



# **2018-2019** LOCAL IMPACT BRIEF

First 5 San Bernardino | Harder+Company Community Research

# Introduction

## Strong systems, strong families

In many ways, 2018-2019 was a milestone year for San Bernardino County. First 5 San Bernardino celebrated its 20th anniversary. At the same time, unemployment reached historic new lows, median housing prices continued to climb, and more children and families than ever before were covered by health insurance.

First 5's work is guided by its vision to ensure that all children in San Bernardino County are healthy, safe, nurtured, eager to learn and ready to succeed. While direct funding for key services and programs remains an important part of First 5's work, its efforts and funding increasingly have been used to strengthen systems of care to create sustainable and meaningful change across the county.

This local impact report highlights some of those achievements in three longstanding focus areas:

- 1 Child Health
- 2 Early Learning
- 3 Family and Community Support & Partnerships

Impact can be measured in different ways depending on the work—children and families served, new partnerships formed, dollars leveraged for our county, or increased effectiveness of systems. We include icons throughout this report to indicate the level of impact we are seeing for our investments.

We are excited to share our accomplishments this year and look forward to the future, too. While there are achievements to celebrate, 23% of our children continue to live in poverty therefore there is work left to be done.

*To highlight how we see our investments supporting **children and families, providers and partners, and communities and systems** that surround them, we include icons to highlight areas of investments.*



# Child Health



## Children & Families

2,790 children served in FY 2018-2019

**SCREENING, ASSESSMENT, REFERRAL AND TREATMENT (SART)/EARLY IDENTIFICATION AND INTERVENTION SERVICES (EIS).** Over the last 15 years, First 5 San Bernardino and the County Department of Behavioral Health (DBH) have partnered to access Medi-Cal and EPSDT dollars to identify, treat, and make appropriate referrals to children who are experiencing significant developmental and/or behavioral issues.

First 5 San Bernardino's health investments ensure children 0-5 and their families have access to a full spectrum of physical and behavioral health services needed to enhance their well-being.



EIS and SART utilize a braided funding model to be able to serve all children regardless of age. EIS provides specialty mental health and attachment enrichment services to children between the ages of 0 to 9. SART serves children ages 0-6 who are experiencing social, physical, cognitive, behavioral, developmental, and/or psychological issues.

About 55% of children who presented at SART or EIS experienced emotional outbursts, extreme tantrums and/or bedwetting - signs that they needed help adjusting to trauma.

Children's lives improved in many ways\*, including:

80% increased curiosity

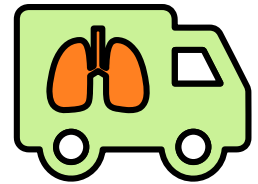
79% improved attachment

76% Improved emotion regulation

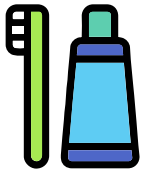
\*based on assessment using the CANS for children discharged from SART in FY 2018-2019; data provided by Department of Behavioral Health



The **EARLY SMILES** program is an integrated and sustainable model program that provides children 0-5 and pregnant women with oral health education. The program ensures that participants have optimal oral health practices, provides screenings, and risk along with preventive services. Plus, the program creates collaboration between the medical and dental providers, by integrating oral healthcare into primary care.



The Arrowhead Regional Medical Center **BREATHMOBILE** travels to participating sites across the county to treat children with asthma. Visits include complete evaluation, examination, care plan and extensive patient-family education sessions.



<b>3.5K</b> parents	<b>9.5K</b> children	<b>320</b> children
<i>demonstrated oral health knowledge gain</i>	<i>received oral health screenings</i>	<i>connected to a permanent dental home</i>

The Center for Oral Health was integral in the development of the County of San Bernardino's Oral Health strategic plan.



## Providers & Partners

**CHILDREN'S ASSESSMENT CENTER.** In partnership with Children's Fund, Loma Linda University and partners, the assessment center provides holistic resources and referrals through a multi-disciplinary team to children age 0-5 to decrease the effects of child abuse, and prevent potential for future child abuse. Additionally, Children's Fund provides training to parents, caregivers, and pregnant teens to help them protect their children from abuse. The team has trained professionals to better identify and respond to incidents of abuse.

**600** children received forensic screenings

**1.4K** trainings were provided to medical and non-medical professionals\*

*\*including nurse practitioners, forensic interview specialists, pediatricians, and other professionals*

**HELP ME GROW.** In partnership with First 5 Riverside and Loma Linda Children's Hospital, initial phases of planning began to develop a comprehensive system of care to support early developmental and behavioral identification and intervention. The system will ultimately include a **centralized call center** access point for parents and professionals, outreach and education to parents and providers and ongoing data collection and analysis.

Important foundational milestones in 2018-19:

- Held several community engagement planning sessions.
- Established a regional (San Bernardino and Riverside counties) **database** and **data collection system**



## Communities & Systems

**LOCAL DENTAL PILOT PROJECT/DTI.** The CA Department of Health Care Service funds DTI which increases dental care for Medi-Cal recipients. First 5 San Bernardino has continued to support oral health access for children and families in the Inland Empire. In collaboration with First 5 Riverside, they implemented the Virtual Dental Home (VDH), which utilizes tele-health technology to provide oral health services where children are, such as preschool/school sites.

**EARLY CHILDHOOD ORAL HEALTH ASSESSMENT (ECOHA) STRATEGY.** ECOHA is a mobile app to allow for a quick oral health assessment and to connect children to a dental home. The app provides an opt-in link for parents to receive educational text messages through Ready4K. In 2018-19 calendar year, there were over 7,000 children assessments.

**1442** children served through Virtual Dental Home



**7K** children have received the assessment

First 5 also provides regional support through the **ORAL HEALTH ACTION COALITION** of the Inland Empire (OHAC-IE). OHAC-IE is a non-partisan coalition of oral health advocates dedicated to improving the oral health of vulnerable populations in the Inland Empire region. The coalition convenes more than 30 health care providers, institutions, and advocates for peer-to-peer learning and leverages resources that impact oral health programs and policies in the region.

During the 2018-19 fiscal year:

- OHAC-IE members learned about the needs assessments and strategic plan finalized by the **Local Oral Health Program** in San Bernardino County.
- Members participated in the California Dental Association (**CDA**) **Cares event** held on September 27th and 28th in San Bernardino. This event served 1,626 patients through the participation of 1,418 volunteers.
- Members value the coalition as a **platform for collaboration and resource sharing**.





**MATERNAL HEALTH NETWORK.** Although the State of California exceeds most national targets for maternal care and birth outcomes, San Bernardino County lags behind the state in many categories. This includes access to early and adequate prenatal care, preterm birth rates, and neonatal death rates. These disparities are even more pronounced for African American women. To address this important issue, First 5 San Bernardino provided financial support to convene the Maternal Health Network (MHN), a collective of service providers and advocates dedicated to improving the quality of maternal health care in San Bernardino County.

The overarching goal of the MHN is to develop a comprehensive, coordinated, and responsive support system for families who are planning to become pregnant, those that are pregnant and those that have recently delivered a child.

The MHN worked with Social Entrepreneurs, Inc. (SEI) to conduct a gap and asset analysis of the maternal health system. Over the course of the year, MHN events engaged over 200 providers and community members in activities and work groups to identify key issues, assets and opportunities to strengthen the maternal health system in San Bernardino County.

The MHN identified six critical issues that need to be addressed to improve maternal health and birth outcomes across the county, including:



**Equity**



**Early identification of risk**



**Access to community resources**



**Data sufficiency**



**Provider capacity**

# Early Learning



## Children & Families

**REACH OUT AND READ** gives young children a foundation for success by incorporating books into pediatric care and encouraging families to read aloud together.

In 2018-2019, First 5 supported the hiring of a full-time coordinator position to the local chapter of the **American Academy of Pediatrics** who are in the early phases of **program expansion to more providers** in 2019-2020.

Last year in 2017-2018, approximately

**60**  
pediatricians  
*across the county were engaged*

**33K**  
books  
*distributed to children and their families*



First 5 San Bernardino's early learning investments support high quality early childhood care and education that prepares children to reach their optimal potential.

To complement services provided to children and families, First 5 supported six **AmeriCorps** members to provide one-on-one literacy and school readiness services to 149 students in San Bernardino County Head-Start programs, as well as supporting the classroom at large.



## Providers & Partners

**PRESCHOOL SERVICES DIVISION'S EARLY HEAD START CHILD CARE PARTNERSHIP.** First 5 provided a local match to enhance federal support for professional development of Early Head Start educators focused on environmental and school readiness quality. Two coaches are employed to improve capacity among Early Head Start providers in the county. The trainings complement coaching and support offered by Quality Start San Bernardino.

**25**

providers received coaching and other quality supports

**600**

children are served by these providers



**QUALITY START SAN BERNARDINO.** The quality of early learning opportunities is critical to a child’s long-term success in school and life. Quality Start San Bernardino (QSSB) is a quality rating and improvement system (QRIS) designed to help child care programs and preschools provide the highest quality early learning experiences to children.

QSSB integrates and aligns quality improvement services and investments into one coherent system. It is funded and implemented in conjunction with Cal State University San Bernardino, Child Care Resource Center, San Bernardino County Superintendent of Schools, and County Preschool Services. 2018-2019 was the initiative’s second operational year, and **QSSB’s reach increased by 50 providers** over the previous year, a 27% increase. To learn more please go to [www.qualitystartsb.org](http://www.qualitystartsb.org)

At the end of 2018-2019,

**234** early care and education sites participated in QSSB

In 2018-2019, QSSB ensured that more than

**10K** children benefitted from an overall higher quality early learning environment

In 2018-2019, 60 sites received a **second quality rating** to measure progress:

**42** re-rated sites had an increase in **total rating points**

**24** re-rated sites moved to a **higher quality tier**



**148** sites participating in QSSB received **Quality Plus** or **Highest Quality** ratings



**Highest Quality**  
Far exceeds quality standards



**Quality Plus**  
Exceeds quality standards



**Quality**  
Meets quality standards



**Rising Quality**  
Approaching quality standards



**Emerging Quality**  
Committed to quality improvement



**No Rating**  
Program is enrolled in Quality Start but does not yet have a public rating



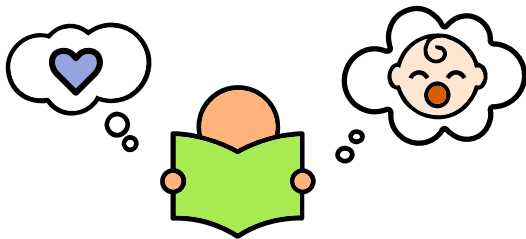
# Family and Community Support & Partnerships



The Family and Community Support and Partnerships (FCSP) investment provides parenting education classes (Nurturing Parenting) and structured case management services to increase family stability. Families participate in both services to ensure

**1,106** parents received **11,596** Nurturing Parenting classes

Parents who received nurturing parenting classes demonstrated **significant improvements in positive parenting practices** that help protect children against maltreatment.



First 5 San Bernardino strengthens families and communities to assist them in nurturing, caring, and providing for their children's success and well-being.

551 parents scored in the high or moderate risk for abuse range in one or more areas when starting parenting classes.

By the end of the program, **517 of 551** parents moved from high or moderate to low risk, substantially reducing their children's likelihood of experiencing abuse and neglect.

After taking Nurturing Parenting classes, # of parents\* at high risk for...

inappropriate expectations of children decreased by

↓ 105 👤

parental lack of empathy decreased by

↓ 174 👤

belief in corporal punishment decreased by

↓ 89 👤

reversing parent-child roles decreased by

↓ 108 👤

oppressing children's power and independence decreased by

↓ 120 👤

\*The number of parents represented in Nurturing Parenting Classes are duplicated.

**CASE MANAGEMENT.** Case management sessions help parents meet their family's basic needs and support the skills taught in Nurturing Parenting classes.

In 2018-19, the most frequent needs reported by families using case management services were...

**Community Resources Knowledge:** When asked about their knowledge and use of community resources and how to use them...



**329** parents said they either had no knowledge of community resources or some knowledge of community resources.

**Social Interactions:** In regards to the connections with family and other community members...



**225** parents said their family did not have social ties with other people (including relatives) or their family has some social ties with others (mostly relatives).

**Employment:** When it comes to keeping stable employment...

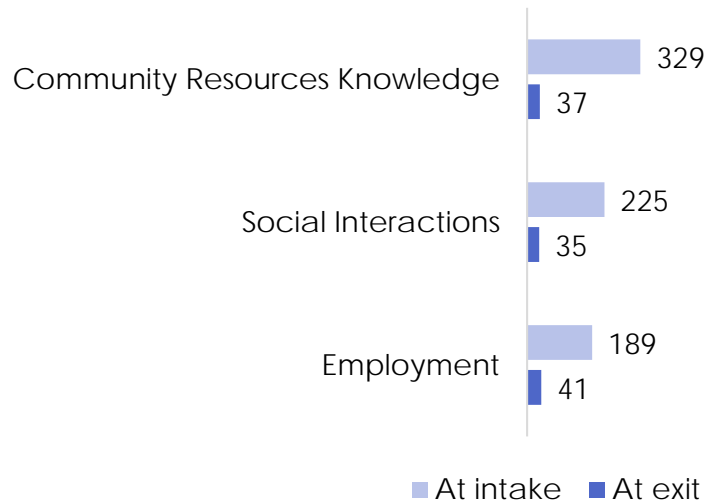


**189** parents said they were either unemployed and have difficulty getting a job or experience difficulty keeping a job once hired.

## 1,004 parents received 3,694 Case Management sessions



Families who entered case management are assessed using the Family Developmental Matrix with 19 indicators. Below are the **top three indicators participants were 'in crisis' or 'at risk'** at Intake and exit for most common case management needs



On average, parents entered FCSP in crisis or at risk in four areas. By the end of the program, most families improved to safe or stable in three areas.



## Providers & Partners

**CAREER ONLINE HIGH SCHOOL** offers parents 19 and older the opportunity to earn an accredited high school diploma and career certificate online. In 2018-19, the Career Online High School saw its second graduating class.

**59** participants were actively enrolled in the program

**100** individuals were in the pre-enrollment process

**5** graduates were provided scholarships by First 5 San Bernardino to complete the program.

**211 SAN BERNARDINO COUNTY** is the central source for providing free and confidential information and referrals for all health and human services in the county.

Phone lines are open 24 hours a day, 7 days a week, with trained Community Resource Advisors prepared to offer helpful information with any situation, any time—whether financial, domestic, health, or disaster-related.

**59K**

families were provided referrals and resources

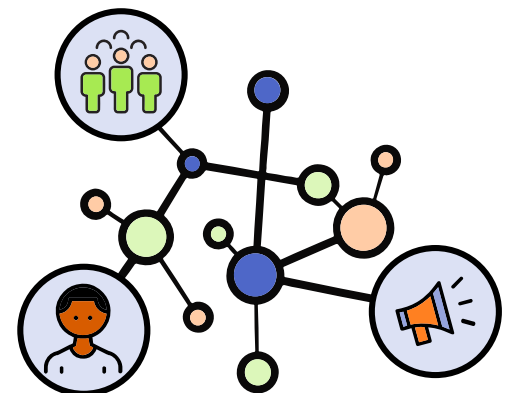
**Homelessness and transportation** needs were the most common needs.



## Communities & Systems

In partnership with Children’s Network, First 5:

- Supported the **33rd Annual Children’s Network Conference**.
- established the **fatherhood involvement collaborative**, which promotes the involvement, necessity, and value of the role of fathers in the family and community.
- implemented safe-sleep, maternal mental health, and child abuse prevention **media campaigns** in the county.



# First 5 San Bernardino Commission

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