



# ANNUAL EVALUATION REPORT 2023-24

First 5 Yuba County Children and Families Commission



# Contents

<b>HEADLINE FINDINGS 2023-24 .....</b>	<b>1</b>
<b>INTRODUCTION .....</b>	<b>1</b>
About First 5 Yuba County .....	1
<b>STRATEGIC FRAMEWORK .....</b>	<b>2</b>
<b>PROFILE OF CHILDREN AND FAMILIES SERVED .....</b>	<b>3</b>
Annual Aggregate Data .....	3
Demographics of Participating Children .....	4
<b>GOAL 1 — CHILD HEALTH AND DEVELOPMENT.....</b>	<b>5</b>
Community-Wide Trends.....	5
First 5 Families at Intake .....	8
Impact of First 5 Yuba Programs.....	10
MJUSD Student Services and Peach Tree Health.....	10
Help Me Grow.....	12
YCOE Behavioral Consultation Services .....	14
YCOE Family Resource Center .....	18
Parental Mental Health Initiatives .....	21
Blue Shift Maternal Mental Health Conference.....	22
Stepping with Baby Walking Groups.....	23
Mindful Mamas Weekly Support Group .....	24
Father Support Initiatives .....	26
OPUD aquatics program .....	27
CA Office of Traffic Safety Child Passenger Safety Program .....	28
<b>GOAL 2 — RESILIENT FAMILIES .....</b>	<b>29</b>
Community-Wide Trends.....	29
First 5 Families at Intake .....	31
MJUSD School Readiness Parent-child Classes .....	34
Camptonville 1, 2, 3, Grow Parent-child Classes.....	37
YES Environmental Science Charter Academy—ABC Sprout .....	39
Playzeum Developmental Playgroups.....	42
Probation Partnership.....	44
<b>GOAL 3 — QUALITY EARLY LEARNING .....</b>	<b>45</b>
Community-Wide Trends.....	45
First 5 Families at Intake .....	46
Impact of First 5 Yuba County — .....	48
Yuba County Library.....	48
Dolly Parton Imagination Library .....	49
Child Care Planning Council: Keys to Quality .....	50
HMG Provider and Community Supports .....	53
Mini Grants Support For Child Care Providers .....	55

**GOAL 4 - STRONG SYSTEMS..... 57**

Community Planning and Outreach.....57

Mini Grants Support for Community-Based Organizations .....58

Building Resilient Families Tobacco Grant.....61

Home Visitation Systems Coordination Grant .....64

Parent Ambassador Leadership Program .....66

Sponsorships and New Partnerships.....67

**IMPACT OF FIRST 5 PROGRAMS ..... 68**

**PROGRAMMATIC CHALLENGES AND SUCCESSES..... 68**

# Table of Figures

Figure 1: Proportion of Children Served in First 5 Programs, by Ethnicity and Language .....	4
Figure 2: Access to Adequate or Adequate Plus Prenatal Care in Yuba County .....	5
Figure 3: Prevalence of Prenatal and Postpartum Depressive Symptoms, 2019-21 .....	6
Figure 4: In-Hospital Exclusive Breastfeeding Rates in Yuba County .....	6
Figure 5: Prevalence of Children Born with Low Birth Weight .....	7
Figure 6: Proportion of Children on Medi-Cal Accessing Well-Child Checks and Annual Dental Visits .....	7
Figure 7: Caregivers' Needs and Concerns Related to Health and Wellness, at Intake .....	8
Figure 8: Preventive Child Health and Dental Care Utilization, at Intake .....	9
Figure 9: Proportion of Children with Health and Developmental Screenings, at Intake.....	9
Figure 10: ASQ-3 Screening Results .....	13
Figure 11: Satisfaction with HMG Services, on a Scale of 0 (Worst) to 5 (Best) .....	13
Figure 12: Parenting Knowledge, Following Positive Discipline Class Participation, by Topic .....	15
Figure 13: Parenting Knowledge Before and After the AlphaBits Series .....	16
Figure 14: Average Gains in Knowledge Reported by Caregivers .....	19
Figure 15: Providers Satisfaction with Maternal Mental Health Conference .....	23
Figure 16: Knowledge and Skills Before and After the Stepping with Baby Group Participation .....	24
Figure 17: Knowledge and Skills Before and After Mindful Mama Group Participation .....	25
Figure 18: Knowledge and Skills Before and After Fathers Matter Group Participation .....	26
Figure 19: Effects of Participation in the Summer Swim Program on Families and Children .....	27
Figure 20: Proportion of Children 0-5 Living in Poverty in Yuba County .....	29
Figure 21: Households Paying More Than 30% For Housing in Yuba County.....	30
Figure 22: Incidence of Child Maltreatment Allegations in Yuba County (per 1,000 Children, Ages 0-5) .....	30
Figure 23: Incidence of Substantiated Allegations in Yuba County (per 1,000 Children Ages 0-5) .....	30
Figure 24: Family Income, at Intake .....	31
Figure 25: Caregiver Employment Status, at Intake .....	31
Figure 26: Caregiver Education Attainment, at Intake .....	32
Figure 27: Caregivers' Needs and Concerns Related to Child and Family Resilience, at Intake .....	32
Figure 28: Caregivers' Protective Factors, at Intake .....	33
Figure 29: Screenings and Health Checks Completed by the MJUSD School Readiness Program Staff, by Type ....	34
Figure 30: Perceived Knowledge and Confidence Before and After School Readiness Classes .....	36
Figure 31: Parenting Knowledge, Confidence, and Knowledge Gains at Exit .....	38
Figure 32: Families' Perceptions of the ABC Sprout Outdoor Classrooms .....	40
Figure 33: Parenting Knowledge of ABC Sprout Participants Before a nd After Workshops.....	41
Figure 34: Change in Parenting Behavior Before and After Participation in Playzeum Playgroups.....	42
Figure 35: Parenting Knowledge and Socail Connections After Playgroups .....	43
Figure 36: Proportion of 3-4-Year-Olds in Preschool in Yuba County .....	45
Figure 37: Proportion of Children Meeting or Exceeding 3rd Grade ELA Standards In Yuba County.....	46
Figure 38: Caregivers' Needs and Concerns Related to Child Care and Early Learning, at Intake .....	46
Figure 39: Proportion of Families Reading with their Child at Least Three Times a Week, at Intake .....	47
Figure 40: Types of Early Child Care Education Experiences, at Intake .....	47
Figure 41: Proportion of Participants Who Felt That Program Helped them "Very Much" .....	51
Figure 42: Proportion of Participants Finding Program Resources "Very Beneficial" .....	52
Figure 43: Proportion of Correct Responses Following UWBL Workshops .....	60
Figure 44: Satisfaction with the 2-Day TAMAR Conference Components.....	64
Figure 45: Outcomes of Attending PLC Workshops .....	65
Figure 46: Caregivers' Protective Factors, at Intake and Exit .....	68

# Headline Findings 2023-24

First 5 Yuba County (First 5) has four strategic goals for children and families in Yuba County: *Child Health and Development, Resilient Families, Quality Early Learning, and Strong Systems*. These goals support the overarching mission of First 5 programs to strategically support the use of community resources and services to enhance the development and well-being of children ages 0-5 years and their families. In 2023-24 First 5 continued to deliver meaningful and engaging programs to families and children, promoting children's health and growth in safe and nurturing family environments so they can succeed in their educational experiences as well. The following Snapshot presents 2023-24 data, illustrating the First 5's reach and progress toward stated goals.

## Profile of Families Served



### Reach

- **First 5 continued to reach underserved families.** Services were provided to 11,321 children and 9,272 caregivers (duplicated across programs). First 5 participants were overrepresented by Latino (50%) and multiracial (26%) families. Only 17% of First 5 children were White, compared to 40% of county families.

## Child Health and Development

Promote each child's physical, social, and emotional development.

Countywide trends & First 5 families at intake

- Almost all (96%) First 5 children had a **family physician** and an annual well-child check, compared to 52-60% of Yuba County children or 50-64% of children statewide. Most had a **dentist** (87%) and a dental visit (73%) in the past six months. Ten percent of First 5 families identified as smokers, of which half sought cessation services.

Families increase use of prenatal, medical, and dental care

- **MJUSD Student Services and Peach Tree Health (PTH) Mobile Dental Clinic** brought **dental screenings and procedures** on school campuses, performing 327 services, including fluoride treatment, varnish, dental exams, x-rays, teeth cleaning, sealants, fillings, care coordination, and transportation. Of 160 children served, 50% could not have accessed dental care off campus. Close to 60 **educational presentations** and oral health events reached 2,547 children and 1,720 caregivers (duplicated).

Children increase use of health and developmental screenings; meet developmental milestones

- **Help Me Grow (HMG) Yuba** provided 995 **developmental screenings**, nearly twice as many as last year, revealing developmental concerns for 31% of 610 children screened. Those not already in services received care coordination and 50 referrals to early intervention services for developmental/speech delays and/or behavioral concerns.
- **First 5 programs** (MJUSD School Readiness and Child Development Behavioral Consultation) conducted 189 **health screenings**, such as vision, hearing, and immunizations. Close to 90 screenings were conducted at nine HMG pop-up screening events, reached 35 children, and nearly 20 screenings were completed at ASQ Trainings.

Families increase use of early intervention services

- **Child Development Behavioral Consultation (CDBC)** specialist held 100 behavioral consultations and 60 **home visits**, offering 20 families and four expectant mothers parent education and child assessments, observations, and referrals to behavioral supports. Additionally, CDBC held over 80 **parenting classes** and **workshops** attended by nearly 200



	<p>parents, many from Spanish-speaking and rural communities. Finally, CDBC facilitated monthly <b>Bi-County provider meetings</b> and took part in screening and outreach events.</p> <ul style="list-style-type: none"> <li>• <b>First 5 programs provided resource and referrals</b> to early intervention services, such as Alta Regional and MJUSD Speech Pathology Department, as well as to First 5 and partner programs, such as HMG, YCOE, CDBC, FRC, and MJSUD.</li> </ul>
Families increase physical fitness and safety	<ul style="list-style-type: none"> <li>• <b>YCOE Family Resource Center (FRC)</b> promoted physical and socio-emotional wellness through 50 <b>support groups</b>, <b>parent-child</b> activities and special events, reaching close to 50 families, most of whom had children with special needs. Moreover, <b>YCOE FRC</b> connected nearly 200 families to <b>resources</b> (e.g., diapers, gas cards, etc.).</li> <li>• <b>OPUD Aquatics program</b> enrolled 130 children in swimming classes, which helped over 100 families spend more time outdoors, while building skills and confidence in child safety around water. Over 80% of families had no other access to <b>water safety classes</b>.</li> <li>• <b>OTS Car Seat Safety program</b> offered <b>car passenger safety education</b>, car seat inspection and installation, and distribution of new car seats to 200 families and 122 children via individual appointments and car seat check events and presentations.</li> </ul>
Reduce tobacco use and exposure to 2nd-and 3rd hand smoke	<ul style="list-style-type: none"> <li>• <b>First 5 programs</b>, such as MJUSD School Readiness, CDBC, and others offered parent-child <b>nutrition and fitness activities</b>, as well as <b>health and safety workshops</b> and events, educating parents and providers on water, bicycle, pedestrian, and passenger safety, emergency preparedness, tobacco harm, and First Aid/CPR. Moreover, Camptonville 1, 2, 3 Grow, YES Charter Academy, and the Library offered <b>outdoor activities</b>, such as field trips, special events, and outdoor classrooms, that promoted child health and well-being.</li> </ul>
Families increase mental wellness and access to mental health resources	<ul style="list-style-type: none"> <li>• <b>Maternal Mental Health Initiatives</b> reached approx. 50 mothers with mental health education and resources through six <b>Mindful Mama</b> and 28 <b>Stepping with Baby</b> walking <b>groups</b>. Mothers gained parenting skills and confidence, improved coping skills, learned about local resources, and strengthened health and wellbeing through walks, nature hikes, and health and tobacco education.</li> <li>• <b>Father Support Initiatives</b> included six CAPC-funded <b>Dad's Night Out</b> groups and 17 Probation-funded <b>Fathers Matter</b> groups. Here 33 fathers discussed the topics of fatherhood, parenting, mental health and well-being, coping skills, and local resources.</li> <li>• The <b>Blue Shift Conference</b> offered 60 providers <b>professional development</b> on topics of perinatal maternal anxiety and depression.</li> </ul>

## Resilient Families

Promote parental resilience, social connections, concrete support in times of crisis, and knowledge of parenting and child development.

Countywide trends and First 5 families at intake	<ul style="list-style-type: none"> <li>• At intake, 42-47% of First 5 families were unemployed and <b>lived in poverty</b>, compared to 17-18% countywide. <b>Maltreatment rates</b> in Yuba County continued to exceed target.</li> <li>• Over half (57%) of First 5 families did not have strong <b>protective factors</b>, lacking social support, basic necessities, and parenting knowledge. Parents needed financial support, help with child behavior, health/health care, and access to food, housing, and child care.</li> </ul>
Families have an increased understanding of child development	<ul style="list-style-type: none"> <li>• <b>MJUSD School Readiness</b> served 13 families through home visitation. Close to 230 families took part in over 100 <b>parent education</b> classes, workshops, and parent support meetings, 134 <b>school readiness playgroups</b>, 144 <b>literacy workshops</b>, and eight <b>events</b>.</li> <li>• <b>Camptonville 1, 2, 3, Grow</b> engaged 19 caregivers in five <b>parenting workshops</b>, a field trip, and four community events, whereas eight families participated in 49 <b>playgroups</b>.</li> </ul>

	<p>Camptonville Family Resource Center assisted families with daily needs. Parent participants showed high parenting knowledge and confidence.</p> <ul style="list-style-type: none"> <li>• <b>YES Environmental Science Charter Academy – ABC Sprout</b> hosted nine <b>parent education workshops</b>, 99 <b>developmental playgroups</b>, and five field trips, increasing parenting knowledge and child literacy for nearly 20 participating families, while nature-oriented activities such as gardening and nature walks strengthened family resilience.</li> </ul>
Families have increased positive parent-child interactions	<ul style="list-style-type: none"> <li>• <b>Playzeum</b> hosted 72 <b>HMG developmental playgroups</b>, where 44 parents and 47 children engaged in fun, stimulating activities. Participation increased frequency of <b>positive parent-child interactions</b>, improving parent-child relationship and school readiness.</li> <li>• <b>Probation</b> hosted nine <b>Play with Purpose playgroups</b> for 25 families with 41 children and co-hosted five outreach events, attended by 107 families with 30 children.</li> </ul>
Families increased protective factors	<ul style="list-style-type: none"> <li>• As a result of these activities, families showed significant increases across all six protective factors, including <i>Knowledge of Child Development</i>, <i>Ability to Help Children Learn</i>, <i>Access to Social Support</i>, and <i>Ability to Meet Basic Needs</i>.</li> </ul>

## Quality Early Learning

Enhance the ability of early care and education settings to nurture children’s health, socio-emotional, and cognitive development.

FIRST 5 families at intake	<ul style="list-style-type: none"> <li>• Only 22% of First 5 children had <b>formal early learning experience</b>, compared to 27% last year, or 39% current countywide estimates. One in three families (34%) needed help finding a preschool or child care, and 13% had concerns.</li> <li>• <b>At home early literacy practices</b>, such as reading 3+ times a week, increased from 69% last year to the current 74%.</li> </ul>
Parents and caregivers read aloud with their children	<ul style="list-style-type: none"> <li>• <b>Yolo County Library</b> held Story Time groups for over 100 parents and nearly 70 children. Over 60 families engaged in <b>Summer Reading Program</b> and <b>Every Child Ready to Read</b> workshops. Nearly 700 families and over 970 children (duplicated) participated in over 20 <b>literacy activities</b> and <b>community events</b>, including 10 <b>First 5 Fridays</b>.</li> <li>• <b>Dolly Parton Imagination Library</b> increased book access in the home by 23% since last year, mailing over 65,520 books to 2,661 children, representing 46% of all 0-5 county children. Over 174 children in rural areas received nearly 3,000 bilingual books.</li> </ul>
Children have access to high-quality early care and education	<ul style="list-style-type: none"> <li>• As part of the quality improvement initiative, <b>HMG</b> and the <b>Child Care Planning Council (CCPC)</b> offered 14 <b>professional development</b> trainings and 25 hours of <b>technical assistance</b> to 141 formal and informal child care providers and family-serving professionals. Community activities included 12 <b>Caregiver Cafes</b> and two <b>parent presentations</b>, attended by approx. 30 parents.</li> <li>• HMG facilitated <b>First Aid/ CPR training</b> for 13 child care providers under the BANANAS grant, and six <b>Growing up Wild</b> trainings for 46 providers under the Yuba Water Grant.</li> <li>• <b>CCPC Keys to Quality</b> engaged 115 (duplicated) local child care providers in professional development programs. This initiative helped increase the quality of care in 57 early care and education sites, including center-based, family child care and alternative settings.</li> <li>• <b>First 5</b> provided <b>mini grants</b> to five child care providers, helping improve early learning settings for 58 families and 65 children.</li> </ul>

## Strong Systems

Strengthen local systems to meet the needs of all children and families in a high quality, sustainable manner.

Increased engagement and reach

- **First 5** and partners held 18 **Outreach events** and two **collaborative workshops**, attended by 1,254 children and 1,164 parents, who learned about First 5 services and local resources while engaging in fun family activities.
- Six family-serving agencies received First 5 **Mini Grants**, extending service reach and improving access to safe and enriching environment for 657 families and 917 children.

Increased policies supporting child health and development

- **Building Resilient Families Tobacco Grant** funded systems change efforts to reduce tobacco use and exposure to 2<sup>nd</sup>- and 3<sup>rd</sup>-hand smoke. To promote change in **health care systems**, First 5 partnered with Peach Tree Health, reaching 33,778 patients and 232 medical staff across 12 sites in four counties through advocacy, training, and administrative support. To support change in **family-serving systems**, First 5 worked with Casa de Esperanza, Family Resource Network, and Home Visiting Collaborative, providing technical assistance and staff trainings. The grant also funded Community Education and Support efforts, including two park clean up events, four bilingual tobacco trainings for families, and three educational presentations to local Councils and State Legislature.
- 11 **Professional Learning Community** trainings, attended by 30 providers, and a **Behavioral Health Summit**, engaging 80 providers were a part of **professional development opportunities** offered by First 5.

Increased partnerships, capacity, coordination, and service integration

- **Home Visitation Systems Coordination (HVC) Grant** held six bi-county meetings attended by 16 members, and 11 regional meetings, expanding partnerships to Start Early and Lead for Tomorrow, and supporting the **Parent Ambassador Program** implementation.
- **First 5** built **new partnerships** with Yuba-Sutter Arts & Culture and Marysville Drakes Organization.



# Introduction

## ABOUT FIRST 5 YUBA COUNTY

First 5 Yuba County (First 5) supports programs and services in Yuba County that promote health, development, and well-being of children 0-5 and their families. As depicted in the strategic framework (see next page), these services fall under the four strategic goals – *Child Health and Development*, *Resilient Families*, *Quality Early Learning*, and *Strong Systems*, with the overarching goal that all children enter school ready to learn. The specific programs and services that contributed toward the achievement of stated goals in 2023-24 are outlined below:

### GOAL 1: CHILD HEALTH AND DEVELOPMENT

- MJUSD and Peach Tree Health Mobile Dental Clinic, and Smile, CA
- Help Me Grow Developmental Screenings and Referrals
- Yuba County Office of Education, Child Development Behavioral Consultation Program (CDBC)
- Yuba County Office of Education, Family Resource Center
- Maternal Mental Health Conference
- Stepping with Baby Walking Group
- Mindful Mama Weekly Support Group
- Dads Night Out – Child Abuse Prevention Council
- Fathers Matter – Probation Department Initiative
- OPUD Aquatics Program
- OTS Car Seat Safety

### GOAL 2: RESILIENT FAMILIES

- MJUSD School Readiness Parent-Child Classes
- Camptonville Community Partnership - 1, 2, 3 Grow Parent-Child Classes
- YES Environmental Science Charter Academy — ABC Sprout
- Playzeum Developmental Playgroups
- Probation Parent-Child Workshops

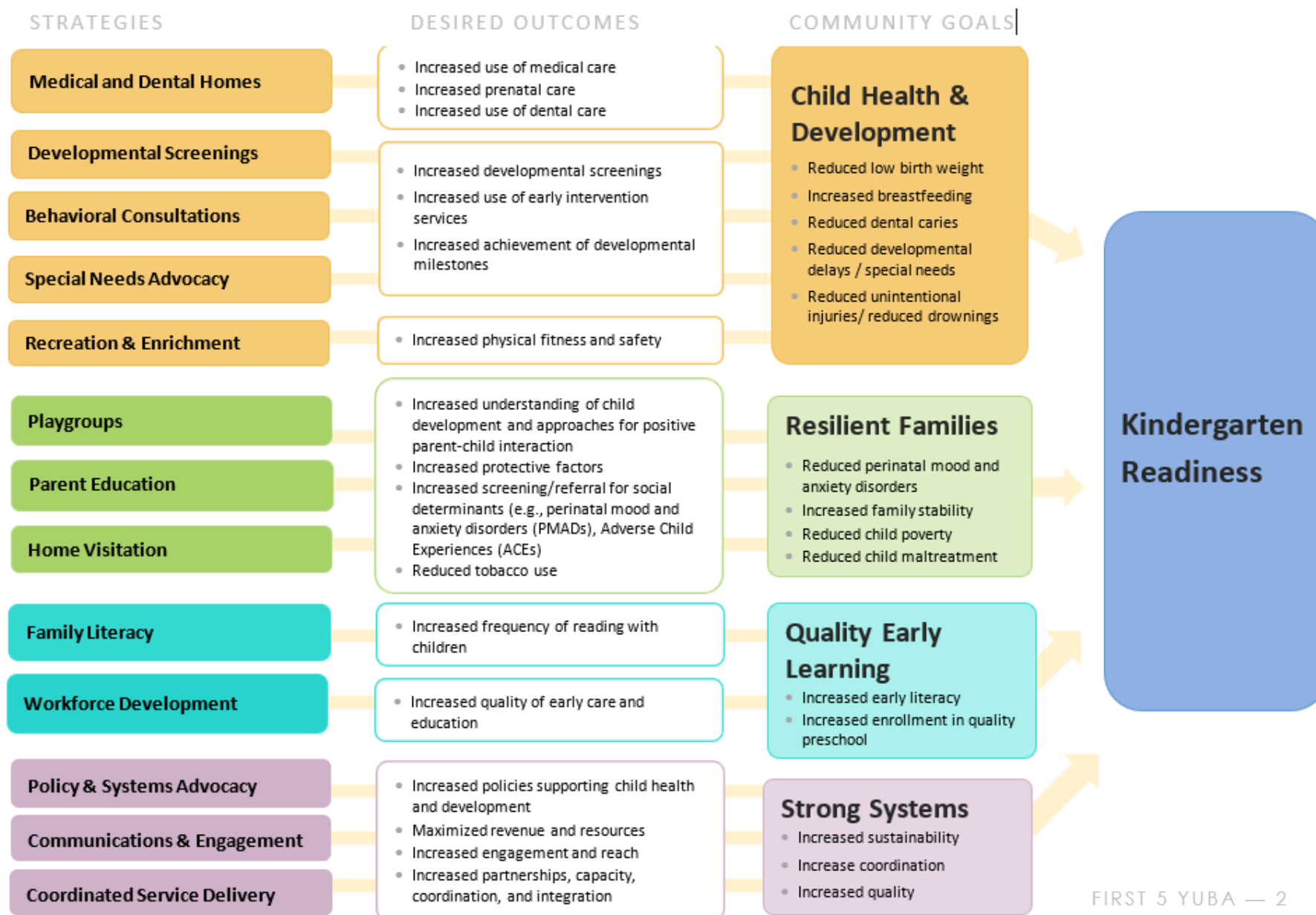
### GOAL 3: QUALITY EARLY LEARNING

- Yuba County Library Programs
- Dolly Parton Imagination Library
- Local Child Care Planning Council: Keys to Quality
- Help Me Grow Child Care Provider and Community Supports (including Family, Friend, and Neighbor)
- FIRST 5 Mini Grants Support for Child Care Providers

### GOAL 4: STRONG SYSTEMS

- FIRST 5 Community Planning and Outreach
- FIRST 5 Mini Grants Support for Local Community-Based Organizations
- Building Resilient Families Tobacco Grant
- Home Visitation Systems Coordination Grant and Professional Learning Communities
- Parent Ambassador Programs
- Sponsorships and Partnerships

# Strategic Framework



# Profile of Children and Families Served

## ANNUAL AGGREGATE DATA

This section provides a demographic snapshot of First 5 Yuba County (FIRST 5) participants for the 2023-24 fiscal year (FY). Over 11,300 children, 9,270 caregivers, and close to 760 providers (duplicated across programs) engaged with First 5 programs<sup>1</sup> and/ or community events, nearly doubling last year's reach.

**Table 1. First 5 Yuba County Participant and Provider Counts, by Program**

Area	Program	Service	Children	Parents	Providers
CHILD HEALTH AND DEVELOPMENT	Help Me Grow	Developmental Screenings/Referrals	804	678	41
	MJUSD Student Services and Peach Tree*	Mobile Dental Clinic	2,707	1,720	41
	Yuba County Office of Education: CDBC	Behavioral Consult and Parent Education	99	207	9
	Yuba County Office of Education: FRC	Story Time & Developmental Playgroups	1,040	602	52
	First 5 Yuba County	Maternal Mental Health Conferences	--	6	60
	First 5 Yuba County	Mindful Mama Weekly Support Group	6	7	1
	YCOE FRC & HMG	Stepping with Baby Walking Group	70	42	5
	First 5 Yuba County	Dads Night Out (CAPC Funds)	27	22	--
	First 5 Yuba County	Fathers Matter (Probation Grant)	--	11	--
	OPUD Aquatics Program	Summer Swim Lessons	130	103	--
	First 5 Yuba County	OTS Car Seat Safety	122	220	15
RESILIENT FAMILIES	MJUSD School Readiness	Parent Education & Developmental Playgroups	249	227	45
	Camptonville: 1, 2, 3 Grow	Parent Education & Developmental Playgroups	44	55	2
	Yes Charter: ABC Sprout	Parent Education and Developmental Playgroups	24	22	2
	Playzeum*	Developmental Playgroups	1,573	1,194	35
	Probation	Parent-Child Workshops	71	127	9
QUALITY EARLY LEARNING	Yuba County Public Library*	Story Time	1,038	801	18
	Dolly Parton Imagination Library	Book Delivery	2,661	2,661	--
	Child Care Planning Council	Keys to Quality	--	--	115
	HMG Provider & Community Supports*	ECE Quality Improvement (IMPACT Funds)	--	--	141
	HMG Family, Friend, and Neighbor Support	First Aid/ CPR (BANANAS Grant)	--	--	13
	HMG Family, Friend, and Neighbor Support	Growing Up Wild (Yuba Water Grant)	--	--	46
	First 5 Yuba County	Mini Grants to Child Care Providers	65	58	5
SYSTEMS CHANGE	First 5 Yuba County	Outreach Events	1,254	1,164	132
	First 5 Yuba County	Mini Grants to Agencies	917	657	6
	First 5 Yuba County	Tobacco Grant	28	33	160
Total			12,929	10,617	953

Source: First 5 Yuba County Apricot 360 Database. FY 2023-24.

<sup>1</sup> Note: \* denotes duplicated counts for participants attending workshops, events, and community activities with aggregate participant counts.

## DEMOGRAPHICS OF PARTICIPATING CHILDREN

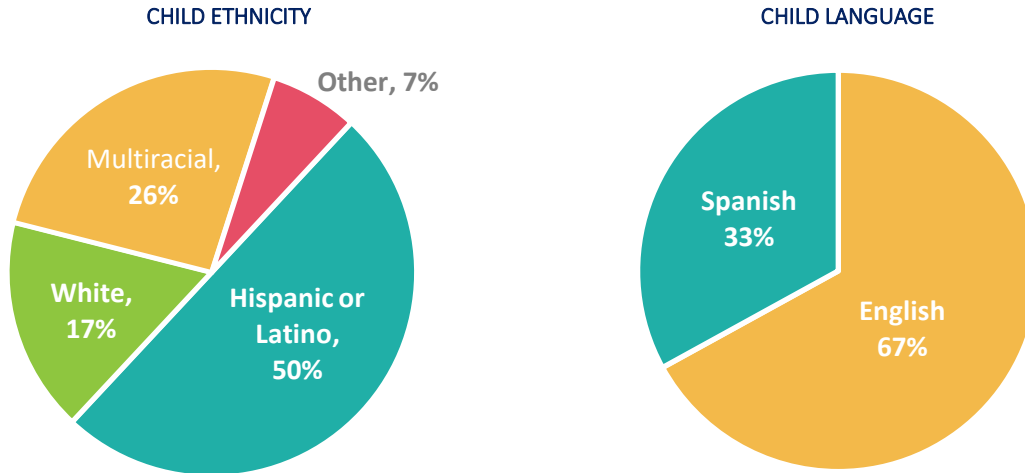
Demographic information was collected for 100 parents and 136 children ages 0-5 years, via the Family Information Form (FIF), completed at the time of enrollment into First 5-sponsored programs.

Sixty percent of children served in FY 2023-24 were between the ages of 0-2 years; the rest (40%) were ages 3-5 years, and 48% were boys. About one-quarter of First 5 children (24%) were raised in single-parent households, compared to 32% of children 0-5 years countywide.<sup>2</sup> Moreover, 7% of children had a diagnosed special need, according to their caregiver, a considerable decrease from the prior year (17%).

As seen in Figure , First 5 programs continued to equalize access to family programs for historically underserved populations. Specifically, half of the children (50%) served through FIRST 5 programs were Hispanic or Latino, whereas only 40% of the 7,113 children 0-5 residing in Yuba County in 2023<sup>3</sup> represented this population subgroup. Similarly, First 5 County served 26% of Multiracial children, nearly triple the countywide proportion of 9%. In contrast, only 17% of children served through First 5 programs were White, compared to 40% countywide. Despite the considerable diversity in the racial-ethnic background of families, the majority (67%) spoke English, whereas one in three (33%) preferred Spanish.



**Figure 1: Proportion of Children Served in First 5 Programs, by Ethnicity and Language**



Source: Apricot 360. Annual Survey. FY 2023-24. Grantee demographic estimates, Apricot database: N = 113 for ethnicity; N = 118 for language.

<sup>2</sup> U.S. Census. [Table B05009](#). Age and Nativity of Own Children Under 18 Years in Families and Subfamilies by Number and Nativity of Parents. 5-Year estimates. 2018-2022.

<sup>3</sup> [California Department of Finance](#). Demographic Research Unit. Report P-3: Population Projections for ages 0-5 for Yuba County (6115). 2023.

# Goal 1 — Child Health and Development

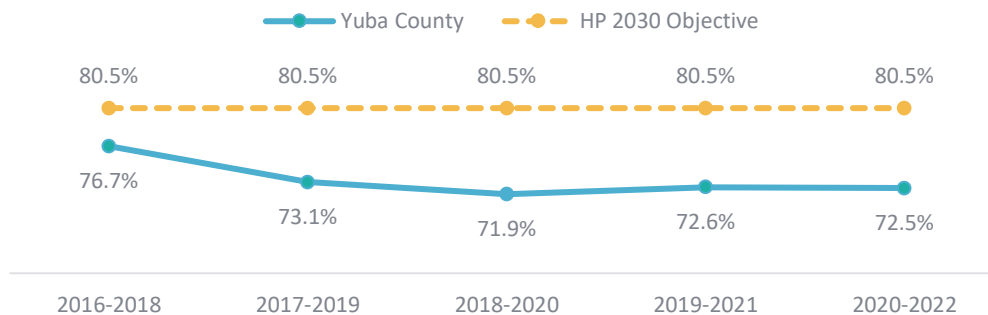
GOAL	Promote each child’s physical, social, and emotional development.
OUTCOMES	<ul style="list-style-type: none"> <li>Increased use of medical, prenatal, and dental care</li> <li>Increased health and developmental screenings</li> <li>Increased achievement of developmental milestones</li> <li>Increased use of early intervention services</li> <li>Increased parental mental wellness and access to mental health resources</li> <li>Reduce tobacco use and exposure to 2nd-and 3rd hand smoke</li> <li>Increased physical fitness and safety</li> </ul>
PROGRAMS	<ul style="list-style-type: none"> <li>MJUSD and Peach Tree Health Mobile Dental Clinic</li> <li>Help Me Grow Developmental Screenings and Referrals</li> <li>Yuba County Office of Education, Child Development Behavioral Consultation Program (CDBC)</li> <li>Yuba County Office of Education, Family Resource Center (FRC)</li> <li>Parental Mental Health Initiatives (Maternal Mental Health Conferences, Stepping with Baby, Mindful Mama, Dads Night Out, Fathers Matter)</li> <li>OPUD Aquatics Program</li> <li>OTS Car Seat Passenger Safety Program</li> </ul>

## COMMUNITY-WIDE TRENDS

Neonatal outcomes have somewhat improved over the past five years.

**Prenatal care.** The proportion of mothers who received adequate prenatal care in Yuba County did not change from the prior reporting period, hovering at 72.5% in 2020-2022. This is slightly lower than the California rate of 73.4% for the same period, and still considerably below the HP 2030 objective of 80.5%.

**Figure 2. Access to Adequate or Adequate Plus Prenatal Care in Yuba County**

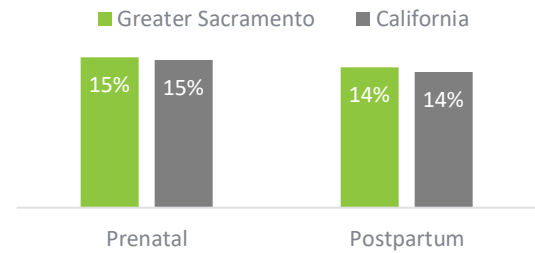


Source: CA Department of Public Health County Health Status Profiles 2023, 3-year averages for years 2016-2022. Table 29. Note: prenatal care begun by fourth month with 80%-109% of recommended visits received is categorized as “Adequate,” whereas 110% or more visits received is categorized as “Adequate Plus.”



**Prenatal and Postpartum Depression.** Depression interferes with parent-child bonding and secure attachment, exerting lasting negative effects on development, particularly during the sensitive period, from birth to age 5 years. Based on the 2023 Yuba County 1,114 births<sup>4</sup> and the prevalence of prenatal (15%) and postpartum (14%) depression in the Greater Sacramento Region, perinatal mood disorders may affect as many as 170 county mothers and their children. The regional prevalence rates were comparable to those of last year and continued to be on par with the statewide rates, with a difference of a half a percentage point or less (see Figure 3).

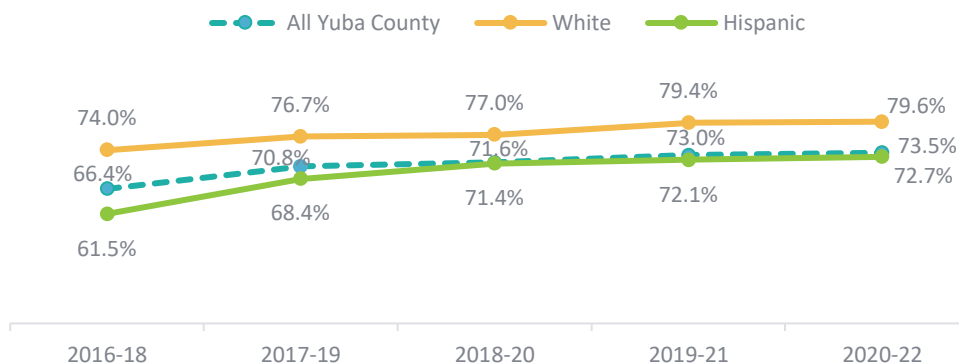
**Figure 3. Prevalence of Prenatal and Postpartum Depressive Symptoms, 2019-21**



Source: California Department of Public Health, Maternal and Infant Health Assessment (MIHA) Survey County and Regional Data Snapshots for Subgroups, 2019-2021; 3-year averages. Note: Greater Sacramento Region includes El Dorado, Placer, Sacramento, Sutter, Yolo, and Yuba counties.

**Breastfeeding Rates.** Breastfeeding is another protective factor for child health and development. The rates of exclusive breastfeeding have been steadily increasing over the past five years. All in all, between 70% and 80% of mothers exclusively breastfed their babies while in the hospital. However, the rate of breastfeeding in White mothers was consistently higher than in Hispanic mothers. Yet, over the past five years the rate of breastfeeding in Hispanic mothers increased at twice the rate, compared to White mothers.

**Figure 4. In-Hospital Exclusive Breastfeeding Rates in Yuba County**

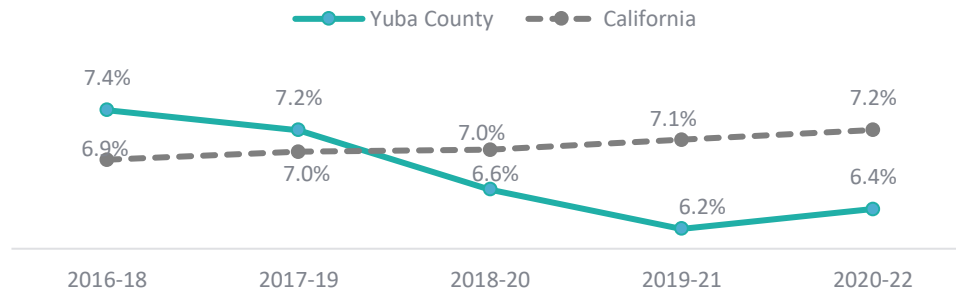


Source: California Department of Public Health. In-Hospital Breastfeeding Initiation Data. Years 2016-2022. In-Hospital Breastfeeding of Newborns Data Dashboard. Note: data for American Indian or Alaska Native, Pacific Islander or Hawaiian Native, and other races or ethnicities are not included due to very small estimates.

**Neonatal Health.** Low birth weight is linked to a host of negative health, cognitive, and behavioral outcomes. Historically, Yuba County had a higher proportion of low-birth-weight infants, compared to statewide rates. However, beginning in 2017-19, Yuba County's prevalence rate began to decline, dropping below state averages in 2018-20 and reaching a historical low of 6.2 in 2019-21. Despite a slight recent increase of 0.2%, it remains well below the 7.2 statewide rate.

<sup>4</sup> [State of California. Department of Finance.](#) Complete P-3 race/ Ethnicity and Sex by Age for CA and Counties Dataset.

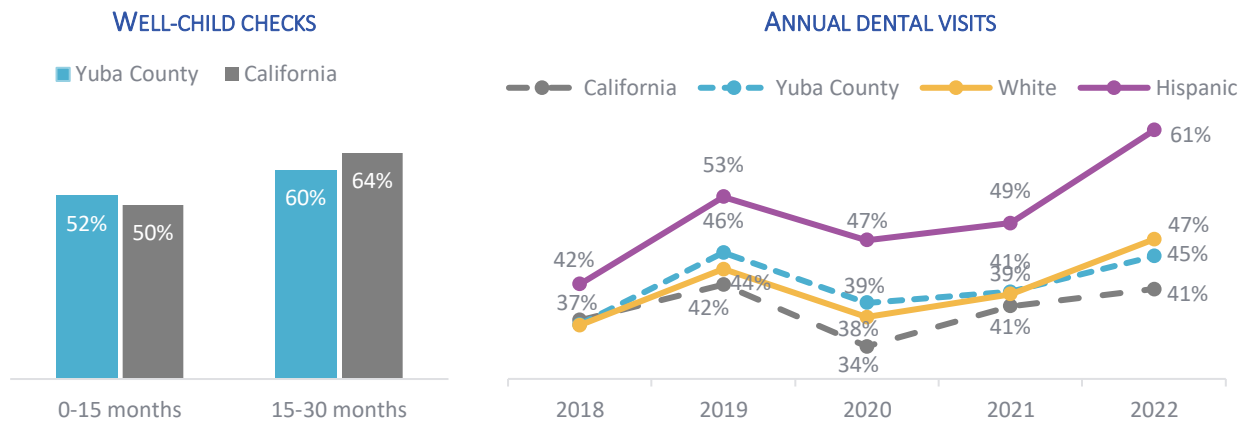
**Figure 5. Prevalence of Children Born with Low Birth Weight**



Source: California Dept. of Public Health, County Health Status Profiles. Low Birth Weight, 3-year averages. 2016-2022.

**Preventive Health Services Utilization.** Over the past year, the Yuba County rate of child well visits<sup>5</sup> has slightly declined for infants ages 0-15 months, from 54% to 52%, holding above the 50% state rate. For toddlers aged 15-30 months, this rate was even higher, at 60%, comparable to last year, but below the California rate of 64%. This is a considerable increase from last year's 60% rate, accounting for the growing gap in services utilization for this age group. The rate of annual dental visits did not change for California but continued to grow for Yuba County children ages 0-5 years, rising from 41% in 2021 to 45% in 2022. This increase was particularly noticeable for Hispanic children, at 61%, dwarfing the 47% rate recorded for White children.

**Figure 6. Proportion of Children on Medi-Cal Accessing Well-Child Checks and Annual Dental Visits**



Source (well-checks): CA Department of Health Care Services. 2022 Preventive Services Report (June 2023). Source (dental visits): CA Department of Health Care Services, Medi-Cal Dental Services Division / Research Analytics Unit, Dental Utilization Measures and Sealant Data by County, Ethnicity, and Age. Years 2018-2022. Note: data for Alaska Native / American Indian and other races or ethnicities are not shown due to small estimates.

<sup>5</sup> CA Department of Health Care Services. 2022 Preventive Services Report (June 2023) changed their data collection methodology from reporting on well-child check-ups for ages 0-6 years to reporting the rates for children 0-15 months and 15-30 months of age. Therefore, no time trends are available for the well-child visits. The data are reported for the year 2021.

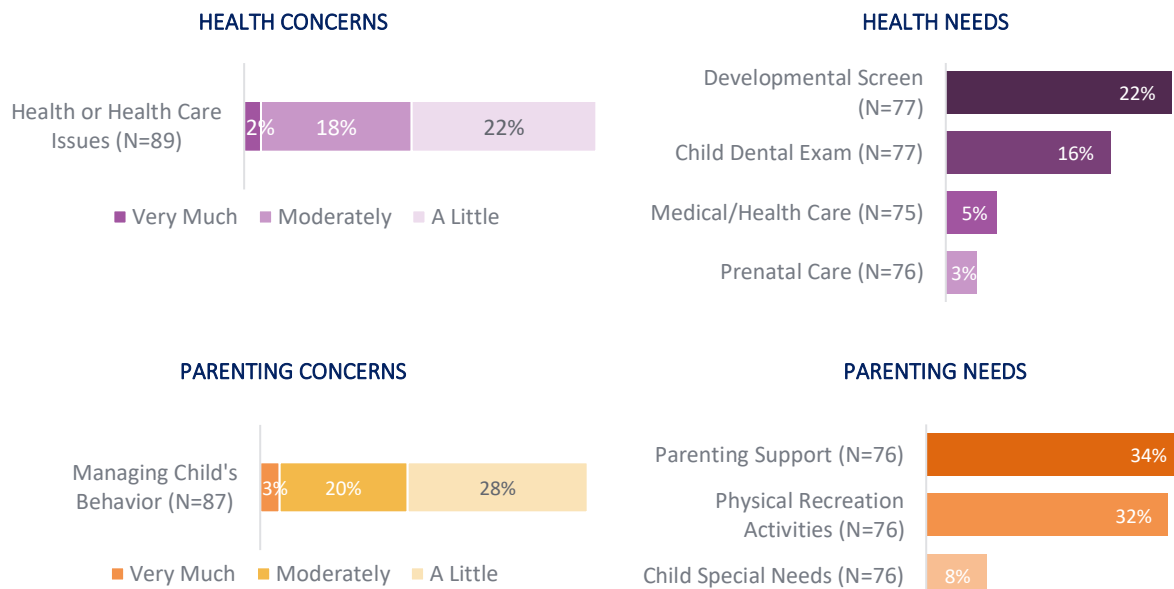
## FIRST 5 FAMILIES AT INTAKE

When caregivers signed up to First 5-sponsored programs, they were asked to complete a Family Information Form (FIF), which collected information on families' demographics, family protective factors, current needs and concerns, and connection to services.

### Child Health and Development Needs and Concerns

As seen in Figure 7, 20% of families had moderate or serious concerns about **health or health care** issues; with 16% of families needing child dental exams, 5% looking for medical care, and 3% seeking prenatal care. Moreover, 22% of parents were interested in **child developmental screenings**. **Parenting concerns** were shared by 23% of caregivers. Over one-third of families (34%) inquired about available parenting supports and another 8% asked about services for children with special needs. Finally, 32% of parents sought recreational opportunities for their children. In addition, 11% of families identified as smokers, of which half (50%) were interested in **cessation services**.

**Figure 7. Caregivers' Needs and Concerns Related to Health and Wellness, at Intake**



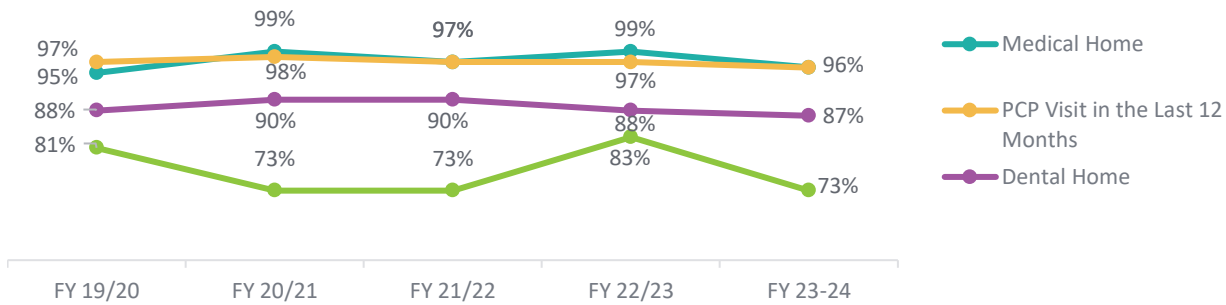
Source: Family Intake Form. 2023-24. Caregiver Needs and Concerns. Percentages are based on the total number reported. N = 75-89.

### Connection to Services

First 5 Yuba programs continued to be successful in expanding access to screening and preventive health care services. In FY 2023-24, access to health and developmental screenings continued to increase. Access to a medical and dental home, as well as annual well-child and dental checks remained high, exceeding county and statewide rates, although the prevalence of dental visits was somewhat lower than last year.

**Health Care Access.** Nearly all (96%) had an established medical home and at least one well-child check with their primary care physician (PCP). In comparison, only 52-60% of county children and 50-64% of children in California utilized preventive health care services in the past year.<sup>6</sup> Additionally, 87% of F5 Yuba children over 12 months of age had a regular dentist, and 73% had been to the dentist in the past six months. The rate of dental visits decreased by 10% over the last year, yet remained above the county (45%) and statewide (41%) rates.

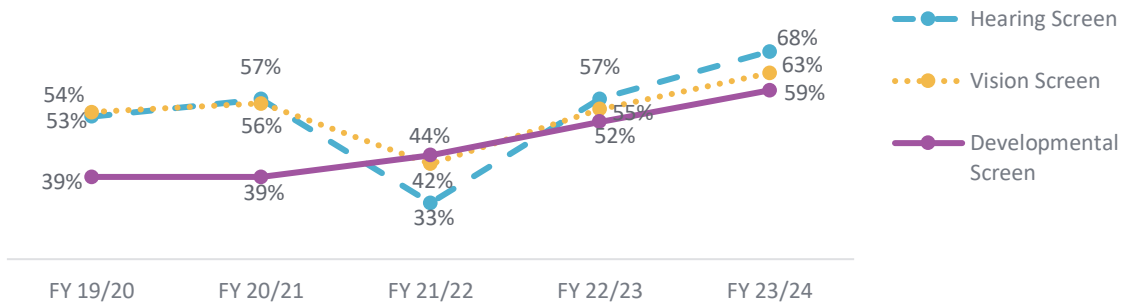
**Figure 8. Preventive Child Health and Dental Care Utilization, at Intake**



Source (medical care): Family Annual Survey, 2020-21, N = 91; 2021-22, N = 78; 2022-23, N = 205; 2023-24, N = 100.

**Health and Developmental Screenings.** At intake, over 80% of First 5 children had at least one type of screening, and only 19% did not have any screenings. Over half (59%) had a developmental ASQ screening at intake, nearly doubling countywide (29%) and statewide (32%) rates.<sup>7</sup> The prevalence of hearing, vision, and developmental screenings increased by 7-11%, compared to last year.

**Figure 9. Proportion of Children with Health and Developmental Screenings, at Intake**



Source: Family Annual Survey, 2020-21, N = 91; 2021-22, N = 78; 2022-23, N = 205; 2023-24, N = 100.

<sup>6</sup> California Department of Health Care Services. [2022 Preventive Services Report](#) (June 2023).

<sup>7</sup> Medi-Cal Managed Care Quality Improvement Reports. Volume I: Main Report. June 2023. Data for Region 2 and California.

## IMPACT OF FIRST 5 YUBA PROGRAMS

### MJUSD STUDENT SERVICES AND PEACH TREE HEALTH

MJUSD Student Services (SS) and Peach Tree Health (PTH) continued to provide dental care services to children 0-5 years, particularly those residing in remote or hard-to-reach locations, in accordance with the two main objectives:

- To increase the use of pediatric dental services
- To increase awareness of the importance of oral health among children and caregivers

In FY 2023-24, MJUSD Student Services reached 2,701 children, 1,752 caregivers, and 41 providers (duplicated).



**The Mobile Dental Clinic provided 439 dental procedures to 160 children 0-5 across 10 preschool and school sites.**



MJUSD SS and PTH offered dental screenings and services to children who might not otherwise receive dental care. The clinic pre-registered and scheduled appointments for 327 children from four school readiness programs and six preschool classes. A total of 160 children received screenings and services at the pop-up dental clinic. The *Happy ToothMobile* van reached children at the Yuba Feather School, Loma Rica School, Cedar Lane School, and other rural locations in Yuba County.

Registered children received treatment, as well as oral health supplies and prizes. Altogether, 160 children received 439 preventive oral health services, including:

- 152 Dental exams/x-rays and teeth cleaning (95%)
- 160 Fluoride treatment (100%)
- 120 Dental screenings and varnish applications (75%)
- 42 Sealants and/or fillings (26%) and six extractions or root canals (4%)

Additionally, 137 children (86%) received **referrals and care coordination services**, and 50 (31%) came in for a **follow-up appointment**. Moreover, 12 children (8%) who at the time of the dental assessment had pain or whose dental issues required an immediate and more extensive procedures received a **referral to urgent care** treatment, and nine families (6%) were provided with **transportation**.

50% of children would not have received dental care if services were not available on campus.



Over 2,500 children and 1,700 parents attended 54 oral health presentations and two community events.



Going beyond the provision of mobile dental services, MJUSD SS and PTH conducted community outreach and oral health education at preschools, transitional kindergarten, and kindergarten classrooms and playgrounds. In total, 1,863 children, 1,366 parents, and nine providers were engaged in 45 classroom presentations, five screening and varnish events, and four community workshops, such as “Story Time with Gleek!”, “Varnish Fun!”, “Circle Fun,” “Kindergarten Assembly,” and more. In total, 874 books were given out at these events.

*“The kids enjoyed interacting and practicing brushing the teeth with stuffed animals and other things.”*

Additionally, MJUSD SS and PTH were present at two collaborative events, the First 5 Friday at the Library, and Morning in the Garden at the MJUSD Olivehurst school, where they provided oral health information and resources to 354 families with 684 children and 32 providers in attendance.

#### MJUSD SS and PTH expanded capacity and access in FY 2023-24

The positive impact on the community was achieved despite the ongoing challenges with staffing shortages, maintenance costs, and shortage of supplies. The program expanded capacity by:

- Hiring a new Registered Dental Assistant and upholding staff performance standards
- Maintaining the mobile van in working order, despite higher than projected maintenance costs and long wait times for spare parts, to continue reaching children in remote rural areas
- Forging a new successful partnership with the dental assisting program at Marysville High School

### Outreach Partnerships

Over FY 2023-24, MJUSD Student Services strengthened their partnerships with local child- and family-serving programs by coordinating multiple outreach, screening, and varnish events with MJUSD Child Development Programs, YES Charter – ABC Sprout, Peach Tree Health, MJUSD School Readiness, Yuba County Library, FIRST 5, and Kayla’s Little Daycare, to promote oral health in Yuba County.

The program also forged new partnerships, such as with the dental assisting program at Marysville High School, with excellent results:

“Our partnership with the dental assisting program at Marysville High School was a huge success! The dental students participated in some outreach events, overseeing hands-on learning activities and games, plus they totally rocked our mascot costumes! The energy the dental students bring to our outreach events leaves a lasting impression on children and adults alike! We are proud to be a part of nurturing future assistants and providers for the Yuba/Sutter dental community.”

- MJUSD Student Services Coordinator

## HELP ME GROW

Developmental screening is critical to early identification of any potential needs for developmental supports and allows linking families to early intervention services and resources in the community in the first years of life. **Help Me Grow (HMG)** is a national model of screening and early intervention services that was first implemented in Yuba County in 2016. Help Me Grow is a key partner in building a universal early screening system in Yuba County. The core components of the model include a centralized access point for families with young children to access information on local resources and services. During FY 2023-24, HMG providers continued to work toward increasing screening rates by investing in outreach events and collaborative capacity-building through provider training (for details, see the “HMG Provider and Community Supports” section of the report).

**This FY, HMG held 14 workshops for parents and nine screening events, in addition to being a valued partner at the collaborative meetings and community events. These activities engaged 86 families with 131 children 0-5 years.**

**To increase program reach,** HMG reached 86 parents, 131 children, and 10 providers through parent information sessions, as well as screening and community outreach events held at various locations across the county, in collaboration with First 5 partners. Specifically, HMG:

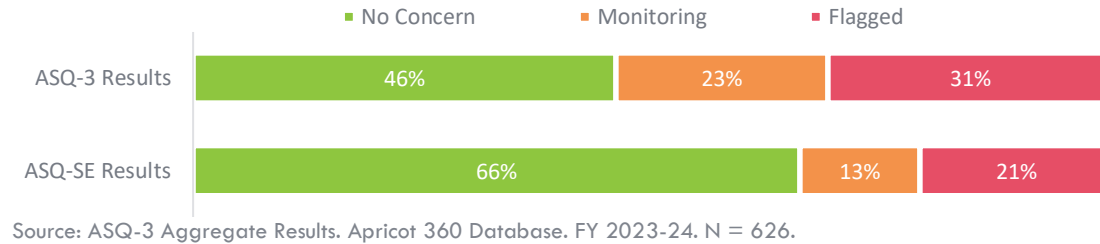
- Held two ASQ and HMG information sessions and 12 Caregiver Cafés, giving out 20 books to participants
- Conducted 89 developmental and health screenings and handed out nearly 60 books at nine screening events, hosted by First 5 Yuba County and partner programs, such as YCOE CDBC and MJUSD
- Participated in collaborative events, such as First 5 Fridays at the Library, where HMG staff set up screening booths and offered information and referrals to families

Additionally, this year HMG expanded its partnership with Peach Tree Health (PTH), promoting systems change across all PTH campuses including Sacramento County), Sutter County, and Yuba County. This initiative was part of a federal award from the Health Resources and Services Administration (HRSA) to increase well child visits and enhance early screening and referrals. Peach Tree Health and HMG Programs in each of the three counties met monthly with PTH administration and medical providers, to amend workflows and modify procedures to ensure streamlines referral process. In addition, HMG staff offered training and technical assistance on screening and referral processes for medical staff.

**In 2023-24, Help Me Grow supported developmental screenings of 610 children; 46% scored in the normal range.**

Systems-level efforts in capacity building and program reach expansion proved highly successful, **doubling** the number of **developmental screenings** in Yuba County from 501 last year to 995 this year, reaching 21% more Spanish-speaking families in rural areas, compared to last year. In total, 610 children received 707 developmental (ASQ-3) and 288 social-emotional (ASQ-SE) screenings across all FIRST 5 and partner programs. As seen in Figure 10, 46% of children showed no developmental concerns, 23% showed mild concerns, with recommended monitoring and follow-up screening, and 31% were flagged for referral to early intervention.

**Figure 10. ASQ-3 Screening Results**

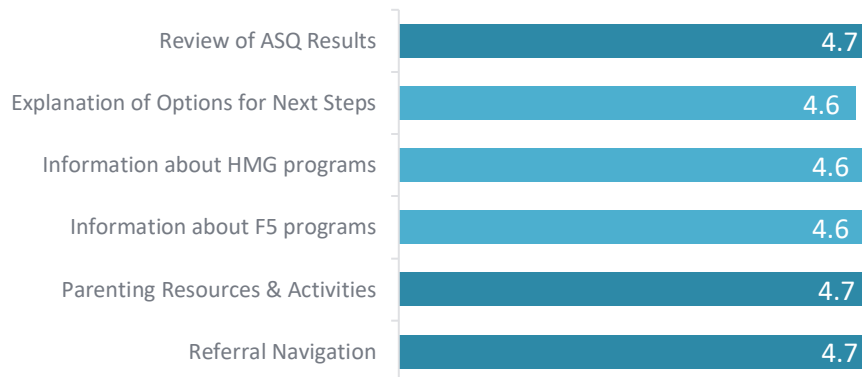


Compared to last year, more children were flagged for monitoring or referrals, which may be linked to sample differences. It is possible that the expansion of screenings in rural areas reached more families with limited access to preventive health and early intervention services, reflecting higher developmental needs.

**Navigation Services:** In addition to screenings, HMG provided navigation services for 50 families whose children had a flagged ASQ score and/or were referred to HMG by another program. Families received care coordination and referrals to early intervention services (e.g., Alta Regional or Speech Department) and/or FIRST 5 programs (e.g., YCOE CDBD or FRC home visiting, etc.).

Participating families were asked to rate the HMG services they had received. As seen in Figure 1, caregivers gave nearly perfect ratings across all services, including understanding ASQ results, explanation of options following ASQ screening, information about HMG and F5 programs, parenting resources and activities, and help with service navigation.

**Figure 11. Satisfaction with HMG Services, on a Scale of 0 (Worst) to 5 (Best)**



## YCOE BEHAVIORAL CONSULTATION SERVICES

The Yuba County Office of Education's (YCOE) Child Development Behavioral Consultation (CDBC) program provides brief intensive home-visiting consultation services to families struggling with child behavior management, and an evidence-based mental health curriculum for pregnant mothers. CDBC also offers several parent education series and community workshops in English and Spanish, on topics of positive discipline and child development. Lastly, CDBC facilitates Bi-County Early Access Support collaborative (BEAS) meetings for early childhood professionals and parents and coordinates developmental and behavioral pop-up events.

**Home visiting services were provided for 17 families and 20 children who received intensive behavioral consultation and four expectant mothers who received an evidence-based Momma Mia curriculum, screening, and referrals.**

In total, 21 families and 20 children benefitted from 88 home visits and over 100 behavioral consultations via two individualized programs offered through CDBC: child development behavioral consultation for families with children 0-5 years and the Mamma Mia program for expecting families.

**Intensive Behavioral Consultation:** Nearly 20 families benefitted from 185 individualized services, including:

- Over 100 behavioral consultations
- 61 home visits
- 12 site visits
- 5 observations
- 2 SST/IEP meetings
- 5 child developmental assessments
- 4 parental mental health assessments

*"I enjoyed the fact that the provider was knowledgeable about how my child's brain growth is affecting his behavior. She was very supportive with her own experiences being a single mother. She was able to help me feel comfortable enough to open up to her. I felt connected and understood without being judged."*

All families received psychoeducation, navigation, resources, and referrals to early intervention services (e.g., Alta California Regional Center, YCOE FRC Early Start, Preschool Intervention Program, Family SOUP, and speech services), as well as for basic needs (e.g., food bank) and health and oral health (e.g., Toothmobile).

**Mamma Mia program:** YCOE CDBC conducted 27 home visits with four expectant mothers, who received psychoeducation, mental health screenings, and referrals as part of the evidence-based *Mamma Mia* curriculum.

**Over FY 2023-24, CDBC provider offered 71 parenting classes to 122 parents with 58 children. Class participation improved caregivers' parenting knowledge and skills.**

**Parenting Series:** This year's menu of parenting series was largely consistent with previous years, as most curricula were selected based on success demonstrated in prior years and supported through ongoing collaboration with First 5 and external partners. In total, CDBC hosted, facilitated, or helped coordinate 71 parenting series classes, reaching 122 caregivers and 58 children at three School Readiness sites:

- **28 Positive Discipline workshops** were offered to 53 parents in English (in-person) and in Spanish (via Zoom). This weekly series consisted of eight 90-minute workshops, covering the topics of child behavior and positive parenting strategies in the context of brain development. Additional workshops were provided as needed, such as *Parenting Through the Holidays*.

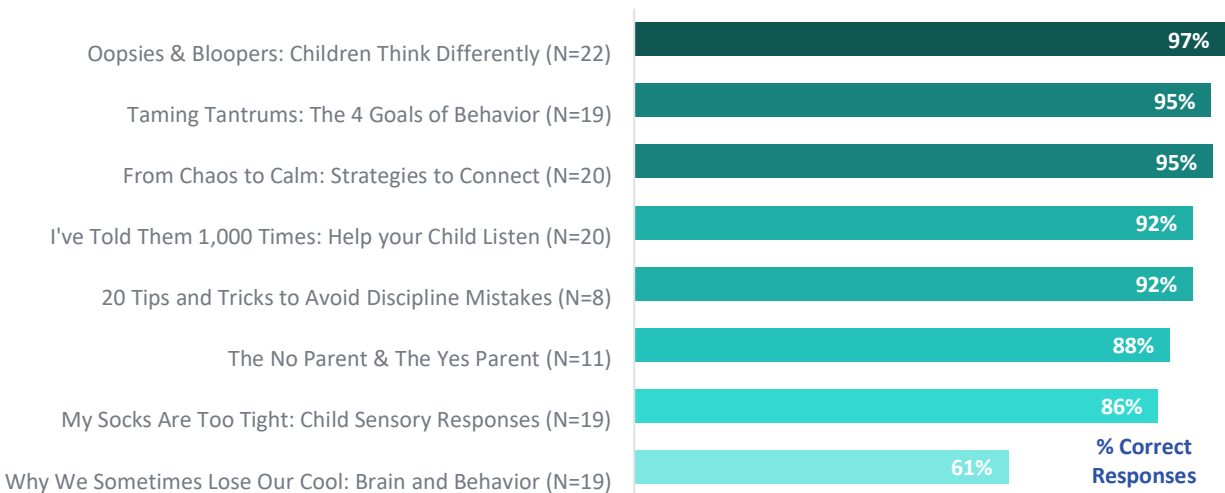
*"Hearing that my daughter can be smart and also immature was a real lightbulb moment for me. I sometimes forget that she's only 4, because she seems so smart!"*

- **14 two-hour BEST Teen Parenting classes** reached 21 participants. This series was offered through the ongoing partnership with YCOE Prevention Services to support their 2022 Proud Parenting Grant Program, expanding services for parenting youth. CDBC provided guidance on educational structure, materials and supplies, and budget estimates.
- **13 Fortaleza en Familia** workshops, attended by 28 Spanish-speaking families.
- **1 Triple P (Positive Parenting Program) series of nine sessions** was hosted at the Salvation Army and served eight families with children. The CDBC coordinator in partnership with First 5 staff co-facilitated the evidenced based curriculum. This project is part of the new Children and Youth Behavioral Health Initiative (CDHCS).
- **7 AlphaBits Workshops** were a part of the six-week virtual series, where 14 families learned about the *Whole Brain Child* approach.

CDBS provider was also invited to speak at one of the MJUSD school sites as part of the *Loving Solutions* series.

**Outcome Data:** 22 participants completed eight Positive Parenting Post-Workshop Quizzes. Results showed an 88% average correct response rate, indicating high overall knowledge attainment on topics of parenting and child development. As Figure 12 illustrates, only one workshop had a rate of correct responses below 80%, possibly, due to unclear question phrasing, whereas knowledge rates across all other workshops were 86-97%.

**Figure 12. Parenting Knowledge, Following Positive Discipline Class Participation, by Topic**



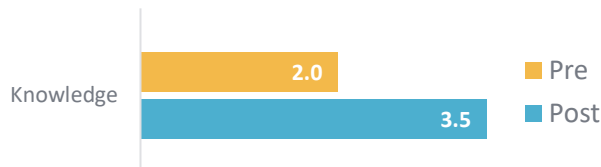
Source: Positive Discipline Online Parenting Class Mini Surveys. FY 2023-24. Percent-correct score is an average of three questions per survey. N (unduplicated) = 8-22; N (total responses) = 138. \*Note: responses shown exclude three additional "mix-and-match" workshops.

Of the eight Triple P participants, half completed the program successfully, and 38% demonstrated improved mental health and well-being, based on program data supplied by the Salvation Army.

Moreover, four caregivers completed the *AlphaBits* survey. Based on the survey results, parents self-reported an increase in knowledge following participation in these series. All four parents shared that they planned to use what they had learned in the AlphaBits workshops, that they would recommend this class to other families, and attend other CDBC parenting workshops.



**Figure 13. Parenting Knowledge Before and After the AlphaBits Series**



Source: AlphaBits Survey. FY 2023-24. N = 4.

*"I received phrases and approach ideas that will strengthen the skills I am working to impart to my students, and I felt supported and encouraged!"*

CDBC facilitated 13 one-time community workshops to 68 parents with 21 children who may be considered hard-to-reach populations, including Spanish-speaking and those living in remote areas.

**Community Workshops:** CDBCs continued to offer parent education to hard-to-reach populations with historically limited access to parenting resources, including Spanish-speaking families and those living in rural parts of the county. Over FY 2023-24, CDBC engaged 68 parents of young children in 13 **one-time parenting workshops**:

- 8 two-hour Behavior and Development Workshops were delivered in person to 30 families living in the Foothills (e.g., Camptonville and Oregon House). The topics included "Squirmy-Fussy-Loud," "Games 4 Growth," and "Building Your Child Up for Success," among others. Families received free parenting books.
- 5 Community Workshops engaged 38 caregivers via Zoom, to address distance and transportation barriers. In partnership with the Sutter County Child Development Behavioral Specialist, these offerings included two Toilet Training Workshops, one Sensory Workshop, and two Behavioral Conferences.

**Program Satisfaction:** Over FY 2023-24, 190 families caring for 79 young children received over 170 hours of parent education through 85 CDBC parenting classes and workshops. These services were well received, as indicated by the consistent attendance of 6-10 caregivers per class and the positive feedback shared on the *Parent Support Survey*. Of the 13 respondents, all felt listened to and were extremely satisfied with the staff's ability to assist them. All "strongly agreed" that the CDBC provider understood their families' needs and provided them with support that met those needs, including connection to local services and resources.

*"You guys went above and beyond to serve my needs and teach me more about my child's development than I never knew. I liked the different ideas that were provided to support our children's social and emotional learning."*

CDBC had a strong community presence at nine screening and community outreach events, in addition to facilitating 11 Bi-County Early Access Support meetings, attended by over 30 providers and partners.

CDBC provider continued to uphold strong community engagement through active presence and facilitation of:

- 9 HMG Developmental Screening pop-up events, where CDBC offered screening and behavioral consultation to families living in isolated communities, such as Beale Air Force Base, Yuba-Feather, and Wheatland, who may not have access to these services otherwise.
- 11 Bi-County Early Access Support (BEAS) meetings, engaging over 30 community partners. Each month, the list of resources compiled by these partners was posted to the Padlet for community use.
- Community outreach events, such as YCOE Winter Wonderland, provided information on child behavior, parenting, and CDBC services to 400 parents and 730 children.

### Child Development Behavioral Consultation (CDBC) Success Story

A single mom of two children was referred to CDBC due to her youngest son's behavior in a transitional kindergarten (TK) class. Having no preschool experience, he often refused to participate in group activities, ran away, hit his classmates, and was often sent home, disrupting mom's work.

The **CDBC provider** conducted behavioral assessments, classroom and home observations, and home visits, that helped the family set goals: to decrease impulsivity and improve compliance and focus. CDBC made a referral for a speech assessment, and the child qualified for services. Through **Behavioral Education for Successful Teen Parenting** workshops, mom, her co-parent, and extended family learned about child development and the impact of early experiences on brain growth and practiced new parenting strategies. Below is an email received by the CDBC provider from the child's TK teacher, describing the positive impact of CDBC on the child's classroom adjustment:

\*\*\*\*\*

*"Hi! I thought I'd touch base and give you an update on your client. He is doing WONDERFUL! Since April, he has been able to handle frustration in a more positive manner. He no longer hurts kids for no reason. He has not needed Tucker Turtle and is not running out of the classroom on a regular basis. He has become an active participant and abides by most rules. He still struggles with personal boundaries sometimes, but if you were to walk into my room, he would not stand out like before. You may even hear me telling others what a great job he is doing. He now uses problem-solving strategies independently and will seek help before he gets angry. He is showing more of his kind heart and has made friends. He still has big emotions but can now identify them and respond appropriately, and he recovers a lot faster. He respects authority, and though he is still not a big fan of the academic part of school, he goes to all his stations and works while his attention span lasts.*

*It took a village to help guide this child to this point and you were a big part of his journey. I cannot thank you enough for the early intervention and support you gave him, his mom, and me. He truly has come a long way, and a lot faster than I expected! To say I am proud of him is an understatement. THANK YOU, THANK YOU, THANK YOU for all your time and effort that you invested in him. I am truly grateful to have you on his support team."*



## YCOE FAMILY RESOURCE CENTER

The Family Resource Center helped 200 families with 254 children with basic needs, such as gas cards and diapers, and linkage to early intervention services.

The Yuba County Office of Education (YCOE) Family Resource Center (FRC) continued to offer critical one-on-one supports to families with young children, including those with special needs. Over FY 2023-24, YCOE FRC served 192 parents and 254 children, offering linkage to early intervention services, as well as the Diaper Closet and the Gas Card program, to help with child transportation to medical appointments.

**One-on-One Medical Linkage services** reached 36 families and 65 children through individualized supports, such as home visitation, screening and navigation services, and resources and referrals. Families received referrals to early intervention services, including speech and special needs support, offered through Alta California Regional Center, Family SOUP, and similar programs. Moreover, 23 families were referred by HMG, to connect to the FRC Early Start program, which offers support for families of children with special needs.

**The Diaper Closet program** provided 91 parents of 131 young children with 2,848 packs of diapers and 744 packs of wipes, — four and a half times more than last year.

**The Gas Card program** served 57 caregivers of 50 young children, distributing 525 gas cards and gas vouchers, totaling \$12,405 — 37% more than last year. Additionally, families were provided with Medi-Cal transportation program information. This assistance allowed families to visit their hospitalized children and/or to take them to critical medical appointments. Six of the parents who used the gas card program or the diaper closet completed the FRC Parent Support Survey. All were highly satisfied with the support they had received. All parents felt heard and understood. Caregivers believed that the staff understood their families' needs and helped them connect to services to meet those needs. Specifically, all families appreciated access to basic necessities and individualized supports they had received through the FRC programs.

*"It helps me with my out-of-town appointments and my need for diapers for my autistic child."*

*"I appreciate that the FRC was able to help me when I really needed it. It gives a sense of relief to know that there are service to help those in need."*

The Family Resource Center supported child health and well-being of nearly 44 families with 63 children ages 0-5 years by supporting positive parent-child interactions.

The YCOE FRC also continued to offer a variety of group activities, promoting physical and socio-emotional wellness and a stimulating early learning environment for child growth and development. Altogether, in FY 2023-24, YCOE FRC offered six new and ongoing programs totaling nearly 50 family activities:

- 28 Stepping with Baby groups, in partnership with Help Me Grow and Resilient Families (described in the next section of this report)
- 7 PALS Playgroup, to promote parent-to-parent support and parent-child connection
- 7 Family Support Intervention groups
- 3 Garden Activities

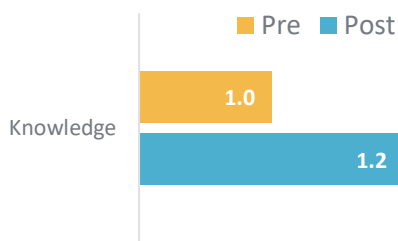
*"I liked how there was different activities for the kids. They love it! ❤️"*

*"I appreciate family support and hearing about other parents' experiences."*

- 2 Adapted PE program sessions
- 1 NICU Support groups

Parents who participated in playgroups, parent support activities, and workshops were asked about their experiences using the Post Workshop Survey. All seven families responding to the survey showed high satisfaction with the FRC parent-child and family support groups. Specifically, all families indicated that they would attend another FRC activity and would recommend these activities to other families. Moreover, as seen in Figure 14, caregivers believed that participation in group activities helped them gain some knowledge on the topics of child development and parenting, including strategies to support a child with a special need. All respondents believed that they would use the skills they had learned.

**Figure 14. Average Gains in Knowledge Reported by Caregivers**



*"The simple reminders of how to effectively and kindly help children succeed in speech and language in developing years."*

Source: FRC General Post Workshop Survey. FY 2023-24. N = 7.

Throughout the year, the FRC provider actively incorporated parent feedback, adjusting schedules, formats, and outreach strategies to better meet families' needs. This approach boosted awareness and engagement with FRC programs. Collaborations with local organizations further enhanced offerings, such as the Garden project, where parents volunteered, donated garden boxes, and helped with gardening. The Marysville Charter Academy of Arts also contributed by having students paint a mural to brighten the space. These efforts successfully launched the Garden program while enhancing a shared community area.

*"I like that I'm learning new ways to parent and getting more resources."*



*"Honestly everything it gave me a different perspective on sensory and different behaviors."*

*"I like that I'm learning new ways to parent and getting more resources."*

The FRC hosted two special events and engaged in outreach activities, attended by 400 families with 730 children.

In addition to one-on-one support and family group activities, YCOE FRC hosted two special community events. Their *Winter Wonderland* and *Morning in the Garden* were attended by 400 families and 730 children. Both events were collaborative in nature, coordinated with First 5, YCOE CDBC, Yuba County Library, and Toothmobile, among others. YCOE FRC was also present at the community outreach events hosted by First 5 and partners, such as HMG screening events, Bok Kai Festival, First 5 Fridays at the Library, and others. These efforts helped inform families and children about First 5 programs and local resources, such as the Resource Library and Toy Lending Library, activity kits, tobacco cessation materials, and developmental screenings and supports.

YCOE FRC also engaged in systems-level discussions of strategies to build community networks of support at FRC network meetings, hosted by First 5 and attended by over 30 First 5 partners.

### Family Resource Center Success Story

“We had two parents in their late twenties attend our NICU Evening of Support with their five-year-old daughter. They originally joined our program when their daughter was in the NICU back in 2018, because we offered gas cards for out-of-town appointments and NICU travel. In 2020, mom had reached out to our NICU support group, but it didn’t work with her schedule. Prior to this evening, our program hadn’t seen the parents and the child for three years.

During the evening, their daughter got to play with the other children, while parents participated in rock painting and bracelet making. Importantly, they had an opportunity to make new connections with their fellow community members and learn about local programs and services from other families.

At the end of the evening, both mom and dad expressed that they had truly enjoyed it and that the support evening was therapeutic for them. Mom was especially excited that she was finally able to attend our program’s activity since it was now held in the evenings.

And while this evening was beneficial for them, their presence was also a great addition to our support group, as they were willing to connect and support our program. Mom gave insight on what items she thinks our program should provide in our NICU comfort kits. She taught herself how to knit while her daughter was in the NICU and suggested we include starter knitting kits.”





## PARENTAL MENTAL HEALTH INITIATIVES

Life transitions, such as becoming a parent or adding a new child to the family require adaptation and support. Based on the latest available data,<sup>8</sup> approximately 16% of mothers in the Greater Sacramento Region experience prenatal depressive symptoms and 14% report postpartum depressive symptoms. However, a lifetime prevalence affects as many as one in three women.<sup>9</sup> In turn, depression is a known risk factor for family stability and optimal child growth and development. Consequently, First 5 continued to support and expand maternal mental health initiatives to support local caregivers through family transitions and life challenges, including:

- Maternal Mental Health conferences for medical and perinatal providers and other professionals in the field, facilitated by the First 5 County
- Stepping with Baby support groups, implemented through the partnership between the YCOE FRC, HMG, and Resilient Families program coordinators
- Mindful Mama support groups, implemented by First 5 Yuba County
- Navigation Support, offered through the evidence-based Momma Mia home visiting curriculum

Moreover, guided by the insights and recommendations from the broader community initiatives, such as the Administration for Children and Families, highlighted by the Casey Family Programs,<sup>10</sup> First 5 invested in new and existing programs to support fatherhood:

- Dads Night Out groups, funded through Child Abuse Prevention Council
- Fathers Matter series, funded by the Yuba County Probation Department

These efforts were made possible with braided resources, including the Home Visiting Collaborative Initiative and the Resilient Families Program, Help Me Grow, Probation and CAPC funding, as well as investments from partners of Blue Shift Project of Yuba Sutter.



<sup>8</sup> MIHA Data Snapshot, Greater Sacramento County by Race/Ethnicity. 2019-2021.

<sup>9</sup> Blue Shift Project of Yuba Sutter. <https://www.blueshiftprojectys.com/about-4>.

<sup>10</sup> Casey Family Programs. Congressional Testimony: Celebrating Fathers and Families. Federal Support for Responsible Fatherhood. March, 2022. <https://www.casey.org/william-c-bell-families-first-testimony/>

## BLUE SHIFT MATERNAL MENTAL HEALTH CONFERENCE

The Blue Shift Project of Yuba Sutter is a local cross-sector collaborative, spearheaded by First 5 Yuba County, the Sutter County Children and Families Commission, and Sutter County Public Health with the goal of strengthening screening, diagnostic, and treatment of Perinatal Mood and Anxiety Disorders (PMAD).

The project brings together policymakers, the medical community, early care providers, family-serving agencies, parents, and private and public sector representatives through advocacy, professional education, and other systems change efforts. As part of its mission, the project aims to identify gaps and deficits in the landscape of PMAD services and seeks strategies and funding for remediation. One of the priorities of the Blue Shift Project is to provide a centralized point of access to finding resources and supports for parents and providers.

As part of provider education, First 5 Yuba County organized and facilitated the second annual Maternal Mental Health (MMH) conference under the Blue Shift Project umbrella.

**Sixty providers attended the Blue Shift Maternal Mental Health Conference, where they learned about identifying and assisting mothers affected by perinatal maternal anxiety and depression.**

The second annual MMH conference offered two sessions focused on the topics of neurobiological changes that occur with parenthood, a review of MMH disorders, and the protective factors important in the postpartum period. This year the planning team put a specific emphasis on diversity and inclusivity. The speaker specifically spoke to Father's experience with postpartum and the Panel Speakers included four local individuals with lived experience, including one father. The conference was well attended, with 60 participants from Yuba and the neighboring counties, representing Health Care, Behavioral and Public Health specialists, home visitors, community advocates, early childhood educators, and other professionals.

**Participants found the information impactful and relevant to their work with families.**

Nearly 20 participants filled out a post-conference survey. Most gave all conference activities "very/extremely relevant" ratings, including:

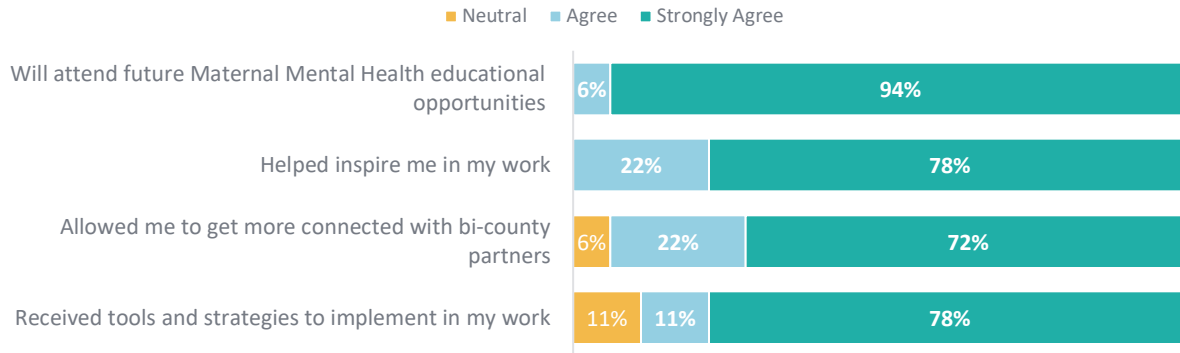
- 100% for the Keynote Presentation on What the Parents Really Need
- 89% for the Panel Discussion
- 94% for the Cross-Collaborative Workshop

As shown in Figure 15, participants held positive views of the conference: all "agreed" or "strongly agreed" that the conference inspired them in their work and that they would attend similar conferences in the future. Nearly all (94%) believed that the conference helped them connect with other professionals in Yuba-Sutter counties, and nearly as many (89%) shared that they learned about new tools and strategies.



*"I appreciated the specific information on the role of brain chemistry and hormones and their impact on behavior."*

**Figure 15. Providers Satisfaction with Maternal Mental Health Conference**



Source: Maternal Mental Health Conference Post Survey, 2023-24. N = 19. Note: “Disagree” and “Strongly Disagree” categories are not shown due to no responses.

## STEPPING WITH BABY WALKING GROUPS

The weekly **Stepping with Baby** walking group spearheaded by YCOE FRC and HMG coordinators last year continued to promote physical activity and access to community resources among expecting and new mothers.

**Forty-two new and expecting parents took part in 28 weekly Stepping with Baby Sessions.**



This program was in high demand, expanding from one to three walking groups, which engaged at least 42 local families, compared to 16 families last year. Parents received an evidence-based curriculum on mental health and well-being, as well as information on parenting, child health, and development. Additionally, all families were linked to developmental screenings and referrals, as needed. Importantly, the groups offered an opportunity to build social support through meaningful connections.

The groups emphasized leadership and peer-to-peer connection by embracing the concept of Parent Ambassadors, who regularly volunteered to lead the groups and helped facilitate First 5 outreach events (for a more in-depth review of the Parent Ambassadors Leadership program, please refer to the Strong Systems section of this report). This year, with support from the Yuba County Office of Education Family Resource Center a new walking group started in the foothills at Collins Lake. The families met the same day and time and continued through spring of 2024.

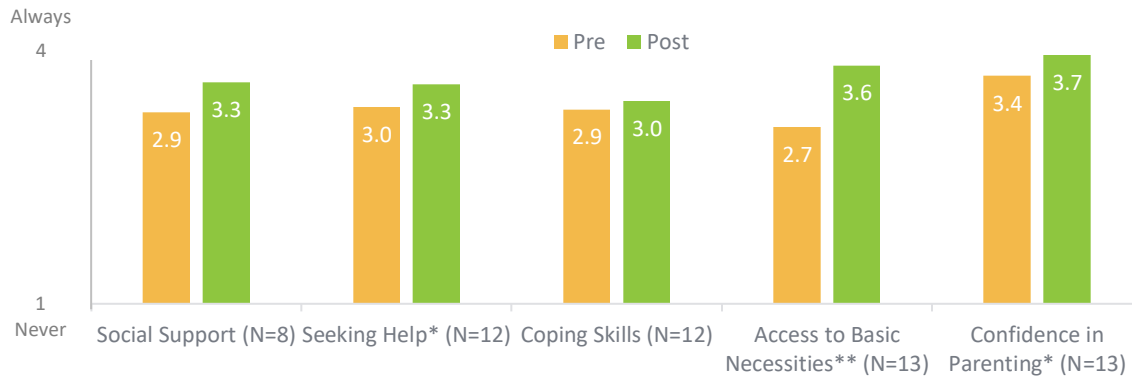
*“Most of all, I like being able to walk at my own pace, do activities with the moms and kids, and becoming a Parent Ambassador.”*

**Following participation, mothers showed greater ability to meet basic needs. Mothers felt more confident with parenting, reaching out for help, and had stronger social support and coping skills.**

Twenty caregivers completed a post-program survey. When asked why they joined the groups, most mothers expressed wanting to connect to other families and to get postpartum support. Following group participation, 94% of mothers said the program helped them meet that goal. In addition to gaining social support and coping

skills, mothers showed significant improvement in their ability to meet basic needs, seek help, and be more confident parents.

**Figure 16. Knowledge and Skills Before and After the Stepping with Baby Group Participation**



Source: Stepping with Baby Pre-Post Survey. FY 2023-24. N (total) = 20; N (matched pairs) = 13. \*p<.05; \*\*p<.01; \*\*\*p<.001. The composite scores were comprised of 5 items for social support and 2 items each for help-seeking, coping skills, access to basic necessities, and confidence in parenting.

Following group participation, 100% of respondents felt supported in learning how to access community resources. The majority (95%) developed a level of trust within the group, and nearly as many (94%) identified areas of growth for themselves or their families; expanded knowledge on self-care and mindfulness; and were able to express their feelings. Most families (88%) also learned about developmental screenings and milestones, as well as strategies to reduce family exposure to 2<sup>nd</sup>- and 3<sup>rd</sup>-hand tobacco smoke. Finally, 82% learned new strategies to identify and express their feelings.

*"They were accepting of my son, whose development is a bit delayed."*

*"Loved being in a group of mommas. It made me feel like I'm not the only one going through a hard time."*

*"I needed this group to get out of the house. It really helps my mental health."*

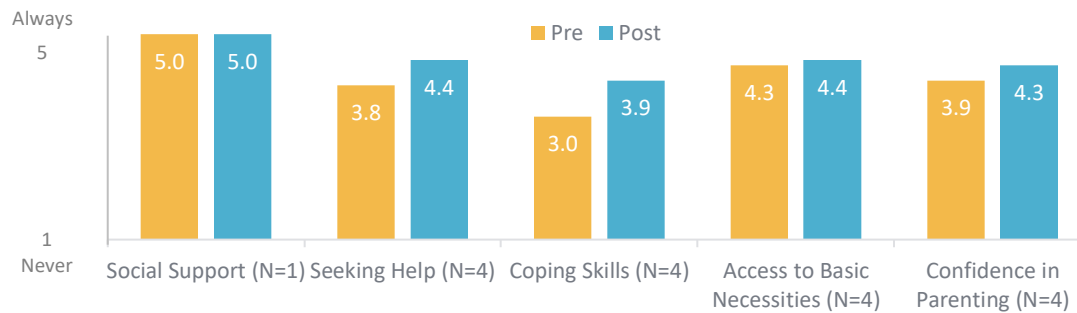
## MINDFUL MAMAS WEEKLY SUPPORT GROUP

Another support group for new and expectant mothers engaged parents in discussions on health and mental health topics and tobacco education, while fostering social connections among mothers. The group was led by a Licensed Advanced Alcohol and Drug Counselor.

**Seven mothers attended six Mindful Mamas weekly support groups, which helped strengthen their coping skills and improved their confidence in parenting, seeking help, and ability to meet basic needs.**

Seven mothers attended six support groups, and four completed a post-program survey. In alignment with the group's aims, caregivers showed improvement in coping skills, parenting confidence, reaching out for help, and capacity to meet basic needs.

**Figure 17. Knowledge and Skills Before and After Mindful Mama Group Participation**



Source: Maternal Mental Health Pre-Post Survey 2023-24. N = 4 matched pairs. Note: significance testing was not done due to a small sample size.

The group feedback was very positive, as is seen from the quotes and the success story below.

*"I loved being able to spend time with a group of mommas that make you feel like you are not the only one going through what feels like a very hard time."*

*"The teacher always listened and gave feedback when it was most needed. Hopefully, they offer more classes, as I really enjoyed it and wouldn't mind to attend more."*

*"This was an amazing group and I'm looking forward to keep putting what I've learned here towards improving myself."*

### Mindful Mommas Success Story

I am the mother of a beautiful 23-month-old baby girl. I was thinking of attending this group, but as a working mom, finding childcare after work is hard. So, I was not going to attend; however, I called First 5 and asked if there was childcare. [First 5] was kind to offer [their] time to watch my child while I attended the group.

I was excited because I have been suffering from post-partum depression, so attending a group with other moms was the connection I needed. Attending this Mindful Mamas group helped boost my confidence level. I learned the difference between shame and guilt and how to create positive change, one day at a time. My confidence level was always a struggle for me and one skill that [the instructor] taught us has changed my life. She told us to try and say positive affirmations to ourselves in the mirror. At first, I felt uncomfortable and now I have been able to talk to myself more.

I highly recommend this class to other moms. In the end, I learned more about other moms, and myself. I also became close friends with one of the moms who attended the group. She and I recently had a play date with our children. This class was a safe place, and I recommend it to any mom.



## FATHER SUPPORT INITIATIVES

Over FY 2023-24, First 5 continued to offer *Dad's Night Out* groups, and added a new *Fathers Matter* initiative.

Thirty-three fathers participated in six Dads Night Out groups and 17 Fathers Matter sessions, which helped increase parenting confidence, access to basic necessities, and strengthened coping skills, help-seeking, and social support.



**Dads Night Out program**, launched in FY 2022-23, continued to be supported through braided resources, including Yuba County Child Abuse Prevention Council, YCOE, Barclay Seed Grant, and Youth For Change grants. This year, First 5 provided six monthly Dad's Night Out groups, attended by 22 new or expecting fathers. The program aimed at promoting positive mental health and reducing mental health risk through parent-centered, strengths-based approaches.

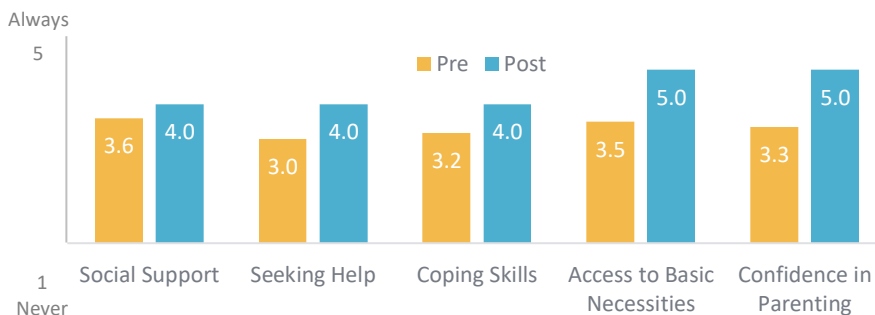
Additionally, a new **Fathers Matter program** was implemented in February of 2024, in collaboration with the Yuba County Probation Department. Eleven fathers participated in 17 groups over three, six-week cohorts. Participation was incentivized, with a total of 33 \$20-25 gift cards with a sum value of \$675 sponsored by Probation. Facilitated by First 5, these peer support groups were meant to help fathers:

- Improve understanding of parenting and child development, to increase fathers' engagement
- Practice new skills, to manage parenting stress and build resilience as a dad
- Develop stronger social support networks by building connections to other fathers
- Increase access to concrete resources in times of *need* through linkages to local systems of support
- Foster personal development and growth, to improve well-being and help fathers be a positive role model

*"This group has supported and expanded my efforts to be the best Father, husband, and community member I can be."*

Four fathers completed post-program survey, showing some improvements in parenting confidence and access to basic necessities. Additionally, fathers reported stronger coping skills and social support, as well as feeling more comfortable seeking help when needed.

**Figure 18. Knowledge and Skills Before and After Fathers Matter Group Participation**



*"Fathers Matter has become a fellowship that is helping my understanding of how to be the best dad possible."*

Source: Fathers Matter Pre-Post Survey 2023-24. N (total) = 4. Note: Significance testing was not done due to a small sample size.

Fathers stated that the group was valuable and met their needs. They shared that the group helped make new connections to other fathers, and that they would recommend it to other parents.



## OPUD AQUATICS PROGRAM

In FY 2023-24, FIRST 5 continued to partner with the Yuba County Department of Public Health to bring free swimming lessons to local families with children at the Olivehurst Public Utility District (OPUD) Swimming Pool. The braided funding allowed them to offer the full continuum of services to families with children, with First 5 supporting programming for ages 0-5 years and Public Health covering classes for older children. The program aimed to increase child and family safety around the County waterways and reservoirs, strengthen parent-child bonding, and increase physical activity. Consecutive two-week sessions ran through the summer, 4-5 days a week.



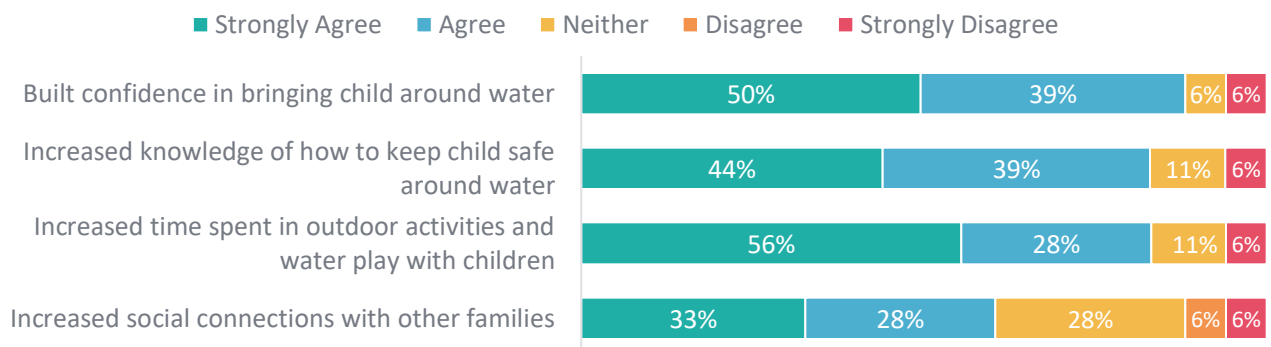
**A total of 103 families and 130 children 0-5 participated in the Summer Swim program, with positive benefits including increased time outdoor, greater water safety, and expanded social connections.**

Following the swim program, 18 parents completed a survey, sharing their experiences with the program and the impact of swimming classes on families' attitudes and activities around water.

82% of children would not have received water safety lessons elsewhere

In line with the program's goals, nearly nine out of 10 parents (89%) felt more confident to bring their child around water, and eight out of 10 (83%) learned how they can keep their child safe. Swim lessons also helped most parents (84%) to increase the time they spend engaging in outdoor play and activities with their children. Finally, over half of the respondents (61%) connected with other families in their area through swim classes.

**Figure 19. Effects of Participation in the Summer Swim Program on Families and Children**



Source: OPUD Summer Swim Survey. FY 2023-24. N = 18.

Furthermore, respondents were largely satisfied with the program: 93% stated that they would like to sign up for a similar program in the future, and 86% said they would likely recommend the program to other families.

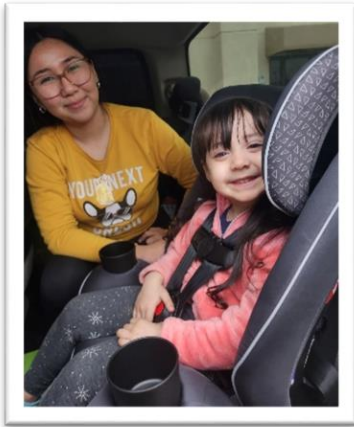
*"I absolutely love how this program is set up. I had a very scared 4-year-old who was dunking his head into the water to get sinking toys by the end. I was amazing at how confident this program helped him to become. 10/10!"*

*"The instructors for the tadpoles were great! My son gained more confidence being in a pool and now loves to swim. I feel more comfortable knowing he can reach the side of a pool and find a way out should he fall in."*

## CA OFFICE OF TRAFFIC SAFETY CHILD PASSENGER SAFETY PROGRAM

Another way that the First 5 Yuba County promoted safety and injury prevention was through the California Office of Traffic Safety (OTS) Child Passenger Safety Program, funded by the National Highway Safety Administration (NHTSA). In FY 2023-24, First 5 developed a new partnership with Public Health. As a result, the Health and Human Services department subcontracted First 5 to offer Yuba County families car seat safety education and resources through NHTSA-certified child passenger safety technicians.

**In FY 2023-24, 122 children, 220 parents, and 15 providers received child passenger safety education and training as well as free car seats and installation assistance.**



In the first year of program implementation, First 5 staff focused on setting up program logistics, developing processes to set up individual car seat inspection appointments, promoting local car seat check-up events, and putting in place internal intake procedures and data tracking systems, such as the Goldie phone application. One of the first accomplishments was to coordinate a local NHTSA car seat technician certification training for 10 participants, facilitated by expert trainers from Butte County Department of Public Health. As a result of this training, four First 5 staff became NHTSA-certified technicians, enabling them to assist families with car seat installation and offer car seat safety education to families and providers.

Over the course of the year, 122 children, 220 parents, and 15 providers were served through this program:

- 101 families received new car seats free of charge (including 77 purchased by First 5, in addition to the OTS-funded car seats), as well as installation and inspection assistance
- At least 21 pre-owned car seats were inspected and installed, as needed
- 52 families received car seat safety information during individual appointments
- 18 parents were educated at one of the three group trainings
- 150 families attended eight car seat check-ups, traffic safety education workshops and community events

Additionally, First 5 promoted car seat safety at the systems level, by strengthening existing collaborations and forging 11 new community partnerships with local agencies, such as law enforcement, Family Resource Center Network, Probation, Sutter County Children and Families Commission, and more.

Finally, the community was informed and engaged with the child passenger safety information and resources through 20 outreach efforts, reaching over 1,200 individuals across various platforms, including social media, newsletters, listservs, and in-person events.

*"The workshops were very informative and helped me learn more about car seat safety. It was great to get some clarification on the laws/requirements related to age, weight, and so on."*

*"We were given a handout with size and weight chart telling us how big our child needs to be to not need a booster anymore. And the provider offered assistance and told us where to get help, if needed."*

## Goal 2 — Resilient Families

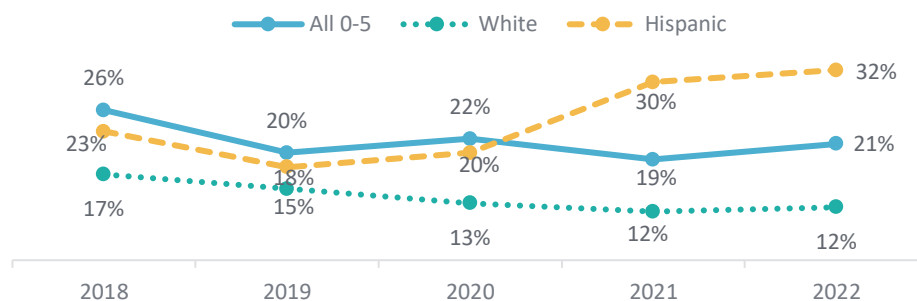
GOAL	Promote parental resilience, social connections, concrete support in times of crisis, and knowledge of parenting and child development.
OUTCOMES	<ul style="list-style-type: none"> <li>Increased protective factors</li> <li>Increased understanding of child development</li> <li>Increased positive parent-child interactions</li> </ul>
PROGRAMS	<ul style="list-style-type: none"> <li>MJUSD School Readiness Parent-Child Classes</li> <li>Camptonville Community Partnership 1, 2, 3 Grow Parent-child classes</li> <li>YES Environmental Science Charter Academy - ABC Sprout</li> <li>Playzeum Developmental Playgroups</li> <li>Probation Partnership</li> </ul>

### COMMUNITY-WIDE TRENDS

Yuba County families continue to experience reduced economic opportunities, affecting most rural counties, underscoring the value of services and supports provided by FIRST 5 and partners.

**Childhood Poverty.** Childhood poverty remained high, affecting one in five Yuba County children 0-5 years living at or below the Federal Poverty level (FPL), which was \$30,900 for a family of two adults and two children in 2023 (based on the current Census Data Poverty Thresholds). A 2% increase in childhood poverty was attributed to the Hispanic/Latino population, which, at 32% was nearly triple the stable 12% rate reported for Whites.

**Figure 20. Proportion of Children 0-5 Living in Poverty in Yuba County**

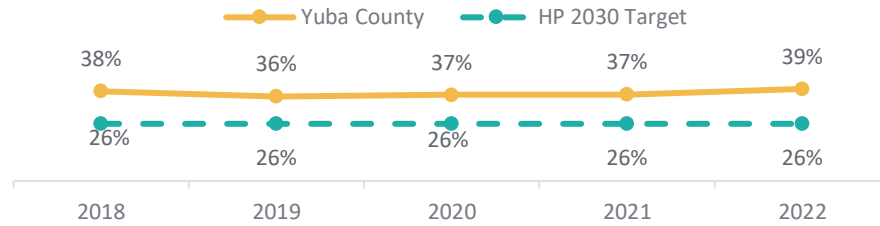


Source: US Census, American Community Survey, 5-year estimates. 2018-2022. Note: "Other" includes Black, American Indian, Asian, Native Hawaiian/Other Pacific Islander, Other race, and two or more races).

**Housing Insecurity.** In FY 2023-24, housing insecurity affected two out of five Yuba county families. Affordable housing, defined as the cost of mortgage or rent at or below 30% of a monthly household income, was attainable for 61% of Yuba County families. The rate of housing insecurity increased by 2%, reaching 39%, which is considerably higher than the 26% Healthy People 2030<sup>11</sup> objective.

<sup>11</sup> U.S. Department of Health & Human Services. Secretary's Advisory Committee on National Health Promotion & Disease Prevention Objectives for 2030.

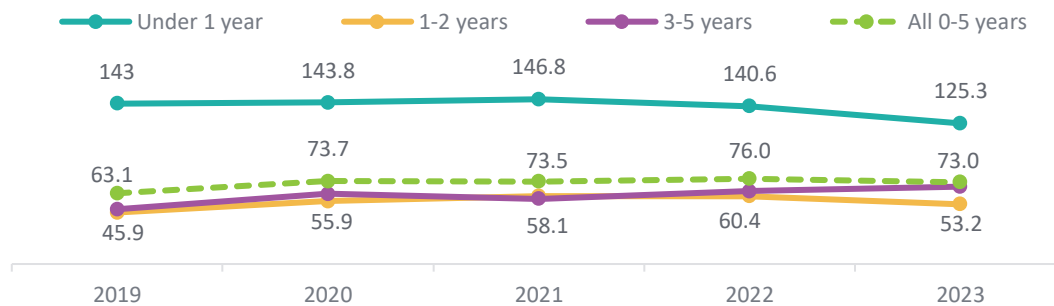
**Figure 21. Households Paying More Than 30% For Housing in Yuba County**



Source: US Census, American Community Survey, 5-year estimates. 2018-2022.

**Child Maltreatment.** The allegations rate for Yuba County children 0-5 was 76 per 1,000 children, exceeding statewide estimates (at 46 per 1,000 children) by 37%. However, the county trend was positive, decreasing from 76 to 73 per 1,000 children due to lower allegation rates for the 0-2 age group. The incidence rate was highest for children under age one, at 125 per 1,000 children. Moreover, a slight decrease in the younger age group was somewhat offset by the increase in the allegation rate for children 3-5 years, from 65 to 69 per 1,000 children.

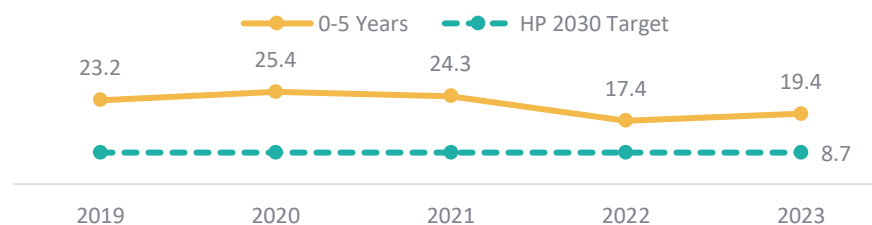
**Figure 22. Incidence of Child Maltreatment Allegations in Yuba County (per 1,000 Children, Ages 0-5)**



Source: [California Child Welfare Indicators Project \(CCWI\)](#). Child Maltreatment Allegation Rates Dashboard. Years: 2019-2023.

The prevalence of substantiations continued to grow, from 17 to 19 per 1,000 children, at twice the state rate of 8 per 1,000 children and the Healthy People 2030 Objective (9 per 1,000). However, fewer children 0-5 entered child welfare system (26-31 in 2023-24,<sup>12</sup> compared to 37-42 last year).

**Figure 23. Incidence of Substantiated Allegations in Yuba County (per 1,000 Children Ages 0-5)**



Source: California Child Welfare Indicators Project. Child Maltreatment Substantiation Rates Dashboard. 2019-23.

Child maltreatment has many roots, including lack of understanding of child development and effective parenting skills – topics, covered by First 5 and partner programs.

<sup>12</sup> California Child Welfare Indicators Project (CCWI). [Entry into Foster Care Rates Dashboard](#). Years: 2021-2022. Estimates vary depending on the inclusion of masked averages for children ages 1-2 and 3-5 years in calculated projections for Jan 2023-Dec 2023 foster care entry.

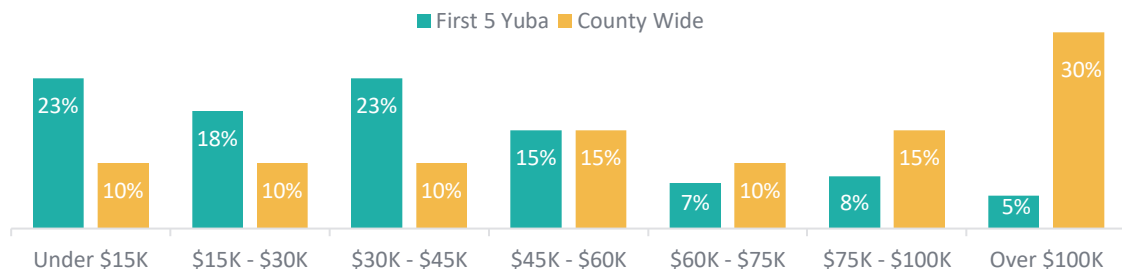
## FIRST 5 FAMILIES AT INTAKE

### Socio-Demographic Factors

Based on the Family Information Forms completed at intake, First 5 Yuba families had lower household income and higher prevalence of unemployment, compared to county families.

**Household Income.** Figure 24 shows that overall, the First 5 families' income was lower than the countywide averages. More than 87% of First 5 families made less than the County Median Income of \$80,396 in 2023<sup>13</sup>. Over 42% of families served lived in poverty (e.g., below the California Poverty Thresholds, set in 2023 for a family of four at \$30,900),<sup>14</sup> which was substantially higher than the 17.1% of county children ages 0-5 years<sup>15</sup>.

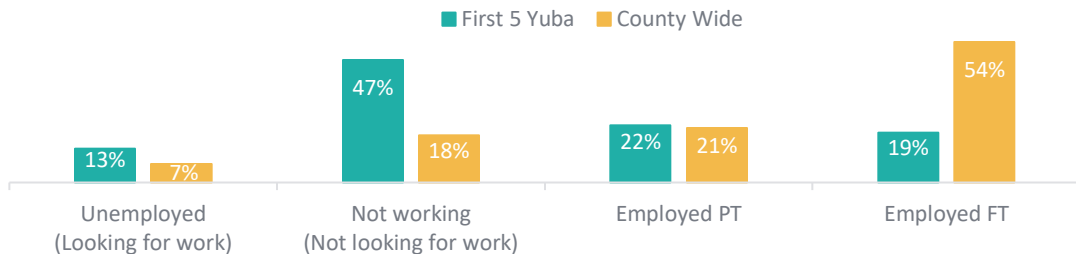
**Figure 24. Family Income, at Intake**



Source (Yuba County): [US Census](#), American Community Survey, 2023, 1-year estimates. Income and earnings for Yuba County households. Source (Yuba First 5): Source (FIRST 5) Family Intake Form. FY 2023-24. N = 60.

**Caregiver Employment.** Nearly half of First 5 caregivers were not employed and did not seek employment. At program enrollment, 47% of caregivers indicated that they were homemakers or stay-at-home parents. This is almost three times more than 18% of caregivers who were not employed and not looking for work countywide.<sup>16</sup> About 13% of First 5 parents were unemployed, which is above the 6.7% unemployment rate countywide. Approximately 22% of First 5 families worked part time, which is comparable to the County estimates of 21%. However, only 19% of First 5 householders worked full time, considerably below the 54% countywide.<sup>17</sup>

**Figure 25. Caregiver Employment Status, at Intake**



Source (county): US Census, American Community Survey, 2023, 1-year estimates. Source (First 5): Family Intake Form. 2023-24. N = 92.

<sup>13</sup> US. Census. [Table B19001](#). Income in the Past 12 Months; and [Table S1901](#). Median Family Income. 1-year estimates. 2023.

<sup>16</sup> U.S. Census Bureau. [Poverty Thresholds](#). 2023.

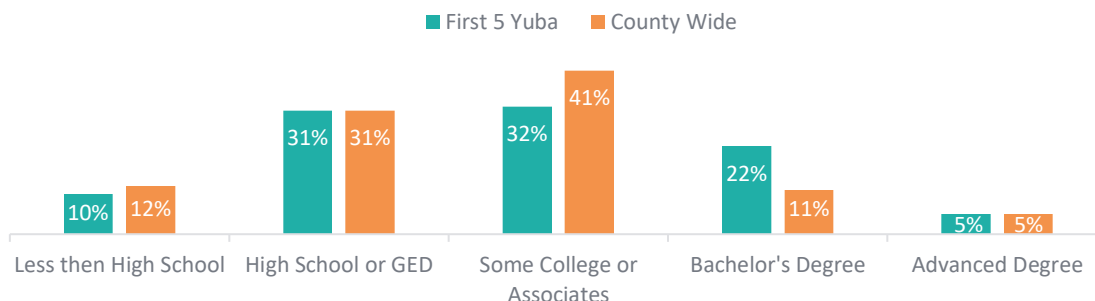
<sup>15</sup> US Census, American Community Survey, 1-year estimates. 2023. [Table S1701](#). Poverty Status in the Past 12 Months for children under age 5; or [Table B17020](#). Poverty status in the past 12 months by age, for children under 6 years.

<sup>16</sup> [Employment Development Department for the State of California](#). Annual Unemployment Rate by County and Year. 2023.

<sup>17</sup> US. Census, American Community Survey, 2023, 1-year estimates. [Full-time, Year-Round Work Status in the Past 12 Months by Age for Population 16 years and Over](#); filtered for population ages 20-65 years.

**Caregiver Education.** Education attainment levels of First 5 participants had a greater range than that of the county residents.<sup>18</sup> Only 10% of families had a caregiver who did not have a High School Diploma or a GED; compared to 12% in the county. Although nearly one-third of the caregivers graduated from high school, which is equivalent to county estimates, fewer had some college experience (32% of First 5 families vs 41% in Yuba County). At the same time, twice as many First 5 families had a four-year degree (22% vs 11%, respectively).

**Figure 26. Caregiver Education Attainment, at Intake**

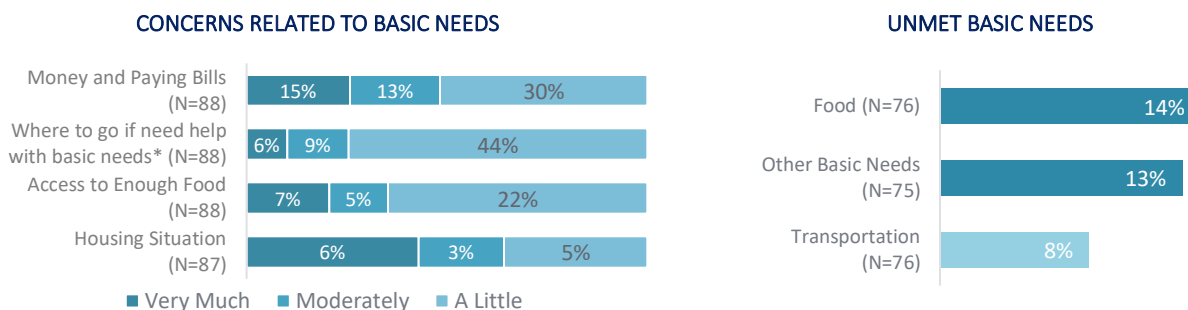


Source (County): U.S. Census Bureau, 2023. American Community Survey; 1-Year Estimates are for population over 24. Source (First 5): Family Intake Form. FY 2023-24. N = 81.

### Families' Needs and Concerns

As Figure 27 shows, at intake, families had moderate-to-strong concerns about **meeting basic needs**. Parents worried about paying bills (28%), access to food (12%), and housing (9%). About 15% of families did not know where to seek help; 14% sought food assistance; 13% needed help with other basic needs, and 8% - with transportation (8%). Additionally, 29% of parents expressed the need for **emotional and mental health** support due to work-related (23%) or family (20%) stressors. Finally, caregivers had concerns related to **parenting and child development**. At least one in eight families (12%) did not have strong knowledge of child development, and one in three (34%) asked about parenting classes, programs, and resources. Nearly one in 10 caregivers (8%) were unsure of how to help their children learn. Over half (53%) sought programs and resources to support child literacy, and nearly as many (47%) were interested in information on kindergarten readiness.

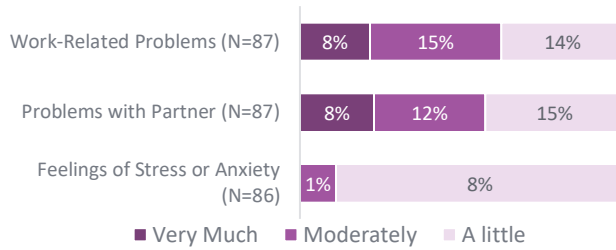
**Figure 27. Caregivers' Needs and Concerns Related to Child and Family Resilience, at Intake**



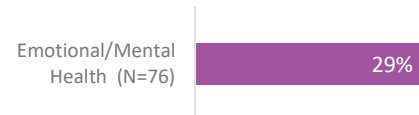
<sup>18</sup> US. Census. [Table S1501](#). Education for population 25 years and over. 1-Year Estimates. 2023.



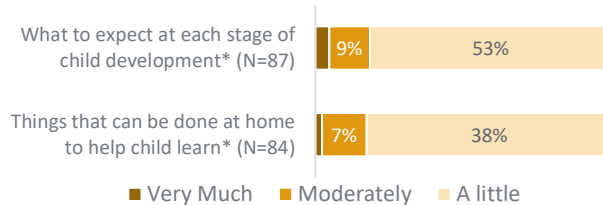
CONCERNS RELATED TO EMOTIONAL & MENTAL HEALTH



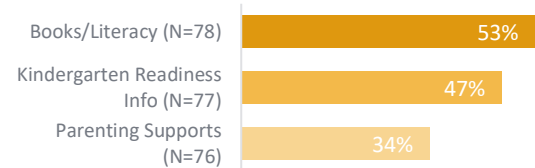
NEEDS RELATED TO EMOTIONAL AND MENTAL HEALTH



CONCERNS RELATED TO CHILD DEVELOPMENT AND LITERACY



NEEDS RELATED TO CHILD DEVELOPMENT AND LITERACY

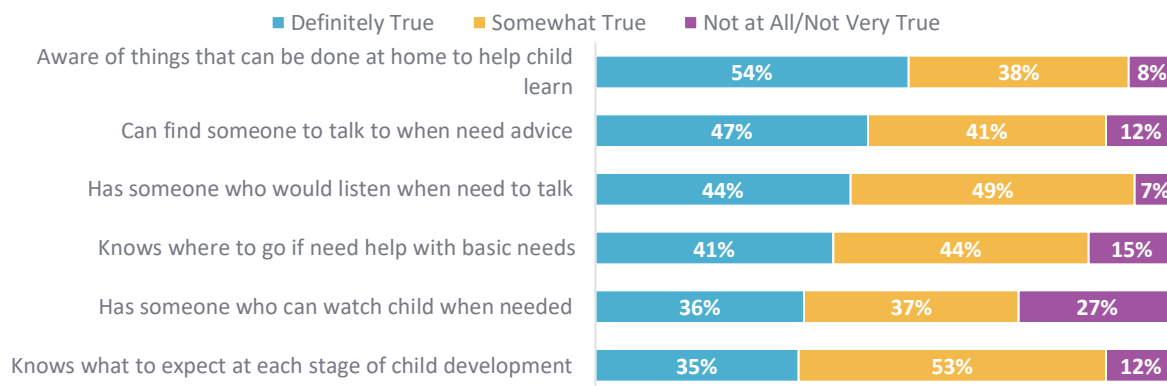


Source: Family Intake Form. FY 2023-24. Percentages are based on the total number reported. Caregiver Needs and Concerns, N = 75-88; \*Family Protective Factors at Intake (scale is reversed). N = 84-88. Note: "No Concern" responses are not shown.

Family Resilience and Protective Factors.

At intake, parents were asked about social support, knowledge of child development, and ability to seek help for basic needs, known as protective factors. Close to half (43%) of First 5 parents had strong protective factors, whereas 14% needed additional supports. As seen in Figure 28, **caregivers' strengths** related to knowing how to help their child learn at home (54%) and having a strong network of support (44-47%), such as having someone to talk to or ask for advice. **Parents needed support** with child care, with 27% of caregivers worrying that they had no one to watch their child, if needed. Around 15% of families did not know where to find help with basic needs, and 12% of had little or no knowledge of child development and parenting skills.

Figure 28. Caregivers' Protective Factors, at Intake



Source: Family Intake Form. FY 2023-24. Percentages are based on the total number reported. N = 84-88.

## MJUSD SCHOOL READINESS PARENT-CHILD CLASSES



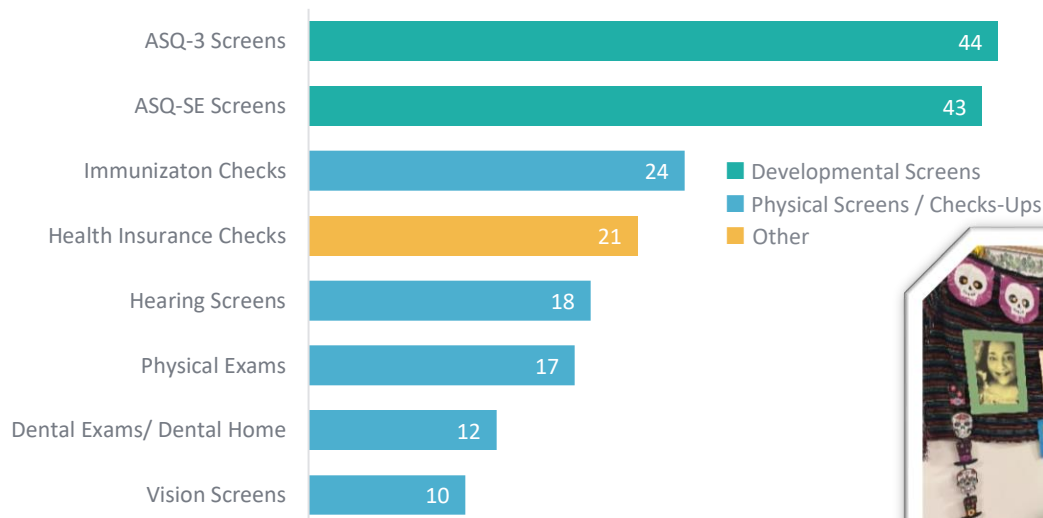
MJUSD School Readiness program continued to partner with First 5 and the Yuba County Office of Education to provide a school readiness program for all children under the age of five residing in Yuba County. The program offered health and developmental screening, parent education workshops, and free parent-child developmental playgroups designed to encourage positive one-on-one interactions and provide quality time for bonding and learning. This year, MJUSD school readiness provided parent education and parent-child activities to 227 caregivers and 249 children across four school readiness sites: Linda, Cedar Lane, Ella, and Johnson Park.

During FY 2023-24, MJUSD conducted a total of 189 preventive health and developmental screenings and check-ups.

As part of their school readiness programs, the MJUSD staff held four screening events, one at each school readiness site, conducting a total of 189 health and developmental screenings for 52 MJUSD state preschool and school readiness students. Of these, 102 were physical, dental, vision, and hearing screenings and examinations. MJUSD staff also verified whether children had an established medical and dental home and had insurance coverage, and ensured that they were up to date on immunizations, making appropriate referrals, as needed.

Moreover, 87 screenings assessed child development via 44 developmental ASQ-3 and 43 social-emotional ASQ-SE screenings. Over half of the students (59%) showed no developmental concerns. One-third (32%) scored in the monitoring range, indicating the need for follow-up screening. Finally, 9% were flagged for referrals or care coordination services and subsequently linked to early intervention supports, such as speech therapy.

**Figure 29. Screenings and Health Checks Completed by the MJUSD School Readiness Program Staff, by Type**



Source: Apricot 360 Events/Workshops Log, filtered for MJSUD School Readiness. FY 2023-24. N (students)= 52; N (screenings)= 189.



**Home visiting services reached 13 families and pregnant mothers living in remote areas.**

Additionally, MJUSD School readiness provided 20 in-person, home- and site visits to 13 families with 19 children living in remote areas. During these visits, families received developmental screenings and referrals to early intervention and home visiting programs for expecting mothers and children 0-3 years, as well as support with child registration for state preschool. The program also provided parenting information and resources, developmental toys, board games, and books, and facilitated enrollment in Dolly Parton’s Imagination Library.

**MJUSD served 230 children and 214 caregivers through 278 school readiness playgroups and literacy workshops, 78 parent education classes and workshops, and 35 meetings and events.**

Over the FY 2023-24, MJUSD School Readiness program engaged 214 families and 230 children in nearly 400 activities across three school readiness sites, giving out 327 free books and educational materials. Specifically, MJUSD hosted:

- **134 school readiness playgroups**, involving 128 families with 215 children, facilitated by the UC Davis Extended Food and Nutrition program and the Yuba-Sutter Mental Health Department. Caregivers learned about school readiness and early learning strategies in the context of parenting and child development while engaging their children in enriching movement and music activities.
- **144 weekly literacy workshops**, attended by 74 parents and 116 children. These workshops equipped parents with strategies promoting early learning and the love of reading and writing at home and supporting development of early literacy skills at school. Parents had an opportunity to connect with each other and learn about protective factors, bonding, and navigating the school system.
- **46 parent education classes** (nearly twice as many as last year), where 108 caregivers received information about school readiness topics, such as physical, cognitive, and social-emotional child development and positive discipline practices. Parenting series were facilitated by CDBC, United Way Born Learning (UWBL), and UC Davis Cooperative Extension, among others. Classes were offered in English and Spanish, mostly during mornings, although the UWBL grant, awarded by FIRST 5 for the second year in a row, catered to families with afternoon availability.
- **32 community workshops and 27 monthly parent meetings**, attended by 203 parents, 264 children, and 38 providers. The format and topics varied, from weekly women support groups and scrapbooking activities to one-time collaborative workshops. Guest speakers from FIRST 5, Toothmobile, and other programs shared information on child health and safety while children received varnish applications at a pop-up clinic. Families learned about tobacco cessation programs, child passenger, bicycle, pedestrian, and water safety, as well as developmental screenings and oral health.
- **4 special events and celebrations**, such as end of year picnic, plant swaps, and graduation celebration, attended by 47 families, 32 children, and three providers.

**The program helped caregivers improve their ability to support child growth and foster early literacy skills and engage in more activities with their children.**

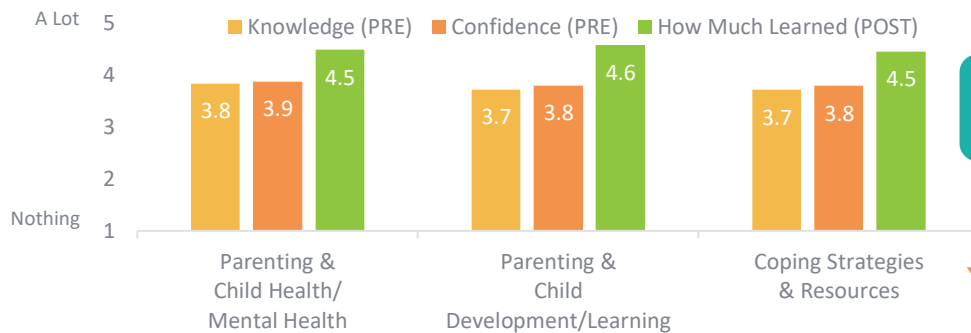
By the end of the year, 60 school readiness families completed the pre-post surveys (see Figure 30). At the start of the program, parents had some information and confidence with the topics of child health, mental health, development, and learning, and had some coping strategies and access to resources.

*“Excelente Programa! Cada clase tiene buenos temas y ayudan aprender coasa para mejjorar nuestra relacion con nustras ninios”*  
[“Excellent Program! Each class has good topics and help us learn how to improve relationship with our children”].

Nevertheless, families shared that the program helped them learn “a lot” more about child physical and social-emotional development and early learning, from offering support with relationships to fostering language development and kindergarten readiness. They increased understanding of child development, mental health, oral health, nutrition, tobacco harm, and healthy outdoor activities. Finally, parents learned healthy coping strategies, to lower parental stress and gained knowledge of community resources to meet basic needs.



**Figure 30. Perceived Knowledge and Confidence Before and After School Readiness Classes**



*“We love School Readiness. Thank you!”*

*“My kids and I learned a lot from these classes, and I would recommend them to other families and friends.”*

Source: MJUSD Pre-Post Survey. FY 2023-24. N (Pre) = 47. N (Post) = 60. Note: significance testing was not completed due to missing post data on matched questions. Note: Parenting and Child Health is a composite of three items; Child Development is a composite of 4 items.

Moreover, 96% of parents reported high satisfaction with the program, underscoring success of school readiness classes and activities for First 5 families.

### MJUSD School Readiness – Success Story

“A single mother of a four-year-old boy and a two-year-old girl, locked in a lengthy custody battle was referred to our program for help with structure and socialization. They participated in our School Readiness weekly literacy classes, Music & Movement, and Fit & Healthy Club, as well as weekly parent workshops.

One of the most impactful things mom shared was that she always thought she knew how to raise/discipline her children until she heard me say, “One thing is to read books and know what to do and another is to do it. We all know that if we eat healthy and exercise regularly we will stay healthy, but do we do it?” She shared her experience in an email:

“Hi, I am the mother of two young children who attended the school readiness program. Here my children were able to socialize with other children and learned to share toys and to play nicely with others. They have done lots of crafting, learned to follow instructions, and can already count numbers and recite ABCs.

The speech and language skills improved a lot, especially for my son who has a speech delay and an IEP. Since program participation, it was and is still amazing for me to experience how well my children can express themselves and how well they get along with other children. The school readiness program led to a huge improvement not only for my two children but also for me as a Mom, as I was able to attend amazing and very informative workshops where I learned a lot about children’s development and behavior, healthy cooking and snacks, and much more.

I am very grateful that we were able to attend and experience this amazing program! Thank you!”

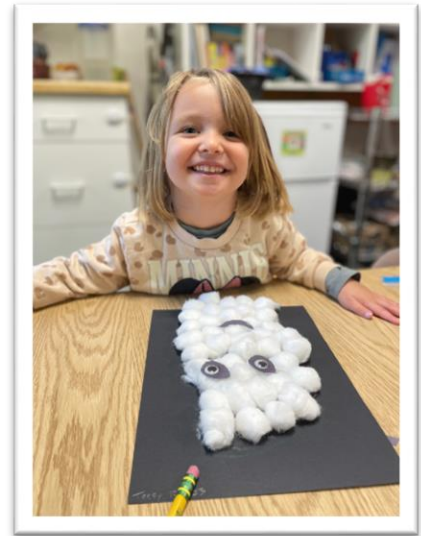


## CAMPTONVILLE 1, 2, 3, GROW PARENT-CHILD CLASSES

Camptonville 1,2,3 Grow engaged 44 children and 55 caregivers in early school readiness playgroups and activities.

Camptonville Community Partnership (CCP) offered 1, 2, 3, Grow parent education and child enrichment activities for families in the rural community of Camptonville. Given the scarcity of parenting and child enrichment resources and the distance of this community from more resource-rich areas, the CCP coordinators made significant efforts to offer local families educational parent-child activities.

In FY 2023-24, CCP program was able to secure a permanent instructor and additionally, a substitute instructor, increasing stability and continuity of services for 1, 2, 3 Grow families. At least 11 children and eight caregivers participated in 50 **developmental playgroups** and parent education activities, including the Ananda tulip field trip, - up from four playgroups held last year. During these playgroups, children had opportunities to explore nature, engage in healthy outdoor activities, and socialize with other children. Parents received information and resources on school readiness topics, including physical, cognitive, and social emotional child development.



In an effort to strengthen and expand parenting education service menu, 1, 2, 3 Grow program coordinators focused on building a network of partners who would be able to bring parent education and resources to families of Camptonville and neighboring rural communities in the Foothills. As part of this **advocacy and outreach efforts**, CCP staff attended over 40 Council and Committee meetings.

Despite significant barriers, such as partner staff turnover and change in partner programming, CCP 1, 2, 3 Grow was able to host five **parenting workshops**, reaching 18 families. Of these, four workshops on parenting, child development, and behavior were facilitated by the CDBC provider, and the remaining one, facilitated by FIRST 5 staff, focused on child passenger safety.

Moreover, Camptonville 1, 2, 3 Grow staff engaged 19 families with 22 young children in four **community events**, partnering with First 5 and affiliated partners to help raise awareness of program services and resources. Among these events were the Camptonville County Fair, the Community Picnic, hosted by the Fire Department, and the annual Holiday Craft Fair and a Plant Sale.

In addition, Camptonville Community Partnership continued to function as the Family Resource Center (FRC). Over FY 2023-24, the **FRC** registered 118 **drop-in visits**, including at least 11 families with children 0-5 years. Local residents came in to access wireless internet services, use office supplies, and receive assistance with the 1, 2, 3 Grow program enrollment.



### 1,2,3 Grow participants showed positive trends in parenting knowledge and program satisfaction.

To assess pre-to-post changes in parenting knowledge about the topics of child health, development, and learning, caregivers were asked to complete a parent survey. This year, none of the caregivers responded to the pre survey, whereas six caregivers responded to the post survey. This is a positive indicator of engagement, as last year none of the families completed this survey.



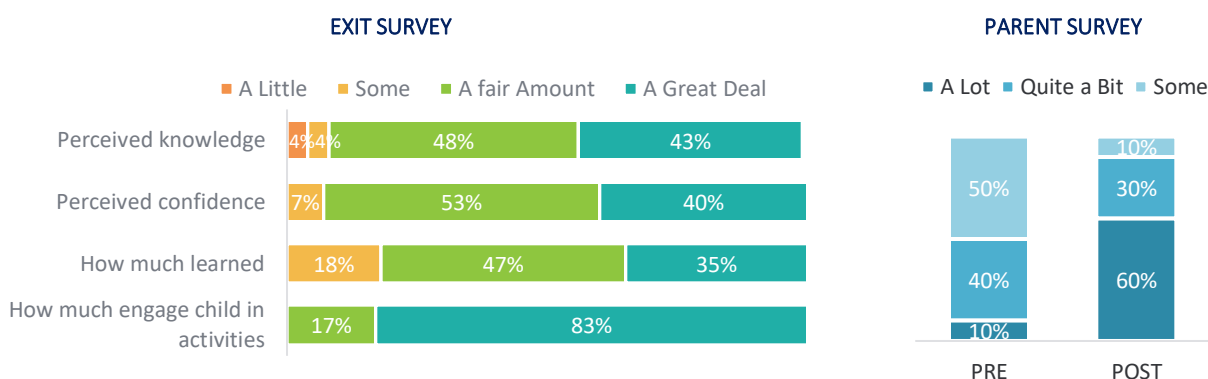
Results were promising, showing that by the end of playgroups sessions, caregivers responded correctly to 75% of questions related to parenting, including 65% about child health and 84% about child development.

Additionally, as the left-hand-side graph below shows:

- 91% of caregivers felt that they knew a fair amount or a lot about the parenting topics
- 93% had confidence in their parenting knowledge
- 82% shared that they've learned "a fair amount" or "a great deal" about these topics.
- 100% frequently engaged their children in stimulating learning activities, such as visiting the library, reading, or singing songs together

Moreover, 10 parents completed the *Post Workshop Survey*. As seen in the right-hand-side graph, half of the parents (50%) had some knowledge and only 10% had a lot of knowledge before workshops participation. Following workshops, just 10% of parents still had only some knowledge, whereas 60% had a lot of knowledge.

**Figure 31. Parenting Knowledge, Confidence, and Knowledge Gains at Exit**



Source: CCP Post Workshop Survey. FY 2023-24. N = 10. Source: CCP 1, 2, 3 Grow Pre-Post Survey. FY 2023-24. Families: N (Pre) = 3; N (Post) = 3. Responses: N (perceived knowledge) = 46; N (perceived confidence) = 15; N (actual knowledge) = 18; N (how much learned) = 34; N (engaged child in activities) = 6.

Two families completed the *1, 2, 3, Grow Parent Survey*, which showed knowledge gains in topics such as child development, health, and oral health. Parents shared that volunteering in the classroom improved their relationship with their child and helped them understand how children learn and grow. Parents also "agreed" or "strongly agreed" that the program provided children with healthy snacks and quality early learning experience.

Across all surveys, caregivers noted that the staff was warm and professional, that they learned about child development and parenting, and that the health supports provided by staff (e.g., information on nutrition, developmental screenings, and oral health) were helpful. Nine in 10 (90%) caregivers planned to use what they've learned. All families said that they would attend future activities and would recommend them to others.

"We love their staff!"



*“The facilitator is extremely knowledgeable in her field. I get a lot of ideas and help with ways that I can be a better parent. It is so helpful to understand how and when various parts of the brain are forming. It helps to know what you can and can’t expect of your child at certain ages.”*

### 1, 2, 3, Grow Success Story

“I have learned quite a few things, but the thing I most valued learning was about child development and where my son is in his personal development. It helped me understand him better and know what was needed from me to help him grow and reach his full potential.

I love that my child had a place to come and meet with friends; that he got to learn new things each time; getting some hands-on experiences (going to the tulip garden, getting to hold a baby chick and see the whole chicken lifecycle...); and getting to practice skills, such as writing his name and scissor skills; and being able to play and learn about crafts, painting and drawing.”

*- Mother of a participating child*

## YES ENVIRONMENTAL SCIENCE CHARTER ACADEMY—ABC SPROUT

ABC Sprout - YES Environmental Science Charter Academy is a nature-based educational program that supports child development opportunities through play and outdoor learning experiences. The program aims to increase parent-child interaction and facilitate a nurturing environment for child growth and development through parent education and developmental playgroups.



This year, the program faced unexpected challenges, losing indoor space to Transitional Kindergarten program expansion. With the support from First 5 and the participating families, the program was transitioned to a fully outdoor classroom. Two teachers became certified as Outdoor Class Educators, and the outdoor classroom was certified through Nature Explore. Despite programmatic challenges and late program start, this transition was a success, increasing program attendance and participation, to the extent the weather allowed.

**Twenty-two families and 24 children attended 99 developmental playgroups, five field trips, and nine workshops**

Over FY 2023-24, ABC Sprout served 22 families and 23 children. Of these, 13 families with 17 children ages 0-5 took part in 99 outdoor **developmental playgroups**. Playgroup sessions were offered for three hours a day, three days a week during the school year, and averaged 12 children per session. Program activities included gardening, taking nature walks, and collecting natural materials for craft projects. YES Charter also coordinated five **field trips**, including to Hamburger Bishop Pumpkin Farm and to Collins Lake, which brought together YES Charter and additional families served by First 5 partners.

ABC Sprout also hosted nine parent education workshops, inviting guest speakers from First 5 and non-First 5 programs. At least 18 families with 21 children attended one or more of the following workshops:

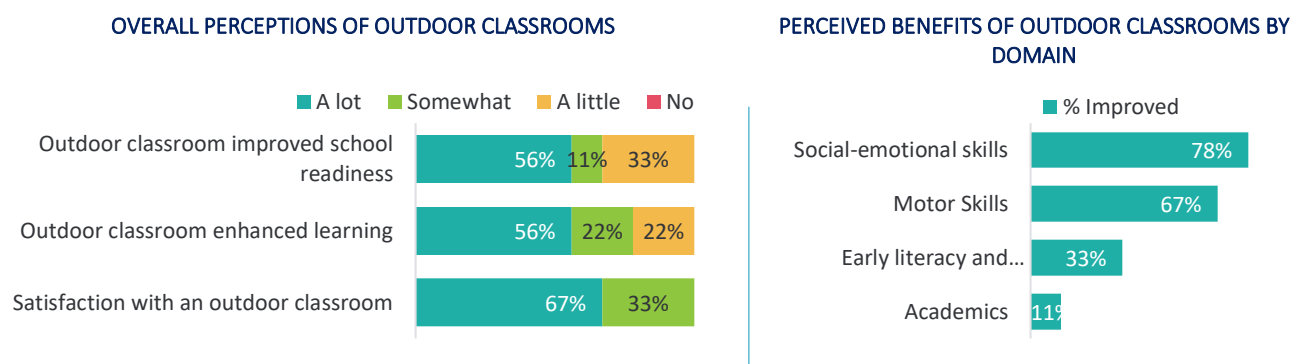
- 4 Parenting and Child Development (e.g., “Building your Child Up for Success”, “Growing Up Wild”, etc.).
- 5 Child Health and Safety (e.g., “Car Seat Safety”, “Oral Health”, “Maternal Mental Health”, “Tobacco education,” and “Community Resources”).

Participating families expressed appreciation for the Outdoor Classrooms, and reported increased knowledge of parenting topics, showing high satisfaction with all program components.

**Playgroups and Outdoor Classroom:** Six families completed the Pre survey, assessing actual knowledge and self-reported parenting behavior. At intake, all caregivers read stories or sang songs with their children at least 3-4 times a week, but only one in three (29%) visited the library at least once a month. Moreover, at the start of playgroups, parents responded correctly to 92% of questions about child development, but only 33% of questions about child health, pointing to the need for parent education in this area. However, it was not possible to evaluate how much these families have learned due to missing Post survey responses.

Moreover, nine families completed the Outdoor Classroom Survey. As seen in the graph below, 67% of families strongly or somewhat strongly believed that the outdoor classroom improved school readiness, and 78% said it enhanced their child’s learning.

**Figure 32. Families’ Perceptions of the ABC Sprout Outdoor Classrooms**



Source: ABC Sprout Outdoor Classroom Survey, FY. 2023-24. N = 9.

Of the 10 exploration stations, Sand and Dirt Digging received the highest vote (78% and 56%, respectively), followed by the Kitchen and Pretend Play, Garden, and Art (45% each). Next were the Blocks and Building, and Action and Open Space (33% each). The Music and Dramatic Play and Messy Materials ranked last (22% each).

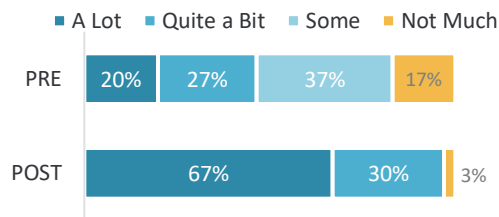
Parents were also asked which outdoor classroom elements were most important to their child’s learning and development. Three out of four families (75%) appreciated sensory experiences, and two in three (63%) found the fresh air and open space particularly important. Half of the families (50%) highlighted the benefits of the natural surroundings and access to space, allowing children to stay active. Finally, two in five families (38%) endorsed opportunities for exploration and one in four (25%) – outdoor classroom areas.

All families expressed a wish to continue attending ABC Sprout outdoor classroom in the future, with 45% stating that they would not be deterred by any weather conditions. Nearly nine in 10 parents (89%) would recommend outdoor classrooms to other families.

*“It’s Important for my son to be outdoors due to his health conditions. He would not be able to attend an indoor preschool!”*

**ABC Sprout Parenting Workshops:** This year, 30 families attending parent education workshops completed a Post Workshop Survey. As seen in Figure 33, prior to participation, over half of the caregivers (54%) felt like they had little or some information on workshops’ topics, and only 20% felt like they knew “a lot.” In comparison, following workshop participation, only 3% of caregivers still felt like they didn’t know much, whereas the proportion of those feeling like they knew “a lot” increased to 67%. This positive finding underscores workshops’ effectiveness in educating caregivers on topics of child development, health, and safety.

**Figure 33. Parenting Knowledge of ABC Sprout Participants Before and After Workshops**



*“I liked everything. The suggestions given to handle situations. How all the questions were answered. How detailed and in depth we went on workshop topics.”*

*“I joined this class because I didn’t know how to teach my son to express emotions and how to be a good person.”*

Source: ABC Sprout Post Workshop Survey. FY. 2023-24. N = 30.

All families reported very positive program experiences, with 93% of participants reporting that they would be likely or very likely to use what they’ve learned. All families shared that they would recommend these parent education opportunities to other families, and/or attend future playgroups and workshops.

### YES CHARTER ACADEMY — Success Story

“With the start of this school year, we had some setbacks due to losing our indoor space to make room for the TK program, so we resorted to being a 100% outdoor program. We have taken a lot of steps to get our program back up and running. We worked closely with First 5 to make sure we address every issue that came up, such as concerns regarding storage space, weather, air quality, parent participation, space for children who are not walking yet, and how guest speakers would present outdoors.

We sought feedback from parents, and were optimistic when of the 30 parents, 3 or 4 said they would give an outdoor program a try, and the rest were completely onboard. Since then, we were able to open our Outdoor program. Our instructors received Outdoor Teacher certification, and the classroom was certified as the Nature Explore Outdoor Classroom.

When we first opened back up, we had many parents and students who regularly attended. As the days are getting colder and wetter, about half of the families show up. Sickness has been a big factor within the program because of a chickenpox breakout, a lot of the families couldn’t come because of the children not yet having the vaccine. And yet, as families get over their illnesses, and the 21-day wait period was over, families continued to come to the program ‘dressed for the weather’.

We had a successful field trip to Sycamore Ranch, which is a local spot. We had our Valentine’s party there as well as a small hike around the premises. The children enjoyed the free space to run and explore a new place. A lot of the families had never been there and that is exactly what these field trips are for.

All in all, considering sicknesses, bad weather, and a late program start, our program is doing well!”

## PLAYZEUM DEVELOPMENTAL PLAYGROUPS

Playzeum held 72 developmental playgroup sessions attended by 47 children and 44 caregivers, engaging families in positive activities and building social connections. Caregivers learned about parenting strategies to support child development and early learning through engaging school readiness activities.

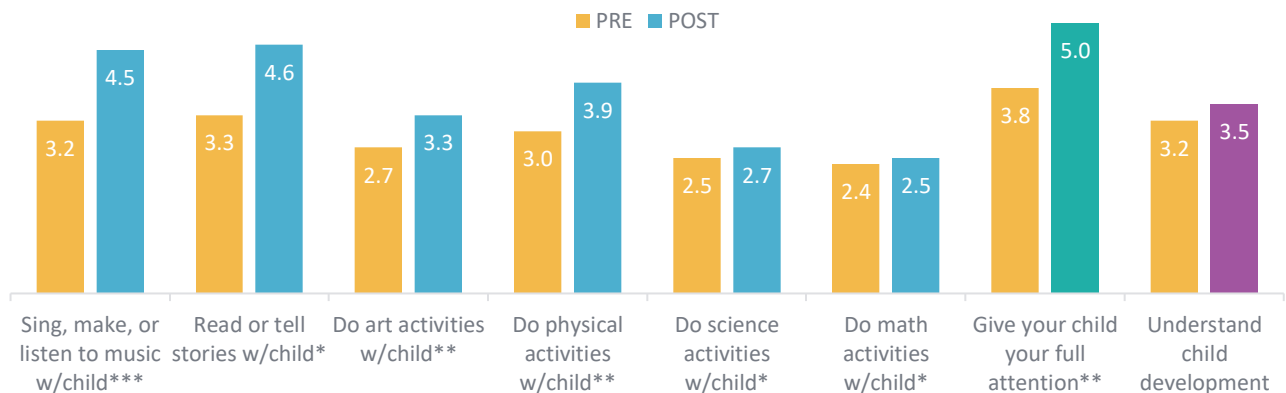
Help Me Grow developmental playgroups for children and their parents were hosted by Playzeum and provided in several locations throughout Yuba County. Cumulatively, 47 children and 44 caregivers attended one or more of the 72 Playzeum's Help Me Grow playgroups held in the fall, spring, and summer in Wheatland, Marysville, and Plumas Lake/Linda Park. The goals of these playgroups were to foster positive parent-child interactions, provide opportunities for parents to discuss concerns, share ideas, and make new connections, as well as to receive information on child development, nutrition, and health care.

Fourteen caregivers attending the Playzeum playgroups completed a pre-program survey and 10 completed the post survey, assessing knowledge gains in areas of child development and parenting strategies, such as managing child behavior and facilitating development of social-emotional skills. As demonstrated in Figure 34, by the end of the playgroups sessions parents engaged their children in fun and stimulating activities more often than they did before enrolling their children in Playzeum playgroups.



*"It's so much fun, easy to do activities and fun songs."*

**Figure 34. Change in Parenting Behavior Before and After Participation in Playzeum Playgroups**

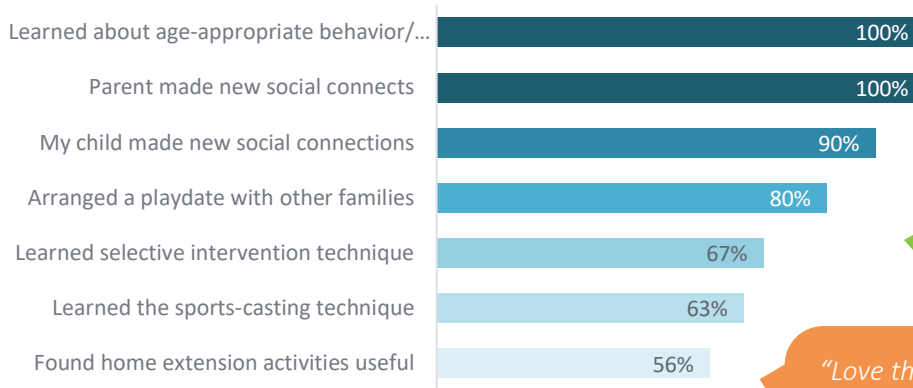


Source: Parenting Class Pre and Post Surveys. FY 2023-24. N (Matched Pairs) = 6. Note: Difference is statistically significant at \* $p < .05$ , \*\* $p < .01$ ; \*\*\* $p < .001$ .

Based on the post survey results, playgroups improved parental **understanding of child development**. All 10 respondents said that they have learned “a lot” about how their child interacts with other children and how to adjust their own expectations of child behavior to their child’s developmental stage. Playgroups also helped with **child socialization** and **parental social support networks**. Nine out of 10 families shared that their child made new friends, and eight in 10 families arranged a playdate. Finally, caregivers reported learning hands-on **positive parentings skills**. Two out of three parents said that they’ve learned how to use specific behavior management

strategies, such as selective intervention and sports casting techniques. More than half of the parents (56%) of preschoolers also reported using home extension activities.

**Figure 35. Parenting Knowledge and Social Connections After Playgroups**



*"So grateful for this class! Love it and will always recommend it to new parents!"*

*"Love this playgroup, both facilitators are amazing. We are so lucky to be a part of this playgroup! I especially value that my children have opportunities to interact with other children."*

Source: Parenting Class Pre and Post Surveys. FY 2023-24. N (post) = 10.

In response to the program satisfaction questions, all 10 caregivers "agreed" or "strongly agreed" that:

- the instructors were knowledgeable and prepared
- the class met their expectations and helped them become a more confident parent
- they will attend future Playzeum playgroups and will recommend them to other families

**Playzeum offered Play-on-the-Go at seven community events, reaching approx. 2,000 families and 3,000 children.**

In FY 2023-24, Playzeum continued to promote free play opportunities for exploration and hands-on learning by bringing **Play-on-the-Go** to seven community and outreach events. These included planned and additional appearances at:

- First 5 Yuba County Day of the Child event
- Day of the Child at the Beale Air Force Base (AFB)
- Roll and Stroll
- Trick or Treat in the Library Parking Lot
- Winter Walk Through at the Library
- Bok Kai Party in the Parking Lot
- Marysville Peach Festival

During these events, children engaged in free play, while parents received information about the program, child development tips, screenings, and other resources in the county. These events also provided opportunities for families to connect with others.





## PROBATION PARTNERSHIP

Yuba County Probation Department sponsored nine Play with Purpose parent-Child Workshops, attended by 25 families and over 40 children, and held five outreach events, reaching 107 families and 30 children.

Recognizing the critical significance of strengthening families and community engagement for prevention of individuals entering the justice system, the Yuba County Probation Department sponsored nine evening **Play with Purpose** educational parent-child workshops, facilitated by the First 5 Help Me Grow Coordinator. In total, 25 families and 41 children attended these playgroups, held in the evening, to allow working families to attend. Children received at least 26 books, in addition to having an opportunity to socialize with other children and engage in stimulating and fun activities with their parents. Parents learned about developmentally appropriate play practices, child development, positive parenting, parental empowerment, trauma and resilience, and other related topics.

Moreover, Probation staff collaborated with First 5 and other strategic partners to coordinate five community outreach events. These activities reached 107 families and at least 30 children through:

- A Book Signing event, featuring children's activities and a gift of 20 books to the attending families
- A Successful Connections event
- A Trunk or Treat event
- 2 Food Distribution events





## Goal 3 — Quality Early Learning

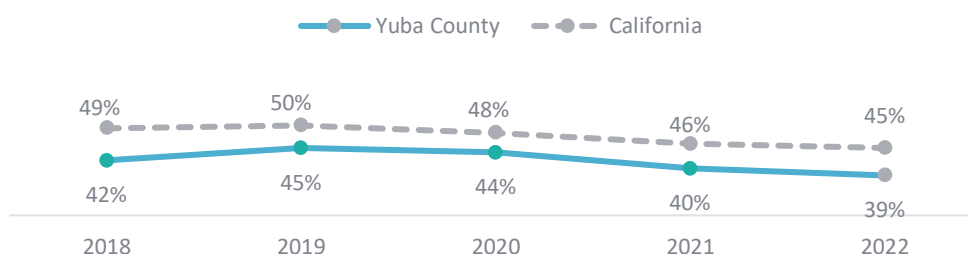
<b>GOAL</b>	Enhance the ability of early care and education settings to nurture children’s health, socio-emotional, and cognitive development.
<b>OUTCOMES</b>	<ul style="list-style-type: none"> <li>Increased frequency of reading with children</li> <li>Increased quality of early care and education</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Yuba County Library Programs</li> <li>Dolly Parton Imagination Library</li> <li>Local Child Care Planning Council: Keys to Quality</li> <li>Help Me Grow Provider and Community Supports</li> <li>First 5 Mini Grants Support for Child Care Providers</li> </ul>

### COMMUNITY-WIDE TRENDS

Before providing program specific data in this section, we summarize data on early child care education (ECE) enrollment in Yuba County.

**Utilization of Formal Early Learning.** All in all, preschool enrollment rates remained stable. According to the latest available data for 2022, Yuba County had a 39% enrollment rate in licensed ECE, just below last year’s 40% enrollment rate, and somewhat below the 45% current statewide averages (see Figure 36). However, there were slightly more three-year-old children attending a nursery school in Yuba County (6%) than statewide (5%)<sup>19</sup>.

**Figure 36. Proportion of 3-4-Year-Olds in Preschool in Yuba County**



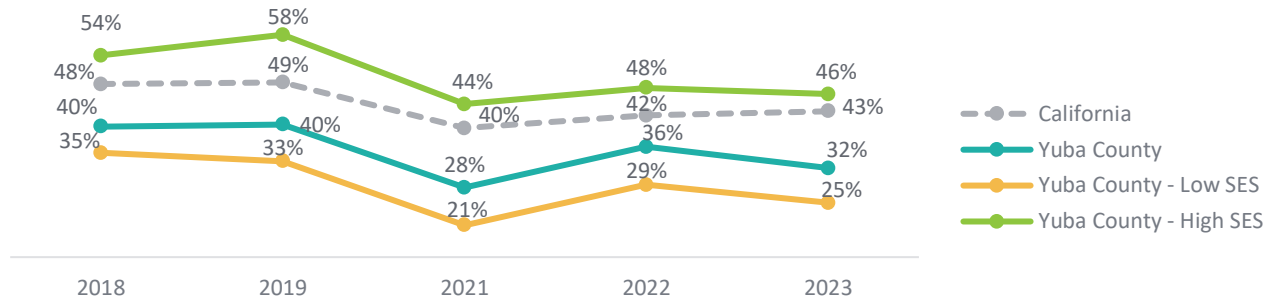
Source: US Census, American Community Survey, 5-year estimates. Years: 2018-2022.

**Mastery of Early Literacy Skills.** State and county-level third grade reading proficiency, impacted by the pandemic, were somewhat regained in 2022. In 2023, the statewide rates continued to climb, from 42% to 43%. At the same time, the Yuba County trend reversed, dropping from 36% in 2022 to 32% in 2023. Although this decline was observed for students of all socio-economic levels, standardized testing continued to show an

<sup>19</sup> U.S. Census Bureau. [Table S1401. School Enrollment](#). Yuba County. 3-to-4-year-olds enrolled in school and population 3 years and over enrolled in nursery school, preschool. Year 2022, 5-year estimates.

achievement gap between low- and high-income students. Indeed, in 2023 the rate of achieving or exceeding the 3<sup>rd</sup> grade ELA standards was twice as high for third graders from higher income households, at 46%, compared to just 25% among students with lower socio-economic status. Moreover, lower-income students experienced a drop in achievement at a greater rate, with an annual decline of 4%, dwarfing the 2% decline observed among higher-income students<sup>20</sup>.

**Figure 37. Proportion of Children Meeting or Exceeding 3rd Grade ELA Standards In Yuba County**



Source: California Dept of Education. CAASP English Language Arts/Literacy and Mathematics Dashboard. Detailed Test Results for County: Yuba. DataQuest. Years: 2018-2023.

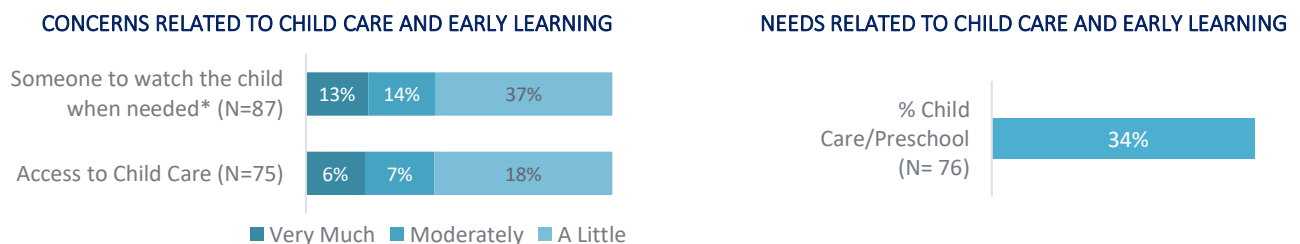
## FIRST 5 FAMILIES AT INTAKE

At intake, caregivers noted concerns about access to early childhood education in both formal (e.g., Head Start or State Preschool) and informal settings. Parents also reported on current child care arrangements and the frequency of enriching parent-child activities, such as reading books or going to the library (see Figure 38. Caregivers' Needs and Concerns Related to Child Care and Early Learning, at Intake

### Families' Needs and Concerns

**Child Care and Early Learning.** Access to child care was of concern for 13% of First 5 families. Furthermore, 27% of caregivers were moderately or very much concerned with not having a supportive person who could watch their child in an emergency, and 34% asked for help with finding a child care or a preschool for their child.

**Figure 38. Caregivers' Needs and Concerns Related to Child Care and Early Learning, at Intake**

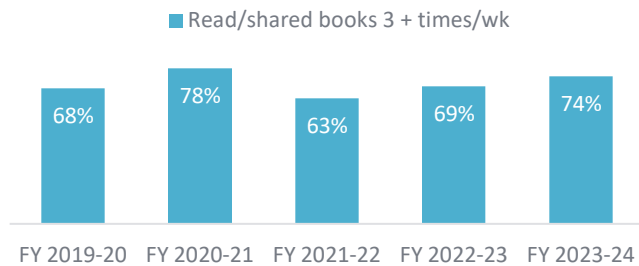


Source: Family Intake Form. FY 2023-24. Percentages are based on the total number reported. Caregiver Needs and Concerns, N = 75-87; \*Family Protective Factors (reversed), N = 87.

<sup>20</sup> Testing was suspended in school year 2019-20 due to the COVID-19 pandemic and resumed in 2020-21. These results are not included in Figure 37. Results reported for 2020-21 should be interpreted with caution due to varied test participation and other impacts of the COVID-19 pandemic.

**At-Home Early Literacy Practices.** Figure 39 illustrates the year-to-year comparison in the proportion of parents engaging their children with books. In FY 2023-24 nearly three in four families (74%) read with their children at least three times per week. This year's five-point increase in reading rates continued the positive trend of the past two years, nearly closing the gap with the highest rate of 78% observed during the pandemic of 2020-21.

**Figure 39. Proportion of Families Reading with their Child at Least Three Times a Week, at Intake**

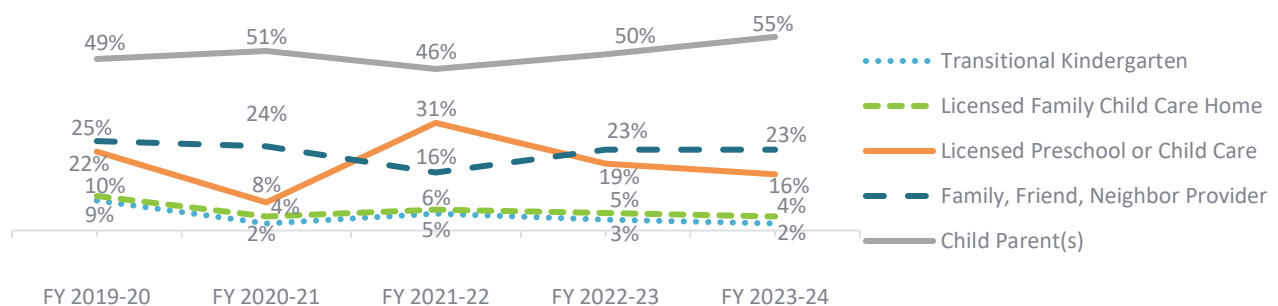


Source: Family Information Forms. N (2020-21) = 98; N (2021-22) = 86; N (2022-23) = 148; N (2023-24) = 100.

### Connection to Services

**Families' Child Care Arrangements.** The use of all child care arrangements among First 5 families continued to decline. In the past year, 55% of caregivers did not have any child care arrangements, compared to 50% of parents caring for their child at home last year. Of the child care options, informal Family, Friend, and Neighbor (FFN) settings were used the most (23%). Fewer families relied on licensed preschool or child care, including Head Start, with prevalence rates falling from 19% last year to just 16% at present. Similarly, few families had children in Licensed Family Child Care Homes and Transitional Kindergarten, and the use of these settings showed a further 1% decline over the past year.

**Figure 40. Types of Early Child Care Education Experiences, at Intake**



Source: Family Intake Form. N (2019-20) = 202; N (2020-21) = 98; N (2021-22) = 85; N (2022-23) = 149; N (2023-24) = 100.

This continued shift away from formal child care may reflect the enduring socio-economic barriers faced by many Yuba County families. In FY 2023-24 fewer First 5 Yuba families were likely to qualify for subsidized care due to living below the Federal Poverty Line (42% this year, compared to 50% last year). In contrast, more families were moderately poor, with 87% making less than the median income, compared to 75% last year. They were less likely to qualify for child care subsidies, yet, many did not make enough to afford the cost of care. In this light, local School Readiness Programs, supported by First 5 Yuba continued to remain critically important, with 17% of children attending one of the three MJUSD School Readiness sites this year.

## IMPACT OF FIRST 5 YUBA COUNTY —

### YUBA COUNTY LIBRARY

In FY 2023-24, 103 parents and 66 children engaged in Literacy Activities by enjoying Story Time sessions, attending Every Child Ready to Read Workshops, and participating in the Summer Reading Program.

The Yuba County library continued to offer infant-toddler Baby Bounce and preschool Learn and Grow **Story Time sessions**. In total, 61 children and caregivers visited Story Time and Craft sessions over FY 2023-24, including 37 families who attended Baby Bounce sessions and 24 who took part in Learn and Grow sessions. As part of the Story Time sessions, 18 children and eight parents came to the “Community Helper” event, inspired by the monthly activity hosted by the Library during Story Time last year, where firefighters, police officers, dentists, and other local professionals came to read to children.

To promote early literacy, Yuba County Library hosted six **literacy activities and special events**, including:

- Story Time at Bishops Pumpkin Farm
- Mommy and Me Tea Party
- Dolly Parton Party
- Lego Club with Family SOUP
- And more

*“The program motivated my children to read books. We loved the website too.”*

These activities were enjoyed by nearly 160 families and 200 children.

The library continued to host four annual **Every Child Ready to Read Workshops**, attended by at least 22 parents and 32 children. Additionally, 42 children completed the incentivized **Summer Reading Program** and 75 children and 50 parents came to the End of Summer Reading Party in the Parking Lot event.



At the conclusion of the program, caregivers were asked to respond to a post-program survey. All five parents who completed the survey “agreed” or “strongly agreed” that they had enjoyed the program and would recommend it to others. Caregivers endorsed statements that the program helped them learn how to make reading fun for their children and how to support child reading with at-home activities. Similarly, all caregivers believed that their children enjoyed the program as well, and that it helped them with early reading skills.

In collaboration with First 5 partners, the Library hosted or took part in 17 community outreach events.

As part of community education and promotion of parent-to-parent connection, Yuba County Library held 10 “**First 5 Fridays**,” attended by nearly 40 families and at least 46 children. These events were held in partnership with F5, California Office of Emergency Services, Children’s Home, YCOE CDBC, YCOE FRC, Family SOUP, and other local programs and agencies. Children and families had an opportunity to engage in fun activities, interact with other local families, and learn about a variety of topics, such as potty training, local resources, water safety, and more.

Moreover, to expand community outreach and promote family engagement, Yuba County Library hosted at least five collaborative **community events** and seasonal and holidays celebrations, such as:

- Halloween Trick or Treat in the Parking Lot
- Winter Walkthrough
- Bok Kai Party in the Parking Lot
- Touch-a-Truck
- Candyland in the Library

*"It was interactive and fun for my child."*

These events engaged at least 500 families with 726 children and 15 providers (duplicated).

The Library also supported First 5 partners' community events, such as "Dia de los Ninos" and "YCOE Winter Wonderland 2023."



## DOLLY PARTON IMAGINATION LIBRARY

Over 65,500 free books, including nearly 3,000 bilingual books were provided to 2,661 children, representing 46% of all Yuba County children 0-5 years.

The Dolly Parton Imagination Library (DPIL) is a nationwide book distribution and literacy promotion program. Findings from the body of Dolly Parton's Imagination Library national research indicate the program is very popular in the communities where it is implemented and shows promise in promoting changes in home literacy environments, children's attitudes toward reading, and early literacy skills. The positive impacts for the program were present regardless of the demographic characteristics of the community or its participants, and longer program participation often resulted in more positive academic outcomes.



In FY 2023-24, First 5 continued to partner with the Dolly Parton's Foundation and the Women, Infants, and Children (WIC) program, which helped register all children under the age of 5 not yet enrolled in the Imagination Library. As a result of these local efforts, 2,661 children received a total of 65,526 books mailed to their home each month. This represents a 23% increase in access to age-appropriate, high-quality books, compared with last year. The program successfully reached children from various geographies, including rural areas, such as Camptonville, Plumas Lake, Wheatland, Loma Rica, Brownsville, Beale Air Force Base, Oregon House, Arboga, Dobbins, Oakhurst, Rackerby, Hallwood, and West Linda. Moreover, this year Imagination Library began distributing **bilingual books**, with 174 children receiving a total of 2,948 bilingual books in English and Spanish languages.



## CHILD CARE PLANNING COUNCIL: KEYS TO QUALITY

The Child Care Planning Council (CCPC) of Yuba and Sutter continued to advance the **Keys to Quality** program, which falls under the umbrella of the California Quality Counts Child Care Improvement Initiative. Keys to Quality offers professional development and quality improvement support to early childhood educators (ECE) and child care providers in Yuba County. CCPC staff continued to leverage trainings provided by the region, the online CA Early Childhood Online state training system, local trainers and Conscious Discipline web-based modules to offer a variety of professional development offerings to participants.

Participants could enroll to receive a stipend for completing six units of an AA or BA program each semester and/or use summer courses toward the fall stipend requirements. Additionally, participants not enrolled in coursework could choose to apply their stipend toward completing a Professional Development Pathway training. Staff assisted providers interested in pursuing higher education to understand the choices available, required coursework, and available financial supports. All stipend program applicants must complete professional growth plans, attend an orientation, and provide proof of employment.

Despite being understaffed, CCPC staff were able to provide the following professional development trainings:

- Trauma Responsive Caregiving
- Teaching Pyramid PreK
- Teaching Pyramid Infants and Toddlers
- Dual Language Learner Community of Practice
- Inclusion; Equity Community of Practice; Family Engagement
- Teaching Pyramid Community of Practice (year 2+ of program implementation)
- Conscious Discipline (option for MJUSD staff)



**Keys to Quality professional development program supported 115 Early Childhood Education (ECE) providers, helping them complete annual professional development requirements, earn college credits or a college degree, and receive or upgrade permits.**

**Sites:** In FY 2023-24, 57 sites participated in Keys to Quality Improvement Initiative. Based on 34 responses to the post-program survey, 53% were family child care homes, 26% were state funded preschools/ child care programs; 15% were private center-based programs, and 6% were other or alternative programs (e.g., Early Head Start and Military). Most (50%) cared for toddlers, followed by preschoolers (41%), and a minority were infant-oriented (9%). Over the course of the year:

- One site received a new rating
- Seven sites increased their rating
- Thirteen sites had at least 50% of providers and/or staff who completed the required 21 hours or more of annual professional development



**ECE Providers:** In total, 115 local ECE. providers (duplicated) from 23 sites participated in professional development opportunities. Of these, 55 providers attended *ECE conferences*, and 60 took part in the *Professional Development Pathways* program. Over half (n = 33) providers completed all program requirements.

Based on the post-program survey, 41% of providers had some college experience, and 29% held an associate degree or higher. However, this year, there was *a greater prevalence of participants with no college education*. In 2023-24, 18% of participants did not finish high school, compared to just 5% last year; and 12% had only a high school diploma/GED, versus 10% last year. About one-third of providers (35%) spoke Spanish as their primary language. These demographics highlight the importance of incentivized professional development programs such as Keys to Quality, which help providers attain a college degree through stipends, access to online training resources, advisors, and academic support.

For those choosing to complete a Professional Pathway, the program provides critical information, training, and coaching specific to the field of ECE or CD, that some providers may not be able to access elsewhere.

Over the course of the year, ECE providers:

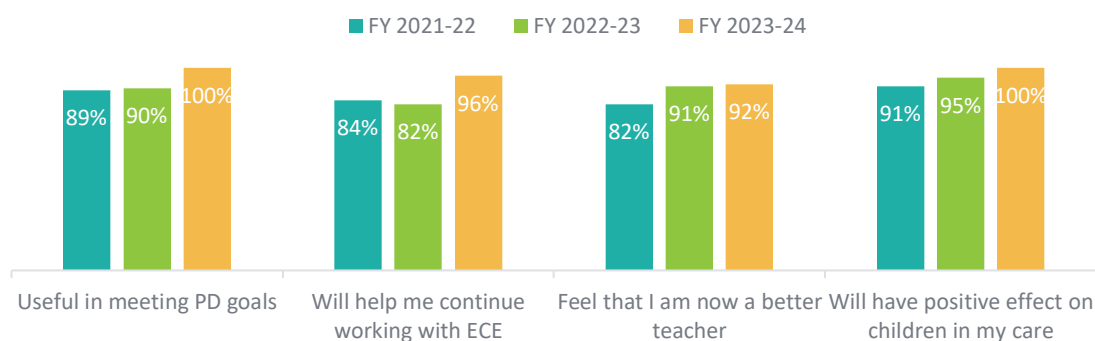
- Cumulatively received 4,444 hours of professional development training and coaching
- Completed 42 units toward a degree (30 in ECE or Child Development (CD), and 12 in another field)
- Earned two degrees (one Associate and one Bachelor's)
- Applied for, upgraded, or received two permits



**All participants expressed appreciation of program stipend, online training resources, and access to an advisor among the most beneficial program resources and supports.**

At the end of the fiscal year, 34 Keys to Quality participants (28 in Pathways and six in coursework) completed the post-program survey. As Figure 41 illustrates, the Keys to Quality Stipend program continued to receive very positive feedback. Of the 24 Pathways completers, nine in 10 felt that the program made them a better teacher (92%) and helped them continue in the field of ECE (96%). Moreover, all providers “agreed” that the program had a positive effect on the children in their care and helped in meeting their professional development goals.

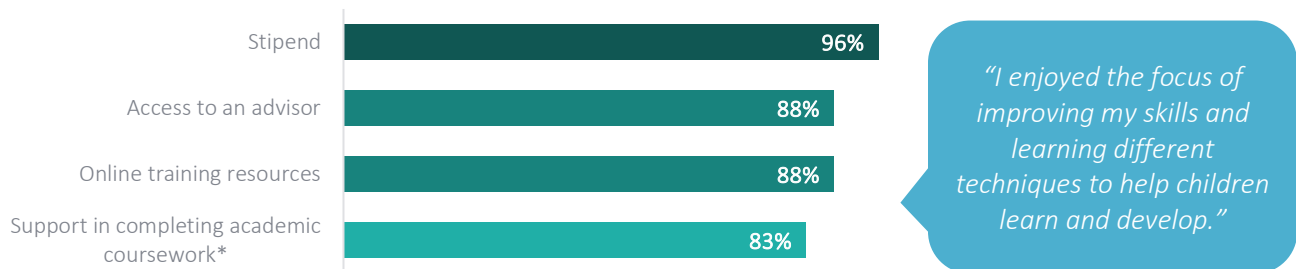
**Figure 41. Proportion of Participants Who Felt That Program Helped them “Very Much”**



Source: Keys to Quality Stipend Program Survey. N (FY 2020-21) = 41; N (FY 2021-22) = 43-44; N (FY 2022-23) = 22; N (FY 2023-24) = 24 (pathways completers). Note: ECE = Early Childhood Education. The graph excludes 4 non-completers and 6 coursework students (but includes 2 providers with “in progress” status).

Moreover, all 30 Pathways and coursework completers expressed appreciation for the supports in acquiring knowledge and applying it in their settings. The stipend was given the highest rating (“very beneficial”) by 96% of providers, followed by access to advisor and online training resources, endorsed by 88% of providers. Finally, among the six providers taking coursework, 83% gave the highest rating to the received academic support.

**Figure 42. Proportion of Participants Finding Program Resources “Very Beneficial”**



Source: Keys to Quality Stipend Program Survey. FY 2023-24. N = 30 (24 Pathways completers, 6 Coursework\* completers).

Partner collaborations create the foundation for a successful professional development program. Partners in training this year included First 5, Sutter County Children & Families Commission, Placer County Office of Education, Colusa County Office of Education, Yuba County Office of Education (UPK Coordinator), El Dorado County Office of Education Region 3 Hub, Sacramento County Office of Education, WestEd, California Department of Education CECO online learning, and Children's Home Society of CA.

*“The professional Development pathway has been very beneficial. I learned so much this year and I have been able to introduce new strategies into my classroom.”*

*“Me ayudo mucho porque acabo de abrir mi day care y me dio muchas herramientas para comunicarme con los padres.”*

*[“It helped me a lot because I just opened my day care and it gave me many tools to communicate with parents.”]*

## HMG PROVIDER AND COMMUNITY SUPPORTS

Help Me Grow Yuba County (HMG) and the Child Care Planning Council (CCPC) continued to provide training and support to child care and early childhood education providers in Yuba County. These efforts were made possible through the following funding resources:

- First 5 California **Improve and Maximize Programs so All Children Thrive (IMPACT)** grant, which was awarded to both, First 5 and CCPC as part of the California Quality Counts Child Care Improvement Initiative
- **BANANAS** Grant funding
- **Yuba Water Grant**



**In FY 2023-24, IMPACT funds supported 15 trainings for 151 local child care, health care, and family service providers.**

The **IMPACT grant** was used to **build screening capacity** by offering continuing education to local professionals working with young children and their families. In FY 2023-24, HMG and CCPC supported 141 providers with training and technical assistance via:

- 14 ASQ trainings for health care, and family services, and child care providers, representing Family Child Care Homes, Child Care Centers, Family, Friends, and Neighbors, as well as medical professionals, social workers, home visitors, and other providers from local agencies and early childhood education settings.
- Presented at the Home Visiting Collaborative meetings, including the Caregiver Café Model training, delivered as part of the Professional Learning Community (PLC).
- Provided 25 hours of technical assistance (TA) to early childhood educators and health and family service providers regarding screening, navigation, care coordination, linkage and referrals, and data management.

The continued financial investments, coupled with dedication of First 5 staff to the HMG mission were critical to the success of these systems-change efforts. The focus on capacity-building over the past year supported continuing growth in the number of local families served through HMG screening and navigation services.



**BANANAS funding allowed FIRST 5 HMG Coordinator to facilitate First Aid/CPR Training for 13 child care providers.**



This FY, FIRST 5 was awarded a \$5,000 one-time grant from **BANANAS**, enabling FIRST 5 to provide eight hours of EMSA approved CPR/First Aid training required to obtain a child care license. In total, 13 child care providers attended four, two-hour sessions, where they learned how to administer CPR/First Aid to patrons ages birth to adult, with the emphasis on pediatric population. At least 26 books were given out to participants. The sessions were taught in an online format by a licensed instructor, followed by an in-person, hands-on practice of lifesaving, mouth-to-mouth resuscitation and care for choking on manikins. All providers completed the course, earning a two-year CPR/First Aid certification and a \$25 gift card.

**Yuba Water Grant sponsored six Growing up Wild Trainings for 46 local providers.**

This FY, **the Yuba Water Grant** sponsored six Growing Up Wild trainings for local ECE providers.

"Growing Up Wild" is an early childhood education program that builds on children's sense of wonder about nature and invites them to explore wildlife and the world around them. Understanding the importance of the first five years of a child's life, during which 90% of their brain development occurs, this program aims to foster early learning and curiosity.

First, two FIRST 5 staff were trained in the **Growing Up Wild curriculum**, following the Train the Trainer model. Next, the HMG facilitator conducted six training sessions for 44 providers, including family, friends, neighbors, and early child care providers from across the county. Each participant received a prepared materials kit containing books, toys, the Growing Up Wild curriculum, and other supplies for the curriculum activities. In total, 40 books were distributed to participants free of charge. Preparations for each training included creating sign-in sheets and participant packets, and post-training evaluations were collected and sent to the state.

Providers were contacted two weeks after the initial training to address any questions and ensure their progress. Two trainers hosted a conference breakout for ECE providers at Yuba College. Additionally, Zoom office hours were established to offer ongoing support with implementation, and technical assistance was provided in both English and Spanish. Following training and assistance, participants shared positive feedback in their evaluations.

*"I will use the guide provided because it is a way to get children involved in nature and have scientific inquiry."*

*"It helps provide activities to promote outside learning and incorporating that into the classroom"*



## MINI GRANTS SUPPORT FOR CHILD CARE PROVIDERS

**FIRST 5 County awarded mini grants to five child care providers working with families with young children.**

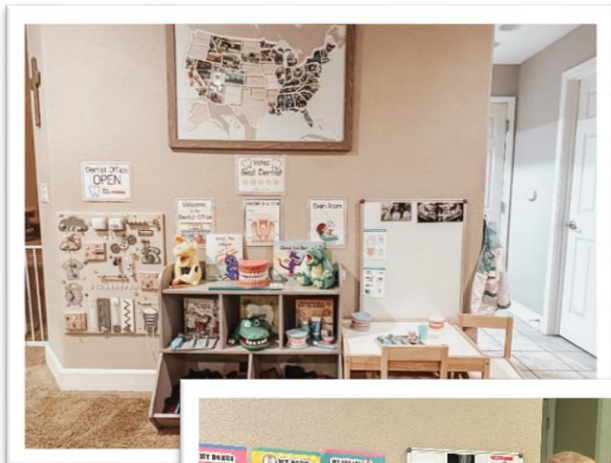
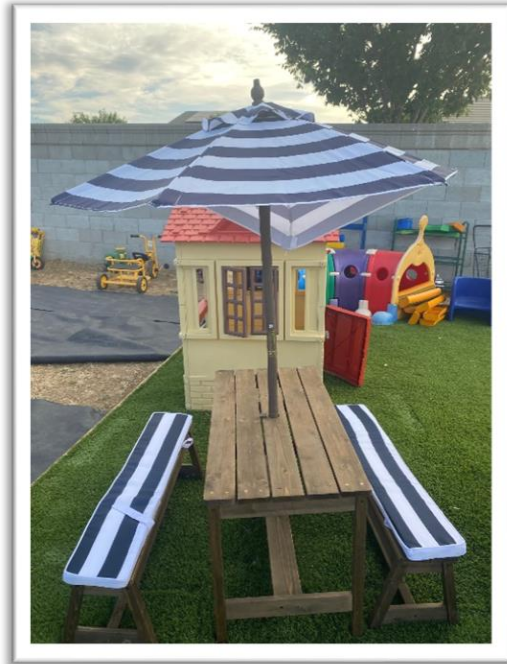
Five child care providers were among the recipients of \$6,837 in Mini Grants, including three serving Spanish-speaking families. These funds went to extending service reach and improving access to a safe and enriching environment for families with young children, reaching between 60 and 100 families and at least 65 to 115 children. All five grant recipients were able to complete planned improvements as intended.

Child care providers used Mini Grant funds to acquire the following items:

- Developmental toys for infants and toddlers, to encourage exploration of a variety of new materials and resources and to promote physical development and acquisition of gross and fine motor skills.
- Large and small outdoor equipment, such as dirt diggers, tricycles, an outdoor play house, sand, and water play toys, enabling safe child exploration and supporting dramatic and parallel play.
- Safety equipment, such as a safe wash place, a new sleeping bed, a children's gate, and a car seat, enhancing child safety in child care settings.
- Indoor and outdoor furniture, a picnic table, a carpet, cubbies and organizers, improving comfortability, cleanliness, and efficient use of space.
- Science equipment and books, helping children learn about math, reading, measurements, health and dental health, and other science topics, such as the growth of flowers and butterflies, as well as enabling complex dramatic play.



“This Mini Grant has helped our program get children outdoors and explore materials they hadn’t experienced before. Some children, whose family members work with diggers, backhoes, and large equipment, enjoy imitating them during dramatic play. They are learning new language, practicing complex movements, and understanding safety by learning not to use diggers toward peers. The water table supports dramatic and parallel play, while sand toys complement the sandbox, water table, and diggers, creating rich opportunities for learning and play.”



““Our children experience hands-on learning thanks to our new learning centers. We’ve studied different science and health topics, read new books, and learned comparative methods in our math center. We learned about dental health hygiene, played doctor, raised caterpillars into butterflies, learned how flowers grow, and how to measure certain items.”

“The children were able to have new opportunities for play and I was able to set up new activities to help them engage in play and learn.”





## Goal 4 - Strong Systems

<b>GOAL</b>	Strengthen local systems to meet the needs of all children and families in a high quality, sustainable manner.
<b>OUTCOMES</b>	<ul style="list-style-type: none"> <li>Increased engagement and reach</li> <li>Increased policies supporting child health and development</li> <li>Increased partnerships, capacity, coordination, and service integration</li> <li>Maximized revenue and resources</li> </ul>
<b>INITIATIVES</b>	<ul style="list-style-type: none"> <li>FIRST 5 Community Planning and Outreach</li> <li>FIRST 5 Mini Grants Support for Local Community-Based Organizations</li> <li>Building Resilient Families Tobacco Grant</li> <li>Home Visitation Systems Coordination Grant</li> <li>Professional Learning Communities</li> <li>Parent Ambassador Leadership Program</li> <li>Sponsorships and Partnerships</li> </ul>

### COMMUNITY PLANNING AND OUTREACH

**FIRST 5 held 18 community outreach events and two collaborative workshops, attended by 1,254 children and 1,164 parents.**

In FY 2023-24, First 5 County continued to make efforts to increase the reach of First 5 programs through numerous **outreach events**. Over the course of the year, First 5 coordinated nearly 20 community outreach events and two collaborative workshops, attended by 1,254 children and 1,164 parents, and engaging 132 providers. Among those were:

#### 10 Health and Safety Events, e.g.:

- Ampla Health Week
- Harmony Health Fair
- Tooth Fairy Day
- WIC Fathers Fair
- Be Prepared Fair
- Baby Fair
- OPUD Water Safety Day
- ...and more

#### 3 Parental Mental Health events:

- Bridging Hope Walk
- Community Cruise
- National Walking Day

#### 2 Collaborative Workshops (Conferences, Presentations):

- TCBA 2-Day Breastfeeding Conference
- First 5 General Overview

#### 1 Early Literacy:

- Yuba Feather Back to School Night

#### 4 Community Celebrations:

- Art in the Community
- Cultural Story Time at Ellis Lake
- Day of the Child
- ...and more

During these events, children participated in fun activities, such as face painting and outdoor games, while families received informational brochures about First 5 programs, services, and events. Staff distributed 315 books, as well as First 5-branded merchandise and in-house and Kick it California tobacco cessation materials, such as nicotine patch kits, and other resources, including activity kits and new parent kits.

First 5 also worked to expand education, in partnership with Health and Human Services, to increase access to services and awareness of ACE's, working with:

- WIC
- Head Start
- Family Advocates – E Center
- Yuba Works (6 training sessions)



## MINI GRANTS SUPPORT FOR COMMUNITY-BASED ORGANIZATIONS

**FIRST 5 County issued six mini grants to support community-based agencies serving families with young children.**

Six local Community-Based Organizations (CBOs) received \$8,163 in Mini Grants, to enable implementation of positive changes in the built environment, to better accommodate an estimated 657 families and 917 children they serve. Funded projects expanded accessibility of parenting education; helped upgrade outdoor areas; and allowed to connect families to resources.

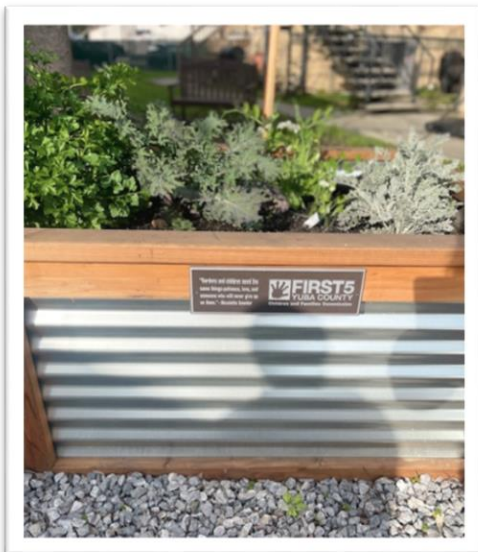
The Mini Grant funds supported the following projects:

- Tri-Counties Community Center Project, in collaboration with the YCOE Child Behavior Specialist, to create tips, tools, brochures, and posters to promote positive potty-training techniques to reduce stress during this learning period for both parent and child.
- Yuba College and the Salvation Army, for the Park Playground Project.
- United Way Born Learning Academy, to coordinate parent education series with the MJUSD school readiness program.
- Casa de Esperanza Women's Shelter, for a Garden Project.
- YCOE Youth Advocacy Department Project, to increase community outreach efforts and connect youth to the Teen Parenting Program, providing them with the necessary supplies, such as diapers, baby wipes, and gas cards, while working on future sustainability for the young parents and their children.
- Beale Family Support Center, to facilitate appointments with the visiting developmental pediatrician, free child care for families with a deployed service member, parent education classes (e.g., 123 Magic, toilet training, EFMP orientation, etc.) for play group families, and provided on-site child care. Families also received referrals to Air Force Aid for financial support, and to Family SOUP for questions about special needs, and organized weekly visits with the Parent Support Nurse and the Military Family Life Counselor.



BEALE Family Support Center Project: “This year, we helped three playgroup children get appointments with the developmental pediatrician who visits Beale twice a year. Since the base lacks its own specialist, we rely on Joint Base Lewis-McChord or off-base appointments, which can take 6-9 months. When parents had concerns about child development, we encouraged them to consult base pediatricians and advocated for their children to see the specialist.”

Yuba College Playground Project: “We raised community awareness to obtain funding for a nicer playground than first anticipated. The future park gives hope to the surrounding community.”



Casa de Esperanza Family Garden Project: “The garden has been a wonderful opportunity for children to enjoy a calming atmosphere, promoting emotional development. It has served as a space where parents can spend time with their children, learning about the various vegetables and understanding where food comes from. This project had a positive impact on the well-being and healing journey of the women and children residing in the Shelter.”

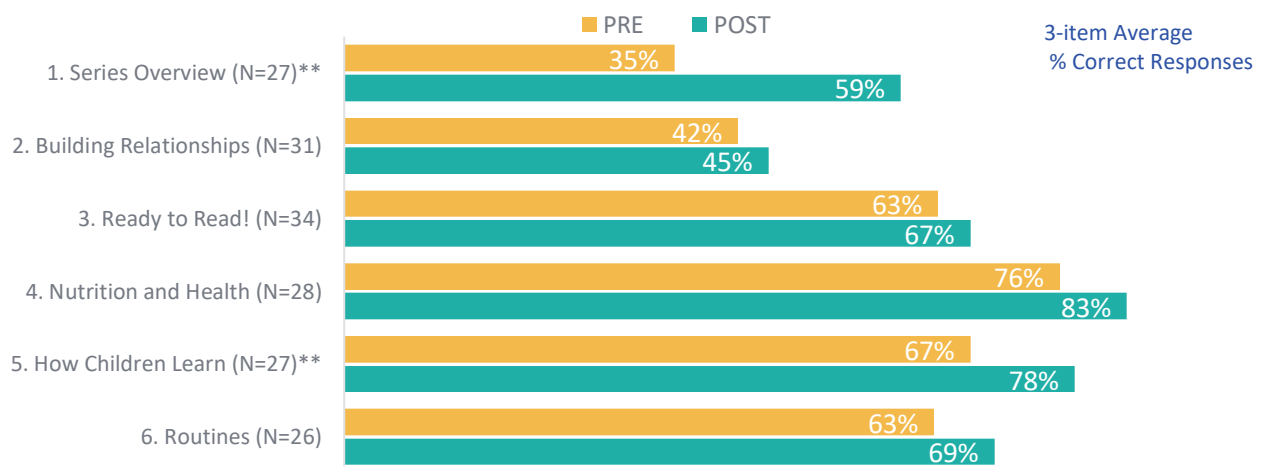
**United Way Born Learning Parent Education Series.** The United Way Born Learning (UWBL) Academy was one of the First 5 County mini grants recipients, allowing to bring after-work parenting classes to MJUSD School Readiness families. Over 50 families (twice as many as last year) participated, while at least 25 children at three school readiness sites received lunch and child care so their parents could attend. Each participant received a free book at each workshop, totaling 275 books. More than half ( $n = 28$ ) of the participating families completed the program, attending five or more workshops, and 14 received \$50 Walmart gift card incentives.

Notably, the majority (81%) of the UWBL families were Hispanic/Latino, 62% were Spanish-speaking, 68% had no higher education; 73% had annual income below \$30,000, and 52% wanted to know where to go for help. These demographics underscore the critical importance of FIRST 5 and MJUSD efforts to reach non-English speaking immigrant and low-income families with parenting education and supports, helping them to prepare their children for school and promote early literacy, critical to future positive academic outcomes and social adjustment. Specifically, the UWBL Academy course covered the following topics:

- Session 1: Series Overview -What Born Learning is all about -Learning how to enhance a child's learning.
- Session 2: Building Relationships -Learning why building relationships with adults helps children learn - Learning ways to connect with children to promote social-emotional development.
- Session 3: Ready to Read -Learn how play encourages literacy -Learn how to read with children during shared reading experiences -Building your child's language skills -Making reading fun -Connecting with songs and games.
- Session 4: Nutrition and Health -Learning how nutrition and health are tied to learning.
- Session 5: How Children Learn -Brain Development -Understanding your child's feelings -Ages and Stages of child development.
- Session 6: Routines and Learning on the Go -Routines and learning on the go -Learning happens all around us: how to turn everyday moments into learning opportunities.

Forty families completed UWBL assessments, answering three-item quizzes before and after each workshop session. Figure 43 shows improvement in parenting knowledge in all areas, with the most significant increase in knowledge about child development (Workshop #1) and early learning (Workshop #5).

**Figure 43. Proportion of Correct Responses Following UWBL Workshops**



Source: United Way Born Learning Pre-Post Workshops Assessments. FY 2023-24.  $N=40$ ;  $N$  matched pairs=26-34. Note: Differences are significant at \* $p<.05$ ; \*\* $p<.01$ ; \*\*\* $p<.001$ .



Families also showed high levels of satisfaction with the workshop. Nearly nine in 10 (88%) believed that the presenter's explanations were clear and easy to follow, and 62% found the presenter to be very knowledgeable. Following program completion, 95% of parents shared that they changed how they interact with their children; 93% planned to use the activities they learned about at home, and 74% found class materials to be useful. All participants expressed interest in future UWBL workshops.



*"I enjoyed this class. It was so refreshing to hear that other people go through similar things throughout the time with their kids!"*

*"Me gusta tener nuevos herramientas. Me encantan los temas muy buenos ejemplos y explican muy bien!"*  
*[I like having new tools. Loved the topics, and the examples were very good and everything was explained very well!]*

## BUILDING RESILIENT FAMILIES TOBACCO GRANT

The tobacco grant program coordinator has expanded relationships with local FQHCs' administration to implement Tobacco cessation protocols through systems change activities, including work groups, trainings, and expert panel policy discussions.

The Tobacco grant awarded to First 5 has the goals of preventing the use of tobacco products, promoting tobacco cessation referrals and resources, and reducing the negative impact of the use of or exposure to 2<sup>nd</sup> and 3<sup>rd</sup> hand tobacco smoke in local communities through systems change activities. To address these goals, in FY 2023-24 First 5 made progress with systems change in the areas of: a) Family and Community Education and Support; b) Health Care Systems; c) Family-Serving Systems.

### A.) Family and Community Education and Support Initiatives.

In FY 2023-24, First 5 invested in keeping community spaces free of tobacco smoke, expanded public awareness and knowledge on the topics of tobacco harm, and drove policy change through educational presentations.

**Keeping Community Spaces Tobacco-Free:** In collaboration with Blue, Zones, Tobacco Coalition, and other community partners, First 5 led two tobacco waste park clean-up events, engaging 15 parents, five children, and three providers. Other efforts included distributing smoke-free signage and materials across county and at outreach events.



**Parent Tobacco Education:** At intake, one in nine caregivers (10%) smoked, of whom half (5%) sought resources to quit tobacco, underscoring the need for family education and support on the topics of tobacco harm and cessation resources. In FY 2023-24, First 5 hosted four bi-lingual educational sessions for 18 caregivers, 23 children 0-5, and 3 providers, on the topics of Tobacco 101; 2<sup>nd</sup> and 3<sup>rd</sup>-hand smoke; and cessation services at three School Readiness Sites throughout Yuba County.

Five parents completed the bilingual parent education survey. Of these caregivers, none believed that they were exposed to 2<sup>nd</sup> or 3<sup>rd</sup> hand smoke, and none smoked, vaped, or used e-cigarettes or other tobacco products. These families received health care through Ampla Health, Peach Tree Health, and/or other medical providers. On average, following the workshops parents rated their level of knowledge as eight out of 10, and relevance of the information as seven out of 10. All five parents said they learned about the effects of 3<sup>rd</sup>-hand smoke; three out of five also learned about the effects of 2<sup>nd</sup> hand smoke, dangers of vapes and e-cigarettes, and the ingredients of a cigarette. Finally, two out of five parents gained knowledge about services and resources that may help quit smoking, such as Kick it California. All respondents “agreed” that the workshops were well-structured, presenting just the right amount of information, and that they were “likely” or “very likely” to recommend these presentations to other families.

**Policy Change Initiatives:** First 5 drove policy change through three educational presentations to Marysville City Council, California State Legislature, and North State Tobacco Education & Prevention Council.

**B.) Health Care Systems Change.** This FY, First 5 continued to actively collaborate with Peach Tree Health (PTH) Clinic, driving systems change in Public Health through advocacy and policy work, technical assistance with systems-level initiatives, and medical provider training.

**Advocacy and Policy:** First 5 County is working with the local tobacco coalitions to educate the community about the health benefits of smoke-free outdoor spaces by providing signage and educational materials at outreach events. They have also visited with state decision-makers to inform the California legislature on the health dangers of secondhand smoke and the budget challenges resulting from the recent flavor ban.

**Systems-Level Initiatives and Technical Assistance:** A major focus of the partnership with PTH is the integration of tobacco screening and direct referral to cessation services into Peach Tree Health's electronic medical records (EMR) system. This integration ensures that patients are routinely screened for tobacco use and timely and efficiently referred to cessation services like Kick It California, formerly known as the CA Smoker's Helpline. To facilitate this integration, First 5 provided six hours of technical assistance to PTH, including educational materials and training resources. For training sustainability, First 5 produced a recorded training on the use of screening and referral workflows in EMR, which all new PTH staff complete during onboarding. This support is essential in establishing a strong and ongoing connection with Kick It California. Ongoing updates to the PTH Workflows equip healthcare providers with the necessary tools and resources to assist their patients in quitting tobacco. Indeed, this year PTH reported an increase in direct referrals to Kick It California.

**Medical Provider Training:** This year, First 5 held two Lunch and Learns and one Kick it California referral training for PTH LVNs and the Call Center Staff, on the emerging tobacco products, effects of tobacco and nicotine use; health issues related to tobacco use, dangers of 2<sup>nd</sup>- and 3<sup>rd</sup>-hand smoke, and available cessation supports.



Over FY 2023-24, tobacco-free policies and supports reached over 33,778 of PTH patients and families, 232 employees, as well as campus vendors and guests across 12 locations (seven clinics, four alternative service sites, and one administrative office) in Yuba, Sutter, Butte, and Sacramento Counties. This collaboration highlights First 5's dedication to creating healthier communities through innovative and sustainable public health initiatives.

**C.) Family Serving Agencies Systems Change.** In FY 2023-24, First 5 forged new partnerships and strengthened existing collaborations on systems-level initiatives and offered technical assistance and professional development opportunities for local providers, to support successful integration of enhanced tobacco policies and protocols related to tobacco screening and referrals to cessation services by family-serving agencies.

**Casa de Esperanza:** First 5 expanded systems change through a new partnership with Casa de Esperanza, to assist with agency policies and educate agency staff. As part of this work, First 5 provided six hours of technical assistance and administrative support to review and update agency policies with new or expanded smoke-free protocols. These processes involved efforts to increase awareness of new smoke-free campus expectations for staff and families served by the agency, as well as anticipating and problem-solving potential barriers to new policies' implementation. As part of these efforts, FIRST 5 staff conducted a Kick It California referral training for agency home visitors, social workers, and staff.

**FRC Network:** First 5 continued to collaborate with the Yuba County Office of Education (YCOE) Family Resource Center (FRC) Network, comprised of six Yuba County FRCs. Specifically, First 5 supported FRC Network with six strategic planning sessions, attended by anywhere between 15 and 50 bi-county providers. These sessions included assets mapping, strategic prioritization, and protocols review. Technical assistance and administrative support were provided on an as-needed basis, to early childhood educators at YCOE Prevention Department and MJUSD School Readiness. Moreover, First 5 continued to subcontract with the YCOE FRC to facilitate Stepping with Baby Walking Group, which reached at least 42 Yuba County families with pro-social, maternal mental health supports and tobacco education.

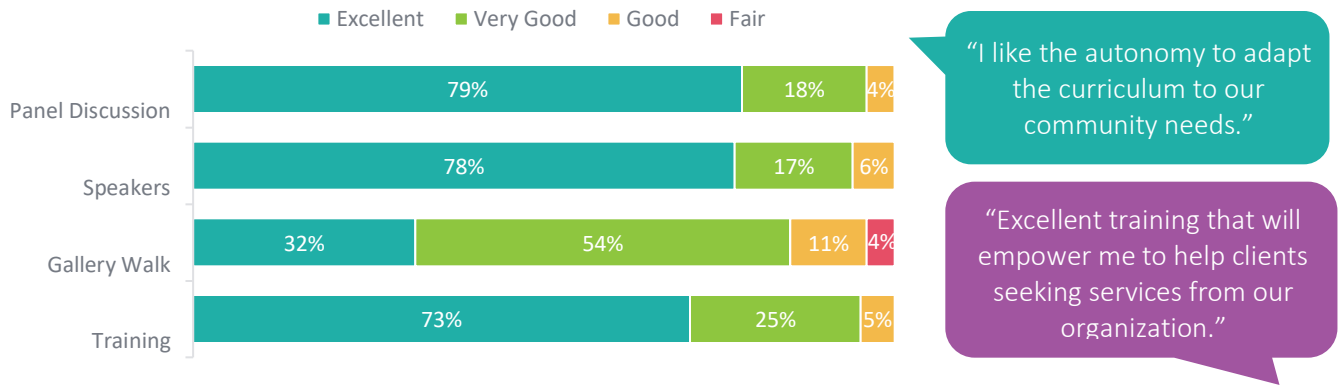
**Continuing Education for Providers:** In addition, First 5 held a *Behavioral Health Regional Summit* on trauma-informed practices for implementing tobacco care and smoke-free systems. First 5 was the first agency in California to collaborate with the UCSF's Smoking Cessation Leadership Center and the National Association of State Mental Health Program Directors (NASMHPD) to host a conference on building a trauma-informed community. Braided funding and the grant secured from the Substance Abuse and Mental Health Services Administration (SAMHSA) allowed to engage 80 medical staff and cross-sector agencies in professional development.

The two-day conference on Trauma, Addiction, Mental Health, and Recovery (TAMAR) focused on emerging tobacco products, health disparities among youth and young adults, and best practices for addressing these issues. Key topics included trauma-informed care and the implementation of



tobacco-free campus policies. Highlights included a welcome from the Yuba-Sutter Branch Director of Adult Psychiatric Services, PTH blueprint for going tobacco-free, insights from Kick It California’s Assistant Clinical Director Victoria Penton, M.Ed., and training on a trauma-informed peer support curriculum for both medical and non-clinical providers. Professional development supports included post-conference cohorts.

**Figure 44. Satisfaction with the 2-Day TAMAR Conference Components**



Source: Behavioral Health Regional Summit Survey, FY 2023-24. Note: Results are averaged across the two conference days. N (Day1) = 20; n (Day 2) = 20.

Attendees found the conference format to be highly effective, with 79% of professionals stating that they were likely or very likely to make changes to their clients’ care based on what they’ve learned. Nearly half (43%) planned to implement these changes in less than a month, 32% in 2-6 months, and 25% sometime in the future.

**Home Visiting Collaborative:** Additionally, First 5 continued to work with the Yuba County Home Visiting Collaborative to develop strategies to reach more families with tobacco education through local home visiting programs. The First 5 coordinator offered administrative support, shared resources on tobacco education and cessation services for families, and offered provider education and training, to identify, educate, and link families to tobacco cessation services. Specifically, First 5 tobacco grant coordinator took part in six home visiting collaborative (HVC) meetings and co-facilitated 11 provider trainings, as part of the *Professional Learning Communities (PLC)* (for details, see the *Home Visitation Systems Coordination Grant* section below).

## HOME VISITATION SYSTEMS COORDINATION GRANT

The grant continued to fund the Bi-County Home Visiting Collaborative, which met six times this year, as well as the Professional Learning Communities, which hosted 11 trainings. These initiatives engaged nearly 45 providers.

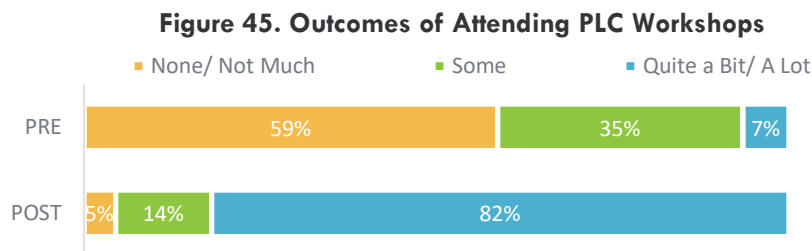
The Home Visitation Systems Coordination grant was initiated by First 5 California, to help counties create a sustainable, unified system of family supports through home visiting (HV) services and maximize funding to serve more families. In 2021, the grant helped establish the **Bi-County Yuba-Sutter Home Visiting Collaborative (HVC)**<sup>21</sup>. Throughout FY 2023-24, the Collaborative held six meetings, engaging at least 16 bi-county providers, including Youth for Change, Early Head Start Center, Sutter County Public Health, YCOE, Yuba County Public Health, Sutter County CalWorks, Sutter County Children and Families Commission, Sutter County, and more. Discussions

<sup>21</sup> Yuba-Sutter Bi-County Home Visiting Collaborative. <https://www.first5yuba.org/home-visiting>.

focused on Healthy Families updates, Regional Home Visiting Grant work updates, Agency-specific updates, upcoming home visiting grants, and the Parent Ambassadors Initiative, described further in the report. Moreover, the HVC continued to issue monthly updates to the Online Padlet Resource Directory<sup>22</sup>. Finally, HVC and First 5 continued to support **Professional Learning Communities (PLC)**, to foster collaboration between home visiting and family support programs and to meet ongoing professional development needs of local providers.

**Professional Learning Communities (PLC):** In 2023-24, at least 30 local Collaborative members attended 11 PLC trainings, with most attending more than once. Participants were able to learn, share resources, and role-play scenarios related to the topics of grief and loss, peer support groups, stages of change, purpose, emotional brain training, transitioning to family, parental resilience and engagement, Fetal Alcohol Spectrum Disorder, poison control and Narcan, provider trauma, and the “Cafe” model.

In total, 50 providers from Yuba County YCOE, Sutter County Public Health, Yuba County One Stop, and other local agencies responded to the PLC post-training survey. Respondents felt that they gained considerable knowledge on the topics discussed in workshops. Specifically, less than 42% had “quite a bit” or “a lot” of knowledge before the workshop compared to 82% after the workshop.



“The PD session was relevant to the work we all do with children and adults. The strength-based model for addressing the situation and how it is applied will be useful not only with loss but also trauma.”

PLC Post Workshop Survey. FY 23-24. N= 50. \*Note: HVC = Home Visiting Systems Coordination; PLC = Professional Learning Communities.

Moreover, nine in 10 providers (89%) “agreed” or “strongly agreed” that this information would help them better serve their clients, and eight in 10 (81%) believed that they would use what they’ve learned. Importantly, even though training topics were not specific to tobacco education, learning about trauma-informed practices led 32% of providers to believe that the training would help them in addressing client smoking and tobacco use.

All in all, providers found the sessions to be engaging and enriching and wished that they had more time dedicated to professional development on these topics. Nearly all providers (94%) expressed that they were likely or extremely likely to attend future PLC sessions, and 92% said they would recommend it to others.

#### Regional Home Visiting Coordination Project built networks and strengthened local efforts in home visiting services.

Funded by First 5 CA, the Regional 3 Home Visiting Coordination Project has successfully built new networks among home visiting projects in the region and strengthened local efforts. Monthly regional meetings have served as a learning community, expanding access to key agencies such as *Lead for Tomorrow* and *Start Early*. These agencies provided vital support, technical assistance, and systems mapping to enhance home visiting services.

<sup>22</sup> FIRST 5 County—Programs & Events. <https://padlet.com/First5Yuba/h4juwzpjokeeg6wi>.

- **Start Early** assisted in developing a comprehensive workplan for Region 3, with a focus on the home visiting workforce. Their support began with an assessment of the region to identify similarities, differences, and areas of alignment. This process led to specific strategies and recommendations for strengthening home visiting practices.
- **Lead for Tomorrow** played a crucial role in implementing the Parent Ambassador Program locally. They delivered in-person training and provided access to online modules based on the research-based Parent Leadership Training Institute (PLTI) curriculum.

In the upcoming year, Region 3 will continue to work with agencies to build interagency collaboration and enhance regional and local home visiting efforts in innovative ways.

## PARENT AMBASSADOR LEADERSHIP PROGRAM

First 5 and the Home Visiting Collaborative supported a new grass-roots Parent Ambassador Leadership Program

MOMIGAS



In 2023, First 5 launched a Parent-Centered Leadership Cohort to empower parents and grassroots leaders as advocates for their children and families. This initiative aimed to connect them with opportunities to exercise their leadership skills, sustain community programs, and enhance local advocacy efforts. Supported by funding from the Regional Home Visiting and Barclay Seed grants, the Parent Ambassador Leadership Program officially kicked off in November 2023 and met bi-monthly until June 2025.

Parent Ambassadors received training in leadership and advocacy. They were offered professional development opportunities, including training in evidenced based Maternal Mental Health Curriculum, online advocacy and leadership modules, self-reflection activities, a local Women's Day conference and the Purpose Workshops, hosted by community-based organizations.

The cohort, which has adopted the name "Momigas," continued to drive local outreach, education, and advocacy on behalf of First 5. The success of this program and the significant investment by local parents have underscored the need for ongoing leadership and advocacy development. First 5 is committed to continuing this work, recognizing parent voice as a crucial element for driving change and enhancing programs and systems affecting children aged 0-5 and their families.

### Momigas Success Story

"The First 5 Momigas have taken a bigger leadership role this year with the POW/MIA walking group location. They have signed up to work multiple outreach events to promote the Stepping with Baby program and give parents a face to the leadership parents in the community. They also promoted the on local Facebook groups.

The Momigas have organized many activities to run at the Stepping with Baby sessions to help engage with families further. Activities included: bubble play, clothing swap, water play, maternal mental health activities, etc. It has really helped our walking groups take off."

- YCOE FRC Coordinator



## SPONSORSHIPS AND NEW PARTNERSHIPS

**First 5 forged new partnerships to enhance health and well-being of Yuba County families and build community resilience.**

**Yuba Sutter Arts & Culture Partnership:** First 5 and Yuba Sutter Arts & Culture established a collaboration that has broadened opportunities for children and families by increasing access to creative arts, outdoor exploration, and theater. This partnership enabled First 5 to expand community-based events and youth programming at new venues, including the Marysville arts facility and theater. Major events this year included a children's art reception during the Month of the Child, showcasing local art from preschools, home daycares, and other early childhood programs. Additionally, First 5 organized a guided hike led by professional naturalists, where over 25 children and their families explored the Hidden Spruce Trail near Collins Lake and engaged in interactive art activities and received free art supplies.

**Marysville Drakes Organization Partnership:** First 5 also established a relationship with the new owners and staff of the Marysville Drakes Organization, a local professional baseball club. Together, they hosted a family night where children under 5 enjoyed free admission. The event featured First 5 resources and engaging activities for families throughout the game. Leveraging existing funding and grant resources, First 5 utilized paid media such as local radio and social media to promote the event. Additionally, First 5 supported the Drakes in updating their tobacco and vape-free policies and purchasing new signage for the stadium.

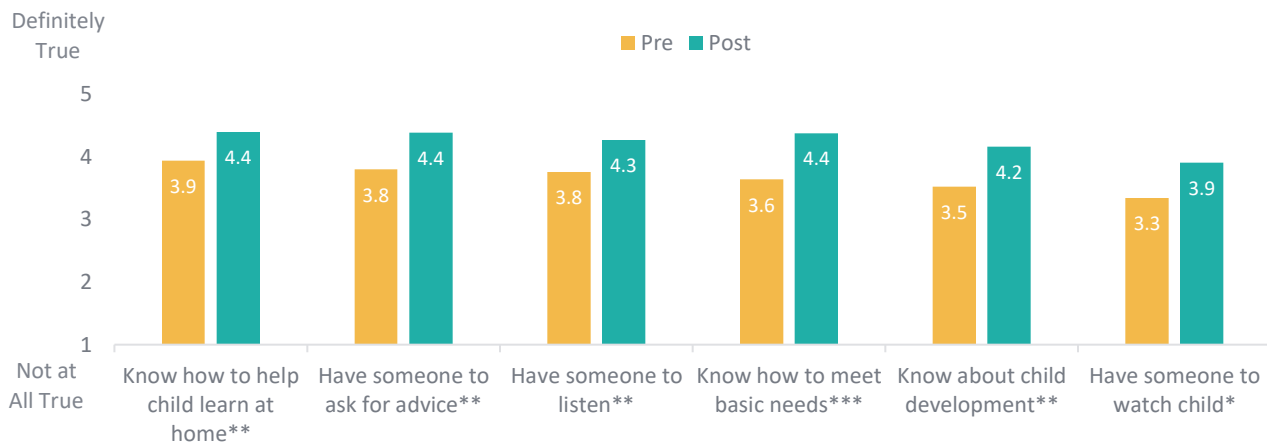




# Impact of First 5 Programs

All in all, more families took part in the First 5 programs and services compared to last year. Compared to intake, these families significantly improved across all six protective factors by programs exit. Families had more knowledge about child development, stronger social support networks, and were better able to meet basic needs. These gains underscore the positive impact of First 5 programs on children and families of Yuba County.

**Figure 46. Caregivers' Protective Factors, at Intake and Exit**



Source: Family Intake Form, FY 2023-24. N (Intake) = 84-88. Post Workshop Survey and Parent Support Survey, FY 2023-24. N (Exit) = 50-55.

## Programmatic Challenges and Successes

Based on the quarterly reports from First 5 programs, several factors impacted program implementation and the engagement of families this year. Key challenges included understaffing, limited funding, space constraints, and low program participation. Despite these obstacles, the programs' focus on strengthening connections and building new partnerships helped buffer the impact of these barriers during FY 2023-24. Through creativity, collaboration, and problem-solving, all programs met or exceeded their goals and service targets.

### 1) Staffing Challenges

Many programs struggled with staffing shortages, which disrupted service delivery and affected program engagement. For example, **Camptonville 1, 2, 3 Grow** program faced low attendance due to the loss of an instructor, while **YCOE FRC** had to delay the launch of its Early Intervention Parent Support and Adapted Physical Education (APE) groups because of difficulties finding specialists willing to work after hours. **MJUSD Dental Services** experienced disruptions due to vacant Registered Dental Assistant (RDA) and receptionist positions.

Programs responded with innovative strategies to address these challenges. **1, 2, 3 Grow** hired and trained a new instructor and classroom assistant, which improved attendance and stability. **YCOE FRC** partnered with Parent Ambassadors who volunteered to facilitate the Gardening Project and Walking Groups. Similarly, **MJUSD Student Services** collaborated with Marysville High School's dental assistant program to recruit student volunteers. **Keys**

to **Quality** filled staffing gaps, allowing the program to expand participant coaching and support services. **The Library**, while unable to hire additional staff to enforce Story Time expectations regarding participants' ages, rebranded its Tiny Tots program to Baby Bounce, clarifying its target age group, which improved group cohesiveness, allowing for more quality time between parents and their younger children.

## 2) Space Limitations

The unavailability of secure indoor facilities created significant barriers for program operations. The **MJUSD School Readiness** program lost its portable classrooms at Linda Elementary due to Transitional Kindergarten (TK) expansion and had to relocate mid-year, with plans to move again next year. **YES Charter** also lost its indoor space to TK expansion and transitioned to an outdoor classroom model, facing additional challenges such as storage issues and damaged materials. **YCOE FRC** increased participation by hosting PALS Playgroup at the library, but library renovations disrupted the program later in the year.

To overcome these barriers, programs formed partnerships and reimaged their use of space. **YES Charter** reorganized its outdoor area with parental support, increasing attendance during warmer months and planning for seasonal operations in the future. **YCOE FRC** secured space for its Gardening and APE programs through a collaboration with the Tri Counties Community Center. **MJUSD School Readiness** worked with Linda School to find classrooms with necessary facilities, while improvements to program spaces, such as new carpets and garden enhancements, further boosted participation.

"Our program has continued to support the Tri Counties Community Center in their Toddler Time program that happens every Wednesday from 10am – 12pm. We help host this group in exchange to utilize the facilities. This partnership has been extremely successful and has allowed my program to learn and share with families about their upcoming programs, help plan collaborations such as the August Help Me Grow event."

— FRC Program Coordinator

## 3) Funding Challenges

Budget shortages were a consistent issue, limiting program capacity to offer incentives, pay staff, and purchase supplies. **MJUSD School Readiness** struggled to cover staff salaries, requiring supplemental funding from the State Preschool budget and outside organizations. **Playzeum** faced difficulties maintaining programming due to rising staff costs, while **YCOE FRC** needed to cut 10–15% of its budget for the next fiscal year to sustain operations.

Programs used braided funding, partnerships, and cost-saving measures to address these challenges. **MJUSD School Readiness** collaborated with **United Way** to provide meals and incentives for parenting classes and adjusted staffing hours to cover salary gaps. **Playzeum** shortened playgroup sessions and reduced On-the-Go offerings while securing funding for community events. **YCOE FRC** received donations from local businesses and leveraged in-kind resources, such as garden supplies from Big T's Trees. Other programs, like **YES Charter**, saved costs by repurposing materials, while **1, 2, 3 Grow** solicited a \$5,000 donation from PG&E to cover supplemental expenses.

“We focus our efforts on braiding funding so we can afford to retain all School Readiness employees. So, we plan to continue to use CSPP funds to pay for School Readiness Outreach salaries, as well as moving our School Readiness Health Aid to the CSPP budget.

CSPP program also benefits from our parenting classes offered through the School Readiness program. Our families enrolled in School Readiness and the school sites really appreciate the home/school connection provided by the program. Parents are their child's first teacher and with the partnership of parents, their children benefit the most.

Despite financial difficulties, we plan to open a 3-hour School Readiness Program at Dobbins School next year, paid with CSPP funds.”

– MJUSD School Readiness

#### 4) Participation and Engagement

Low participation remained a challenge for many programs, especially in rural areas. Factors such as inclement weather, illnesses, virtual formats, and limited outreach reduced attendance. For instance, winter storms and power outages affected both in-person and virtual sessions for **Camptonville 1, 2, 3 Grow** and **YES Charter**. **YCOE FRC** struggled with low awareness of its offerings, while **Playzeum** faced lower-than-expected enrollment at some locations.

Programs tackled these barriers with enhanced outreach, schedule flexibility, and participation incentives. **Playzeum** boosted its social media presence, which improved enrollment, and added new programming to meet families’ needs. **YCOE FRC** collaborated with partners like **Family SOUP** to promote its offerings and adjusted schedules by moving support groups to evenings and weekends or transitioning them online, significantly increasing attendance. Incentives like \$50 Walmart gift cards from **United Way Born Learning** and stipends for coursework from **Keys to Quality** helped attract more participants. Additionally, programs improved communication by distributing flyers, monthly calendars, and tip sheets, increasing visibility within their communities.

“We are having a really great turnout lately in the classroom with so much fun and learning all around. Kids are really blossoming as they continue to spend more prolonged consistent time with each other. Our attendance for parenting workshops has also skyrocketed during these months as more people find out about the program. Attendance improved for both, parenting workshops and car seat presentations.”

– 1, 2, 3 Grow Program Coordinator

#### 5) Partnerships and Collaborations

Despite these challenges, strong partnerships and collaborations were instrumental in helping programs meet their goals. Partnerships resolved staffing shortages, secured resources, and expanded programming. For example, **YCOE FRC** worked with local organizations to secure space and materials, while **MJUSD Student Services** partnered with Marysville High School to bring in student volunteers. **Keys to Quality** leveraged Region 3 Hub to expand training opportunities, and **Playzeum** used braided funding to participate in community events.

These collaborative efforts helped programs overcome barriers, deliver impactful services, and achieve or exceed their programmatic goals for the year.

All programs expressed appreciation for First 5 leadership, solution-oriented approach, and technical assistance, which helped navigate barriers and continue delivering services to local communities.

"First 5 support of BEAS through regular attendance and a willingness to present has been very helpful. The community is very interested in FIRST 5 activities and these updates are well received."

— CDBC Program Coordinator

"THANK You for your support and continuing this AMAZING program. It benefits our community so much! 😊."

— MJUSD School Readiness Program Coordinator

