

First 5 San Diego


Overview of Projects and Results

"Every child in San Diego County will enter school ready to succeed."




The "Whole Child" Approach

1. Improve child health
 - Healthy Development Services
 - Healthcare Access
 - Oral Health
 - KidSTART Planning
 - CHIP -- What to do when your child gets sick



The "Whole Child" Approach

2. Improve children's early learning
 - Preschool for All
 - School Readiness
 - Special Needs Project
 - CARES
 - CWS -- Foster Care Safety Net
 - Mi Escuelita
 - Reach Out and Read (ROR)



The "Whole Child" Approach

3. Supporting family development and resources
 - First 5 for Parents (parent education)
 - Kit for New Parents
 - CWS -- Foster Care Respite
 - Horn of Africa
4. Encouraging systems improvement and community change
 - Capital Projects
 - Community Water Fluoridation
 - 211 San Diego
 - Innovative Grants




Current Activities

- 81 program contracts
- \$80,581,646 in FY 2007-08



Healthy Development Services (HDS)

- Annual budget of \$13,534,600
- 8 contractors
- 47 subcontractors
- FY 05/06 - FY 09/10 (\$56.5M)



Needs and Opportunities

- 17% of minors have developmental delays
- Only 50% identified prior to entering school
- Children with mild to moderate delays are not covered by other programs or insurance.
- Early identification and treatment (especially by age 3)
 - dramatically improves child's outcomes (life long)
 - reduces costs (\$30K to \$100K per child)
 - reduces burden on the school system



Goals of HDS

- Increase access to screening, assessment and treatment
- Offer comprehensive developmental services: including parent support, newborn and at-risk home visits, AND developmental, vision, hearing, speech/language, and behavioral services
- Create regional service networks
- Transform and integrate the system of care



HDS by the Numbers

Over 1 in 7 children ages 0 to 5 years in San Diego County were served through HDS services (increase of 4,000 children)

Estimate of <i>New</i> Children Served	
Developmental Screening	13,624
Developmental Assessment/Treatment	6,605
Speech & Language Services	11,423
Behavioral Services	4,384
Newborn Medical Home Visitation	8,331
At Risk Home Visitation	2,157
Total Unduplicated (estimate)	32,912



HDS Child and Family Outcomes

- 73.4 % of children identified received needed treatment.
- 57.1% of children receiving treatment exhibited gains (developmental, behavioral, speech and language, vision) Majority of others remain in treatment.
- Over 98% of parents increased knowledge, skills, & empowerment



HDS System Transformation

- Doubled children referred to Regional Center
- Built relations btw 13 birthing hospitals, CA Early Start, Regional Center, Hope Infant
- Coordinated special needs referrals for families
- AAP screening standards - pediatricians



HDS: Moving Forward

- Expand treatment services (reduce wait times)
- Partner to increase # of local early childhood development professionals (reduce staff vacancies and wait times)
- Expand case management (streamline, family support)
- Strengthen HDS platform (integration with KidSTART)



Preschool for All

- Annual budget of \$6,030,000
- 1 contractor
- 26 service and 7 program support subs
- FY 06/07 - FY 10/11 (\$30 M)
- FY 04/05- FY 05/06 - planning grant (\$766,961)



Needs and Opportunities

- Children who attend a high quality pre-K are better prepared to start school, less likely to repeat a grade, and more likely to graduate high school.
- Preschool programs in CA are of uneven quality; children have unequal access to quality pre-K.
- Teacher education level is a key contributor to quality.
- RAND estimates the ROI of a system of universal, voluntary high quality preschool in CA is 2.62:1.



Goals of PFA

- Test model for creating a countywide system of free, voluntary high quality preschool
- Increase access to high quality preschool experience (half day)
- Improve quality of sessions and programs through external assessment and feedback (ECERS, FCCERS, CLASS, PAS)
- Develop qualified, professional workforce
- Encourage active involvement of families



PFA by the Numbers

Total Slots	
Quality Preschool Experience (FY 2007-08)	2,133
Quality Preschool Experience (FY 2006-07)	1,662
Percent Change	+21.3%

- 6 communities (Escondido, Lemon Grove, National City, San Ysidro, South Bay, Valley Center; adding Vista and Mountain Empire in FY 08/09)
- 20 diverse providers: school based, Head Start, non-school based, family child care, faith based (20% increase)
- 10.9% children with special needs (best among state programs)



PFA Outcomes

- Children progressed in all domains, esp. effective learning.
- More sites improved in quality -- progressed in tier level
- Parents reported high satisfaction/improved skills
- Teachers are more educated than previous year.



PFA System Transformation

- Created a system for assessing quality and providing coaching and support so sites achieve higher quality
- Created PreK network with a spectrum of provider types
- 84.3% of PFA teachers are now educated at or above Associate's level and 40.3% educated at or above Bachelor's level
- Quality preschool available to the working poor who don't qualify for State Preschool or Head Start



PFA: Looking Forward

- Continue the expanded focus on Special Needs
- Continue success with professional development opportunities
- Identify ways to increase parent engagement
- Examine ways to strengthen transition to Kindergarten



School Readiness Initiative (SR)

- Annual budget of \$5.85 M (\$2,927,047 from F5SD)
- 8 contractors
- FY 02/03 - FY 10/11 (\$28.9M total)



SR Initiative History

- 1st state/local initiative
- 8 school districts with low API scores
- Districts allowed to develop own design
 - 2 parent-child programs (Escondido, Oceanside)
 - 5 enhanced State PreK (Cajon Valley, National City, San Diego Unified, San Ysidro)
 - 1 special needs focus (Chula Vista)
- Evaluation retrofitted later with 4 common outcomes
- Sunsets in FY 09-10 and FY 10-11 (4 each year)



SR Numbers and Outcomes

	Estimated Served	+/- from last FY
Children "served in early care & education"	5,052	+15.3%
Children's health screenings	2,489	+30.3%
Children's developmental screenings (of those "enrolled")	1,724	-1.8%
Parent/caregiver education	6,642	+14.4%

- Children improved in each developmental domain, esp. safety and health
- Parents/caregivers increased in each of four parenting practice areas
- 48.5% of children enrolled received developmental screening (decrease from last fiscal year)



SR: Moving Forward

- Program recommendations:
 - Increase parent involvement, retain past improvements, improve the quality and quantity of outcome data.
- Lessons learned as SR sunsets
 - F5SD should take stronger role in defining state/local joint projects
 - Determine outcomes and evaluation before funding.
 - Challenge to evaluate outcomes when each program is different.



Special Needs Project

Screening Results		+/- from last FY
Children Screened	508	+1.4%
No Concerns, No Risk Factors	332 (65%)	+9.7%
No Concerns, Risk Factors	84 (16%)	+10.8%
Recommended for Assessment	95 (19%)	+1.1%

\$500,000 per year Locate and screen 500 children in specific geographic area.

752 case management service consultations

Child Study Team reviews cases of those with greater needs

Inclusion support services: ECE classrooms, home visitation, parent/child workshops



First 5 for Parents

- Annual budget of \$3,294,159
- 10 contractors
- 7 subcontractors
- FY 06/07 - FY 09/10 (\$12.59M)



Needs and Opportunities

- Primary caregivers have the greatest impact on a child's development esp. health, language and literacy.
- Bonding and attachment in the early months is critical to lifelong social-emotional well being and affects every aspect of relationships.
- Obesity among youth has doubled in past 20 years.



Goals of First 5 Parents

- Develop more effective parenting skills
- Promote early learning and literacy development
- Foster healthy behaviors through nutrition and exercise
- Use evidence based curricula or adapt curricula to reach broader audiences.



First 5 Parents by the Numbers

	Estimated Served	+/- from last FY
Parents/caregivers receiving educational services (early literacy, parenting skills, healthy behaviors,	4,662	+37.9%

Served parents whose native languages include: English (42.6%), Spanish, Arabic, Chinese, Japanese, Kirundi, Somali, Swahili and Vietnamese.

Some programs also focused on military families and on using intergenerational approaches to teaching parents.



First 5 Parents: Outcomes

Pre/Post Test results showed

- Positive behavior change:
 - Increased reading to children
 - Decreased fast food meals (families)
 - Increased physical activity (parents and children)
 - Decreased "screen time" (children)
- Increased confidence in parenting skills



First 5 Parents: Moving Forward

Expand outreach and programs for more diverse audiences.

Explore effectiveness of evidence-based interventions adapted to serve multiple immigrant populations.

Identify strategies for improved parent recruitment and completion rates.

Examine whether more appropriate in future to identify and support specific curricula or support multiple curricula.



Healthcare Access (HCA)

- Annual budget of \$3,087,538
- 6 contractors
- 17 subcontractors
- FY 03/04 - FY 09/10 (\$19.2 M over 7 yrs)



Needs and Opportunities

- 4.5% of children in the county lack medical insurance (2005)
- Children without health insurance are generally:
 - In poorer health
 - Less likely to have a medical & dental home
 - Less likely to have well-child health visits
 - More likely to visit the emergency room for primary care services.



HCA Goals

- Locate the uninsured
- Assist families with enrollment
- Provide ongoing assistance so children and pregnant maintain & utilize insurance
- Educate families so children:
 - have a medical and dental home,
 - receive preventative medical and dental services
 - only use the ER for appropriate reasons.



HCA by the Numbers

	Estimated Served	+/- from last FY
Children assisted	13,366	-2.1%
Children enrolled	9,210	-21.8%
Pregnant Women enrolled	3,352	-2.0%

- Continued high level of results for children and families
- High rate of enrollment retention
- High level of health outcomes due to follow-up
- Decrease in assistance and enrollment may be due to past success, loss of OERU project.



HCA Outcomes

- 94.7% surveyed at 12-18 mos. retained insurance
 - (Medi-Cal & Healthy Families retention 62% at 13 mos)
- 99%+ children visited the doctor in past year
 - (county data comparison 94%)
- Less than 7% of children visited ER annually, with less than 1% visiting every six months.
 - (county data comparison 21.8%)



HCA: Moving Forward

- Identify why decreases in enrollment numbers
- Encourage Medi-Cal applications
- Increase client knowledge of dental care and appropriate ER usage
- Handling obstacles of state enrollment system and enrollment and re-enrollment requirements.



Oral Health Initiative (OHI)

- Annual budget of \$1.4 million
- 1 contractor
- 18 subcontractors
- FY: FY 05/06 - FY 09/10 (\$5.1 M)



Needs and Gaps

- Tooth decay is most common childhood disease -- more than 25% of 2-5 year olds
- Untreated, it affects nutrition, sleep, appearance, school attendance and sometimes speech and language development.
- Untreated gum disease among pregnant women can lead to premature births and low birth weight.
- Denti-Cal has minimal coverage for pregnant women and may discontinue all coverage



OHI by the Numbers

Estimated Served	Children	+/- from last FY	Pregnant Women	+/- from last FY
Screenings	13,092	-38.4%	1,935	-11.6%
Routine Treatment	13,946	+11.9%	1,878	+34.1%
Specialty Treatment	680	+18.1%	N/A	N/A
Care coordination	8,987	+24.1%	2,665	+77.5%

- Specialty treatment for children increased by 18.1%
- Routine treatment and care coordination increased for both children and pregnant women
- Oral health screenings decreased (though 18 mo. targets reached)



OHI System Transformation

- Created oral care network; delays are significantly reduced
- Oral screenings now conducted in well child and OBGYN visits and community settings -- more clients in need getting referred.
- Promoting AAPD standard of first dental visit by age 1
- Instituting caries risk assessment -- a national best practice.
- Created specialty treatment pool -- funded 2,726 procedures since 2005 where anesthesia was required.



OHI: Moving Forward

- Establish treatment funding for pregnant women
- Implement Caries Risk Assessment (CRA)
- Recruit and retain pediatric dentists and other dental professionals
- Explore tracking and reporting recall exams
- Connect care coordinators to other First 5 initiatives
- Implement oral health social marketing campaign
- Continue to foster relationships with medical community



Capital Projects

- \$60 million for projects and equipment
- Began FY 04-05. A few projects pending completion.
- Funded 48 projects
- All funds encumbered. No additional fiscal impact.





Non-Initiative Projects


Break Out Projects

- Community Water Fluoridation
- CARES
- 211 San Diego
- Public Education
- Kit for New Parents
- KidSTART Planning Project
- Responsive Funds
- Innovative Grants




Community Water Fluoridation

- Fluoridation provides community wide health benefit in preventing dental decay.
- Allocated \$5.4 M in 2007 with an additional \$1 M from The California Endowment.
- Current negotiations with City of San Diego.
- Other water districts to follow as funding allows.




CARES

- Goal: promote education and retention of early care workforce
- Provides stipends upon completion of college/university coursework
- FY 08/09 budget: \$2.5M
- Funded FY 01/02 -- FY 09/10 (\$21,888,929)
- 534 ECE providers received stipends FY 07/08 (2.9% decrease).
- Staff examining other models to increase participation.



211 San Diego

- Information and referral line
- Served 38,696 families with children age 0-5 in FY07/08 (67.5% increase)
- FY 08/09 funding \$858,000
- \$5.418M from FY 04/05 - FY 09/10 in base funding



Public Education

\$718,726 for FY 2008-09


Outreach Messages

- Importance of a child's first five years of life
- Services offered to children by First 5 San Diego

Public Education Elements

- Warm line, website redesign, PSA's – TV and radio, informational brochures and posters, mall displays, transit shelters, bulkhead wrap

Pre- and post-evaluations



Kit for New Parents

- A "toolkit" for parents available in English, Spanish, Mandarin, Vietnamese, Korean, Cantonese
- Supplied free by First 5 CA (value \$75)
- 2.5 million kits distributed; 65,207 in FY 07/08 (37.7% increase) via over 800 partners
- FY 08/09 budget: \$647,000
- Funded FY 01/02 -- FY 09/10 \$5.18 M



KidSTART Planning Project

- Goal: integrate existing developmental services, agencies, systems and funding into a comprehensive, accessible system of developmental care
- 2 year planning process
- Involves 15 agencies and parents
- Total funding: \$329,091



Responsive Funding

- \$3 million per year budgeted
- \$11,531,724 allocated to date
- Projects to date
 - What to Do When You Child Gets Sick. (CHIP) \$35,000 over 3 years. Train 1000 trainers to deliver the curriculum.
 - Reach Out and Read (AAP) \$437,754 over 3 years. Makes literacy promotion a standard part of pediatric primary care . Expanded to 7 new sites and distributed 8,329 additional books.



Responsive Funding (new)

- HHS-CWS: Foster Child Respite Support - \$610,000 over 2 years
- South Bay Community Services: Mi Escuelita - \$878,400 over 3 years; therapeutic preschool for children of domestic violence
- 211 San Diego – \$200,000; database upgrade
- Horn of Africa Families Together - \$370,570 over 3 years. Support services to East African families.
- HHS-CWS: Foster Care Safety Net - \$9,000,000 over 3 years. therapeutic services for children



Innovative Grants

- Mini-grant program
- Limits: \$75,000; 1 year duration
- Funded 36 projects to date at \$2,256,104



Commonalities Across Projects

- Creation of platforms for integrated services
- Reducing barriers to access
- Promoting standardization of practices
- Strengthen data collection
- Strengthen ties across initiatives and other community projects
- Increase focus on sustainability



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