



Annual Report

Fiscal Year 2018-19

TABLE OF CONTENTS

LETTER FROM THE COMMISSION CHAIR AND THE DIRECTOR	1
2018-19 HEADLINE FINDINGS.....	2
INTRODUCTION	3
VISION, MISSION AND GUIDING PRINCIPLES	4
OVERVIEW OF FIRST 5 SISKIYOU	5
FIRST 5 SISKIYOU’S STRATEGIC FRAMEWORK	7
PROFILE OF CHILDREN AND FAMILIES SERVED	12
Annual Aggregate Data	12
Profile of First 5 Siskiyou Families with Family Intake Form Data	14
GOAL 1 — RESILIENT FAMILIES	17
Desired Results.....	17
Kit for New Parents	17
Welcome Home, BABY! Universal Home Visitation Program	17
Siskiyou County Family/Community Resource Centers/Community Center	18
Evidence Based Parenting Education Classes and Workshops.....	21
GOAL 2 — QUALITY EARLY LEARNING	24
Desired Results.....	24
Quality Counts Siskiyou.....	24
Family Literacy.....	27
Playgroups	31
Parent Education regarding Kindergarten Readiness	31
GOAL 3 — CHILD HEALTH AND DEVELOPMENT	33
Desired Results.....	33
Resource and Referral.....	33
Help Me Grow	35
GOAL 4 — STRONG SYSTEMS	37
Desired Results.....	37
Overarching Strategies.....	37
Siskiyou Family Resource Center Network	37
Siskiyou Home Visitation Systems Coordination	38
Siskiyou Strengthening Families (Parenting Education) Collaborative	41
Provider Capacity Building – Siskiyou Professional Development Partnership	42
Cross-Cutting Findings: Annual Partner Survey Results	43
Outreach and Communications	45
OVERALL IMPACT.....	46
FINANCIAL INFORMATION	48
THANK YOU TO OUR PARTNERS!	50
TOGETHER EVERYONE ACHIEVES MORE!	51
2018-2019 COMMISSIONERS	52

Table of Figures

Figure 1 — Number of Children and Families Served by First 5 Siskiyou, per year 12

Figure 2 — Number of Children Served by First 5 Siskiyou, by Age 12

Figure 3 — Children and Caregivers by Ethnicity 13

Figure 4 — Primary Languages Spoken in the Home 13

Figure 5 — Services Requested by Families Served by First 5 Siskiyou (2018-19) 16

Figure 6 — Number of Kits for New Parents, by Site 17

Figure 7 — Improvement in Parenting Skills 23

Figure 8 — Percentage of Children Aged 0-5 who Attended a Preschool Site with a Quality Rating..... 26

Figure 9 — Number of Days/Week that First 5 Siskiyou Parent/Family Member Read with Their Child . 30

Figure 10 — Number of Days/Week Reading, First 5 vs Non-First 5 Participant, Siskiyou County 31

Figure 11 — Nutrition Education and CalFresh Enrollment, by FRC 34

Figure 12 — Health Utilization and Resources Provided by FRCs 35

Figure 13 — Help Me Grow Screenings Conducted in 2018-19 36

Figure 14 — Coordinated Referrals Across HV Programs 39

Figure 15 — Community Awareness of Home Visiting Programs, Percent Agree 40

Figure 16 — Professional Development, Percent Agree or Somewhat Agree 40

Figure 17 — Percent of Children Ready for Kindergarten 46

Figure 18 — Percent of Entering Kindergarten Students Engaging in First 5 Services 47

Figure 19 — Average kindergarten Readiness Score by Number of First 5 Services 47

Figure 20 — FY 2018-19 Investments by Program Area 48

Figure 21 — Increase in Revenue 48

Figure 22 — Revenue, by Grantmaker and Program 49



Letter from the Commission Chair and the Director



To the children, families, and partners of First 5 Siskiyou...

It takes a village to raise a child, and First 5 Siskiyou Children and Families Commission is grateful to our partner organizations who persistently work together to serve and support Siskiyou families. Collectively, we have supported a unique network of 17 communities serving 8 Family Resource Centers and Community Centers (FRCs) throughout Siskiyou County. Through our early investments, quality programs, strong systems of support, and resources for parents, we enable our resilient community to reach success by nurturing healthy children who are prepared to succeed. This 2018-19 fiscal year, we celebrated many accomplishments together:

- The devoted network of FRCs provided over 10,000 hours of drop-in help to communities facing vulnerable circumstances, as well as those simply looking to further learn and connect. We are grateful for the dedication and continued commitment of FRCs to be a place of support and social connections for families, and we are grateful for families' reciprocal support of FRCs through volunteer service and donations.
- Dedicated and qualified facilitators provided a comprehensive menu of parenting education classes responsive to community needs, reaching caregivers across Siskiyou County's 5,000 square miles. Participation in parenting education programming continues to grow and is becoming a community norm.
- The Home Visitation Systems Coordination partnership increased access and resources to families and providers and continues to grow and become a cornerstone for provider support.
- Dolly Parton's Imagination Library distributed over 17,000 books to Siskiyou children. We recognize our key partners, Delta Kappa Gamma – Gamma Nu Chapter, Siskiyou Family Resource Collaborative 501(c)3, and the generous support from Friends of the Libraries, Service Clubs, Red Scarf Society, the Sheriff Lopey Foundation, Dr. Brooks, OD, Fairchild Auxiliary, and numerous individual donors and volunteers committed to supporting the literacy programs and helped increase our reach in a cost-effective, sustainable way—you made this feat possible.
- The committed team at Klamath Health Services, Inc. provided dental, vision, and hearing screenings for early detection and referral to supportive services. Through Help Me Grow Siskiyou, we have additionally expanded services to include developmental screenings.
- Our work with Applied Survey Research helps us with our annual countywide Kindergarten Readiness Study and our ability to tell our collective story through effective evaluative practices.
- We are thankful for our team of amazing staff, contractors, and volunteers for their loyalty, kindness and care for the greater good.

We look forward to another productive year filled with strong relationships that sustain our collective impact. We are committed to embracing our partnerships to finance strategically, so we may support families with the resources for healthy development of their children as well as growth opportunities for caregivers, educators and service providers. We invite you to join us!

Karen Pautz, Executive Director & Kermith Walters, Commission Chair

2018-19 Headline Findings



Profile of Children and Families

- **First 5 Siskiyou served 2,520 children** in FY 2018-19. While there is some degree of duplication, this still represents a large share of the estimated 2,714 children aged 0-5 in the county.
- **The majority of children served were White** (74%), followed by Latino (21%) and Native American (12%).
- **Almost 45% of families served earned less than the federal poverty level** (\$25,100), and approximately **10% of adults had no more than a high school education**.
- **Seventy percent (70%) of families are households with two parents.**



Resilient Families

- FRCs continued to have substantial reach across the county, serving a large portion of the county's young children and their caregivers. **Nearly half (44%) of FRC families participated in food and nutrition services such as WIC, CalFresh, and Food Bank**, followed by general FRC resource and referral services (43%), library (39%), playgroups (34%), parent education classes and workshops (22%), and home visiting (6%).



Quality Early Learning

- **The majority of First 5 Siskiyou-supported children (82%) were not enrolled in child care or preschool**; however, 34% of parents reported their child attended a licensed center/preschool, and 6% attended a licensed home-based care programⁱ.
- **31 early care and education sites are participating in Quality Counts Siskiyou.**
- **Nearly 35,000 books were provided to Siskiyou families with young children.**
- **Seventy-six percent (76%) of families read together at least five days per week.**



Child Health and Development

- **Almost all (99%) of First 5 children had medical insurance** and 96% had a regular doctor. However, only 72% had a regular dentist and 10% of children reportedly had untreated cavities.
- In 2018-19, **Klamath Health Services provided developmental, vision, hearing, and dental preventative screenings and referrals to 772 children** through the Oral Health Screening and Treatment Program, cofounded by First 5 Siskiyou, and in partnership with Help Me Grow.



Strong Systems

- First 5 Siskiyou's Professional Development Partnership held 12 different trainings, reaching 727 county-wide attendees, and **100% of participants responded that they will use what they learned in their work with children.**
- Across all partner collaboratives **17 partners responded in highly favorable ways about First 5 Siskiyou's support to their organizations** and their families.

Overall Impact

- In Fall 2019, **44% of kindergartners were fully ready for kindergarten** across all domains of readiness (self-regulation, social expression, and kindergarten). More than 3/4ths of entering kindergartners had participated in a First 5 supported service. The more First 5 services a family had, the more ready they were for kindergarten.

Introduction

The First 5 Siskiyou Children and Families Commission (“First 5 Siskiyou”) was established in 1999, along with 57 other First 5 County Commissions throughout California by Proposition 10. This voter-approved initiative created infrastructure and funding streams from tobacco tax dollars to support improved health, family functioning and child development for families with children prenatal to five years old. For further information about First 5 Siskiyou, visit the website at www.first5siskiyou.org.

Since 90% of a child’s brain is developed by age 5, the purpose of First 5 Siskiyou is to invest in the future of the young children and their families that live in Siskiyou County. First 5 Siskiyou works with partners to ensure children, prenatal to 5 years old, are thriving in supportive, nurturing, loving environments, and are entering school healthy and prepared to succeed.

This work is accomplished through community-generated, collaborative action— policies, activities and new ways of doing business that develop and sustain connections among individuals, groups, organizations, communities and the county. Together, we identify community-specific and county-wide needs, gaps in services, indicators of success, and evidence-informed approaches to address the needs. First 5 Siskiyou's approach in working with partners and families is grounded in building trust, helpful relationships, and commitment to growth and change. Our success will be measured by the needs we have met, the gaps we have closed, and improvements in the indicators that tell us that our young children and their families are healthy.



Vision, Mission and Guiding Principles

First 5 Siskiyou's vision is that *Children in Siskiyou County from prenatal to 5 years of age have a strong start in life through supportive and nurturing families, caregivers, educators, and communities.*

First 5 Siskiyou's mission is to *foster the optimal development of Siskiyou County children, from prenatal through five years of age, and promote the vital importance of the first five years of life to the wellbeing of children, families, and society.*

The manner in which First 5 Siskiyou approaches its work is essential for our success. Therefore, First 5 Siskiyou Children and Families Commission:

- Acts with honesty and integrity.
- Follows ethical practices in all work aspects.
- Adheres to the First 5 mission statement.
- Values diversity in its many forms and endeavors to include the perspectives, opinions, and experiences of the broadest possible cross-section of its communities to guide its work.
- Is thoughtful and purposeful in the investment process. It regularly reviews and evaluates its mission, priorities, policies, and practices.
- Is accessible, communicates clearly and promptly with grantees and the public, and builds constructive relationships based upon mutual respect, candor, and confidentiality.
- Is an identifiable Commission that is responsible for the governance and oversight of the organization.
- Provides appropriate and timely information on its work to the public, government, and all stakeholders.
- Assures transparency.
- Is aware of, and fulfills, its fiduciary, programmatic, and legal responsibilities.



Overview of First 5 Siskiyou

First 5 Siskiyou Children and Families Commission

First 5 Siskiyou consists of seven (7) commissioners appointed by the Board of Supervisors for an unspecified term who serve without compensation. The Commission typically meets 10 times during the year, normally on the 4th Wednesday of the month from 8:30 to 10:30 am, as posted on the First 5 Siskiyou website. Meetings are typically held at the Siskiyou County Office of Education in Yreka. The Commission and the Family and Community Resource Centers work together to identify and refine community needs, resulting in projects that provide integrated services. First 5 Siskiyou is the principal governing body of its Proposition 10 revenue distribution and is the liaison to the First 5 California Children and Families Commission.

Executive Director

The Executive Director is the primary staff member supporting the First 5 Siskiyou Children and Families Commission in Siskiyou County. The Executive Director works for, and is under contract to the Commission. The Executive Director is also the Commission's representative to First 5 California, First 5 Association, Ford Family Foundation, Oregon Community Foundation, and other local, regional and national partners.

Advisory Groups

Advisory (or Task) Groups are formed by the Commission as needed to address specific issues or areas of interest. These groups may be comprised of Commissioners and/or non-Commission members, and include:

- Contracting
- Budget/Audit
- Site Visit/Evaluation
- Proposal Review

Financial Management

As of June 30, 2015, First 5 Siskiyou was established as a Public Agency with control of its own Strategic Plan and budget, independent of Siskiyou County government. First 5 Siskiyou has adopted and operates under Policies and Procedures as required by the First 5 Financial Management Guide relative to Conflict of Interest Policy of Commission members, Contracting and Procurement, Administrative Cost, Annual Audit, Salary and Benefits, and Funded Program Evaluation. Additionally, policies have been adopted to support the health and wellbeing of our youngest citizens and their families, as reflected in the First 5 Siskiyou Strategic Plan.

Independent Audit

First 5 Siskiyou contracts with an independent Accounting/Audit firm to complete its annual audit in compliance with statutory requirements enumerated in Health and Safety Code section 130151(b). The State Controller's Office, along with a committee composed of representatives from the First 5 California Commission, local commissions, the Government Finance Officers Association, county auditor controllers and

independent auditors, developed the initial audit guide which is updated as needed by the State’s evaluation committee. When First 5 Siskiyou’s independent audit is completed, it is reviewed by the Commission’s Budget/Audit Advisory Group and adopted through a Public Hearing by no later than October 30 each year. It is submitted to First 5 California and the State Controller’s Office by November 1 of each year.

Project Funding and Administration

At a designated time each year, the Community and Family Resource Centers (hereinafter referred to as FRCs) present a Request for Funding to the Commission. At a regular Commission meeting, the proposals are reviewed, and funding decisions are made based upon the proposals’ adherence to the Commission’s established goals and priorities. When a program is proposed that is countywide in nature, the proponents are invited to present a Request for Funding to the Commission between July and September each year. At a regular Commission meeting, the proposals are reviewed, and a funding decision is made based again upon the proposal’s adherence to the Commission’s established goals and priorities.

Reporting

All FRCs and County Common Projects are required to provide reports to the Commission. The FRCs are required to provide comprehensive reports by January 10 (Mid-Year Report) and August 10 (Final Report). Each reporting period includes a financial report based on the original budget submitted with the proposal and substantiated by a Profit & Loss statement for that period. Each FRC grantee is required to present a report on its progress towards its goals at a regularly scheduled Commission meeting or site visit. In addition, site visits/observations will be conducted by Commissioners and/or the Executive Director for purposes of evaluating the qualitative outcomes of the funded projects. Reporting for County Common Projects follow a similar format. The opportunity to highlight progress will occur at regularly scheduled Commission meetings during the year, alternating with the FRCs’ highlight presentations.

Evaluation

In 2019, First 5 Siskiyou refined its strategic evaluation framework, in terms of its desired results and indicators. This work led to the creation of a new **Strategic Plan**, which will guide our actions in FY 2019-20. It is a living document and will continue to evolve throughout the year, linking each result and indicator to funded or leveraged programs, and identifying data sources and reporting responsibility for each indicator. To measure the indicators, the Commission is utilizing evaluation tools established by First 5 Siskiyou, First 5 California, Oregon State University, Portland State University, and Applied Survey Research. In terms of data entry, a representative from each of the funded projects is trained to collect and input data into First 5’s evaluation system. Input is required quarterly by October 10, January 10, April 10, and July 10 for their respective programs. In addition to the data entry, funded projects collect surveys and other evaluation summaries at events or services.



First 5 Siskiyou's Strategic Framework

To respond to community needs and achieve our mission, First 5 Siskiyou has defined the following four goals, desired results, and funded or leveraged strategies.

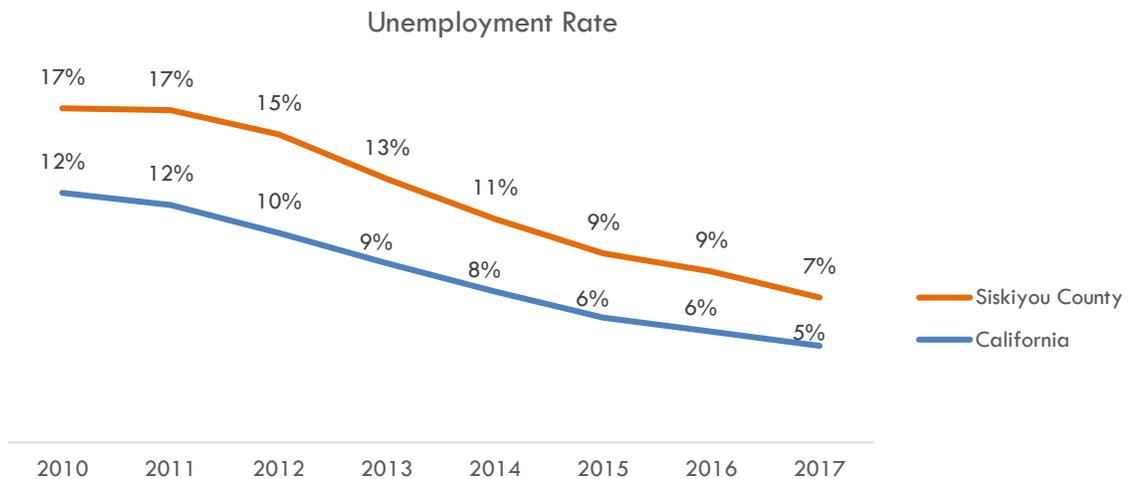


Profile of Siskiyou County Needs

Demographic Profile

The following presents a snapshot of key indicators about Siskiyou County's population.

- **Demographic Shifts.** The County is becoming older and more diverse, with a median age almost 12 years higher than the state average. Diversity is increasing, with 14.9% of the total population being people of color (up from 13.2% in 2010), and 33.8% of 2018 births were children of color.
- **Child Population.** The total number of children ages 0-5 is 2,714 (2019).¹ In 2018, children of color accounted for 17% of the total child population (KidsData.org, 2019).
- **Healthy Births.** In 2019, there were 457 babies born in Siskiyou County.² As for birth outcomes, 80% had adequate prenatal care compared to 84% statewide; and the percent of babies born low birth weight was 7.9% compared to 6.8% statewide. The teen birth rate is 20.4 per 1,000 births, about 26% higher than the statewide rate of 15.7 (County Health Status Profile, 2019).³
- **Educational Attainment.** Those with a high school degree earn only 61% of those with college degrees,ⁱⁱ yet only 56.8% of Siskiyou County residents have a 2- or 4-year college degree compared to the state average of 50.1%. Approximately 10% of adults do not have a high school degree.ⁱⁱⁱ
- **Employment.** The median household income in the County is only 65% of the state median income of \$70,892. Unemployment is higher than the statewide rate – 7.2% compared to 4.8% respectively.

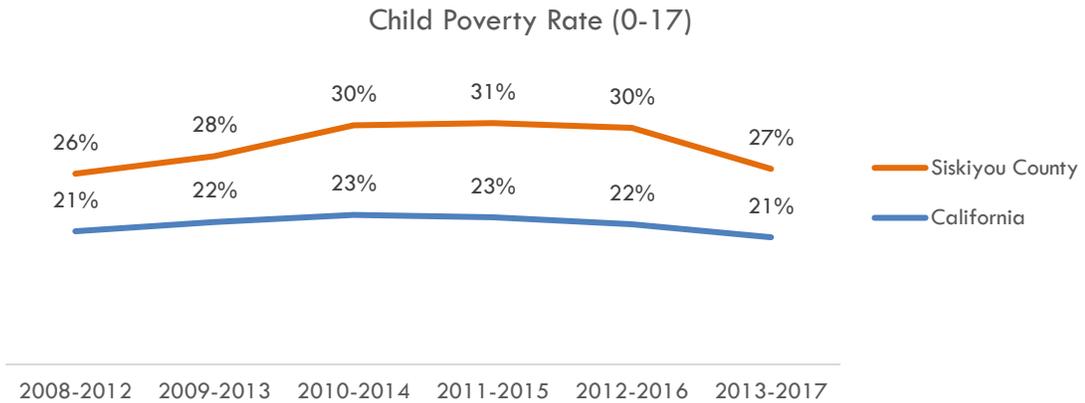


¹ California Department of Finance. P-2: County Population Projections (2010-2060). Retrieved from the web: http://www.dof.ca.gov/Forecasting/Demographics/projections/documents/P1_Age_1yr_interim.xlsx

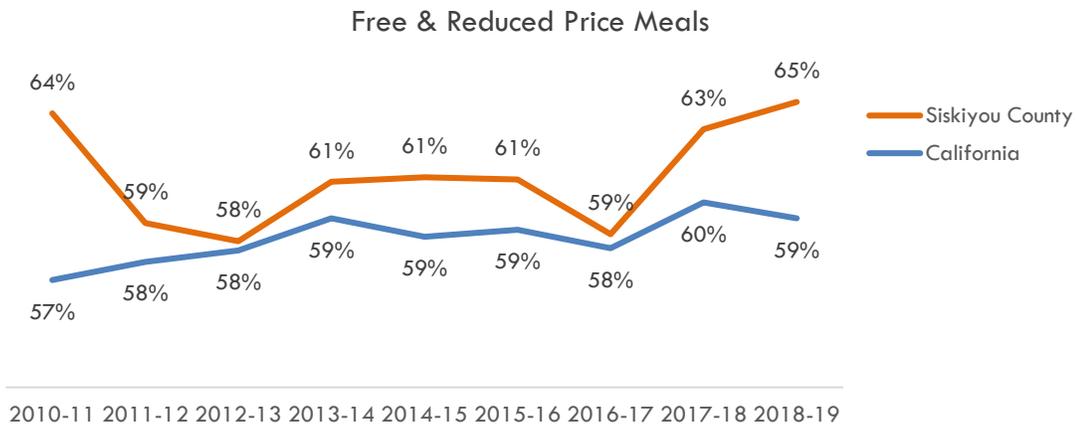
² California Department of Finance. P-2: County Population Projections (2010-2060). Retrieved from the web: http://www.dof.ca.gov/Forecasting/Demographics/projections/documents/P1_Age_1yr_interim.xlsx

³ CDPH County Health Status Profile, 2019.

- Poverty.** About 29% of children under 6 years of age in the County live in poverty. Many of those interviewed in 2017 for the Siskiyou County Snapshot pointed to the grinding effects of intergenerational poverty on family wellbeing and child development. In 2018, 1,183 families received CalWORKs and 6366 people participated in the CalFresh food stamps program.



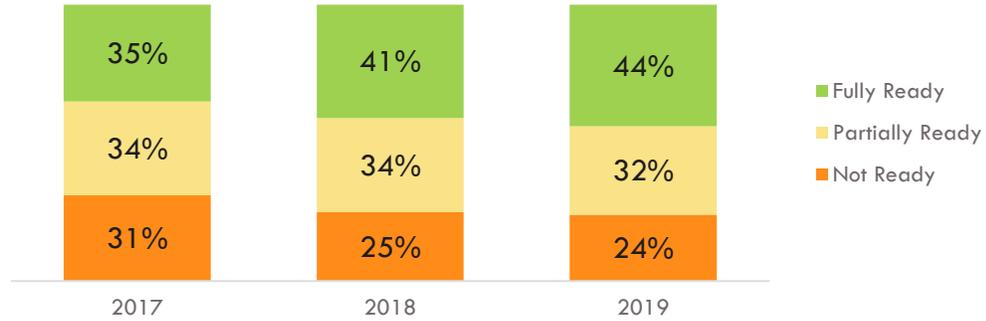
- Free or Reduced Meals.** As a proxy for poverty, approximately 64.5% of enrolled K-12 students (3,932 of 6,096 students) in the County received free and reduced-price meals, higher than the statewide rate of 59.4% (DataQuest, 2019).



- Food security.** Additionally, 23.7% of children under 18 years of age were food-insecure in 2017, higher than the statewide rate of 16.9% (map.feedingamerica.org, 2019). As of 2018, 6,366 individuals in the County received CalFresh benefits.
- Kindergarten Readiness.** In 2017, 35% of students entering kindergarten were found to be fully ready for kindergarten, meaning they had the skills needed to be successful by third grade. The biggest factors influencing kindergarten readiness were: not coming to school tired, special needs, family income, English learner status, and experience in formal licensed preschool; many of these factors can be addressed through First 5 Siskiyou partnerships and programming. By 2019, the percent of

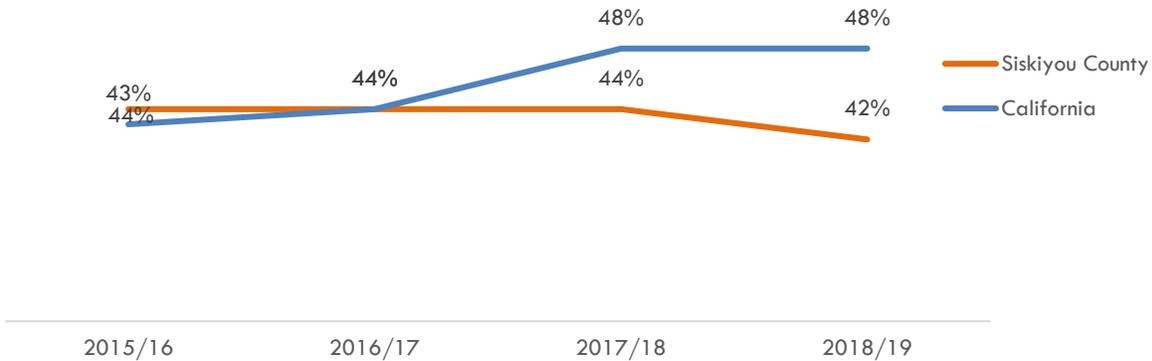
students *Fully Ready* for kindergarten increased to 44%, and the percent *Not Ready* decreased from 31% to 24%.

Countywide Kindergarten Readiness



- Academic Achievement.** The county has 23 school districts, and most districts providing elementary education have few children. Overall, 42% of Siskiyou County 3rd grade students met or exceeded standards for English Language Arts in 2018, compared to 48% of students statewide (DataQuest, 2019). County leaders interviewed noted increasing serious social and behavioral needs in kindergarten and elementary school students.

3rd Graders Meeting or Exceeding ELA Standards



- Child Abuse.** In 2019, the rate of substantiated child abuse allegations for children 0-5 was 21.3 per 1000 (58 children), compared to the state at 10.3 per 1,000. Additionally, there were 33 children in foster care.⁴

⁴ Webster, D., Lee, S., Dawson, W., Magruder, J., Exel, M., Cuccaro-Alamin, S... Casillas, E. (2019). CCWIP reports. Retrieved 5/13/2019, from University of California at Berkeley California Child Welfare Indicators Project website. URL: <http://cssr.berkeley.edu/ucb_childwelfare>

Other Aspects of Community Need

In addition to demographic data, each year First 5 Siskiyou gathers data and community input on pressing needs in the community. Communities will be the primary source for determining their needs and how to meet those needs through surveys, assessments, and community input. Needs will be reviewed annually through the Resource Centers or community-based partnerships.

Other needs that have been identified for children and families across Siskiyou County include:

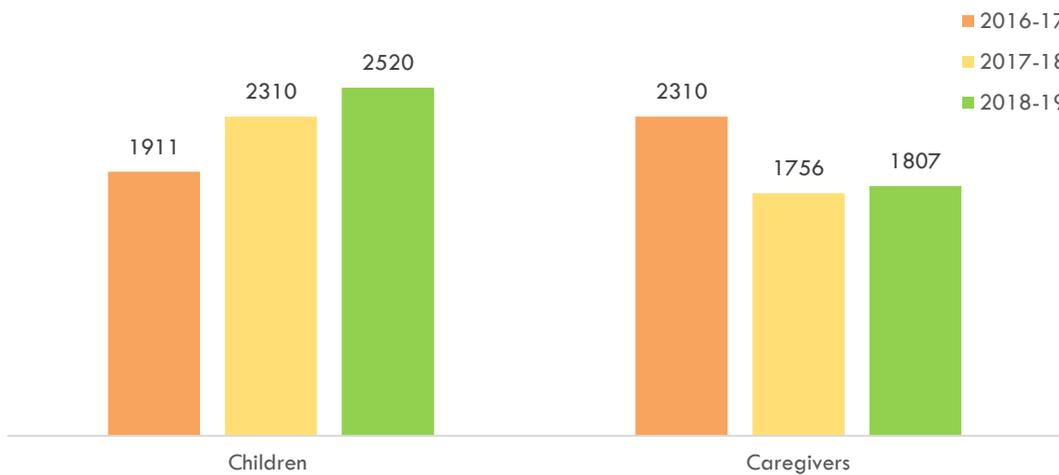
- Locally based access to information, easily accessible services, supports and resources through drop-in services
- Information and resources about Strengthening Families 5 Protective Factors
- Opportunities for families to engage in fun activities to build social connections
- Parenting education workshops, series, and support groups
- Stewards of Children: Darkness to Light Sexual Abuse Prevention Education classes
- New parents support groups
- Father-specific classes, support groups, events, and workshops
- Community education about Adverse Childhood Experiences and strategies to promote resiliency
- Early developmental screenings, and vision, hearing, dental screenings, and resources for treatment
- Home Visitation Systems Coordination/integrated services
- Education and information about immunization
- Resources for Tobacco cessation
- Early literacy, science, and numeracy-based family events, play groups, and other socials
- Resources and support for Early Care and Education, including support for children with challenging behaviors
- Summer Bridge Programs for children entering kindergarten

Profile of Children and Families Served

Annual Aggregate Data

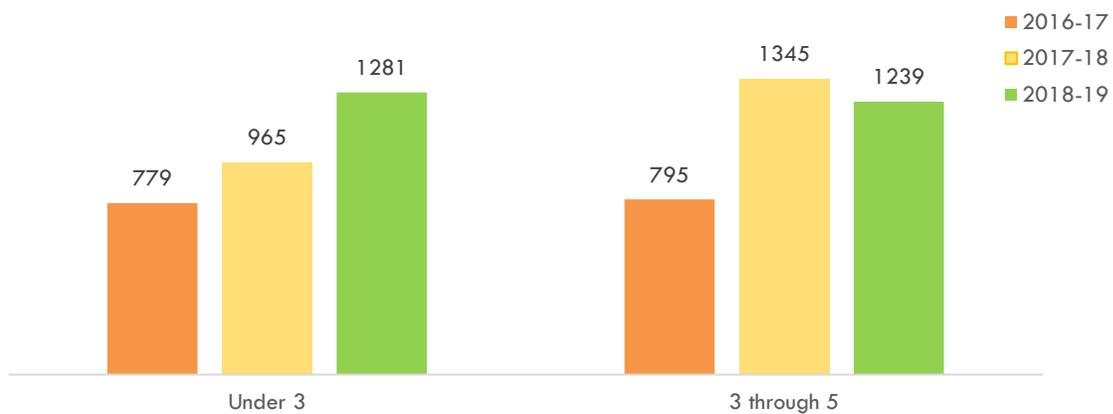
The following presents the number of children and parents served across First 5 Siskiyou efforts. In FY 2018-19, there were approximately 2,520 children served, or 93% of the estimated 2,714 children aged 0-5 countywide (Kidsdata.org, 2018). Additionally, 1,807 caregivers were served.

Figure 1 — Number of Children and Families Served by First 5 Siskiyou, per year



Source: First 5 Siskiyou Annual Report data, excludes children with ages unknown.

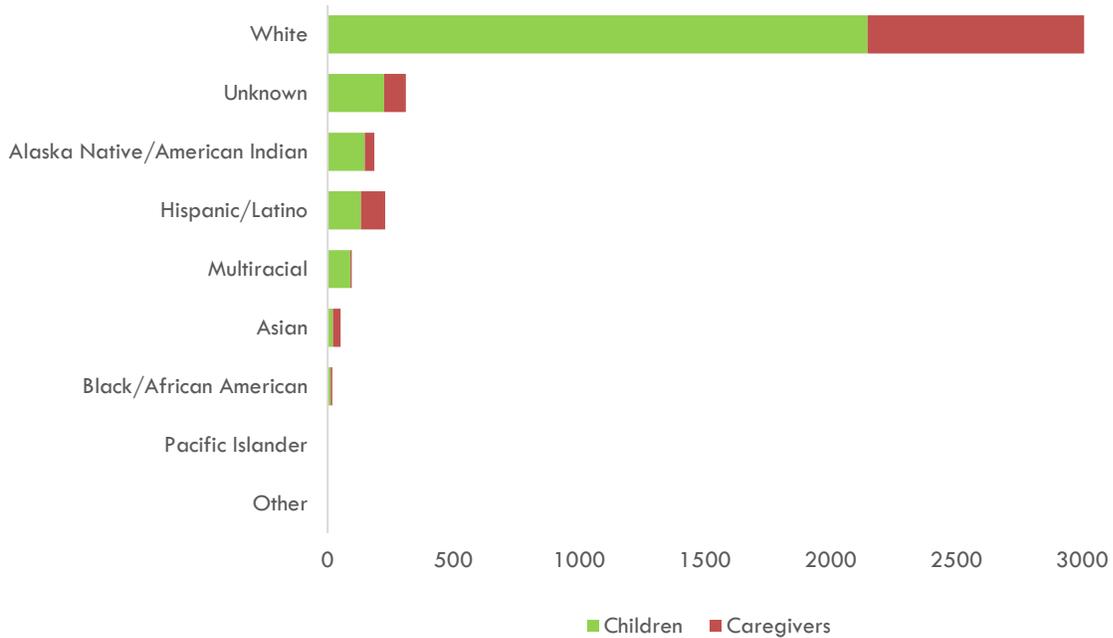
Figure 2 — Number of Children Served by First 5 Siskiyou, by Age



Source: First 5 Siskiyou Annual Report data.

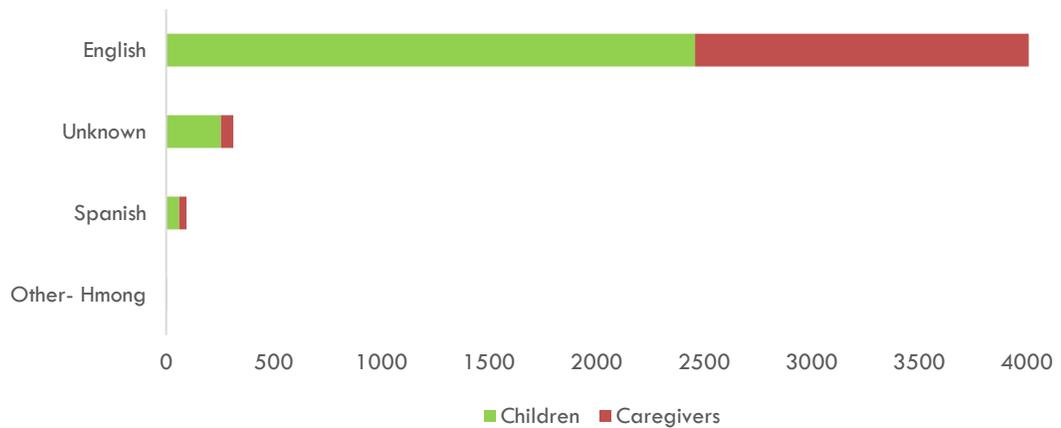
The vast majority of children in Siskiyou County are White (85%) and speak English as their primary language at home, followed by a smaller population of Alaska Native/American Indian (6%) and Hispanic/Latino (5%) who speak Spanish. Nine percent (9%) of children were reported with “unknown” ethnicity, and likely speak Hmong, and/or other languages.

Figure 3 — Children and Caregivers by Ethnicity



Source: First 5 Siskiyou Annual Report data.

Figure 4 — Primary Languages Spoken in the Home



Source: First 5 Siskiyou Annual Report data.

Profile of First 5 Siskiyou Families with Family Intake Form Data

Being a rural Northern California county, the data about Siskiyou County families presents not only the impacts of reduced economic opportunity, but also signs of family resilience, and opportunities for First 5 Siskiyou to continue supporting families.

In FY 2018-19, there were approximately 2,520 children and 1,807 caregivers served. First 5 Siskiyou piloted a universal Family Intake Form across its community and Family Resource Centers (FRCs). Data were collected from 640 FRC families (up from 477 families in FY 2017-18), including 29% from Yreka, 18% from Mt Shasta, and 15% from Tulelake. The majority of families were White (74%), followed by Latino (21%), and Native American (12%). Findings for First 5 Siskiyou families were as follows:

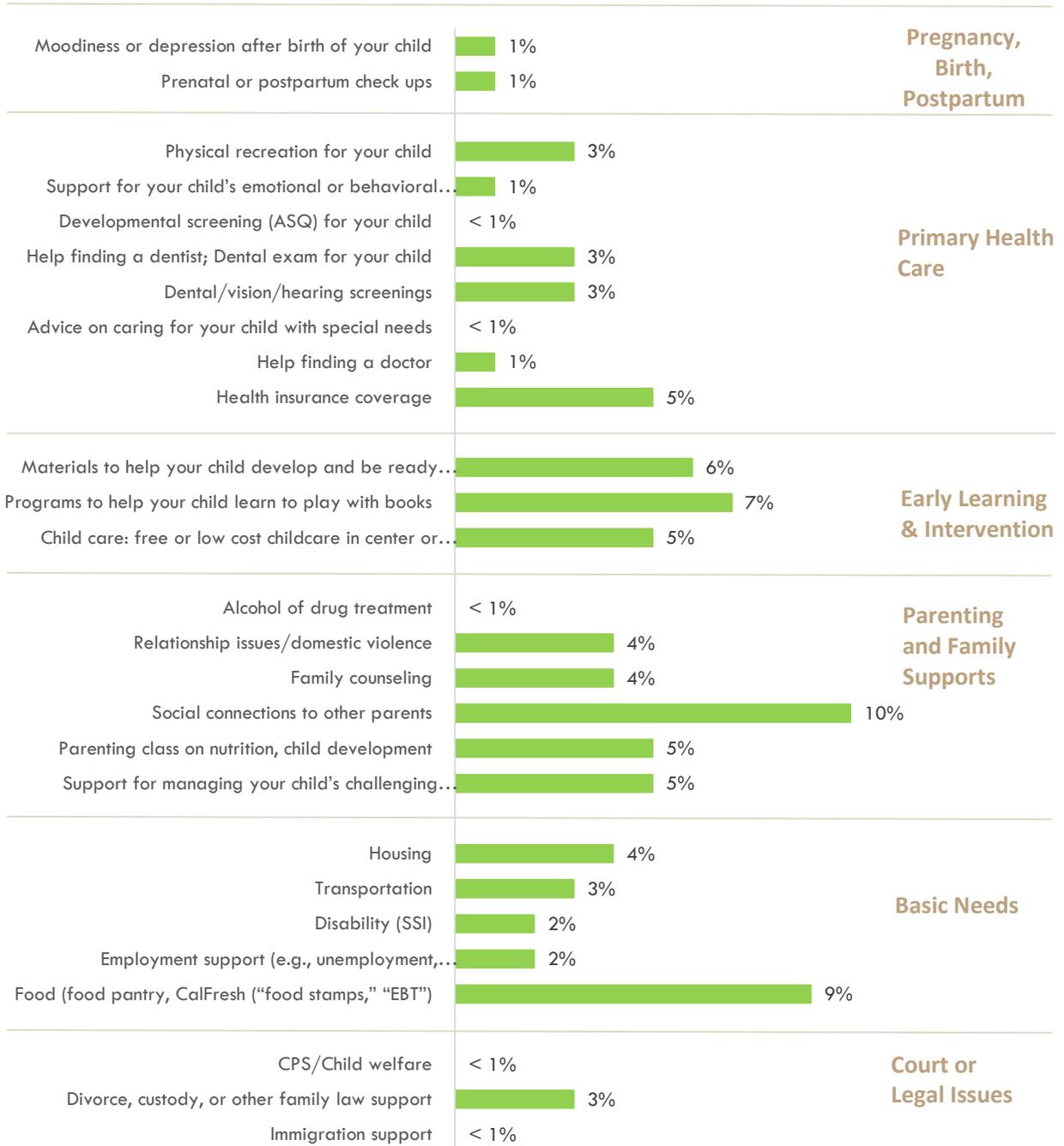
- C/FRC and community services:** Nearly half (44%) of FRC families participated in food and nutrition services such as WIC, CalFresh, and Food Bank, followed by general FRC resource and referral services (43%), library (39%), playgroups (34%), parent education classes and workshops (22%), and home visiting (6%).
- Income:** Almost 45% of the FRC families earned less than the federal poverty level of \$25,100, up from 40% the previous year, compared to 29% of children 0-6 countywide. Nearly half (47%) of FRC families reported being unemployed. Seventy percent (70%) of families are households with two parents.
- Health status:** Over three-quarters of children (80%) were on Medi-Cal, 19% had other insurance, and almost all (96%) had been to the doctor in the last 12 months for a well-child check-up, up from 93% the prior year. However, 72% of children had a regular dentist (up from 56% in the prior year), and 64% had seen the dentist in the past 6 months (up from 50% the prior year). Ten percent (10%) of reported children had untreated tooth decay.
- Family Concerns:** Respondents were most likely to be moderately or very concerned about *money and paying the bills* (38%), *health care issues* (19%), *work-related problems* (13%), and *access to food* (13%).
- Protective Factors:** Family support improved since last year in the area of *Concrete Support in Times of Need*; 69% said they “definitely” knew who to *contact in their community for help for basic needs*, compared to only 50% last year. In terms of *Social Connections*, 80% said they could find *someone to talk to when they needed advice about how to raise their child* (up from 73% the prior year), and in terms of *Knowledge of Parenting and Child Development*, 71% of families at the FRC felt they know *what to expect at each stage as their child grows and develops* (slight decline from 75% the prior year).
- Adverse Childhood Experiences (ACEs) - Abuse:** One-third (34%) of FRC families experienced abuse as a child by a person *outside* of their family, while one-fifth (20%) of *their* children have experienced abuse by a person *outside* of their family. The presence of abuse increased to 43% for those families who experienced abuse as a child by a person *inside* of their family, with 44% witnessing abuse between their parents as a child. Just over one-fifth (21%) of FRC children have experienced abuse as a child by a person *inside* of their family. Moreover, forty-one percent (41%) of FRC families believe their spouse was abused or neglected as a child, and nearly one-quarter (24%) of families reported that their spouse abuses or neglects them.

- **Behavioral Health:** One-third (34%) of FRC families have had a problem with alcohol and/or other drug abuse, and one-third (33%) has a spouse who has had a problem with alcohol and/or other drug abuse.
- **Family Activities:** Three-fourths (76%) of FRC families reported reading to their children at least 5 times per week.
- **Early Education:** When asked who looks after their children during the day, nearly two-thirds of children are cared for by a parent (60%), and another 22% by a family, friend, or neighbor. However, only 34% of respondents' children were cared for in a licensed preschool center^{iv}.
- **Greatest barriers to accessing services:** Even though most children are cared for during the day by their parent, parents said that the greatest barrier to accessing services was not having child care (43%). Other barriers included *not having the time* (32%), *don't know where to go/who can help* (26%), and *not having transportation* (21%).



When asked about their interest or need in particular services, the charts on the following pages reveal findings similar to their intake questions above, with the most frequently requested supports being:

Figure 5 — Services Requested by Families Served by First 5 Siskiyou (2018-19)



Source: 2018-19 Family Intake Form, Q75-86. n = 640.

Goal 1 — Resilient Families

Desired Results

- Parents provide nurturing and positive emotional support to their children
- Families have access to resources and support in time of need
- Families increase social connections through locally-based family friendly activities
- Families are self sufficient

Kit for New Parents

In FY 2018-19, Kits for New Parents were provided to 98 families throughout Siskiyou County to support their journey into parenthood.

The Kit for New Parents is a free, comprehensive resource from First 5 California for new and expectant parents emphasizing the importance of a child's early years. Kits are available in multiple languages and are distributed in multiple locations throughout the county, including hospitals, clinics, and FRCs. Kits for New Parents were distributed at each of the seven FRCs, as well as through FRC coordination with hospitals, home visitation programs, and community events.

Figure 6 — Number of Kits for New Parents, by Site

Distribution Site	# New Parent Kits Distributed
Yreka FRC/Fairchild Hospital	255
Dunsmuir CRC/community events	12
HUB/Montague FRC	9
Mt. Shasta FRC/community events/WHB	59
Weed FRC/community events	9
Happy Camp CC	14
Tulelake	35
TOTAL	393

Source: 2018-19 FRC Annual Report.

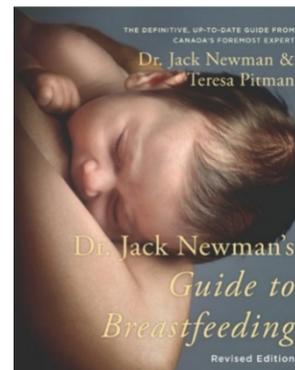
Welcome Home, BABY! Universal Home Visitation Program

In FY 2018-19, Welcome Home, Baby! provided in-home breastfeeding support to 47 mothers and newborns.

Welcome Home, Baby! is a home visitation program to provide new parents with information, support, and a trusted partner to help them through the journey of early parenthood. Services offered include information and support about newborns, personalized answers to any questions moms or dads may have including newborn care, infant sleep, crying and soothing, immunization, a developmental screening tool, kits for new parents, infant feeding and nutrition for mom, postpartum blues and recovery, referrals to resources as needed, and referrals to fun and educational activities for parents/caregivers and the newborn. All participating mothers received a kit that contains the First 5 Kits for New Parents, the Breastfeeding Answer

Book by Dr. Jack Newman, ACOG Postpartum Depression pamphlet (which contains the Edinburgh self-test), handouts from CalFresh, Text 4 Baby, and Children’s Oral Health, practitioner’s customized list of favorite resources, and information sheets by Medela on preventing engorgement, sore nipple management, breast pump kit care, clogged ducts versus mastitis, and when to call for help.

All 47 mothers who received breastfeeding support, either in-person (7) or by phone (40), also received general service support from Welcome Home, Baby! All 7 mothers seen in person were encouraged to take the Edinburgh Self-Assessment Test for anxiety and mood disorders, which was provided as a pamphlet; however, there were no formal referrals for, or discussions with the doctors of these 7 mothers for anxiety or mood disorders, such as Post-Partum Depression. There was a total of 4 breast pumps loaned to new mothers.



Siskiyou County Family/Community Resource Centers/Community Center

In FY 2018-19, FRCs continued to have substantial reach across the county, serving a large portion of the county’s young children and their caregivers.

FRCs are a vehicle for positive change for families. Research and evaluation have demonstrated that there are positive short-term and long-term outcomes for children and families who participate in family support through FRC activities. Services provided by FRCs throughout Siskiyou County help reduce costs and improve outcomes by: 1) supporting prevention and reduction of criminal justice recidivism; 2) reducing entries into the child welfare system; 3) promoting healthy lifestyles; 4) providing prevention and early intervention for those at risk of mental illness; 5) assisting families in securing access to health care and nutritious food; 6) educating parents and caregivers on raising emotionally healthy children; 7) providing those with chronic illness the skills and support to optimize health; and 8) fostering the spirit of community, neighborhood and family support (*FRC Vehicle for Change, 2017*).

How do FRCs have this impact on families? FRCs use the Strengthening Families model to increase the capacity of families to be healthy involved members of dynamic communities.

What is the Strengthening Families Approach?

First 5 Siskiyou, the FRCs, Quality Counts Siskiyou sites, and community partners collaborate to implement programs based upon the Strengthening Families framework, a research-informed approach to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect. At its heart, Strengthening Families is about changing how service providers interact in small but intentional ways to help families build their own protective factors.

The *five protective factors* include:

- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional competence of children

Over the years, many Siskiyou County families who participated in FRC programs have increased their access to food, improved their parenting skills and their ability to obtain and keep jobs, and have worked through the struggles of addiction, mental health, as well as have made healthy social connections that last beyond their involvement in the FRCs. Secondly, positive outcomes for families come from the FRCs' commitment to capitalize upon family strengths and increase protective factors (see inset on Strengthening Families). The FRCs promote growth and increased community engagement in families.

[Parents] were full of praise and appreciation for the wealth of support and help provided by their local Resource Center. There were many glowing reports of how the programs provided had saved families in times of dire need. One woman said she arrived in town with nothing and was given clothes, food, and all that she needed. She couldn't be more grateful. Others mentioned how the playgroups had been a profound support, both for the children and for the parents themselves, in that they were able to meet other parents in similar circumstances. Many said that they made life-long friends there...the parents felt that the warm support offered by those who work at each center was an extension of family.

– Ana Ramana, Contractor who conducted FRC interviews

FRCs build upon local culture, strengths and resources, and in several communities serve as intergenerational hubs of activity and support. Serving a crucial role in linking efforts of the faith community, county agencies, schools, health providers, service clubs and local governments to families and individuals, high performing FRCs enhance community involvement, serve as conveners for some prominent community issues, and provide a conduit for local access to services and support. In short, they are woven into Siskiyou County's social and service fabric and are integral to the success of countywide and local initiatives.

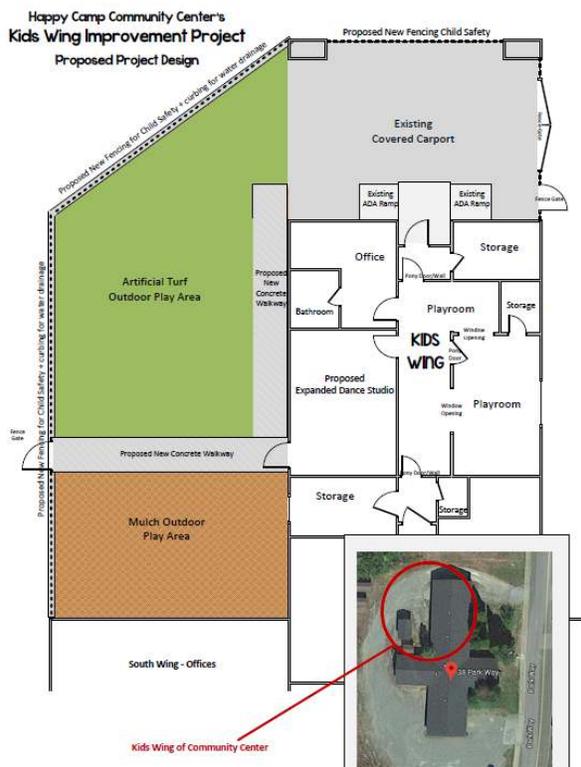
First 5 Siskiyou is one of two main funders of local FRCs throughout Siskiyou County (the other is Siskiyou County Behavioral Health – Mental Health Services Act). The FRCs are independent 501(c)(3) corporations or affiliated with another resource center 501(c)(3) and consists of a Director/Site Coordinator and appropriate staff. Highly functioning FRCs with strong internal systems have been able to survive through budget cuts.

FRCs are active in 8 communities around Siskiyou County. The Siskiyou Community Resource Center Collaborative is the largest FRC nonprofit with centers in Dunsuir, Mt. Shasta (serving Mt Shasta and McCloud), Weed, Yreka, and HUB Communities (serving Montague, Grenada, Big Springs, and other rural areas). Additional FRCs include:

- Happy Camp Community Center – Happy Camp and surrounding areas
- Scott Valley Family Resource Center – Ft. Jones and Etna^y
- Tulelake/Newell Family Resource Center – Tulelake



Happy Camp Community Center playroom



Happy Camp Community Center's Kid Wing Improvement Project, Proposed Project Design

The communities of McCloud and Butte Valley currently do not have FRCs. First 5 Siskiyou continues its commitment and investment in these communities through other linkages. First 5 Siskiyou is actively providing resources and support to the Butte Valley Community through the school, preschool, health clinic, and participation through the local collaborative.

In spring of 2019, Happy Camp Community Center received an award letter from The McConnell Fund of Shasta Regional Community Foundation for \$41,300 to finish renovating the Kid's Wing of the Community Center. As Abby Yeager, Executive Director of Happy Camp FRC, expressed, *"I'm so grateful to First 5 Siskiyou for their support, their commitment to our vision, and contribution to purchase new equipment and toys for the playroom, which really helped our project receive this final funding."*

FRCs are usually open 4 days a week and offer a range of services including parenting education classes, mental health and wellbeing resources, support groups for relatives, fathers, new parents, or others raising children, child development activities, resource and referral, peer-to-peer support, life skills and advocacy, application assistance, job search,

physical activity and nutrition education and promotion, safety education, and injury prevention. Through MHSAs funds they provide positive youth development programs such as Girls Circles, family strengthening events and celebrations, parenting education, improved health outcomes through social connections, mental health prevention, economic supports, and senior and veteran's services. FRCs also strengthen the lives of those who directly participate by providing job skills development through CalWORKs, AARP, and community volunteerism. They further enrich Siskiyou County's economy by supporting at least 30 part-time, full-time, and contracted jobs. Local resources are leveraged with First 5 Siskiyou and MHSAs funds.

In FY 2018-19, FRC key achievements included:

- FRCs served 2,184 children and 1,813 caregivers with drop-in services, resources, referrals, free books, screenings, playgroups, Harvest of the Month activities, and parenting education.
- Nearly half (44%) of FRC families participated in food and nutrition services such as WIC, CalFresh, and Food Bank, followed by general FRC resource and referral services (43%), library (39%), playgroups (34%), parent education classes and workshops (22%), and home visiting (6%).
- FRCs and other partners co-funded by First 5 Siskiyou provided support groups and other educational opportunities to 2,035 parents and 2,038 children/youth, as well as 43 family friendly events and gatherings that were attended by 5,821 people throughout Siskiyou County.

The main challenge in FY 2018-19 for FRCs was providing enough staffing to meet the needs of First 5 families. Case Managers are needed at each FRC site, particularly to provide monitoring and coordinated referrals for

the needs of parents who fill out an intake form, beyond providing their immediate need with a one-time referral. First 5 Siskiyou will be writing grants for staffing at each FRC site, and continuously works with community partners to develop proposals to address community needs.

Program Success Story

Staff from the Mt. Shasta Community Resource Center described the success of how their Messy Play series strengthened families' and children's social connections, and increased children's fine motor skills, creative development, language/vocabulary development, and literacy skills. Engagement in the series was so high that there was a full waiting list for the next series before the first series had even finished, with 26 children and 19 adults in attendance. Staff noted the success was due to providing a messy opportunity that gets parents and children out of the house, does not require clean up on the parents' part, yet encourages messiness, creative exploration, and fosters new social connections through fun and interactive play in a safe environment for children. Staff reported spotting families from the Messy Play series attending other First 5 events together, noting the *"perfect example of increasing families' social connections."*

Similarly, staff from the HUB Communities Family Resource Center described the success of Montague Elementary School's food drive donating their proceeds to HUB families in need. In December 2018, approximately 1,118 items of food were donated, consisting of *"such a variety that we were able to sort items into approximately 90 bags that resembled what a family might take home from the grocery store to make several balanced meals...These bags have gone to families...[that] had exhausted their privileges at other pantries."*

Evidence Based Parenting Education Classes and Workshops

In FY 2018-19, parenting education workshops helped 687 parents become their children's best first teacher.

Confirmed by research, First 5 Siskiyou Children and Families Commission believes parents are their children's first and most important teachers, and that investment in a strong parenting education system is a critical strategy for ensuring that all children are ready to succeed. Parent education programs help parents develop appropriate child behavior management techniques and gain knowledge and understanding of age-appropriate behavior and expected developmental milestones. The programs often contain a component to help parents learn the skills of identifying community resources that provide support to families. Parent education is a successful approach to reducing the risk of child abuse and neglect.

The Strengthening Families Collaborative, Siskiyou's Parenting Education HUB Initiative, is a countywide partnership between First 5 Siskiyou Children and Families Commission, Ford Family Foundation, College of the Siskiyou's Foster/Kinship program, Mental Health Services Act, Siskiyou County Probation, Karuk Tribe, Lilliput Family Support Services, Siskiyou Early Head Start, Human Services and other partners, schools and FRCs throughout the county. The goals of the Collaborative are to:

- Build a stronger more coordinated parenting education system;
- Enhance parenting skills through evidence-based programs provided in communities throughout the county; and
- Provide capacity building trainings by national experts for those who work with families.



*“As I closed my first report to the Board of Supervisors meeting...I explained that [the numbers I provided] **did not include** all of the live and mental wellness support being provided by community aunts, uncles, grandparents, siblings, teachers, pastors, and **Resource Center staff**. These are the folks that walk alongside of many community members, and in doing so, keep those members from having to use the Department. **One of the proudest moments of my career history is having the honor of supporting First 5 Siskiyou and our Family and Community Resource Centers.**”*

- Arden Carr, LMFT, Director of Siskiyou County Behavioral Health Department,
at the First 5 Siskiyou 20th Anniversary Celebration on April 16, 2019

In FY 2018-19, First 5 Siskiyou supported the Siskiyou Strengthening Families Collaborative to offer over 260 evidence-based parenting education classes and workshops. Funded by county, college and First 5, the parenting classes are taught by topic area experts, including licensed clinicians, certified drug and alcohol counselors, educators, and child development specialists. Some of the programs have parents practice the skills with their children in group settings. All classes include quality childcare, and family-style meals.

Participation in parenting education classes is becoming a community norm. Eighty-three percent (83%) of the parents who participated in parenting classes attend these classes voluntarily to enhance their parenting knowledge and skills. In the 2017-2018 fiscal year, First 5 Siskiyou increased the number of weekly parenting classes in two communities, while in FY 2018-19, weekly parenting classes were offered in the Montague and Weed communities. In addition, First 5 Siskiyou continues to have a strong partnership with Siskiyou County Human Services and Siskiyou County Probation to offer targeted, intensive parenting education programming for parents who are mandated as part of their court-diversion or reunification process (17% of participating parents are court mandated). However, it has become common for mandated parents to continue participating in parenting classes beyond the mandated timeline.

Achievements included:

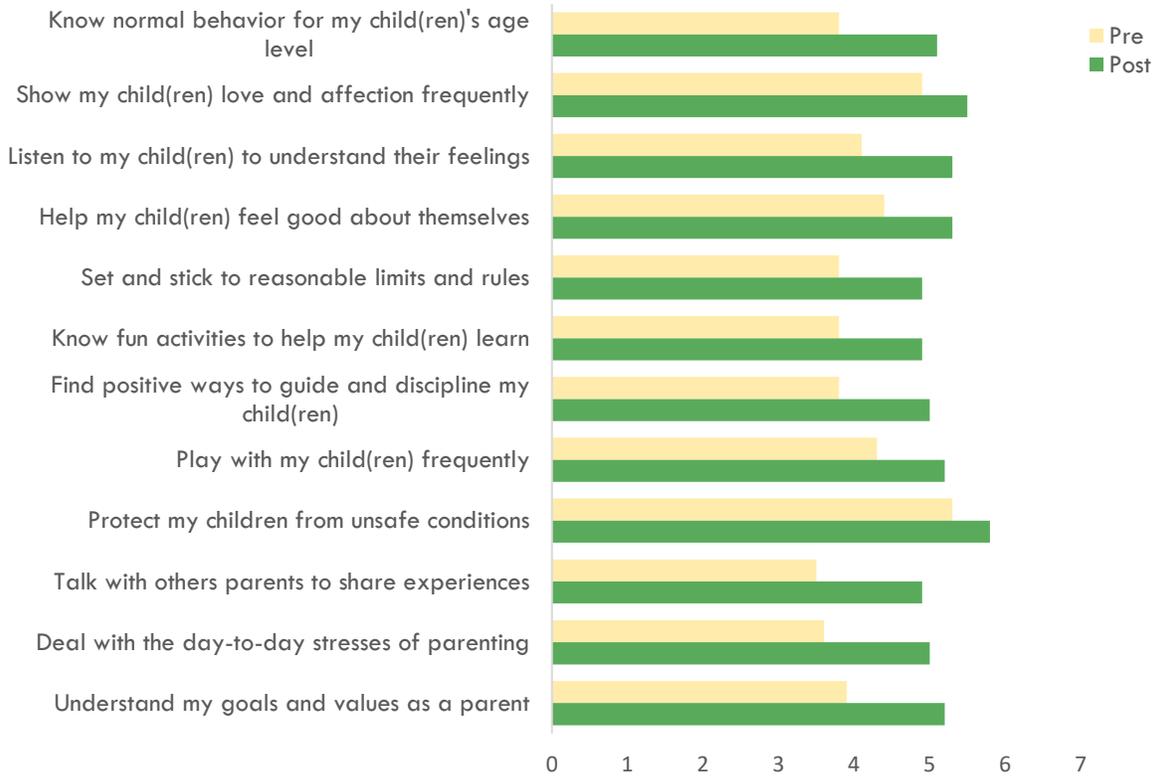
- 188 evidence-based parenting classes offered and attended by 231 parents;
- 72 parent workshop sessions offered and attended by 687 parents (an impressive increase, compared to 450 parents in FY 2017-18);
- 55% of families who participated in evidence-based parenting classes had children prenatal to under age 6; and
- One-hundred percent of parents reported that the class series was somewhat or very helpful, and 95% of parents reported that they would use the information from the workshop.

“I am slowly becoming more confident in who I am, and my role as a parent.”

“[My children] respond so much better to change.”

Retrospective pre/post surveys were collected from parents to gauge their reported abilities in supporting their child’s development. As seen below, parents rated their abilities more favorably after the training.

Figure 7 — Improvement in Parenting Skills



Source: 2018-19 OSU Site Report, Retrospective Pre Test.

Program Success Story

Staff from the Yreka Community Resource Center reported that their Nurturing Parenting Skills class this year was “hugely successful and greatly attended... By the end of the class, all of the children were enrolled in Siskiyou Early Head Start and had received ASQ screenings.”

“I am being more consistent and setting up healthy boundaries.”

“Ahora entiendo mas sobre los niños y sus desarulla (I understand development).”

“He is trusting me much more and respecting me.”



Goal 2 — Quality Early Learning

Desired Results

- Children have access to high-quality early care and education
- Children enter kindergarten ready to succeed

Quality Counts Siskiyou

In 2018-19, First 5 Siskiyou's Quality Counts partnership worked with 31 early learning programs to enhance quality through QRIS assessments, mentors, and training.

Quality Counts Siskiyou (QCS) is a locally implemented and First 5 California co-funded quality rating and improvement system (QRIS). It supports early childhood centers, preschools, and family child care homes that voluntarily commit to continuous quality improvement based upon state and nationally recognized quality standards. QCS additionally coordinates with the early care and education community to help ensure high quality programs and increase knowledge for parents, educators, and caregivers about the importance of quality environments and interactions. Quality Counts partners included: First 5 Siskiyou, the Child Care Planning Council, the Siskiyou Child Care Council, and the College of the Siskiyou's (COS) Early Childhood Education Program. Through the Quality Counts Siskiyou partnership, these and other partners are implementing a three-pronged approach to improve the number of high-quality early learning programs:

1. A master coach/mentor approach to help FRC's, tribal early childhood programs, family child care and licensed early childhood programs complete self-assessments and implement quality improvement plans aligned with the state's QRIS framework and with the Strengthening Families Protective Factors;
2. A QRIS/incentive program to build QRIS systems, recruit and incentivize QRIS participation and quality improvement connected to the state QRIS matrix and tools;
3. Common training, a county-wide system of family engagement, and strengthening activities centered on the Strengthening Families Protective Factors, and development of quality improvement models for FRC play groups and activities. ^{vi}

All sites are paired with a Mentor Coach who assists them in reviewing their quality assessment data, namely ERS (Environmental Rating Scales), which covers multiple dimensions of the early care and education environment, and the CLASS, which assesses three dimensions of adult-child interactions and Strengthening Families Self-Assessment, which assesses systems to increase positive outcomes for children and families.

After sites have been assessed, the Mentor Coach facilitates the development of a site and/or classroom Continuous Quality Improvement (CQI) Plan. The Mentor Coach provides technical assistance and links early care and education staff to trainings and resources that will improve the quality of the site's environment and adult-child interactions.

QRIS tier ratings are based upon the Quality Counts California state rating matrix. Sites are rated on a scale of 1 to 5, with 5 as the highest quality level. Quality Counts Siskiyou early care and education sites are assessed by independent observers who are experts in early childhood education. Ratings are determined by calculating

the number of points a site has earned for implementing quality practices in three core areas: 1) Child Development and School Readiness, 2) Teachers and Teaching, and 3) Program and Environment. Tier ratings reflect the following criteria:

Tier Rating 1: Meets minimum state licensing requirements (all licensed family child care homes and licensed centers in good standing meet this tier level)

Tier Rating 2: Demonstrates quality across some elements of the CA rating matrix

Tier Rating 3: Demonstrates quality across a significant number of elements on the Quality Counts CA rating matrix

Tier Rating 4: Demonstrates a high level of quality across a significant number of elements on the Quality Counts CA rating matrix

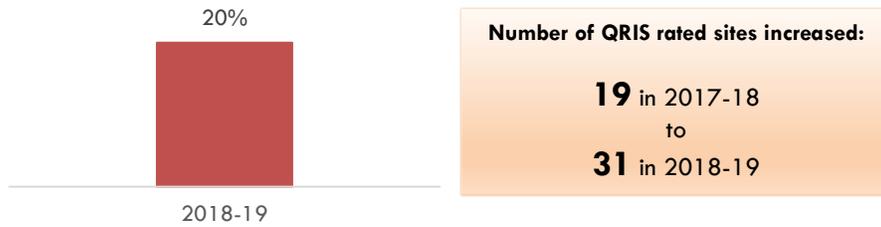
Tier Rating 5: Demonstrates excellent quality across all or most elements on the Quality Counts CA rating matrix

Specific achievements in FY 2018-19 included:

- In Siskiyou County, there were 19 total licensed county child care program sites, and 29 total family child care homes in FY 2018-19.^{vii} However, 31 early care and education sites participated in Quality Counts and received direct support services from a Mentor Coach; these numbers are unique because Siskiyou County includes playgroups and alternative sites within our Quality Counts system. Of the 31 participating sites, 18 were licensed child care centers, 5 were licensed family child care homes, and 8 were alternative sites, while 10 licensed child care centers were rated. On the rating scale, 5 is the highest rating. Of these 10 licensed sites that were rated, 90% (9 sites) were rated an overall score of a 4 or 5. Fourteen sites were rated within the tier 3 framework.
 - For comparison, according to the Family Information Intake Form, when asked who looks after their children during the day, nearly two-thirds of children were cared for by a parent (foster, relative raising children, birth, adoptive) (60%), and another 22% by a family, friend or neighbor. However, only 34% of respondents' children were cared for in a licensed preschool center.^{viii}
- One hundred percent of the county's FRC playgroups participated in Quality Counts Siskiyou.
- Siskiyou QRIS sites received much-needed child size furnishings, equipment, and/or supplies to enhance their learning environments and increase their ERS scores.

As of June 30, 2018, there were 19 child care programs that were participating in Siskiyou County's Quality Rating Improvement System (*QRIS*), led by the Siskiyou County Office of Education. By June 30, 2019, that number had increased favorably to 31 program sites, representing 544 children, or 20% of the county's 0-5 year-olds.

Figure 8 — Percentage of Children Aged 0-5 who Attended a Preschool Site with a Quality Rating



Source: Siskiyou County Office of Education, 2019. Note: Number of children aged 0-5 attending a QRIS site (2018-19): 544.

Family Success Story

First 5 Siskiyou staff who coordinate QRIS efforts with schools commented on one parent’s experience (Jeff^{ix}) as he sought support services for his child at Fort Jones Elementary State Preschool:

Jeff, a dad, moved to rural Siskiyou County. He was struggling with lack of social connections and was interested in increasing knowledge of child development. Jeff provided a loving environment for 3 of his 7 children who lived with him. Jeff’s daughter began preschool. Jeff brought his daughter every day on time and picked her up on time, although he acted shy and a bit uncomfortable, always staying outside of the classroom. He was also looking for support in getting speech therapy for his daughter, who needed support to improve her receptive language skills when she started school. Services were started right away.

The preschool, part of the Quality Counts Siskiyou was developing their quality improvement plans. The Strengthening Families survey developed by the Center for the Study of Social Policy, indicated they could benefit from focus on father engagement. Simon (staff) put up a Dad’s Bulletin Board and made flyers for Dad’s Basketball Night. Using the gym at the reservation, Simon organized a preschool dad’s basketball night one evening a week. Moms and children were also invited.

“I love everything First 5 does for us, but I really appreciate the continued staff and student support of Quality Counts. First 5 helps us meet our goals.”
 - Principal Joy Isbell

Jeff and Simon built a friendship over weekly basketball. Jeff started coming into the class to play and visit. He was surprised and happy to see a baby doll representative of his family ethnicity among the available toys. He brought supplies and did a beading activity with the students. He was involved and relaxed, and [staff perceived that he] felt accepted. That was when he began to be more engaged at the school and with his children. Jeff took his family to the community literacy night, and volunteered to be his sons’ football coach. Jeff now intentionally walks past the preschool classroom while taking his daughter to kindergarten, and explained, “I miss my connection in the preschool class.”

Through a combination of local and regional dollars, First 5 Siskiyou continues to expand the number of ERS and CLASS certified observers, assessors, and trainers in the county. We are grateful to all our partner agencies and to all the individuals who have stepped up (and continue to persevere) in completing these rigorous trainings, certifications, and re-certifications. For more information on California’s Quality Rating and Improvement System, go to http://www.ccfca.gov/programs/programs_ca-qris.html.

Family Literacy

In total, nearly 35,000 books have been provided through First 5 to Siskiyou families with young children.

To promote the importance of daily reading, singing, playing and talking, First 5 Siskiyou invests in a menu of programs which support early literacy promotion. Books are distributed at places such as family fun events, community celebrations, county and regional fairs, preschools, childcare programs, FRCs, play groups, story time events, WIC, Siskiyou Human Services, and libraries. Examples of achievements in FY 2018-19 are described below.

Red Scarf Society: Red Scarf Society for the Performing Arts is a volunteer organization that promotes the performing arts in the communities of Siskiyou County, serves as a support group for the Yreka Community Theater, and provides education outreach to the students of Siskiyou County.

- In FY 2018-19 at the annual Family Concert at the Siskiyou County Fair, the Red Scarf Society distributed 200 books to children, along with 100 backpacks, to provide educational support to children of Siskiyou County. First 5 Siskiyou is grateful for the stellar commitment of the volunteers of the Red Scarf Society.



Members of the Red Scarf Society, with Karen Pautz, First 5 Siskiyou Executive Director, Children and Families Commission

11th Annual Read Across Siskiyou: Read Across Siskiyou is an annual event that connects special guest readers to events hosted throughout the county. The Read Across Siskiyou program encourages children to read daily by highlighting one particular book at events held throughout local schools, preschools, child care centers, and libraries, with each participating child receiving a copy of the book to take home.

- In FY 2018-19, nearly 300 Read Across Siskiyou events took place throughout Siskiyou County to promote daily reading among children.

Reading Center in the Health and Human Services Department's Waiting Room: First 5 Siskiyou and the Department of Health and Human Services (HHS) partnered to create a reading center in the HHS waiting room. The books are located in the HHS lobby and enjoyed by CalWORKS applicants who are required to attend a face to face interview at the time of application. Families and children attending these appointments enjoy the books while they are waiting.

Literacy Partnership with Siskiyou County Library: Siskiyou County Library received a matching grant from First 5 Siskiyou to increase the number of quality children’s books as well as parenting books at libraries throughout the county. The selection of parenting and children’s books included references from the monthly parenting newsletters created by OSU and distributed by First 5 Siskiyou throughout Siskiyou County. 335 developmentally appropriate quality new titles were added to the library, in addition to the parenting books.

Furthermore, Siskiyou County Library received funding for family literacy promotion and outreach. In the spirit of collaboration and prevention of duplication of services, the library partnered with First 5 Siskiyou to co-fund expansion of literacy centered parent-child playgroups, workshops and family literacy events. As a result, 120 literacy centered events including parent-child play groups, family literacy centered Family Fun events and workshops were offered throughout Siskiyou County.



The partnership with Siskiyou County Library is one of many examples of First 5 Siskiyou’s core belief in T.E.A.M. (Together Everyone Achieves More).

Books 4 Babes: This year is the 15th anniversary of our partnership with Delta Kappa Gamma /Gamma Nu Chapter in working hand in hand to promote daily reading from birth. Every baby born in both hospitals in Siskiyou County receive the “Read to Your Bunny” by Rosemary Wells and a brochure about early literacy tips and support for families. The book and brochure are in English and Spanish. 475 books and brochures were distributed in FY 18-19.

Reach Out and Read (ROR): Reach Out and Read prepares our youngest children to succeed in school by partnering with local medical clinics to distribute free books and encourage families to read together daily. In 15 independent published research studies, Reach Out and Read is shown to be an effective mechanism to champion reading out loud to aid child development.

- Overall, 1,340 books were distributed through Reach Out and Read.

Books for Babies: Through partnership between Fairchild Auxiliary, Yreka Community Resource Center and First 5 Siskiyou, babies born at Fairchild Hospital were gifted a literacy bag filled with children’s books, special gift for parents, Kits for New Parents. Through this partnership we distributed 1,250 books to 216 babies.

First 5 Siskiyou Express Events: First 5 Siskiyou Express is a bilingual exhibit that travels across California inspiring families to talk, read, and sing. These events are held at public community events, as well as at playgroups at FRC locations throughout Siskiyou, and include storytelling and free prizes (such as books), and free activities.





Dolly Parton’s Imagination Library: 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^x indicate the program is very popular in the communities where it is implemented and shows promise in promoting: 1) changes in home literacy environments, 2) children’s attitudes toward reading,

and 3) 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 outcomes.

In a partnership between Dolly Parton’s Foundation and the local Delta Kappa Gamma, Yreka Community Resource Center and First 5 Siskiyou provides monthly books to children mailed straight to their home. Achievements in FY 2018-19 were as follows:

- In FY 2018-19, Dolly Parton’s Imagination Library increased reading behaviors in the home by distributing 17,640 books to 1,470 participating children.
- Parents overwhelmingly reported that their child had looked at a children’s book of their own volition in the last week (96%), with 48% of parents reporting this happened daily.
- Similarly, 85% of parents responded that they had seen changes in their child’s curiosity toward books since receiving books from Dolly Parton’s Imagination Library.
- Fifty-three (53%) percent of parents surveyed indicated that they “sometimes read/use” the Parent Tips for Reading that are included on the back of each distributed book, whereas 30% of parents indicated they “have not read/used” the parent tips.
- Eighty-six (86%) percent of parent respondents indicated that they had read with their child for 5+ minutes on four or more days in the last week; 60% reported they had read with their child for as many minutes on every day of the week.

Siskiyou Dolly Parton’s Imagination Library representatives First 5 Commissioner and Board of Supervisor Michael Kobseff, Karen Pautz and Glee Brooks, accepted a \$5,000 donation from Weed Rotary President Sue Tavalero April 2019



First 5 Siskiyou funded book distribution: In FY 2018-19, 13,112 books distributed throughout preschools, childcare centers, and other community sites (including libraries, WIC, Siskiyou Human Services, FRCs, and other community partners).

Family Fun Community Events: In FY 2018-19, First 5 Siskiyou held 43 Family Fun Community Events, helping 5,821 attendees to promote daily reading. These events included engaging family literacy events and pajama story times.

Program Success Story

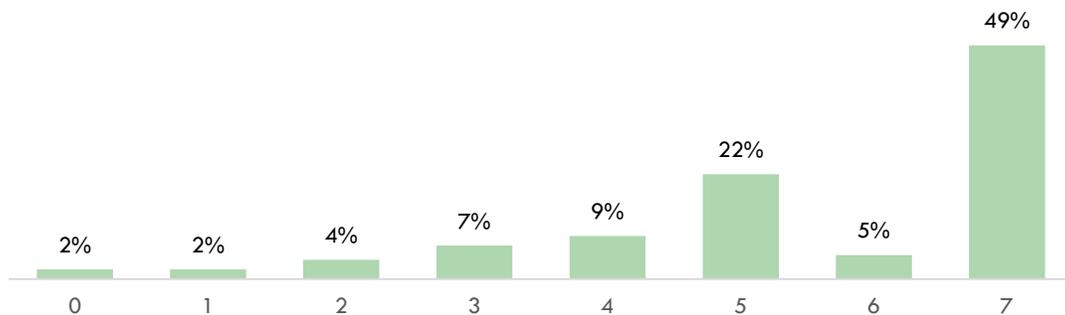
Staff from the Yreka Community Resource Center described the success of their literacy event in June, titled Superheroes Read, Sing, & Play Every Day, noting that they had a large planning committee consisting of numerous community partners, including Karuk Dental, the Library, Shasta Head Start, Siskiyou Early Head Start, LPC, and the Wild Roots Children’s Band, who all attended the event. Partner engagement was high; at the event, each community partner facilitated a station. The children dressed up, volunteers barbequed, and it was well attended (99 attendees), along with 22 applications for library cards, and 200 books distributed.

Similarly, staff from the HUB Communities Family Resource Center described the success of their Snowflake Festival, noting the robust support they received from numerous community partners, including: support and collaboration from Toys for Tots, Ford Family Foundation, and Montague Elementary School and its staff, as well as donations of cash, food, and prizes from the Montague Rotary Club, Yreka Elks Lodge, four local businesses, four private parties, and 38 volunteers who worked 152 hours on the event. In total, the event brought in approximately \$7,500 in in-kind donations and served 287 parents and children with *“full dinners and a wonderful evening of fun and festivities!”*

Findings from Family Intake Form

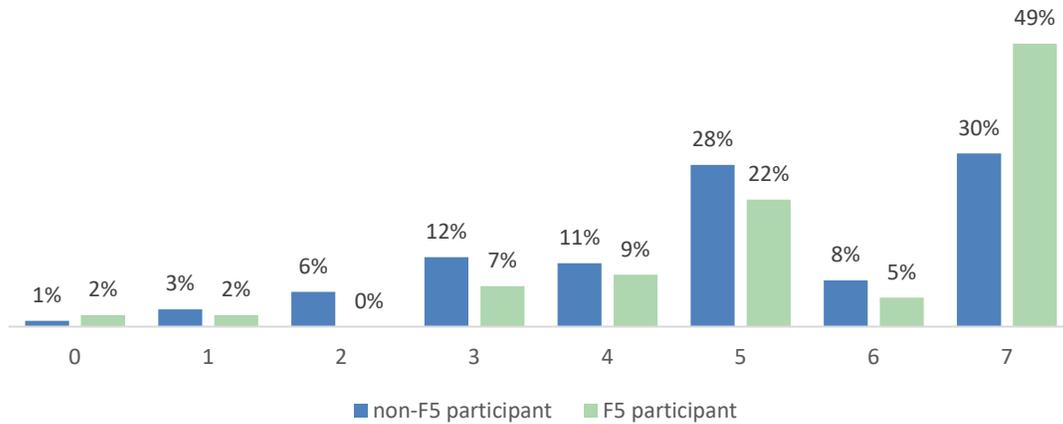
Nearly half of families in First 5 Siskiyou funded programs prioritized reading every day to their children. Approximately three out of four families (76%) in First 5 Siskiyou funded programs reported reading with their children for at least 5 minutes, 5 or more days per week.

Figure 9 — Number of Days/Week that First 5 Siskiyou Parent/Family Member Read with Their Child



Source: 2018-19 Family Information Form, Q60.

The frequency with which First 5 Siskiyou parents read with their children surpassed that observed in a recent assessment of broad kindergarten readiness in Siskiyou county. In that assessment, only 30% of parents read with their child on a daily basis, with two-thirds (66%) doing so 5 or more days per week.

Figure 10 — Number of Days/Week Reading, First 5 vs Non-First 5 Participant, Siskiyou County

Source: 2018-19 Family Information Form, Q60; 2018-2019 Siskiyou School Readiness Assessment, Q8a.

Playgroups

In FY 2018-19, First 5 Siskiyou provided 291 playgroup sessions to approximately 700 children and 362 parents.

Playgroups provided an opportunity to enhance early learning skills, promote social development, increase school readiness, increase parents' knowledge about the importance of play, and help parents find easy activities to do at home that support early learning. The FRCs offered weekly playgroups to increase social interactions, including parent/child(ren) interactions through play, story time, and developmentally appropriate activities set in an inviting space. Free children's books are always available to families. In addition, many families met at the FRCs to be assessed and benefited from the 291 active playgroup sessions held during FY 18-19.

Program Success Story

Staff from the Yreka Community Resource Center described the successes of their playgroups, noting the high engagement of 15-20 parents who regularly attend each week. Staff explained that these parents are *"committed and loyal to attending...and their children continue to make friends...and get together outside of playgroups. One little girl's parents even held her birthday party at one of our playgroups!"*

Parent Education Regarding Kindergarten Readiness

To promote kindergarten readiness, First 5 Siskiyou invested in 651 trainings and activities that increased family knowledge through community education about early literacy, nutrition, and daily reading.

These 651 trainings and activities increased family knowledge about healthy child development and the practices that promote children's readiness for kindergarten. These trainings and activities included the engaging Parenting Education Series, Parenting Workshops, Family Fun events, and playgroups.

According to the Family Information Form Follow Up, families support their children's school readiness through strong bedtime routines, but some struggle to build in daily play time with their children:

- Eighty percent (80%) of First 5 families put their children to bed at 8:30pm or earlier on a weeknight (up from 75% in FY 2017-18).
- Less than half of First 5 families reported playing with their children every day:
 - Forty-four (44%) percent of families reported telling stories or singing with their child every day.
 - Approximately 1 out of 5 families (22%) reported playing games or doing puzzles with their child every day.
 - Twelve (12%) percent of families reported doing arts or crafts with their child every day.



Goal 3 — Child Health and Development

Desired Results

- Children are healthy and well nourished
- Children meet developmental milestones
- Children have good oral health

Resource and Referral

Overall Impact of FRC Services

Family and Community Resource Centers provided a diverse array of services to families in FY 2018-19.

The following resources were provided out of the 24 families surveyed through the Family Intake Form Follow-Up:

- 75% of families were provided resources on parent education/support classes (classes on child development, behavior, nutrition, and parenting).
- 58% of families were provided resources through FRCs for referrals or employment (CalWORKs, job assistance).
- 38% of families were provided resources to the library.
- 25% of families were provided food resource assistance (pantry, CalFresh).

Nutrition Education and Fitness

In 2018-19, Family/Community Resource Centers provided a combined total of 286 activities to support nutrition education and physical activity promotion.

The key goal of this service area is to promote diet and physical activity behavior changes with a focus upon increasing fruit and vegetable consumption, physical activity, and participation in the CalFresh assistance program. The largest activity is the Harvest of the Month (HOTM) program with supplies and resources provided to the FRCs from Siskiyou County Public Health and First 5. Children and their parents are introduced to a different fruit or vegetable each month over the course of the 9 month school year. Forms of education include taste testing, newsletters, flyers, posters, and books that correlate with highlighted produce. Nutrition education is integrated into playgroups, family events, fairs, parenting classes, and other promotional activities. Water, or fruit or vegetable-infused water, are the only choice of beverage for First 5 Siskiyou funded programs and events. In addition to the Harvest of the Month program, Siskiyou County Public Health's CalFresh Healthy Living also collaborates with 5 additional preschools in Siskiyou County for HOTM activities.

Parents have reported that because of these programs, families are changing norms by increasing water consumption, physical activity, and fruit and vegetable consumption. Based upon a report from CSU Chico, children in Siskiyou County are now consuming more fruits and vegetables. This service is coordinated with Siskiyou County Public Health SNAP-Ed. In addition, several FRCs host WIC at their site and promote these critical resources to families.

Across all FRCs, the Weed Family Community Resource Center most regularly promoted nutrition education, physical activity, and fruit and vegetable distribution (186 occurrences); however, all FRCs supported families in need with CalFresh application assistance (89 occurrences). Additionally, 6 nutrition trainings/classes (e.g., Color Me Healthy and parenting classes) occurred during 2018-19 across Siskiyou County.

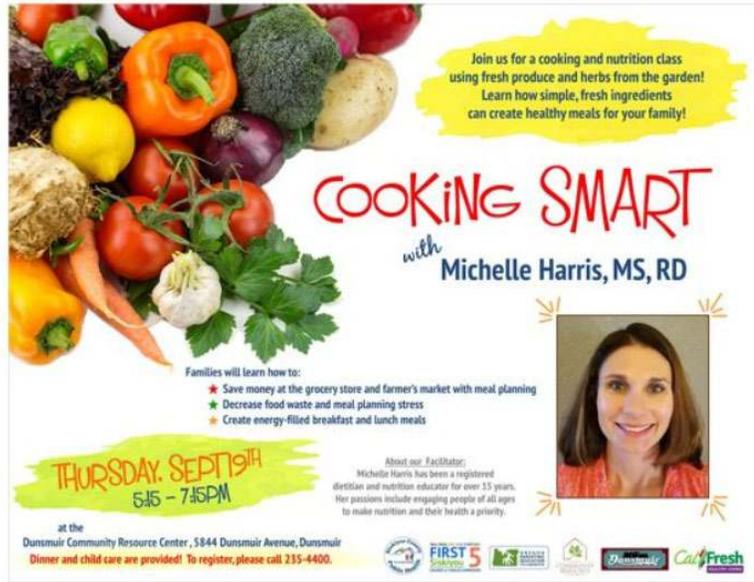


Figure 11 — Nutrition Education and CalFresh Enrollment, by FRC

Program Site	# Harvest of the Month Trainings and Activities	# Received CalFresh Application Assistance	Additional County-Wide Trainings/Classes
Yreka CRC/Fairchild Hospital	0	20	-
Dunsmuir CRC/community events	0	12	-
HUB/Montague CFRC	8	2	-
Mt. Shasta CRC/community events	0	12	-
Weed FCRC/community events	170	8	-
Happy Camp CC	8	35	-
Siskiyou County Public Health's CalFresh Healthy Living	5		
County-wide trainings/classes			6
TOTAL	191	89	6

Source: 2018-19 First 5 Service Trackers, FRC Year End Report.
 Note: Numbers may reflect under-reporting.

Health Utilization and Access Resources

In 2018-19, Family and Community Resource Centers provided support and referrals for health utilization and access resources to a combined total of nearly 1,600 parents.

Across all eight FRCs, 1,599 people were provided resources and referrals for the following services:

Figure 12 — Health Utilization and Resources Provided by FRCs

Services	DCRC	FCRCW	MSCRC	YCRC	HUB	HC	TOTAL
- Health insurance							
- Health access							
- Mental health needs							
- Behavioral health needs (substance use)							
- Tobacco cessation	70	157	50	330	725	119	1,599
- Food (pantry, CalFresh)							
- Child care							
- Housing							
- Employment (CalWORKs, job assistance)							
- Earned income tax credit							

Source: 2018-19 FRC Year End Report

Note: FRCs are listed in the following order: Dunsmuir, Weed, Mt. Shasta, Yreka, HUB/Montague, Happy Camp.

In addition, while the number of people (17) who received education about immunizations is low, Siskiyou County’s health utilization rates are quite high. In Siskiyou County Ninety-eight (98%) of children participating in F5 services were fully immunized and 96% attended a well-child visit in the last 12-months, compared to 75% statewide.^{xi}

Additionally, First 5 Siskiyou is an active member of the Siskiyou Tobacco Education Council, which leads efforts to increase education, promote resources and prevent tobacco use, and provides education about 2nd and 3rd hand smoking. Through these efforts, FRCs are changing community norms by providing approximately 220 parents with support or referrals to tobacco cessation resources in 2018-19.



Help Me Grow

Help Me Grow, together with Klamath Health Services, Inc., created a coordinated system of screening and support, where 772 children received developmental, vision, dental, and hearing screenings.

2018-19 served as a planning year in becoming a Siskiyou Help Me Grow affiliate, through partnership with Klamath Health Services and support of the First 5 Association. Early screening efforts were expanded from oral health, vision, and hearing to also include developmental and social emotional screenings.

Help Me Grow connects children and their families with developmental services to enhance the development, behavior, and learning of children birth through 5 years. In 2018-19, First 5 Siskiyou provided training to organizations and medical staff on ASQ-SE and implemented Phase II of building the universal early screening systems in Siskiyou County. The success of this effort was based upon strong partnerships between multiple organizations, including medical providers, early childhood and family support programs, county departments, and First 5 Siskiyou.

“The Help Me Grow approach is learning and growing together to make children’s health, wellbeing, and school preparedness a top priority so they’re on track to stable, successful futures—critical for them and our communities.”

- Karen Pautz, Executive Director, First 5 Siskiyou Children and Families Commission

Developmental, Vision, Dental, and Hearing Screenings

In 2018-19, Help Me Grow conducted developmental screenings (ASQ and/ or ASQ-SE) to 515 children, and Klamath Health Services provided preventative screenings to 257 children and 89 referrals through the Oral Health Screening and Treatment Program, co-founded by First 5 Siskiyou.

The following table presents results across all screenings conducted in 2018-19:

Figure 13 — Help Me Grow Screenings Conducted in 2018-19

Volume	Responses
Number of children with a developmental screening (ASQ or ASQ-SE)	515
Number (percent) of children referred to early intervention for support	9 (1.7%)
Number of children referred for vision, hearing, dental	89
Hearing	49
Vision	29
Dental	11
Number of children screened for vision, hearing, dental	257

Source: 2018-19 FRC Year End Report, SCOE 2018-19 iPinwheel Help Me Grow database.

With base funding from First 5 Siskiyou, Klamath Health Services, Inc. continues to provide Oral Health, Vision and Hearing Early Education, and Screening projects through Siskiyou County's preschools. The oral health screening system utilizes the services of Registered Dental Hygienists in Alternative Practice (RDHAP) qualified to provide dental screenings, cleanings, fluoride treatments, referrals, and educational programs. An educational component of the project is directed towards teachers and parents. Each child participating in the educational and screening process receives a tooth-brushing kit (toothbrush, toothpaste, timer), information on nutrition and tooth-brushing, and an age-appropriate educational storybook to keep. In addition, this project incorporates the general outreach and educational portion to pregnant women through the distribution of tooth-brushing kits and educational information to area obstetricians, including Karuk Tribal Health Clinic, for their patients. It is anticipated that approximately 200 women benefit from this portion of the project. Vision and hearing screenings are provided by pediatric service providers. We are thankful to Klamath Health Services Inc. and the dedicated providers who spend many hours screening young children.

Furthermore, Klamath Health Services, Inc. continues to work with the Siskiyou County departments, schools, child care providers, primary medical and dental providers in the region to encourage every family to establish a medical and dental home for their child/children at birth. This project seeks to bridge the gaps in services and access until each family and its children are linked with quality local childcare, accessible health and developmental screenings, and supportive community resources close to home. Highlights in the FY 2018-19 year included:

- Klamath Health Services provided dental screenings to 206 First 5-supported children and to 15 children (7%) with urgent care needs, such as untreated tooth decay.
- Vision screenings were provided to 182 First 5 Siskiyou-supported children and to 29 children (16%) with urgent vision needs.
- Hearing screenings were provided to 155 First 5 Siskiyou-supported children with 51 children (33%) who had received abnormal screening results.

Goal 4 — Strong Systems

Desired Results

- System partners have increased capacity to promote child and family outcomes
- System partners are efficient and effective collaborators (leverage, cross-refer, etc.)
- First 5 Siskiyou increases financial and leveraged resources in the county

Overarching Strategies

In FY 2018-19, First 5 Siskiyou's unique network of 17 communities served 8 Family Resource Centers throughout Siskiyou County. First 5 Siskiyou continuously invests in collaborative partnerships that nurture and support Siskiyou County's children and families. In 2018-19, First 5 Siskiyou supported the following partnerships: FRC Collaborative, Home Visitation Systems Coordination, Strengthening Families (Parenting Education), which includes the Siskiyou Professional Development Partnership, and the Annual Partner Survey, whose efforts are described in the sections that follow. Participating partners in the Strengthening Families Collaborative include: Siskiyou County Human Services - Mental Health Services Act, Adult and Family Services, Siskiyou County Probation, Early Head Starts, Head Starts, College Of The Siskiyou's Foster Kinship Program, Liliput Adoptive Family Support program, Siskiyou County Probation, California State Adoption, Local Childcare Planning Council, Foster Family Agencies, Siskiyou County Court Mediation Services, FRCs, CASA, among others.

Siskiyou Family Resource Center Network

The 2018-19 fiscal year marked First 5 Siskiyou's second year of adopting an FRC Network and organizational structure that promotes cost savings, operational efficiency, local community engagement, shared decision making, and effective outcomes across Siskiyou County.

The purpose of the Siskiyou Family Resource Center Network is to: 1) collectively coordinate the efforts of the FRCs around the county, and 2) to strengthen the capacity to deliver high quality programs, to be a valuable resource in their communities, and to be sustainable.

Five FRCs are part of a collaborative Network and three FRCs are independent. 7 FRCs regularly attend the convenings. The SFRC and FRCs are actively engaged with their local preschools, home visitation programs, family child care homes, and elementary schools.



Siskiyou Strengthening Families Collaborative

Siskiyou Home Visitation Systems Coordination

Beginning in 2016, The Ford Family Foundation began funding a Regional Home Visitation Systems Coordination (HVSC) project.

In Siskiyou County, by invitation only, a grant was awarded to First 5 Siskiyou. Community partners fully endorsed and recommended First 5 Siskiyou as the lead agent for this grant. The vision for the project is for Siskiyou county to have a coordinated home visiting (HV) system that strengthens and benefits all home visiting models as part of each region's birth-to-five early childhood development system. The long-term goal for the project is to improve outcomes for children and families and expand the region's capacity to serve more families. The work is primarily focused on:



- Improving internal communication between and among home visiting providers;
- Increasing community awareness about the availability and benefits of home visiting;
- Development of a shared intake & referral system to connect families to the best matched home visiting program; and
- Development of a regional home visitor professional development plan to promote shared training opportunities.

In partnership with The Ford Family Foundation, Shasta Head Start, Siskiyou Early Head Start, Siskiyou County Public Health, Modoc Early Head Start, and other home visitation programs, this collaborative seeks to coordinate efforts, reduce duplication, and enhance services for the best outcomes for children and families. Thereby developing a successful system of collaboration between home visitation programs as identified by the Ford Home Visitation Collaborative.

Systems survey results across the first three years of the program revealed steady gains in improved *coordinated referrals* and *community awareness*, and some gains in *professional development*. For instance, in terms of coordinated referrals:

James Heckman on Nurse-Family Partnership

Home Visiting:
Improved maternal mental health and parenting skills result in better outcomes for children.

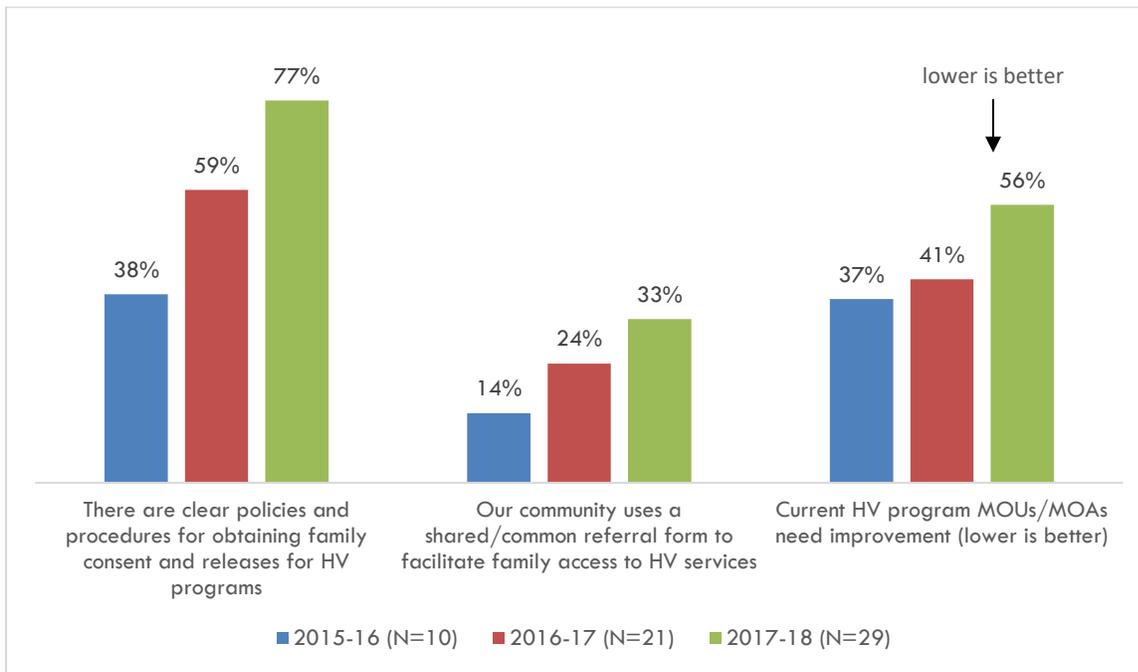
Maternal investment and early health matter.

www.heckmanequation.org

- From 2016 to 2018, there were steady gains in developing clear policies and procedures for obtaining family consent and releases for home visiting programs, from 38% in 2016 to 77% in 2018.
- Improvements jumped from 14% in 2016 to 33% in 2018 in community use of a shared/common referral form to facilitate family access to home visiting services.
- However, the need for MOU/MOA improvements ranked more prominently, increasing from 37% in 2016 to 56% in 2018.

Overall responses suggested that finalizing and piloting a shared intake and referral system would connect families to the best-match home visiting program, as well as strengthen consistent messaging to promote the benefits of home visitation services.

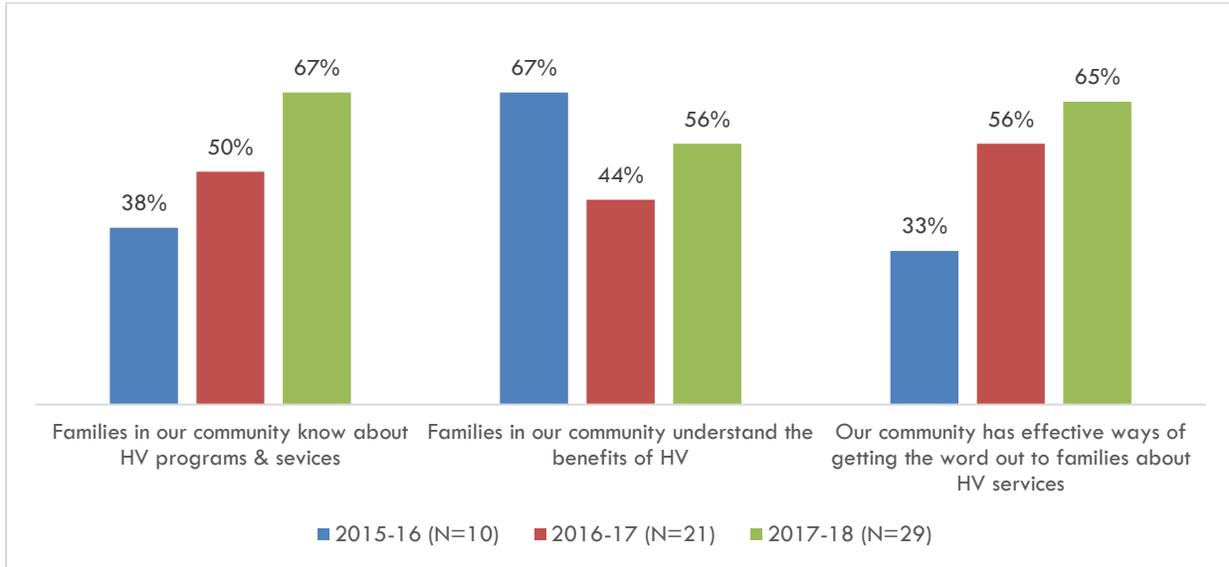
Figure 14 — Coordinated Referrals Across HV Programs



Source: Portland State University and the Ford Family Foundation, Systems Survey Summary of Results, November 2018. Includes % “agree” or “strongly agree.”

In terms of *community awareness* about home visiting programs, from 2016 to 2018, dramatic improvements occurred across both family knowledge of home visiting programs/services (from 38% in 2016 to 67% in 2018) and effective community outreach to families about home visiting services (from 33% in 2016 to 65% in 2018).

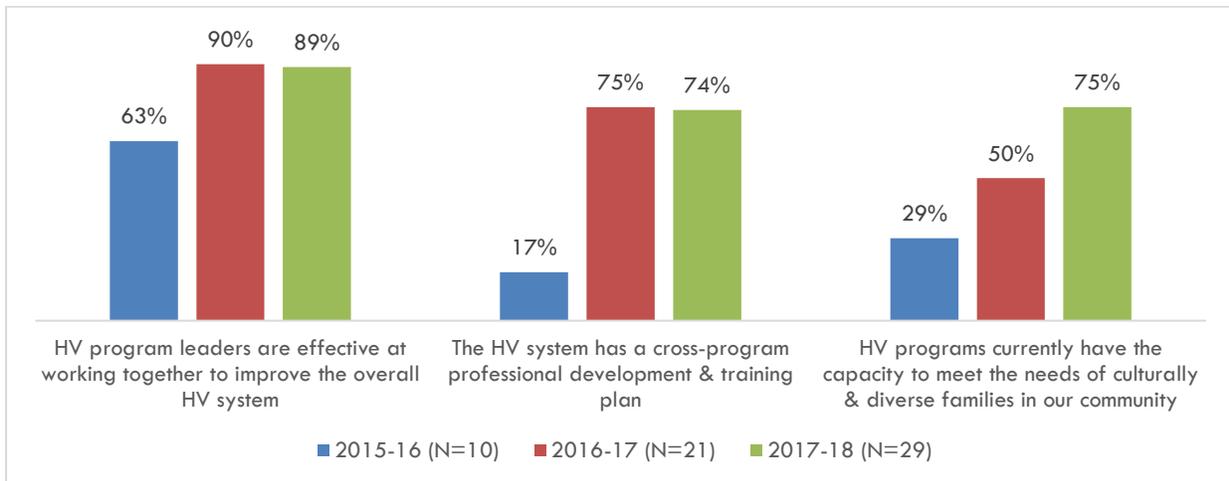
Figure 15 — Community Awareness of Home Visiting Programs, Percent Agree



Source: Portland State University and the Ford Family Foundation, Systems Survey Summary of Results, November 2018. Includes % “agree” or “strongly agree.”

With respect to the third aspect evaluated, *professional development*, across all areas of desired professional development, improvements were made from 2016 to 2018, despite some fluctuations in improvement from 2017 to 2018. Overall responses suggested that continued cross-sector collaboration, including data sharing across systems partners, would promote shared training opportunities and ensure that professional development efforts do not stagnate.

Figure 16 — Professional Development, Percent Agree or Somewhat Agree



Source: Portland State University and the Ford Family Foundation, Systems Survey Summary of Results, November 2018. Includes % “agree” or “strongly agree.”

Siskiyou Strengthening Families (Parenting Education) Collaborative

In 2018-19, the Strengthening Families Collaborative increased partnerships with local schools, as well as community awareness about parenting education and normalized attendance of parenting classes.

The Siskiyou Parenting Education Collaborative system is a multi-partner collaborative that supports the coordinated delivery of parenting education programs, thereby reducing duplication of scarce resources. The Collaborative partners believe that parents are their children's first and most important teachers, and that layered investment in strong parenting education programming offered countywide is a critical strategy for ensuring that all children are healthy and prepared succeed in school and in life. First 5 Siskiyou is the coordinating body for the multi-agency partnership, which includes: Siskiyou County Human Services - Mental Health Services Act, Adult and Family Services, Siskiyou County Probation, Dunsmuir High School, Early Head Starts, Head Starts, College Of The Siskiyou's Foster Kinship Program, Lilliput Families, California State Adoption, Local Childcare Planning Council, Foster Family Agencies, Siskiyou County Court Mediation Services, FRCs, CASA, Siskiyou Domestic Violence and Crisis Center, and more. The Collaborative collectively advocates and plans for increased parenting education programs, classes, and support services for families.

In 2018-19, the Strengthening Families Collaborative created multiple avenues for community members to access parenting education services.

The Collaborative developed one calendar of all county-wide educational opportunities offered by multiple funders as well as county wide parenting education calendar. Additionally, parents have access to parenting education resources from monthly newsletters developed by Oregon State University, community-based classes, media, and the First 5 CA Parent website.

The following quote from Lisa Hicks, Siskiyou County Court Program and Family Court Services Manager, captures the effectiveness of the collaborative:

Let's expand our knowledge and possibilities. TOGETHER.



Siskiyou cares! It seems to me that our small size enables our strength [by] knowing one another and working well together to benefit children. The Parenting Collaborative reflects the county's interests and efforts to help build public and private bridges in support of family success. The well-attended Parenting Collaborative promotes identifying and utilizing existing and developing resources amongst programs and agencies providing direct services to parents. In my role as a child custody court mediator, I work directly with co-parents unable to agree how their children will spend time with each of them after the parents' separation. The Court encourages all parent education, especially programs that teach peaceful co-parenting. Parenting education provides early intervention for improvements through learning opportunities in support of protecting children and building strong families and communities. I have a great appreciation for the Parenting Collaborative efforts to increase the community's capacity to assist families in raising healthy and confident children. We all benefit having resilient and capable children who grow up to become assets and help create a strong and competent local work force.

Provider Capacity Building – Siskiyou Professional Development Partnership

In 2018-19, the Partnership reached 727 individuals to develop the shared knowledge and commitment needed to sustain First 5 Siskiyou's systems.

First 5 Siskiyou further aims to assure the wellbeing of children by working with multiple partners to build the capacity of service providers through implementation and coordination of free county-wide, high quality professional development trainings. These trainings showcase the importance of empathy in dealing with clients, and increase knowledge about child development, impact of trauma, and trauma informed care. To this end, the Siskiyou Professional Development Partnership was established and is comprised of child-centered institutions, such as Behavioral Health Mental Health Services, Child Protective Services, early childhood educators, Head Start/Early Head Start, FRCs, and Foster Family Agencies. The merits of the trainings provided are not only manifested by the consistent high number of participants, but more importantly, by the vocalized impact of trainings upon attendees.

Child and Youth Protection and Prevention of Adverse Experiences

The wide-ranging health and social consequences of Adverse Childhood Experiences (ACEs) underscore the importance of preventing them before they happen. Join us and learn how to prevent child sexual abuse and how to prevent Adverse Childhood Experiences (ACEs), heal trauma and build resilience.

Date & Time
Thursday, August 16, 2018
9:00am - 4:00pm
Registration is open at 8:30am

Location
Miner's Inn Convention Center
122 E. Miner Street, Yreka
Continental breakfast and lunch are provided.
Free workshop.

Learn how to recognize and report child abuse, and how to respond if a child discloses abuse. Topics include legal guidelines, types of abuse, signs and symptoms, reasonable suspicion, making a report, and dealing with fears and frustration around reporting abuse.

In this compelling presentation, you will learn how to prevent, recognize, and react responsibly to child sexual abuse.

Learn about the original ACEs study, the impact of ACEs on the body and brain, and new research and resources available at the ACEs Connection.

1 **Mandated Reporting for Suspected Child Abuse**
Presented by **Angeline Zufelt**
Supervisor, CPS Emergency Response Team
Certified Child Forensic Interviewer

2 **Darkness to Light's Stewards of Children®**
Presented by **Scott Eastman**
Special Authorized Facilitator

3 **Adverse Childhood Experiences Preventing Them Before They Happen**
Presented by **Karen Clemmer, MN, RN, PHN**
ACEs Connection

Register at:
<https://www.surveymonkey.com/r/Aug16-2018>
Questions? Please contact (530) 918-7222.

- First 5 Siskiyou's Professional Development Partnership held 12 different trainings, reaching 727 county-wide attendees. Trainings covered topics related to: how to think like babies, building resiliency in youth and adults, creating compassionate kids & communities, perinatal & postnatal mood & anxiety disorders, supporting families impacted by abuse of alcohol and other drugs, understanding trauma, prevention of Adverse Childhood Experiences (ACEs), mindful leadership, and autism: early intervention, mindfulness, and supporting positive parenting.
- In total, 100% of participants reported that the information in the trainings was "helpful," and that they will use what they learned in their work with children. One participant reported that he/she/they will "incorporate key factors of resilience in multiple components at the resource center, [especially] self-regulation skills."

"I came away with tools I can use with clients, as well as with my work in the community...to reduce stigma and prejudice towards people and families struggling with mental illness and/or addictions.

- Donna May, Therapist, Educator & Writer

"A refreshing reminder to not jump to conclusions about behavior."

- Anonymous participant in a county-wide training

In addition, First 5 Siskiyou promotes the 5 Protective Factors of the Strengthening Families Approach: parental resilience, social connections, concrete support in times of need, knowledge of parenting and child development, and social and emotional competence of children. All 31 Quality Counts organizations reported adoption of the Strengthening Families 5 Protective Factors Framework.

To understand the value of First 5 Siskiyou’s support to its partner collaboratives, as well as to its partner agencies, First 5 Siskiyou conducted an end-of-year qualitative survey with partners. A total of 17 partners responded about the ways in which the collaborations with First 5 Siskiyou helped their organization and their families, as well as ideas for the work ahead in FY 2019-20.

How to **THINK Like Babies**
 -- AND WHY IT'S IMPORTANT TO THOSE WHO ARE NOT BABIES

Our goal is to build a bridge between our knowledge of the brain's explosive development during the first two years and our everyday experience of babies and toddlers.
 Guided by a developmental psychologist who is President of the Board of Directors of ZERO TO THREE, we'll learn that babies do not think like adults do, and that understanding how to think like a baby can help us understand better their reactions and feelings.
 We invite you to join us for this very special free event!

- SPECIAL GUEST -
Ross Thompson, Ph.D.
 "shining light in the child development field"
 - Matthew Melrod, Executive Director of ZERO TO THREE

TUESDAY
AUGUST 7, 2018

Location: **Mt. Shasta Resort**
 1000 Siskiyou Lake Blvd. - Mt. Shasta

6:00 - 8:00PM
 Hors d'oeuvres and registration at 5:30

REGISTER
<https://www.surveymonkey.com/r/Aug7-2018>
 Questions? Please contact (530) 918-7222.

This training is for parents (including foster and relative care givers), educators, counselors, health care and social service providers, and anyone who works with children, youth, and families.

Dr. Ross Thompson is a leading expert in early personality and socio-emotional development in the context of close relationships. He is a Distinguished Professor of Psychology at UK Davis, where he directs the Social and Emotional Development Lab, and is President of the Board of Directors for Zero to Three, a national nonprofit that promotes the health and development of young children. He has worked on the applications of developmental relational science to public policy problems concerning children and families, including children in poverty, early childhood mental health and education, divorce and child custody, child maltreatment, and research ethics.

Logos: FIRST 5 Siskiyou, College Siskiyou, Lilliput, California Department of Social Services, mhsa

“Thank you for all the wonderful hospitality - it was a pleasure to visit, and your community spirit is inspiring.”

- Dr. Ann Masten, Ph.D.,
 Institute of Child Development, University of Minnesota, Twin Cities

Cross-Cutting Findings: Annual Partner Survey Results

In 2018-19, 17 partner organizations appreciated the various kinds of staff training that agencies received, as well as trainings for the parents they served.

An anonymous survey was sent out to 48 partners and 17 responded, yielding a response rate of 35%. Most notably, organizational partners expressed gratitude for First 5 Siskiyou:

- “First 5 listens to our requests and brings excellent, high quality trainers to our community, saving us travel and training dollars.”
- “Parents, students, teachers all took advantage of high quality training experiences that improve our community, relationships, and how we contribute to the community in which we live.”

*“First 5 provides tremendous support for the community resource centers with the many training opportunities targeted at our services for children and families...
First 5 is a critical partner in our collaboration to further the literacy, health, and wellbeing of our community's children.”*

Partners additionally offered insight into how Siskiyou families and communities are better off because of the Siskiyou Professional Development Partnership:

- “Our students come to school more ready to learn. Parents who attend trainings on campus become more comfortable with the facility. Our staff members have benefited from attending trainings that have been facilitated by First 5.”
- “Families reached through programs administered through KHSI benefit by easy access to services, education, and expanded understanding of all things children 0-5.”
- “Families benefit from better-trained staff who are armed with the latest research and techniques to implement practices in their daily work. Staff is able to empower parents and share knowledge.”
- “Closer collaboration between First 5 and the Library is allowing us to leverage respective resources (including staff and volunteers) to reach new groups that we haven't been able to [reach in the past].”
- “Working with First 5 allows us to reach a population that would not be possible with our staff alone. Connections that are made by our partners allow information and resources to be extended to more areas throughout the county, which improves communication and support for the community as a whole.”

“Stronger families make for a stronger community.

Partnerships and support systems have been strengthened.”

Partners did offer a few ideas for strengthening collaboration to better support Siskiyou families, such as:

- Increase accessibility of trainings to teachers and coordinate more with schools to serve families (3 requests).
- “Perhaps some brief, friendly notes to parents [who attend the Parent Education classes and playgroups] could sometime accompany the monthly books, with a few helpful suggestions for parents reading with their children.”
- “Better knowledge of how and when to refer First 5 and know their system of referring to us.”

One respondent aptly summarized the goals of First 5 Siskiyou’s systems collaboration work in the request that First 5 Siskiyou: *“Continue with all you do! Advocate for increased services and supports in rural areas.”*

*“First 5 Siskiyou Children and Families Commission has been an **integral partner** for our District to provide parenting education, specialized instruction around areas of concern, such as human trafficking, and support for our most at risk families. First 5 has also been integral in our Districts’ Kindergarten readiness program and assessment. Their support in training our teachers, aggregating data, and producing an easy to read report has greatly improved our transition processes from preschool to kindergarten.”*

- Marie Caldwell, Superintendent Scott Valley Unified School District

Outreach and Communications

In 2018-19, First 5 Siskiyou successfully connected and engaged with the public through multiple platforms.

- Across 34 email blasts, First 5 Siskiyou had an average of 674 subscribers on their email list, up from 601 in 2017-18. This number only reflects the receiving email address of local organizations and individuals, who then forward campaigns and resources onto other staff or the public; the number therefore does not include those individuals who viewed First 5’s emails through shared means.
- The open rate, or percent of users who opened a First 5 Siskiyou email (i.e., a receiving email address of local organizations, AND staff and public recipients of shared emails), is an average of 27.36%, higher than the industry average of 25.17%, thereby reflecting strategic email subject lines and connected communication with local partners.
- The click rate, or percent of users who interact with the content of a First 5 Siskiyou email, is an average of 4.86%, significantly higher than the industry average of 2.79%, which reflects on-point content that organizations and the public find useful.
- First 5 Siskiyou additionally engaged community members, through 467 Facebook friends (up from 410 in 2017-18) and 3,492 people who visited the website (up from 2,700 people in 2017-18).

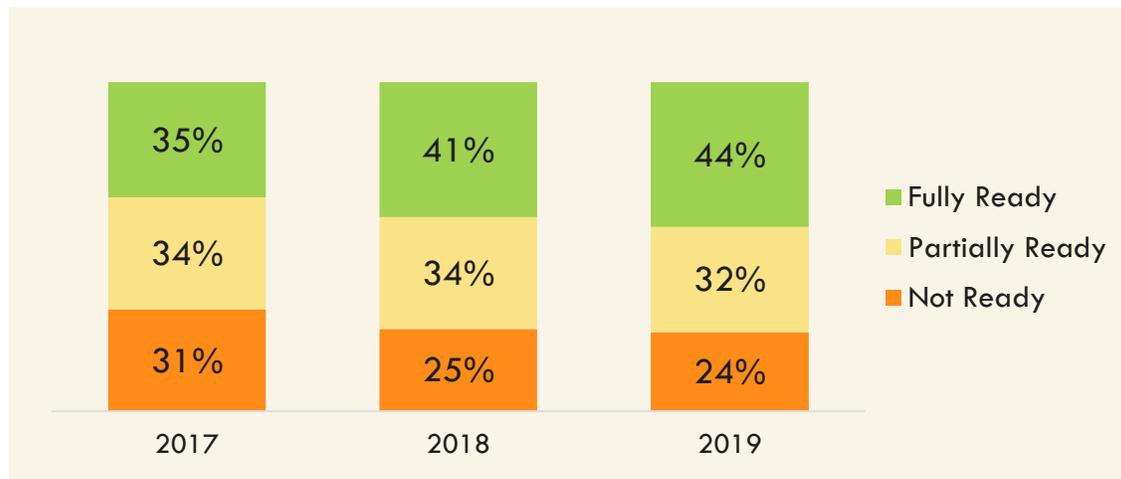
Overall Impact

Kindergarten Readiness

In Fall 2019, First 5 Siskiyou's third countywide kindergarten readiness assessment showed that readiness appears to be increasing across the county.

In Fall 2019, the assessment was conducted across 25 classrooms and 407 children. Based upon the Kindergarten Observation Form, 44% of kindergartners were fully ready for kindergarten across all domains of readiness (self-regulation, social expression, and kindergarten academics). By comparison, the percent of children fully ready was 50% across Santa Clara County, 42% across Alameda, San Francisco, and Contra Costa (combined), 23% of Alum Rock (East San Jose), and 18% in the Franklin McKinley area (also in San Jose). Notably, 42% of Siskiyou County third graders were proficient readers in 2018, highlighting the close link between kindergarten readiness (44%) and third grade reading proficiency (42%). The factors found to independently predict higher kindergarten readiness scores included: coming to school well-rested and well-fed, family income, and use of preschool, licensed family child care, or Transitional Kindergarten.

Figure 17 — Percent of Children Ready for Kindergarten

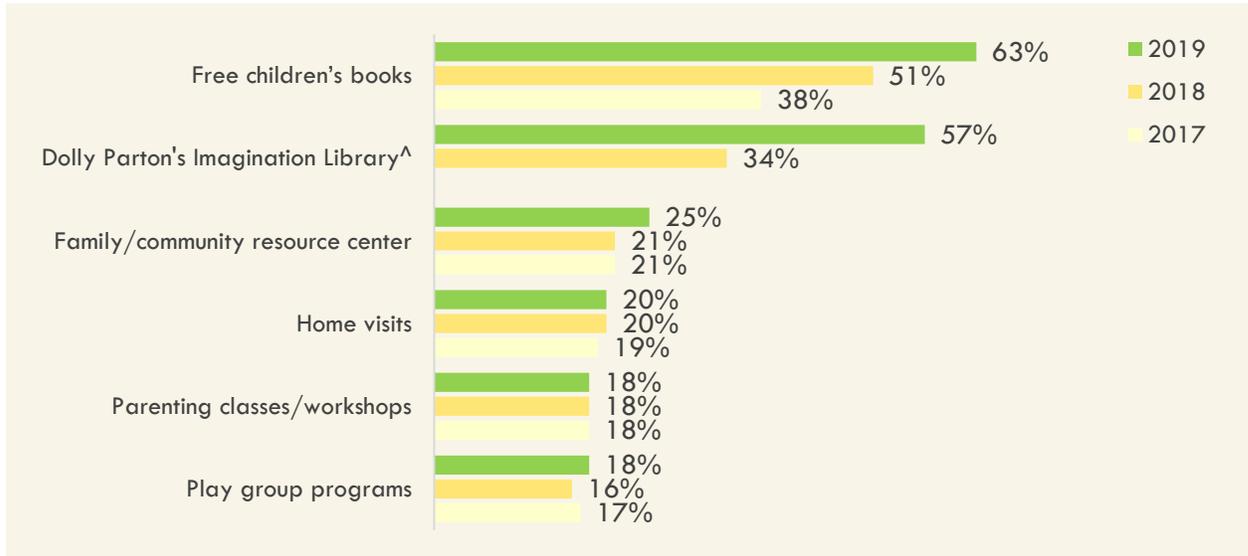


Source: Kindergarten Observation Form, Parent Information Form (2018). N=313 (2017); N = 341 (2018); N = 321 (2019). Weights are applied to correct for race/ethnicity. Percentages may not round to 100 due to rounding.

More than 3/4^{ths} of entering kindergartners had been reached by First 5 Siskiyou.

On the Parent Information Form, kindergartners' parents are asked to indicate participation in certain services. About **79%** of kindergartners' families across the county had reportedly connected with at least one First 5-supported service. Over half of families received free children's books.

Figure 18 — Percent of Entering Kindergarten Students Engaging in First 5 Services



Source: Parent Information Form n= 321 (2019).

First 5 Siskiyou funded families demonstrated many practices that predicted kindergarten readiness. Eighty-nine (89%) of families reported reading with their children at least 5 days a week or more. Seventy-nine (79%) percent of families reported that their child(ren) had a bedtime by 8:30pm. Seventy-one (71%) percent of families reported their children being rarely or never hungry or tired^{xii}.

Cumulative Effect of First 5 Resources on Readiness:

Students who engaged with four F5 resources demonstrated on average 14% greater overall kindergarten readiness and 16% greater social expression.

Figure 19 — Average kindergarten Readiness Score by Number of First 5 Services



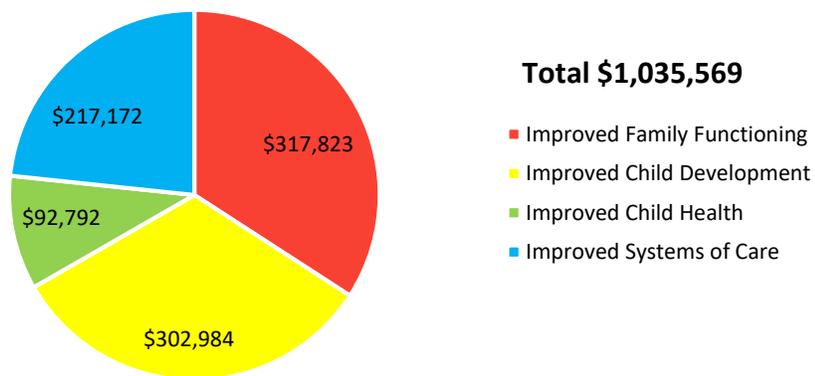
Source: Kindergarten Observation Form, Parent Information Form (2019). N= 101. Percentages may not round to 100 due to rounding. Race and SES are controlled for in this analysis. All findings are marginally significant (p < .10). Scale is 1= Not yet and 4 =Proficient.

Financial Information

First 5 Siskiyou doubled its impact in the county, in that it raised nearly 100 percent in additional funds over its base allocation.

As a result of fundraising and leveraging activities and our base allocation of Proposition 10 funding, in FY 2018-19, First 5 Siskiyou invested \$1,035,569 in programs for children 0-5, their families, and their communities.

Figure 20 — FY 2018-19 Investments by Program Area

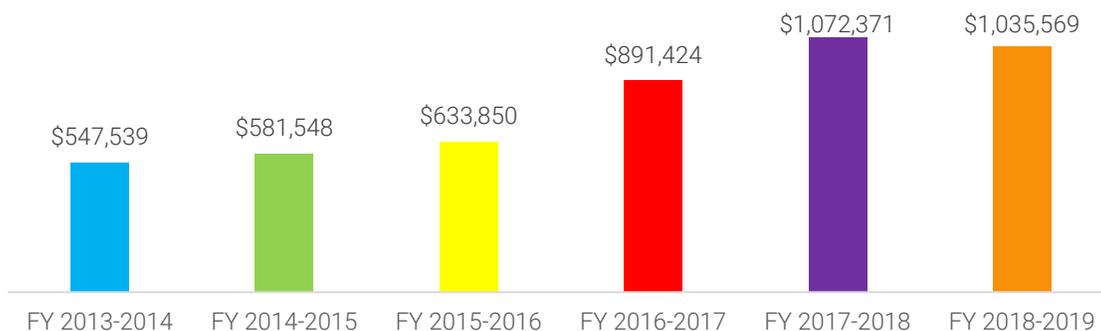


Source: 2018-19 First 5 Siskiyou Annual Report data.

Due to extensive efforts to raise other resources and collaboration for best outcomes for young children, the Commission’s revenues continued to increase over its base allocation of around \$500,000 per year; however, total revenue in FY 2018-19 was slightly less than in 2017-18 (\$1,072,371), and program expenditures (\$930,771) were slightly more than in 2017-18 (\$865,843).^{xiii}

Encouragingly, FRC’s drew down MHSA Funds and secured in-kind support from sources other than First 5 to support First 5 programs and maintain services to children and families. Klamath Health Services received \$50,000 from Ford Family Foundation for Help Me Grow systems exploration and development.

Figure 21 — Increase in Revenue



Source: First 5 Siskiyou Annual Report data.

Grants were obtained from the following Grantmakers, and applied to the corresponding programs:

Figure 22 — Revenue, by Grantmaker and Program

Grantmaker	Program
Oregon Community Foundation (Oregon Parenting Education Collaborative)	Parenting Education Program
Ford Family Foundation	Siskiyou Home Visitation Systems Coordination
Siskiyou County Human Services: - Behavioral Health (Mental Health Services Act) - Children Services - CalWORKs	Capacity Building through countywide Professional Development Trainings, Parenting Education Programing
Help Me Grow Siskiyou	Help Me Grow, in partnership with Klamath Health Services, administers developmental, dental, vision, and hearing screenings
Siskiyou County Probation / Community Corrections Partnership	Parenting Education Program
Siskiyou County Library	Family Literacy Education, Promotion, Access
Lilliput Children’s Services	Capacity Building through countywide Professional Development Trainings
College of Siskiyou’s Foster/Kinship Program	Capacity Building through countywide Professional Development Trainings, Parenting Education
Siskiyou Early Head Start	Capacity Building through countywide Professional Development Trainings, Parenting Education Programs
First 5 California IMPACT	Quality Improvement and Systems building for early care and education including Help Me Grow, Strengthening Families Systems Building efforts to build protective factors. Special attention to Alternative Sites, Family Childcare Homes, Non Subsidized Programs
Siskiyou County Office of Education: CSPP	Quality Improvement for state preschools
CA Department of Education: QRIS	Funding to support Infant/Toddler program quality improvement.
Quality Counts CA	QRIS Technical Assistance Grant
Adult Education Pathways	Dunsmuir – Support for adult continuing education
Community donations for Imagination Library: - Yreka Friends of the Library - Weed Rotary	Early Literacy: Dolly Parton's Imagination Library program

Source: First 5 Siskiyou

*I am inspired by community and by the power of partnership. First 5 Siskiyou has fostered collaboration among community partners to bring programs, resources and expertise into our community that would never have been possible without the **vision and leadership** by First 5 Siskiyou Children and Families Commission.”*

- Dr. Sarah Collard, Director of Siskiyou County Health and Human Services

A few photos from First 5 Siskiyou's 20th Anniversary Celebration and a full-hearted thank you....



We're feeling so appreciative of our partners in early childhood advocacy, and of all who joined with us -- in person and in spirit, to celebrate First 5 Siskiyou's 20th Anniversary.



Thank You to everyone for making this event one to remember!



It was wonderful to be with each of you and share memories and accomplishments made together – thanks for being an essential part of this event and thanks to the many messages of support and appreciation from those who could not join us. We look forward to the next 20 years of partnership in providing children, youth, and families the support they need to reach their fullest potential.



Karen Pautz,
Executive Director,
First 5 Siskiyou Children & Families Commission



Together, Everyone Achieves More!

Thank you to our Partners!

Together Everyone Achieves More!

- First 5 CA
- CA Department of Education
- First 5 Shasta (Regional HUB)
- First 5 Association
- Happy Camp Community Center
- Siskiyou Family Resource Collaborative serving the communities of Montague HUB, Mt Shasta, Yreka, Weed, Dunsmuir and McCloud
- T.E.A.C.H., INC (Tulelake/Newell Family Resource Center)
- Butte Valley Community Team
- Small Blessings
- Sonya's Child Care
- Anderson's Family Child Care
- Siskiyou Early Head Start
- Shasta Head Start
- Karuk Head Start
- Modoc Early Head Start
- Klamath Health Services, Inc.
- Schools participating in the Kindergarten Readiness Assessment^{xiv} Evergreen Elementary School
 - Dunsmuir Elementary School District
 - Scott Valley Union School District
 - Evergreen Elementary School
- Center for Healthy Communities at California State University, Chico
- Tobacco Education Council
- Siskiyou County Health and Human Services:
 - Mental Health Services Act
 - Child Protective Services
 - Human Services
 - Child Protective Services
 - WIC
 - Public Health
- Sierra Forever Families
- COS Foster/Kinship Program
- COS Adult Education Pathways
- Siskiyou County Probation:
 - Community Corrections Partnership
- Services Clubs:
 - Red Scarf Society
 - Rotary- Dunsmuir, Weed, Yreka, Montague, Scott Valley
 - Mt Shasta Kiwanis
 - Delta Kappa Gamma – Gamma Nu Chapter
- Fairchild Medical Center
- Siskiyou County Libraries

2018–2019 Commissioners

Kermith Walters, Commission Chair

Siskiyou County Superintendent of Schools

Michael Perry, Commission Vice Chair

Siskiyou County Librarian

Michael Kobseff

Siskiyou County Board of Supervisors

Dr. Sarah Collard

Siskiyou County Director of Behavioral Health

Debra Walsh

Siskiyou County Deputy Director of Human Services

Judithe Washington

Retired Teacher/Vice Principal

Stephen Kolpacoff, MD

Siskiyou County Public Health Officer

Shelly Davis

Siskiyou County Director of Public Health Division, Nursing, Inmate Health

Appendix A: Endnotes

ⁱ There was likely duplicate reporting, with respondents selecting more than one response, perhaps in the case of a family member or relative watching the child, who also owned and operated a licensed center of home-based care program.

ⁱⁱ United States Department of Labor. Earnings and Unemployment rates by educational attainment, 2015. Retrieved from the web: http://www.bls.gov/emp/ep_chart_001.htm

ⁱⁱⁱ Communities Reporter 2010-2014. Retrieved from the web: <http://oe.oregonexplorer.info/rural/CommunitiesReporter/>

^{iv} There was likely duplicate reporting, with respondents selecting more than one response, perhaps in the case of a family member or relative watching the child, who also owned and operated a licensed center of home-based care program.

^v First 5 Siskiyou suspended Scotts Valley FRC's continuation of funding in October 2019, due to their not having reported or submitted data.

^{vi} First 5 Siskiyou Children and Families Commission. Form 3. First 5 IMPACT Phase 2 High-Quality Action Plan Implementation Step Layer Funding. (Grant Application) December 11, 2015.

^{vii} Source: California Child Care Portfolio, 2017. Accessed: https://rrnetwork.org/assets/general-files/Siskiyou_06-18.pdf

^{viii} There was likely duplicate reporting, with respondents selecting more than one response, perhaps in the case of a family member or relative watching the child, who also owned and operated a licensed center of home-based care program.

^{ix} Name has been changed to protect identity.

^x Dolly Parton's Imagination Library research. Retrieved from the web: <https://imaginationlibrary.com/news-resources/research/>

^{xi} Source: HEDIS 2017-18, California Department of Healthcare Services. Medi-Cal Managed Care External Quality Review Technical report, July 1, 2017-June 30, 2018. Accessed at https://www.dhcs.ca.gov/dataandstats/reports/Documents/CA2017-18_EQR_Technical_Report_F1.pdf

^{xii} Fall 2018 Kindergarten Assessment.

^{xiii} Actual total FY 2018-19 revenue is more than what was reported, as some grants were received in FY 2019-20.

^{xiv} Participating schools in Kindergarten Readiness Program: Big Springs, Butte Valley, Dunsmuir, Etna, Fort Jones, Gazelle, Grenada, Happy Camp, Hornbrook, McCloud, Mt. Shasta, Weed, Evergreen (Yreka).