



# Investing in our Children

2007–2008

ANNUAL REPORT TO THE COMMUNITY

# First 5 helps children get the best possible start.

A child's brain develops most dramatically during the early years of life. Proposition 10 was passed by California voters to fund health and education programs that take advantage of this critical time in development and provide children birth to age five with a strong foundation.

Research shows that healthy children who grow up with loving relationships and opportunities to learn do better in school and life. In fact, numerous studies have confirmed that early childhood investments like Proposition 10 reduce the need for more expensive taxpayer-funded services later, such as special education, foster care, and welfare programs.

Last year, First 5 Contra Costa invested \$10 million in effective local programs that ensured more children were born healthy, raised in nurturing homes, and ready to succeed in school. This report is a snapshot of the many children and families benefiting from these programs.



A new partnership with the County's Family & Children's Trust Fund created an outreach program at Alta Bates Summit Medical Center to connect Contra Costa mothers to local services.



## *First 5 provides flexible funding to meet growing needs.*

These are uncertain times for Contra Costa's families. Each week brings more news about vacant houses, layoffs, lost funding, or discontinued programs.

As local services and family support systems erode during this bleak economic time, First 5 funded programs maintain needed support for our County's youngest children. Our funding is among the last discretionary funding left to support local families most affected by the economic downturn.



# What can we do in one year?

**First 5 funded programs intensely served over 15,000 children, parents, and providers last year:**

- More than half of children served were Latino.
- Nearly all children served had health insurance and were up-to-date on immunizations.
- 16% of children had been diagnosed with a developmental delay or disability.
- 78% of families served lived in Antioch, Bay Point, Concord, Pittsburg, or Richmond.
- 80% of families served earned less than \$30,000 annually; nearly 50% earned less than \$15,000.

**First 5 also reached thousands of families through less intensive programs and activities that:**

- Connected over 9,000 parents and children to needed resources at community events.
- Distributed over 22,000 educational kits to help parents care for their newborns.
- Provided information and support to over 50,000 Bay Area parents through weekly bilingual radio programs.
- Ensured that low-income working families received over \$6 million in tax refunds and credits.

# We Help Children Grow Up Healthy

Children who are born and remain healthy are more likely to attend school regularly and become healthy, productive adults. Our funded programs achieved the following results:

- 1,250 high-risk expectant mothers, first-time parents, and parents with medically vulnerable infants received support from home visiting programs. Programs helped improve parent-child bonding and ensured most children were up-to-date on immunizations and had health insurance.
- 562 high-risk pregnant women received early prenatal care. Nearly all who gave birth had healthy babies over 5.5 pounds.
- 25 mothers with substance abuse problems at-risk of losing their children benefited from residential substance abuse treatment. Children lived on-site with their mothers and received mental health services. All children exited the program meeting developmental milestones, and most were placed in the custody of their mothers.
- 150 children participated in free physical activity classes such as soccer and dance designed to reduce childhood obesity.



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1—Free dance and movement classes in Oakley are one way First 5 is working to prevent childhood obesity. 2—Bette Lucey, a public health nurse with the Medically Vulnerable Infant Program, weighs the Zuniga twins. They were each under one pound at birth; the smallest babies ever born at Alta Bates Medical Center. 3—Home visiting programs have helped more women get early prenatal care.



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*"It has really been reassuring to have a nurse check in on the twins regularly and identify any potential issues with their development."* —Lauren Wong

**Lauren Wong's twins were born three months early...** Each weighed less than three pounds. When the twins came home after two months in neonatal intensive care, Lauren received immediate support from the Medically Vulnerable Infant Program (MVIP). MVIP nurses provide in-home support and developmental assessments for babies whose development may be compromised. The nurses are often the first to identify signs of early delays. Lauren's nurse arranged for a physical therapist to assess her twins' gross motor skills and a lactation consultant to assist her with breastfeeding. Today, both twins are on track with their development, and each weighs over 25 pounds. Nearly 70% of infants served by MVIP last year achieved age-appropriate milestones and infants with identified delays were linked to long-term intensive services to improve their development.

# We Ensure Children With Special Needs or Delays Get Help Early

Developmental, social-emotional, and behavioral problems can get progressively worse if untreated. Identifying problems and intervening early is when treatment is most effective and least costly.

- Mental health specialists observed over 260 children struggling with social, emotional, and developmental problems in their child care settings. One-third remained in their child care program, 20% transitioned to a program more beneficial to their development, and nearly 20% were referred to a school district for further assessment or treatment.
- 130 children with mental health needs and their families received intensive therapeutic services. Parenting skills improved, and nearly 80% of children who exited the program remained at home with their parents.
- Inclusion Facilitators worked one-on-one with 122 children with special needs and their child care providers to help them thrive in child care. Most providers stated they could care for additional children with special needs because of the service.
- 300 families of children with special needs received one-on-one and group support, mentoring, and assistance navigating the disability service system. Because of the program, parents stated vast improvement in their ability to manage their child's disabilities.



Melissa Estrangio, a family child care provider in Brentwood, says the Inclusion Program has supported her in caring for two children with Down Syndrome.

*Ruvi watches Morgan walk on her new prosthetic foot for the first time. "I feel that our families were just meant to walk down this path together."*—Ruvi DeGuzman

## ***Last fall, the CARE Parent Network trained Ruvi DeGuzman as a parent mentor...***

The program matches trained mentors with parents of children newly diagnosed with special needs. Ruvi's son, now a teenager, was born with a rare disorder that required the partial amputation of one of his legs during infancy. In eighteen years Ruvi had never met another family who shared her experience.

A week after Ruvi was trained, CARE received a call from a social worker who relayed the story of Tamika Southern Mixon and her baby daughter Morgan. Morgan was born with a very rare disability that caused her leg to be partially amputated. CARE connected Ruvi and Tamika immediately. The two met regularly for several months as Tamika awaited Morgan's surgery. Since then, Morgan has been fitted with a prosthetic foot and is now walking. The mentoring relationship has continued with phone conversations, visits, and support.

# We Prepare Children for School

Children who start school academically and socially prepared are more likely to graduate and become contributing members of society.

- In 2007, kindergarten teachers rated only 15% of Contra Costa kindergarteners entering school in low-income communities as completely ready to learn. Low-income children participating in First 5's school readiness preschools were rated three times more likely to arrive at school fully prepared. 220 children participated in these preschools last year.
- School readiness programs provided thousands of parents with literacy workshops, educational materials, and kindergarten tours and orientations to help children transition into kindergarten more prepared. Children who participated in these activities demonstrated greater school readiness skills.
- First 5 improved the quality of child care for thousands of children by helping 1,670 child care providers become more knowledgeable about child development. Over half of providers surveyed said they returned to college because of First 5 support and nearly all agreed they were now providing children with higher-quality care.
- 30 child care sites, mostly located in low-income communities, participated in a program that helped nearly all meet national child care accreditation standards, the country's highest mark of quality. This program has doubled the number of nationally accredited child care programs in Contra Costa County in just four years.



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4—Parents learn ways to prepare their children for kindergarten at Mt. Diablo's family literacy preschools.  
5—Children who attended First 5-sponsored school readiness preschools entered kindergarten more prepared than their peers.



5



*"Because of the PDP, I have a better understanding that each child is unique and has his or her own time table in development. I can now recognize symptoms of delayed development because of the knowledge I've gained through my education."* —Fey Saeteurn

**Fey Saeteurn was a single mother on welfare...** She grew up with a single mother on welfare and was determined to break the cycle. Fey credits her participation in the Professional Development Program (PDP) for helping her to do just that.

As a child care provider, the PDP supported Fey as she completed college coursework in child development. She received help paying for her books, academic advising, and access to an ESL (English as a Second Language) tutor. Fey eventually earned an associate's degree in Early Childhood Education from Contra Costa College. Not long after, she was promoted to assistant director at a Richmond-based child care center serving over 70 children.



# We Support Families and Connect Them to Resources

Children who grow up having strong, healthy relationships with their parents have higher self-esteem and perform better in school.

- Nearly 3,600 parents and children participated in free educational classes and activities at the five First 5 Centers. Attendance increased 26% from the previous year, and almost 90% of parents surveyed said the classes helped them to improve their parenting skills.
- Two teen parent programs served 156 teen mothers; providing counseling, case management, and parent education. Nearly 90% either graduated or stayed in school.
- In response to findings that African-American and Southeast Asian families were underserved by existing home visiting programs, First 5 Contra Costa allocated \$1.4 million to a three-year pilot program to better support these families.
- First 5 commissions are the single largest funder in the state of 211, a 24-hour toll-free phone service referring community members to needed services. During its first six months, 211 in Contra Costa County received nearly 8,000 calls.



**6**—Services provided to teen parents at Crossroads High in Concord improved parenting skills. **7**—The Hand to Hand home visiting program was developed to provide more support for African-American and Southeast Asian families in West County. **8**—211 operators help a growing number of families in need find local services.

## Martha Rothschild adopted her two children...

Logan and Shelby were both 18 months old when Martha adopted them from a Russian orphanage. The children were physically, emotionally, and cognitively behind. Both were shy, withdrawn, and very quiet and cautious.

Seven months after the adoption, the family began attending classes at the Delta First 5 Center. Within two months both children were flourishing. For the first time they began to interact with others; showing empathy, using language, sharing, laughing, and giggling.

*"Our children would not be who they are, or how they are, if it weren't for the Delta First 5 Center. Once we started attending, they just blossomed. They became the vibrant, social, happy, outgoing and beautiful children they are today!"*

—Martha Rothschild



# Financial Statement

## ASSETS

Cash and investments	\$ 52,187,111
Accounts receivable	5,314
Grants receivable	2,006,975
Notes receivable	693,256
Interest receivable	90,770
Prepaid expenses	552,525
<b>Total assets</b>	<b>\$ 55,535,951</b>

## LIABILITIES

Accounts payable	\$ 275,315
Due to other agencies	1,856,320
Unearned grants	52,655
Accrued payroll	154,716
<b>Total liabilities</b>	<b>\$ 2,339,006</b>

## FUND BALANCE

Encumbrances	\$ 27,127
Obligations	9,687,210
Loans receivable	693,256
Prepaid expenses	552,525
Designated for sustainability <sup>1</sup>	34,646,834
Designated for local initiatives <sup>2</sup>	2,356,126
Undesignated <sup>3</sup>	5,233,867
<b>Total fund balances</b>	<b>\$ 53,196,945</b>
<b>Total liabilities and fund balance</b>	<b>\$ 55,535,951</b>

## REVENUES

Proposition 10 tax revenue <sup>4</sup>	\$ 11,843,800
Interest	2,347,943
Other income	1,000
<b>Total revenue</b>	<b>\$ 14,192,743</b>

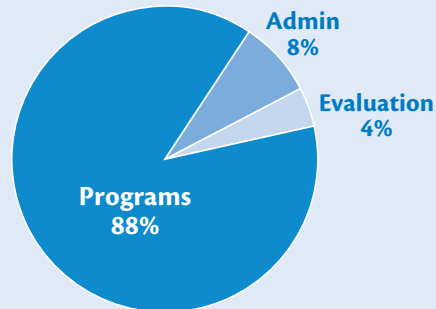
## EXPENDITURES

Grants	\$ 10,016,030
Salaries	1,049,985
Employee benefits	676,342
Evaluation services	355,080
Professional services	703,653
Other administrative expenses	1,136,347
Capital outlay	95,929
<b>Total expenditures</b>	<b>\$ 14,033,366</b>
Net change in fund balance	\$ 159,377
Fund balance, beginning	53,037,568
<b>Fund balance, June 30, 2008</b>	<b>\$ 53,196,945</b>

## FINANCIALS

Financial information is derived from the Annual Financial Report covering July 1, 2007 through June 30, 2008 and prepared by an independent auditor. Visit [www.firstfivecc.org](http://www.firstfivecc.org) to view the entire audit and a list of the 38 organizations who received funding in 2007–2008.

### 2007–2008 EXPENDITURES



## NOTES

- Designated for sustainability:** Funds to provide a consistent level of funding to our programs despite a decline in tobacco tax revenue.
- Designated for local initiatives:** Funds designated for First 5 Center capital assets, special reserves, equity planning, and the home visiting database system.
- Undesignated:** Funds to cover the Commission's annual operating fund.
- Proposition 10 tax revenue:** Total includes \$10,596,672 received for local Prop.10 revenue plus First 5 State Commission matching funds.

## 2009 COMMISSION ROSTER

	COMMISSIONER	ALTERNATE
District 1	Judith Ortiz <i>Secretary/Treasurer</i>	Susan J. Wittenberg
District 2	Dr. Michael Zwerdling	Belinda Lucey
District 3	PJ Shelton	John Mills
District 4	Joan Means	Kathy Lafferty
District 5	John Jones, <i>Chair</i>	Toni Robertson
Board of Supervisors	Federal Glover	Susan Bonilla
Health Services Department	Dr. William Walker <i>Vice Chair</i>	Cheri Pies
County Administrator Children's Services	Vacancy	Valerie Earley
Employment & Human Services Department	Joe Valentine	Ed Lerman
Executive Director	Sean Casey	

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