

TALK, READ, SING, PLAY, EVERYDAY!

FIRST
Siskiyou **5**

CHILDREN & FAMILIES COMMISSION



ANNUAL EVALUATION REPORT

2021-22

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From the Commission Chair and the Executive Director

On behalf of First 5 Siskiyou Children and Families Commission we are thankful for the trusting partnerships with each of the organizations who are committed to working together for better outcomes for children, youth, and their families. The unity in our work continues to prove to be successful. Together we have increased access to community-based resources and supports, elevated educational opportunities for parents and the workforce and increased supports for early care and education providers.

First 5 Siskiyou's dedication to advancing the development of community-based programs in all corners of the county through our primary investments in Family/Community Resource Centers is key to building programs for strengthening protective factors. To be successful we all need stable supportive communities and nurturing relationships. Fostering positive relationships are as important to adults as they are to children. First 5 is committed to create a culture of nurturing and respectful relationships as the pathways to success for children and youth.

Dedicated to advancing the support of families, co-funded by First 5 Siskiyou Children and Families Commission, FRCs continued and expended their services in most of Siskiyou County, keeping their doors open and providing services and supports without disruption –while upholding COVID-19 safety measures. This approach was appreciated by the county constituents, with hundreds of adults and children receiving services from the FRCs and participating in playgroups.

The FRCs are critical community hubs for services, supports and resources. During FY 2021-22, the FRCs offered evidence-based parent education classes and workshops and distributed nearly 200 family activity kits and almost 30,000 children's books. FRCs also hosted over 58 outreach events to increase families' awareness about the array of offerings provided at each FRC. These programs improve the quality of parent-child interactions, support children's development and increase connections between parents.

Additionally, the Ready4K evidence-based parenting education program, delivered via text messages, was adopted by First 5 in partnership with Mental Health Services Act. Each week, parents receive fun facts and easy tips on how to promote their children's development by building on existing family routines. Almost 500 parents (336 with children under 6) participated in this program and received over 80,000 text messages related to parenting tips and local resources.

The extensive menu of offerings is made possible through diverse funding partners. At the core of this success is the Small County Population Augmentation dollars invested by First 5 CA. The diversified funding and commitment by FRCs provide the path for parents to have more opportunities to engage with resources more than ever before and build protective factors for family success. Looking ahead to the new fiscal year, growing our partnerships through designation as the Siskiyou Child Abuse Prevention Council will create the platform for more robust supportive resources for all families in Siskiyou County.

Kermith Walters,
First 5 Siskiyou Commission Chair



Karen Pautz,
First 5 Siskiyou Executive Director



Strategic Plan Annual Snapshot 2021-22

First 5 Siskiyou promotes the optimal development of children 0-5 by focusing investments in four goal areas: Resilient Families, Quality Early Learning, Child Health and Development, and Strong Systems. These goals support the overarching desired impact of Kindergarten Readiness. The following Snapshot presents 2021-22 data regarding First 5 Siskiyou's reach, as well as progress on desired client results.

Profile of Families Served

Reach



- **First 5 Siskiyou continued to have broad reach across the county.** Services were provided to 5,577 children (duplicated across programs). The number of parents and caregivers engaged also increased, from 3,398 last year to 4,005 this year (duplicated).
The program with the widest reach of children was Quality Counts Siskiyou (1,747 children, unduplicated), followed by Dolly Parton Imagination Library (1,518 children, unduplicated).
- **The population served by First 5 Siskiyou is increasingly diverse.** The percentage of children served who were non-White (34%) increased from the previous year (31%). About 13% were reported to be Latino, 9% were Native American, and 6% were from two or more racial and ethnic groups.

Resilient Families

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

Families increase social connections through locally-based, family-friendly activities

- **Family Resource Centers (FRCs)** served as welcoming hubs for 1,161 parents and caregivers and 990 children across nine FRCs (duplicated).
- **Family friendly events** (58) were co-funded by First 5 and Siskiyou County Library and reached 836 parents and caregivers (duplicated).
- **Parent-child playgroups** provided 80 children with an average of 10 playgroup sessions including enrichment activities, peer bonding opportunities, and parent support with resources and referrals.

Families have access to resources and support in time of need to support self-sufficiency

- **At FRCs, families received essential services and referrals**, including 95 referrals to parenting classes and workshops, and 27 referrals for mental health.
- **Ready4K** reported that its first and second most "clicked" resource in Siskiyou County was for food assistance.

Parents provide nurturing and positive emotional support to their children

- **New Parents Kits** were provided to 200 families throughout Siskiyou County to support their journey into parenthood.
- **Welcome Home Baby** provided 30 parents with up to four home visits to help them through the journey of early parenthood.
- **Ready4K** provided text-based information and resources to 336 parents and their 378 children ages 0-5 to increase knowledge of child development and local resources as well as promote children's readiness for kindergarten.
- **Evidence-based workshops** helped parents gain knowledge and skills to support their children's development. On all indicators measured by the Parenting Ladder, parents showed significant improvement on pre- to post-tests.

Quality Early Learning

Ensure children are healthy and have the socio-emotional and cognitive skills to enter kindergarten ready to succeed.

Parents and caregivers read aloud with their children

- **Almost 30,000 children's books** were distributed to families across the county, thanks to partnerships with Siskiyou County Library, Delta Kappa Gamma-Gamma Nu Chapter, Fairchild Medical Center Guild, Fairchild Medical Center Auxiliary, Health Clinics, Human Services Agency literacy centers, WIC, Fairs, early childhood education programs, schools, and the Dolly Parton Imagination Library program.
- **Dolly Parton Imagination Library (DPIL)** increased book access in the home by distributing 14,500 books by mail to 1,518 participating children in Siskiyou County.
- **Most parents reported reading aloud with their children.** Across FRCs, at least 70% of First 5 parent/caregivers reported that they read aloud to their children five times a week. For parents in the DPIL program, that percentage was even higher: 75% said they read with their child at least 5 times a week.

Children have access to high-quality early care and education

- **Over two thirds of Siskiyou County children are in an early care setting that is receiving quality enhancements.** First 5's partnership with Quality Counts/ IMPACT helped increase the quality of care in 31 early care and education sites, including center-based, family child care and alternative settings. This program reached 1,747 children, or 64% of the county's 2,709 children ages 0-5.ⁱ
- **Playgroups** co-funded with Siskiyou County Library provided an enriching, semi-structured opportunity for 83 parents and their 80 children to meet regularly and increase their knowledge of child development and strengthen positive interactions.

Child Health and Development

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

Children are healthy and well-nourished

- Almost all (96%) of First 5 children had been to the doctor for their well-child checks, compared to 32% for 0 to 15-month-olds and 61% for 15 to 30-month-olds countywide enrolled in Medi-Cal. However, trends were worsening for oral health care compared to previous years; about 60% had a regular dentist and only half (50%) had a check-up in the last six months.
- CalFresh and Nutrition programs served 368 primary caregivers.

Children meet developmental milestones

Help Me Grow (HMG) provided 411 children with developmental screenings and made referrals for children with identified needs. Of the 176 screenings documented on a HMG screening form, 79% of children were meeting developmental milestones, while 8% were found to have developmental concerns, and 13% were in the monitoring category.

Strong Systems

Coordinate and collaborate with other willing organizations to build new systems, strengthen the capacity of existing ones, and provide comprehensive and coordinated services for young children and their families.

System partners have increased capacity to promote child and family outcomes

- **First 5 Siskiyou's Professional Development Partnership** conducted 14 training sessions and increased the capacity of 857 attendees, providing opportunities to increase knowledge of best practices when working with children.

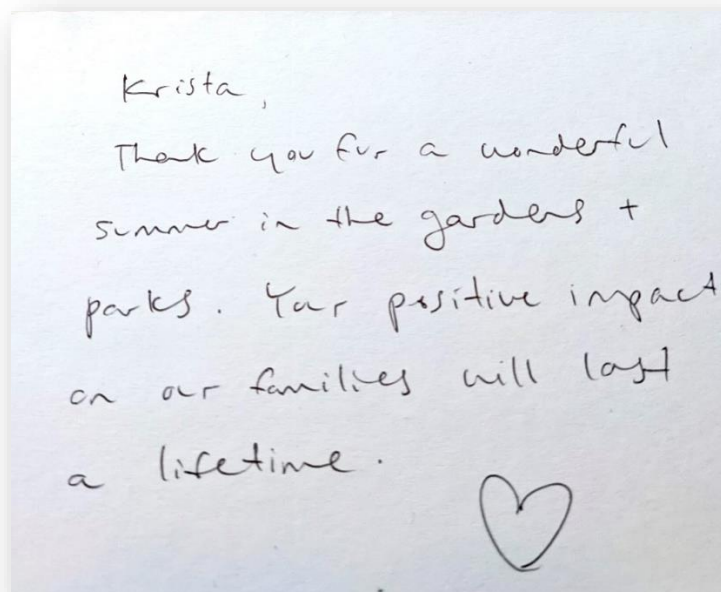
System partners are efficient and effective

- **In 2021-22, Siskiyou Strengthening Families Collaborative** increased partnerships to normalize community-based parenting education.

collaborators (leverage, cross-refer, etc.)	<ul style="list-style-type: none"> In the Annual Partner Survey, over 60 partners were surveyed about ways in which First 5 Siskiyou has been helpful in strengthening partnerships. Almost all (95%) said working with First 5 Siskiyou was helpful or very helpful.
C/FRCs help prevent child abuse	<ul style="list-style-type: none"> Families in every community benefited from CAPC co-funded programs and services. In addition, over 100 community awareness efforts increased knowledge of Child Abuse Prevention. Evidence-based parent education and workshops were attended by parents of 96 children ages 0-5 to help them understand child development and use age-appropriate discipline techniques. Classes included Making Parenting a Pleasure, Raising Emotional Healthy Children and Nurturing Parenting. FRCs parent-child playgroups provided 80 children with an average of 10 playgroup sessions each, helping parents receive concrete support in times of need as well as fostering social connections. FRCs hosted 58 events, serving a total of 2,013 individuals (duplicated).
First 5 Siskiyou increases financial and leveraged resources in the county	<ul style="list-style-type: none"> Grant awards and new partnerships led to highest level of revenue to date. In 2021-22, First 5 Siskiyou secured \$1,411,536 in funding, up from \$1,303,054 in 2020-21. This increased revenue translated to strengthening networks of care for children and families.

Kindergarten Readiness

Children enter kindergarten prepared to succeed	<ul style="list-style-type: none"> Kindergarten readiness is gradually increasing across the county. In 2020, 37% of kindergartners were fully ready for kindergarten across all domains of readiness, up from 35% in 2017. Regression analyses revealed powerful findings about what was shaping readiness during the pandemic: <i>child wellbeing</i>, <i>licensed early learning experience</i>, and <i>parent-child engagement</i> ($R^2 = .55$); these three factors accounted for 55% of the variation in kindergarten readiness. Two-thirds of entering kindergartners had participated in First 5-supported services, which in turn directly promote these top three predictors. Data are not available for 2021-22.
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Thank you note sent to one of First 5 Siskiyou's Playgroup facilitators.

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 our 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.



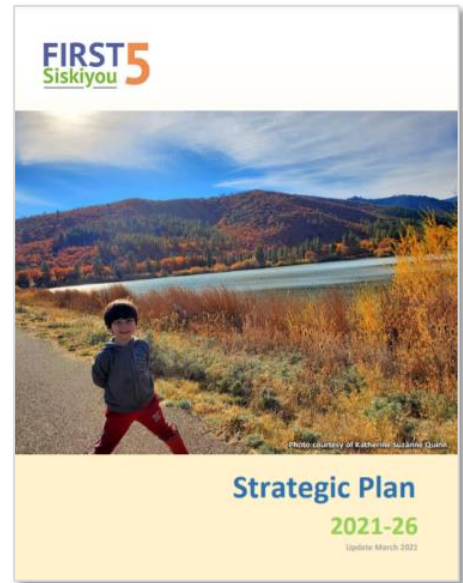
COMMISSION STRATEGIC PLAN AND EVALUATION

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 9 times during the year, normally on the 4th Wednesday of the month at 8:30 am, as posted on the First 5 Siskiyou website. Meetings are usually held at the Siskiyou County Office of Education in Yreka. Based on COVID-19 guidelines, meetings have been virtual. The Commission and the Family and Community Resource Centers work together to identify and refine community needs, resulting in projects that provide integrated services based on the core services of FRC. 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.

Each spring, First 5 Siskiyou reviews and refines its [Strategic Plan](#) to guide actions in the upcoming fiscal year. The strategic plan is then supported by the agency-wide [evaluation plan](#). To measure indicators, the Commission utilizes evaluation tools established by First 5 Siskiyou, Oregon State University, Portland State University, and Applied Survey Research.

A representative from each funded partner is trained to collect and input data into First 5's evaluation system (Apricot360). Input is required weekly. In addition, quarterly progress reports are submitted to First 5 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.

All FRCs and County Common Projects are required to provide reports to the Commission. Each FRC grantee is required to present a report on its progress toward its goals at a regularly scheduled Commission meeting or through a site visit. In addition, site visits/observations will be conducted by Commissioners and/or the Executive Director, in order to understand the qualitative outcomes of the funded projects. COVID-19 based safety measures were taken during all such visits.



VISION, MISSION, & GOALS

First 5 Siskiyou's vision for Siskiyou County's children 0-5 and their families:

VISION

Siskiyou County's children are safe, healthy, and prepared to succeed in school and life as a result of the support and nurturing they receive from their families, caregivers, educators, and communities.

To promote that vision, First 5 Siskiyou's mission is the following:

MISSION

Increase positive outcomes for Siskiyou children and families through strong partnerships, a common agenda and collective impact.

First 5 Siskiyou's investments are organized around four broad community goals – Resilient Families, Quality Early Learning, Child Health and Development, and Strong Systems. First 5 Siskiyou's overarching goal is for all children in Siskiyou County to be Kindergarten Ready. Kindergarten readiness leads to smoother transitions into the elementary school systems and predicts third grade achievement. First 5 Siskiyou's four goals are as follows:

GOAL 1:	GOAL 2:	GOAL 3:	GOAL 4:
RESILIENT FAMILIES Promote parental resilience, social connections, knowledge of parenting and child development, and concrete support in times of crisis.	QUALITY EARLY LEARNING Ensure children are healthy and have the socio-emotional and cognitive skills to enter kindergarten ready to succeed.	CHILD HEALTH & DEVELOPMENT Promote each child's healthy physical, dental, social, and emotional development.	STRONG SYSTEMS Coordinate and collaborate with other willing organizations to build new systems, strengthen the capacity of existing ones, and provide comprehensive and coordinated services for young children and their families.

VALUES

Core values describe what is important as First 5 Siskiyou carries out its work:

- **Collaboration:** First 5 Siskiyou works cooperatively with communities and within established systems to develop common goals, leverage resources and maximize efficacy of services for children and families.
- **Innovation:** First 5 Siskiyou works with partners to identify and apply fresh solutions based on evidence and best practices to meet the specific needs of the diverse communities within our county.
- **Excellence:** First 5 Siskiyou seeks to attain the highest quality outcomes, measured against established best practices and the most credible current research.
- **Accountability:** First 5 Siskiyou is results-driven, and responsible for the resources the public entrusts in fulfilling its fiduciary, programmatic, and legal requirements.
- **Respect:** Centering in equity and unity, First 5 Siskiyou welcomes and embraces input and assistance from families, partners, and communities to offer every child and family support and access to resources.
- **Invest Locally:** First 5 Siskiyou understands the importance of community-based investments and is committed to funding Family Resource Centers as well as other services in our communities.

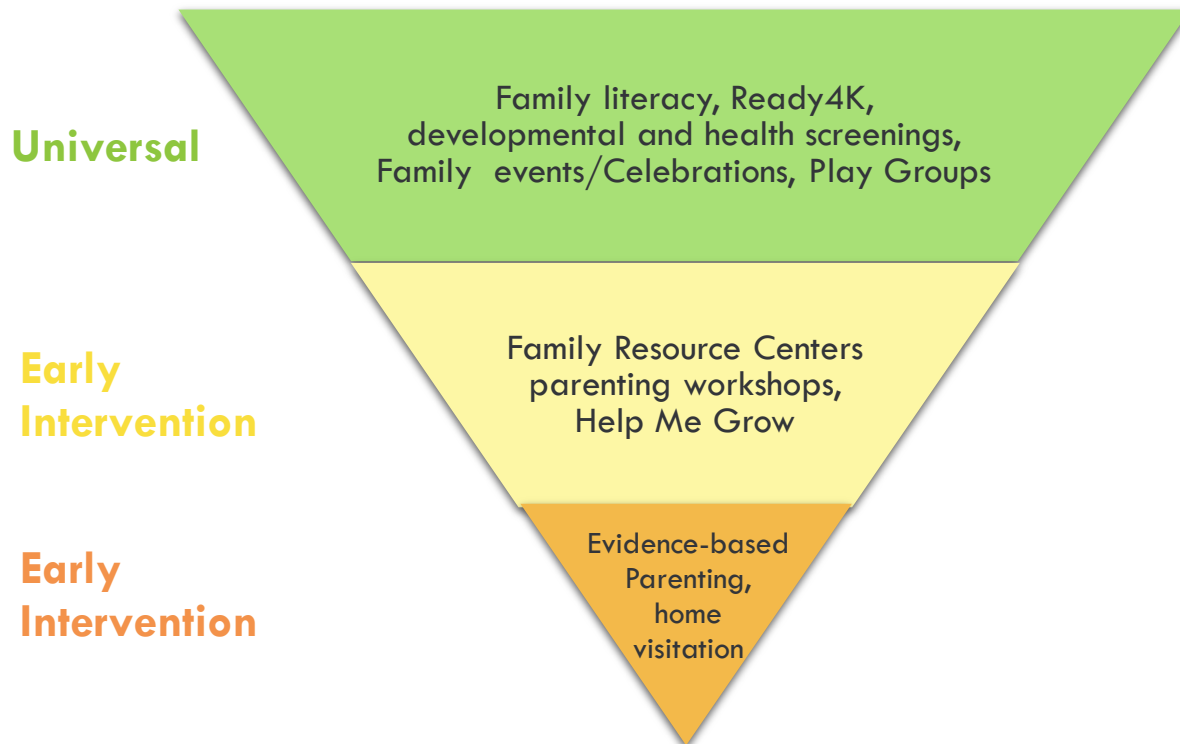
PRINCIPLES

The manner in which First 5 Siskiyou approaches its work is essential for its success. Therefore, First 5 Siskiyou strives to:

- **Build** long term partnerships by fostering relationships beyond current contracts and programs. Focus on contributions of others rather than our own.
- **Sustain** constructive relationships based upon mutual respect, candor, and confidentiality. Always promote a tone of care, joy, passion, compassion, positive attitude and professionalism.
- **Lead** with care, foster unity, share knowledge, work as a team, be nimble and flexible. Act with honesty, integrity, and kindness.
- **Include** the perspectives, opinions, and experiences of the broadest possible sector of the community.
- **Be accessible** and welcoming. Listen, communicate clearly and respectfully.
- **Follow ethical practices** and ensure transparency in all aspects of the work.

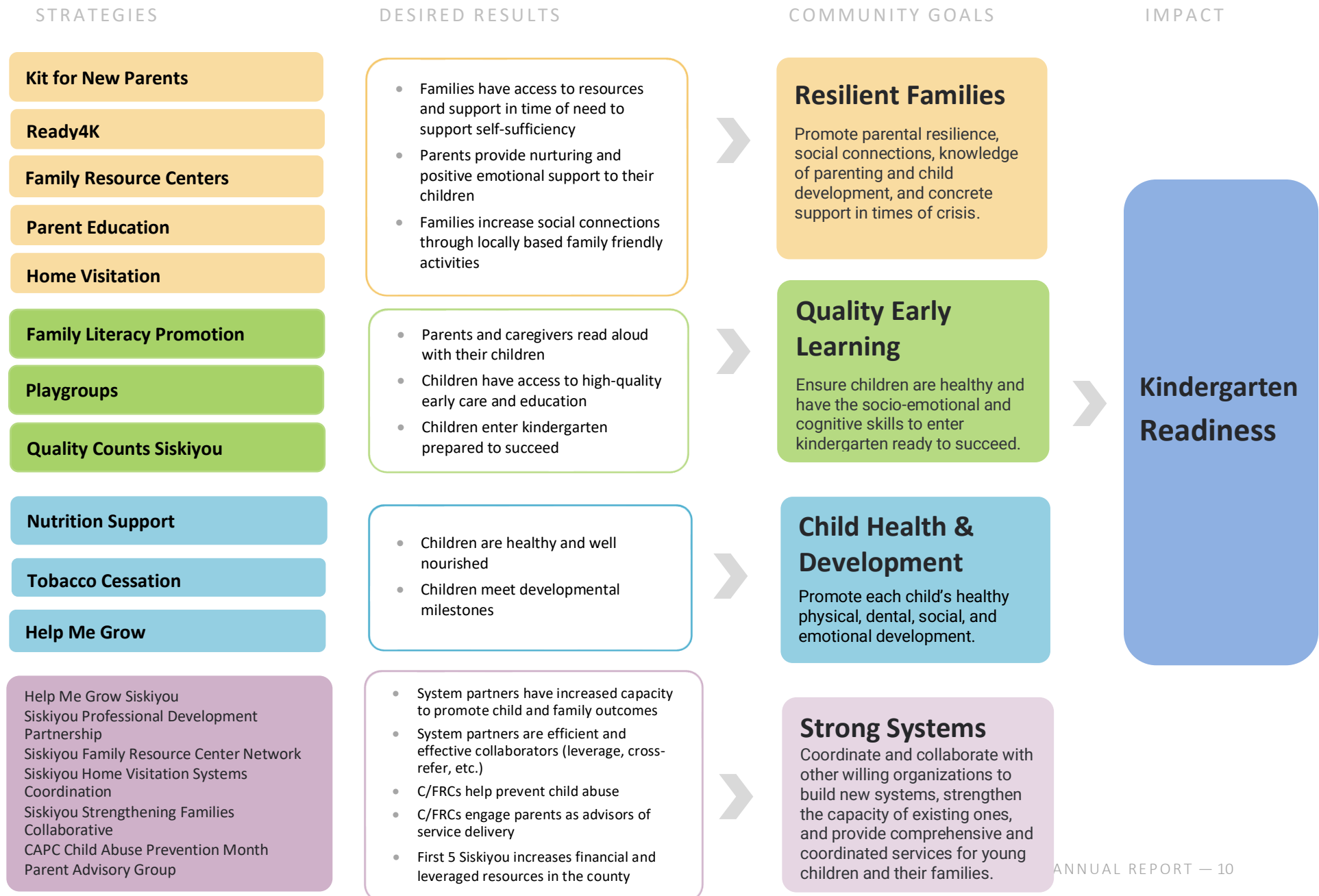
STRATEGIC DESIGN: A TIERED APPROACH TO SERVICES

In order to make the best use of scarce resources, First 5 Siskiyou provides “light touch” **universal** primary prevention services to the entire population. First 5 Siskiyou provides **early intervention** support to prevent emerging needs from worsening, whether these be developmental needs of children or stabilization support for families. The third tier includes **intervention** services to address needs, such strengthening parent-child relationships amongst families in the child welfare system. Within each Goal area of this report, the programs are organized along this spectrum of prevention.



The strategic framework on the next page ties First 5 Siskiyou’s work together, from *key program or systems partnerships*, to *desired program results and outcomes*, to *longer term community goals and impact*.

FIRST 5 SISKIYOU'S STRATEGIC FRAMEWORK



Profile of Children and Families Served

ANNUAL AGGREGATE DATA

In FY 2021-22, based on the widest-reach program, Imagination Library, First 5 Siskiyou served at least 1,518 unique children and 1,320 caregivers. In terms of service engagements, there were **5,577** children served (duplicated) across various programs, up from 5,373 in 2020-21, and **4,005** parents and caregivers served (duplicated), up from 3,398 in 2020-21.

Based on unduplicated clients data from First 5 Siskiyou's largest endeavor, Quality Counts, First 5 is extending high quality activities to least 1,747 or 64% of the county's 2,709 children ages 0-5.ⁱⁱ The table below presents the client counts for each funded effort and partnership. Note that client counts are unduplicated within each program but duplicated across programs.

Number of Children, Caregivers and Providers Served, by Program and Overall (duplicated)

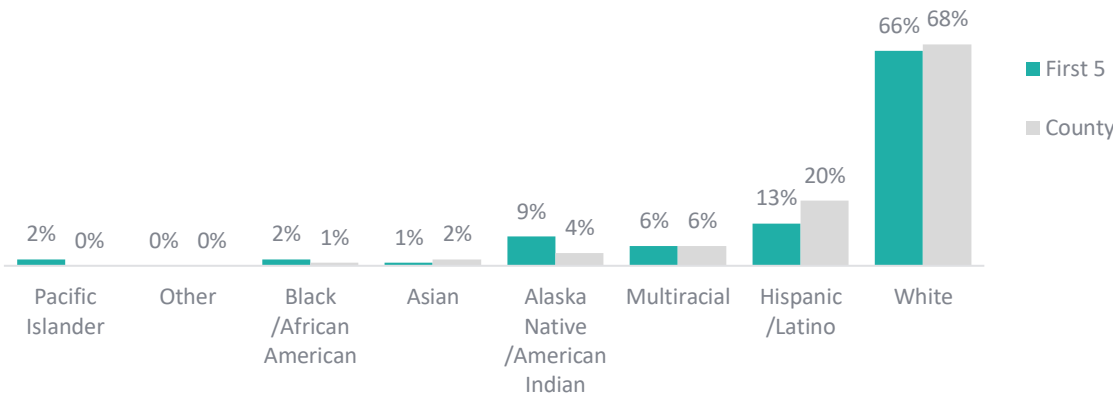
F5 CA Result	First 5 Siskiyou Program Title	Children Ages 0-3	Children Ages 3-5	Children 0-5 Age Unknown	TOTAL Children 0-5	TOTAL Primary Caregivers	TOTAL Providers
Family Functioning	Kit for New Parents	200	---	---	200	200	
	Dolly Parton Imagination Library	743	775	---	1,518	1,320	
	Ready4K	73	279	26	378	336	
	Family Resource Centers	115	130	745	990	1161	
	Parenting Workshops / Series	57	39	---	96	96	
Child Development	Playgroups	51	29	0	80	83	
	Quality Counts Siskiyou / IMPACT	106	266	1,375	1,747	---	31
Child Health	Welcome Home Baby	18	---	---	18	30	
	Help Me Grow	57	178	176	411	411	
	CalFresh / Nutrition	61	50	28	139	368	
Systems	Siskiyou Professional Dev. Partn.	---	---	---	---	---	857
	Total (Duplicated)	1,481	1,746	2,350	5,577	4,005	888

Source: First 5 Siskiyou – AR 1 and AR 2 State Report Client Counts, 2021-22.

DEMOGRAPHIC PROFILE

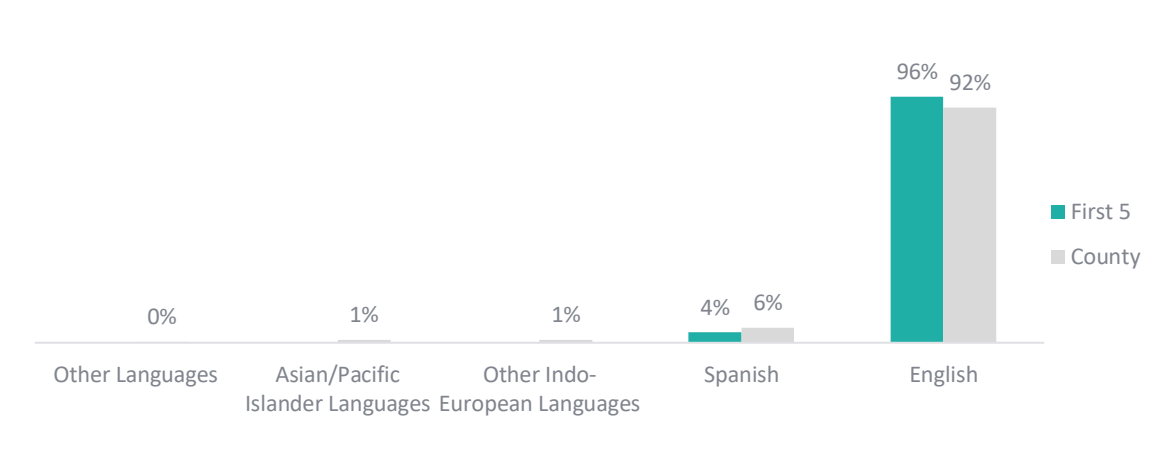
In terms of ethnic and racial distribution, the majority of children served by First 5 Siskiyou were White (66%), followed by Latino (13%), and Native American (9%). This is similar to the ethnic makeup of children 0-5 in the county overall: In 2021-22, the majority of children ages 0-5 in the county were White (68%), followed by Latino (20%), multiracial (6%), and American Indian/Alaska Native (4%).ⁱⁱⁱ In FY 2021-22, the most common language spoken by parents and children was English.

Ethnicity of Children Ages 0-5, First 5 Siskiyou vs. County



Source: First 5 Siskiyou – State Report Client Counts, 2021-22.
County data: California Department of Finance County Population Projections (2010-2060).^{iv}

Types of Languages Spoken at Home, First 5 Siskiyou Parents Compared to Adults Countywide



Source: First 5 Siskiyou: State Report AR1 and AR 2, 2021-22. Countywide: Census Bureau Language Spoken at Home, 2021-22. Excludes the 1% who spoke Asian Pacific Islander languages and 1% who spoke Other Indo-European Languages.

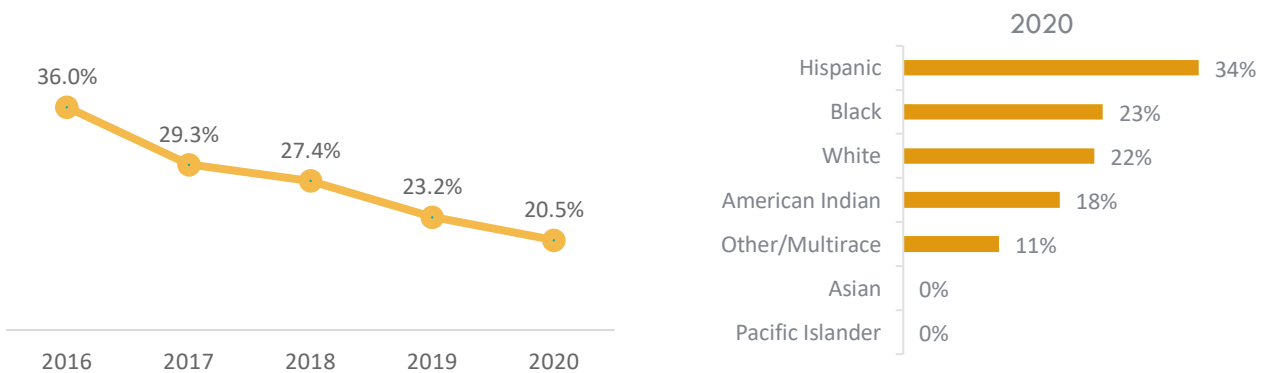
Goal 1 — Resilient Families

GOAL	Promote parental resilience, social connections, knowledge of parenting and child development, and concrete support in times of crisis.
RESULTS	<ul style="list-style-type: none"> Families have access to resources and support in times of need to support self-sufficiency Parents provide nurturing and positive emotional support to their children Families increase social connections through locally-based family friendly activities
PROGRAMS	<ul style="list-style-type: none"> Kit for New Parents Ready4K Family/Community Resource Centers Evidence-based Parenting Education Classes and Workshops Welcome Home Baby Home Visitation

COMMUNITY-WIDE TRENDS

- Child poverty is high but decreasing.** In 2020, one in five children (21%) under 5 years of age in the County lived at or below the federal poverty rate, which is \$27, 750 for a family of four in 2022. By comparison, the statewide rate of poverty for children under five was 17%.

Percent of Children 0- 5 Living in Poverty in Siskiyou County

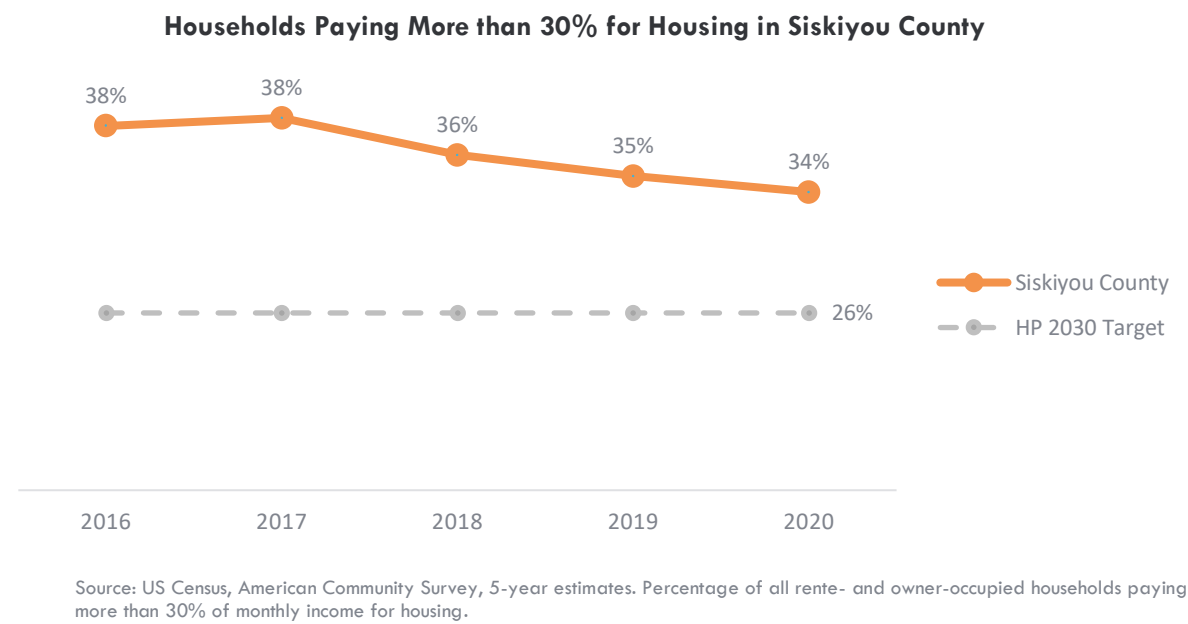


Source: US Census, American Community Survey, 5-year estimates.

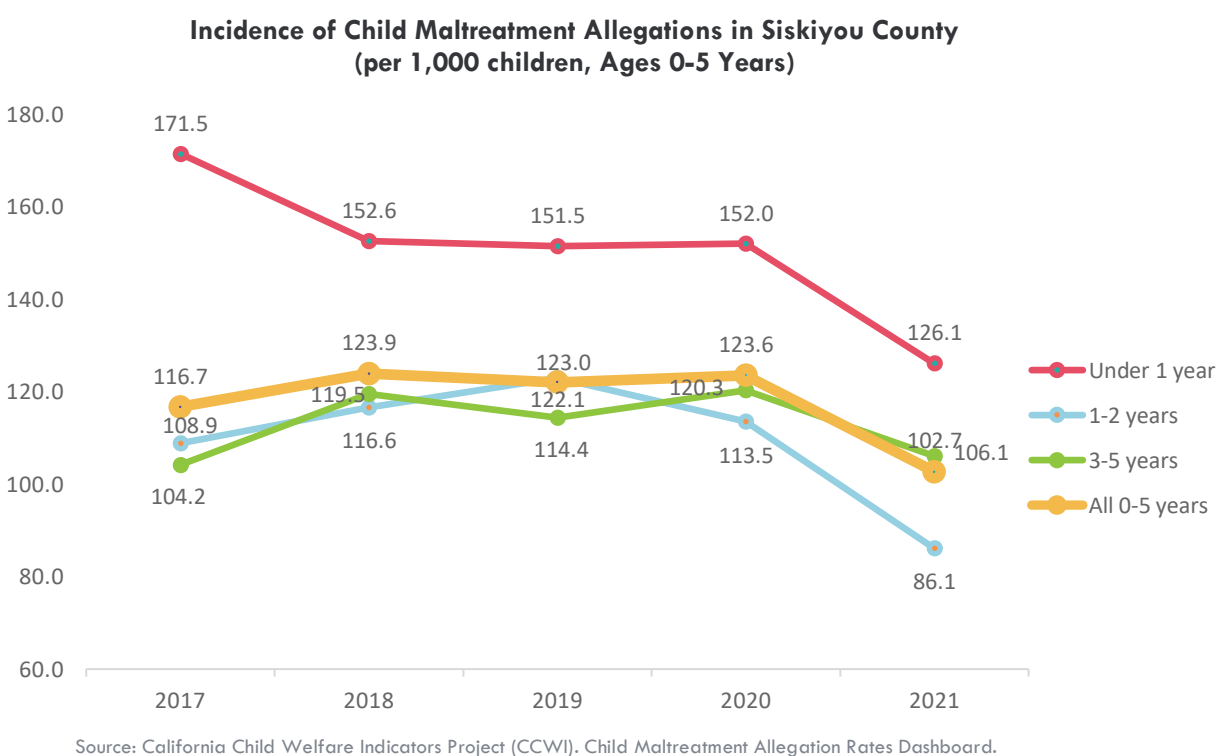
Note: "Other" includes Black, American Indian, Asian, Native Hawaiian/Other Pacific Islander, Other race, and two or more races).

Note: data estimates for 2019 for White are not available.

Housing Affordability: Affordable housing is defined as that which does not require more than 30% of a family’s income. In Siskiyou County, one in three households (32%) are paying more than 30% of their income for housing, compared to 40% statewide, indicating that the county is a more affordable place to live than other parts of the state.

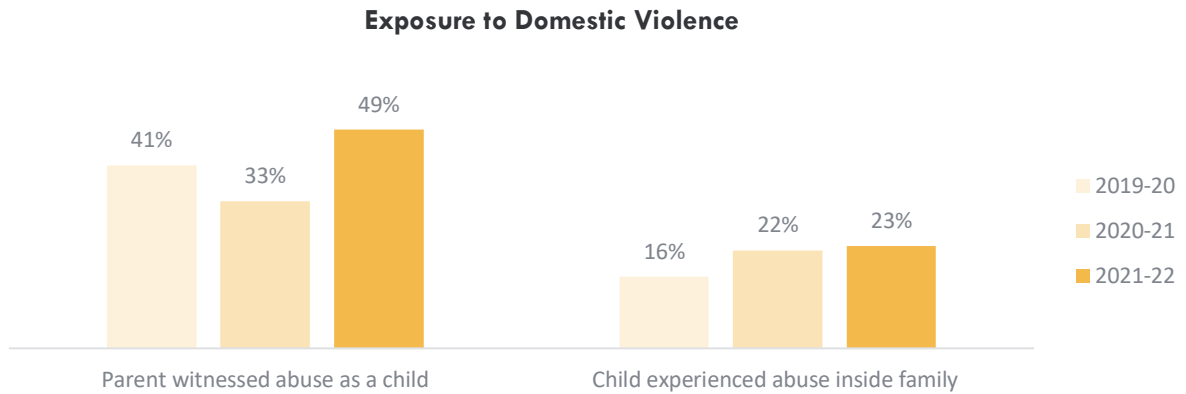


- **Child abuse allegations are highest for children under 1 year.** In 2021, the rate of child abuse allegations for children 0-5 was 126 per 1,000 (278 children), compared to the state at 45.77 per 1,000.^v



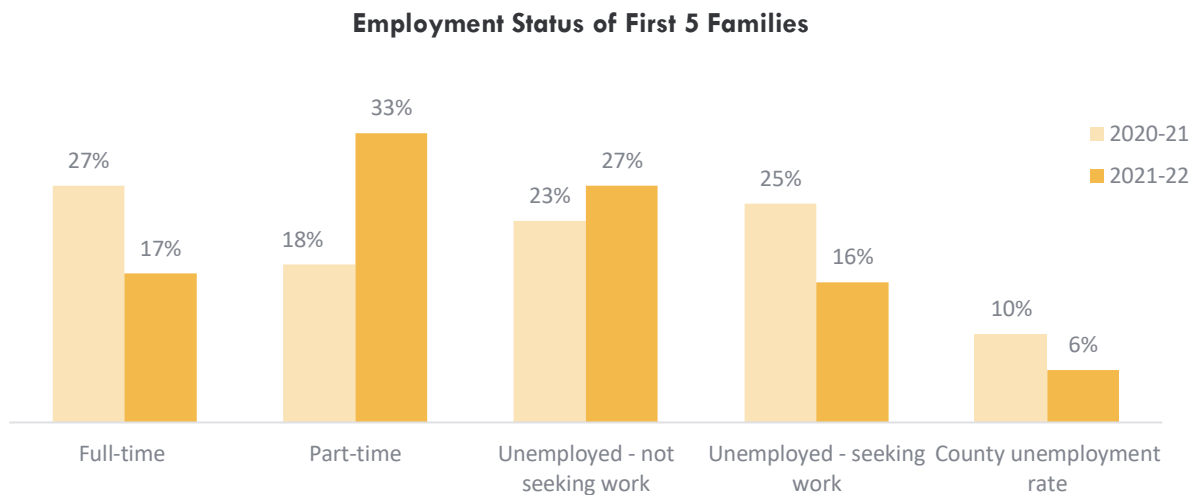
FIRST 5 FAMILIES AT INTAKE

- **Adverse Childhood Experiences (ACEs) are prevalent:** According to the Family Social History Questionnaire, one half of parent participants (49%; n=41) witnessed abuse between their parents as a child, and 23% (n=19) say their child has also experienced abuse inside the family.



Source: Family Social History Questionnaire, 2021-22. N=84.

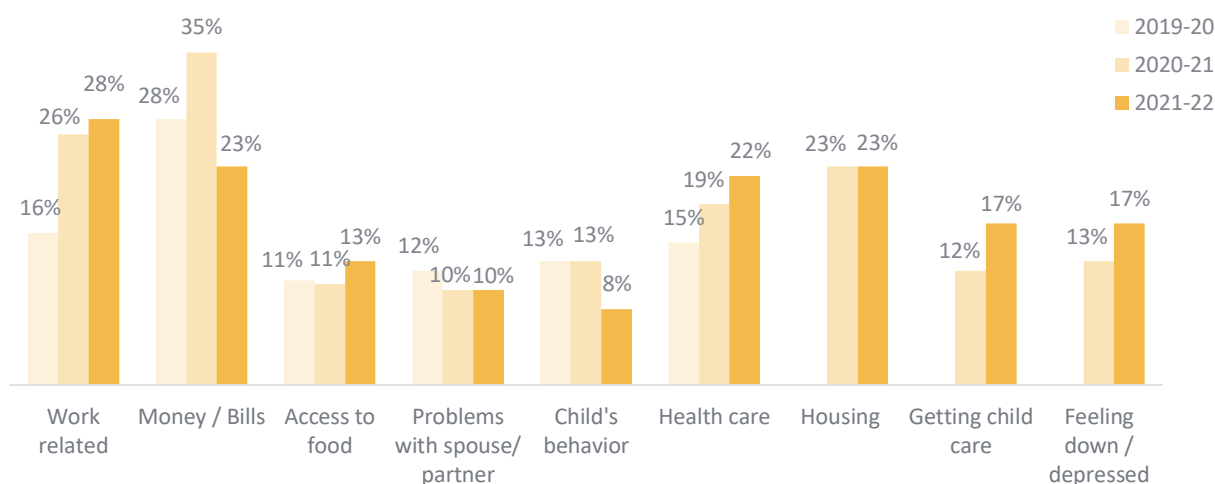
- **Behavioral health issues are also prevalent:** One half (48%; n=40) of those attending evidence-based parenting classes have had a problem with alcohol and/or other drug abuse, and almost half (42%; n=36) reported having a spouse who has had a problem with alcohol and/or other drug abuse.
- **First 5 families are comparatively underemployed and low income:** Only 17% of families worked full-time, 33% worked part-time, and 10% were seasonal workers or college students. In 2022, 16% said they were unemployed and “actively seeking work,” compared to 27% of FRC families that were unemployed and not-actively seeking work.



Source: Survey Questions for Employment: Family Intake Form N=183, excluding those who declined to respond. County unemployment rate: Employment Development Department.^{vi}

- Family-reported socio-economic concerns are on the rise again:** The COVID-19 pandemic stretched family resiliency to the limit, and the effects appear in the intake data below. Taking the percent of families at intake who said they were very or moderately concerned, in 2021-2022, respondents (n=180-185) were more likely to be concerned than they were in previous years about *work-related issues* (28%), and *health care issues* (22%). In response to potential stressors brought on by the pandemic, three questions were added to the survey. One in four families (23%) were very to moderately concerned about their *housing situation*, 17% said they had *felt down, stressed, or not having as much interest in doing things they used to enjoy*, and 17% were moderately to very concerned about *getting child care so the parent could go to school or work*.

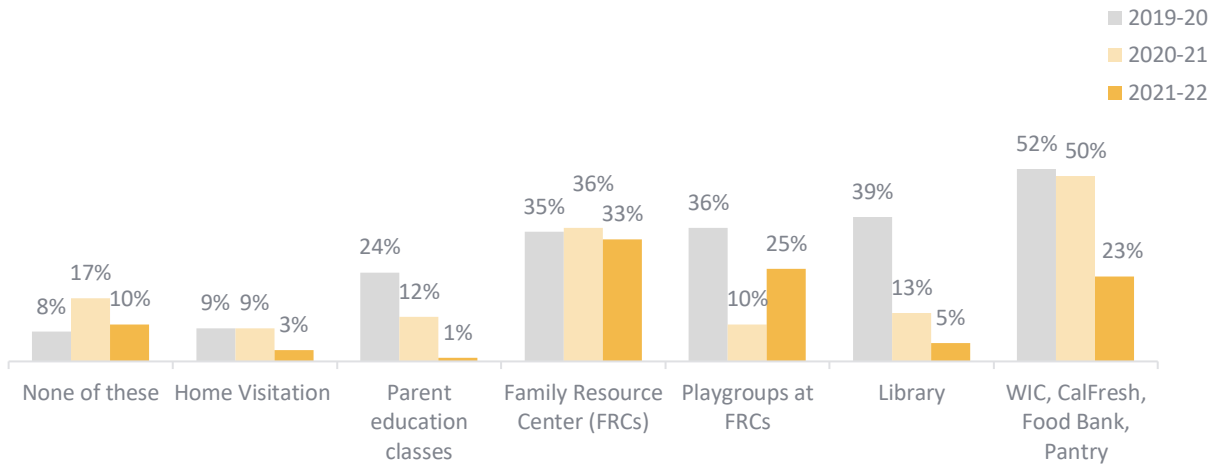
Concerns of First 5 Siskiyou Families



Source: Family Intake Form, 2021-22 = 180-185. Survey questions for Housing, Getting Child Care, and Feeling Down/Depressed were added post-pandemic.

- Prior connections to community services appears to have been impacted by the COVID-19 pandemic as well:** The percentage of families reporting they had accessed various services in the six months prior to intake took a substantial drop from previous years. Compared to previous years, the most commonly used services by families (n=180) in the prior six months were *Family Resource Centers* (33%), followed by *Playgroups* offered at FRCs (25%).

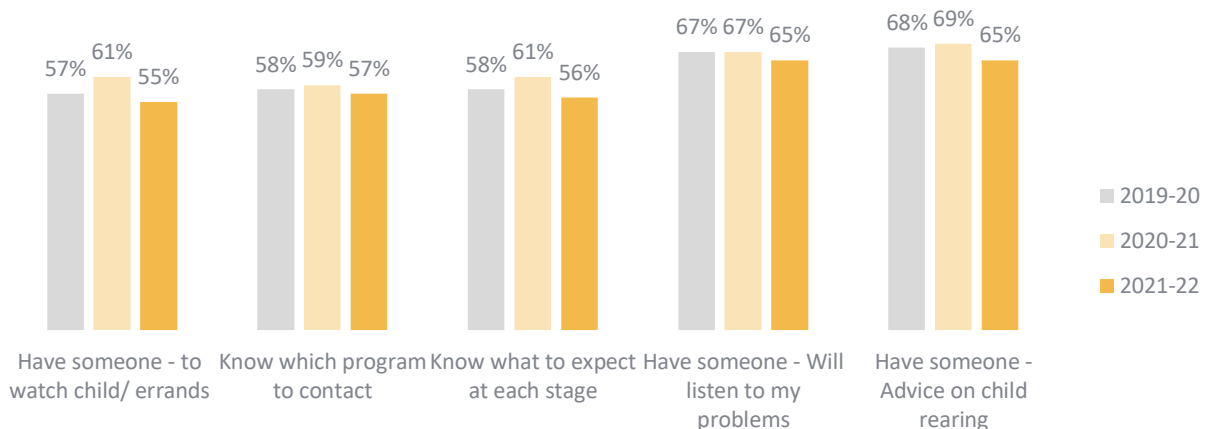
Type of Services Used in the Last 6 Months



Source: Family Intake Form, 2021-22 N=180. Survey Questions for Type of Services.

- Despite prior and current hardship, about two thirds of families have strong protective factors:** Through the funded FRCs, First 5 Siskiyou works with families to understand their strengths and needs, and then connects them to the support they need and build protective factors. To aid in this support, the Family Intake Form asked parents a series of statements related to protective factors. In the area of *Social Connections*, 65% of families said it was “definitely true” that they had someone to talk with about problems. Half of families (57%) also said it was “definitely true” for them that they knew which program to contact for meeting needs (*Concrete Support in Times of Need*), 65% said they had someone to turn to for advice on child-rearing, and 56% knew what to expect at each stage of their children’s development (*Knowledge of Parenting and Child Development*).

Protective Factors of First 5 Siskiyou Families



Source: Family Intake Form, 2021-2022. Concerns question N=182-183, depending on the items.

IMPACT OF FIRST 5 SISKIYOU

KIT FOR NEW PARENTS

In FY 2021-2022, Kits for New Parents were provided to 200 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 FRCs, as well as through FRC coordination with hospitals, home visitation programs, and community events.



READY4K

Ready4K provided text-based information and resources to 336 parents and their 378 children ages 0-5 to increase knowledge of child development and local resources.

Siskiyou is the fifth largest county in California, geographically. Families from remote areas have limited internet access and making trips “out to town” to access services on narrow roads can be daunting for those without reliable transportation, especially in the snowy and icy conditions of winter.

“They’re kind of my daily reminder to slow down and spend some quality time with the kids. Even if I’m busy doing chores.”

To bring services to families, First 5 Siskiyou adopted Ready4K, an evidence-based, trauma-informed parenting education program. This text-based program seeks to reduce disparities by promoting access to parenting information and connecting parents to local resources in their part of the county. The co-funded with MHSA Ready4K launch was a true cross-systems collaboration, with FRCs, schools, libraries, health care providers, and county agencies helping promote enrollment, and create resource updates for families.

In 2021-22, Ready4K reached 336 parents representing 378 children 0-5. Families in 19 zip codes, including sparsely populated areas of Forks of Salmon, Somes Bar, and Scott Bar, received 29,719 texts with community resources. Families have given overwhelming positive feedback, with 91% of families surveyed (n=82) reporting they felt more **connected to their communities** and are grateful to be linked to **concrete supports**, such as food and emergency supplies. Ready4K has also **met a community need for parenting resources**. Families of children 4-5 (58%) and 2-3 (38%) years received 52,222 Ready4K texts with parenting tips and activities. Over 92% of parents said they **better understood their child emotions and behavior**, and 86% felt better equipped to help their children learn coping skills.

First 5 Siskiyou’s Ready4K program braided with local Family Resource Centers is based on principles of equity and systems change and bridging connections with extremely remote communities. In counties such as Siskiyou with weaker technological and physical infrastructure, Ready4K has proven to be a success in helping reduce isolation and enhance parents’ protective factors.



FAMILY RESOURCE CENTERS

In FY 2021-22, Family Resource Centers served 990 of the county's young children and their parents/caregivers.

Family Resource Centers (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 (inset, below) to capitalize upon families' strengths, increase their protective factors, and increase their capacity to be healthy involved members of dynamic communities. Consequently, over the years, many Siskiyou County families who participated in FRC programs have increased their access to food, improved their parenting skills, improved their ability to obtain and keep jobs, worked through the struggles of addiction and mental health, and made healthy social connections that last beyond their involvement in the FRCs.

Our FRCs build upon local culture, strengths and resources, and serve as intergenerational hubs of activity and support. FRCs link the faith community, county agencies, schools, health providers, service clubs, and local governments to families and individuals, thereby increasing families' access to services and support as well as agencies' opportunities for community involvement and civic engagement. In short, FRCs are woven into Siskiyou County's social and service fabric and are integral to the success of local and countywide initiatives.

What is the Strengthening Families Approach?

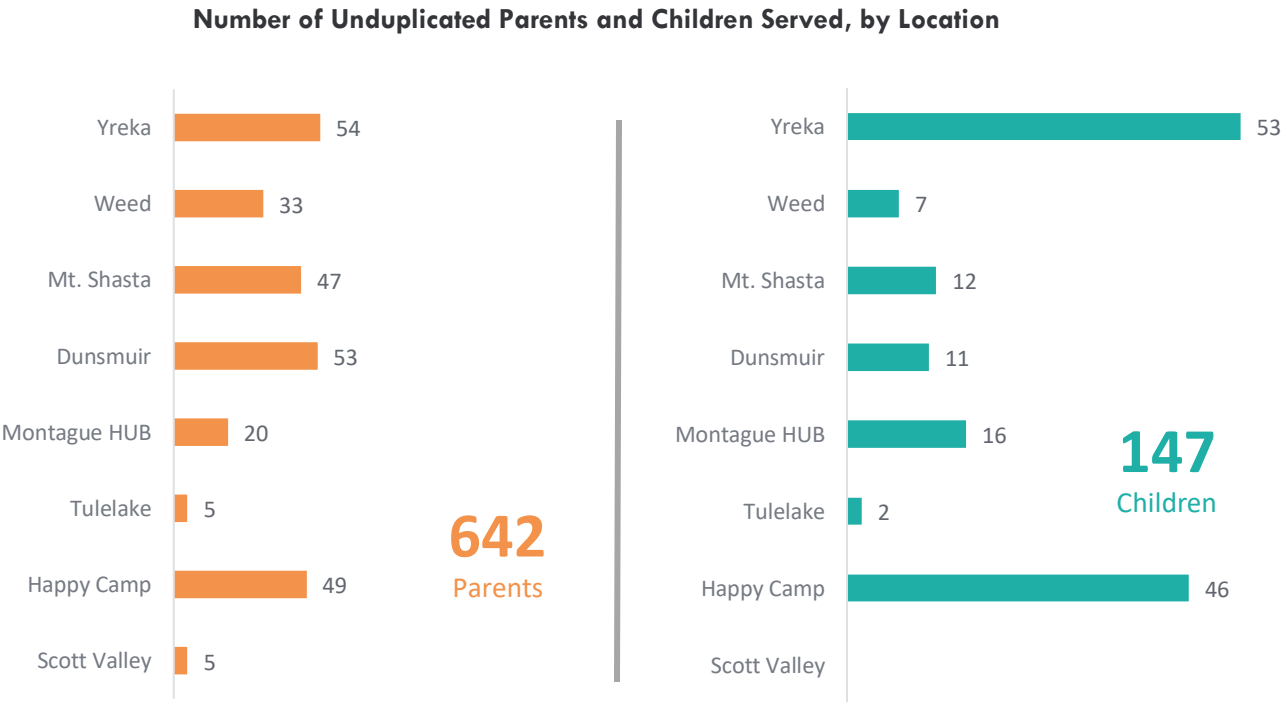
First 5 Siskiyou, the FRCs, Quality Counts Siskiyou sites, and community partners collaborate to implement programs based upon the Strengthening Families framework, a research-informed approach to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect.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

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

First 5 Siskiyou is one of two main funders of FRCs throughout Siskiyou County (the other is Siskiyou County Behavioral Health – Mental Health Services Act). Each FRC is an independent 501(c)(3) corporation (or is affiliated with another resource center’s 501(c)(3)) and consists of a Director/Site Coordinator and appropriate staff. The RCs are high-functioning organizations with strong internal systems, which has enabled them to weather budget cuts, and the COVID-19 pandemic.

In 2021-22, First 5 Siskiyou funded FRCs in eight communities around Siskiyou County. The Siskiyou Community Resource Collaborative is the largest FRC nonprofit, with centers in Dunsmuir (includes McCloud), Mt. Shasta, Weed, Yreka, and HUB Communities (serving Montague, Grenada, Big Springs, and other rural areas). Additional FRCs include the Happy Camp Community Center, Scott Valley Family Resource Center, and Tulelake/Newell Family Resource Center. FRCs 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 support, physical activity and nutrition education and promotion, safety education, and injury prevention. Through Mental Health Services Act (MHSA) funds, FRCs also provide positive youth development programs (e.g., Girls Circles), family strengthening events and celebrations, parenting education, mental health prevention, economic supports, senior and veteran’s services, and opportunities for social connections. 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 dozens of part-time, full-time, and contracted jobs. Local resources are leveraged with First 5 Siskiyou and MHSA funds.

In FY 2021-22, FRCs served 147 children and 642 caregivers (unduplicated), and 1,161 parents/ caregivers and 990 children (duplicated), including attendance at community events. Client reach by site is presented below.



Source: FRC service tracking in Apricot 360 Database 2021-2022.

At the FRCs, families with children 0-5 engaged with at least 1,240 unique services. Of these FRC services, 1,195 were directed toward Resilient Families programs.

Number of FRC Participants Served, by Service Type and Location (Duplicated)

Goal Area	Service	Number
Resilient Families	Kit for New Parents	200
	Referral for parenting classes and workshops	95
	Referral to Welcome Home Baby	2
	Referral to Early Head Start	9
	Referral to Adult Education Pathways	9
	Earned Income Tax Credit	1
	Referral for mental health	27
Total		360

Source: FRC service tracking in Apricot 360 Database 2021-2022.

FRCs provided support groups and other educational opportunities at more than 669 different convenings, including support groups, family-friendly events, and topical trainings.

Number of Community Events, by Type and Parent/Caregivers and Children Attending (Duplicated)

	Number of events	Number of Parent/Caregivers, Children
Coffee and Cake	9	NA
Commodities	15	133
Community Support Groups	3	8
Parenting Weekly Series	106	NA
Family Fun Events	54	1,715
Family Literacy Events	37	818
Garden Activities and Events	7	35
Giving Tree	1	NA
Health Insurance Counseling & Advocacy Program	46	NA
Holiday Giving Programs	3	NA
Knitting Groups	13	13
MSCAA Lunch Programs	9	9
NEBP Parenting Workshops	6	NA
Nutrition Education	10	124
Parent Child Playgroups	12	163
Parenting Weekly Series	36	47
Playgroups	106	873
School Lunch Programs	12	34
Senior Bingo	40	40
Senior Exercise	37	37
Senior Lunch Programs	41	41
Professional Development Trainings	1	NA
Summer Family Programs	23	43
Tailgate Party	3	NA
Veterans Outreach	20	20
Youth Girls Group	9	9
Other	10	160
Total	669	4,322

Source: FRC workshop/event log in Apricot 360 Database 2021-2022.

EVIDENCE-BASED PARENTING EDUCATION CLASSES AND WORKSHOPS

In FY 2021-22, parenting education workshops helped at least 96 parents with children 0-5 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 understand expected developmental milestones, understand age-appropriate behavior, and develop appropriate child behavior management techniques. The programs often 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. With infrastructure support from Oregon State University's Oregon Parenting Education Collaborative (OPEC), 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.
- Provide capacity-building trainings by national experts for those who work with families.

Parent Education Topics include:

- **Developmental milestones**
- **Age-appropriate behavior**
- **Appropriate child management techniques**
- **Reducing the risk of child abuse and neglect**

In FY 2021-22, First 5 Siskiyou continued to support the Siskiyou Strengthening Families Collaborative to offer 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 child care, and family-style meals. 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 to participate as part of their court-diversion or reunification process. However, it has become common for mandated parents to continue participating in parenting classes beyond the mandated timeline.

According to Oregon State University's *Oregon Parenting Education Collaborative Report*, achievements in 2021-22 included:

- **138** parents with children 0-5 attended at least one class or more *evidence-based parenting education class (OPEC Registration Form)*

- **409** parents and caregivers with **136** children attended workshops (*OPEC Registration Form*)

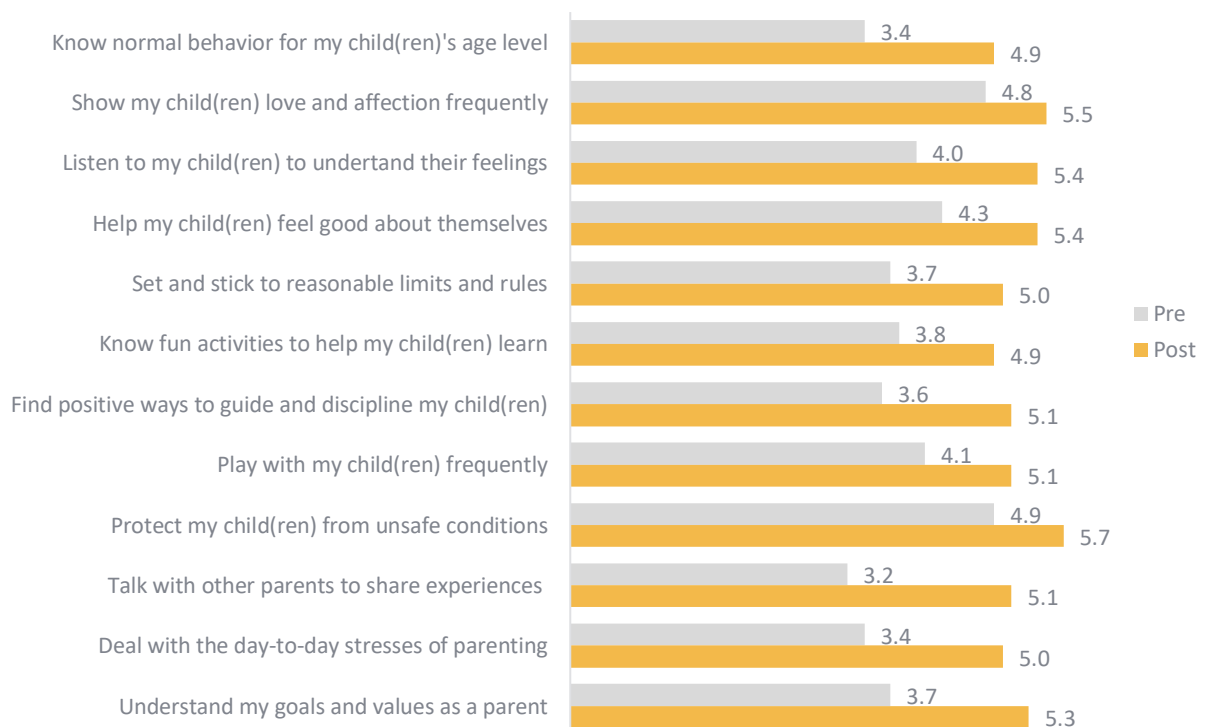
	Evidence-based Parenting Education Series	Parenting Workshops
Classes or sessions offered	11 series 130 classes	42 sessions
Attendance	138 parents attending at least one class	409 parents attended (duplicated)

Source: Oregon Parenting Education Collaborative Report – Siskiyou Site report, 2021-22. *OPEC funded and non-OPEC funded. Includes families of children 0-17.

- Across parenting workshops, series, events and activities, there were 6,183 parents and youth contacts (duplicated).
- **97%** of parents participating in the Evidence-Based Parenting Series reported the class was *somewhat or very helpful*.
- **97%** of Workshop participants said they would use information from the workshop.

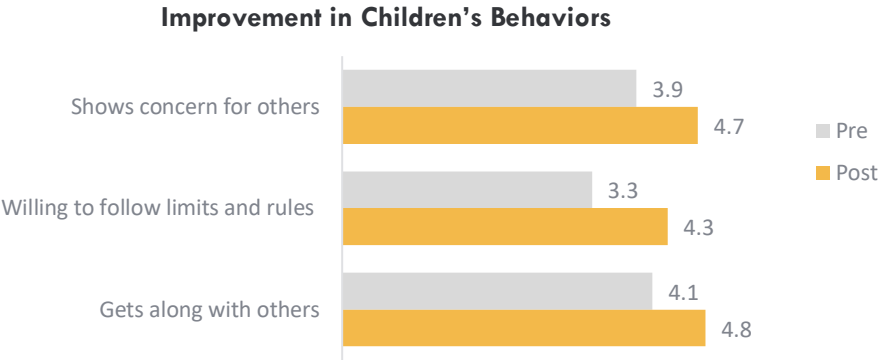
Retrospective pre/post surveys were collected from parents to gauge their reported abilities in supporting their child’s development. As seen below, parents rated their abilities more favorably after the training. On a scale of 1-6, the chart displays average mean scores for parents’ reported skills before and after the training they received. Parents felt the training helped them be more efficacious in all 12 areas measured.

Improvement in Parenting Skills



Source: Oregon Parenting Education Collaborative Report – Siskiyou Site report, 2021-22. Retrospective Pre-Test. N=62. All changes statistically significant.

Parents were also asked to reflect on their children’s behaviors before they began the training series and upon completion. At the end of each training series, parents reported statistically significant improvements in their children’s behaviors at home, indicating the evidence-based parenting series were having the desired impact on home environments.



Source: Oregon Parenting Education Collaborative Report – Siskiyou Site report, Pre-Test 2021-2022, N=62. Retrospective Pre-Test. All changes statistically significant.

When asked what they liked best about the trainings, parents offered many positive comments, including:

“Examples of the life hacks. This really put things into perspective for me and how I may come across to my child. For instance, I use a voice that comes across as short and annoyed, and my daughter interprets this as yelling.”

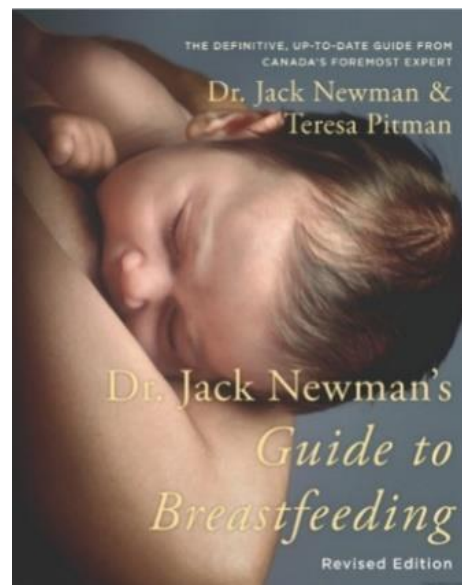
“I liked the tips on how to talk to children. Things like ‘you are what matters most’ and ‘you can tell me anything.’”

“I used to yell at my kids all day, but now I use a calm voice.”

WELCOME HOME, BABY! HOME VISITATION PROGRAM

In FY 2021-22 Welcome Home, Baby! provided in-home breastfeeding support to 30 mothers and their newborns.

Welcome Home, Baby! is a home visitation program that provides 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 package that contains the First 5 Kits for New Parents, the Breastfeeding Answer Book by Dr. Jack Newman, and the ACOG Postpartum Depression pamphlet (which contains the Edinburgh self-test). They also provided handouts from CalFresh, Text 4 Baby, Children's Oral Health, practitioner's customized list of 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.



SUCCESS STORIES

Yreka CRC Success Story

“We had a young mother with a son under the age of one-and-a-half. She just moved to Yreka, leaving a bad relationship. We got her an appointment with our Homeless Case Manager the next week; we gave her diapers, wipes, DPIL and we talked about the classes. She was able to get into her own apartment with the help of the HEAP grant. She has come in and we have been able to help her with other services also as Laundry Vouchers, clothing vouchers, and job help. Her son loves coming in and playing in the play area.”

Hub Communities FRC Success Story

“A dad in a residential recovery center had his first infant son removed at birth into CPS custody for safety. He was sent to our Attachment Vitamins class, as well as our Strengthening Families class. He joined us in September of 2021, with, at that time, two month’s sobriety. This dad has worked extremely hard to maintain his sobriety, to get on his feet, and to get back his son. He has actively participated in our classes, gotten a job and started college to learn heavy equipment operation. He has strengthened his relationship with his significant other and with his other children, and has worked hard to improve his parenting skills. This week he and his significant other will regain full custody of their baby. It’s a joy to watch all of this unfold. We couldn’t be prouder.”

Hub Communities FRC Success Story

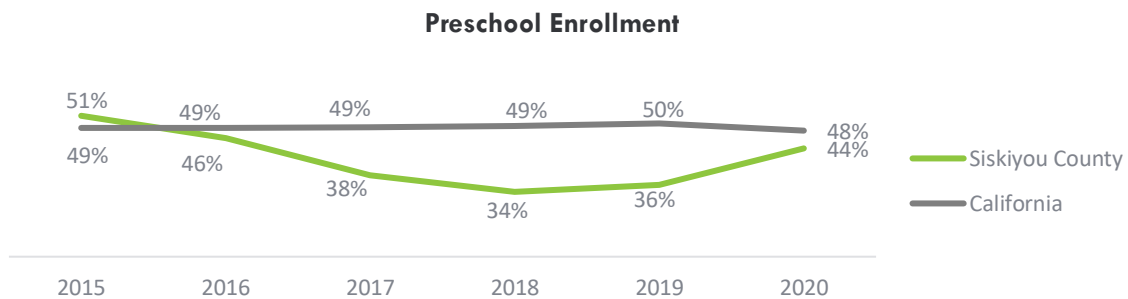
“One of our moms who began attending our Strengthening Families class in the summer of last year is now reunified with her children. She recently said that as hard as it was to lose her child the experience helped her to find services and resources, she never would have been open to find if she hadn’t. Her landlord has put her home up for sale, and of course rentals are scarce and expensive, so she is making solid moves toward buying a home, cleaning up her credit report, talking to loan offices and making a plan. She is clean and sober, has a job, and she continues to attend class and to encourage other parents. Having the FRC as the support system and a trusted place moved her towards this success.”

Goal 2: Quality Early Learning

GOAL	Enhance the ability of early care and education settings to nurture children's health, socio-emotional, and cognitive development.
RESULTS	<ul style="list-style-type: none"> • Parents and caregivers read aloud with their children • Children have access to high-quality early care and education • Children enter kindergarten ready to succeed
PROGRAMS	<ul style="list-style-type: none"> • Family Literacy: Dolly Parton Imagination Library, book distribution • Playgroups • Quality Counts Siskiyou (IMPACT)

COMMUNITY-WIDE TRENDS

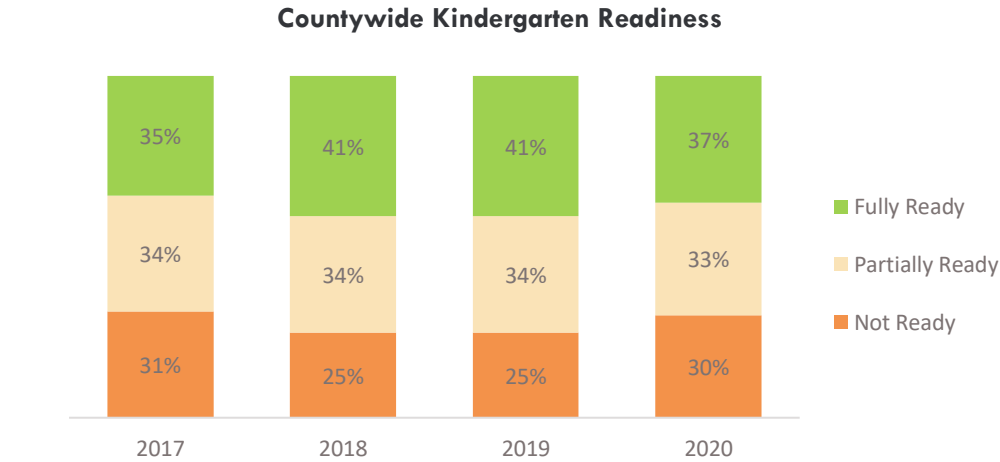
- **Preschool enrollment rates have been decreasing.** According to the US Census Bureau, the percentage of children ages 3-4 enrolled in child care or preschool was 44% in 2020.^{vii} However, these data were gathered prior to the pandemic; it is likely that enrollment has since decreased.



Source: US Census Bureau, ACS 5 Year Estimates, Table S1401 SCHOOL ENROLLMENT.

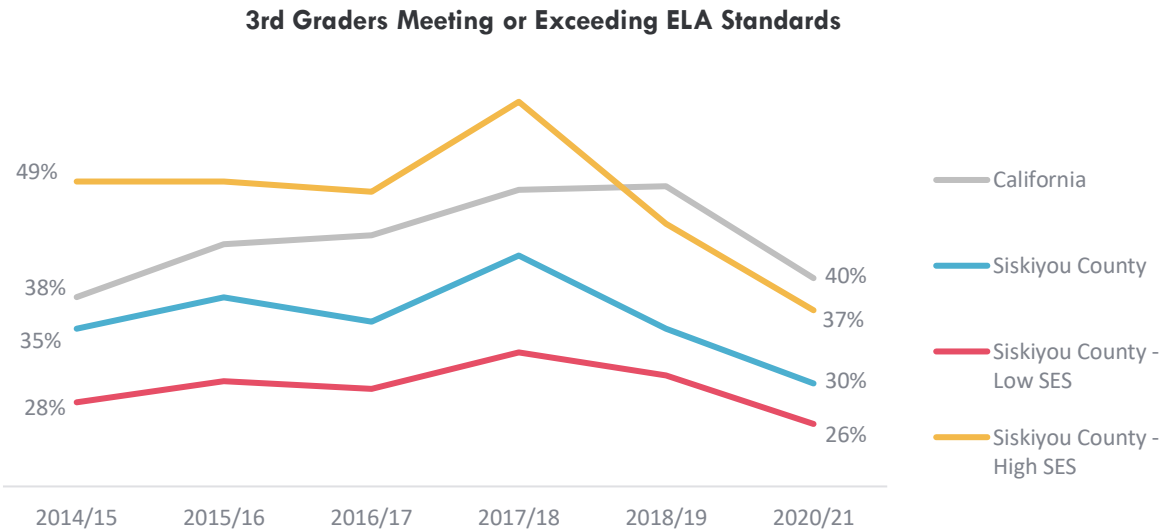
- **Kindergarten readiness had been gradually increasing, until the COVID pandemic.** In 2017, 35% of students entering kindergarten were found to be fully ready for kindergarten, meaning they had the skills needed to be successful by third grade. The biggest factors influencing kindergarten readiness were not coming to school tired, special needs, family income, English learner status, and experience in formal licensed preschool; many of these factors are addressed through First 5 Siskiyou partnerships. By 2019, the percentage of students *Fully Ready* for kindergarten increased to 41%. However, in fall 2020, at the height of the COVID-19 pandemic, the overall percentage of children ready for kindergarten dropped to 37%. However, two-thirds of entering kindergartners in 2020 had participated in First 5-supported services—services which directly promote the top three statistical predictors of kindergarten readiness in Siskiyou County: child well-being, licensed early learning experience, and parent-child

engagement. Participation in these services may have had a buffering effect against the strains of the pandemic on family life.



Source: Kindergarten Observation Form, Parent Information Form. N=313 2017, N = 341 2018, N = 302 2019, N=200 2020. Weights are applied to correct for race/ethnicity. Percentages may not add up to 100 due to rounding.

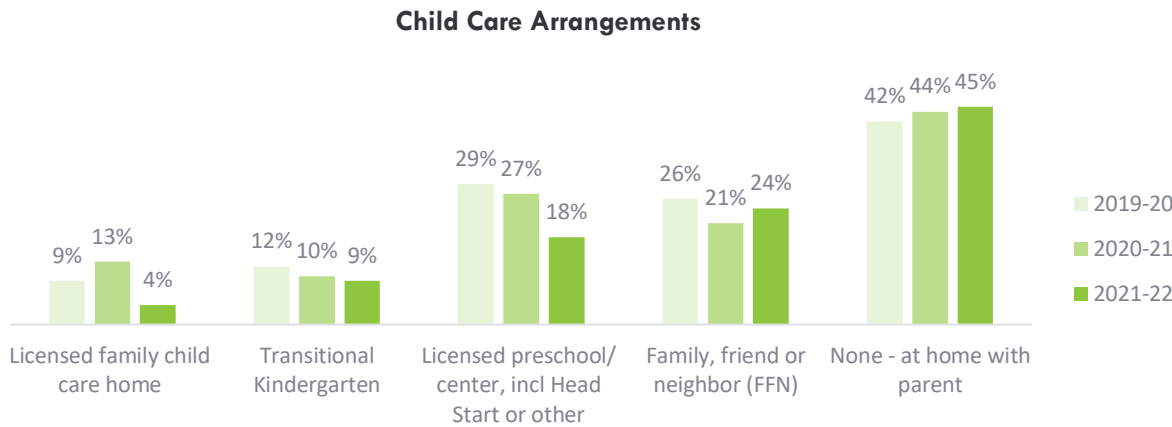
- **Third grade reading proficiency was impacted by the pandemic gaps.** Standardized testing in 2020-21 showed that 30% of Siskiyou County third graders met and/or exceeded ELA Standards, compared to 40% of students statewide. Further, when looking at differences by SES, just 26% of third graders who were economically-disadvantaged met/exceeded the standard, compared to 37% of their higher income peers.



Source: California Dept of Education. CAASP English Language Arts/Literacy and Mathematics Dashboard. Detailed Test Results for County: Siskiyou. DataQuest.

FIRST 5 FAMILIES AT INTAKE

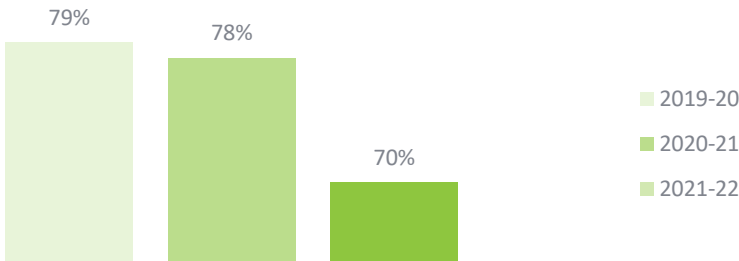
- Only 30% of families used formal early education arrangements:** When asked what kind of child care experiences their children have had in the last year (n=187), 18% reported their children were in a center-based setting (including 7% in a Head Start or other low cost or free arrangement and 5% in other center-based setting), 9% were in a Transitional Kindergarten program, and 4% were in a family child care home. One in five families (24%) used informal arrangements such as family friend or neighbor (FFN), and 45% were not in any kind of child care arrangement and were at home with their parents.



Source: Family Intake Form, 2021-22 N=187. Survey Questions for Child Care Arrangements.

- Family read-aloud time has stayed high.** At least 70% of families reported reading at least five times a week with their child for more than five minutes, down slightly from 78% in previous years. The high percentage of families reading frequently with their children may be due to the increasing reach of Dolly Parton Imagination Library, as well as First 5 activities to promote early literacy.

Families Reading at Least Five Times Per Week with Their Child



Source: Family Intake Form, 2021-22 N=187. Survey Questions for Reading.

IMPACT OF FIRST 5 SISKIYOU

REFERRALS

FRCs provided referrals to parent-child playgroups, Early Head Start and child care, and stressed the importance of literacy, including the Imagination Library program.

Number of Referrals, by Type and Families Attending (Duplicated)

Goal Area	Service	Number
Quality Early Learning	Referral to parent-child playgroups	83
	Referral for child care and Early Head Start	42
	Referral for Imagination Library	33
	Referral for importance of literacy	6
	TOTAL	141

Source: FRC service tracking in Apricot 360 Database 2021-2022.

FAMILY LITERACY

Dolly Parton's Imagination Library

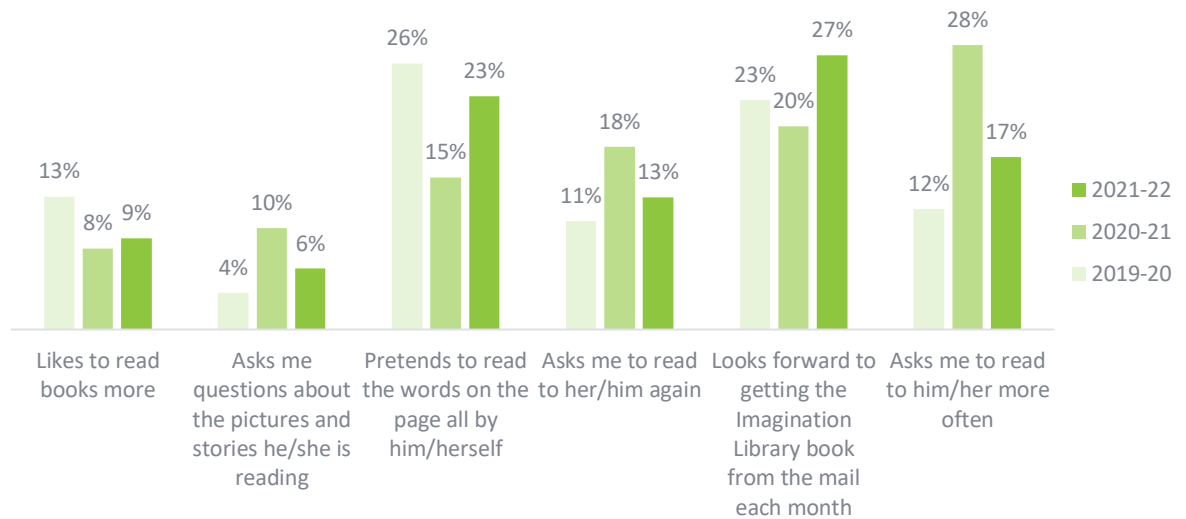
The Dolly Parton Imagination Library (DPIL) is a nationwide book distribution and literacy promotion program. Findings from the body of Dolly Parton's Imagination Library national research^{viii} indicate the program is very popular in the communities where it is implemented. The program has shown promise 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 academic outcomes.



The partnership between Dolly Parton's Foundation and the Delta Kappa Gamma/Gamma Nu Chapter, Yreka Community Resource Center and First 5 Siskiyou provides monthly books to children mailed straight to their home. Achievements were as follows:

- In FY 2021-22, Dolly Parton's Imagination Library increased book access in the home by distributing 14,500 books by mail to 1,518 participating children in Siskiyou County.
- The majority (75%) of 247 parents who completed a follow-up survey said they read the DPIL books with their child(ren) five or more times per week.
- When asked how their children have been impacted by the monthly books, **17%** asked to be read to more often, and **23%** of parents said their children pretended to read by themselves.

Parental Report of DPIL Impact on Child Book Engagement



Source: DPIL Text-Based Survey, summer 2020 N=120, summer 2021 N=66, summer 2022 N=247.

First 5 Siskiyou extends their appreciation to partners at DKG Gamma Nu for their leadership in fund raising and building long-term champions and supporters of the Siskiyou DPIL, as well as the Board of Directors and the Executive Director of the Siskiyou Community Resource Collaborative for supporting the countywide effort as the project's nonprofit partner.

"We love that there is such a great variety of books, including several books that we probably never would have found or been exposed to otherwise."

"Getting new books that pique his interest in reading. Plus we get to sit down as a family and read a new book together."

"He loves the excitement of retrieving the books from the mail and how we incorporate each book into our seasonal learning."

In total, almost 30,000 books have been provided through First 5 to Siskiyou families with young children.

To promote daily reading and put more books in the hands of more children, First 5 Siskiyou leverages funding from Siskiyou County Library and generous local donors. It also works hand in hand with Family Resource Centers, Delta Kappa Gamma – Gamma Nu Chapter, Fairchild Medical Center Guild, Fairchild Medical Center Auxiliary, and the Red Scarf Society to assist with offering of programs such as Reach Out and Read, Dolly Parton’s Imagination Library, and Talk, Read, Sing, Play promotional events and celebrations through Health Clinics, Human Services Agency literacy centers, hospitals, WIC, Fairs, early childhood education and care programs, schools and other public places. In addition to the in-person book distribution programs and Dolly Parton’s Imagination Library, weekly parenting classes promote the importance of daily reading for healthy child development and stronger parent-child interactions. In 2021-22, over 28,000 books were distributed.



First 5 Siskiyou-funded book distribution: Books were shared with preschools, child care centers, and community sites (including libraries, WIC, Siskiyou Human Services, FRCs, and other community partners).

Family Fun Community Events: Books were also shared at FRC Family Fun Community Events; these happenings included engaging family literacy events and pajama story times.

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.

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.

Reading Center in the Health and Human Services Department’s Waiting Room: First 5 Siskiyou and the Department of Health and Human Services (HHS) created a reading center in the HHS waiting room. Coordinated by the Yreka CRC, quality children’s books are delivered to HHS regularly. The books are located in the HHS lobby and enjoyed by CalWORKs applicants waiting for their face-to-face interview.

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

Books 4 Babes: This effort is a partnership with Delta Kappa Gamma/Gamma Nu Chapter to promote daily reading from birth. Every baby born in both hospitals in Siskiyou County receives “Read to Your Bunny” by Rosemary Wells and a brochure about early literacy tips and support for families. Furthermore, Siskiyou County Library received funding for family literacy promotion and outreach. The library partnered with First 5 Siskiyou to co-fund expansion of literacy-centered parent-child playgroups, workshops, and family literacy events.

Books for Babies: Through a 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 and a special gift for parents, Kits for New Parents.

Reach Out and Read (ROR): Reach Out and Read partners 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 has been shown to be an effective mechanism to champion reading out loud to aid child development.

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 sites, as well as at playgroups in FRC locations throughout Siskiyou, and include storytelling and free prizes (such as books).



PLAYGROUPS

In FY 2021-22, First 5 Siskiyou provided playgroup sessions to approximately 80 children and 83 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 held in an inviting space. Free children's books were always available to families. These community-based play groups were co-funded by the Siskiyou County Library and First 5.



IMPACT (QUALITY COUNTS) SISKIYOU

In 2021-22, First 5 Siskiyou's Quality Counts partnership worked with 31 programs to enhance the quality of early learning for 1,747 children.

Quality Counts Siskiyou (QCS) is a locally-implemented quality rating and improvement system (QRIS) administered by First 5 Siskiyou and co-funded by First 5 California. It supports early childhood centers, preschools, family child care homes, and FRC play groups 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 Siskiyous' (COS) Early Childhood Education Program. First 5 applies for the CA State Preschool Program QRIS funds on behalf of Siskiyou County Office of Education (SCOE). A portion of the funds are used by SCOE to the increase days of service for the Local Child Care Planning Council Coordinator to act as a coach for Quality Counts Siskiyou. The balance of the funds are contracted back to First 5 for QRIS system, coordination, and program incentives. The First 5 QRIS Coordinator works with coaches to support the locally based services and supports. Through the Quality Counts Siskiyou partnership, partners are implementing a three-pronged approach to improve the number of high-quality early learning programs:

- 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
- A QRIS/incentive program to build QRIS systems and recruit and incentivize QRIS participation and quality improvement connected to the state QRIS matrix and tools
- 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 ^{ix}

All sites are paired with a Mentor Coach who assists them in reviewing their quality assessment data, namely the ERS (Environmental Rating Scales), which covers multiple dimensions of the early care and education environment; the Classroom Assessment Scoring System (CLASS), which assesses three dimensions of adult-child interactions; and the 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 training 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.

According to the 2019 Child Care Portfolio, across Siskiyou County there were 18 licensed child care centers with the capacity to serve 578 children ages 0-5. There were 25 licensed family child care homes with the capacity to serve 248 children ages 0-5. Specific efforts to increase the quality of Siskiyou County sites are described below.

- Thirty-one early care and education sites participated in Quality Counts and received direct support services from a Mentor Coach. Of the participating sites, 15 were licensed child care centers, six were licensed family child care homes, and ten were alternative sites (FRC playgroups).
- The 31 sites represented 1,747 children, or 64% of the 2,709 children ages 0-5 in the county.
- Siskiyou QRIS sites received much-needed child-sized furnishings, equipment, and/or supplies to enhance their learning environments and increase their ERS scores.
- Six of seven sites rated were found to be high quality; three were rated as Tier 5, and three were rated as Tier 4.

86%
of rated sites were found to
be **High Quality**
(Tiers 4 or 5)

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.cafc.ca.gov/programs/programs_ca-gris.html.

SUCCESS STORY

Mt Shasta CRC Success Story

“During the summer at playgroups, the resource center had the opportunity to meet many families at the parks. One family that the staff met at the parks has become a great supporter of the MSCRC. The family has three children ranging from an infant to school age. They attended many playgroups at the park, the garden connection, and they also attended the Zumbini series in Dunsmuir. The mother has told the staff that her children look forward to playgroups every week.

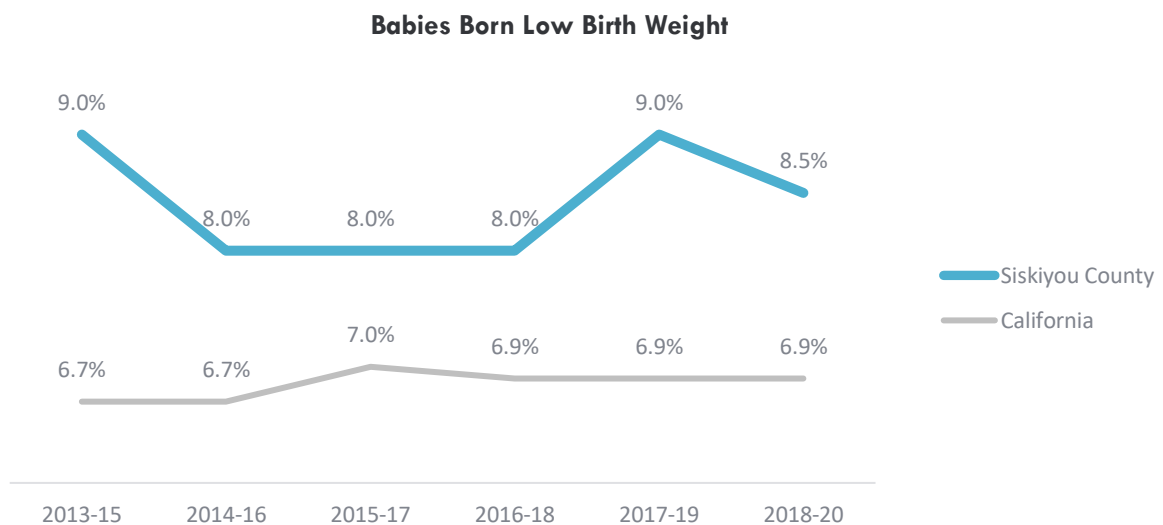
During Read Across Siskiyou this year the family made porcupine cookies after they read the book. The preschool age child was very excited to show the ECE staff the cookies they made to go with the new story they took home. The family has shared their struggles with parenting, and their joys of parenting with the ECE staff on many occasions. On Giving Tuesday, the family was eager to donate at the center.”

Goal 3: Child Health and Development

GOAL	Promote each child's physical, social, and emotional development.
RESULTS	<ul style="list-style-type: none"> Children are healthy and well-nourished Children meet developmental milestones
PROGRAM	<ul style="list-style-type: none"> Health Access and Utilization Nutrition Education and Physical Fitness Help Me Grow

COMMUNITY-WIDE TRENDS

- Birth outcomes are less favorable than statewide averages.** In 2020, there were 332 projected births in Siskiyou County.* The teen birth rate is 15.3 per 1,000 births, about 34% higher than the statewide rate of 11.4 per 1,000 births.^{xi} While 79.8% reported adequate/adequate plus prenatal care, compared to 77.8% statewide, the percent of babies born low birth weight was 8.5% compared to 6.9% statewide.

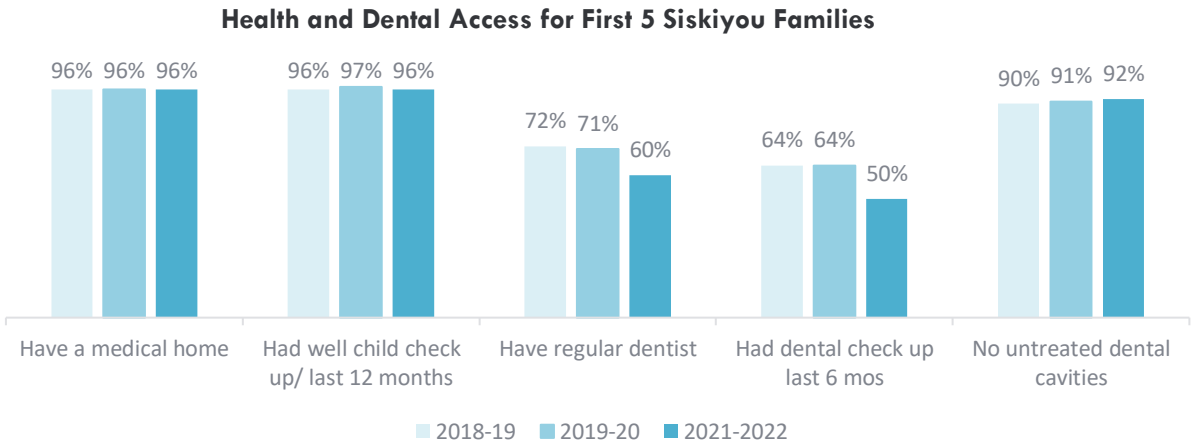


Source: California Department of Public Health (CDPH) Low Birth Weight Dashboard 2007-2020.

- Food security is increasingly an issue.** Prior to COVID-19, one in five (22.5%) Siskiyou County children under 18 years of age were food-insecure, higher than the statewide rate of 13.7%.^{xii} The projected 2020 local food insecurity for Siskiyou County children during COVID-19 is still higher than that of the state (19.9% and 13.0%, respectively). As of 2020, 7,703 individuals in the County received CalFresh benefits, up from 6,619 in 2019.^{xiii}

FIRST 5 FAMILIES AT INTAKE

- **Children’s health access remains high, but less so for dental care:** Almost all children (96%) had health insurance, including Medi-Cal (72%), and almost all children (96%) had been to the doctor for their well-child checks. Additionally, 60% of children had a regular dentist, 50% had seen the dentist in the past six months, and 92% had no untreated cavities.



Source: Family Intake Form 2021-22 N=186-196, excluding those who declined to respond. Survey Questions for Health.



IMPACT OF FIRST 5 SISKIYOU

HEALTH ACCESS AND UTILIZATION RESOURCES

In 2021-22, Family/Community Resource Centers provided support and referrals for health utilization and access resources to a combined total of at least 391 parents (duplicated).

A key predictor found in Siskiyou County's kindergarten readiness studies is basic child well-being: getting enough sleep at night, eating breakfast, getting mental and dental check-ups and health screenings, and having regular physical exercise.

The Family Resource Centers are hubs for offering a wide variety of health promotion services. Across all eight FRCs, 391 people (duplicated) were provided resources and referrals for the services shown below.

Number of Child Health and Development Referrals, by Type (Duplicated)

Goal Area	Service	Number
Child Health and Development	Enrollment assistance in WIC, CalFresh/food stamps	17
	Referral for ASQ and ASQ-SE screenings	347
	Referral to early intervention support	25
	Referral to health or dental provider	1
	Education about immunization	1
	TOTAL	391

Source: FRC service tracking in Apricot 360 Database 2021-2022.

NUTRITION EDUCATION AND FITNESS

In 2021-22, Family/Community Resource Centers provided support for nutrition education and physical activity.

The key goal of this service area is to promote diet and physical activity behavior changes, including increased 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 school year. Forms of education include 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. Siskiyou County Public Health's CalFresh Healthy Living also collaborates with preschools in Siskiyou County for HOTM activities. 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.

In 2021-22, nutrition education and food support activities were impacted by the COVID-19 pandemic, as the strategy had to adapt to safety protocols.

Nutrition Education and CalFresh Enrollment, by FRC

Activity		
Number of adults receiving CalFresh Application Assistance		368
Number of children receiving CalFresh Application Assistance		5
Number of nutrition-focused events		18
07/20/2021	WIC coupon Distribution	
08/17/2021	WIC coupon Distribution	
09/14/2021	WIC	
10/19/2021	WIC	
11/16/2021	WIC	
12/07/2021	WIC Outreach - Gift Bags	
01/04/2022	WIC Outreach Event-Family Goodie Bags	
02/15/2022	WIC Coupon Distribution	
03/25/2022	Nutrition Awareness- Read Book, Made Fruit Salad, Coloring Pages, Lacing -"I Will Never Not Ever Eat a Tomato"	
03/28/2022	KHS Nutrition Awareness Classroom Activities	
04/06/2022	HOTM	
04/07/2022	HOTM flyer and tasting; Mt. Shasta Elementary TK	
04/07/2022	HOTM flyer and tasting; Dunsmuir Elementary	
04/19/2022	WIC Coupon Distribution	
05/11/2022	HOTM flyer and tasting; Mt. Shasta Elementary TK	
05/12/2022	HOTM flyer and tasting; Dunsmuir Elementary	
05/17/2022	WIC	
06/28/2022	Herbs-grinding, collecting, exploring. Planting squash and tomato, watering harvesting berries songs and stories	

Source: FRC service tracking in Apricot 360 Database 2021-2022.

In terms of impact, parents have reported that because of these programs, families are changing norms by increasing water consumption, physical activity, and fruit and vegetable consumption. A report from CSU Chico also finds that children in Siskiyou County are now consuming more fruits and vegetables.

HELP ME GROW

Help Me Grow conducted developmental screenings for at least 411 children in 2021-22, and 79% of children were meeting developmental milestones.

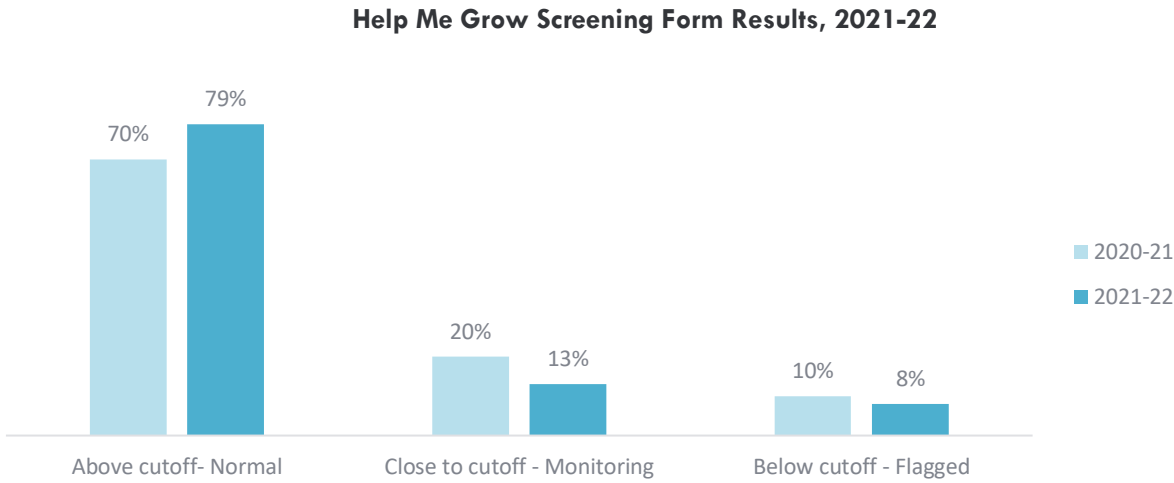
First 5 Siskiyou is a Help Me Grow affiliate, in partnership with Klamath Health Services, funding from the Ford Family Foundation and support of the First 5 Association. This collaboration enabled First 5 and partners to expand from oral health, vision, and hearing screens to include developmental (ASQ-3) and social emotional (ASQ-SE) screenings as well.



In 2021-22, First 5 Siskiyou provided training to organizations on ASQ-SE and implemented Phase II of building the universal early screening systems in Siskiyou County. Through this system, 411 children were screened. Of those children, 24% of services were for children 0-2, and 75% of services for children aged 3-5.

As part of this referral system, HMG staff complete a Help Me Grow Screening Form for parents who are having their child screened. In 2021-22, there were 176 screening forms completed. Key findings from the screening form are presented below. Interestingly, 8% were found to have developmental concerns on the ASQ-3, and 13% were in the monitoring category. Children who were found to have atypical development were referred for

further assessment and support. 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.



Source: Help Me Grow Screening Form, 2021-22 N=176.

SUCCESS STORIES

Weed F/CRC Success Story

“Over the years, the resource center has been able to make a solid connection with a family in Weed by providing resources for the family ranging in help with vehicle repair to providing knowledge on parenting and child development. This last year, the family has fallen on some hard times. The family has many children ranging from infants to school age children. The staff at the center collaborated with outside agencies such as Saint Vincent De Paul Church to help buy new tires for the family vehicle. The family has also benefited from “Take-and-Make” activities, monthly books, and a “kit for new parents.” The family has also completed ASQs for their children. The family knows that when they are having a difficult time they can come to the center for support and help.”

Dunsmuir F/CRC Success Story

“This year at our Harvest Festival we had an exceptional turn out. During this event the ECE staff were able to meet a new family in town that has a preschool age child. The family enjoyed the activities at the event, and they asked about other social opportunities for them and their child. The family started to attend their playgroup in Dunsmuir, and they look forward to it every week. The family has signed up for a parenting workshop that is starting in Dunsmuir in February. They told the ECE staff that they look forward to the social connections, and the knowledge they will get about parenting.”

Goal 4: Strong Systems

GOAL	Strengthen local systems to meet the needs of all children and families in a high quality, sustainable manner.
RESULTS	System partners have increased capacity to promote child and family outcomes. System partners are efficient and effective collaborators (leverage, cross-refer, etc.). C/FRCs help prevent child abuse. C/FRCs engage parents as advisors of service delivery. First 5 Siskiyou increases financial and leveraged resources in the county.
EFFORTS	Siskiyou Community Resource Collaborative Siskiyou Home Visitation Systems Coordination Siskiyou Strengthening Families Collaborative (Parenting Education) Siskiyou Professional Development Partnership Child Abuse Prevention Council

FIRST 5 FAMILIES AT INTAKE

A scan of community needs in Siskiyou County revealed increased demand for the following services:

- **Connections to community services is gradually increasing:** Compared to previous years, the most commonly used services by families (n=180) in the prior six months were *food support services* (23%), followed by *family resource centers* (33%), and *playgroups* (25%).

IMPACT OF FIRST 5 SISKIYOU

SISKIYOU COMMUNITY RESOURCE COLLABORATIVE (SCRC)

The 2021-22 fiscal year marked Siskiyou Community Resource Collaborative's fourth 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 Community Resource Collaborative 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 the collaborative Network and three FRCs are independent. Seven FRCs regularly attend the convenings. The SCRC and FRCs are actively engaged with their local preschools, home visitation programs, family child care homes, and elementary schools.

SISKIYOU HOME VISITATION SYSTEMS COORDINATION

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

By invitation, First 5 Siskiyou receives funding from the Ford Family Foundation to be part of a multi-county collaborative to strengthen systems for home visitation. Community partners 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 and referral system to connect families to the best-matched home visiting program.
- Development of a regional home visitor professional development plan to promote shared training opportunities.

Home visiting partners in the collaborative include: Shasta Head Start, Siskiyou Early Head Start, Siskiyou County Public Health, Modoc Early Head Start, and other home visitation programs. Partners have been surveyed each year to monitor the ways in which the system of home visitation is strengthening over time.

Key highlights are presented below. For additional findings, see the separate evaluation report from Portland State University entitled "Regional Home Visiting Systems Coordination Project; Systems Survey Highlights Year 5: Siskiyou California Region."

With respect to *coordination and capacity*, improvements were observed from 2016 to 2022. Only half (58%) of respondents agreed that those involved in *leadership* and planning have established and maintained a foundation for working together effectively to improve the overall home visiting system compared to 91% the previous year. Over half of respondents (67%) agreed that programs have the *capacity* to meet the needs of culturally and diverse families.

James Heckman on Nurse-Family Partnership

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

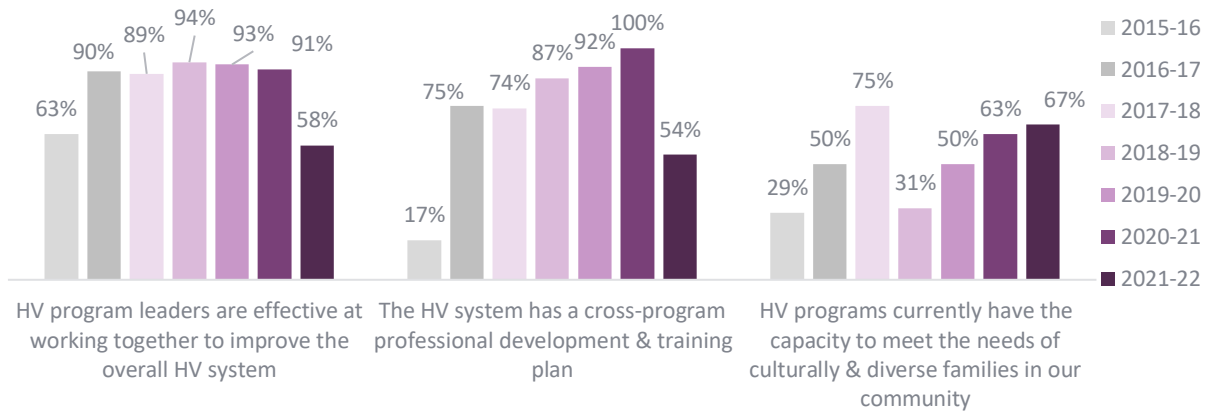


Maternal investment and early health matter.

www.heckmanequation.org

"My hope is that we can make HV services easily accessible county-wide regardless of extremely rural or remote locations."

Coordination and Capacity

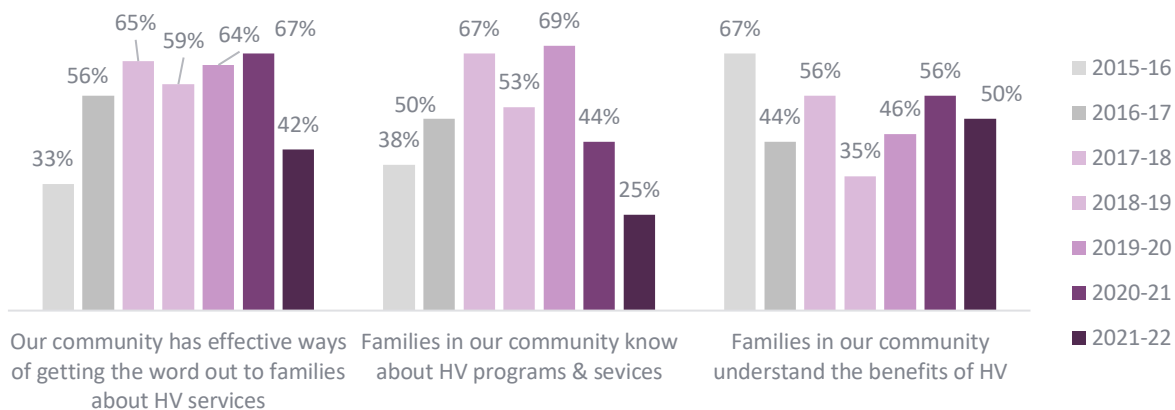


Source: Portland State University and the Ford Family Foundation, Systems Survey Summary of Results, November 2018. Includes % "agree" or "strongly agree." 2015-16 N=10; 2016-17 N=21; 2017-18 N=28; 2018-19 N=19; 2019-20 N=18; 2020-21 n=11; 2021-22 N=19.

In terms of *community awareness* about home visiting programs, less than half of respondents (25%) agreed that families and staff know about home visiting programs and services.

"The biggest barrier that we need to address is recruitment of families and eligibility."

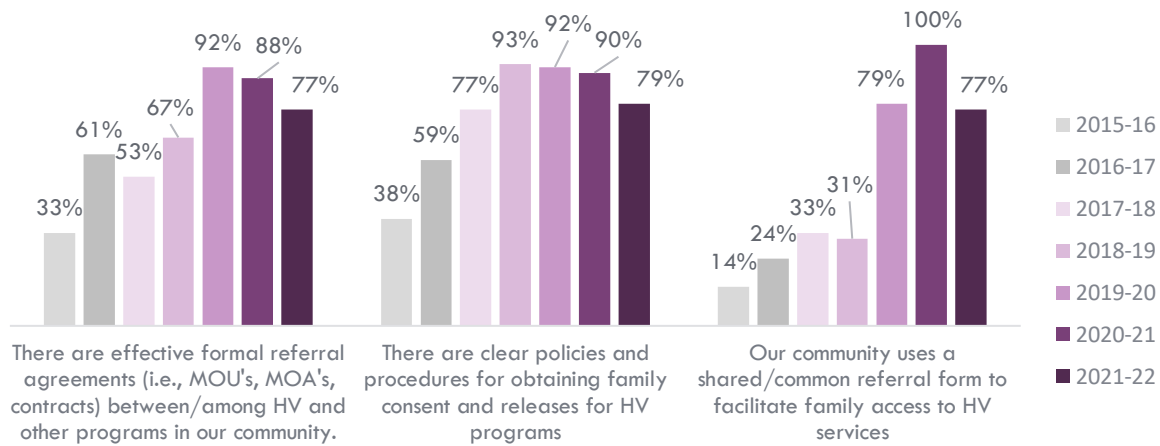
Community Awareness of Home Visiting Programs



Source: Portland State University and the Ford Family Foundation, Systems Survey Summary of Results, November 2018. Includes % "Agree" or "Strongly agree." 2015-16 N=10, 2016-17 N=21, 2017-18 N=28, 2018-19 N=19, 2019-20 N=18, 2020-21 N=11, 22 N=19.

A third area relates to the procedures to serve **incoming** families. From 2016 to 2021, there were also steady improvements and in 2022 there was a decrease in the percentage of participants who said there are *formal agreements and MOUs between partners, clear policies, and procedures for obtaining family consent and releases for home visiting programs*.

Coordinated Referrals Across Home Visiting Programs



Source: Portland State University and the Ford Family Foundation, Systems Survey Summary of Results, November 2018. Includes % "agree" or "strongly agree." 2015-16 N=10, 2016-17 N=21, 2017-18 N=28, 2018-19 N=19, 2019-20 N=18, 2020-21 N=11, 2021-22 N=19.

"In the past year, the most important accomplishment of the HV collaborative work has been staying connected and reporting out children who need services..."

HOME VISITING SYSTEMS COORDINATION GRANT FROM FIRST 5 CALIFORNIA

In 2020-21, First 5 Siskiyou was awarded a \$100,000 grant from First 5 California to strengthen coordinated systems between home visitation, FRCs, and other partners to elevate the Help Me Grow system.

One of the first major tasks was to conduct an environmental scan to understand the needs of the community, the demand for home visiting services, the ability of the existing network of partners to meet these needs, and opportunities to strengthen the system. In 2022, Applied Survey Research (ASR) helped First 5 Siskiyou and its partners launch a partner survey and parent survey.

Over half of the parents (58%) participating in the HV systems have children between the ages of 0-5 and earn an average income of \$15,00 to \$49,000.

Within the past 15 days, the five biggest worries included worrying about managing my child's behavior (20%), worries about my child development (20%), loss of childcare (16%), reduced wages/income (15%), and lack of enough healthy food (11%).

Only half (55%) of these same parents received services to address some or all of these issues. One in three (31%) parents shared the location of services are too far to access. One in four (25%) parents did not know what services were available. Almost half of the parents (44%) could not cover the cost of the services or were not eligible for the services needed.

Half of parents (48%) expressed interest in a group-based parenting education program which could provide meals, childcare and/or a virtual option (45%). Most parents were interested in sessions to be offered on Saturday or Sundays as opposed to the workweek. The table below presents the percentage of parents interested in each workshop or group topic.

Parent Session Interest by Topic

Topic	Percent Interested
General parent support group	40%
Child-age based support group	36%
Helping children be prepared for school	30%
Co-parenting support group	20%
New parent support group	15%
Father's support group	14%
Grandparents/Relatives raising children	12%

SISKIYOU STRENGTHENING FAMILIES (PARENTING EDUCATION) COLLABORATIVE

In 2021-22, the Strengthening Families Collaborative increased partnerships to normalize community-based parenting education.

First 5 Siskiyou believes that parents are their children's first and most important teachers, and that investments in strong parenting are a critical strategy for ensuring that all children are ready to learn. The Siskiyou Parenting Education Collaborative is part of the Oregon Parenting Education Collaborative (OPEC) system that works with local and regional partners to connect families through parenting education. OPEC is a partnership between four of Oregon's largest foundations (The Oregon Community Foundation, The Ford Family Foundation, Meyer Memorial Trust, and The Collins Foundation) and Oregon State University (OSU).

In terms of the history, in July 2010, the OPEC initiative launched six new regional parenting education Hubs serving 12 counties. Since then, an expansion of OPEC increased the number of parenting education Hubs to 16, serving 35 Oregon counties and Siskiyou County, CA. OPEC Hubs collaborate with community partners to build an infrastructure for parenting education and lead regional efforts to:

- Develop strategic plans for meeting parenting education needs in their regions.
- Coordinate and promote parenting education opportunities.
- Foster the normalization of participation in parenting education.
- Expand access to evidence-based and high-quality programming for the universal audience of families with children ages 0-6.
- Advance the use of best practices for program implementation.
- Evaluate common outcomes for participating parents.

"Children's programs are most successful when they leverage the most important – and difficult – job in the world: parenting."

Nicholas Kristof
and Sheryl WuDunn
A Path Appears

LEARN MORE AT [HECKMANEQUATION.ORG](https://heckmanequation.org)

First 5 Siskiyou is the coordinating body for the Siskiyou Parenting Education Collaborative system, which includes many agencies: Siskiyou County Human Services —Mental Health Services Act, Adult and Family Services, Siskiyou County Probation, Dunsmuir High School, Siskiyou Early Head Start, Karuk Tribe, 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, 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.

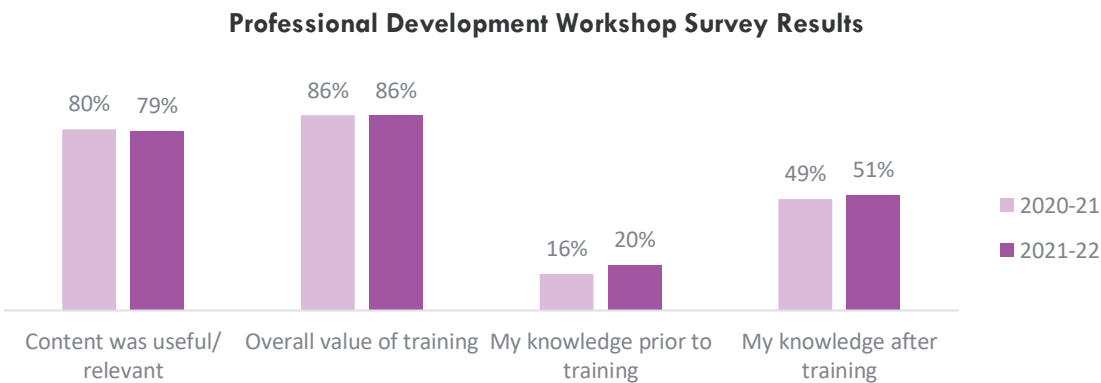
The Collaborative continues to offer menu of county-wide educational opportunities offered by multiple funders. Additionally, parents have access to parenting education resources from monthly newsletters developed by Oregon State University, community-based classes, media, and the First 5 CA Parent website. Data on participants is presented above in Goal 1—Resilient Families (Parent Education).

SISKIYOU PROFESSIONAL DEVELOPMENT PARTNERSHIP

In 2021-22, the Partnership reached 857 collaborative partners to provide professional development training and education opportunities for best practices when working with children.

First 5 Siskiyou promotes the well-being of children by building the capacity of service providers through free, high quality professional development trainings. The Siskiyou Professional Development Partnership 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. First 5 Siskiyou Children and Families Commission shares its utmost appreciation with UCSF as well as Siskiyou Behavioral Health for working together to elevate the skills and support for family support and mental health providers to better serve children birth to 6 years old and their families.

- First 5 Siskiyou’s Professional Development Partnership conducted 14 training sessions and reached 857 attendees, down from 1,607 in 2020-21 (duplicated).
- Trainings were provided by highly-qualified trainers on a wide range of topics, including how to think like babies, building resiliency in youth and adults, creating compassionate children and communities, perinatal and postnatal mood and 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.



Source: Siskiyou Countywide Professional Development Trainings Summary Report, 2022. Percent responding "Excellent."

What did participants like best about the training?

"Instead of 'fixing,' (I'm) learning to accommodate."

"Real-time resources for us to use immediately and ideas for continual improvement."

"I left with a feeling of validation for my own experience and hopeful for the future generations."

CHILD ABUSE PREVENTION COUNCIL

As the newly designated Siskiyou Child Abuse Prevention Council we are honored to work with Siskiyou County, YMCA, FRCs and all our community partners to elevate awareness about CAPC and the critical importance of building protective factors.

Through our partnership we have increased access to education about Adverse Childhood Experiences, promoted prevention efforts and increased engagement by new partners in this collective work. This year over 48,409 (duplicated) people reached through door-to-door outreach, events and fairs, information and referrals, distribution of educational resources including newsletters, digital outreach, and much more. In addition, 69 trainings and education outreach activities were provided. Beautiful pinwheel gardens were planted in all corners of our county with over two hundred displays at businesses, schools, social clubs, homes, county and city buildings, law enforcements, churches and storefronts. Finally, all city councils and board of supervisors unanimously adopted unified Proclamation for April as Child Abuse and Sexual Assault prevention education awareness month to include Week of the Young Child.

Below is a collage of the beautiful gardens across Siskiyou County.



CROSS-CUTTING FINDINGS: ANNUAL PARTNER SURVEY RESULTS

In 2021-22, 61 partner organizations offered insights about the value of their partnership with First 5 Siskiyou.

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 survey with 61 partners. Partners described the ways in which the collaboration with First 5 Siskiyou helped their organizations. Respondents were asked to write the three adjectives that best described First 5 Siskiyou. The following graphic presents these themes.



Source: Partner Survey Adjective Word Cloud Themes 2022 N=61.

Partners were then asked how helpful their partnership with First 5 Siskiyou has been to their agency/staff. Almost all (95%) said working with First 5 Siskiyou was *helpful* or *very helpful*.

Partners did offer a few ideas for ways that First 5 could collaborate to strengthening collaboration to better support Siskiyou families, such as:

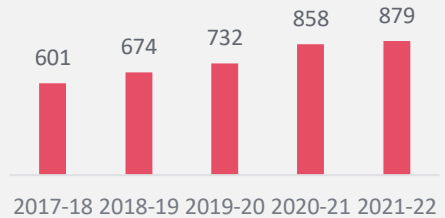
- Help promote programs and offer classes and workshops beneficial for peers working with mental health crisis. Having healthy parents helps grow healthy kids.
- Expand connections to other agencies within the county and expand in ages served.
- Continue offering opportunities for our families to learn and grow together.

OUTREACH AND COMMUNICATIONS

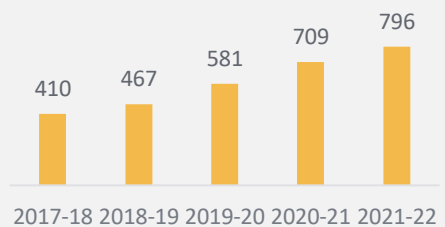
In 2021-22, First 5 Siskiyou successfully connected and engaged with the public through multiple platforms.

- First 5 Siskiyou launched **multiple email campaigns** and had an average of 879 **subscribers** on their email list, up from 858 in 2020-21. This number reflects the receiving email address of local organizations and individuals, who then forward campaigns and resources on to 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 is an average of 31.83%, higher than the industry average of 25.17%, indicating that First 5 Siskiyou's emails have engaging email subject lines. The **click rate**, or percent of users who interact with the content of email from First 5 Siskiyou, averages 3.73%, which is higher than the industry average of 2.79%. This represents the content of the emails reflect engaging content that organizations and the public find useful.
- First 5 Siskiyou additionally engaged community members on **Facebook** with 796 page followers and 757 page likes, the highest number yet.
- All of these modalities help to drive traffic to First 5's **website**. In 2021-22, 5,636 unique people visited the website.

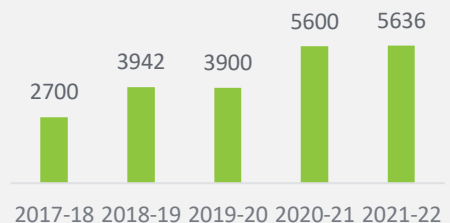
Email Subscribers



Facebook Page Likes



Website Views



Overall Impact

KINDERGARTEN READINESS

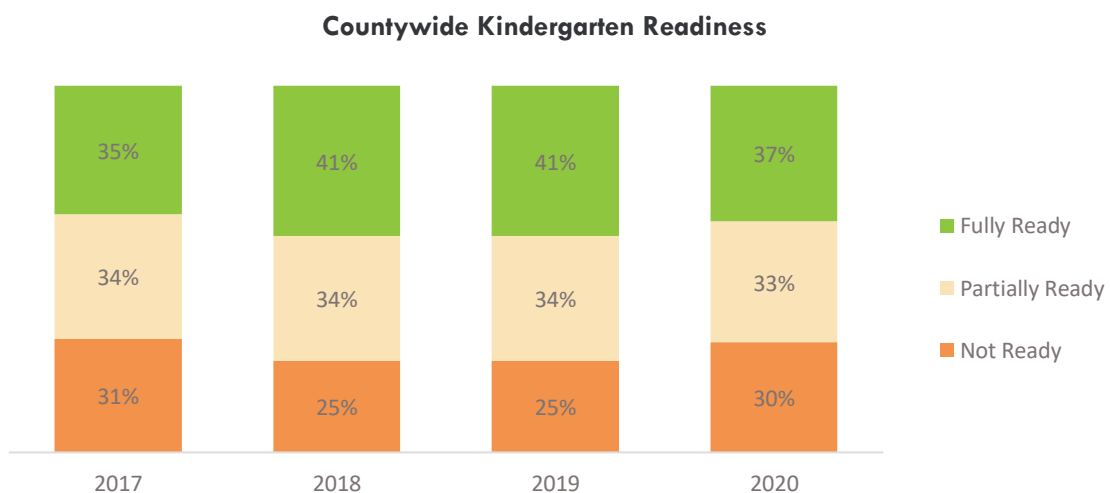
Kindergarten readiness had been gradually increasing – until the COVID-19 pandemic

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. 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 (41%) and third grade reading proficiency (42%).

In the 2017, baseline study, 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 are addressed through First 5 Siskiyou interventions and partnerships. By 2019, the percentage of students *Fully Ready* for kindergarten increased to 41%.

In Fall 2020, the study was repeated with 200 children, or 46% of the county's kindergarten population. This was the height of the COVID-19 pandemic, and the overall percentage of children ready for kindergarten dropped to 37% (n=200). Interestingly, it appears that distance learning for kindergarten-age children was challenging for their skill development; children that started in-person instruction at the beginning of the 2020-21 year had higher readiness skills (47% ready) than children who started mid-year (33% ready).

Regression analyses revealed powerful findings about what was shaping readiness during the pandemic: *child well-being, licensed early learning experience, and parent-child engagement* ($R^2 = .55$). These three factors accounted for 55% of the variation in kindergarten readiness.

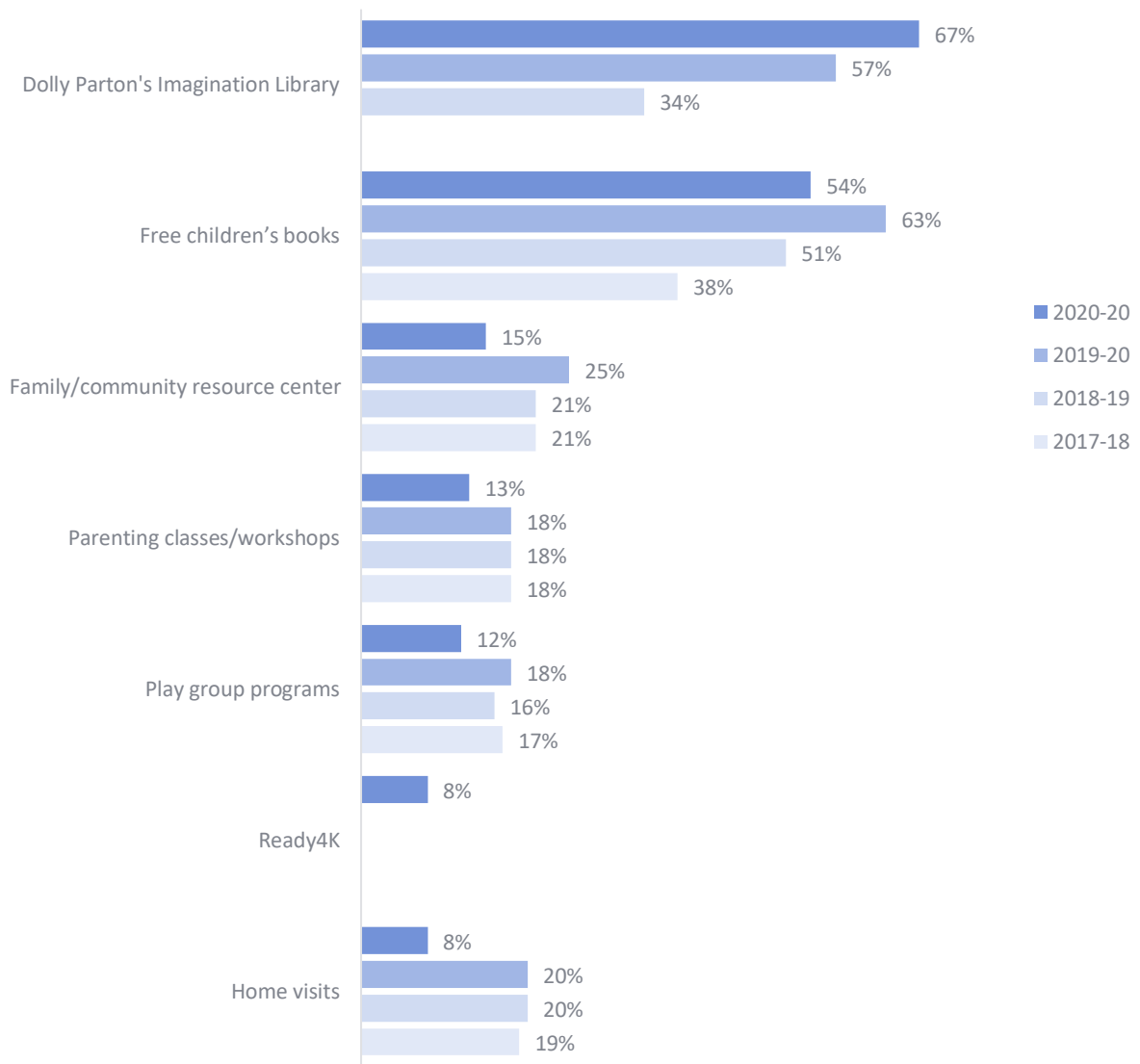


Source: Kindergarten Observation Form, Parent Information Form. N=313 2017, N=341 2018, N=302 2019, N=200 2020. Weights are applied to correct for race/ethnicity. Percentages may not add up to 100 due to rounding.

More than two thirds 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. Two-thirds of entering kindergartners in 2020 had participated in First 5-supported services such as Dolly Parton Imagination Library (67%) and Family Resource Centers (15%), services which directly promote the three readiness predictors of *child well-being*, *licensed early learning experience*, and *parent-child engagement*.

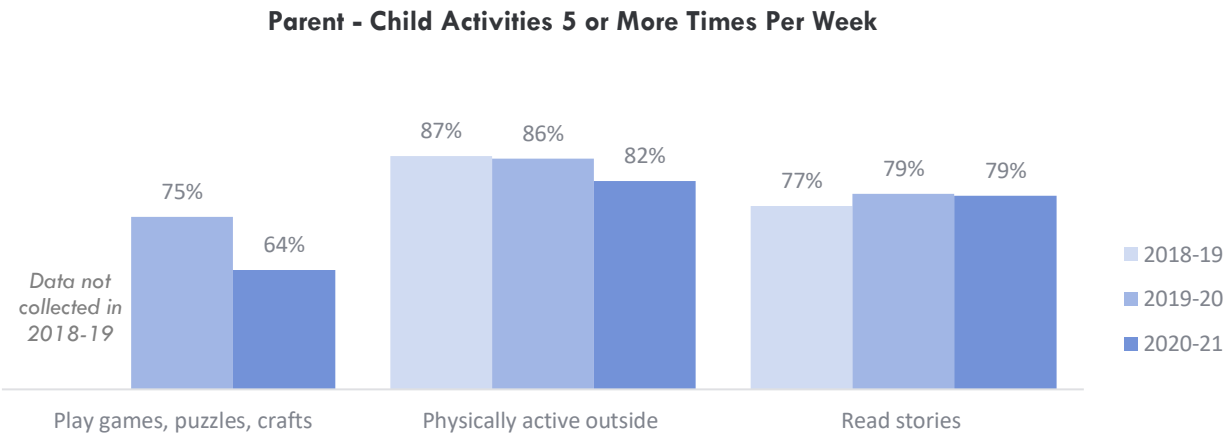
Percentage of Entering Kindergarten Students / Families with Prior First 5 Services



Source: Parent Information Form 2020 N= 74.

FIRST 5 FAMILY PRACTICES TO SUPPORT KINDERGARTEN READINESS

Across parent education trainings, playgroups and early literacy activities promoted by First 5 Siskiyou and partner FRCs, consistent messaging was provided about the importance of parent-child engagement at home. The Family Intake Form provides a glimpse of parent-child engagement at home. The data show a fairly consistent trend for First 5 families over the last three years.



Source: Family Intake Form. 2018-19 N=378, 2019-20 N=255, 2020-21 N=276. Survey Questions for Activities.

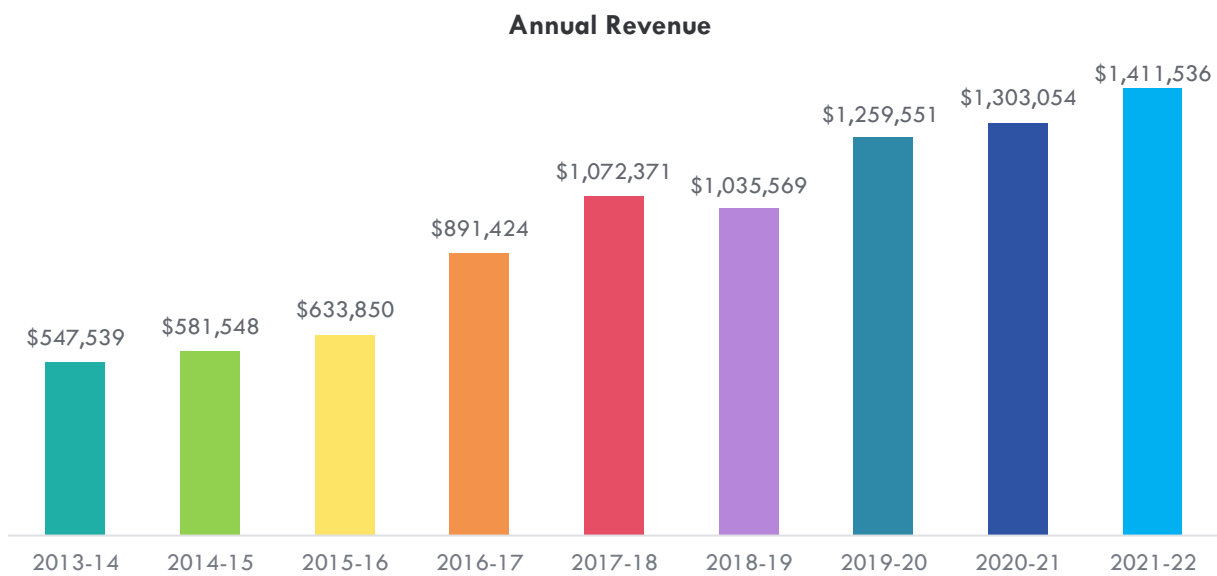


Financial Information

REVENUE

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

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; the 2021-22 year brought the highest revenues yet: \$1,411,536. The increase is due to over \$108,482 in new grants and public funds.



Source: First 5 Siskiyou Annual Report data, AR-1 detail (accessed online at First 5 California portal).

GRANTS

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

Revenue, by Grantmaker and Program

Grantmaker	Program
Oregon Community Foundation (Oregon Parenting Education Collaborative)	<ul style="list-style-type: none"> Parenting Education Program System
Ford Family Foundation	<ul style="list-style-type: none"> Siskiyou Home Visitation Systems Coordination
Siskiyou County Human Services: <ul style="list-style-type: none"> Behavioral Health (Mental Health Services Act) Child Protective Services 	<ul style="list-style-type: none"> Capacity Building through countywide Professional Development Trainings, Parenting Education Programing, Help Me Grow Development screenings and support Ready4K, Child Abuse Prevention Council
Siskiyou County Probation / Community Corrections Partnership	<ul style="list-style-type: none"> Parenting Education Program
Siskiyou County Library	<ul style="list-style-type: none"> Family Literacy Education, Promotion, Access
Lilliput Children's Services	<ul style="list-style-type: none"> Capacity Building through countywide Professional Development Trainings
College of Siskiyou's Foster/Kinship Program	<ul style="list-style-type: none"> Capacity Building through countywide Professional Development Trainings, Parenting Education
First 5 California IMPACT, Small Population County Augmentation, Home Visitation Systems	<ul style="list-style-type: none"> 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 Child Care Homes, Non-Subsidized Programs
Siskiyou County Office of Education: CSPP and other	<ul style="list-style-type: none"> Quality Improvement for state preschools, Homeless Youth Supportive Services
CA Department of Education: PDG-R, Workforce Development	<ul style="list-style-type: none"> Funding to support Infant/Toddler program quality improvement.
Quality Counts CA	<ul style="list-style-type: none"> QRIS Technical Assistance Grant regional cost share
Adult Education Pathways	<ul style="list-style-type: none"> Dunsmuir – Support for adult continuing education
Community donations for Imagination Library, including: <ul style="list-style-type: none"> Yreka Friends of the Library Weed Rotary Individual donors 	<ul style="list-style-type: none"> Early Literacy: Dolly Parton's Imagination Library program
CA Family Resource Association	<ul style="list-style-type: none"> COVID Support for Family Resource Center programs to meet basic needs

Thank you to our Partners!

Together **E**veryone **A**chieves **M**ore!

- First 5 CA
- Ford Family Foundation
- Oregon Community Foundation
- CA Department of Education
- First 5 Shasta (Regional HUB)
- First 5 Association
- Happy Camp Community Center
- T.E.A.C.H., INC. (Tulelake/Newell Family Resource Center)
- Siskiyou Community Resource Collaborative serving the communities of Montague HUB, Mt Shasta, Yreka, Weed, Dunsmuir, and McCloud
- Butte Valley Montessori
- Anderson's Family Child Care
- Siskiyou Early Head Start
- Shasta and Karuk Head Start Programs
- Modoc Early Head Start
- Fairchild Medical Center
- Fairchild Guild
- Fairchild Auxiliary
- Siskiyou County Libraries
- Tribes: Karuk and Quartz Valley
- Reach Out and Read Health Clinics
- Center for Healthy Communities at California State University, Chico
- Tobacco Education Council
- Wayfinder Family Services
- Siskiyou County Health and Human Services:
 - Mental Health Services Act (MHSA)
 - Child Protective Services
 - WIC/Public Health
 - Social Services
- Siskiyou County Board of Supervisors
- Schools participating in the fall 2020 Kindergarten Readiness Assessment
- College of the Siskiyous
 - Foster/Kinship Program
 - Cradle To Careers for Siskiyou
- Siskiyou County Probation
- Yreka High School
- Elementary Schools:
 - Mt Shasta, Dunsmuir, and Hornbook
- Siskiyou County Office of Education
- Siskiyou Childcare Planning Council
- Siskiyou YMCA
- Siskiyou Domestic Violence and Crisis Center
- Oregon State University, Portland State University, University of Oregon
- Services Clubs:
 - Red Scarf Society
 - Rotary—Dunsmuir, Weed, Yreka, Montague, Scott Valley
 - Delta Kappa Gamma – Gamma Nu Chapter
- University of California San Francisco
- Siskiyou County Office of Education

Appendix 1 — First 5 Siskiyou Evaluation Indicators Plan

This table connects the Strategic Plan goals, results and indicators to the various funded or leveraged efforts carried out by First 5 Siskiyou, and in effect, ‘assigns’ strategic plan indicators to each program.

Goal & Result	Program	Indicators	Data Source
Resilient Families			
Families have access to resources and support in times of need to support self-sufficiency	FRC Resource and Referral	Number of parents receiving direct support for: Earned Income Tax Credit	
		Number of parents receiving direct support for: TANF/CALWORKS	
		Number of referrals for: Housing	
		Number of referrals for: Mental health	
		Number of referrals for: Drugs and alcohol	
		Number of referrals to: Adult Education Pathways	
		Number of referrals to: Home visiting (Welcome Home Baby, Early Head Start)	
		Number of referrals to: General Community Resource and Referrals	
Parents provide nurturing and positive emotional support to their children	Kit for New Parents	Number of “New Parent Kits” distributed through Family/Community Resource Centers	
	Welcome Home Baby	Number of referrals to: Welcome Home Baby/Early Head Start or other home visiting program	
		Number of 1) mothers and 2) infants participating in the First 5-funded Welcome Home, BABY! visit initiative, by <ul style="list-style-type: none"> – Mothers’ ethnicity and language – Infant ethnicity and language – WIC (income proxy) 	
		Number of mothers who are given the Edinburg Depression Screen Number of mothers given resource/ referral for postpartum depression	
		Number of home visitation contacts: <ul style="list-style-type: none"> – Total – Per mother – Average 	
		Percent of mothers at hospital discharge who are: <ul style="list-style-type: none"> – Exclusively breastfeeding – Combination: BF and formula – Formula only Percent of mothers at 6 months who are: <ul style="list-style-type: none"> – Exclusively breastfeeding 	

Goal & Result	Program	Indicators	Data Source
		<ul style="list-style-type: none">Combination: BF and formulaFormula only	
		Number of parents who receive Kit For New Parents	
		Number of parents who referred to enroll in Imagination Library	
		Number of parents referred to: <ul style="list-style-type: none">FRCHome Visiting programsEarly Head Start ProgramsWIC	
	Parenting <i>Workshops</i> , including Darkness to Light and ACES	Number of families with children prenatal to under age 6 who participate in workshops, by type of workshop	
		Percentage of parents participating in workshops who report increased knowledge and satisfaction (participant surveys)	
	Parenting Education <i>Series</i>	Number of evidence-based parenting series offered to families with children prenatal to under age 6	
		Number of families with children prenatal to under age 6 who participate in evidence-based series	
		Percentage of parents participating in evidence-based parenting series who report improvements in parenting behaviors (OSU Evaluation)	
	Ready4K	Number of parents served	
		Number of parents who increase positive interactions with their children	
Families increase social connections through locally based family friendly activities		Number of support groups and other educational opportunities provided through Family/Community Resource Centers to support families with children pre-natal to 5 years old.	
		Number of First 5 funded/co-funded family-friendly events and gatherings (Family Fun events)	
		Number of individuals attending family-friendly events	
Quality Early Learning			
Children and families have access to high-quality early care and education	Resource &Referral	Number of referrals for: Child Care	
		Percentage of First 5 participants who have a regular source of quality child care (center or family-based)	
	Quality Counts Siskiyou	Number of licensed care providers and alternative sites participating in IMPACT / QRIS	
		Number of children enrolled in centers participating in IMPACT / QRIS	
		Number of IMPACT sites that are rated, and quality rating of each	
		Number of early childhood educators, social workers, health, mental health providers, family support workers, home visitors, CASAs, and other providers participating in IMPACT training and education opportunities co-funded by First 5	
	Playgroups	Number of active playgroups funded/co-funded by First 5	
		Number of playgroup sessions held	
		Number of children participating in playgroups	

Goal & Result	Program	Indicators	Data Source
Parents and caregivers read aloud with their children	Family Literacy Promotion	Number of parents/caregivers participating in playgroups	
		Number of events and strategies used to promote Imagination Library	
		Number of books distributed by: First 5 Siskiyou funded book distribution (FRCs/ Playgroups, preschools)	
		Number of books distributed by: Dolly Parton’s Imagination Library	
		Number of books distributed at other venues (combined): <ul style="list-style-type: none">- Siskiyou County Library- Community Events- Red Scarf Society- Read Across Siskiyou- Center in the Health and Human Services Department’s Waiting Room- Books 4 Babes- Books for Babies- Reach Out and Read (ROR)	
		Percent of DPIL participants who report reading to their children every day	
		Number of Family Fun or community <u>events</u> that promote daily reading with children, including family literacy events, pajama story times, by type	
		Number of <u>families</u> reached with family fun community events that promote daily reading with children, including family literacy events, pajama story times (column J)	
		Percent of First 5 families who report they read aloud with their children every day	
		Children enter kindergarten “ready to succeed”	Parent education about Kindergarten Readiness
Kindergarten Readiness Assessment	Percent of First 5 families who put their children to bed at 8:30 or earlier		
	Percent of First 5 families whose children have breakfast everyday		
	Percent of First 5 families who report they play with their children every day (e.g., art activities, puzzles, singing)		
	Percent of children (and former First 5 participants) ready for kindergarten		
	Child Health and Development		
Children are healthy and well-nourished	Nutrition Education and Fitness	Number of trainings and activities that promote healthy nutrition such as Color Me Healthy and Harvest of the Month activities at preschools, play groups, parent education classes and community events	
		Number of parents receiving direct support for: Enrollment in WIC, CalFresh/Food Stamps, food pantries	
	Health Access and Utilization	Number of parents receiving direct support for: Education about Immunization	
		Number of referrals for: Health Insurance enrollment	
		Number of referrals for: Health or dental provider	
		Number of parents receiving direct support for: Education about well-child visits	
		Number of referrals for: Tobacco cessation	

Goal & Result	Program	Indicators	Data Source
		Number of referrals for: Car seat distribution	
		Percentage of children in First 5 funded programs who are immunized	
		Number/percent of children who had medical check-up (well-child visit) in the last 6 months	
		Number/percent of children who had dental check-up in the last 6 months	
Children meet developmental milestones	Help Me Grow/FRC developmental screening activities	Number of children with a developmental screening (ASQ or ASQ-SE) (HMG indicator 1a, 4a)	
		Number of children flagged with Developmental Concerns (general development, developmental concern, cognitive learning, communication, adaptive) (HMG 2a)	
		Number of children receiving referrals for Developmental services (HMG 3a)	
		Number of children who were provided sufficient support by initial service and did not require referrals	
		Number of children who received referrals and follow-up	
		Number of children who received referral and do not follow-up	
Strong Systems			
System partners have increased capacity to promote child and family outcomes	Siskiyou Home Visitation Systems Coordination	Number of home visiting partners engaged in the Siskiyou Home Visitation Systems Coordination project	
		Percent of participating programs who increase 1) coordination and capacity, 2) community awareness about Home Visiting programs, and 3) coordinated referrals between programs	
	Siskiyou Strengthening Families Collaborative	Number of meetings	
		Numbers of training offered	
	Siskiyou Professional Development Partnership	Number of training opportunities for service providers co-funded by First 5	
		Number of service providers participating in training opportunities co-funded by First 5	
System partners are efficient and effective collaborators	Siskiyou Family Resource Center Network	Percent of participants who reported the trainings were helpful	
		Number of FRCs who participate in the FRC Network to promote cost savings, operational efficiency, local community engagement, shared decision making and effective outcomes	
		Number (and list) of partners that are active collaborators with FRCs to support families with children prenatal through 5 (e.g., Family child care homes, elementary schools, Human Services Agency)	
C/FRCs help prevent child abuse	Child Abuse Prevention Month	Percent of First 5 partners who rate the partnership with First 5 as helpful or very helpful	
C/FRCs engage parents as advisors of service delivery	Parent Advisory Group	Number of outreach activities	
		Parent Advisory Group formed	
		Number of members	
		Number of Parent Advisory Group meetings held in 12 months	
Increases financial and leveraged resources in the community		Average attendance at each meeting	
		Amount of funding received in the fiscal year	
		Amount of 1) cash donations and 2) in-kind support drawn down by FRCs from sources other than First 5 to support children and families	

Appendix 2 — Endnotes

- ⁱ County population of children 0-5: <https://dof.ca.gov/forecasting/Demographics/projections/>
- ⁱⁱ California Department of Finance. County Population Projections (2010-2060). Retrieved from the web: https://www.dof.ca.gov/Forecasting/Demographics/projections/documents/P2B_County_Age.xlsx
- ⁱⁱⁱ California Department of Finance. County Population Projections (2010-2060). https://www.dof.ca.gov/Forecasting/Demographics/projections/documents/P3_California-and-Counties.xlsx
- ^{iv} California Department of Finance. County Population Projections (2010-2060). https://www.dof.ca.gov/Forecasting/Demographics/projections/documents/P3_California-and-Counties.xlsx
- ^v Allegations: <https://ccwip.berkeley.edu/childwelfare/reports/AllegationRates/MTSG/r/rts/s>
- ^{vi} EDD, Labor Market <https://www.labormarketinfo.edd.ca.gov/cgi/databrowsing/localAreaProfileQSResults.asp?selectedarea=&select edindex=&menuChoice=&state=true&geogArea=0604000093&countyName>
- ^{vii} US Census Bureau, American Community Survey, 2019 5-year estimates https://data.census.gov/cedsci/table?q=ACSST5Y2019.S1401&g=0400000US06_0500000US06093&tid=ACSST5Y2019.S1401&hidePreview=false
- ^{viii} Dolly Parton's Imagination Library research. Retrieved from the web: <https://imaginationlibrary.com/news-resources/research/>
- ^{ix} 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.
- ^x California Department of Finance. Calendar year estimated and projected births for California and counties: 1990-2040. Retrieved from the web: http://www.dof.ca.gov/Forecasting/Demographics/Projections/documents/P_Births_Report.xlsx
- ^{xi} CDPH County Health Status Profile, 2021. <https://www.cdph.ca.gov/Programs/CHSI/Pages/County-Health-Status-Profiles.aspx>
- ^{xii} Feeding America. Retrieved from: <https://map.feedingamerica.org/county/2019/child/california/county/siskiyou>
- ^{xiii} California Dept. of Social Services, CalFresh Data Dashboard (May 2020), as cited in Kidsdata.org. <https://www.kidsdata.org/topic/742/calfresh/table#fmt=2261&loc=322,2&tf=110&sortColumnId=0&sortType=a SC>