

## First 5 Lake County Local Evaluation Report

First 5 Lake conducts an annual evaluation of its efforts in order to understand the effectiveness and impact of its investments, guide improvements to programs and systems, inform decision-making, and promote accountability to the community regarding the use of First 5 funds. The details of the evaluation design, performance indicators, data collection methods, and other elements are documented in an Annual Evaluation Plan. The Evaluation Plan guides the coordinated work of First 5 Lake and the community partners receiving First 5 funding and is the blueprint for an effective evaluation throughout the year. Each program strives to achieve First 5 Lake's mission of building the early childhood systems and supports needed to ensure *the County's youngest children are safe, healthy, and ready to succeed in school and life.*

### Programs

**Bloom:** Bloom is dedicated to providing tools and resources to Lake County parents of children ages 0 to 5 that help them become more engaged in talking, playing, and reading with their children.

**Imagination Library:** The goal of Imagination Library is to foster a love of reading by providing children with the gift of a specially selected book each month. High quality, age-appropriate books are mailed directly to children's homes.

**Sutter Lakeside Hospital (SLH) Smart Start Family Support Program:** SLH leads an infant safe sleep education program to provide concrete resources to parents to reduce infant deaths and injury related to suffocation and Sudden Infant Death Syndrome (SIDS).

**Easterseals Northern California (ESNorCal) Early Learning Centers:** Children ages 0 to 5 can play with parents and caregivers at two Early Learning Center (ELC) locations. Parents and other caregivers also receive on-site consultation and tips to support their understanding of child development.

**ESNorCal Child Find Linkages Health Line:** The Health Line connects parents and professionals to resources and information about child development. Travel stipends are

### Expected Outcomes

First 5 funded programs are intended to achieve the following outcomes:

- ✓ Parenting knowledge and skills are enhanced to support children's healthy development and social-emotional wellbeing.
- ✓ Families with young children are socially connected – developing and maintaining positive relationships that provide concrete emotional, informational, and spiritual support.
- ✓ Increased academic and social-emotional school readiness for all Lake County children.
- ✓ Families are increasingly educated about and supported in fostering interactions that help children develop the abilities to communicate clearly, recognize and regulate emotions, and establish and maintain relationships.

Local Evaluation Report 2018-2019

also distributed for children ages 0 to 5 needing access to specialized healthcare or for mothers with prenatal complications.

**Nurturing Families:** Nurturing Families offers classes to parents to help them understand child development and learn new parenting skills. Children also participate in these classes to help the family learn new ways to work together.

**Oral Health:** Dental screenings and oral health education are provided through Lake County Office of Education’s (LCOE) Healthy Start program.

**AmeriCorps:** AmeriCorps members provide specialized programs on oral health and nutrition, as well as the Second Step Social-Emotional Learning Curriculum.

**Mother-Wise:** Mother-Wise is a locally designed initiative to address Perinatal Mood and Anxiety Disorders for new mothers. The program offers in-person and online support groups, screenings, referrals, and a donations closet.

- ✓ Children are born healthy and experience optimal physical, behavioral, and developmental health.
- ✓ Families receive needed services from trauma-informed, culturally competent, collaboratively networked service providers.
- ✓ The reduction of child abuse and neglect and the increase of family resilience become common indicators of success.



## Who Was Served

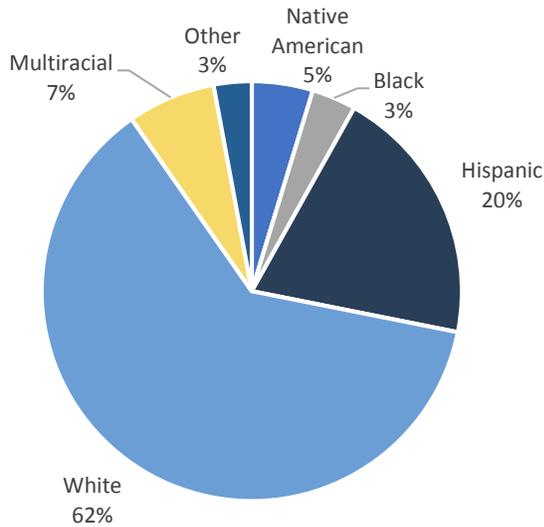
Total Number Served	Family Functioning	Child Development	Child Health
 <p>Children Ages 0 to 5</p>	<b>2,452</b>	<b>275</b>	<b>1,126</b>
 <p>Parents/Caregivers</p>	<b>3,380</b>	<b>0</b>	<b>1,776</b>
 <p>Service Providers</p>	<b>41</b>	<b>107</b>	<b>162</b>

## Race/Ethnicity of Those Served

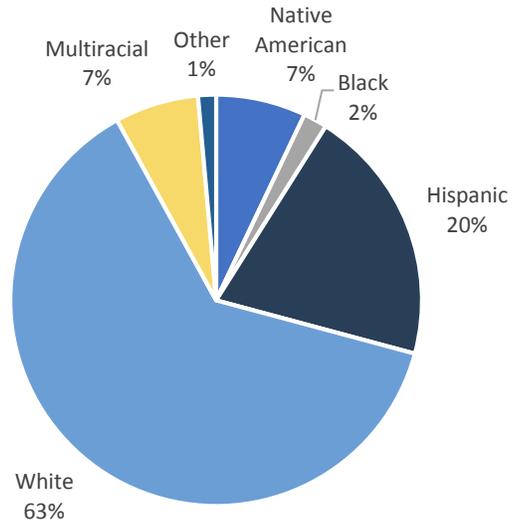
### Children

### Parents

Ethnicity of Children Served



Ethnicity of Parents Served

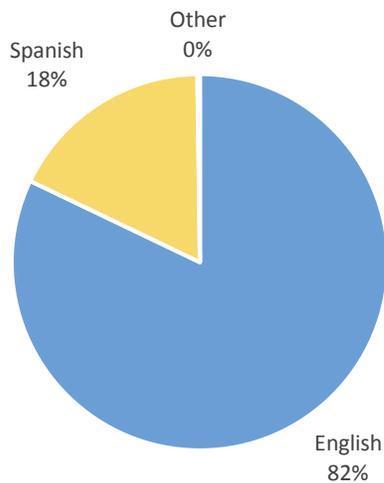


## Primary Language of Those Served

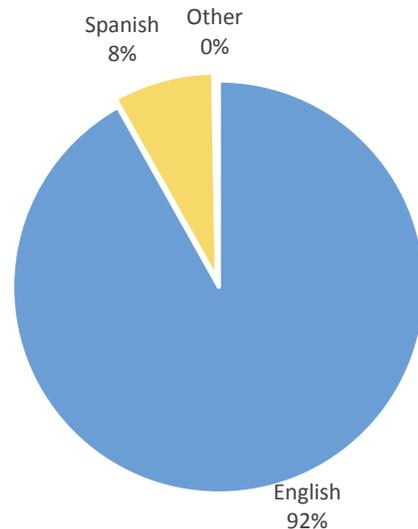
### Children

### Parents

Primary Language of Children Served



Primary Language of Parents Served



# Impact of First 5 Investments

## Improved Family Functioning

### Parent Education and Support

**146**

parents and/or children received transportation assistance to access health care services or visit hospitalized children out of the county.



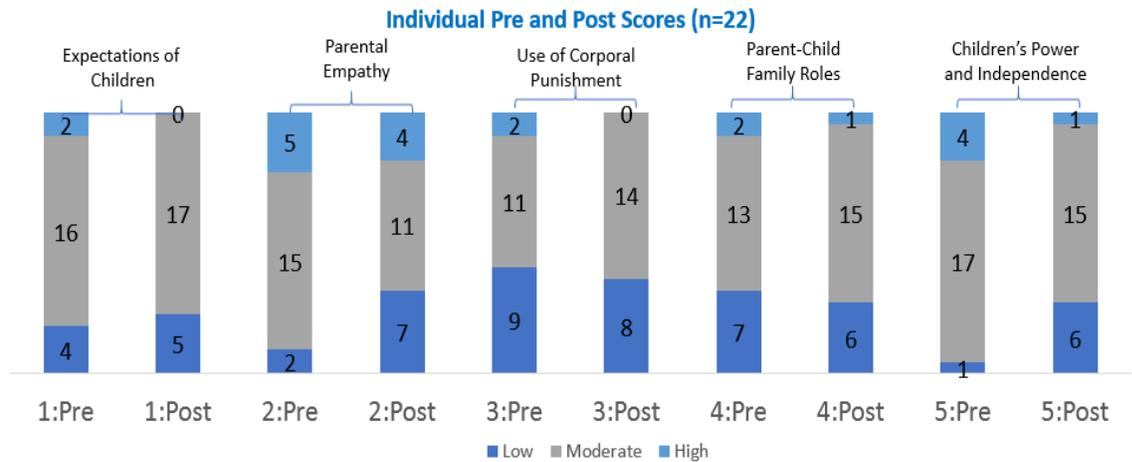
**4 of 5**

high-risk pregnant mothers seeking assistance with travel from ESNorCal, learned about the travel assistance from the Smart Start Safe Sleep classes.

*One high-risk pregnant mother, who had been traveling to Santa Rosa multiple times a week, was provided with the full travel stipend amount for the year due to her fragile health. She appreciated receiving the funds up front so that she did not have to make additional trips to the Early Learning Center (ELC) to request funds.*

**101**

parents participated in parenting classes using the **Nurturing Parenting curriculum.**



The Adult-Adolescent Parenting Inventory (AAPI) measures attitudes and beliefs about parenting and assesses parental knowledge of child development and appropriate expectations. The graph above depicts changes in individual scores. For example, in the domain of Expectations of Children, two participants moved from high-risk to low- or moderate-risk following services.

*During a Nurturing Families graduation ceremony, parents showed support for each other and gratitude for what they learned from others in the class. One father expressed that he "...liked knowing that there will always be challenges when parenting and that I will strive to be proactive with developing a toolkit to help myself, my wife and my child get through the challenges."*

## Early Literacy

2,299

children ages 0 to 5 received a **free book from Imagination Library each month** to promote early literacy and reading as a family.

31%

of families surveyed reported that reading time with their child **increased 30 minutes or more per day** after participating in Imagination Library.



*"I love the program, my daughter looks forward to receiving a new book each time and it's always her new favorite book, until the next one comes! I'm so appreciative of this program and the opportunity it gives my daughter and me to read so often."*

## Information and Resources for Families



1,161

adults accessed Bloom's web and Facebook sites with information about **activities, games, resources, and more** that parents can do with their children.



3,400

**"Bloom into Kindergarten"** books were distributed with information to prepare parents and children for kindergarten.

## Improved Child Development

### Early Learning Supports

275

preschool children received **Second Step lessons** to build their social, emotional, and interpersonal skills.

84.6%

of all children assessed were rated as **kindergarten-ready** in social-emotional development after the lessons.

## Quality Early Care & Education

**107**

providers attended the **Quality Care Counts Conference** where strategies for providing **trauma-informed care** were highlighted.



**170.5**

hours of **coaching and technical assistance** were provided to early care and education staff from Quality Rating and Improvement System (QRIS) coaches.



**44**

sites have **participated** in the QRIS program.



## Improved Child Health

### Oral health

Children ages 2 to 5 who had a dental screening:

**779**



Percent with immediate need for oral health services:

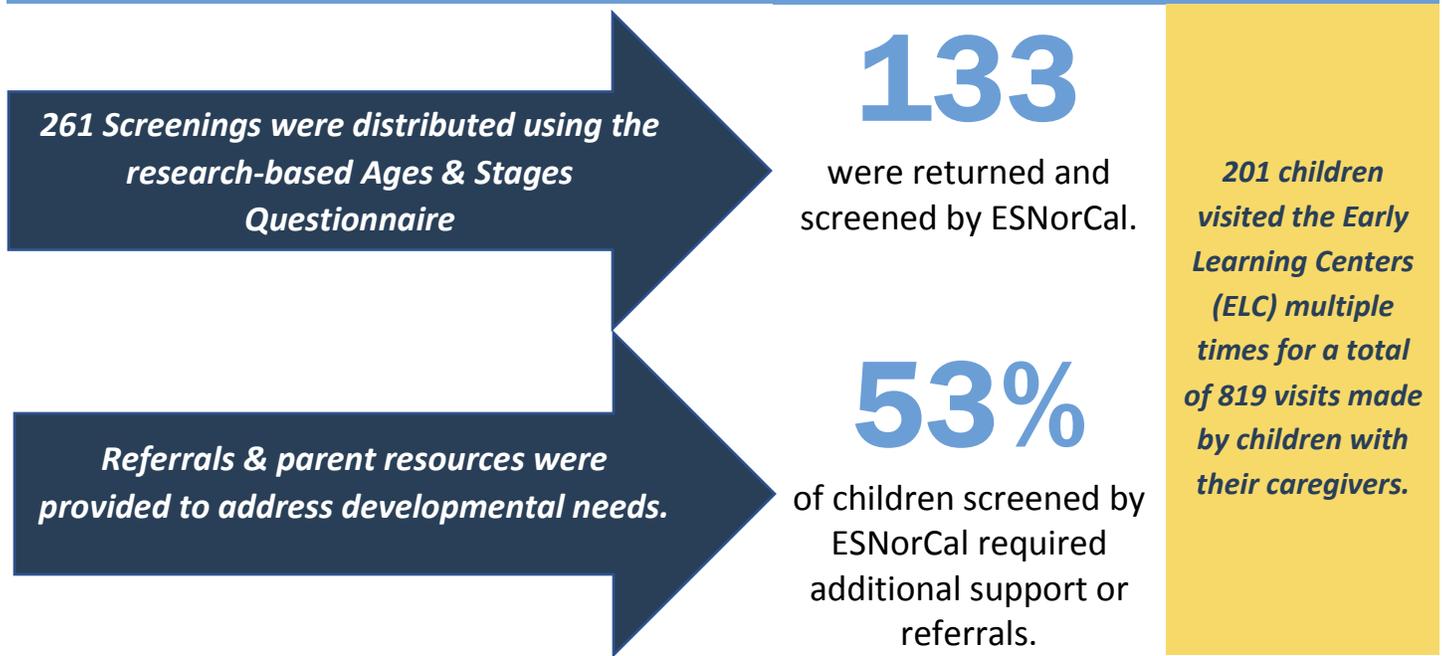
**8%**



Dental screenings and varnish were provided to 182 children through a collaboration with Tribal Health.

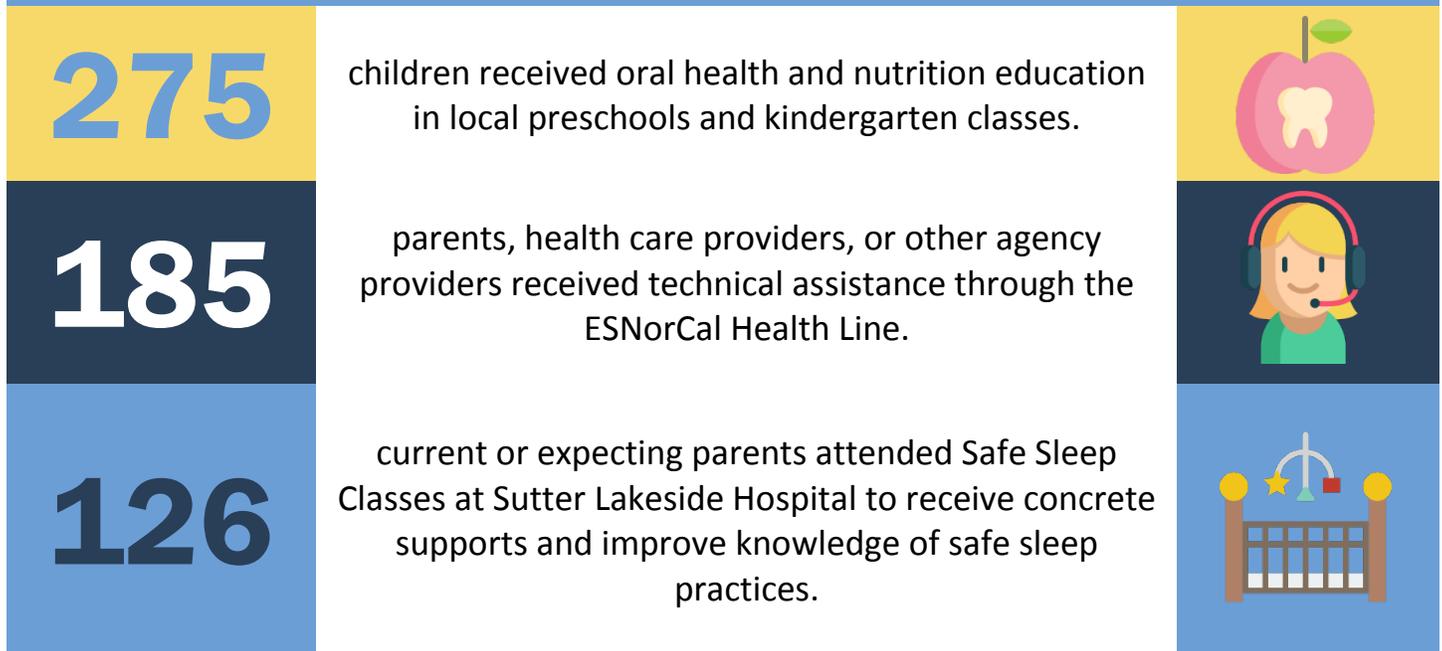
**182**

## Developmental Screening and Intervention



*When asked what they hoped to gain for their child by coming to the ELC, parents noted social opportunity, quality time with my child, learning about developmental milestones and activities from ELC staff, and meeting people in the community. One parent commented, "Without this program, it would be very difficult to see his progress and get resources for any issue that may arise. The playgroup is essential."*

## Health Education



Mother-Wise Served

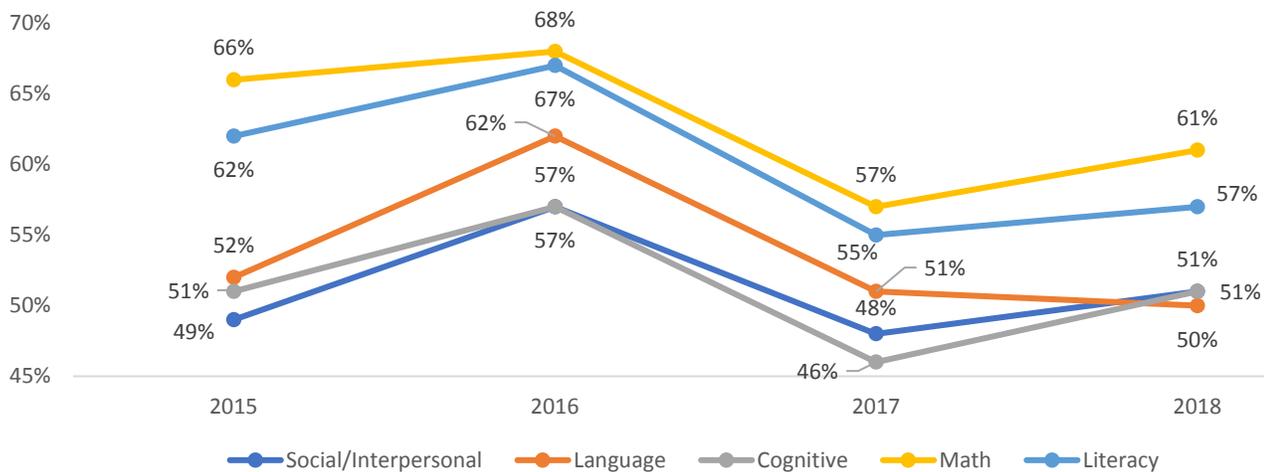
980

parents, caregivers, and other family members through online support, in-person support groups, a donations closet, referrals to services, and community outreach events.

## Kindergarten Readiness

*First 5 Lake has partnered with the Lake County Office of Education (LCOE) since 2008 to conduct a Kindergarten Entry Developmental Profile (KEDP) study.*

Overall Percent of Developmental Indicators Rated as “School Ready”  
All Kindergarten Students in the KEDP, 2015-2018



A four-year trend of the overall percentage of developmental indicators that were rated at a “school ready” level, across all 15 indicators, is shown above. 2018 ratings were higher than 2017 across virtually all skill areas for both kindergarten and Transitional Kindergarten students. The only exception was a slight decline in Language skill ratings for kindergarten students.

# Improved Systems of Care

## Collaboration

### In 2018-19, First 5 Lake's executive director:

Served as a member of the

Maternal, Child and Adolescent Health Advisory Board



Lake County IMPACT/QRIS Steering Committee and Lake County Child Care Planning Council

Children's Council, a collaborative of public and private agencies working on child abuse prevention

Lake County Oral Health Advisory Council (OHAC)

Participated in the

Healthy Start Collaborative

Nurturing Families Advisory Committee

Health Leadership Network

Building Resilient Lake County trauma-informed guide team

Launched the **Smart Start Collective**, a collaborative of professionals serving families of children ages 0-5 in Lake County

Examples of the positive results from this collaborative work include

The **Smart Start Lake County 0-5 Resource Website** to help families with young children learn about and access needed services in the community.



The **State of Our Children** project, which will launch in Fall of 2019, to inform and engage the community on issues related to the health and wellbeing of Lake County's children.



## Training

### The First 5 Lake executive director:

Provided training to early childhood educators by facilitating the **Brain Architecture Game** with **107** participants of the Quality Care Counts conference.



Completed the **Strategies 2.0 Facilitator Training for Strengthening Families Protective Factors** in order to build the capacity of community service providers.

## Community Strengthening

Followers of the First 5 Lake page more than doubled, with over **600 total followers** at the end of the year. Posts are frequently shared with a **reach in the thousands**.



First 5 Lake publicly honored **8 new Children's Champions** from local nonprofits, health care, childcare, education and business sectors.



First 5 Lake strategically used Facebook to **promote** community resources, child health and development, family strengthening, and local family-friendly events.



First 5 Lake staff participated monthly in Sutter Lakeside Hospital and Adventist Health Clearlake's Safe Sleep Seminars, sharing with approximately **196 expectant mothers** and their support partners about all of the services and programs available in the County through First 5 Lake funding.