

# **Investing in Our Future:** **First 5 Monterey County Annual Report FY 2023-2024**

Report to the County Board of Supervisors



**Our Vision:** The wellbeing of all young children and families is nurtured by responsive services, just and equitable systems, and safe and welcoming environments.

**Our Mission:** First 5 Monterey County enriches the lives of children, ages prenatal through 5, and their families by elevating early childhood as a priority, strengthening connections, and advancing quality within a whole system of care and support





# Strategic Plan Framework

JULY 2023 – JUNE 2029

## VISION

The wellbeing of all young children and families is nurtured by responsive services, just and equitable systems, and safe and welcoming environments.

## MISSION

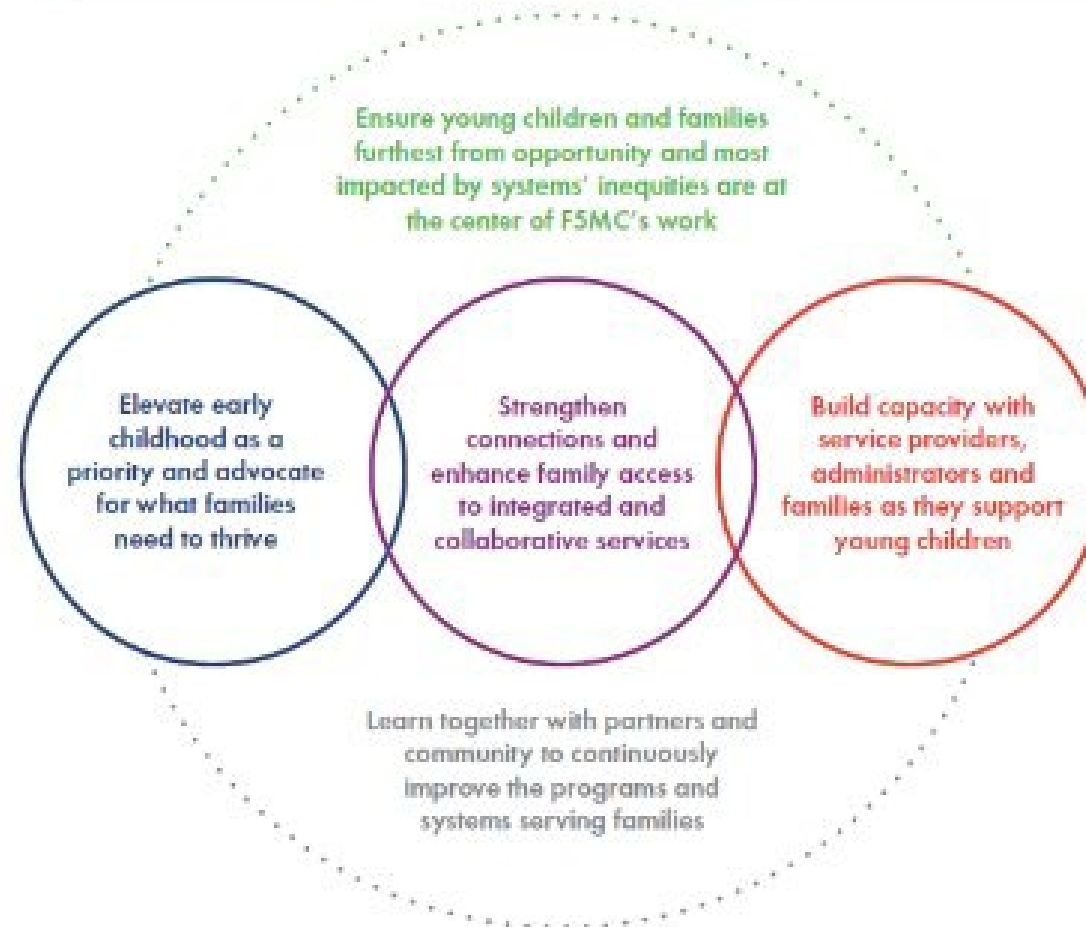
First 5 Monterey County enriches the lives of children, ages prenatal through 5, and their families by elevating early childhood as a priority, strengthening connections, and advancing quality within a whole system of care and support.

## VALUES

Equity • Trust • Healing • Connection • Prevention

## STRATEGIC PRIORITIES

## IMPACT AREAS



**CHILDREN** are healthy, well-cared for, and reach their unique potential.

**FAMILIES/CAREGIVERS** are connected, respected, and supported in caring for their children.

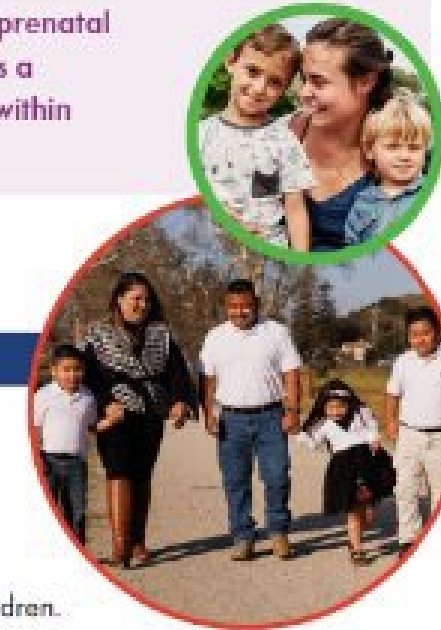
**SERVICES** for families are high-quality, accessible, and responsive to families' needs.

The whole **SYSTEM** serving young children and families is cohesive, navigable, and equitable.

**COMMUNITY, CULTURE, AND POLICY** honors and supports all families in the important task of raising children.

## CORE ROLES

- Early childhood development **Champion** and advocate
- Whole child, whole family, whole **Systems Connector**
- Healing-focused, relationship-based, quality-driven **Capacity Builder**





# How We Make A Difference: Our Core Roles

★ Early Childhood Champion and Advocate

★ Systems Connector

★ Capacity Builder



# F5MC 2023-2029 Strategic Plan Outcomes



Children receive early and timely developmental and healthcare supports and services



Children have supportive, healthy relationships



Children experience diverse, high-quality early learning opportunities, including play, nature, art, music, and social interactions





# Total People Served In Fiscal Year 2023-2024

Total children, caregivers and practitioners served

9,150

4,976

Total children 0-5



21

Total children 6+



2,873

Total primary caregivers



1,280

Total practitioners, providers and educators

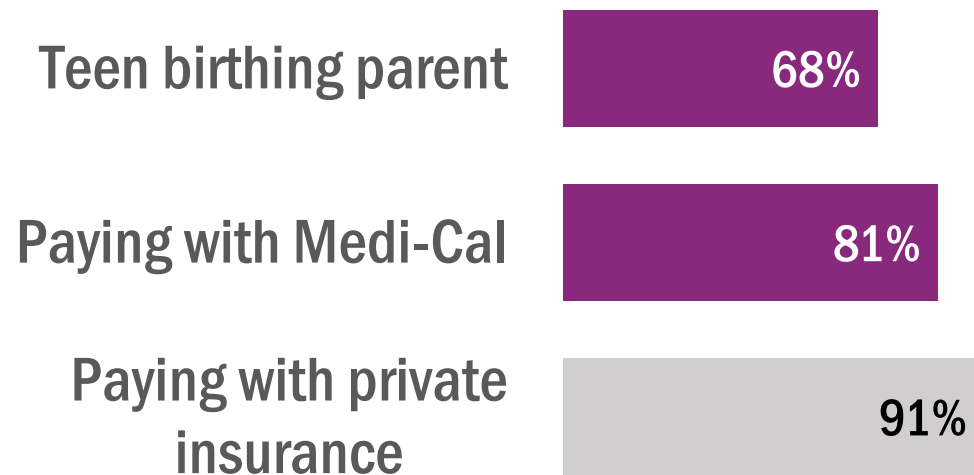


# Countywide Data: The State of Early Childhood in Monterey County



## Countywide Data

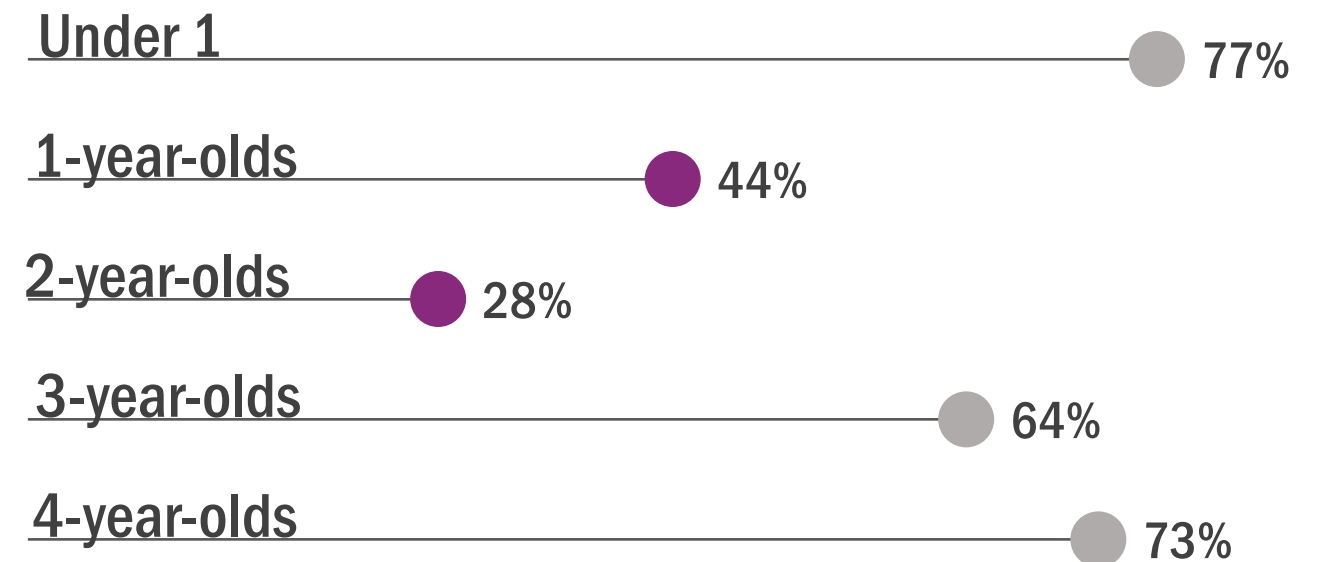
### Access to adequate prenatal care (2021)<sup>1</sup>



### Percentage of children with Medi-Cal receiving a screening by their provider by age three<sup>3</sup>



### Preventative health care utilization rates among children with Medi-Cal (2021)<sup>2</sup>



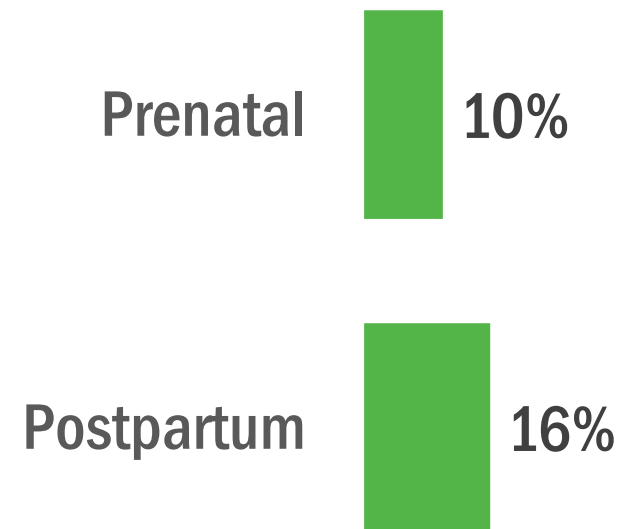
### Percentage of the 0–3 population served by Early Start (Monterey + Santa Cruz Counties)<sup>4</sup>





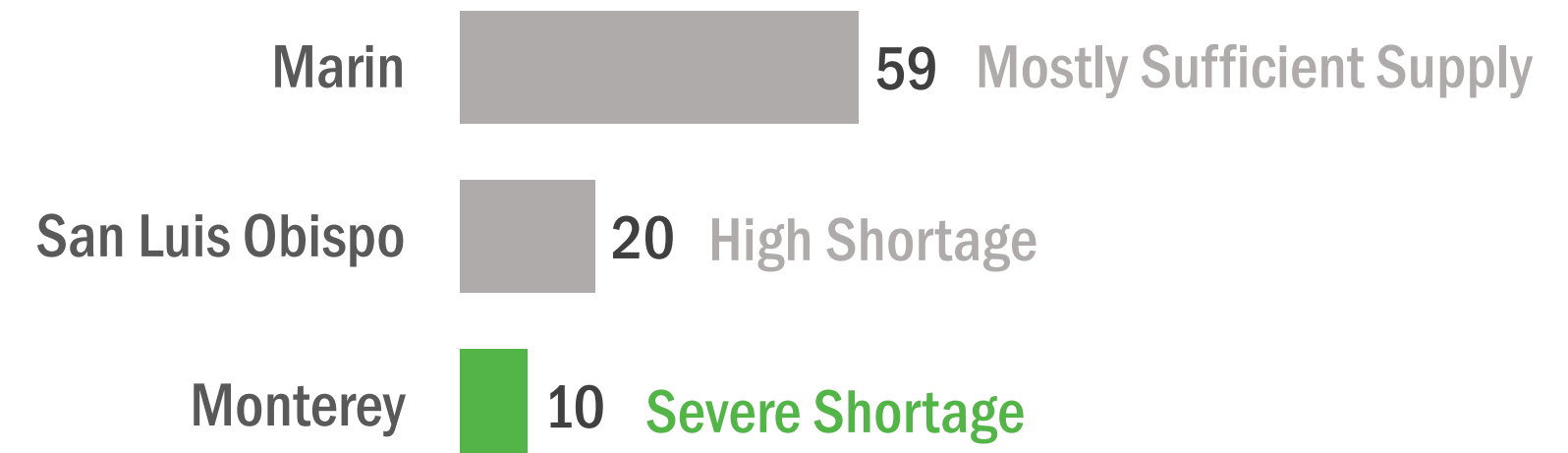
# Countywide Data

Estimated percentage of birthing parents with depressive symptoms (MIHA survey; 2019-2021)<sup>5</sup>



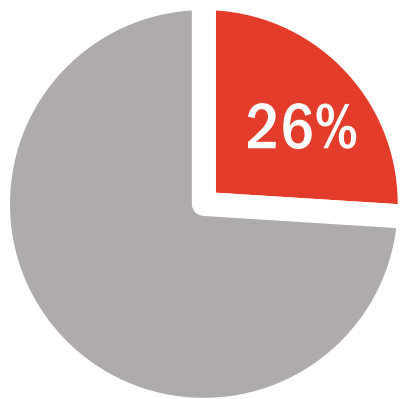
Medi-Cal managed care providers will be required to report rates of prenatal and postpartum depression screening starting in 2025<sup>6</sup>

Number of child and adolescent psychiatrists per 100k children (2022)<sup>7</sup>

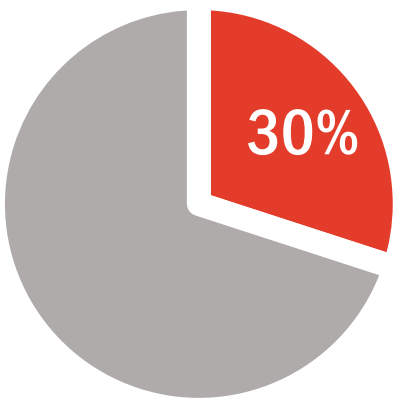


**742** Providers have participated in one or more years of IFECMH since inception (as of June 2024)

# Countywide Data



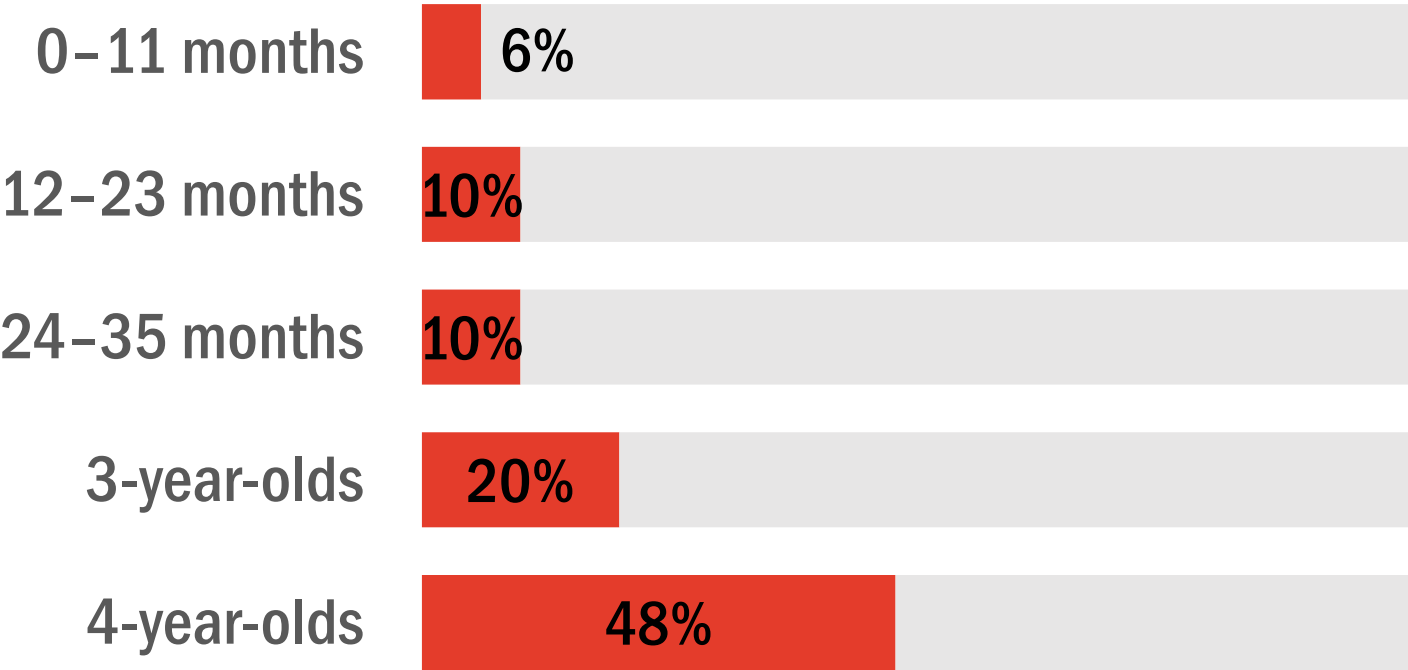
There were only enough licensed child care spaces for **26% of children** ages 0-4 as of 2022.<sup>8</sup>



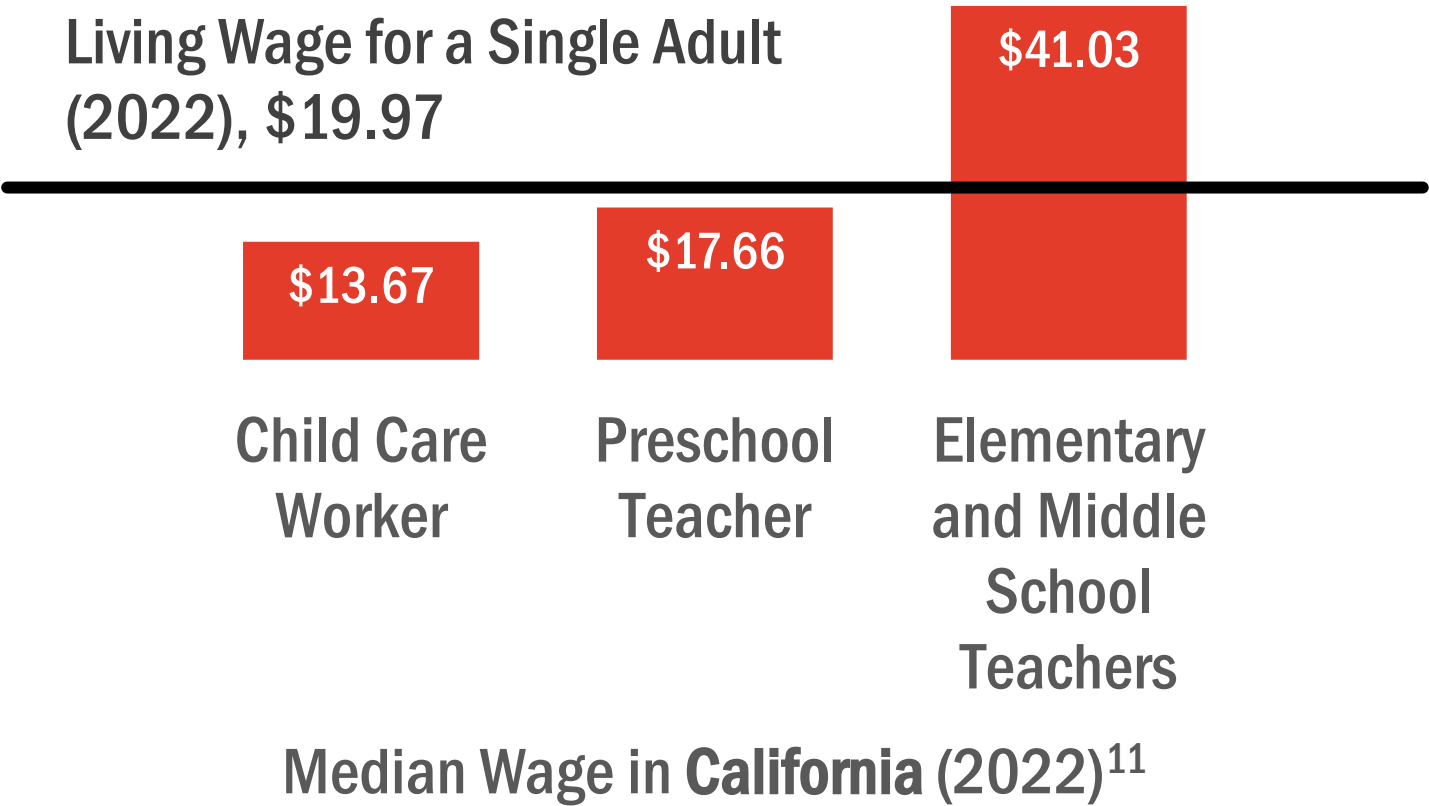
An estimated **30% of parents** with children under three and 32% with children ages 3-5 used Friend, Family, Neighbor child care in 2022.<sup>10</sup>

There were not enough subsidized child care spaces to meet the need as of 2019.<sup>9</sup>

Percentage of eligible children enrolled in subsidized child care



Living Wage for a Single Adult (2022), \$19.97



# Strengthen connections and enhance family access to integrated and collaborative Services





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**MISSION**

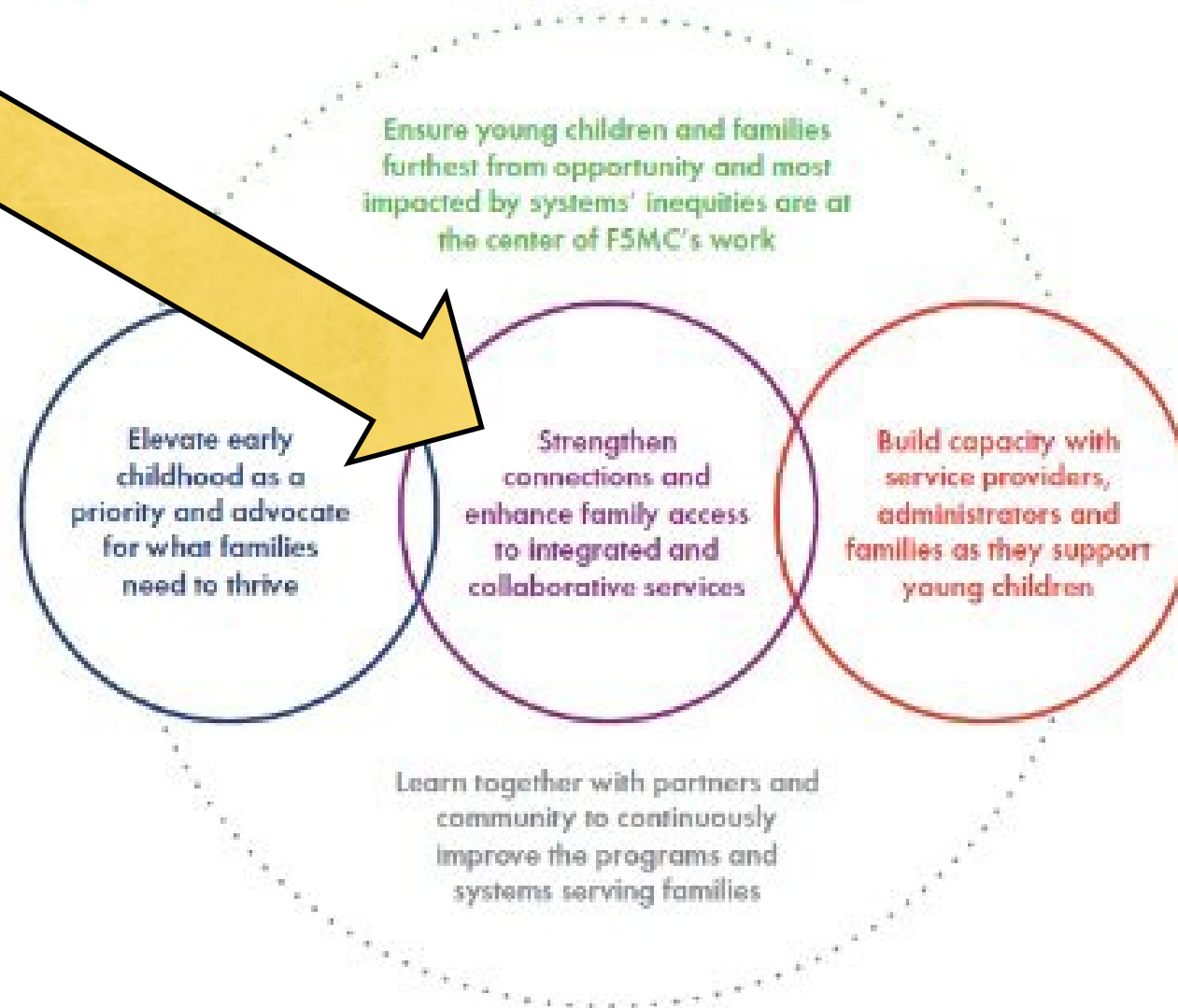
First 5 Monterey County enriches the lives of children, ages prenatal through 5, and their families by elevating early childhood as a priority, strengthening connections, and advancing quality within a whole system of care and support.

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Equity • Trust • Healing • Connection • Prevention

**STRATEGIC PRIORITIES**

**IMPACT AREAS**



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**CORE ROLES**

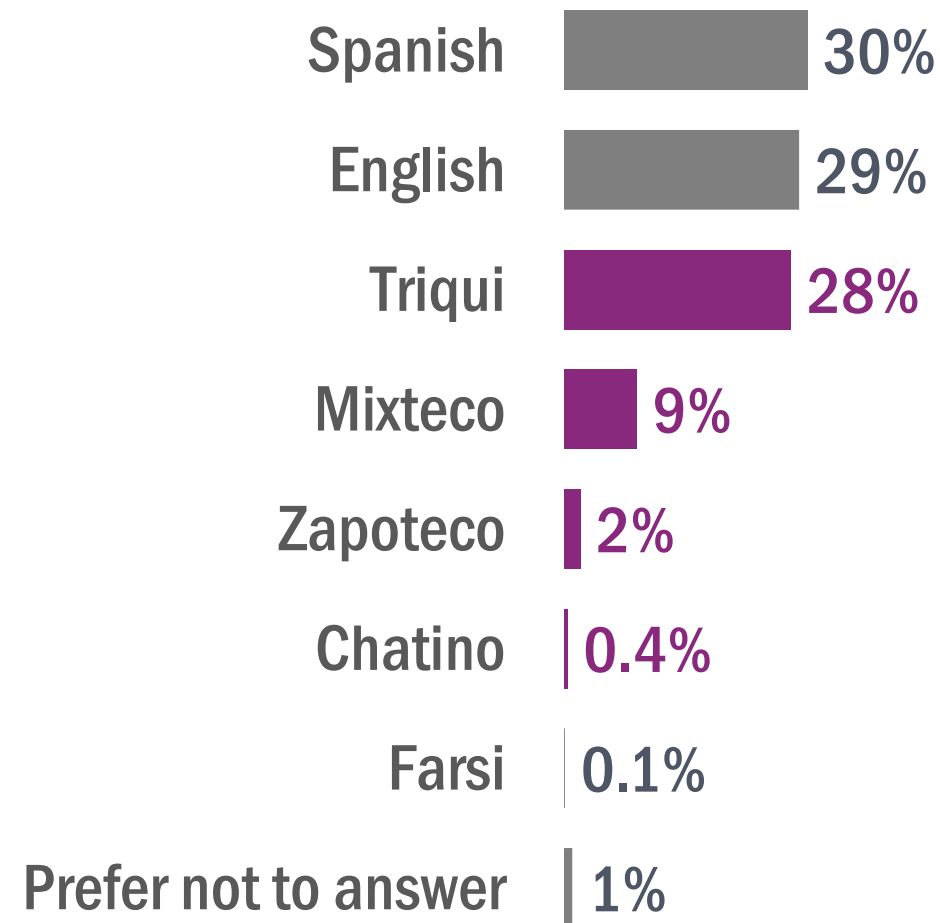
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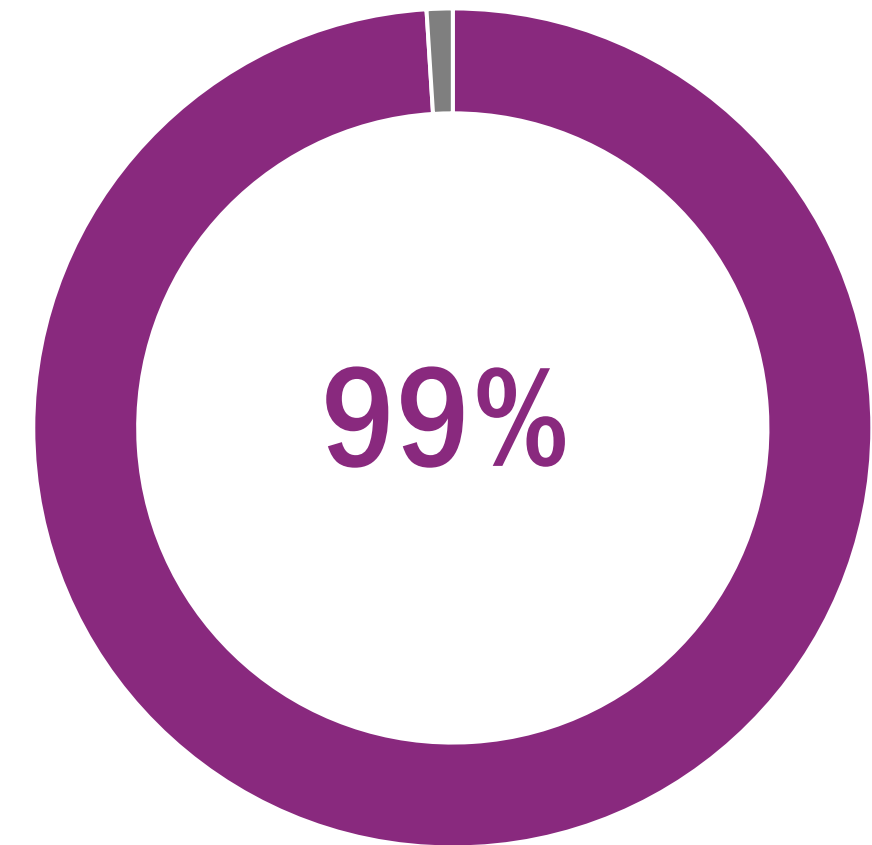
# Strengthen Connections: Outcomes

## Direct Services to Families: Centering Families Most Impacted by System Inequities

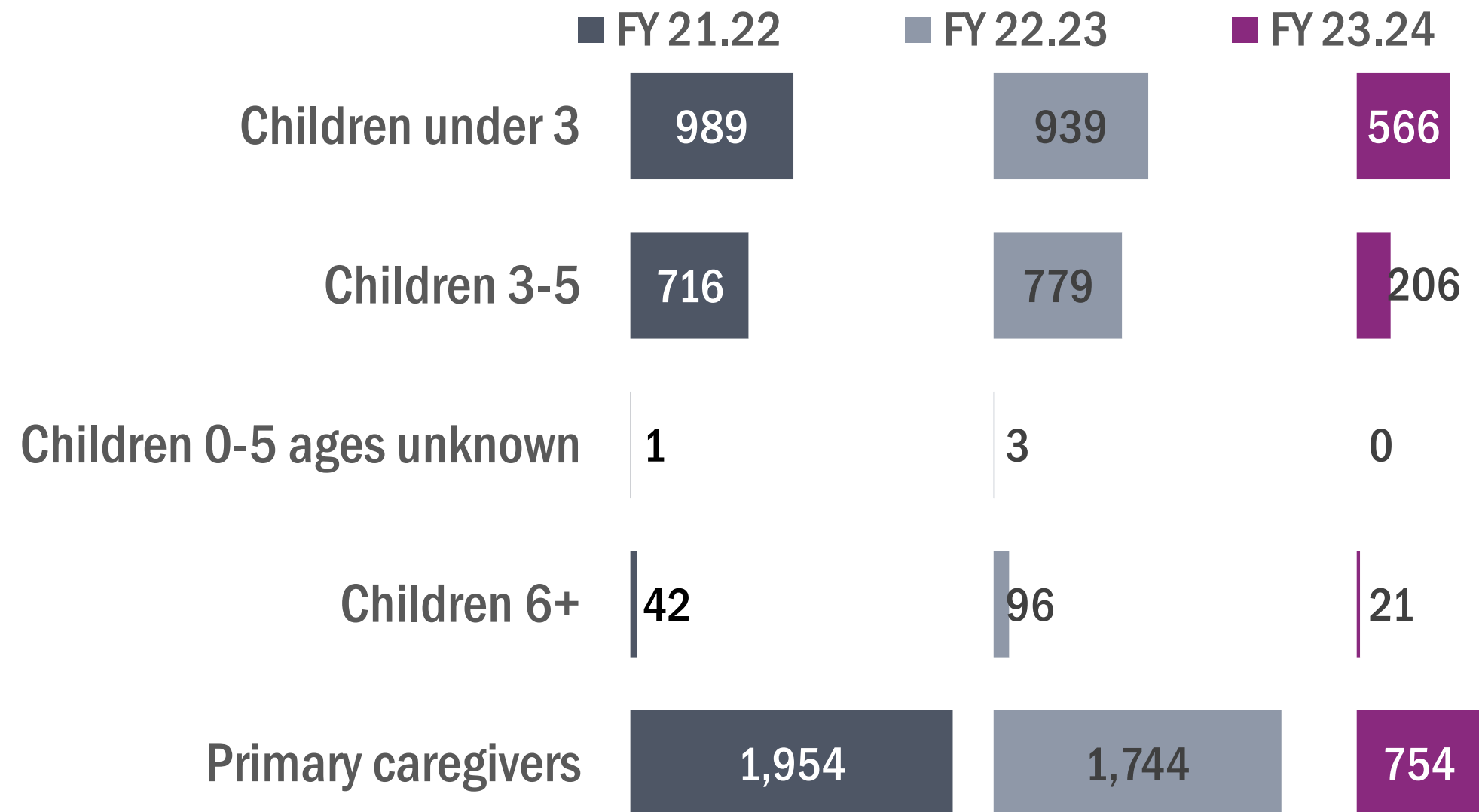
Of children ages 0–5 served by Strong Start/Home Visiting partners, **40% speak an Indigenous language at home** and **30% speak Spanish at home**.



Nearly all children served by Strong Start Partners were **enrolled in Medi-Cal**



## Direct Services for Families: Fiscal Year Comparison\*



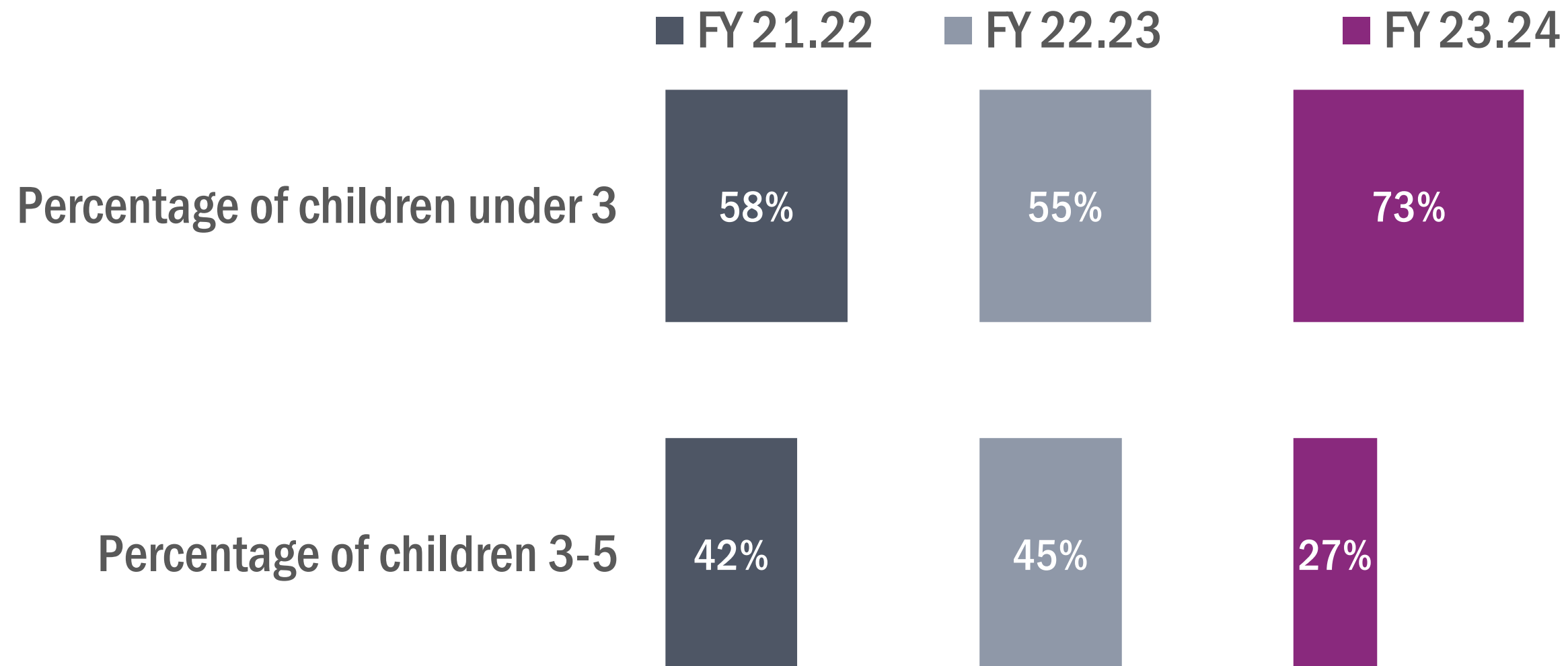
**\*Decline in funding for direct services occurred in FY23/24**





# Strengthen Connections: Outcomes

## Direct Services to Families: Prioritizing Children Under Three



## Direct Services for Families (all)

754 Parents served

140 Parents received a depression screening





# First 5 Monterey Services: Strengthen connections and enhance family access to integrated and collaborative Services



## Intake Meeting

Father and two-year-old meet with Care Coordinator.



## Developmental Screening

Father and Care Coordinator complete the ASQ-3, ASQ-SE, and MCHAT together over the course of multiple meetings.



## Family Context and Support

Father and Care Coordinator discuss his concerns and family context over multiple meetings.



## Family Goals

Connect child with Behavioral Health Services  
Access child's medical records and connect to appropriate services based on records



## Referrals

Behavioral Health  
Early Intervention (2)  
Mental Health Services for dad (2)



## Team Collaboration

Care coordinator discusses family context and concerns during multiple team meetings and multi-disciplinary review meetings.



# F5MC Strengthen Connections to enhance family access to services: The Path of Care Coordination



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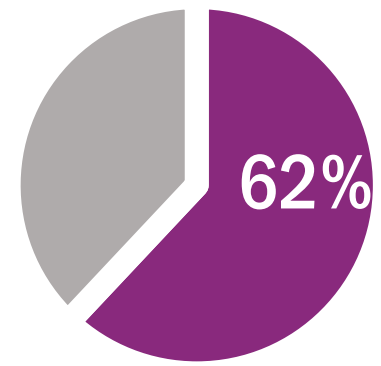


## Team Collaboration

Care coordinator discusses family context and concerns during multiple team meetings and multi-disciplinary review meetings.

# Strengthen Connections: Outcomes

## Developmental Screening and Connection to Services



of children received one or more developmental screenings

## Care Coordination

Families served by care coordination

552

Goals created with families

281

Care coordination referrals

227

## Care Coordination

281 Goals created with families

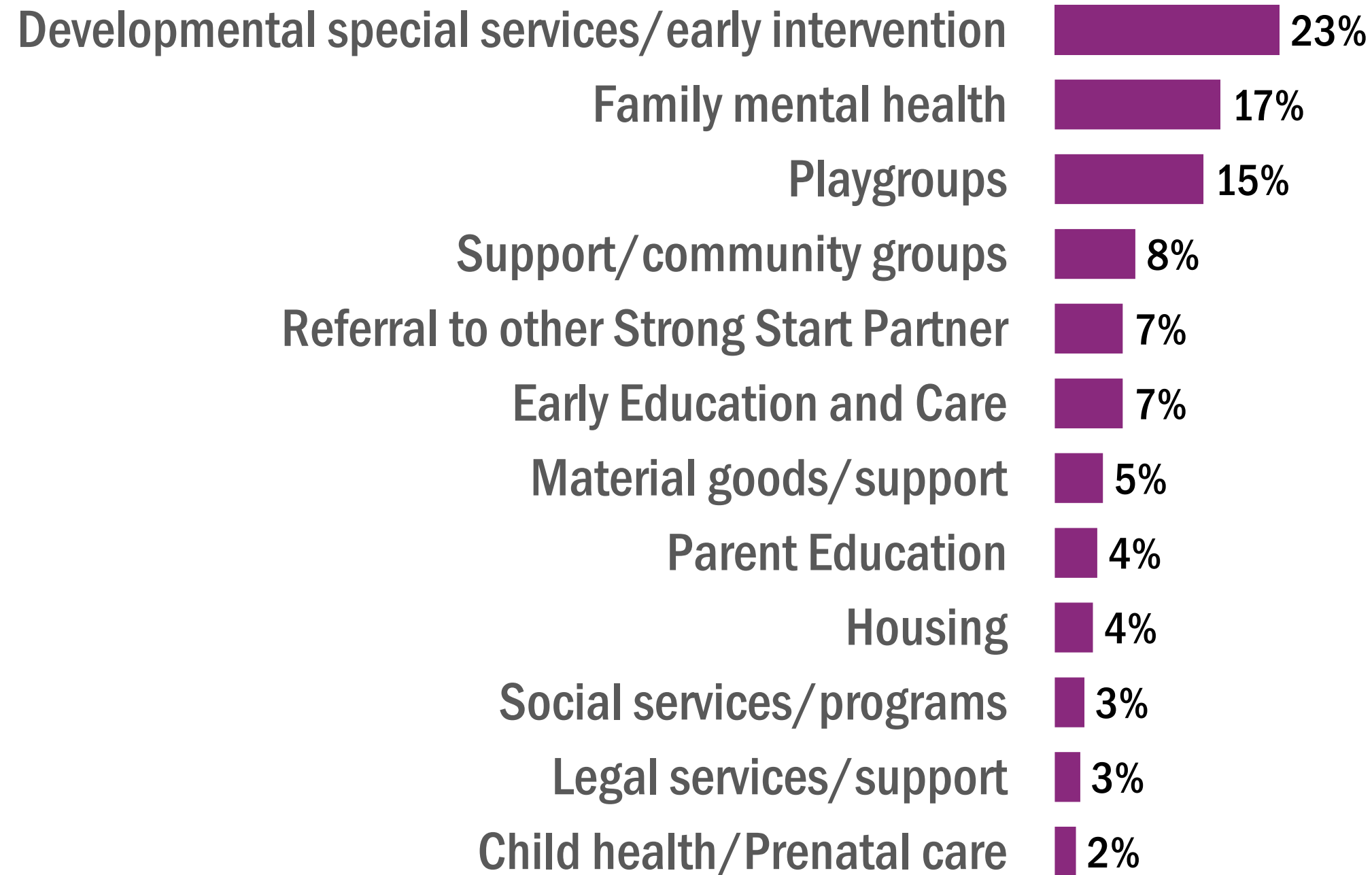
- 🧑 Child development and early intervention
- 🧑 Mental and behavioral health resources
- 🧑 Parent education and learning
- 🧑 Community and financial resources
- 🧑 Housing
- 🧑 Food and nutrition support





# Strengthen Connections: Outcomes

## 227 Referrals made in the context of Care Coordination / family goals



## Complexity of Care Coordination: A Providers Perspective supporting a family

“ I am really proud of dad. He’s a young dad—26 or 27—with his first child. Even though he doesn’t know everything around the services he’s figuring it out. He’s really trying to get the services his child needs and deserves. It’s really lovely to see how connected they [dad and child] are. The first few times I met the child when he was living with mom, he seemed very anxious overall. The last two times I met with him, he’s been able to regulate more, to interact more with us. He seemed more relaxed. He has more routines, in a stable household. Dad has accomplished so much since we first met.”



# Strengthen Connections: Outcomes

## Parents as Teachers Home Visiting

229 Parents served

262 Children served

## Partners met all quality metrics for home visiting, including the following:

85% of eligible parents received a depression screening  
(64% within 90 days of enrollment)

93% of parents received connections to one or more community resource

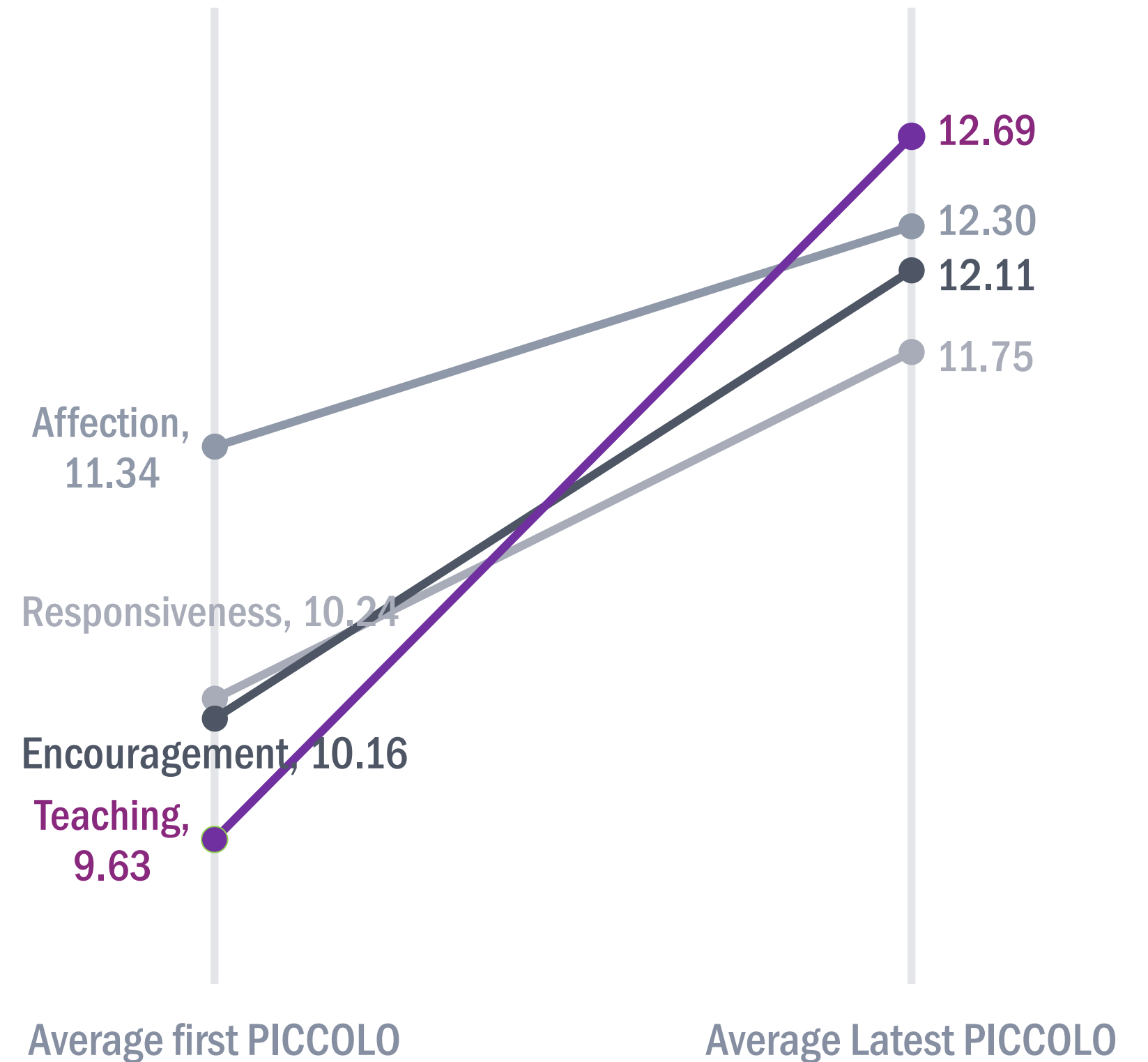




## Parents as Teachers Home Visiting

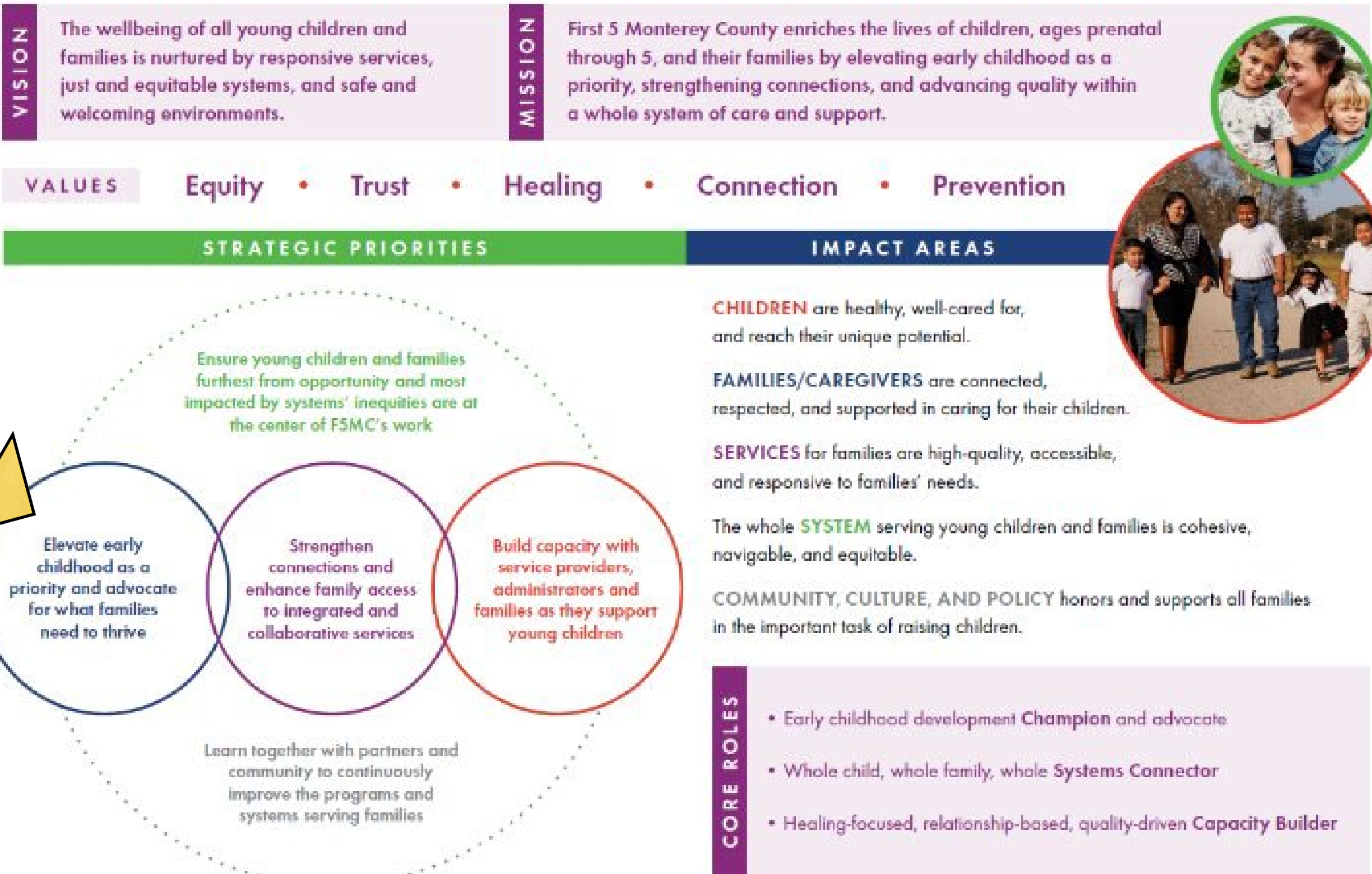
Overall, parents increased their positive parenting behaviors in all domains throughout their participation in Home Visiting. Parents demonstrated the **largest increase in Teaching behaviors.**

Measured with the “Parenting Interactions with Children: Checklist of Observations Linked to Outcomes” (PICCOLO) Tool.



**Elevate Early  
Childhood as a  
priority and  
advocate for  
what families  
need to thrive**







## Central Coast Early Childhood Advocacy Network

**Policy Learning Community:** Created to build parents' understanding of the legislative process.

- 42 . Parent leaders participated in the Policy Learning Community cohort.
- 21 Parent leaders participated in visits with legislators.
- 5 Policy areas advocated for by F5MC were enacted into legislation





# Elevate Early Childhood: Outcomes

## Central Coast Early Childhood Advocacy Network

### Activities FY 23.24

**Parent Power Summit:** Connects parent leaders and advocates, sparks conversations and provides public communication training. FY 23.24 focused on improving child care in the region through collective action and advocacy.

**110** advocates participated in the Parent Power Summit

**17** parents co-facilitated the Summit





# Elevate Early Childhood: Outcomes

## Key Highlights from the FY 23.24 Parent Power Summit Evaluation:

**95%** strengthened their relationship with other parents



**99%** increased their confidence to advocate for young children and families

**99%** felt inspired to take at least one new action in support of childcare





**Build capacity with  
service providers,  
administrators and  
families as they support  
young children**



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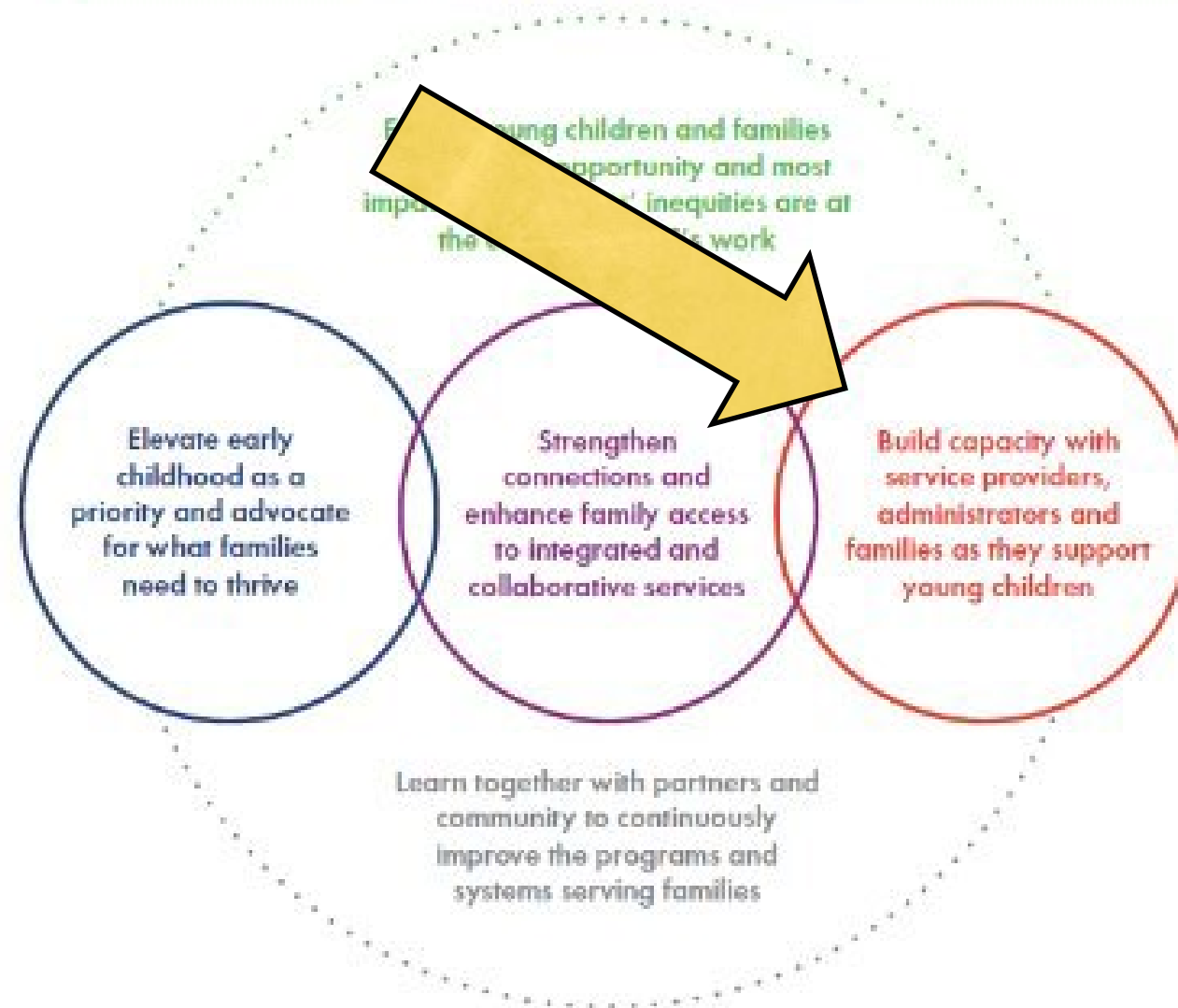
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# Build Capacity: Outcomes



 **FIRST 5**  
MONTEREY COUNTY  
Infant-Family and Early Childhood  
Mental Health Training



**132** Practitioners participated in the 23/24 Infant Family Early Childhood Mental Health (IFECMH) series



In its **13th year** of implementation, IFECMH 23/24 brought together participants from a range of sectors and organization types.

 Early childhood education

 Family support

 Behavioral health

 Early intervention

 Medical / public health

 Social services

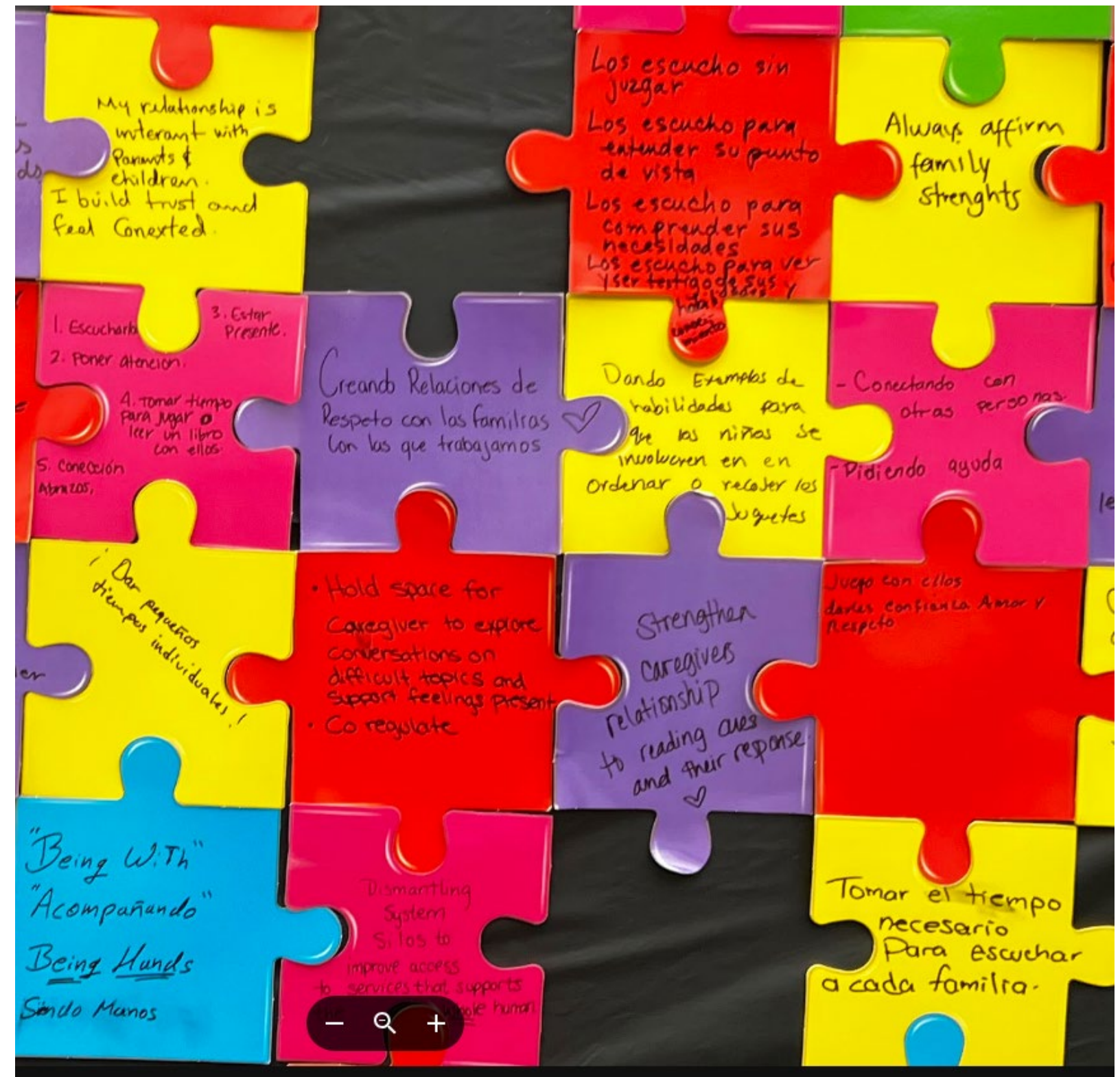
 Legal services



# Build Capacity: Outcomes

## FY 23.24 IFECMH Offerings





- 24 Participated in the Transformational Leadership Series
- 63 Participated in the Attachment and Parenting IFECMH series
- 62 Participated in the IFECMH Spanish Foundational Series
- 15 Participated in the Capstone series/served as instructional assistants
- 24 Participated in the Home Visitor Learning Group
- 15 Participated in the Care Coordinator Learning Group



# Build Capacity: Outcomes

**62** Participated in the IFECMH **Spanish Foundational Series**

**100%** of survey participants said the series increased their understanding of:

-  the role of self-reflection for their work
-  the impact of trauma on physical, emotional and mental well being
-  how to support the development of resilience
-  how to discuss families' concerns being responsive to cultural context





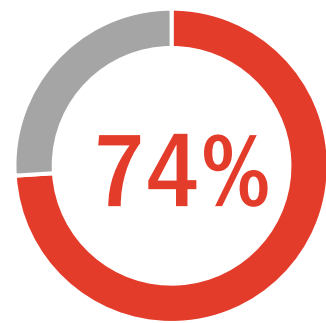
The importance of taking the Foundational Series in Spanish

“I was able to explain to a single father that I’m working with about attachment in Spanish, something I had struggled with before.”

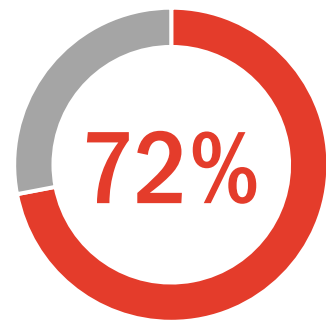


## Build Capacity: Outcomes

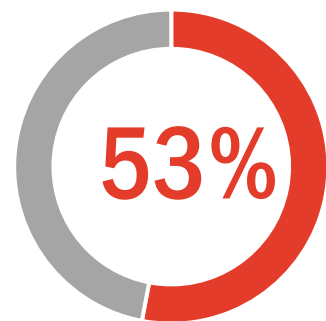
In FY 23.24 IFECMH training series participants formed relationships that benefited their work with families.



Met new colleagues and partners in the community



Learned new information from other IFECMH participants and **applied it directly to their work**



Learned about new resources from other IFECMH participants and **made a referral for a family** as a result



## Build Capacity: IFECMH Participant Quotes

“

I think the most important thing I can share is the confidence I have been gaining through the trainings, both because of the information I get, but most **important the ability to be reflective and embracing what parents bring with them**: the concerns, fears, apprehensions, misinformation about children and parenting.

As I spoke with a **family fearing their child being evaluated**, they had the opportunity to **explore their understanding about what this means and how that information would be used to better support their child's learning process and his social-emotional development.**”

# Build Capacity: Outcomes

**63** Practitioners participated in the **Attachment and Parenting** IFECMH series

**100%** of survey participants said the series increased their understanding of:

- 👤 the implications of adolescent development for parenting young children
- 👤 how to develop services that are teen friendly
- 👤 the role of fathers in young children's development
- 👤 how to develop services that are father friendly





Self Awareness, slowing down and relationships

“I am very motivated to integrate the training and awareness into my everyday practice and be mindful of the need to really listen to families as they let us in and share. I feel that this training helped me reflect on ways I already am doing that and consider how I can try to find new ways to continue that practice and be sure to be respectful and inclusive.”

## Self Awareness and Parallel Process

“I try to be more **aware** of my **own biases** and cultural background and **make myself slow down before making a judgment**. I have also been **very open with my staff about this journey** and shared specific moments of difficulty that I am working through.”

“I am intentionally **sharing moments of vulnerability and struggle with my staff**, which is both scary but very effective. I have received feedback from my staff that they **feel seen** and **feel comfortable sharing struggles they are facing**.”



## Self Awareness, slowing down and relationships

“There are multiple examples of ways we simply are with staff, each other and families that come from this training . . . If we can support parents to slow down and co-regulate with them, then they will know what this feels like and in turn, do this for their children.”





## Activities FY 23.24

### Family, Friend, or Neighbor Provider Cafes:

Sessions held regularly to promote collaboration, peer to peer engagement and self-efficacy. The curriculum highlighted social emotional well-being and nurturing adult-child interactions.

**62** Providers participated in one of four cohorts





# References

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9. Monterey County Child Care Planning Council. "Monterey County 2022 Child Care Needs Assessment." November 2022. Accessed March 20, 2024. [https://drive.google.com/file/d/1bp8Mnc5hshQIp0ULLLEfMzLD\\_EdscQZM/view?usp=share\\_link](https://drive.google.com/file/d/1bp8Mnc5hshQIp0ULLLEfMzLD_EdscQZM/view?usp=share_link).
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11. Center for the Study of Child Care Employment. "Early Childhood Workforce Index 2024. State Profiles: California." Accessed November 25, 2024. <https://cscce.berkeley.edu/workforce-index-2024/states/california/>.