

# First 5 Tuolumne Grantee **BENCH** marks Report



APRIL 2023

# Raising Healthy Families Successes / Challenges



## **Success**

This year Raising Healthy Families has experienced stabilization and expansion. Our established year-round curriculum has been updated given new training and expertise which our staff has gained. We have also responded to the need voiced by many class participants for an in-person class. Raising Healthy Families has collaborated with the Jamestown Family Resource Center to host a weekly in-person support group and parenting education. This class is well-attended and has the added benefit of being held at a location which serves as a food and clothing resource.

Since its launch last fall, Help Me Grow Tuolumne has seen steady growth. We work closely with our partners at Unite Us (Help Me Grow's referral database platform) to reach out to new community partners and to support existing partners.

Our staff continues to gain knowledge and training through regular professional development. In the fall, staff participated in a trauma and resilience training as well as a 5 Protective Factors training. Both have been extremely useful in supporting our home visiting clients as well as for improving the content of our weekly classes.

## **Challenge**

Providing continuity of services, particularly home-visiting, has been a challenge with so much inclement weather. Accessing some of our clients who live more remotely during the winter has made Zoom visits a vital part of our home visiting program.

We have observed that the most progress is made in our weekly parenting classes when participants are able to consistently attend all classes in a series. Historically, the number of participants who are able to attend all classes in a series remains low. In the future, we hope to incentivize participation in hopes attendance will increase.

A vast majority of our clients have experienced significant trauma. In working with these clients, we often encourage them to seek professional mental health support. Unfortunately, the long waiting lists and limited access to trained therapists often makes our referrals feel ineffectual.

# Benchmarks



**Measurable progress toward the following benchmarks shall be demonstrated each quarter: as of December 31<sup>st</sup>**

1. At least 20 First 5 families per year (families with pregnant women or children up to age five) will receive intensive in-home services.
2. At least 35 First 5 families per year (families with pregnant women or children up to age five) will participate in parenting classes.
3. The program will provide case management services, including linkages to other family support, educational and health services, and will participate in collaborative case management with other agencies and programs, where appropriate.
  - 23 parents with 21 children attending parenting classes. 16 with children 0-2 years and 5 with children 3-5 years.
  - 14 completed ASQ's, 10 ASQ-SE
  - 1 child with IEP
  - 3 children received other screening
  - 5 not yet screened
  - 22 referrals made – 23% medical/dental, 18% food/nutrition, 18% housing, 14% education, 14% special need services, 9% other services, 4% ECE services
  - 48% of parents identified an association to CWS and/or drug dependency court, 30% Foster parent.
  - 74% of parents participating in parenting classes showed gains/progress in knowledge of child development and disposition change to positive parenting
  - 9 parents are participating in one-on-one coaching sessions
  - 41 families participated in parenting education

# Smile Keepers Successes / Challenges

## Success

The best part of this grant year, was the ability to move freely within schools once again. All of our childcare centers and preschools were SO happy to have Smile Keepers back and services fully re-instated after COVID. This is the first school year in 3 years, that we have been able to provide full scope services...dental education, dental screenings with follow up and fluoride varnish applications **twice a year**.

Another positive outcome has been the response from children in the “new” format that we provide care. In previous years, Smile Keepers would provide dental screenings with a flashlight while the children stand or sit in a chair. The provider would always wear a mask and gloves .

Since COVID and the increase in PPE standards, (N95 mask, full gown or jacket, head lamp lighting, portable dental chairs, antimicrobial wipe of everything!) we were concerned this set up may cause a barrier to cooperation and interfere with a positive dental experience. This was not the case, however. Children, of course, were very familiar with masked adults because of the COVID time frame and this experience helped pave the way for great Smile Keepers experiences with preschoolers. Smile Keepers staff spent time explaining the new “costume” and worked slowly with children to ensure their comfort level was first in line with each action. We brought in our portable chairs, minimal equipment, and all our new PPE to classrooms. Children actually enjoyed having a more professional experience with the dental chair and all our fancy equipment! There was great excitement around setting up our gear and everyone wants to help! This provided a great teaching moment that healthcare happens at school and we blended right into the classroom. Children are so adaptable and resilient!

Currently, Smile Keepers is attending all kindergarten registration events to provide the KOHA screening form (Kindergarten Oral Health Assessment) and use this opportunity to educate families about oral health care and connect families to care.

## Challenge

The biggest challenge for the 22-23 school year has been the large increase in dental disease that we are finding after COVID. Many families did not go to the dentist for 2 years and the untreated disease from that time only became worse. Additionally, toothbrushing in centers was put on hold during COVID and for small children, this was a huge gap in personal care. Many centers provided the only oral health care of the day for children, plus the children missed out on the daily reinforcement of the importance of daily care for teeth. Our hope is to re-instate toothbrushing in Fall 2023 once regulations are posted.

Another challenge has been the elimination of the childbirth education classes that were held at Adventist Health. The hospital has been unable to find an educator willing to resume the classes. After meeting with Birth Center management, we will now plan to provide oral health education materials and supplies for each family having a baby at Adventist Health. This takes away from the personal connection that in person classes provides but it allows Smile Keepers a bigger reach of audience to provide education for families. This new method of reaching families also increased our demand for materials to meet the bigger patient load. Fortunately, First 5 Tuolumne approved an increase to our budget this fiscal year to help purchase more materials to meet this increase of families.

# Benchmarks



## BENCHMARKS

**The following benchmarks shall be demonstrated each quarter:**

1. Grantee will demonstrate steady progress in scheduling and performing dental screenings, dental treatment and parent education, and will report on activities quarterly.
  2. The grantee shall demonstrate a good faith effort to provide the following service levels. The numbers below may be duplicated between the years.
    - a. 500 children receive at least one First 5 screening and fluoride treatment annually  
**240 children were served prior to December 31<sup>st</sup>.**
    - b. All service sites receive two visits/year, with a goal for 50% of screened children to receive two First 5 screenings and fluoride treatments annually 54 as of March 31<sup>st</sup>.
    - c. 75 parents participate in prevention education annually.  
**Will be provided at kindergarten registration**
    - d. 20 educators and health care providers will receive training in oral health care.
- Smile Keepers is such a proud partner of First 5 Tuolumne County and has provided a strong, reliable oral health program for Tuolumne County for the past 20+ years. Last year, Calaveras First 5 contacted Smile Keepers to inquire about providing Smile Keepers services for preschool children in Calaveras County (our sister County).
  - Through a lengthy process, and many documents, we are happy to report that Smile Keepers will begin providing Smile Keepers services for Calaveras County First 5 with a pilot grant through 2024. This new expansion is only possible because of the tremendous support of Tuolumne First 5/TCSOS and serves as a true compliment to the leadership and guidance of Tuolumne First 5 Executive Director, Sarah Garcia. Sarah planted the seed 2 years ago about expanding to Calaveras County and we slowly made it happen!

# Supporting Early Education and Success

## Successes / Challenges



### Success

- 10 Quality Counts participants have completed official Teaching Pyramid training, we are wrapping up coach meetings and observations of classrooms, each participant was provided a kit with coach prepared materials
- Successful Kids in Common Tuolumne meeting with multiple agencies and Early Childhood Education programs in the Fall of 2022. This has provided our community of various types of programs to meet each other, communicate ideas/ concerns, highlight programs, and become more educated in early childhood practices. Next scheduled meeting with TK/K teachers invited will be May 3rd, where we will cover school readiness and highlight nominated programs in the community
- Teacher appreciation certificates that have allowed sites to purchase materials that support a high-quality experience for all children
- 7 children have received targeted observation, reports completed and shared with teachers and parents, resources and visual supports provided for classroom and home use, parents and staff encouraged to contact coach for further support, coach has done check ins on all children and teachers post observations
- Numerous staff have requested more visuals and social stories, some requested personalized child materials, classroom expectations, daily schedules and job charts provided to many
- Columbia College preschool has requested the SEED coach to work with some student teachers in the summer to educate them on use of visual supports
- All Tuolumne County libraries have applied for a Quality Counts site stipend, all are providing Ages and Stages Online screening information to parents at their story times, all have incorporated reading at least 1 story focused on social/emotional skills and literacy at each story time, 3 librarians applied for personal stipends and are working on professional development hours outside of work hours, 40 social/emotional stories provided for libraries to borrow from lending library
- Sites provided with activities and books for borrow from lending library
- Staff have been trained on how to upload their own professional development into the Hubbe/iPinwheel system
- Coach has attended CLASS Observation Training for Preschool age to support sites in preparation for ratings

### Challenge

- Weather this winter has posed challenges in having to reschedule due to lost power, no WIFI, safety on the roads
- Keeping participants and staff informed through email (many don't check or respond)
- Helping staff see the value in making changes to their practice

# Benchmarks



**Measurable progress toward the following benchmarks shall be demonstrated each quarter:**

1. Ten early childhood educators per year in Tuolumne County are receiving SEED consultation, utilizing the Pyramid Model for Supporting Social Emotional Competence in Infants and Young Children.

10 providers completed Teaching Pyramid Training prior to December 31

2. Direct services are being provided to children who are exhibiting severe behaviors that are preventing them from being successful in their early childhood education settings. Parental permission shall be required. These services shall include multiple elements, as appropriate to the child, the ECE site, and the family.

7 children served with 1-1 observations/referral served prior to December 31<sup>st</sup>.

# 2019-2023 Highlights



- Building the capacity to provide official Teaching Pyramid training at times that will work for various programs...making it more inclusive
- Having more interest from Family Child Care providers
- Building relationships and knowing the support is appreciated by participant feedback
- Making the ASQ screenings available to more parents, and the online version being adopted
- Putting the Quality Counts stipend information and options out to more staff
- Seeing children respond in healthy ways when provided support in classrooms and homes
- Educating providers and teachers in best practices
- Passing knowledge and resources on to parents and caregivers
- Collaboration between community agencies



# ATCAA Family Learning Center Successes/Challenges



## Success

On December 7, 2022, a cooking demonstration was held at the Blue Bell Family Center. The bi-lingual (English and Spanish) cooking demonstration highlighted how to use simple ingredients, such as the rice and beans families get from the food bank, to make a nutritious tasty dinner. At the event, 10 parents with children ages 0-5 learned how to make enchiladas, Spanish rice and salsa, and received nutritional information as part of the presentation. Childcare was provided during the presentation. Afterwards, the children joined their parents for dinner. Each family attending received a meal to take home and laminated recipe cards on a binder ring. The event was very well received, and the next cooking demonstration will take place on March 22<sup>nd</sup> (After being postponed twice due to extreme weather).

In the spring of 2023, 48 preschoolers at Blue Bell, Jamestown, Soulsbyville and Summerville Head Start, who will be transitioning to kindergarten or TK in the fall, will receive three books each to help maintain their school readiness skills over the summer. The books are Miss Bindergarten Gets Ready for Kindergarten, Scissor Skills Preschool Workbook for Kids, and My First Learn-to-Write Workbook.

## Challenge

- Lack of staff to organize and facilitate activities from April 2022 to November 2022.
- Ongoing concerns about COVID and transmission of RSV and the flu.
- The weather from January through March 2023.



# Benchmarks



## BENCHMARKS

The following benchmarks shall be demonstrated each quarter:

1. The program is providing comprehensive and holistic access to learning opportunities for parents and young children to promote family self-sufficiency, good parenting, early education, and good health. Specifically:

- Adult education services (Skills Development strand and English Learner strand) targeted to parents who have low literacy levels or low educational levels through direct service, community linkages, or both.
- Parenting Education and Support and Parent and Child Together Time
- Substance abuse recovery and support group and individual counseling.
- Pregnant women are co-enrolled in Early Head Start and receive prenatal education, and linkages to medical and lactation support
- Family Literacy activities, including Ready Rosie parenting videos and a summer Family Literacy program.
- Case management services, including linkages to parenting education, family support services and health education and services.
- Developmental screening for children
- Linkages for children to early childhood education; co-enrollment in Early/Head Start whenever possible.
- Transportation to training, or medical or social services.

One center is in full operation, offering all program components year-round, with at least 15 hours/week devoted to class time. The program provides comprehensive services to at least 25 primary caregivers/year who are pregnant or have children ages birth-five.

10 parents served prior to December 31<sup>st</sup>.

Due to staffing, this goal has not been met.

# 2019-2023 Highlights



## **Child Safety**

In 2020, 20 life vests were presented to families with preschool children to help prevent accidental drowning.

## **Family Literacy**

In May 2021, sixty-two children transitioning from Head Start to kindergarten or TK were given four books to help them maintain school readiness skills over the summer.

In July 2021, 20 children attending the summer school programs at Sonora, Jamestown and Soulsbyville Head Start sites received books to help them transition to kindergarten or TK.

## **Diaper and wipe deliveries**

In August 2021, 5 pallets of diapers and wipes were received from First 5 of California and offered to the following entities: Tuolumne County WIC, Tuolumne County CWS, Tuolumne County DSS, Infant Child Enrichment Services, Center for a Non-Violent Community, Interfaith, Columbia College Child Development Center, Geo Group, Jamestown Family Resource Center, ATCAA Food Bank, ATCAA Housing, ATCAA Shelter, ATCAA EHS and EHS HB, Nancy's Hope and Catholic Charities.

Deliveries in August 2021 included 106 cases plus four packages of diapers and 33 cases of wipes.

Deliveries in September 2021 included one case of diapers and one case of wipes for a child with exceptional needs.

In November 2021, 39 cases of diapers and 15 cases of wipes were delivered to the Department of Social Services to share with families in need.

## **GED**

In 2020, three women with children ages 0-5 were assisted in completing their GEDs.

## **Welfare to Work Workshops**

In 2021, six parents with children ages 0-5 attended Welfare to Work workshops that focused on building life skills.

## **Early Childhood Services Workshops**

In September 2021, a Financial Literacy Workshop and a family support workshop were held.

One parent with a young child attended the financial workshop and two grandmothers attended the family support workshop.

## **Growing Great Kids Parenting Modules at the Library Story Time**

From December 2021 through April 2022, six parenting modules, based on the Growing Great Kids curriculum, were presented to parents as part of the Sonora Library story time. The modules included information about relationship building, and how to facilitate children's social and emotional, cognitive, language, and physical development. Altogether, 24 parents participated in the presentations.

## **CNVC Workshops at the Guardian House:**

From November 2021 through March 2022, six workshops were held for residents of the Guardian House. The workshops focused on resources, resiliency, single parenting, managing children's behavior and healthy relationships. Six parents with children ages 0-5 participated in the workshops.