



February 1, 2023

To the Members of the 1st5 Commission,

Enclosed is Infant Child Enrichment Services (ICES) Raising Healthy Families Application for 1st5 Grant: **Services to Promote Family Strengthening – Parent Engagement (0-5)** for Fiscal Years 2023/2024.

As you will see in our attached proposal, Raising Healthy Families through ICES, proposes to include in the traditional Raising Healthy Families Scope of Work of In-Home Visiting and Parent Education through Classes, Workshops and Outreach the scope of work for Help Me Grow/Unite Us Platform included in the recently acquired Unite Tuolumne Pilot Contract through 1st5. We believe that the work of both of these contracts are seamless and combining them into one contract would provide program consistency and sustainability, and fiscal stability.

We are proposing that unspent contract funds for the Unite Tuolumne Pilot Program be re-distributed in the next four years in addition as follows (and as outlined in the Budget section of Application).

	FY 23-24	FY 24-25	FY 25-26	FY 26-27	Total
1st5 Grant 23-27	\$ 200,000.00	\$ 206,000.00	\$ 212,180.00	\$ 218,545.00	\$ 836,725.00
Re-distribute Unite Tuolumne Pilot Contract	\$ 30,500.00	\$ 31,415.00	\$ 32,355.00	\$ 33,324.00	\$ 127,594.00
Total	\$ 230,500.00	\$ 237,415.00	\$ 244,535.00	\$ 251,869.00	\$ 964,319.00

Thank you for your consideration and your support in both of these valuable programs that provide essential services to our community.

Sincerely,

Chris Mackenzie
Executive Director
Infant/Child Enrichment Services
209-533-0377

Tuolumne County
20993 Niagara River Drive
Sonora, CA 95370
(209) 533-0377

Raising Healthy Families
Child Care Payment Programs
Child Care Resource & Referral
www.icesagency.org

Mariposa County
5067 Jones Street/PO Box 1898
Mariposa, CA 95338
(209) 966-4474



**Services to Promote
Family Strengthening – Parent Engagement (0-5)
For
Fiscal Years 2023/2024
With Intent to Contract for 4 years**

Funds Available: \$200,000/year*, with up to 3% annual increase.

APPLICATION FORM

RELEASE DATE: DECEMBER 12, 2022

**Letter of Intent Due December 23, 2022
Application Receipt Deadline: February 3, 2023**

The Commission cannot give grants for items that have already been purchased or for services that have already been provided.

Please read the RFA General Instructions (a separate document) before you fill out these forms. All the forms that follow are available as Word files. They can be downloaded from the Commission website at www.First5Tuolumne.org or requested as an email attachment from Sarah Garcia at sgarcia@tcsos.us

Please add your organization's name as a header for the following section. Please submit the application with the Cover Page as Page 1.

**The Commission may adjust fund availability for these services once proposals are received and may fund at levels above or below the amount stated in this Request for Applications. The amount is provided as a guideline only.*

Services to Promote Family Strengthening – Parent Engagement (0-5) Cover Sheet 2022

Name of Applicant: Infant Child Enrichment Services (ICES) For Programs: Raising Healthy Families (RHF) & Help Me Grow Tuolumne/Unite Us (HMG)	
Address: 20993 Niagara River Dr., CA 95370	
Contact Person: Chris Mackenzie (Executive Director)	Phone: Main Office: 209-533-0377 (Chris) 209-425-4959
e-mail: chrism@icesagency.org	Fax: 209-533-4017
Descriptive Title of Project: Supporting Families through Parent Education, Resource and Referral	
Total Amount of Request: \$964,319.00	Total Project Cash Budget: \$964,319.00
Project Start Date: July 1, 2023	Project Completion Date: June 30, 2027

I authorize submission of this application:

Chris Mackenzie

Infant Child Enrichment Services (ICES)

Name of authorized agency official	Name of agency/organization
Executive Director	

Title of authorized agency official	Authorized Signature	Date
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FIRST 5 FAMILY STRENGTHENING – PARENT ENGAGEMENT SERVICES

All services must align with the Protective Factors Framework, Appendix A. Service design must address at least one of the following 5 Protective Factors: (1) Parental Resilience; (2) Social Connections; (3) Concrete Support in Times of Need; (4) Knowledge of Parenting and Child Development; and/or (5) Social and Emotional Competence of Children.

The total funding available for these services will be \$200,000 in the first year for all funded projects, with an annual increase not to exceed 3% per year for three subsequent years.

The Commission may adjust fund availability for these services once proposals are received and may fund at levels above or below the amount stated in this Request for Applications. The amount is provided as a guideline only.

Project Design, Strength, and Feasibility:

The service approach must address at least 5 of the following 11 desired outcomes for primary caregivers of children birth to five. For the outcomes, below, that you plan to measure with your project, please provide an estimate of unduplicated individuals you will serve for each chosen desired outcome.

Desired Outcomes	Unduplicated number of parents/caregivers to be served annually
1. Caregivers receive education and skill building opportunities on positive parenting techniques.	70
2. Caregivers engage in ASQ screening and learn about developmental milestones.	35
3. Caregivers engage with children's therapy.	
4. Caregivers are effectively linked to addiction treatment and recovery support.	10
5. New mothers receive depression screening and treatment referrals, as appropriate.	10
6. Caregivers build supportive networks with clean and sober family and friends.	35
7. Caregivers feel physically and emotionally safe in their homes and relationships.	35
8. Caregivers work toward financial stability: job skills & training, driver's licenses, GED, ESL, etc.	
9. Parents are offered support services as early as possible following a child abuse report.	25
10. Caregivers learn about the importance of <i>Talk, Read, Sing</i> in the context of early brain development and do those activities at home.	35
11. Caregivers enroll their children in a quality early learning program.	15
Please add any additional outcomes you plan to measure and report, and the unduplicated number of caregivers to be served annually.	
Provide Live Support to families and Professionals on <u>Help Me Grow/Unite Us</u> Platform: Target calls/contacts	100

Provide Live Support to families and Professionals on Help Me Grow/Unite Us Platform: Target Website Hits	800
Conduct PREPARE, ASQ, Post-partum Depression Screenings through Help Me Grow/Unite Us Platform: Target	30
Provide resource Referrals to families as a result of screenings through Help Me Grow/Unite Us Platform: Target	15
Facilitate Help Me Grow/Unite Us Outreach and Education Stakeholder Meetings	12

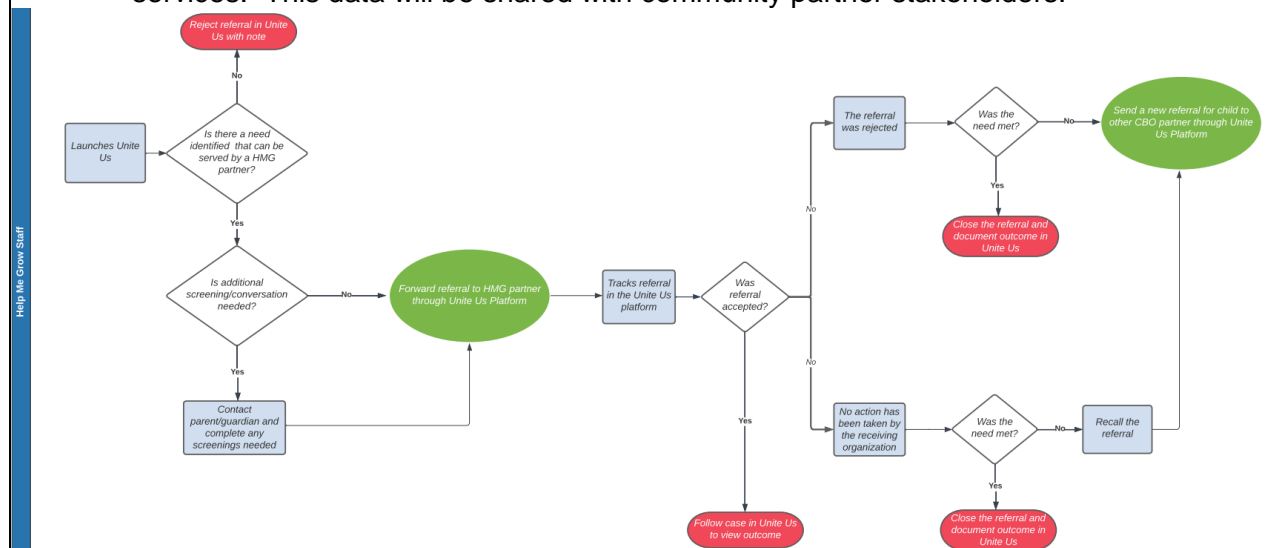
Based on your answers above, provide a description of the service strategies you propose to use to effectively meet these desired outcomes.

Description:

Raising Healthy Families (RHF) through Infant Child Enrichment Services (ICES) proposes to include in the traditional RHF ICES scope of work the Help Me Grow Tuolumne/Unite Us Platform services in this grant. We propose that the existing Pilot contract for the Help Me Grow Tuolumne/Unite Us through 1st5 be distributed through the next four years to ensure fiscal stability and program sustainability.

Service Plan for Help Me Grow/Unite Us Platform:

1. Help Families and Professionals serve children in navigating resources and referrals in Tuolumne County through the Centralized Access System. We will provide live-agent support to families and professionals, while monitoring the ASQ online system, Unite Us Platform with Community Partners and call center tools.
2. Ensure Children (in Tuolumne County) with developmental delays and families with social determinants of health risks are identified and linked to appropriate medical care or community support services. We will do this through promoting and facilitating PREPARE, ASQ, and Post-Partum Depression Screenings. Resource referrals will be made based on screenings and identified family needs.
3. Provide outreach and education on available Community Resources and Promote early developmental screenings through Community outreach events and campaigns, and stakeholder meetings with community partners.
4. Collect and evaluate data to improve Tuolumne County Service system. These reports will be populated through Unite Us Platform and evaluated to identify trends and gaps in services. This data will be shared with community partner stakeholders.



Service Plan for Raising Healthy Families Program Activities:

To effectively meet the desired Outcomes RHF ICES proposes a comprehensive service design that focuses on strengthening and supporting families using the Strengthening Families/5 Protective Factors Model. This program is scalable, sustainable and flexible to the growing and changing needs of the community we support. Our target population is parents throughout Tuolumne County who may be at-risk for or are currently in crisis, are overburdened and lacking the fundamental parenting skills necessary to create a responsive stimulating, and supportive home environment for their children. Our service design addresses high-risk populations by offering evidence-based preventative and intervention services that meet families where they are. While the prevention and intervention programs support the needs for all types of families, we have a particular focus on helping families with pregnant women or with children from birth to age 5, to ensure they have healthy, positive early development services. All families with children ages 0-5 will be encouraged to participate in early developmental screenings using the ASQ-3 and ASQ-SE screening tools to promote early detection of developmental delays and also as a tool to educate families on child development. Another focus of the program is Social emotional competency of the parents and caregivers and teaching strategies to model and develop social emotional skills to their children.

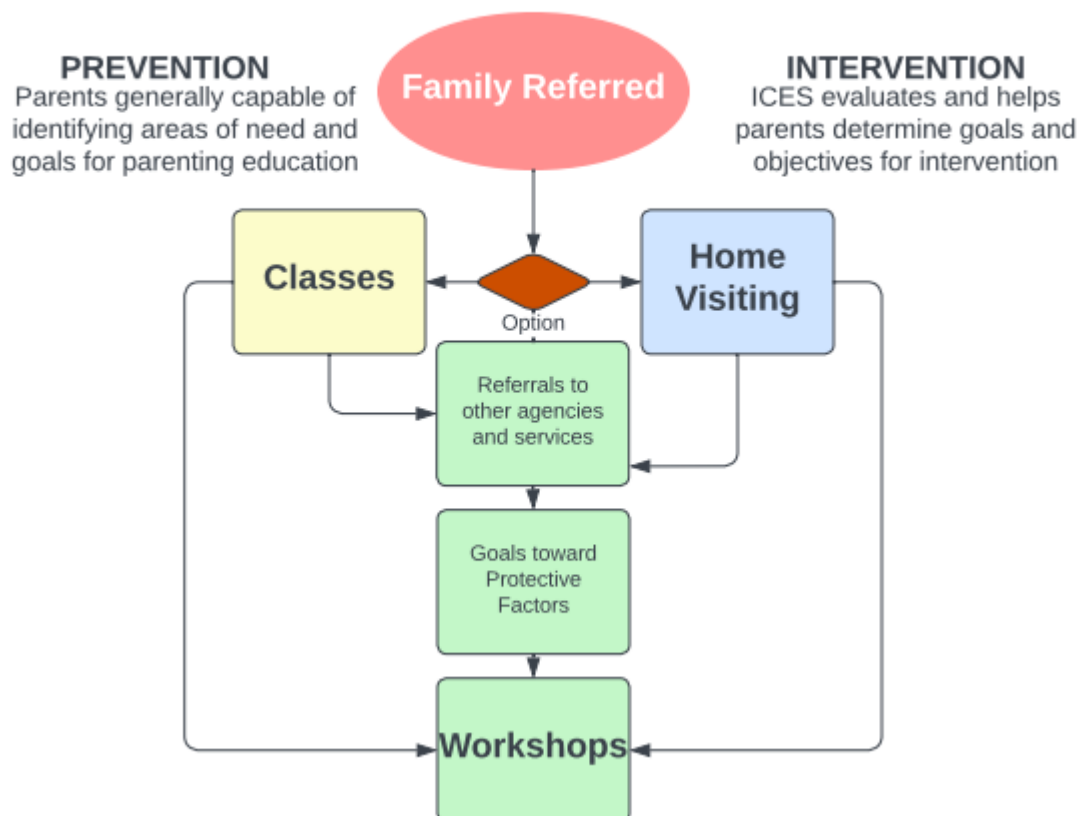
1. At Risk Families: we will expand awareness of our free services by engaging in outreach activities through social media, and targeted marketing to community partners. We will provide parents preventative supports, tools and resources that ensure they can maintain stability and strengthen the base of their parenting techniques and knowledge. Throughout the year, these parents are invited to participate in thematic monthly classes and workshops tailored to specific family needs, and to interact with families experiencing similar challenges through meet-ups and playdates sponsored by ICES. Additionally these families will receive resource referrals to other community-based supports not offered by ICES, as needed.
2. Families in Crisis: Identified and referred through linkages and partnerships to other programs in Tuolumne County, as well as through ICES Outreach activities. For families in crisis we will use a Home-visiting Model where our first goal will be to calm the crisis they are experiencing through a brief intervention, using evidence-based curriculum, *Seeking Safety*, (a PTSD, Trauma and Substance use Evidence-based intervention curriculum) and providing education on emotion regulation, mindfulness and trauma. We will focus on immediate family needs and make resource referrals as needed, and create family goals and a targeted case plan to reach those goals. Using a strength-based motivational interviewing we will support the caregiver in using their own resiliency and resources to identify and build problem solving and healthy coping skills as well as create reachable goals.
3. Assessing Family Needs in Intake Process: We will identify immediate supports that will help families get basic needs met and help move them to a place where they are capable of addressing their family's challenges and learning new behaviors and skills. Utilization of the *Adult Adolescent Parenting Inventory (AAPI)* assists Family Success Coaches in creating a customized plan to guide parents in achieving stability in the home. This plan is based on the evidence-based curriculum *Nurturing Parenting* and is foundational to the comprehensive case management of families.
4. We will offer two types of group-based parenting education in the *Workshop* and *Class* formats. *Classes* are thematic and address topics relevant to all parents (Trauma and

Resilience, Child Development, Behavior Management, Emotions and Self-regulation are examples of class themes currently used in Program). *Workshops* are customized and focus on specific needs and challenges (Supporting LGBTQ+ Youth, Helping Children with Homework, Sibling Rivalry are topics used in Workshops in our Program). Both group-based parenting formats will utilize the evidence-based *Nurturing Parenting* curriculum and focus on topics that help promote strengthening families in the areas of *5 Protective Factors*. Both classes and workshops are designed to help parents recognize and apply strategies that address their family's needs and also promote social connections among parents and caregivers that offer peer support and learning.

5. RHF ICES service design considers each family by determining which path of supports best meet their individual needs. While each family's case plan is customized, the program components are standardized to allow for replicability and program efficacy as well as best use of our resources. Lastly we reflect on our service design and data compiled from assessments regularly to make sure we are flexible and able to make changes that fit the community we serve. This ensures the best possible client outcomes. The Raising Healthy Families program is regenerative and dynamic and flexes to the specific needs of parents and integrates the *5 Protective Factors* into our program model to ensure the best possible outcomes for Strengthening Families.

ICES RHF Program Service Design

gemi battle | January 5, 2023



Access to Services & Community Linkages to Promote Seamless Services

Access to Services: Please describe specific barriers to services or desired outcomes that your proposed participants face, and how your proposed services will help overcome those barriers. These can include barriers such as geography, transportation, homelessness, cultural or socio-economic barriers, etc. as applicable.

Description:

The families in Tuolumne County face barriers relating to the rural geography, cost of living and types of issues and traumas they experience.

- The **rural geography** and **cost of living** create two barriers: The ability to get to the location where support services are offered and the ability to afford transportations. Tuolumne County also lacks comprehensive public transportation, resulting in families needing their own vehicle to access basic needs such as food and medical care. The cost of living in our County makes it difficult for many of these families to afford purchase or lease a vehicle.
 - To address these issues, ICES RHF & HMG has Online Classes and Workshops available as well as ZOOM Coaching meetings. We also are able to use agency vehicles to go to our client homes to conduct coaching sessions and meetings. We will also be utilizing the Help Me Grow/Unite Us platform to connect families to local community agencies for resource referrals.
- In addition, Many families that use our services lack all of the 5 Protective Factors and are experiencing multiple issues at the same time: **homelessness, poverty, substance use, domestic violence/child abuse and generational issues such as trauma, mental health and/or substance use.**
 - To address these issues, ICES RHF & HMG provides short and long term supports that gradually release families from high-touch, customized programs to maintenance plans through a “stepping down” process. The stepping down process is determined by how well the parents increase the 5 Protective Factors, how and capable they are of sustaining a stable home for their children. Each family is provided with a customized plan that applies evidence-based practices and considers their specific barriers with the ultimate goal of helping them achieve parenting independence.

ICES RHF & HMG role is to help parents address 5 Protective Factors through home visiting, coaching, education and skill building (i.e. Classes and Workshops); and to provide access to social connections in where families engage with other families, make valuable connections and establish relationships. ICES RHF & HMG also connects families to community resources and referrals through the Help Me Grow/Unite US Platform, providing concrete support in time of need.

Community Linkages: Please briefly identify the critical community linkages you will make or maintain to effectively provide the proposed services. If the services you propose are currently offered by another service provider in Tuolumne County, or by your agency under a different funding source, explain how your proposal does not duplicate services.

Description:

The ICES Raising Healthy Families (RHF) and *Help Me Grow* (HMG) Programs refer to the 5 Protective Factors and the Social Determinants of Health as well as client expressed needs to direct linkages and referrals to community services. In order for families to practice parenting skills learned in educational settings basic family needs have to be addressed (*specifically those creating Challenges to access to services as mentioned in section above*)



- **Child Development, Mental Health, Family Need Screenings & Referrals:** Help Me Grow Tuolumne
- **Education for Children/Childcare:** ICES, Head Start, State Preschools
- **Health/Medical:** MACT Health, Tuolumne Me-Wuk Indian Health Center, Mathieson Indian Health Clinic, Public Health
- **Housing Assistance:** ATCAA, CNVC, Cal Works, Tuolumne Me-Wuk Social Services
- **Job Training and Assistance:** Motherlode Job Training, CalWORKs
- **Mental Health Services:** Tuolumne Behavioral Health, MACT Behavioral Health, Tuolumne Me-Wuk Indian Health Clinic – Behavioral Health, Mathieson Clinic – Behavioral Health
- **Substance Abuse Services:** Tuolumne County Behavioral Health, Tuolumne Me-Wuk Indian Health Clinic – Behavioral Health, Mathieson Clinic – Behavioral Health
- **Domestic & Sexual Violence Services:** Center for a Non Violent Community, Tuolumne Me Wuk Indian Social Services

Staff members are involved in the following Boards, Councils and Organizations:

Columbia College Child Development Advisory Committee, First 5 Commission, Foster Kinship Council, School Attendance Review Board, Resilience Tuolumne County, and YES Partnership.

Project Evaluation

Evaluation: Please check the boxes below, to indicate your understanding of the evaluation requirements under this funding process:

X	I understand that the contract will include an evaluation plan.
X	I understand that the evaluation plan will include requirements for collection and reporting of service level indicators, such as number of participants, ethnicity, level and type of service, and other service data as required.
X	I understand that the evaluation plan will include requirements for collection and reporting of outcome indicators, including measures of relevant change for children, families or service systems, to be finally negotiated at contract time, and revisited as necessary to ensure that quality data is being collected.

Evaluation: Have you demonstrated any of the desired outcomes indicated on page 2 (or very similar outcomes) prior to completing this application, either as a First 5 grantee or under any other funding source? Please check applicable boxes below, and add information as indicated.

X	Yes, as a First 5 Grantee, in the following years (list): 2018-2023 (and prior)
	Yes, for another funder. I have attached an evaluation report reflecting our results.
	No, there has been no demonstration of these or similar outcomes.

Organizational Capacity

Staffing: Please explain the staffing structure that you present in your budget. Describe the qualifications of the key personnel (staff or consultants), the time (FTE) they will devote to the project, and their experience performing the services outlined in this application.

F/T ICES Executive Director (2.77%):

Qualifications: Preferred BA in Psychology, Sociology or Human Relations or 2 years continuous direct experience in related field. Non-profit business management, grant implementation and talent/HR management experience. Minimum 10 years work experience with child care and/or child development.

Functions on Project: Responsible for general oversight of agency including operations (administration, HR, IT) finance, marketing and outreach, and program management. Provide oversight and review of grants and services, including periodic review of program outcomes, reporting and adherence to budget.

F/T RHF Program Manager (59%):

Qualifications: Preferred BA in Psychology, Sociology or Human Relations or 2 years continuous direct experience in related field. Experience managing projects, knowledge of community services, communication skills and ability to empathize with families.

Function on Project: Oversight of Raising Healthy Families And Help Me Grow Programs, including client services, workshops and classes. Supervise and coach staff, grant writing, data collection and reporting for all contracts. Performs initial family assessments. Sets class and workshop schedules, ensures contract requirements are met, data is gathered appropriately, and outcomes are reported to the grantor. Provides back up support to Family Success coaches in case of absence or staff turnover. Lead Community Representative and support to Community Partners for Help Me Grow and Unite Us Platform. Supervise staff in community outreach, resource and referrals, ASQ and online screenings and call center activities for Help Me Grow.

(2) F/T RHF Family Success Coaches (50%):

Qualifications: BA in Psychology, Sociology or Human Relations or AA in related field, OR 2 year's continuous direct experience in related field.

Functions on Project: Performs contract duties including weekly home visiting for clients, teaching workshops and classes entering and maintaining related data elements, completing case notes for home visits, attendance for classes and progress reports upon request. Teaches workshops and classes. Provides staffing to Help Me Grow Call Center: Resource and Referral, ASQ Screenings, community outreach and presentations and education under direct supervision of Program Manager.

(1) P/T RHF Family Success Coaches (55%):

Qualifications: BA in Psychology, Sociology or Human Relations or AA in related field, OR 2 year's continuous direct experience in related field.

Functions on Project: Performs contract duties including weekly home visiting for clients, teaching workshops and classes entering and maintaining related data elements, completing

case notes for home visits, attendance for classes and progress reports upon request. Teaches workshops and classes. Provides staffing to Help Me Grow Call Center: Resource and Referral, ASQ Screenings, community outreach and presentations and education under direct supervision of Program Manager.

	YES	NO	N/A
Has your organization ever had a contract over the amount of \$10,000 with First 5 Tuolumne?	X		
If so: In your estimation, was the contract executed fully and responsibly?	X		
If so: Were you able to demonstrate good outcomes for children and/or parents?	X		
Has your organization had a contract over the amount of \$10,000 with another entity for similar services in the last five years? If so, please provide some detail on this contract below the table.	X		
If you are not an entity of county government, have you provided one copy only of the most recent audit or financial statements available for your organization?	X		

If you would like to provide any additional comments regarding your answers to the questions above, please do so here. (You may be asked to provide additional information to demonstrate organizational effectiveness once applications have been reviewed.):

Budget

You may cut and paste the budget into this document, or you may submit it as a separate document, along with the answers to the Budget Narrative questions below.

Line Item Budget: Please provide a line item budget for each of the four years of this project (FY 23/24 through 26/27). A fiscal year shall be considered July 1 – June 30. **Annual COLA increases shall not exceed 3%.** You may submit the budget in the budget format used by your organization. All personnel must be broken out by FTE; all consultant costs by hours.

****Please see attached line-item Budget Breakdown with Budgets separated for Unite Tuolumne Pilot Contract & 1st5/Help Me Grow Grant 2023/2027**

Budget Narrative: Leveraging

What resources will you be able to leverage to assist you in providing and sustaining the services described in this application over the four years of operation? Include both cash resources (directed only to services for children birth to five, their parents, or pregnant women), and any in-kind resources that enable you to serve First 5 families.

Grant 23-27 ORIGINAL Budget Proposal

	FY 23-24	FY 24-25	FY 25-26	FY 26-27	Total
1st5 Grant 23-27	\$200,000.00	\$206,000.00	\$212,180.00	\$218,545.00	\$836,725.00
Re-distribute Unite Tuolumne Pilot Contract	\$30,500.00	\$31,415.00	\$32,355.00	\$33,324.00	\$127,594.00
Total	\$230,500.00	\$237,415.00	\$244,535.00	\$251,869.00	\$964,319.00
Personnel					
Salary Coordination	\$ 105,828.00	\$ 109,002.00	\$ 112,271.00	\$ 115,640.00	\$ 442,741.00
Benefits	\$ 49,690.00	\$ 51,180.00	\$ 52,716.00	\$ 54,293.00	\$ 207,879.00
Subtotal Personnel:	\$ 155,518.00	\$ 160,182.00	\$ 164,987.00	\$ 169,933.00	\$ 650,620.00
Operating/Other Costs					
Contracted Services	\$ 15,774.00	\$ 16,248.00	\$ 16,734.00	\$ 17,236.00	\$ 65,992.00
Supplies and Office Expense	\$ 10,533.00	\$ 10,849.00	\$ 11,175.00	\$ 11,510.00	\$ 44,067.00
Facility and Equipment Expense	\$ 5,061.00	\$ 5,214.00	\$ 5,369.00	\$ 5,530.00	\$ 21,174.00
Travel and Meeting Expenses	\$ 4,176.00	\$ 4,302.00	\$ 4,430.00	\$ 4,563.00	\$ 17,471.00
Other Expenses	\$ 14,859.00	\$ 15,305.00	\$ 15,764.00	\$ 16,238.00	\$ 62,166.00
Fix Asset Purchases	\$ -	\$ -	\$ -	\$ -	\$ -
Subtotal Operating/Other:	\$ 50,403.00	\$ 51,918.00	\$ 53,472.00	\$ 55,077.00	\$ 210,870.00
Management and General allocations	\$ 24,579.00	\$ 25,315.00	\$ 26,076.00	\$ 26,859.00	\$ 102,831.00
Subtotal Operating/Admin:	\$ 74,982.00	\$ 77,233.00	\$ 79,548.00	\$ 81,936.00	\$ 313,699.00
TOTAL:	\$ 230,500.00	\$ 237,415.00	\$ 244,535.00	\$ 251,869.00	\$ 964,319.00

NARRATIVE

Personnel

Salary Coordination:

Includes Payroll taxes of approximately 8% and Workers Compensation Insurance at approximately 1%.

Benefits:

Includes health, vision, dental, life, and IRA accounts. These items are allocated proportionately based on organizations allocation schedule utilizing FTE percentage of time.

Operating/Other Costs

Contracted Services:

Includes items such as required annual organization audit, website, and information technology operational expenses that are allocated proportionately based on organizations allocation schedule utilizing FTE percentage of time.

Supplies and Office Expense:

Includes program supplies that are direct costs. Common supplies, telephone/communications, postage/shipping, copier contract, and books/subscriptions/references that are a combination of direct and indirect costs that

are allocated proportionately based on organizations allocation schedule utilizing FTE percentage of time.

Facility and Equipment Expense:

All indirect operational expenses related to occupancy and equipment. Allocated proportionately based on organizations allocation schedule utilizing both program occupancy and FTE percentage of time.

Travel and Meeting Expenses:

Includes direct and indirect costs associated with the one program vehicles and two organization vehicle. Vehicles are used to travel to and from home visits, classes, meetings, and conferences/trainings. Also includes direct costs associated with program conferences and meetings. Indirect costs are allocated proportionately based on organizations allocation schedule utilizing both auto usage and FTE percentage of time.

Other Expenses:

Includes organizational property/liability insurance and a combination of direct and indirect dues, advertising, and other costs. Program staff development is here as well. Indirect are allocated proportionately based on organizations allocation schedule utilizing both program occupancy and FTE percentage of time.

Management and General:

Costs necessary to operate the agency, as a whole, and cannot be identified with specific programs. Includes salaries and benefits of the Executive Director and Director of Finance and Operations, occupancy costs, and other costs related to these positions. These costs are proportionately allocated to all programs based on direct salaries in each program.

Other:

This includes program participant incentives and any other expenses that can not be categorized in a previous area, including listed equipment that does not fall under Depreciable Fixed Asset.

ADDITIONAL REQUIREMENTS

Contracts shall stipulate a requirement for key program staff to participate in up to 12 grantee meetings a year, in the first funded year, facilitated by the First 5 Executive Director. The purpose of these meetings is to discuss opportunities for linkages, shared services, leveraging and other system improvements.
Please list the most likely person(s) to participate in these meetings: Chris Mackenzie, Executive Director and/or Gemi Battle, RHF Program Manager
Contracts shall stipulate a requirement for grantee to provide at least one training a year to peer professionals in the county on a topic of expertise for that grantee, of interest to other providers.
Please list at least one possible training topic that your organization would be willing to offer to peer professionals: ICES RHF will provide at least one training per year and make available to professionals in Tuolumne County on the topic of Child Development and Early Child Development Screening: RHF staff is seeing a growing need for County professionals who work with families to have Basic Child Development training in order to guide and direct objectives for high-risk families and assist in early identification of developmental delays or issues in children. RHF staff is highly trained and skilled in Child development, psychology and adult education and can offer trainings in basic child development as well as child development screenings and interventions utilizing the Ages and Stages (ASQ-3 and ASQ-SE) child development and social-emotional screening tools.
Contracts shall stipulate a requirement for grantee to participate in the collaborative media outreach campaign. Including quarterly meetings to organize outreach efforts.
Please list your experience in successful community outreach, including media outlets, social media campaigns, etc.: ICES RHF will continue to: <ul style="list-style-type: none"> • Distribute Printed Materials (flyers, brochures, stickers and cards) at community partner offices, schools and events • Utilize Social Media (Instagram, Facebook, YouTube and ICES Website) to advertise services, classes and workshops as well as provide parenting tips to families in our community. Also included in this category are email campaigns to community partners, childcare providers and schools with flyers and information regarding upcoming classes and activities. • Attend and have information booths at community events: ICES Children's Fair, Health Fairs, and School Open Houses. • Present our services with Community Coalitions such as YES Partnership, Resilience Tuolumne County, Youth Foster Bridge, and SARB Board.

FIRST 5 FUNDS CANNOT BE USED TO SUPPLANT

State law prohibits Commission funds from funding existing levels of service or programs. To ensure compliance with this provision, please provide the following information. If you have questions about how to fill out this form, please call Sarah Garcia 536-2070.

1. Has your organization provided any of the following services in Tuolumne County in FY 22/23 with any type of funding, including First 5 funding:

Service	Yes	No
1. Teach parenting skills to caregivers	X	
2. ASQ screening; and/or teach parents about developmental milestones.	X	
3. Engage caregivers with children's therapy.		X
4. Link caregivers to addiction treatment and recovery support.	X	
5. Provide new mothers with depression screening and treatment referrals	X	
6. Assist caregivers in building supportive networks with clean and sober family and friends.	X	
7. Assist caregivers in addressing domestic/relationship violence.	X	
8. Assist caregivers in working toward financial stability: job skills & training, driver's licenses, GED, ESL, etc.		X
9. Target parents for support services following a child abuse report.	X	
10. Teach caregivers about the importance of <i>Talk, Read, Sing</i> in the context of early brain development.	X	
11. Assist caregivers in enrolling their children in a quality early learning program.	X	

2. Did you receive any other funds other than First 5 funds to perform these services in the last year? Please explain.

RHF also receives grant funding from

- **Tuolumne County Behavioral Health, Mental Health Services Act (MHSA) (Prop 63) through Prevention and Early Intervention (PEI).** Participants with children ages 6-18 will receive services assigned to PEI, parents with children ages 0-5 will receive services through 1st5 funding. Indirect costs will be divided between the two funding sources.
- **1st5 for the Help Me Grow Tuolumne/Unite Tuolumne Pilot Project** to provide referrals and connection to community resources and agencies for families in Tuolumne County as well as early child development screening (ASQ-3/ASQ-SE), mental health and family needs screenings.

3. If so, will this other funding be available, to the best of your knowledge, in FY **(23/24)** and beyond for serving children birth to five? If yes, please provide more detailed information on this funding, such as the source of funding, dates and amounts. If no, please explain why not.

- **MHSA PEI:** Grant money started in Tuolumne County through Behavioral Health in 2009 and has renewed every fiscal year continuously. Previous Contract for 5

years was: \$75,000/year. RHF will re-apply for these funds this spring for Grant year 2023-2026 when RFP is published.

- **1st5 Unite Tuolumne: Help Me Grow:** Funding through June 2024. ***Please see proposed re-distribution of contract funds in Budget section.propose that the*

Appendix A: The Protective Factors Framework

Five Protective Factors are the foundation of the Strengthening Families Approach: parental resilience, social connections, concrete support in times of need, knowledge of parenting and child development, and social and emotional competence of children. Research studies support the common-sense notion that when these Protective Factors are well established in a family, the likelihood of child abuse and neglect diminishes. Research shows that these protective factors are also “promotive” factors that build family strengths and a family environment that promotes optimal child and youth development.

Parental Resilience

No one can eliminate stress from parenting, but a parent’s capacity for resilience can affect how a parent deals with stress. Resilience is the ability to manage and bounce back from all types of challenges that emerge in every family’s life. It means finding ways to solve problems, building and sustaining trusting relationships including relationships with your own child, and knowing how to seek help when necessary.

Social Connections

Friends, family members, neighbors and community members provide emotional support, help solve problems, offer parenting advice and give concrete assistance to parents. Networks of support are essential to parents and also offer opportunities for people to “give back”, an important part of self-esteem as well as a benefit for the community. Isolated families may need extra help in reaching out to build positive relationships.

Concrete Support in Times of Need

Meeting basic economic needs like food, shelter, clothing and health care is essential for families to thrive. Likewise, when families encounter a crisis such as domestic violence, mental illness or substance abuse, adequate services and supports need to be in place to provide stability, treatment and help for family members to get through the crisis.

Knowledge of Parenting and Child Development

Accurate information about child development and appropriate expectations for children’s behavior at every age help parents see their children and youth in a positive light and promote their healthy development. Information can come from many sources, including family members as well as parent education classes and surfing the internet. Studies show information is most effective when it comes at the precise time parents need it to understand their own children. Parents who experienced harsh discipline or other negative childhood experiences may need extra help to change the parenting patterns they learned as children.

Social and Emotional Competence of Children

A child or youth’s ability to interact positively with others, self-regulate their behavior and effectively communicate their feelings has a positive impact on their relationships with their family, other adults, and peers. Challenging behaviors or delayed development create extra stress for families, so early identification and assistance for both parents and children can head off negative results and keep development on track.

**ICES 1st5 Grant Proposal 23-27
Attachment A: Separated Budgets**

Unite Tuolumne Contract Funds To Be Re-Distributed As Proposed

	FY 23-24	FY 24-25	FY 25-26	FY 26-27	Total
Personnel					
Salary Coordination	\$ 14,477	\$ 14,911	\$ 15,358	\$ 15,819	\$ 60,565
Benefits	\$ 6984	\$ 7,193	\$ 7,409	\$ 7,628	\$ 29,214
Subtotal Personnel:	\$21,462	\$ 22,104	\$ 22,767	\$ 23,447	\$89,780
Operating/Other Costs					
Contracted Services	\$ 2,217	\$ 2,284	\$ 2,351	\$ 2,422	\$ 9,273
Supplies and Office Expense	\$ 730	\$ 752	\$ 775	\$ 798	\$ 3,055
Facility and Equipment Expense	\$ 711	\$ 733	\$ 754	\$ 777	\$ 2,974
Travel and Meeting Expenses	\$ 587	\$ 605	\$ 622	\$ 641	\$ 2,454
Other Expenses	\$ 1,338	\$ 1,378	\$ 1,420	\$ 1,463	\$ 5,599
Fix Asset Purchases					\$ -
Subtotal Operating/Other:	\$ 5,583	\$5,752	\$5,922	\$ 6,101	\$ 23,3558
Management and General allocations	\$ 3,455	\$ 3,559	\$ 3,666	\$ 3,776	\$ 14,456
Subtotal Operating/Admin:	\$9,038	\$9,311	\$9,588	\$ 9,877	\$37,814
TOTAL:	\$30,500	\$31,415	\$ 32,355	\$ 33,324	\$ 127,594

1st5 - Raising Healthy Families/Help Me Grow Grant 23-27 Origianl Budget Proposal

	FY 23-24	FY 24-25	FY 25-26	FY 26-27	Total
Personnel					
Salary Coordination	\$ 91,350	\$ 94,091	\$ 96,913	\$ 99,821	\$ 382,174
Benefits	\$ 42,706	\$ 43,987	\$ 45,307	\$ 46,666	\$ 178,666
Subtotal Personnel:	\$134,056	\$ 138,078	\$ 142,220	\$ 146,487	\$ 560,840
Operating/Other Costs					
Contracted Services	\$ 13,557	\$ 13,964	\$ 14,383	\$ 14,814	\$ 56,717
Supplies and Office Expense	\$ 9,803	\$ 10,097	\$ 10,400	\$ 10,712	\$ 41,012
Facility and Equipment Expense	\$ 4,350	\$ 4,481	\$ 4,615	\$ 4,753	\$ 18,199
Travel and Meeting Expenses	\$ 3,589	\$ 3,697	\$ 3,808	\$ 3,922	\$ 15,015
Other Expenses	\$ 13,521	\$ 13,927	\$ 14,344	\$ 14,775	\$ 56,567
Fix Asset Purchases					\$ -
Subtotal Operating/Other:	\$ 44,820	\$ 46,165	\$ 47,550	\$ 48,976	\$ 187,510
Management and General allocations	\$ 21,124	\$ 21,758	\$ 22,410	\$ 23,083	\$ 88,375
Subtotal Operating/Admin:	\$ 65,944	\$ 67,922	\$ 69,960	\$ 72,059	\$ 275,885
TOTAL:	\$200,000	\$ 206,000	\$ 212,180	\$ 218,545	\$ 836,725

Grant 23-27 ORIGINAL Budget Proposal

	FY 23-24	FY 24-25	FY 25-26	FY 26-27	Total
1st5 Grant 23-27	\$200,000.00	\$206,000.00	\$212,180.00	\$218,545.00	\$836,725.00
Re-distribute Unite Tuolumne Pilot Contract	\$30,500.00	\$31,415.00	\$32,355.00	\$33,324.00	\$127,594.00
Total	\$230,500.00	\$237,415.00	\$244,535.00	\$251,869.00	\$964,319.00
Personnel					
Salary Coordination	\$ 105,828.00	\$ 109,002.00	\$ 112,271.00	\$ 115,640.00	\$ 442,741.00
Benefits	\$ 49,690.00	\$ 51,180.00	\$ 52,716.00	\$ 54,293.00	\$ 207,879.00
Subtotal Personnel:	\$ 155,518.00	\$ 160,182.00	\$ 164,987.00	\$ 169,933.00	\$ 650,620.00
Operating/Other Costs					
Contracted Services	\$ 15,774.00	\$ 16,248.00	\$ 16,734.00	\$ 17,236.00	\$ 65,992.00
Supplies and Office Expense	\$ 10,533.00	\$ 10,849.00	\$ 11,175.00	\$ 11,510.00	\$ 44,067.00
Facility and Equipment Expense	\$ 5,061.00	\$ 5,214.00	\$ 5,369.00	\$ 5,530.00	\$ 21,174.00
Travel and Meeting Expenses	\$ 4,176.00	\$ 4,302.00	\$ 4,430.00	\$ 4,563.00	\$ 17,471.00
Other Expenses	\$ 14,859.00	\$ 15,305.00	\$ 15,764.00	\$ 16,238.00	\$ 62,166.00
Fix Asset Purchases	\$ -	\$ -	\$ -	\$ -	\$ -
Subtotal Operating/Other:	\$ 50,403.00	\$ 51,918.00	\$ 53,472.00	\$ 55,077.00	\$ 210,870.00
Management and General allocations	\$ 24,579.00	\$ 25,315.00	\$ 26,076.00	\$ 26,859.00	\$ 102,831.00
Subtotal Operating/Admin:	\$ 74,982.00	\$ 77,233.00	\$ 79,548.00	\$ 81,936.00	\$ 313,699.00
TOTAL:	\$ 230,500.00	\$ 237,415.00	\$ 244,535.00	\$ 251,869.00	\$ 964,319.00