



Local Impact Brief

2017-2018



FIRST5
SAN BERNARDINO

harder + co | community
research

Introduction

Children are profoundly impacted by their families, neighborhoods and communities.

First 5 San Bernardino seeks to improve children's lives by strengthening the environments and systems serving children 0 to 5 and their families. This includes direct services and, increasingly, it also includes supports to communities and systems to ensure that environments support children's healthy physical, social, and emotional development.

First 5 signaled a shift to a collaborative systems approach in the 2015-2020 strategic plan. The Commission identified as a catalyst, convener and partner, and committed themselves to provide countywide leadership, work with stakeholders from multiple sectors, and invest in community capacity to support children in San Bernardino County.

In some cases, our impact can be seen in familiar metrics: children and families served, reduction in risk for child abuse or improvement in family self-sufficiency. In other cases, impact is demonstrated through new partnerships formed, increased efficiency of systems or new dollars brought into our county and region. To highlight how we see our investments supporting children, their families and the systems that surround them, we include icons throughout to indicate the level of impact we are seeing from our investments:



Children and Families



Providers or partners



Communities and Systems

No matter how we measure impact, our vision continues to be that all children in San Bernardino County are healthy, safe, nurtured, eager to learn and ready to succeed.

The 2017-18 local impact report is designed to reflect this gradual, intentional shift in strategy. Each section of the report highlights investments in one of our longstanding focus areas:



Child Health



Early Learning



Family and Community Support and Partnerships

Child Health

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



Children and Families

Screening, Assessment, Referral and Treatment (SART)/ Early identification and intervention Services (EIS) was among the first collaborative investments First 5 San Bernardino made. Since 2004, First 5 and the **County of San Bernardino Department of Behavioral Health (DBH)** have partnered to access Medi-Cal and EPSDT dollars that support a multi-disciplinary approach to identify, treat and make appropriate referrals to children who are experiencing significant developmental and/or behavioral issues.



DBH served **2,628** children in FY 17-18. Children improved in the following areas:

71%

Increased playfulness

70%

Improved Attachment

67%

Better able to express emotion and refrain from tantrums

The **Early Smiles program** provides children 0-5 and pregnant women with oral health education, screening and referral to receive preventive services and establish a dental home.

To effectively deliver such services, the program builds collaboration between medical and dental providers, integrates oral health into primary care and leverages Federal Financial Participation and Medi-Cal reimbursement funds.

The program screened
7,357
children

...and connected
305
children and their families to a permanent dental home





Arrowhead Regional Medical Center's Breathmobile is a mobile asthma unit traveling throughout the County to treat children with asthma. Breathmobile physicians provide children and families with an asthma examination, care plan and education about how to treat and manage asthma symptoms.

18

families received a new asthma action plan

20

families learned how to use their child's inhaler

15

families learned how to respond to an asthma episode



Babies Optimal Nutrition and Ultimate Support (BONUS) is a comprehensive lactation support program that offered a 24 hour warm-line to support continued breastfeeding after childbirth, provider training and breastfeeding information upon discharge from the hospital. BONUS was implemented in partnership with the **County of San Bernardino Department of Public Health**, and set the foundation for future strategic approaches to lactation support and integrated maternal health.



Providers and partners

Prior to the opening of the **Children's Assessment Center**, abused children referred to Child Protective Services often had to endure a number of interviews performed by the multiple agencies involved in the investigation of the case. Many times, victimized children suffered unnecessary trauma in this process. In partnership with **Children's Fund, Loma Linda University Children's Hospital** and others, the Children's Assessment Center provides a 'one-stop shop' with a child-friendly environment along with resource and referral through a multi-disciplinary team to children age 0-5 to decrease effects of child abuse.

800

children screened

1,300

nurse practitioners, forensic interview specialists, pediatricians, medical & non-medical professionals trained about child maltreatment

The **American Lung Association Asthma Educator Institute (AEI)** built the capacity of medical professionals (e.g. occupational therapists, respiratory therapists, doctors) by offering a prep course and scholarship to take the National Asthma Educator Certification Board (NAECB) examination.





Communities and Systems

First 5 San Bernardino has supported regional efforts to strengthen the oral health system serving children and families in the Inland Empire.

They, along with **First 5 Riverside**, were able to pull down state funding for the **Local Dental Pilot Project/Dental Transformation Initiative** – a State funded local project to increase oral health prevention services and utilization of Denti-Cal. The investment supports two strategies:



Virtual Dental Home - 10 Federally Qualified Health Centers (FQHC's) in both Riverside and San Bernardino Counties were provided with and trained on mobile equipment to use for the virtual dental home strategy



Early Child Oral Health Assessment (ECOHA) Mobile Application - The ECOHA app was in the final stages of development. Both strategies are set to launch in early 2019

First 5 also acts regionally through the **Oral Health Action Coalition of the Inland Empire (OHAC-IE)**. OHAC-IE convenes health care providers, institutions and advocates for peer learning and to mobilize and organize local resources to increase access to oral health care and improve health outcomes for the residents of the Inland Empire Region of Southern California.

In Fiscal Year 2017-18:



OHAC-IE convened a community forum of policymakers and key Oral Health stakeholders in the Inland Empire to discuss the regional oral health landscape and needs.



OHAC-IE launched an oral health data platform: Project VIDA (Visualization Information and Data for Action). This interactive platform presents actionable oral health data among local counties within California in unique and engaging ways. It kicked off with information on the “Oral Health of the Inland Empire,” but data on additional counties is forthcoming.

Help Me Grow is a national effort that works to promote cross-sector collaboration to ensure that communities identify vulnerable children, link families to community-based services, and empower families to support their children’s healthy development. First 5 San Bernardino is working in partnership with **First 5 Riverside** and **Loma Linda Children’s Hospital** to **develop a comprehensive system of care to support early developmental and behavioral identification and intervention**. The system will include a centralized call center access point for parents and professionals, outreach and education to parents and providers and ongoing data collection and analysis. 2017-18 marked the initial stages of this process through a six-month planning grant that laid the groundwork for the Help Me Grow system by formalizing partnerships and developing leadership teams for a Help Me Grow system in the Inland Empire region.



Early Learning

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



Children and Families

First 5 San Bernardino in partnership with **San Bernardino County Superintendent of Schools, County of San Bernardino Preschool Services Department, and Children's Fund** funded the countywide launch of **Footsteps2Brilliance®** - a mobile literacy app that families can download and access from any mobile device.



Over **17,000** parent and child accounts were created across the County

Children and families read **165,000** books for a total vocabulary exposure of **44,216,407** words



First 5 distributed books to children and families through **Reach Out and Read**. The program gives young children a foundation for success by incorporating books into pediatric care and encouraging families to read aloud together.

3

independent pediatricians

approximately

60

*pediatricians total from 8 medical associations

33,107

books purchased for the program

*Number of pediatricians at sites fluctuates throughout the year



Providers and Partners



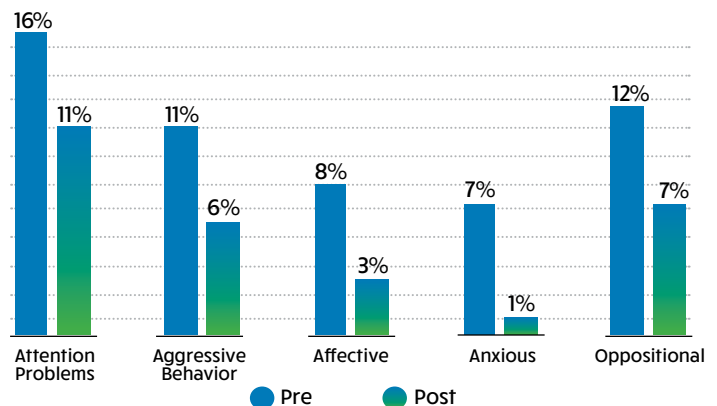
Trauma-informed Care Educator Training is a pilot training opportunity to prepare early educators to conduct a trauma-informed classroom. Trainers worked with staff on trauma-informed instruction, with parents on self-regulation strategies and Trust-Based Relational Interventions, and directly with young children on self-regulation of "big feelings."

The pilot program has since integrated into CAHELP's training and expanded to other districts using SELPA and DBH funds.

The pilot reached **71 children** and saw a **dramatic decrease** in significant behavior problems (from 22% of children before the program to 14% after).

The prevalence of mental health disorders among children involved in the pilot also **dropped dramatically** by the end of the program.

Exhibit 1. Prevalence of Five Mental Health Disorders Decreased Among Children Participating in the Pilot Program





County of San Bernardino Preschool Services Department's Early Head Start Child Care Partnership. First 5's funding-match supports **two coaches employed to improve capacity** among Early Head Start providers in the county around environmental and school readiness quality.



Communities and Systems

The quality of early learning opportunities is critically important to a child's long-term success in school and in 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 by **First 5 California** and the **California Department of Education** and implemented in conjunction with **California State University-San Bernardino, Child Care Resource Center, San Bernardino County Superintendent of Schools, and County of San Bernardino Preschool Services Department**. Building off a successful planning and pilot phase, Fiscal Year 17-18 was the first full capacity year.

184

participating sites

109

received a quality rating

75

received quality improvement services to prepare them for a future rating



QSSB was able to ensure that more than **8,900** children benefited from an overall quality early education experience.

Family and Community Support and Partnerships

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



Children and Families

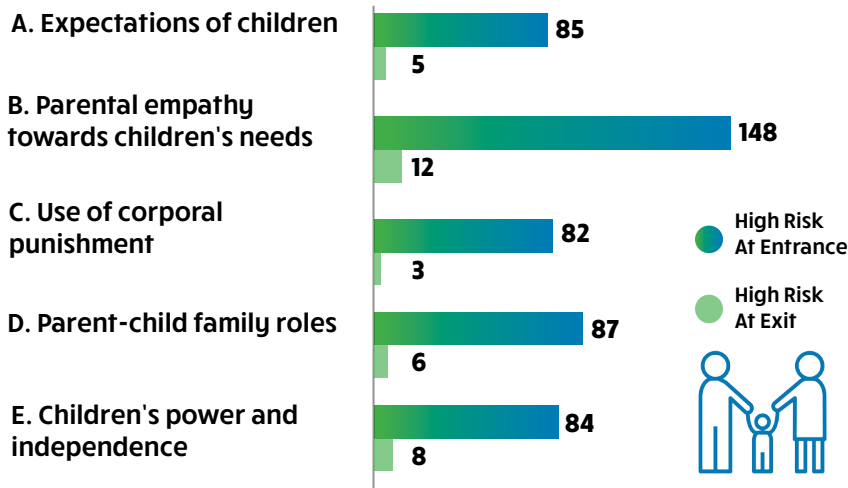
The Family and Community Support and Partnerships investment provides parenting education classes (Nurturing Parenting) and structured case management services to increase family stability.

Participating parents demonstrated **significant increases in knowledge and behaviors related to positive parenting practices** that help protect against abuse and neglect.

1,083
parents

received
12,679
Nurturing Parenting
Classes

Exhibit 2. Number of parents who showed decreased risk after entering parenting classes at High risk.



254 parents scored in the **high risk range in one or more areas** when starting parenting classes.

By the end of the program **243** of **254** parents moved from **high to moderate or low risk**, thereby reducing their children's likelihood of experiencing maltreatment.

Case Management

1,107
parents

received
4,258
Case Management
Sessions



Participating parents showed significant improvement across all domains of self-sufficiency measured as part of case management. In 2017-18, the most frequent needs reported by families using case management services were...

Community Resources Knowledge: When asked about their knowledge and use of community programs...

224 parents

said they either had no knowledge of community resources or had only some knowledge of community resources.

Adult Education: Of all parents responding at baseline...

132 parents

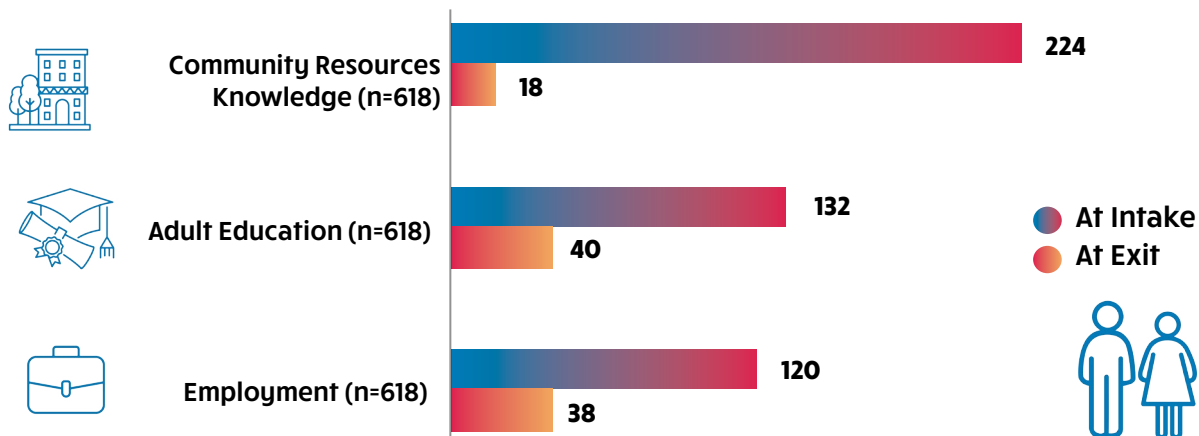
either did not have a high school diploma/GED and did not plan on obtaining one or did not have a high school diploma/GED but were planning on obtaining one.

Employment: When it comes to employment...

120 parents

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

Exhibit 3. Families 'in crisis' or 'at risk' at intake and exit for most common case management needs



¹Each item in the Family Development Matrix is rated on a 1-4 scale where a score of 1 or 2 indicates a client is 'in crisis' or 'at risk' and a score of 3 or 4 indicates they are 'stable' or 'self-sufficient.' Thus, clients no longer at risk can be said to have achieved some level of stability.



Career Online High School in partnership with **County of San Bernardino Libraries** offers parents the opportunity to earn an accredited high school diploma and career certificate online. In 2017-18, the Career Online High School saw its first graduating class.

81

enrolled in the program

160

individuals were in the pre-enrollment process

39

students graduated in 2017-18

211 provided resources and referrals to...



52,282
callers

33%
have children 0-5

A random sample report indicated that on average nearly

60%

of callers get the help they need because of their call to 211



The Emergency Needs Program assists families enrolled in case management. It provides families access to basic necessities and concrete supports meant to address immediate needs as they work toward improving their circumstances through ongoing case management. The program provides families with resources to secure items such as clothing, beds, and food, and to pay rent or utility costs.



Communities and Systems

In partnership with **Children's Network, First 5:**

- funded a child abuse prevention conference
- established the fatherhood involvement collaborative
- implemented maternal mental health and safe sleep media campaigns



First 5 San Bernardino Commission

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