

Executive Summary

The fourth year of implementation for the Birth & Beyond Program was a year marked by growth and change. With the addition of resources from the Sacramento First 5 Commission, the nine program sites expanded the capacity of their respective Family Resource Centers (FRCs). This included the addition of full time Program Managers at each site, as well as additional staffing in the form of FRC Aides to join and support the work of the Group Coordinators. Three sites also received technical assistance to develop their community connections and to enhance their FRCs.

First 5 provided resources to support the additional infrastructure of the Family Support Collaborative (FSC), allowing for more staff support to the various committees of the FSC and the Home Visiting Coordinating Council (HVCC). One of the direct benefits of the additional resources was the creation of a position at the UC Davis Medical Center to facilitate referrals directly from the delivery room to Birth & Beyond and other members of the HVCC.

Birth & Beyond adjusted its outcomes to represent a more succinct list of targets for this comprehensive continuum of services, and has begun to coordinate comparisons of program data with other indicators at the local and state level (e.g., the Children's Report Card). This report reflects the revised approach to examining program performance.

Finally, the evaluation team revisited the functioning the entire infrastructure of the FSC, including the roles of the Sacramento County Department of Health and Human Services (DHHS), the Child Abuse Prevention Council, Inc. (CAPC), the evaluation team, and the two collaboratives associated with Birth & Beyond, the FSC and the HVCC. The annual Collaborative Self-Assessment Survey and interviews helped identify the strengths of these sources of support, as well as areas to address for improvement. Debriefing meetings with the Birth & Beyond sites, with DHHS, CAPC, and the evaluation team helped to complete the evaluation process and proceed to program development for year five.

The highlights of the fourth year evaluation include the following:

Home Visiting Results

- Achievement of caseload capacity for the home visiting component (98% of 1,350 as of June 30, 2003);
- Home visitors served 2,351 families during year four;
- Home visiting families received an average of 2.3 visits per month, for about 50 minutes each;
- The Multi-Disciplinary Team (MDT) expanded to include lactation consultants from WIC and domestic violence counselors from WEAVE;

FRC Services

- The FRCs held 1,264 classes (includes ongoing series) to 6,818 attendees;
- Almost half (45%) of the individuals attending classes were also home visiting families;
- FRCs responded to calls for information and referrals to 3,862 families with children aged 0-5;
- FRCs hosted 169 Parent Advisory Council (PAC) meetings, with an average of 83 attendees per month;
- FRCs hosted 33 Community Advisory Council (CAC) meetings, with an average of 45 attendees per month;
- 7 of the 9 Birth & Beyond sites have active PACs or CACs;
- FRCs provided playcare to 3,273 children aged 0-5, for an average of 545 per month; and
- FRCs provided transportation services to 5,538 passengers, averaging 923 per month and including 2,287 children aged 0-5 (381/month).

Parent Satisfaction

- Home Visiting Services: At least 95 percent (of 150) rated workers as knowledgeable, empathetic and responsive, culturally sensitive, and effective at linking family to needed services;
- Nearly all (97% or higher) of home visiting parents are empowered and/or have experienced capacity building; 83 percent participate in program activities with other families.
- More than 90 percent of all FRC survey respondents indicated they knew staff would help them get basic needs in an emergency; could expect staff to advocate for them; found parenting classes fun, responsive, and helpful in understanding child development; found the information they receive very helpful; and found the FRC provided social support
- More than 90 percent of the families engaged in the FRC experienced empowerment; 88 percent have assumed leadership roles in the community since becoming part of the program.

Outcomes: Birth & Beyond Home Visiting Families

(compared to indicators in the Childrens' Report Card)

- *CPS* (Safety in CRC): 27.8 percent of Birth & Beyond families had CPS involvement (substantiated plus inconclusive) pre-program, compared to 19.8 percent post-program, for a decline of 29 percent; 64 percent of Birth & Beyond families with substantiated CPS record were for neglect (46% in CRC) and 23 percent were for abuse (24% in CRC)
- *Immunizations* (Health care, immunizations in CRC): 88 percent of index children were current with immunizations, compared to 72 percent in CRC
- *Breastfeeding* (Health care, breastfeeding in CRC): 80 percent breastfed their new babies, compared to 79 percent who initiated breastfeeding at delivery

- *Health Screenings* (Health care, dental care in CRC): 205 hearing, over 100 dental, and 71 vision screenings compared to 12,000 countywide
- *Knowledge of School Enrollment* (Education in CRC): 70n percent of families with children 3-5 years of age were aware of kindergarten enrollment requirements and 67 percent with 5 year olds had met requirements (no comparable CRC indicator)
- *Improved Employment Readiness* (Family Economics in CRC): 65 percent of Birth & Beyond families report TANF and other sources of income, other than employment; 84 percent are MediCal eligible; 59 percent are unemployed; and more than half (53%) have unreliable or inadequate income (compared to 27% of children under 5 in Sacramento County live in poverty)
- *Prenatal Care* (Health care, prenatal care in CRC): 77 percent reported receiving prenatal care in the first trimester of their pregnancy, compared to 80 percent in CRC

Collaboration and Its Infrastructure

- FSC has established itself as important play in improving outcomes for children and families;
- FSC actively engages frontline workers;
- FSC has actively engaged parents and other community members;
- FSC has broadened membership and outreach;
- FSC has developed ways to inform the public of issues, its work; and FSC uses evaluation information to make strategic and program decisions

In summary, the fourth year of the Birth & Beyond Program and its oversight body, the Family Support Collaborative, reflects achievements in terms of advancing the infrastructure of support, heightened community and parental involvement, and emerging positive outcomes for families who are receiving services through home visiting and the Family Resource Centers. The program and the FSC continue to examine ways to improve operations and responsiveness to the communities served, and to focus on positive development for children and families.