

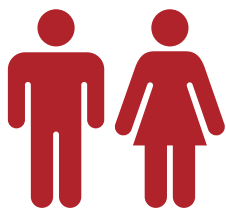


# Local Outcomes Brief 2013-2014

harder+company  
community research

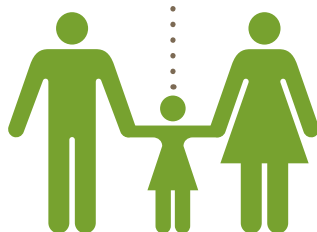


# In 2013-14



9,084

children 0-5 were served, a 56% increase from 2012-13



4,448

parents were served, a 45% increase from 2012-13

## FAMILY CHARACTERISTICS

36% of parents did not have a high school diploma

61% have incomes that fall below the Federal Poverty guideline

## NUMBER OF PARENTS SERVED IN SAN BERNARDINO COUNTY BY ZIP CODE



PARENTS SERVED



1-30



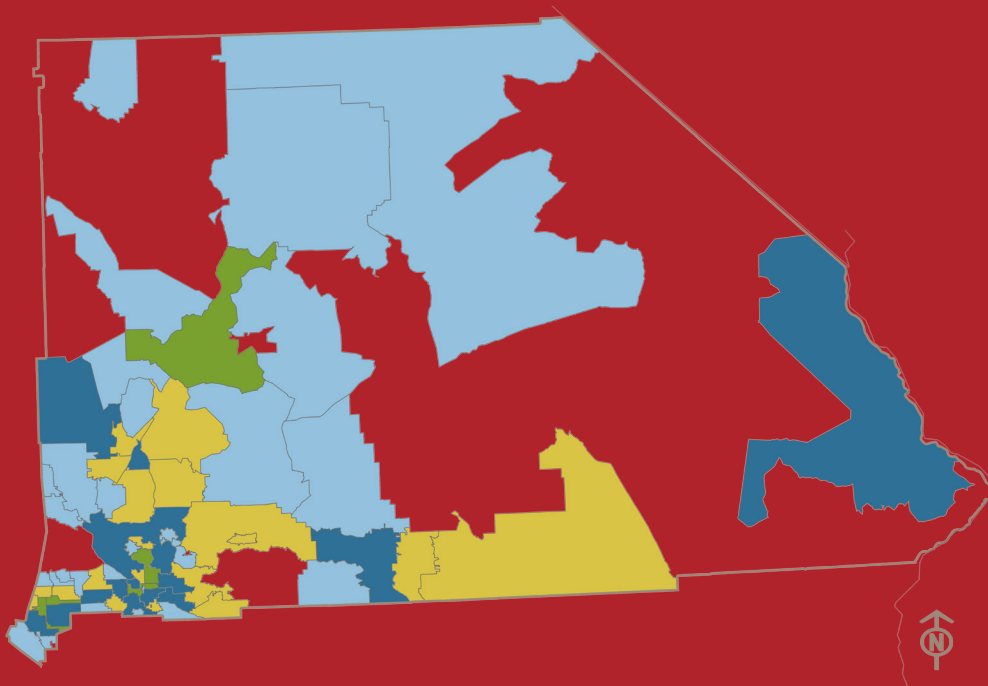
31-82



83-139



140-248



ZIP  
CODES

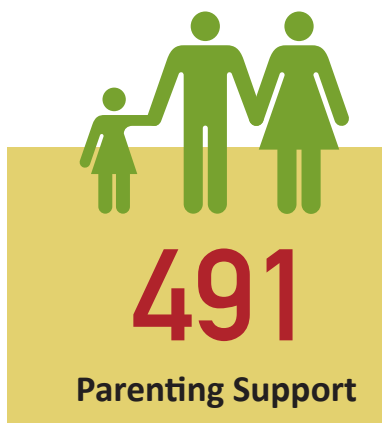
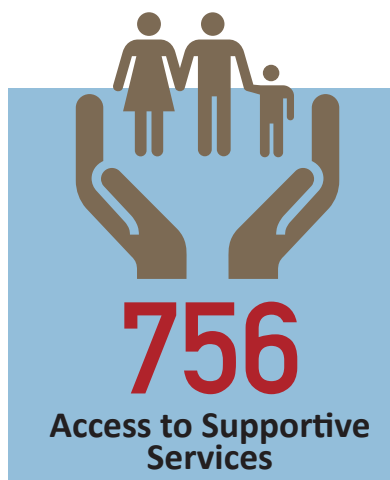
92366	92364	92305	92321	93562	92401	92372	92252	92371	92354	92307	91739	92337	92395	91730	92410	92376
92322	92242	92280	92285	92365	92325	92356	91708	91737	92284	92405	92374	92394	92346	92392	91710	92335
92333	92318	92382	92341	92358	92315	92363	92313	91784	92344	92316	92308	92301	91761	91764	92404	92323
91759	92327	92339	92347	92397	92317	92342	92314	92408	92373	92277	92311	92399	91709	92407	92345	92304
92332	92386	92398	92352	92256	92391	92359	92310	92377	91701	92411	91763	91786	91762	92324	92336	92268



# FAMILY

San Bernardino County families face a host of challenges to stability and self-sufficiency, ranging from job loss and high foreclosure rates to a general lack of economic, social, and material resources. Currently, 18.7% of County residents live below the poverty line, of those children under 5 make up 29%<sup>1</sup>. First 5 San Bernardino supports **resource centers** and **case management services**, which help families develop and maintain long-term **self-sufficiency**, as well as critical **parent education** services to ensure **families are safe, healthy, and nurturing**.

Parents entering resource centers and case management services showed the highest needs in:



Parents who completed the Nurturing Parents parenting program showed a statistically significant increase in knowledge and behaviors related to positive parenting that help protect against abuse and neglect.

In total  
**1,403** parents  
received a total of  
**12,268**  
Nurturing  
Parenting  
Sessions.

**418**

parents entered the parent education program scoring in the high risk range on one or more of the five subscales of the AAPI-2<sup>2</sup>.

High risk scores are related to higher rates of child abuse and neglect than low or moderate risk.

**389**

parents moved from high to moderate or low risk on one or more subscales of the AAPI-2 by the end of the program, thereby reducing their children's likelihood of experiencing maltreatment.

<sup>1</sup>2013 American Community Survey (5-year estimates).

<sup>2</sup>The AAPI-2 is an inventory designed to assess the parenting and child rearing attitudes of adolescents and adult parents. Responses to the inventory provide an index of risk for practicing behaviors known to be attributable to child abuse and neglect.

# EDUCATION

Early care and education are essential to children’s long term success in school. First 5 San Bernardino recognized the need for such an experience as only **39% of 3- and 4-year-olds in the County attend preschool**, compared to 49% statewide<sup>3</sup>. Lack of preschool attendance puts children at a disadvantage as they enter kindergarten. First 5 San Bernardino addresses this need through programs targeting providers, children and parents to ensure **every child enters kindergarten ready to learn**.



Full day preschools provided **341** children with a full day, year round preschool education. On average, each child attended **138** days of schooling.

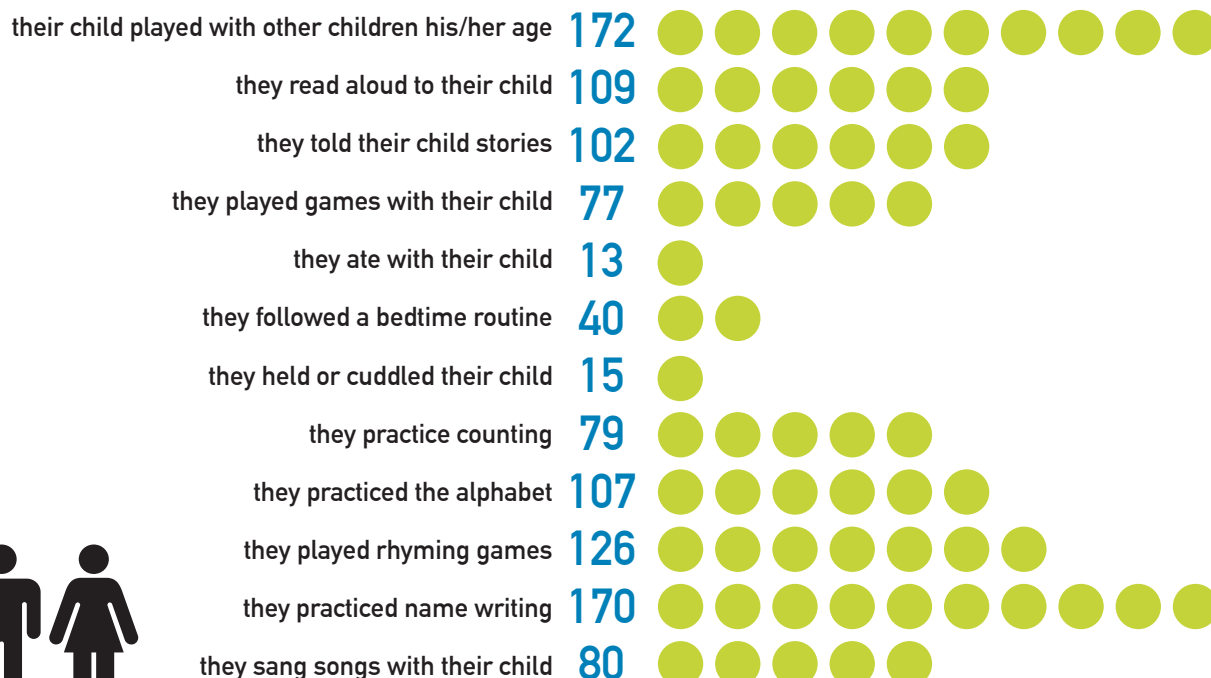
Pre K-Academies provided a short-term preschool experience to over **1,000** children who otherwise would not have received any preschool education before entering kindergarten.

**117,905**  
collective days  
of preschool  
experienced by  
children

## Children are ready for kindergarten

In 2012, First 5 San Bernardino launched the Pre-K Academy initiative. Pre-K Academies provide children a short term preschool experience to increase school readiness. Along with full-day and half-day preschool, Pre-K Academies are an important part of First 5 San Bernardino's early education strategy.

### Number of parents who saw an increase in the number of days per week<sup>4,5</sup>:



# FAMILY LITERACY

In 2013, First 5 San Bernardino launched their Family Literacy programs. Family Literacy programs aim to increase awareness of the importance of literacy activities starting at birth by implementing curriculums throughout the county to encourage and enhance family literacy development.

## As a result:



The number of parents who increased their inventory of children's books at home.

116



The number of parents who increased the number of times they take their child to a library, book mobile or another place to participate in a reading activity.

120



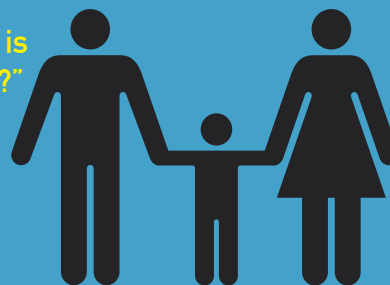
The number of parents who noted an increase in how often they now practice at least one of the following positive reading activities with their child or children<sup>6</sup>:

258

- // Hold the book upright in child's view
- // Track words with finger, reading from left to right
- // Stop reading and point out letters and/or words
- // Make up story based on the pictures of the book
- // Ask their child to tell them what is in a picture
- // Ask their child questions when reading
- // Discuss the topic of the book with their child

"Where is letter A?"

FOR EXAMPLE:



"What do you think will happen next?"

Number of parents who, by the end of the program, were practicing the following literacy activities with their children:



PRACTICED THE ALPHABET

233



FOLLOWED A READING ROUTINE

218



READ TOGETHER

250

<sup>6</sup> Some parents showed no change as they were already practicing each of these "always".



# HEALTH & SYSTEMS

First 5 San Bernardino's 2013-14 health and systems initiatives aimed to ensure that young children and their families are healthy and safe. Health initiatives target **access to health care, early screening, and intervention**; they also **assist parents/caregivers in navigating and receiving appropriate services from health providers**. Systems efforts target building healthy cities and communities and ensuring systems in the county make it possible for young children and their families to be safe and healthy.

**5,023**  
children  
received  
developmental  
screenings

## A FOCUS ON EARLY SCREENING:

Early screenings help identify children who are at risk for delays in physical, cognitive, and social development. From this, appropriate referrals are provided, ultimately helping ensure that all children achieve their full potential.

## ASTHMA PREVENTION & INTERVENTION

Young children in San Bernardino County experience asthma at a 64% higher rate than their peers statewide. In 2012, **23% of children under 11 had asthma** compared to 14.2% statewide. Asthma is not only harmful to children's health, but also costly<sup>7</sup>. First 5 San Bernardino funded programs aim to reduce asthma-related hospitalizations and equip families to manage their child's asthma

**34**

parents felt confident in controlling and managing their child's asthma (compared to 23 at the beginning of the program)

**39**

parents in the program were taught how to recognize early signs/symptoms of an asthma episode

**41**

parents in the program developed an asthma care plan for their child/ren



## PERINATAL SART

Exposure to drugs, alcohol and tobacco during pregnancy can lead to poor birth outcomes and serious health and development problems for children. Prenatal Screening, Assessment, Referral and Treatment (PSART) providers educate and link expectant mothers to services to ensure every baby is born healthy. In 2013-14, healthcare providers delivered intensive services for **more than 300 expectant mothers**.



Risky behaviors such as smoking, drinking and using drugs decreased significantly by the expectant mother's second follow up<sup>8</sup>.

46

MOTHERS

Decreased the number of cigarettes they smoked or stopped smoking entirely

28

MOTHERS

Decreased the number of days they drank or stopped drinking entirely

40

MOTHERS

Decreased the number of days used marijuana or stopped using marijuana entirely

22

MOTHERS

Stopped using drugs entirely (e.g. cocaine, heroin or meth)

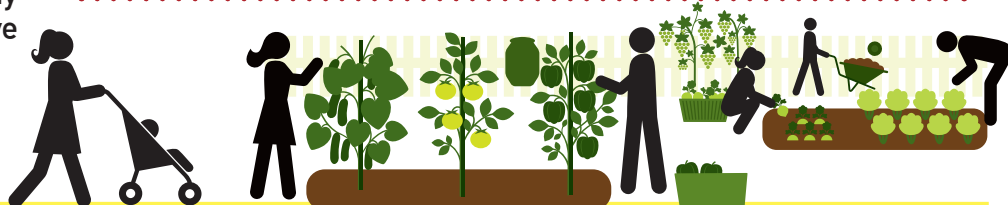
## A FOCUS ON HEALTHY CITIES AND COMMUNITIES

**Healthy Cities and Communities (HCC)** is a systems change effort that acknowledges that a community's health is highly impacted by the complex interplay of individual behaviors, the physical and social environments, biological and genetic factors and health systems. HCC initiatives aim to improve the health and quality of life of all residents. First 5 San Bernardino began investing in Healthy Cities and Communities initiatives in 2011 and is currently investing in **eight HCC initiatives throughout the County**.

- 1) Healthy Adelanto
- 2) Healthy Apple Valley
- 3) Healthy High Desert
- 4) Healthy Montclair
- 5) Healthy Muscoy
- 6) Healthy Rancho Cucamonga
- 7) Healthy Rialto
- 8) Healthy San Bernardino

3

The number of areas Healthy Cities and Communities have made significant strides in to ensure that children and families thrive in safe and healthy communities.



### Built Environments

- Access to healthy food options through Farmers' Markets and fruit parks.
- Encourage physical activity through recreation facilities and new bike lanes

### Policies

- Internal policies that model healthy behaviors, such as breastfeeding and lactation accommodation policies for city employees
- Public education on health-related policy issues through policy briefs and needs assessments
- Public policy changes to curb harmful behaviors, such as smoking and drug use, and increase access to healthy food, such as healthy vending machine policies

### Integrated Systems

- Health programs and services for children and families
- Resident capacity building for civic engagement
- Increased collaboration between local service providers and institutions
- Leveraging of resources to sustain programs and initiatives

<sup>8</sup> Data was available for 190 expectant mothers who noted using at least one substance in the month prior to the screening – most of those only used on substance.

## First 5 San Bernardino Commission

Linda Haugan, Chairwoman  
Assistant Executive Officer, Human Services, County of San Bernardino

Maxwell Ohikhuare, M.D., Vice Chair  
Public Health Officer, County of San Bernardino

James Ramos  
Third District Supervisor, County of San Bernardino

Elliot Weinstein, M.D.  
Physician/Pediatrician

Margaret Hill, D.Ed.  
School Board Member, San Bernardino Unified School District

Leslie Egge  
Senior Companion Director, Lanterman Developmental Center

Vacant Commissioner Seat

Executive Director  
Karen E. Scott

