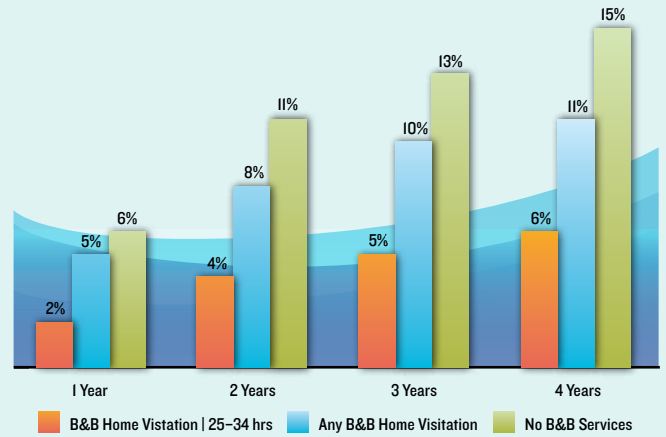
Participation in Birth & Beyond home visitation was also associated with decreased parent involvement in the child welfare system. Among 2,512 parents who finished the program between 2010-2014, 50% began the home visitation program with a history of contact with the child welfare system (including as a child victim). After participating in home visitation, only 17% had any contact with the child welfare system during the year following participation.

Percentage of Parents involved with Child Welfare System



Birth & Beyond (B&B) Home Visitation Services Likelihood of Parent Having a Substantiated Child Welfare Referral

during and after program participation



B&B Home Visitation Participants, N = 496 | Parents with No B&B Services, N = 985
All differences in the likelihood of recidivism are significant at $p < .05$.

Parents participating in at least 8 hours of Birth & Beyond home visitation reduced attitudes and behaviors known to contribute to child abuse and neglect.

Dental

For over 10 years, First 5 Sacramento has invested resources with the goal of improving the oral health of young children through education, prevention, screenings, treatment, water fluoridation and systems change. During FY 2014-15, First 5 invested over \$2 million in programs focused on improving children's dental care.

Since 2010, First 5 funding supported the addition of 23 pediatric dental chairs in Sacramento County clinics to serve children through age 5.

The number of children who received dental services, including dental screenings, preventive or restorative services, increased by 2,572 from FY 2010-11 (7,598) to FY 2014-15 (10,170).

The percentage of Sacramento County children on Medi-Cal between the ages of 0-3 who had visited the dentist increased from 6.7% to 23.4%, an increase of 250%. In addition, the utilization rate of all kids ages 0-20 increased from 20.2% to 39.6%.

Source: "Sacramento Children and Dental Care: Better Served than 5 Years Ago?"

During FY 2014-15, the Smile Keepers Mobile Dental Program provided dental screenings to 7,198 children in 413 classrooms and at 8 community events. Of the children screened, 2,044 (28%) needed additional dental care and 377 children (5%) needed urgent dental care.

The estimated percentage of Sacramento County children ages 0-5 receiving fluoridated water increased from 45% in FY 2010-11 to approximately 65% in FY 2014-15.

Other Accomplishments

- 608 children and pregnant women received education and assistance with enrolling in health insurance programs they were eligible for through Sacramento Covered. 63% of these clients were successfully enrolled in health insurance, including 352 children and 36 pregnant women.
- 570 children placed in protective custody received medical clearance exams and dental screenings, and 431 children received developmental assessments through the HEARTS For Kids program. 13 of the 570 children were found to be physically or sexually abused and received additional evidentiary exams plus additional services as needed.
- 75 pregnant African American women received education, referrals, and other types of support through the Black Mothers United (BMU) program. 36 women delivered 37 healthy babies, of which 32 were born at full-term and of healthy weight. 89% of the babies in the BMU program were born full-term, compared to 84% in the general population.



Nutrition

- 4,586 mothers received breastfeeding support services through the Community Lactation Assistance Program. During this time, the rate of exclusive breastfeeding among six-month old infants in the Women, Infants and Children (WIC) program in Sacramento County surpassed the national average (23.1% in Sacramento County compared to 18.8% nationally).

Early Care

- 135 child care programs improved their quality by participating in the Quality Child Care Collaborative. In addition, 88 child care providers received stipends to further their training and professional development, including work toward AA and BA degrees.
- 120 child care programs serving 2,567 children increased the quality of their classrooms by participating in the Preschool Bridging Model Plus program. 62 Classroom Assessment Scoring System (CLASS) pre and post-assessments were conducted and the average CLASS scores increased from pre to post in each of the three domains the tool measures: Emotional Support, Classroom Organization and Instructional Support.



School Readiness Community Programs

- 213 families received support services, resources and developmental screenings for children through the Sacramento County Office of Education. This included:
 - 861 home visits
 - 301 Ages & Stages Questionnaire and Ages & Stages Questionnaire – Social Emotional developmental screenings
 - 227 referrals
 - 104 family service plans which established agreed upon goals for the families to access services for children with developmental delays and/or disabilities

43% of children who received a developmental referral qualified for services and 18% were in the process of being assessed. Among the 16 children referred for mental health needs, nine (56%) had accessed services or were in the process of accessing services by the end of the fiscal year.

Effective Parenting

- 625 children who were at high risk for abuse or neglect received emergency child care and/or overnight stays at the Sacramento Crisis Nurseries.





First 5 Sacramento invested over **\$24 million** from July 2014 through June 2015 in prevention and early intervention programs for children ages 0-5 and their parents.

Community Impact: Proposition 10 Dollars at Work

Served **60,122** parents, children and providers

Referred over **12,000** people to community resources

Distributed **6,540** Kits for New Parents

Provided **4,144** comprehensive screenings or assessments to children

Helped **660** child care providers become better teachers and caregivers

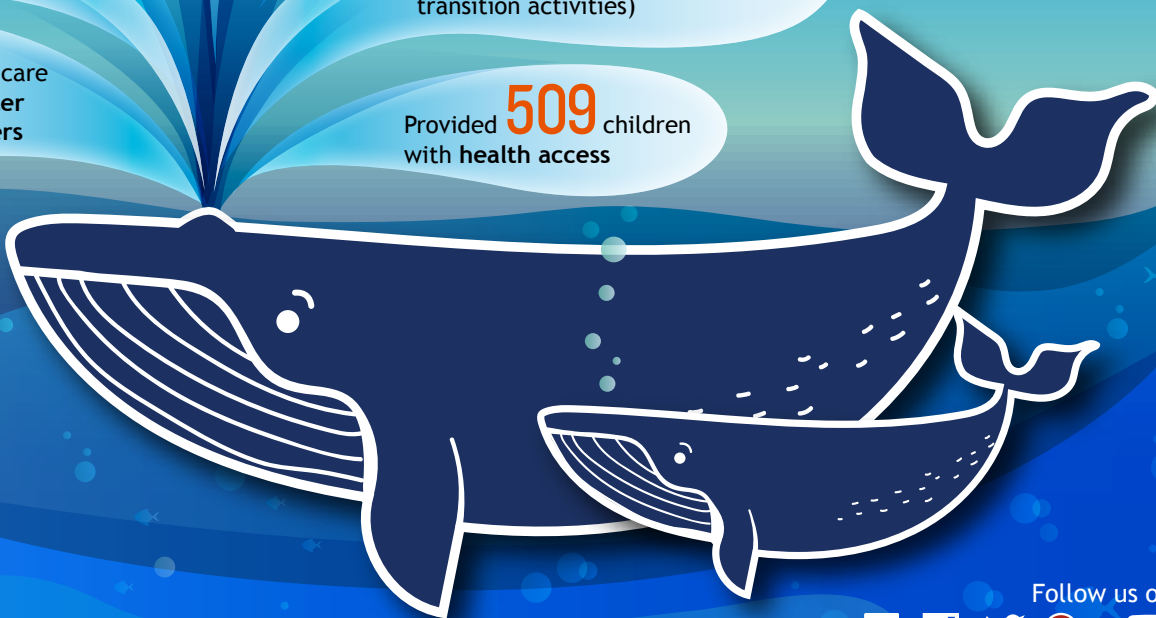
Assisted **14,431** parents and children through home visiting, parent support and parenting classes

Provided **10,170** children with dental services

Provided **4,586** mothers with breastfeeding support

Provided **3,028** children with school readiness services (playgroup, preschool, literacy programs and transition activities)

Provided **509** children with health access



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