



# ANNUAL EVALUATION REPORT 2023-2024

**First 5 San Benito & Family Resiliency Center**

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# Evaluation Highlights

In FY 2023-24, San Benito County families faced stressors like housing and food insecurity, unemployment, access to social services, and concerns about child development and behavior. To address these challenges, First 5 San Benito (F5SB) and the Family Resiliency Center (FRC) offered holistic, culturally sensitive, trauma-informed services, which helped diverse families build resilience and overcome challenges, as highlighted below.

## Healthy Children and Strong Families



- **Quality Counts** held six trainings, attended by 29 providers. Participation significantly increased providers’ ability to support kindergarten readiness and social development.
- **California Preschool Instruction Network (CPIN)** offered six bilingual trainings, engaging 71 providers. A total of 25 participating providers satisfied the annual requirement for 21 hours of continuing education.
- **Getting Ready for School** program helped 15 caregivers with 28 children improve knowledge of child development and ability to support their children’s school entry, while children showed significant improvement in their kindergarten readiness.
- A total of 1,921 children ages 0-5 and 1,583 caregivers (duplicated) participated in 109 events as part of the **Talk, Read, Sing** program. Families valued learning about fun activities to do with their children and connecting with other families.
- **New Parent Kits** were distributed to 270 families; nearly 40% were in Spanish.
- **Help Me Grow** staff served 126 children, including 94 screened for developmental delays and 84 screened for social emotional development issues.
- A New **Hola Bebe** program offered 12 families parenting information and supports via six groups, over 30 individual home visits, and 10 Newborn Observations.
- Weekly **Home Visiting** sessions were held for 84 caregivers and 114 children ages 0-5. Participating parents reported an increase in the frequency of positive parenting practices and closeness between the caregivers and their children.
- **Triple P Positive Parenting and Family Fun Nights** engaged 12 families with nine children, improving positive parenting practices and parent-child relationships.
- FRC staff provided **Case Management** support to 10 caregivers and their children.
- 72 **Resources and Commodities Distribution** events and deliveries brought food, gift cards, PPE, and activity kits to an average of 414 families with 858 children, providing concrete economic and basic needs supports in time of need.

## Engaged Youth and Parents



- The **SBC Resiliency Network (RN)** coordinated 10 **Outreach Events**, attended by 6,501 children and 2,917 caregivers, and hosted six **Share Resiliency Fairs**, which reached 338 families with 370 children with resources about parenting and resilience.
- The F5SB and RN engaged in **Advocacy Activities**, shared **FRC space**, and succeeded in opening the **Commercial Kitchen**, used by 11 RN partners to serve over 600 hot meals.
- F5SB and RN offered technical assistance for the **Regional Home Visiting Collaborative**.

## Supportive Community



- The intergovernmental **Collaboratory of San Benito County** made steady progress toward the establishment of the proposed **Community Center**, to achieve equitable outcomes for families through trauma-informed, evidence-based services.
- The RN and the Collaboratory engaged in further strategic planning discussions, with the focus on Social Determinants of Health (SDOH), and held three community listening sessions to gather input on the proposal

# Introduction

In FY 2023-24, many San Benito County children and families encountered stressors like health problems, unemployment, housing and food insecurity, social isolation, limited access to medical and social services, and concerns about immigration. Such chronic stressors have been linked to onset or amplification of mental health issues and decreased sense of well-being among caregivers and children. To mitigate these challenges, First 5 San Benito (F5SB) and the Family Resiliency Center (FRC) offered a range of programs and services, following the whole-child, whole-family approach, to meet the needs of local communities.

These services aimed to strengthen and promote the five protective factors of *Family Functioning/Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Nurturing and Attachment/Social and Emotional Competence of Children, and Concrete Support* (see graphic for definitions).<sup>1</sup> This approach is known to increase intervention effectiveness, as decades of research show that nurturing these strengths in families helps build positive parent-child relationships, promote positive child development, and help children and families recover from stress and adverse experiences.

The current report describes how **First 5 San Benito and the Family Resiliency Center addressed social inequities and supported diverse families by helping them develop resiliency and achieve optimal health and well-being.** This was done through culturally competent, trauma-informed services and supports designed to build the five protective factors.

## Protective Factors

### Family Functioning / Parental Resilience

- The ability to manage stress and function when faced with challenges, adversity, and trauma

### Social Connections

- Positive relationships that provide emotional, informational, instrumental, and spiritual support

### Knowledge of Parenting and Child Development

- Understanding child development and knowing strategies to support children’s development

### Nurturing and Attachment / Social and Emotional Competence of Children

- Positive parent-child interactions, including being emotionally responsive to children’s needs

### Concrete Support

- Access to basic needs, including food and shelter



<sup>1</sup> From the Protective Factors framework developed by the Center for the Study of Social Policy and FRIENDS National Center for Community-Based Child Abuse Prevention (CBCAP).



## FIRST 5 SAN BENITO AND FAMILY RESILIENCY CENTER THEORY OF CHANGE

This holistic model of services and supports is based on the F5SB and FRC Theory of Change. As the graphic below illustrates, investment focuses on three areas of intervention – **Healthy Children and Strong Families**, **Engaged Youth and Parents**, and **Supportive Community**.

The programs offered under the **Healthy Children and Strong Families** umbrella support improved health, child development, education outcomes, family stability, and child and family protective factors. Within this funded component, the level of support offered by F5SB and its partners increases, based on families’ needs. These efforts are based on the model of intervention that represents a continuum of care, extending from promotion to prevention, and finally, intervention. **Promotion** activities are designed to impact the community as a whole, **Prevention** services are provided to a more targeted set of children and families; whereas **Intervention** services are offered to children and families with the highest needs. The **Engaged Youth and Parents** service sector aims to promote a comprehensive, responsive service system through the work of the Resiliency Network of providers from various service sectors. Finally, the initiatives funded under **Supportive Community** are designed to address the Social Determinants of Health (i.e., education access and quality, health care and quality, neighborhood and built environment, social and community context, and economic stability) and promote equitable outcomes for children, youth, and families. These efforts are overseen by the intergovernmental Collaboratory of San Benito County.

This report presents highlights from the 2023-24 evaluation of F5SB and the Family Resiliency Center, showing the positive impact of funded programs and services on the San Benito community.



# First 5 and Family Resiliency Center Participant Characteristics and Needs

When families connect with First 5 San Benito (F5SB) and the Family Resiliency Center (FRC), they complete an intake survey, which gathers information about child and caregiver demographic background and the family's needs in a variety of areas. Depending on these needs, families are enrolled in the appropriate F5SB and/or FRC programs, referred to other agencies in the community, or provided with additional resources.

## ANNUAL AGGREGATE DATA

Most families participated in more than one F5SB and/or FRC program or event. In FY 2023-24, duplicated counts show that 10,547 children 0-5, 6,609 caregivers, and 177 providers were engaged in services, including 641 individual children and 594 parents who received direct services. Based on the duplicated counts, **community outreach events** had the greatest reach, serving over 6,000 children 0-5 and nearly 3,000 caregivers. The table below shows counts of children, caregivers, and providers for each funded effort and partnership.

**Figure 1. Number of Children, Caregivers and Providers Served, by Program and Overall, FY 2023-24**

Program Name	Children 0-3	Children 3-5	Children Age Unknown	All Children 0-5	Primary Caregivers	Providers and Staff
<b>Healthy Children &amp; Strong Families</b>						
Quality Counts	---	---	7	7	---	29
California Preschool Instruction Network*	---	---	---	---	---	71
Getting Ready for School	---	28	---	28	15	---
Talk, Read, Sing*	1,015	906	---	1,921	1,583	---
New Parent Kits	270	---	---	270	270	---
Help Me Grow	73	53	---	126	126	---
Hola Bebe	11	1	---	12	12	---
Home Visiting & Parent-Child Programs	67	47	---	114	84	---
Family Fun Nights/Parent Education (Triple P)	2	7	---	9	12	---
Case Management	---	---	---	---	10	--
Resource Distribution & Delivery*	---	---	858	858	414	---
<b>Engaged Youth and Parents</b>						
Outreach Events*	2,448	3,058	995	6,501	2,917	---
Share Resiliency Fairs*	185	185	---	370	338	17
<b>Supportive Communities</b>						
Collaborative Meetings*	---	---	---	---	---	47
Commercial Kitchen & Community*	---	---	100	100	413	1
FRC Space Use*	---	156	---	156	350	12
Community Listening Sessions	---	---	75	75	65	---
<b>Total*</b>	<b>4,071</b>	<b>4,441</b>	<b>2,035</b>	<b>10,547</b>	<b>6,609</b>	<b>177</b>

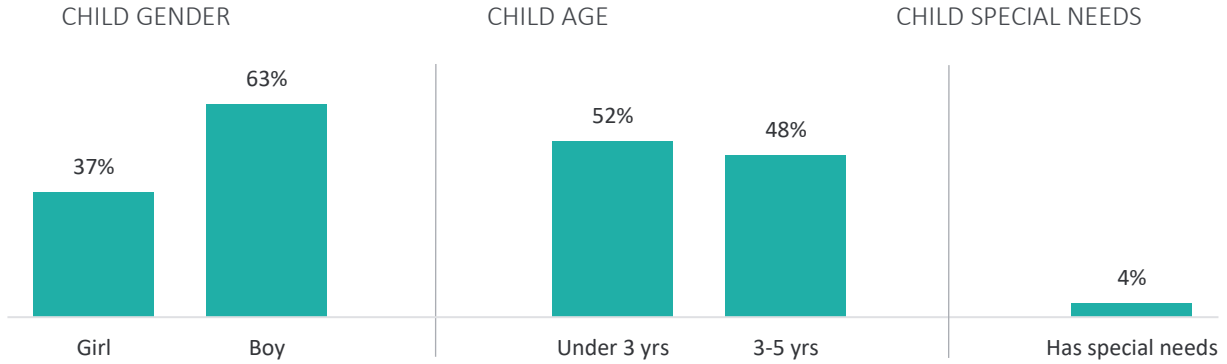
Source: First 5 San Benito – AR 1 and AR 2 State Report Client Counts, 2023-24. \*Estimates include duplicate counts, as many families participated in more than one program and/or programs or events that did not take attendance, with approx. a 75% duplication rate.

## CHARACTERISTICS OF CHILDREN SERVED

**F5SB and FRC promoted equity by serving primarily children of color and non-native English speakers.**

Across all F5SB and FRC programs, demographic information was available for 290 children ages 0-5. Of these, two-thirds (63%) were boys. Just over half (52%) of the children were under three years old at the time of intake. About 4% of children had a diagnosed special need, according to the parent.

**Figure 2. Gender, Age, and Presence of Special Needs Among Children Served, FY 2023-24**

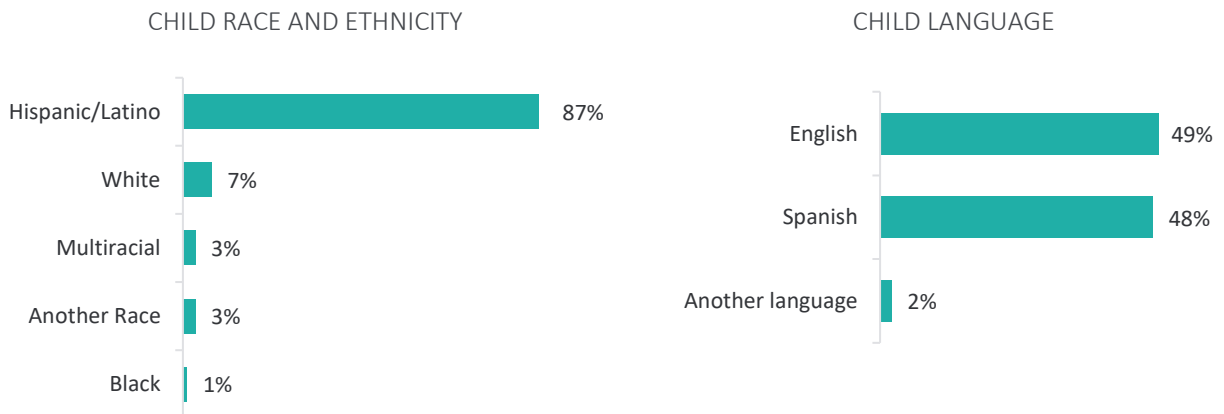


Source: Family Intake Form, 2023-24. N = 290.

### Child Racial-Ethnic Demographics

The racial-ethnic distribution of children enrolled in F5SB and FRC programs was skewed toward communities of color, who are most likely to be affected by socioeconomic disparities. According to the US Department of Finance<sup>2</sup> 2023 projections, approximately 25% of the 4,842 San Benito County children 0-5 years of age were White, 68% were Hispanic/Latino, and 7% were Multiracial or identified as another race or ethnicity. In comparison to the county racial-ethnic composition, F5SB and FRC served fewer White children (7%) and a greater proportion of Hispanic/Latino (87%) children. Nearly half of all children served spoke Spanish.

**Figure 3. Racial-Ethnic and Language Characteristics of Children Served, FY 2023-24**



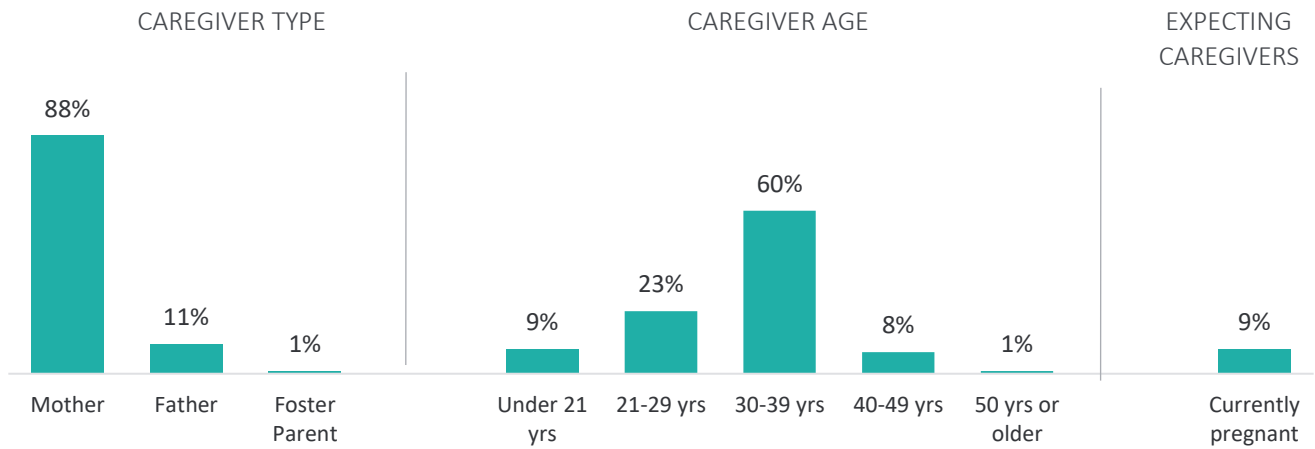
Source: Family Intake Form, 2023-24. N (ethnicity) = 275; N (language) = 237.

<sup>2</sup> U.S. Department of Finance, 2023. <https://dof.ca.gov/forecasting/demographics/projections/>

## CHARACTERISTICS OF PARENTS/CAREGIVERS SERVED

Close to 90% of the caregivers enrolled in F5SB and/or FRC programs were mothers, of which 9% were expecting a child. The remaining caregivers were fathers, and one was a foster parent. The majority of all parents (60%) were 30 to 39 years old.

**Figure 4. Age and Type of Caregivers Served, FY 2023-24**



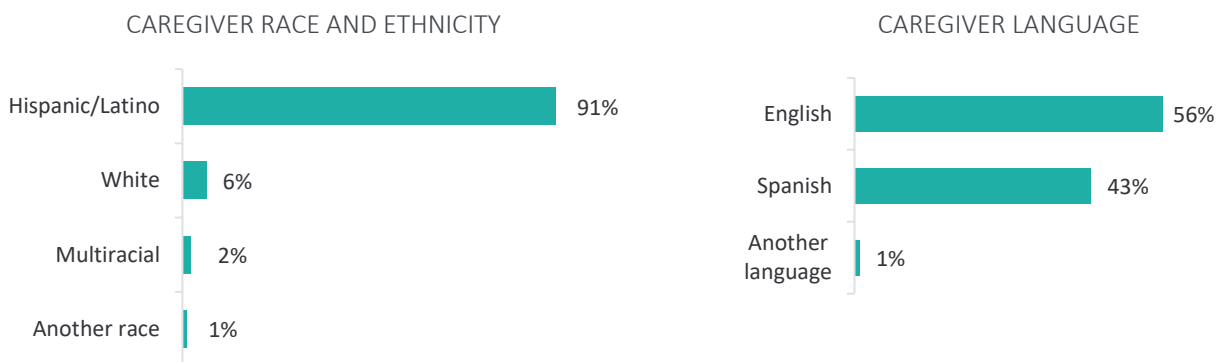
Source: Family Intake Form, 2023-24. N = 90-93.

### Caregiver Racial-Ethnic Demographics

**The racial-ethnic breakdown of parents mirrored that of children enrolled in F5SB and FRC programs.**

The race/ethnicity of the parents/caregivers was similar to that of the children served through F5SB and the FRC programs. The majority were Hispanic/Latino (91%), while around 3% were Multiracial or another race, and only 6% were White. Over half (56%) these caregivers were primarily Spanish-speaking.

**Figure 5. Race/Ethnicity and Preferred Language of Caregivers Served, FY 2023-24**



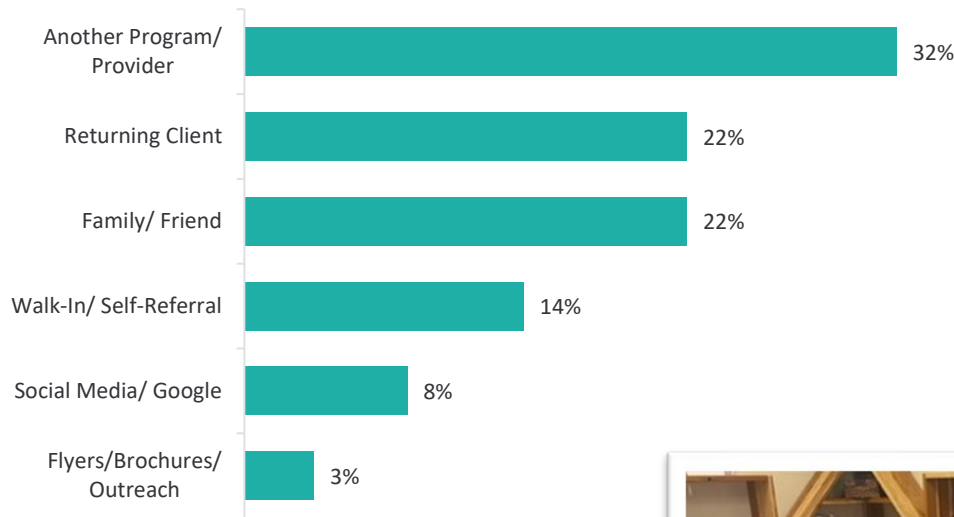
Source: Family Intake Form, 2023-24. N (ethnicity) = 109; N (language) = 114. Note: there were no participants who identified as Asian or Black.

**Referral Sources**

**One-third of the participating families were referred by another agency or provider, whereas one in five heard about F5SB and FRC programs from family or friends, and another 22% were returning clients.**

Of the 88 participating families, one in seven (14%) were **self-referred**, one in five (22%) were **returning clients**, and just as many (22%) were referred by **family and friends**. The majority (32%) learned about F5SB and FRC programs through **an external provider**. Among those, 25% were referred by Child Welfare Services 18% by schools or child care providers; 7% each by CalWORKs, Probation, and Youth Alliance, and 4% by the Department of Behavioral Health. The remaining 16% were linked to F5SB and FRC services by other local providers, including Community Solutions, Emma’s House, Hazel Hopkins Hospital Lactation Class, Healthy Mothers-Healthy Babies, and the SB Public Library. Additionally, 8% of families learned about F5 services from **Social Media** and 3% from **printed materials** or **F5SB outreach events**. Finally, some of the families were referred internally, through various F5SB and FRC programs and services, such as Talk, Read, Sing and Food Distributions.

**Figure 6. How Families Heard about Services, FY 2023-24**



Source: Family Intake Form, FY 2023-24. N = 88.

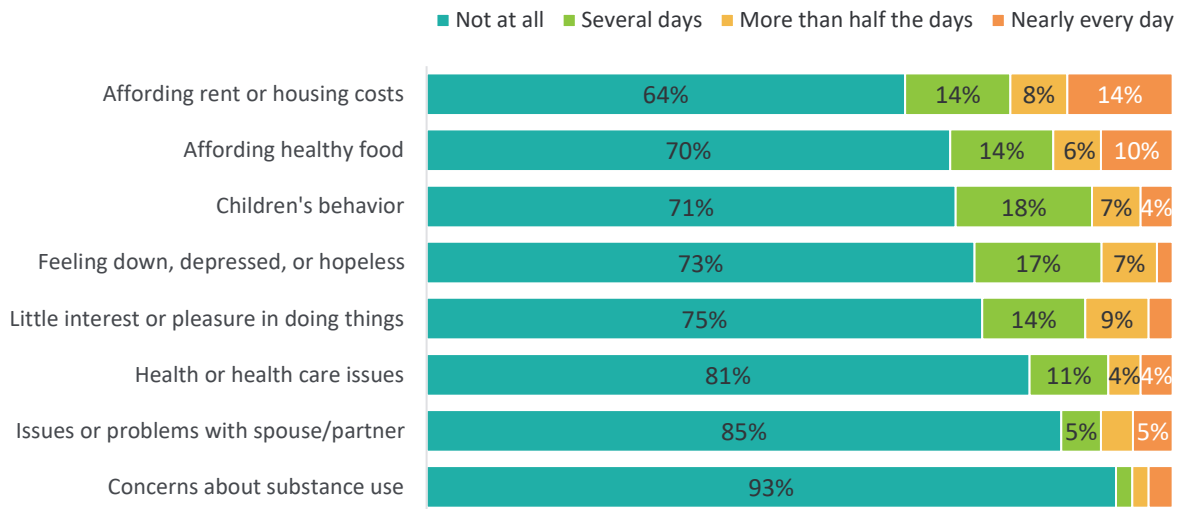


**Families’ Needs and Concerns**

**Most families sought parent education to manage child behavior and support for housing and food costs.**

Families reported on how frequently over the past two weeks they had been concerned about a variety of issues. **Housing costs** were the most frequent cause of stress for families, followed by the **affordability of healthy food** and **child behavior management**. Additionally, three in 10 caregivers had symptoms of **depression** for at least several days in the past two weeks. Moreover, one in five families worried about unresolved **health issues** and **problems with their partner**, and one in ten had concerns related to **substance use**.

**Figure 7. Families’ Concerns at Intake, FY 2023-24**



Source: Family Intake Form, 2023-24. N = 92-94.

# Healthy Children and Strong Families

In an effort to support the health and development of young children and families, F5SB continued to invest in evidence-supported promotion programs, such as **Quality Counts**, **California Preschool Instruction Network (CPIN)**, **Getting Ready for School (GRFS)**, **Talk, Read, Sing**, **New Parent Kits**, a new **Hola Bebe** program, and **Help Me Grow (HMG)**. Quality Counts and CPIN connected early care and education providers with system partners and professional development opportunities. Programs like GRFS and Talk, Read, Sing helped parents support development of early literacy in their children. And through New Parent Kits and HMG, F5SB shared information on parenting and child development. HMG also conducted developmental screenings and provided referrals for families.

F5SB continued to invest in upstream prevention services, such as Home Visiting and Parent-Child programs, as well as **Raising a Reader**, and another new program, **Reading Buddies**. These services supported parents through parenting education on child development and early literacy and strengthening parent-child relationships. Families received linkage to an array of vital services and support systems through the resource and referral component, which helped address the Social Determinants of Health (SDOH), empowering children and families to thrive in the face of adversity. In times of crisis, their proactive approach led to the swift and efficient **distribution of resources**, ensuring families had their essential needs met. To reach diverse families in their community, significant efforts were invested in **community outreach**, fostering meaningful connections and identifying crucial needs on the ground.



Finally, F5SB expanded their array of early intervention services, by adding Family Fun Nights to Parent Education and Case Management components. Case Management also provided family strengthening services and connection to needed resources. To support the Strong Family Program, F5SB and Resiliency Network Partners attracted funding from the Office of Child Abuse Prevention to support home visiting and parent education. Notably, prevention and early intervention strategies served families from populations of focus, including migrant families and families involved in the child welfare system.

## QUALITY COUNTS

**Twenty-nine providers participated in six Quality Counts training events. Program participation improved providers' ability to support school readiness and social development.**

F5SB continued to expand the capacity and quality of services among local early learning providers through Quality Counts. This quality improvement initiative offers **professional development trainings**, coaching, and other supports to providers working with young children. In FY 2023-24, six Quality Counts training events were held for 29 bilingual providers; most (73%) participated in more than one training. Eighty percent of providers represented Family Child Care Homes (FCCH); 16% were from alternative early childhood education settings, such as First 5 home visitation programs and/or the FRC, and 4% were Family, Friend, and Neighbor (FFN) providers.

All providers received a \$300 stipend in the form of a Visa gift card, to help offset the costs of professional development. Meals were served to all providers at each training.

### The Role of Professional Development in Systems Change

F5SB magnifies its impact in the community by engaging in systems change activities that improve the systems of care serving young children and their families. Provider capacity building is one key way in which it seeks to strengthen systems. Through its **Quality Counts** and **CPIN** programs, which provide training and support to child care providers, F5SB increases the quality of the early care and education system, creating a ripple effect that benefits young children in child care programs across the county

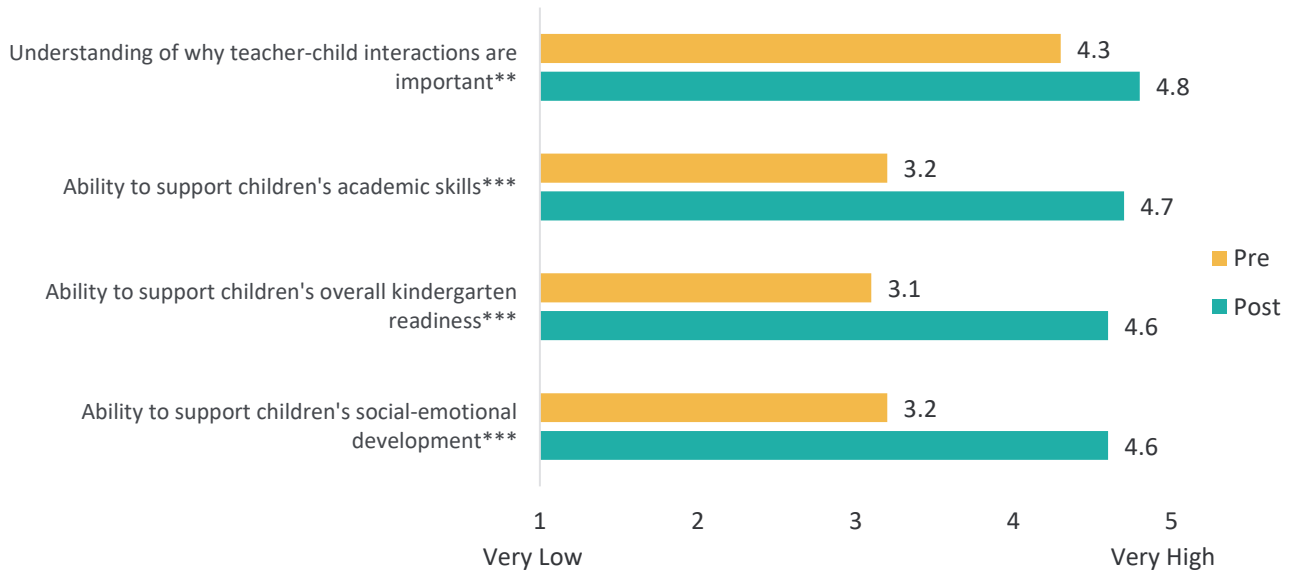
At the end of the year, providers were asked to complete a post-program survey. A total of 28 providers reflected on how program participation influenced their ability to improve the quality of care and early learning environment and instruction for children in their care. Of these, 18 providers were head teachers or owners across 14 FCCH, five were FFN providers, and five were FRC providers. Importantly, most of these providers served low-income immigrant communities, where children were just learning English as a second language.

Respondents reported considerable improvements in their ability to **increase children’s kindergarten readiness, strengthen academic skills, support child social-emotional development, and understand the importance of teacher-child interactions.** As seen from the chart below, the most substantial improvements were observed in the areas of supporting children's kindergarten readiness and academic skills, followed by social-emotional development.





**Figure 8. Capacity to Support Kindergarten Readiness Before and After the Program, FY 2023-24**



Source: Quality Counts Retrospective Pre-Post Survey, 2023-24. N = 27-28. Statistically significant changes, \*\*\*p < .001, \*\*p < .01.

Furthermore, an impressive 100% of the participants expressed their willingness to recommend Quality Counts to other providers (93% were very likely and 7% were likely to recommend it), indicating a high level of satisfaction and positive program experiences.

“The support of the program was great. Everything that the program offers has helped me be a better educator to my parents and children.  
 10 out of 10!”  
 -Quality Counts provider participant

## CALIFORNIA PRESCHOOL INSTRUCTION NETWORK (CPIN)

**A total of 71 providers attended six CPIN professional development events in the 2023-24 fiscal year.**

California Preschool Instruction Network (CPIN) represented another initiative supported by F5SB that aimed to promote the capacity of early-learning providers to deliver developmentally appropriate, culturally sensitive, and trauma-informed care and early learning services. In FY 2023-24, CPIN offered six **professional development trainings**, of which half were held in English, and half in Spanish, attended by 71 bilingual providers.

Of these, 25 completed 21 hours of continuing education offered through CPIN, California Early Childhood Online (CECO), and/or Santa Clara County Office of Education.

The trainings were aligned with the California Preschool Learning Foundations and covered topics like Language and Literacy, Academic Readiness, Play and Social-Emotional Learning, and Strengthening the Community of Early Learning Professionals. Moreover, these annual professional development trainings offered meals and “Make and Take” educational materials to all attendees.



“I have learned how to interact with children through play, read to them, and teach them. I’ve learned that we can use one book per week to teach them colors, numbers and much more.

-CPIN / Quality Counts participant

## GETTING READY FOR SCHOOL

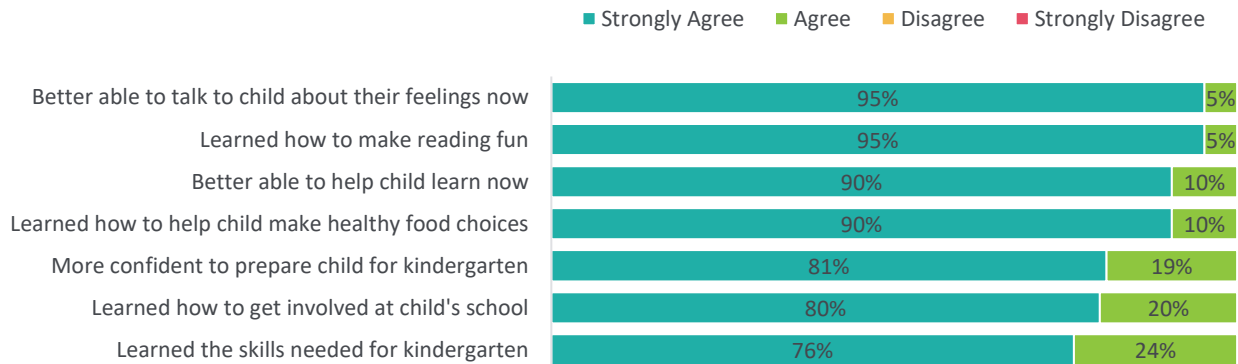
**Caregivers of 28 children entering kindergarten improved knowledge of child development and ability to support their children’s school entry through participation in the Getting Ready for School program.**

In FY 2023-2024, 28 children entering kindergarten and their caregivers participated in the Getting Ready for School (GRFS) program. The primary goal of GRFS is to prepare families for school entry. Caregivers were provided with information on what to expect when their child starts public school and taught strategies that parents could use to support their children transitioning to kindergarten. Program content delved into topics of parenting and child development, nurturing and attachment, as well as social-emotional competence as key protective factors contributing to resilience in children.



At the end of the program, parents were asked to complete a survey to evaluate program-related changes in perceived preparedness for their children to enter kindergarten and their ability to support that transition. As the graph shows, nearly all caregivers agreed or strongly agreed that they were better able to talk to their children about their feelings and learned how to make reading fun. Nine out of ten parents felt empowered to help their children make healthy food choices and gained confidence in helping them prepare for kindergarten. Finally, four in five parents agreed that they learned how to get involved in their child’s elementary school and knew more about the skills needed for kindergarten.

**Figure 9. Impact of Getting Ready for School Program for Caregivers**



Source: Getting Ready for Kindergarten Post-Survey 2023-2024. N = 21.

The parent survey also asked caregivers four true/false knowledge questions about parenting strategies that promote healthy physical, social, and cognitive development. All program participants (100%) recognized the critical role of play in acquiring social skills and the benefits of talking, reading, and singing to children for brain and language development. Nearly all parents (95%) said a healthy diet and regular reading are critical for pre-kindergarten children. Finally, most caregivers (95%) agreed or strongly agreed that the program answered a question or addressed a concern they had about kindergarten.

"The program met all my needs. I really liked how the instructor would engage with my children. The activities and materials were great!"

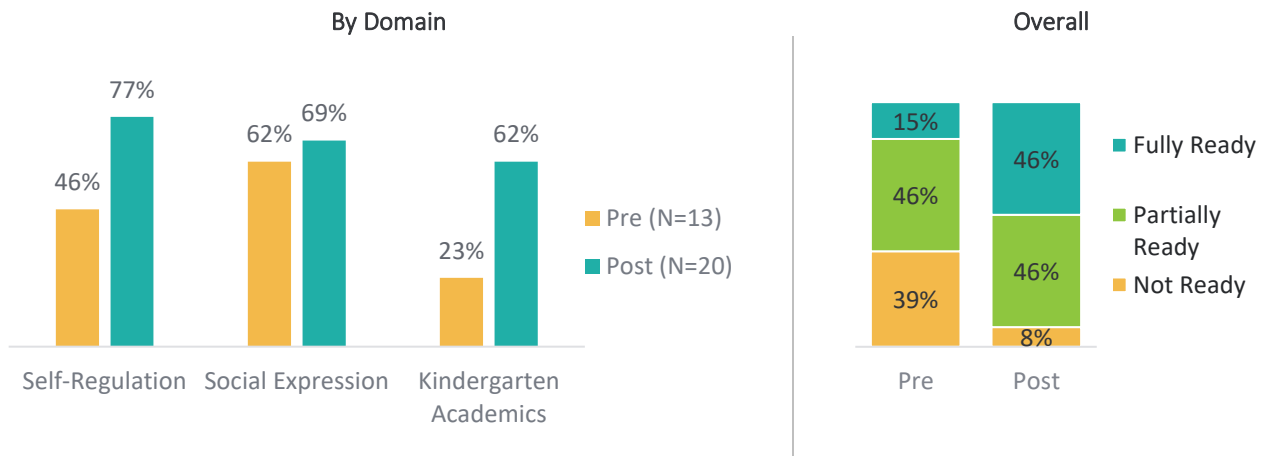
-GRFS parent participant

**Children in GRFS showed significant improvement in their readiness for kindergarten.**

Another aim of GRFS is to promote alignment between the pre-K and K-12 systems by sharing information about children enrolled in the program with their future kindergarten teacher. Program staff provided kindergarten teachers with information about each child’s early life experiences, families’ socio-demographic background, and home routines, which was collected from parents. Staff also assessed each child’s kindergarten readiness skills, using the Pre-Kindergarten Observation Form (P-KOF) and provided teachers with the results. The P-KOF is a validated assessment tool comprised of 19 items that evaluate child proficiency in several developmental domains. According to the assessment, the children demonstrated domain-specific and overall improvements in school readiness.



**Figure 10. Average School Readiness of Getting Ready for School Participants**



Source: Pre-Kindergarten Observation Form, 2023-24. N (matched pairs) = 13. Note: students were assessed on a 4 pt scale: 1 = Not yet, 2 = Beginning; 3 = In Progress; 4 = Proficient.

**How First 5 Getting Ready for School Helps Families**



*“Lo mas valioso que le aprendido durante este programa fueron herramientas en como apoyar a mi hijo con su discapacidad.”*  
 – Participating Mother

*Mom came to First 5 seeking developmental assessments and resources for her child. Due to his age, the Getting Ready for School Program was a perfect match for this family. With the support of the GRFS Home Visiting program, the family was connected with the San Andreas Regional Center and is now receiving services for their child.*

*The Home visiting program provided the family with support, and activities during their journey. The child attended group connections and was able to socialize with other children. At first, the child was not able to work with paint, but through activities he got comfortable with the paint texture.*

*With the parent and teacher’s support the boy is now loves finger painting. The child’s speech has improved and both parent and child expressed so much gratitude, feeling supported through their participation in GRFS.*

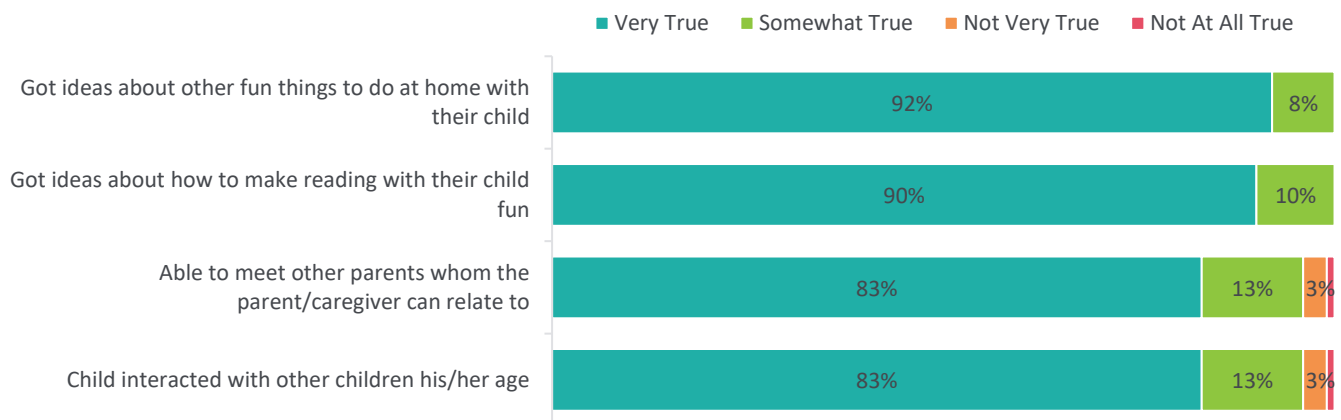
## TALK, READ, SING

**Families participating in Talk, Read, Sing valued learning about fun activities to do with their children and connecting with other families.**

The Talk, Read, Sing literacy program promoted the protective factor **Knowledge of Parenting and Child Development** as well as **Nurturing and Attachment / Social-Emotional Competence of Children** by holding 109 Story Time sessions, attended by 1,921 children ages 0-5 years and 1,583 parents (duplicated counts). The program supported bilingual language development during the most critical years of language development. To expand program capacity, F5SB and the Seniors’ Council developed a Memorandum of Understanding. This collaborative approach helped secure seniors from the community as volunteers to support the Talk, Read, Sing sessions.

Caregivers participating in Talk, Read, Sing sessions completed post-session surveys, sharing their perceptions of the program. Overall, the majority of parents felt that, as a result of the program, their child had opportunities to interact with other children, they were able to meet like-minded parents/caregivers, and they gained valuable ideas to make reading and other activities with their child more enjoyable.

**Figure 11. Talk, Read, Sing Satisfaction Survey Results, FY 2023-24**



Source: Talk, Read, Sing Satisfaction Survey, 2023-24. N = 1,250.

“Talk, Read, Sing is an amazing program for kids. I really enjoy getting my children expose to different fun ways to learn. I wish this program was expanded to a longer duration to give kids a longer time to interact as well as a bigger space because it gets very busy

“El programa Habla, Lee y Canta es un gran inicio para incentivar a los bebes y más grandes niños a socializar y a aprender. ¡Muchas Gracias!”  
-Talk Read Sing participant

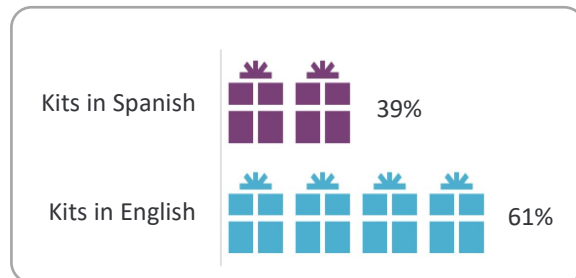
## NEW PARENT KITS

**New Parent Kits were distributed to 270 families.**

The New Parent Kits promote the protective factor of **Knowledge of Parenting and Child Development.**

Specifically, these kits contain information and resources for new and expecting parents on a variety of topics, ranging from child health, brain development, literacy and learning, child safety, and childcare. This fiscal year, F5SB and San Benito County Public Health distributed New Parent Kits to 270 families, 80% more than last year. Of these, 148 were in English and 93 were in Spanish.

**Figure 12. New Parent Kits Distributed, by Language, FY 2023-24**



Source: San Benito Apricot Data Management System, 2023-24.

## HELP ME GROW

**Some 94 children received a developmental screening through Help Me Grow and 87 received a social-emotional screening.**

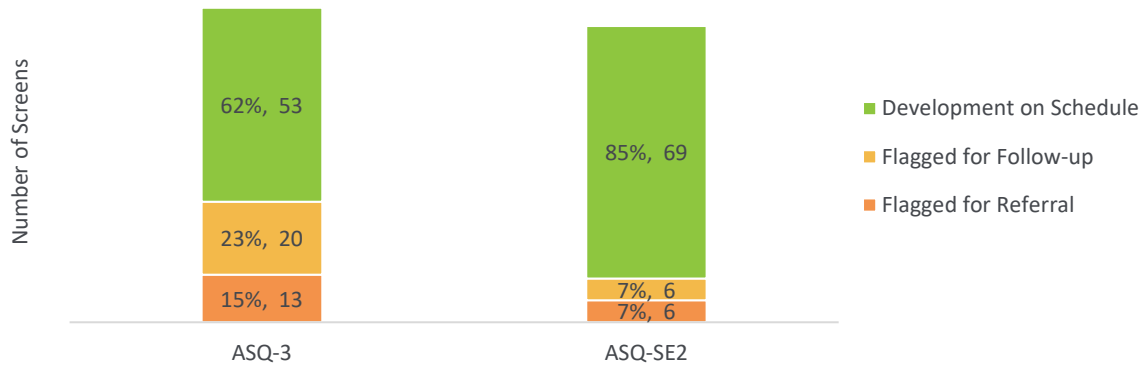
Help Me Grow (HMG) is a national model of screening and referral for early intervention that helps connect families with young children to supports in the community that promote their child’s development. One component of the program is to conduct developmental screenings, including the Ages and Stages Questionnaire (ASQ-3) and Ages and Stages Questionnaire-Social Emotional (ASQ-SE2).

Over the past fiscal year, 126 children received HMG services through F5SB. In addition to sharing information and resources, staff administered 120 **ASQ-3 screenings** to 94 children ages 0-5 and 119 **ASQ-SE2 screenings** to 84 children 0-5. Some children were screened more than once, following the age-recommended schedule. Results showed that close to two in three children (62%) were meeting developmental milestones (i.e., scored in the normal range), whereas one in five (23%) needed further observation (i.e., scored in the monitoring range), and one in seven (15%) were flagged for possible developmental delays (i.e., scored in the critical range) and referred for services.

The social-emotional ASQ-SE screenings showed similar or better outcomes. Nearly nine out of 10 children (85%) showed normative social-emotional development (i.e., scored in the normal range), whereas just 7% were identified for a follow-up (i.e., scored in the monitoring range), and another 7% showed signs of social-emotional delays (i.e., scored in the critical range) and were flagged for referral.



**Figure 13. Developmental and Social-Emotional Screening Outcomes, FY 2023-24**



Source: First 5 San Benito ASQ data (2023-24). For valid results, N (ASQ-3) = 78 children; 115 screenings; N (ASQ-SE2) = 79 children, 115 screenings.

Following the ASQ-3 screening, 85% of children flagged for possible developmental delays and 67% of children with social-emotional difficulties received **referrals to early intervention services**, such as the San Andreas Regional Center (46% of children with developmental concerns and 100% of children with social-emotional challenges were already receiving therapeutic supports).

## STRONG FAMILY PROGRAM

The Strong Family Program (SFP) supported families’ protective factors and promoted positive parenting practices through home visits, including a new Hola Bebe component, and the Triple P and Family Fun Nights parent education programs.

### ***Hola Bebe***

**A new Hola Bebe program offered 12 caregivers and 11 children ages 0-3 months parenting information and supports via six groups, over 30 individual home visits, and 10 Newborn Observations.**

This fiscal year, F5SB added a new Hola Bebe program for caregivers and babies under the age of four months. The program held Birth Celebrations in honor of new babies’ arrivals, where parents were invited to participate in fun family activities, explore how to support their child’s development from birth, and join a monthly parent support group. Since the start of the program, F5SB reached 12 families with children ages 0-3 months.

Participants attended six comprehensive four-hour group sessions. During these encounters, families received information and support on the topics of new parenthood, such as feeding, safe sleep practices, baby cues, car seat safety, and establishing home routines. Depending on the program component, parents received New Parent Kits, Baby Q-Cards, and Hola Bebe Kits, with parenting information and baby care essentials.



Moreover, providers conducted 10 Newborn Observations, to ensure that babies were healthy and developmentally on track, and provided caregivers with advice, resources, and home visitation follow-ups, based on the observation results and family needs. Eight out of 10 babies scored high across all 21 assessment categories, while two babies were referred for a follow-up ASQ assessment. In total, families received 33 individual visits at the hospital or at home, averaging three home visits per family.

### **Home Visiting Services**

**In FY 2023-24, 84 caregivers and 114 children ages 0-5 participated in home visiting sessions.**

F5SB supported 84 parents/caregivers and 114 children ages 0-5 via weekly home visitation services, with families averaging 38 home visits each. As prescribed by the evidence-based Parents as Teachers and Promoting First Relationships curricula, program specialists provided parents with information related to attachment, as well as social-emotional, cognitive, and physical development. Parents were coached to practice positive parenting strategies, designed to support child growth and development. Caregivers were also encouraged to try new parent-child activities to scaffold the child’s early learning and kindergarten readiness.



Through these efforts, home visitors supported all protective factors: **Family Functioning / Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Nurturing and Attachment / Social and Emotional Competence of Children, and Concrete Support.**

### **The Role of Home Visiting Programs in Systems Change**

*F5SB invests in home visiting because it is a critical strategy to promote systems change in the county. Through home visits, families receive a seamless connection to the services they need from various county service systems. Through these efforts, home visitors help to integrate the system of care for young children and families. In addition, F5SB has been leading regional home visiting coordination efforts, which have contributed to better alignment and coordination amongst home visiting service providers, thereby increasing the effectiveness of their work.*

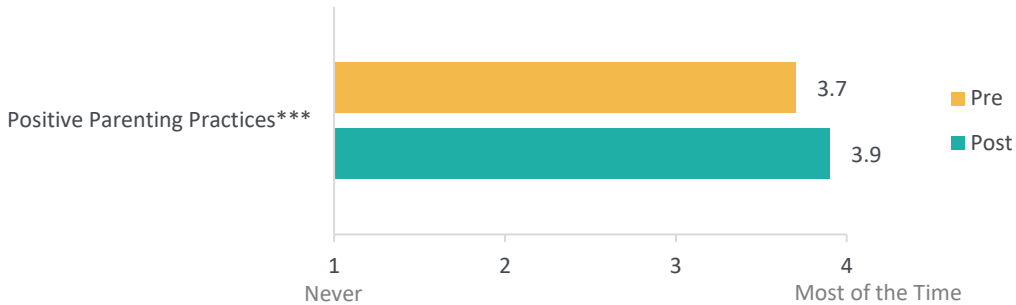
**Home visiting increased the use of positive parenting practices and improved caregiver-child closeness.**

Participating parents were asked to respond to two retrospective pre-post surveys. The Strengthening Families (SFP FN 3-9) program survey aimed to capture change in caregivers’ positive parenting practices. Positive parenting strategies included setting age-appropriate expectations, use of induction (e.g., reasoning and explanation) in setting rules, limits and consequences, positive interactions with the child (e.g., praising, showing love and respect, etc.), and making time to engage in shared and fun activities. The Child-Parent Relationship Scale (CPRS) evaluated parent-child closeness, asking parents to reflect on the quality of their relationship with their child by ranking statements such as “I share an affectionate, warm relationship with my child,” before and after participation.



Of the 72 home-visiting respondents, most (70%) reported more frequent positive parenting behavior after program participation, and 10% had no room for improvement (i.e., they were already using positive parenting skills most of the time at intake).

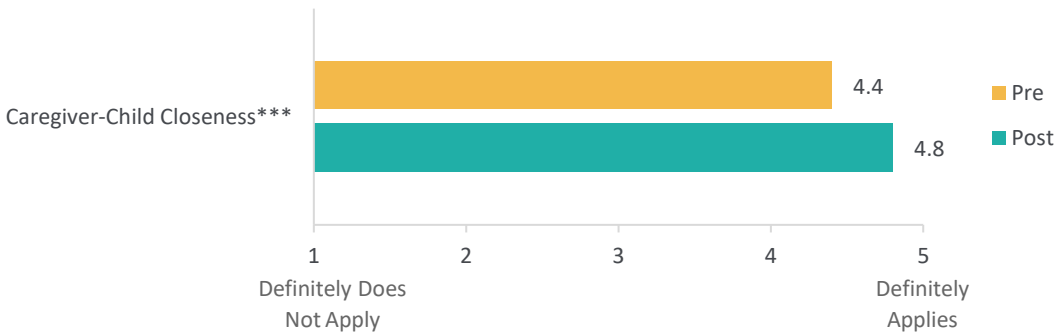
**Figure 14. The Use of Positive Parenting Practices Before and After the Program, FY 2023-24**



Source: Strengthening Families Survey (SFP FN 3-9; 2023-24). Scale: 1 = “never”; 2 = “rarely”; 3 = “some of the time”; 4 = “most of the time”. A positive parenting composite score is an average of 19 items,  $\alpha = .81$ . N = 72. \*\*\*Statistically significant at  $p < .001$ .

As with the positive parenting skills, parent-child perceived closeness increased, following program attendance.

**Figure 15. Caregiver-Child Closeness Before and After the Program, FY 2023-24**



Source: The Child-Parent Relationship Questionnaire (CPRS; 2023-24), Positive Aspects of Relationships (Closeness) subscale. Scale: 1 = “definitely does not apply”; 2 = “not really”; 3 = “neutral, not sure”; 4 = “applies somewhat”; 5 = “definitely applies”. Parent-child closeness composite score is an average of 10 items,  $\alpha = .80$ . N = 116. \*\*\*Statistically significant at  $p < .001$ .

## How First 5 Home Visiting Services Helps Families



*“I am very thankful and grateful for everything you have done for us, Gracias por todo.”*

*—Participating Mother*

Mom was referred to First 5 and The Family Resiliency Center by WIC, as she was looking for nutritional information for her son who required supplemental nutrition. The mom and her child were connected to a home visitor, who helped them with accessing ongoing and stable support to receive the supplemental nutrition the child needed.

Some of the services that supported them during this time included: Access to supplemental meals from the Food Distribution program, weekly home visits and ongoing support, developmentally appropriate activities, and developmental screenings.

With the ongoing support for their child, the family have noticed a great improvement in his health.

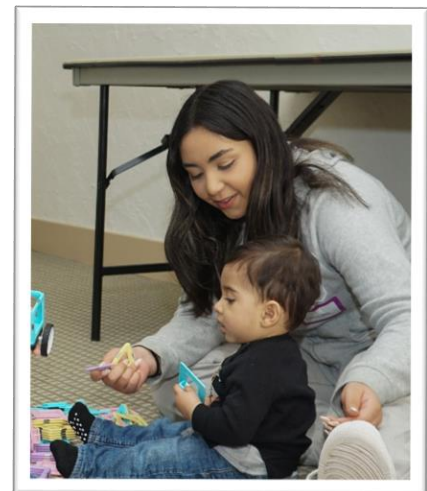
### **Parent Education (Triple P and Family Fun Nights)**

**Evidence-based Triple P parent education was provided to 12 caregivers and nine children 0-5 years.**

The SFP services also included the Family Fun Nights program. Utilizing the evidence-based Triple P Positive Parenting Program (Triple P) curriculum, this program is designed to support families in creating a respectful and peaceful home environment through positive parenting skills. The bilingual classes include dinner, games, and engaging activities that teach tools for strengthening family relationships and addressing challenging behaviors like parent-child power struggles. Consequently, this dyadic (i.e., engaging both child and caregiver), attachment-based psychoeducation program supports the following protective factors: **Family Functioning / Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, as well as Nurturing and Attachment / Social and Emotional Competence of Children.**

In FY 2023-24, the FRC simultaneously held two groups of 10 **Triple P Standard** classes, one of which was offered in English and the other in Spanish. The Triple P sessions began with an orientation, followed by seven weekly classes, which covered the evidence-based Positive Parenting Program curriculum. At the close of the weekly curriculum sessions, two extended sessions were offered in an open question format.

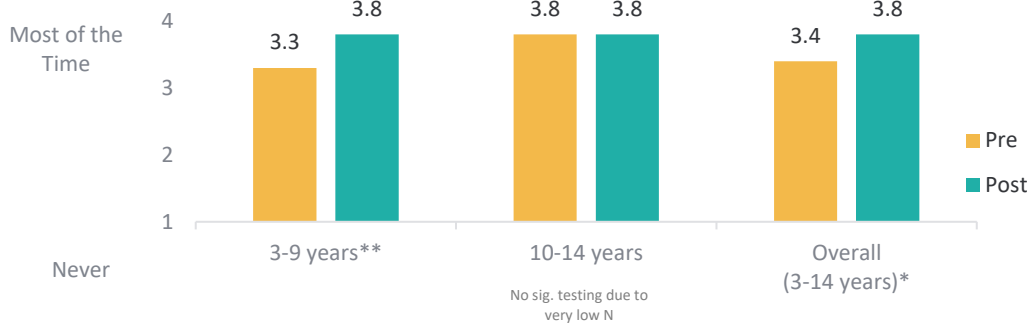
Over the course of this fiscal year, the program served 12 parents and nine children 0-5 years, and two caregivers of older children (10-14 years). Counting older siblings, group attendance reached over 30 participants. In total, the program distributed 400 dinners. By the end of the series, all 12 caregivers with children 0-5 years and two caregivers with older children completed the program.



**Triple P Positive Parenting Program participation improved caregivers’ parenting practices and parent-child relationships.**

As in the home visiting program, caregivers participating in Triple P also completed the Strengthening Families (SFP FN) pre-to post-retrospective program survey. As the following chart shows, most caregivers significantly increased the frequency with which they engaged in positive parenting practices with their children before and after program participation.<sup>3</sup>

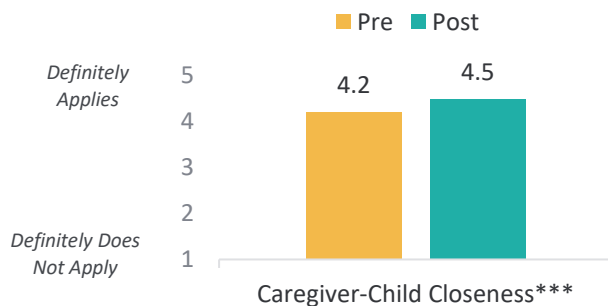
**Figure 16. The Use of Positive Parenting Practices Before and After the Program, FY 2023-24**



Source: Strengthening Families Surveys (SFP FN 3-9; SFP FN 10-14), FY 2023-24. Scale: 1 = *Never*; 2 = *Rarely*; 3 = *Some of the time*; 4 = *Most of the time*. A positive parenting composite score is an average of 19 items,  $\alpha = .84$ . N (3-9) = 8; N (10-14) = 2; N (3-14) = 10. Statistically significant at \* $p < 0.5$ ; \*\* $p < 0.1$ ; \*\*\* $p < .001$ .

Parents and caregivers were also asked to fill out the Child-Parent Relationship Scale (CPRS) survey, to capture the change in perceived quality of relationships with their children. As seen in the chart below, parents/caregivers reported a significant improvement in perceived parent-child closeness following their participation in Triple P sessions.

**Figure 17. Caregiver-Child Closeness Before and After the Program, FY 2023-24**



“It was nice to hear other parents having the same struggles with the kids as us. I took away from this program that it's okay to say “No” but [you should strive to] always praise them when they try.”  
-Triple P participant

Source: The Child-Parent Relationship Questionnaire (CPRS), 2023-24. Positive Aspects of Relationships (Closeness) subscale. Scale: 1 = “definitely does not apply”; 2 = “not really”; 3 = “neutral, not sure”; 4 = “applies somewhat”; 5 = “definitely applies”. Parent-child closeness composite score is an average of 10 items,  $\alpha = .76$ . N = 19. \*\*\*Statistically significant at  $p < .001$ .

<sup>3</sup> Please, note that only 2 caregivers completed the SFP 10-14. This very limited sample did not allow for the significance testing to be completed for this survey.

## READING BUDDIES

**A new program, aimed to strengthen families facing separation, was prepared for launch in FY 2024-25.**

This fiscal year, F5SB prepared to launch a new program, Reading Buddies, for families and children of incarcerated parents ages 0-5 years. The program aims to promote parent-child attachment and improve early literacy. Program providers will facilitate the recording of a story read out loud by an incarcerated parent and then providers will play the recording for the intended child during a home visit. In preparation for the program launch, F5SB held meetings with the Probation Department Rehabilitation Center and Friends of the Library. F5SB also bought equipment for the program, such as microphones and headphones, and coordinated book donations through the San Benito County Library. The program will be ready to launch in FY 2024-25.



## CASE MANAGEMENT

**In 2023-24, FRC staff provided case management support to 10 families with young children.**

To provide caregivers and their families with essential support for needs, FRC staff offered virtual Case Management services. During weekly meetings, families were linked to services in the community and offered concrete supports, as well as guidance on how they could best address their children’s needs and improve parent-child relationships. In total, 310 case management sessions were provided to 10 caregivers of young children. On average, each family engaged in over 30 case management sessions, although this number varied, based on families’ needs, ranging from two to 92 service encounters per family.



All in all, these services aimed to strengthen protective factors related to *Family Functioning / Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Nurturing and Attachment / Social and Emotional Competence of Children, and Concrete Support.*

## RESOURCES AND COMMODITIES DISTRIBUTIONS

Resource distribution efforts promoted the protective factor of *Concrete Support*, as families were able to receive food, essential supplies, books, activity kits, and information and resources through distribution events and deliveries. The following chart summarizes how many items were distributed throughout this fiscal year, by type. Compared to last year, there was a significant increase in food and activity kit distributions at outreach events and in F5SB and FRC programs.

**Figure 18. Resources Distributed Across Programs by Type, FY 2023-24**

Event/Program	Events Count	Food	Hola Bebe & Q Cards	Formula	PPE	Books	Activity Kits	Gift Cards	Toys	Education & Resources
Food Distribution	48	6,290	--	10	--	--	--	--	--	--
Outreach Events	10	400	--	--	--	--	2,725	--	--	20
Quality Counts	6	39	--	--	--	--	--	51	--	19
CPIN	6	71	--	--	22	20	71	--	--	71
Home Visiting (PAT)	1	40	--	--	--	--	--	--	--	--
Share Resiliency Fair	6	430	--	--	--	--	630	46	--	617
Talk, Read, Sing	109	--	--	--	--	--	3,635	--	--	--
Triple P	20	575	--	--	--	--	--	--	--	--
Hola Bebe	6	10	20	--	--	10	18	--	1	10
Community Kitchen	11	565	--	--	--	--	--	--	--	--
Collaborative Meetings	5	16	--	--	--	--	--	--	--	--
<b>Total</b>	<b>228</b>	<b>8,527</b>	<b>20</b>	<b>10</b>	<b>22</b>	<b>30</b>	<b>7,079</b>	<b>97</b>	<b>1</b>	<b>737</b>

Source: San Benito Apricot Data Management System, 2023-24.

Moreover, families received food commodities through regular food distributions.

**On average, 237 families or 887 individuals received emergency food supplies each month.**

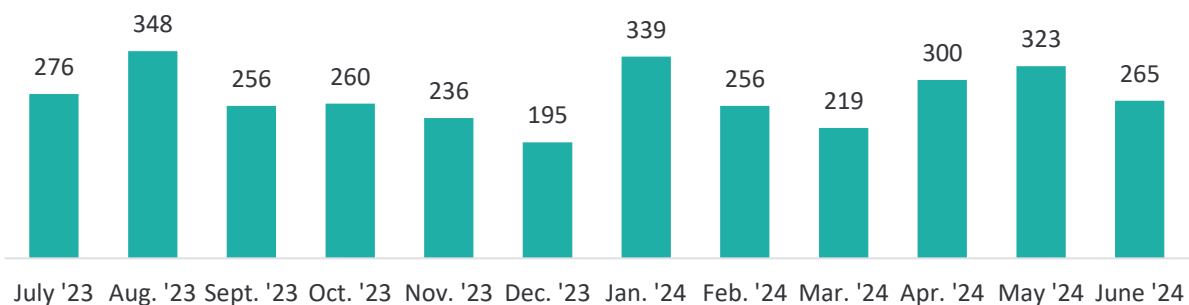
In 2023-24 First 5 San Benito and FRC, in collaboration with the Community Food Bank of San Benito, continued their weekly resource distribution and delivery program.

Distributions increased from 150-175 bags of food per week at the start of the year to 225 bags by the end of the year. On average, food distributions served 237 families, or 887 individuals each month. The distribution efforts were made possible with the support of volunteers from the Church of Jesus Christ of Latter-Day Saints.

Altogether, an estimated 858 children 0-5 and 414 caregivers received commodities at 48 food distributions held this year, with duplicated counts reaching 13,692 for children and 7,121 for parents. Those who could not receive essential supplies in person were served via distribution deliveries. The graph shows the average number of families served each month over the past year. It is worth noting that these numbers reflect the distribution counts rather than the true demand for supplies.



**Figure 19. Number of Families Receiving Resource Distributions, FY 2023-24**



Source: San Benito Apricot Data Management System, 2023-24.

# Impact Across First 5 San Benito and the Family Resiliency Center Programs

Participation in F5SB and the FRC programs strengthened the resilience of families and children across all areas of functioning. At program intake and program exit, families were asked a series of questions designed to evaluate family resilience based on known protective factors, across the following categories:

- *Family Functioning / Parental Resilience* (e.g., ability to manage stress and function when faced with challenges, adversity, and trauma).
- *Social Connections* (e.g., positive relationships that provide emotional, informational, instrumental, and spiritual support).
- Knowledge of Parenting and Child Development (e.g., understanding child development and knowing strategies to support children’s development).
- *Nurturing and Attachment / Social and Emotional Competence of Children* (e.g., positive parent-child interactions, including being emotionally responsive to children’s needs).
- *Concrete Support* (e.g., access to basic necessities, like food and shelter).

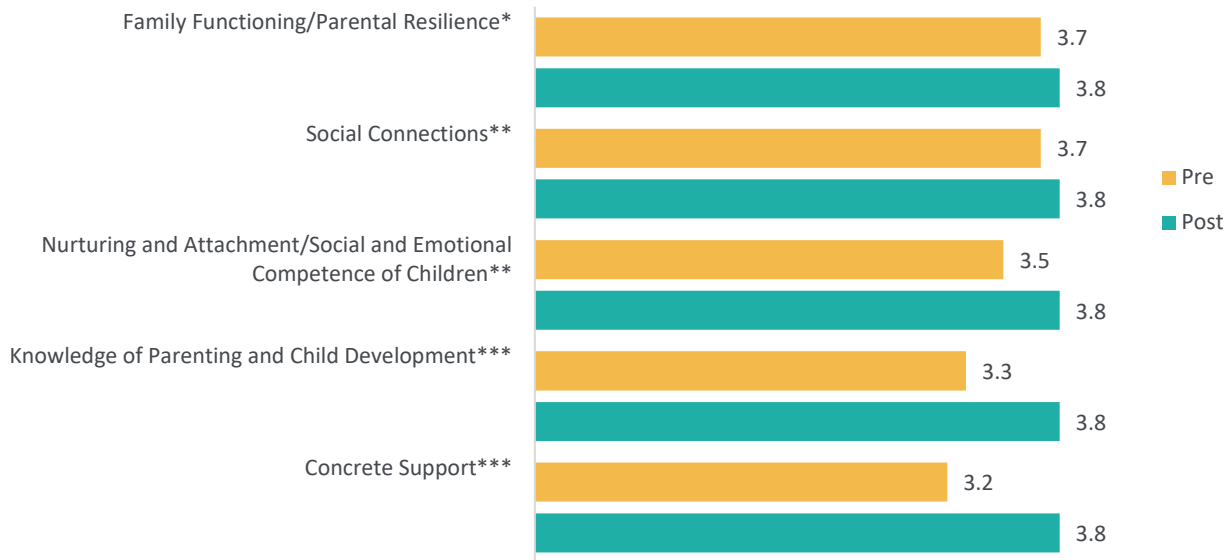


## STRENGTHENING PROTECTIVE FACTORS

**Following participation in services, families improved on all five protective factors.**

After receiving services, parents showed significant increases in all five protective factors (see figure below). The F5SB and FRC programs had an especially strong positive effect on ***Knowledge of Parenting and Child Development and Concrete Supports***, followed by increased ***Nurturing and Attachment / Social and Emotional Competence of Children, Social Connections, and finally, Family Functioning and Parental Resilience***. In other words, following participation in F5SB and FRC programs, parents and caregivers felt more informed about their child’s development, and were more aware of available community resources to support their basic needs (e.g., housing, food, employment). They’ve made new connections and improved existing relationships with others, strengthening their social networks. These gains equipped caregivers with knowledge and resources to better meet their child's social and emotional needs and have increased overall family functioning.

**Figure 20. Change in Protective Factors from Intake to Exit, FY 2023-24**



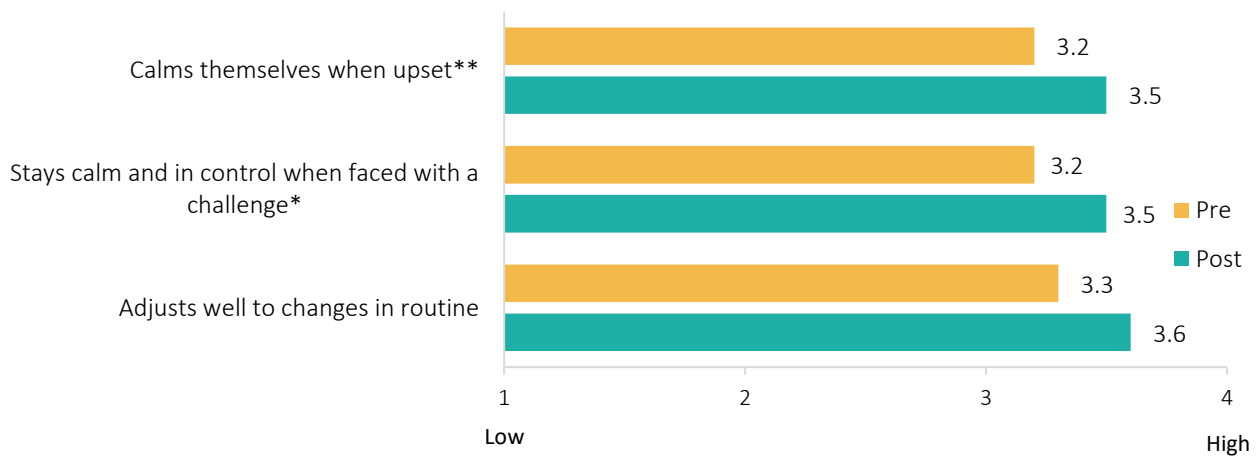
Source: Family Intake and Exit Forms, 2023-24. N = 76-78. Scale: 1 = “not at all true for me”; 2 = “not very true for me”; 3 = “somewhat true for me”; 4 = “definitely true for me”. Significant at \*p < .05; \*\*p < .01; \*\*\*p < .001.

## CHILD RESILIENCY

**Children of participating families improved in emotional and behavioral regulation capacity.**

Child resiliency was measured using three items: ability to adjust well to changes, ability to calm themselves when upset, and ability to stay calm and in control when faced with a challenge. The chart shows a significant increase from program intake to exit children’s capacity for self-regulation.

**Figure 21. Change in Child Resiliency Ratings from Intake to Exit, FY 2023-24**



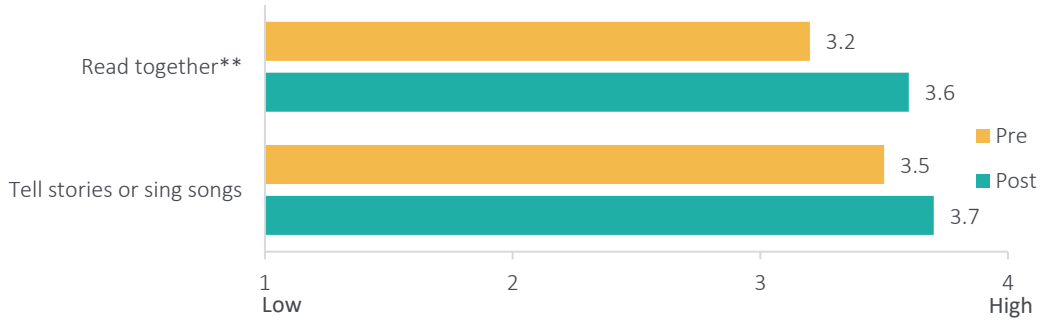
Source: Family Intake and Exit Forms, 2023-24. N = 73-75, at p < .05; \*\*p < .01; \*\*\*p < .001.

## FAMILY ACTIVITIES

**Program participants continued to engage in positive and stimulating activities after exiting the program.**

The chart below shows the frequency with which families read with their children, sang songs, or told stories. Families significantly increased in how often they read together with children, from program intake to exit.

**Figure 22. Change in Frequency of Reading, Singing Songs, Telling Stories from Intake to Exit, FY 2023-24**



Source: Family Intake and Exit Forms, 2023-24. N = 76-77, at  $p < .05$ ; \*\* $p < .01$ ; \*\*\* $p < .001$ . Scale: 1 = "not at all"; 2 = "1-2 times", 3 = "3-6 times", 4 = "every day".

## FAMILIES' SATISFACTION WITH PROGRAMS AND SERVICES

**All parents agreed that the programs and services they received helped them face challenges.**

At program exit, parents were also asked to rate their satisfaction with the F5SB and FRC programs.

Participants were asked whether they felt the program effectively assisted them in overcoming their challenges and if they would recommend these services to others.

Respondents nearly unanimously endorsed the programs' positive impact and value. For example, 100% of respondents gave either an "excellent" or a "good" rating to the physical space, topics covered, activities and materials, and teacher/facilitator knowledge and skills.



**Figure 23. Caregiver Satisfaction with the First 5 Programs' Components, FY 2023-24**

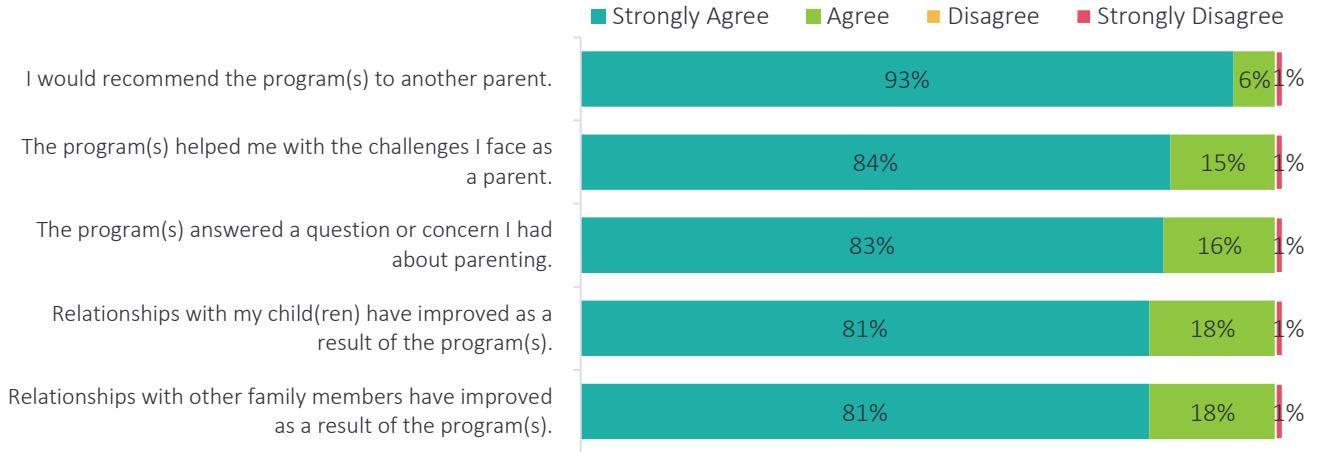


Source: Family Exit Form 2023-24. N = 86.



Additionally, caregivers found the FRC programs to be effective in helping them navigate parenting challenges, strengthen relationships with their children and partners, and answer parenting questions or concerns. All in all, 100% of caregivers were satisfied with the FRC programs and 99% would recommend these programs to other parents.

**Figure 24. Caregiver Satisfaction with the First 5 Programs' Effectiveness, FY 2023-24**



Source: Family Exit Form 2023-24. N = 95.



# Engaged Youth and Parents

Engaged Youth and Parents activities were coordinated by the San Benito County **Resiliency Network (RN)** and were collaborative in nature.

## SAN BENITO COUNTY RESILIENCY NETWORK

To improve systems of care in San Benito County, F5SB and the FRC embarked on the RN initiative in 2020. The RN has expanded access to services and secured new funding to support children, youth, and families.

### SAN BENITO COUNTY RESILIENCY NETWORK VISION

*The Resiliency Network envisions a community where families, children, and youth thrive because elected leaders, governmental agencies, nonprofits, and community faith-based organizations and volunteers are dedicated to an equitable, coordinated continuum of care.*

*It is also committed to finding sustainable funding sources to support the delivery of comprehensive programs that provide holistic services for children, youth and families.*

In FY 2023-24, the RN along with F5SB and the FRC engaged in the following activities to improve systems of care for families:

- Outreach efforts, through community events, Resiliency Share Fairs, and media;
- Advocacy efforts at local and state levels;
- Collaborative efforts, including the Commercial Kitchen and Community Pantry, FRC space use, and the Home Visiting Collaborative; and
- Fund development.

A more detailed view of these initiatives and activities is presented below.

## OUTREACH ACTIVITIES

The RN partnerships helped elevate community awareness of F5SB and FRC services and programs through collaborative participation in community events, coordination of Resiliency Share Fairs and media outreach.

### **Community Events**

**F5SB and FRC participated in 10 outreach events, providing screenings and distributing essential goods and information on programs and services.**

During this fiscal year F5SB, FRC, and the RN partners participated in 10 outreach events. During these community-wide events, staff provided families with information about programs and services offered by the

F5SB and the FRC. Duplicated counts show that approximately 6,501 children and 2,917 caregivers received education materials, resources, and activity kits at one or more of the following events:

- Hazel Hawkins World Breastfeeding Week
- San Benito County Fair
- Hollister Red Ribbon 3K-5K Run
- National Day Out
- Healthy Kids Day
- Kids at the Park
- Hollister Concerts,
- And more.



### **Share Resiliency Health Fairs**

Over the FY 2023-2024, F5SB and the RN partners hosted six Share Resiliency Health Fairs, attended by at least 370 children and 338 families. These events offered story time, games and fun family activities with dressed-up characters, health and developmental screenings, and educational materials and resources. Families were invited to take part in raffles, which gave out \$400 worth of gift cards, as well as toys and other prizes. F5SB and FRC staff also distributed activity kits and meals, while partner organizations who participated in Share Resiliency Fairs provided gift baskets for families.

#### **SHARE RESILIENCY FAIR SCREENINGS CONDUCTED**

- 8 ASQ-3 Screenings
- 8 ASQ-SE Screenings
- 30 Dental Screenings
- 30 Fluoride Varnish Applications



### **Media: SB Network of Care and F5SB Websites**

**The Share Resiliency Network of Care website continued to provide the community with important information about trauma and resilience.**

The RN members continued to utilize the Share Resiliency San Benito Network of Care website. This online portal offers a one-stop-spot for providers and families to access information and resources on addressing Adverse Childhood Experiences (ACEs) in the communities. In total, the website registered 78 new visitors this year. Similarly, the F5SB website remained an important form of outreach, totaling over 4,000 site visits (of which 2,777 were unique visits) over the FY 2023-24 fiscal year, showing a 50% increase compared to last year. The site helps families connect to programs and offers providers and caregivers educational resources and linkage to services.

## ADVOCACY

F5SB, in collaboration with the RN members, engaged in meaningful advocacy efforts at local and state levels, including World Breastfeeding Week and Positive Parenting Awareness Month.

### **World Breastfeeding Week**

**F5SB leadership in support of newborn wellness was commended with the award at the World Breastfeeding Week, coordinated with the RN partners.**

This year, F5SB collaborated with RN partners, including the San Benito County Free Library, the Hazel Hawkins Hospital, and a number of other RN partners to coordinate and facilitate the World Breastfeeding Celebration Drive-Through event, hosted at the Hazel Hawkins Hospital Women’s Center. The active role of F5SB leadership in supporting expecting and new families and promoting newborn wellness was recognized with the Breastfeeding Award (at right). These efforts highlight the important role of the RN and F5SB in promoting community wellness.



### **Positive Parenting Awareness Month**

**The California Assembly officially recognized January as Positive Parenting Awareness Month in California thanks to the efforts of F5SB and its partners.**

For the fifth year in a row, the California Assembly officially recognized January as Positive Parenting Awareness Month in California, upholding the resolution spearheaded by the RN, F5SB, and its partners. The ongoing advocacy efforts help share the message of the resolution, that healthy, happy children and families are the foundation for healthy, happy, and resilient communities. These efforts included presentations to the Board of Supervisors, local legislative visits, social media campaigns, and press releases to promote the importance of positive parenting.



## COLLABORATIVE INITIATIVES

The RN members worked with F5SB and FRC staff to plan and coordinate the opening of the Commercial Kitchen and Community Pantry. At the same time, RN organizations benefitted from the communal use of FRC space. Finally, the RN and F5SB engaged in regional technical assistance initiatives under the Home Visiting Coordination grant.

### **Commercial Kitchen and Community Pantry**

**In FY 2023-24, F5SB and the Resiliency Network launched the Commercial Kitchen and Community Pantry, used by 11 RN Partners and serving over 600 meals over the course of its first year of operation.**

In 2024, F5SB and the RN partners launched the first commercial kitchen, pantry, and cold food storage in San Benito County. The project was a long-term systems' change effort, bringing together the RN partners to address a key priority: **economic and food insecurity**, particularly among vulnerable populations, including a large homeless population that lives near the San Benito River. This great achievement was marked by the Grand Opening celebration, held on February 22, 2024. Over 100 attendees took part in the ribbon-cutting ceremony, captured by the KSBW news station.

Since then, the Kitchen has been used at least 45 times, to prepare a total of 618 hot meals by 11 RN partners, including Senior Grandparents, Dual Language Academy PTA, the YMCA, and Seneca Families, which held a Social Worker training, teaching at least eight foster youth how to cook. Moreover, large public agencies, such as Public Health and CalFresh also utilized the kitchen, recording food demonstrations and serving 20 meals. The Community Kitchen was also used to host a Holiday Food Distribution, providing over 90 meals to families and other community members, and by Family Fun Nights and Triple P providers, to serve 400 meals to participating families. All in all, the high use of the Community Kitchen space highlights its critical functioning in the community and its capacity to fill the existing need for shared access to meal preparation in sanitary and up-to-standard conditions.



The kitchen would not have been possible without the support of multiple funders and partners. In 2022, The Health Trust Foundation, Sunlight Giving Foundation, Monterey Peninsula Foundation, and The Church of Jesus Christ of Latter-Day Saints contributed \$588,543 to provide F5SB and its community partners the necessary infrastructure to meet the food demands of the community through these impactful systems' change initiative.

### **FRC Space Use**

**During the FY 2023-24, FRC actively shared its space with local agencies and programs, strengthening collaborations and enriching communities.**

F5SB and FRC partnerships with RN members allowed multiple agencies in the community to access FRC space for a variety of community-oriented activities. Among the RN partners that used the communal FRC space were large public entities, such as Public Health and CalFresh Healthy Living, as well as local community-based organizations, including YMCA, Youth Alliance, the Seniors Council, Foster Grandparent Program, JMM Dance Co, Dual Language Academy PTA, and Seneca Families. The use of FRC space helped fulfill various aspects of RN members' mission in uplifting local communities, including:

- **The County Public Health Department:** promotes the health and well-being of families through preventive care, health education, and community programs. Services include immunizations, disease prevention, health screenings, and emergency preparedness to ensure community safety and health.
- **Youth Alliance:** empowers young people and their families through education, mentorship, and advocacy. It fosters positive youth development, leadership skills, and social responsibility.
- **CalFresh Healthy Living Nutrition Program:** empowers under-resourced families to make informed choices about nutrition and physical activity, and partners with community organizations to promote change through education, policy, and systems and environmental (PSE) change strategies.
- **YMCA of San Benito County [The Y]:** provides comprehensive programs and services that enrich communities across the county.
- **The Foster Grandparent Program:** promotes independence, health, and well-being for seniors through advocacy, services, and support programs, ensuring that all seniors have access to resources.
- **Seneca Families:** provides comprehensive support services to children and families, focusing on mental health, education, and family stability. Its personalized programs and resources are designed to strengthen family dynamics, promote resilience, and ensure well-being of every family member.
- **JMM Dance Co.:** supports well-being and cultural awareness. Social-emotional movement classes are taught through the lens of diversity, equity, and inclusion, support self-expression and social connections.



The variety of programs’ caliber and scopes of work underscore the importance of the FRC space as a key resource for local communities.

**Home Visitation Collaborative**

**This FY, F5SB and the RN continued to work on increasing coordination in the home visiting system.**

In collaboration with the RN, F5SB was awarded 2023-25 funding from First 5 California to support two tiers of work: local county implementation of home visiting (HV) coordination strategies and regional coordination across counties to share best practices.

In this project, F5SB surveyed and led a discussion with six other F5 Counties’ Executive Directors and identified overlapping areas of home visiting coordination (HVC) that could be strengthened through regional technical assistance. Primarily, the regional activities focused on: (1) Financial Sustainability, and (2) Peer-to-Peer Learning and Sharing.

- **Financial Sustainability:** First 5 Children’s Policy and Prenatal-to-Five (P5) offered Home Visiting Fiscal and System Planning. Counties took advantage of 9.5 hours allocated for fiscal mapping technical assistance. In addition, the Medi-Cal Managed Care Learning Community (MCLC) was formed. MCLC offered eight webinars and roundtables, attended by 71 providers and staff.

- **Peer-to-Peer Learning/Sharing:** Counties met monthly to share updates, breakthroughs and advancements, and useful resources. 75% of counties attended all six project lead meetings.

The six counties have implemented a variety of HV coordination strategies, ranging from Coffee Connections to professional development workshops for providers, to community listening sessions to improve coordination and collaboration in the home visiting system.

## GRANTS & REVENUE

**In 2023-24 F5SB received over \$1.8 million in revenue, including approximately \$560,000 in grants attained through collaboration with the Resiliency Network partners.**

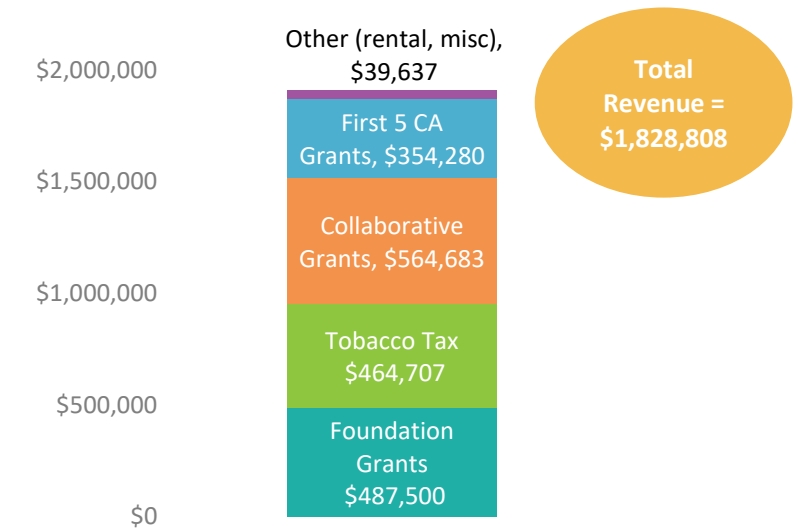
When it was founded in 1999, F5SB was funded with revenue from the Proposition 10 tobacco tax, which was used to establish county agencies to promote positive outcomes for children ages 0-5 and their families. Although F5 agencies continue to be funded with tobacco tax dollars, this revenue source has steadily declined over recent years, following the statewide decrease in tobacco use.

**Figure 25. First 5 San Benito Revenue, FY 2023-24**

To offset this loss in funding, F5 agencies, including F5SB, had to find ways to **diversify, leverage, and maximize other streams of funding**, so as to continue meeting the needs of children and families in the county.

In partnership with RN, F5SB has been very successful in these efforts. In 2023-24, F5SB’s total revenue was \$1,828,808, of which 77% were secured through grants.

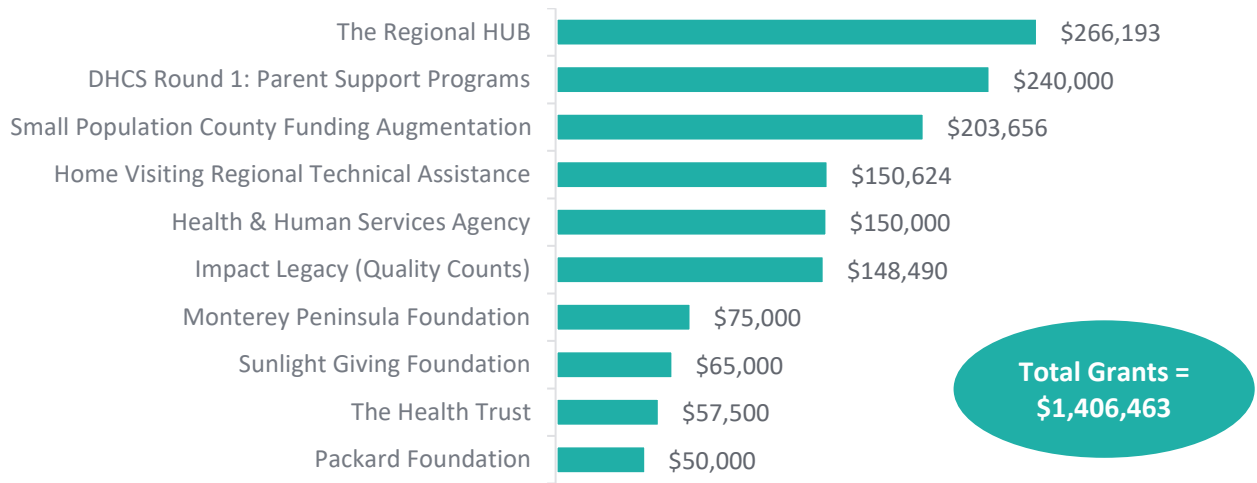
Specifically, F5SB received \$564,683 from collaborative and program-specific grants, \$487,500 through foundations, and \$354,280 from First 5 California grants.



Source: Revenue: First 5 San Benito Budget, FY 2023-24.

Altogether, this FY’s grants revenue reached \$1,406,463, exceeding the previous year’s high of \$1,254,778. As seen from the figure below, the top three resources were the Regional HUB, the DHCS, the F5 CA SPCFA, and the Home Visiting Regional Assistance grants.

**Figure 26. First 5 San Benito Grants, FY 2023-24**



Source: Revenue: Grants: First 5 San Benito Grant Report 2023-24.

Of the \$1,406,463 received by F5SB in grants, approximately \$564,683 were funds secured in collaboration with the RN partners, including:

- **The Regional Hub and IMPACT Legacy (Quality Counts) Grants**—for programs to enhance the quality of early learning and care (ELC) environments, with a focus on the needs of the whole child, including health, child development, and family strengthening. These dollars also covered professional development and training of early care and education providers.
- **Department of Health Care Services Round 1: Parent and Caregiver Support Programs and Practices EBP/CDEP Grant**—for evidence-based (EBP) and community-defined evidence practice (CDEP) models, including Triple P, Parent Child Interaction Therapy, and a variety of other parenting support programs.
- **San Benito County Health and Human Services Agency (H&HSA) Grant**—for child abuse prevention efforts, received from the state Office of Child Abuse Prevention (OCAP).
- **Sunlight Giving Foundation, The Health Trust, and the Monterey Peninsula Foundation Grants**—to build a commercial community kitchen and cold storage, which opened in 2024. This project was a high-priority systems change initiative for the Resiliency Network.
- **First 5 California Grants**, including the **Home Visiting Regional Technical Assistance Grant** and the **Small Population County Funding Augmentation (SPCFA) Grants**—for coordination, implementation, and evaluation of child development and quality early learning at home and in early learning settings.
- **Other Grants** to support F5SB and FRC services were secured from:
  - The Packard Foundation
  - The Ridgemark Ladies Golf Club.





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*This ladies' group of golfers responded to our need for kitchen revenue. We were referred by Sheriff Taylor to the group and an organization making a difference in the community.*

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# Supportive Community

F5SB and the FRC’s commitment to strengthening local communities was put into practice through systems change efforts that address complex issues impacting children, youth, and families’ ability to thrive. In the 2023-24 fiscal year, systems change activities continued to be oriented toward alleviating the challenges faced by families in need of support or stabilization. These efforts focused on achieving positive, equitable outcomes for the high-impact community indicators of the key **Social Determinants of Health (SDOH)**: Economic Stability, Education Access and Quality, Health Care Access and Quality, Neighborhood and Built Environment, and Social and Community Context.

In line with their dedication to strengthening local communities, F5SB, the FRC, and the RN continued to support the intergovernmental **Collaboratory of San Benito County**, established last year with a mission to forge connections between system partners to establish the proposed **Community Center**.

This project will serve as a transformative asset for the local population, addressing the key SDOH, and promoting equity in the community. As such, it holds the potential to foster even deeper connections, solidarity, and empowerment among families, further solidifying their commitment to building stronger, more resilient communities. Expanding whole-child, whole-family, evidence-based practices that are trauma-informed and culturally sensitive can significantly improve the health and well-being of individuals and families in San Benito County.



## COMMUNITY CENTER PLANNING

In 2022, the RN participated in strategic planning discussions that resulted in an agreement to **prioritize the establishment of the new Community Center**. In alignment with the RN vision, the support for a proposed Community Center remained at the top of the planned SBC RN initiatives in FY 2023-24. The Center would provide local families with trauma-informed, culturally sensitive services and resources. The RN would be the coordinator of services for this center and would assist in the creation of an inventory of services in the community to ensure there is a full continuum of care for families.

**The Collaboratory of San Benito County was established last fiscal year to oversee the foundation of the new Community Center.**

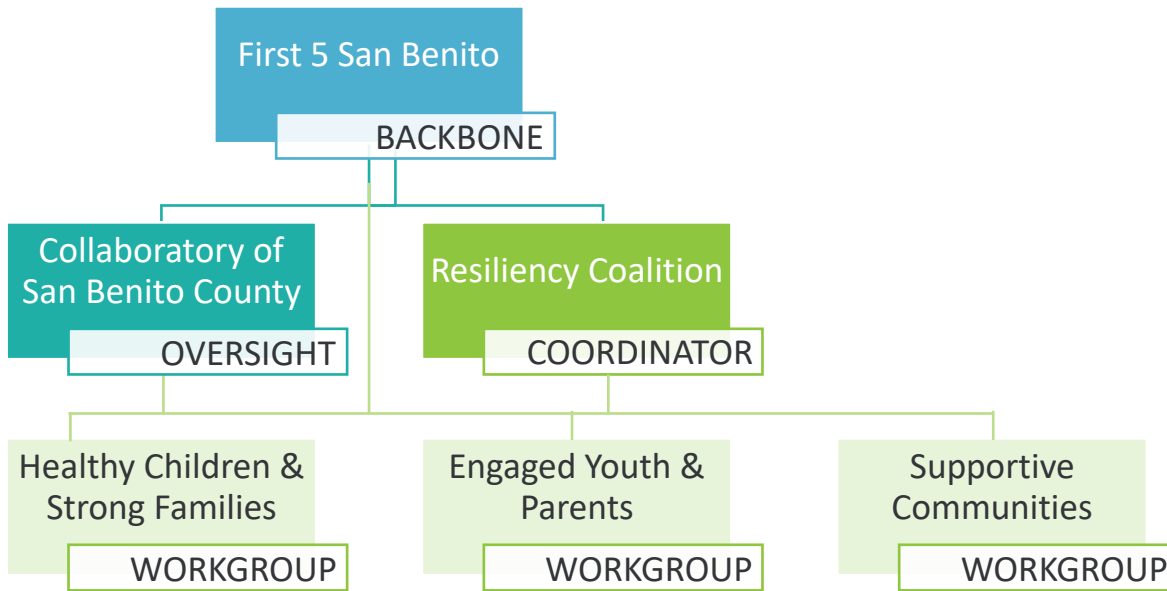
In service of this goal, last fiscal year (FY 2022-23), an intergovernmental **Collaboratory of San Benito County** was established, to provide oversight for the proposed Community Center work. The Collaboratory's work will be rooted in the following core goal: **to achieve equitable experiences and outcomes for children and families in San Benito County**. As the first step toward this common goal, last year the Memoranda of Understanding (MOUs) were signed by the Collaboratory partners, listed in the graphic that follows.

### THE COLLABORATORY OF SAN BENITO COUNTY

- Tami Aviles, Friends of the San Benito Library
- Christina Banuelos, Senior Council
- Mayor Mia Casey, City of Hollister
- Elizabeth Dirks, San Benito Business Council
- Christy Eggers, Community Action Board of San Benito County
- Lisa Faulkner, First 5 San Benito
- Tina Garza, Interim Park & Recreation Director
- Supervisor Bea Gonzales, San Benito County
- Janet Gonzales, Community Health Coordinator, Health & Human Services Agency

**F5SB, the Collaboratory, and the Resiliency Network are working together to make the new Community Center a reality.**

The proposed Center will be the culmination of the efforts of F5SB and its partners in the community. As illustrated below, F5SB will serve as the backbone organization for the Community Center activities, while the Collaboratory will provide oversight, making key decisions and guiding the establishment and overall direction of the Center. The Resiliency Network will serve as the advisor and coordinator of services, ensuring partner agencies are connected to one another and providing a full continuum of care for families. The RN will accomplish this through the efforts of three workgroups dedicated to the three categories of intervention: *Healthy Children and Strong Families, Engaged Youth and Parents, and Supportive Communities*.



Together, F5SB, RN, and the Collaboratory approached this shared goal by dividing the tasks into the following phases, which began last fiscal year and continued in FY 2023-24:

**Phase I: Build Infrastructure of the Community Center Collaboratory**

The goal for Phase I was to establish a Collaboratory of partners to serve as advisors for the Community Center Build Plan (details will be determined in consultation with project contractors to be determined by the Collaboratory).

Through the development of partnerships across agencies in the community, the project achieved its goal to establish the Community Center Collaboratory and build an infrastructure to fulfill its vision of establishing a Community Center in Hollister.

**Phase II: Community Mapping and Strategic Prioritization**

The goal for Phase II was to advance the Collaboratory’s mission by addressing the existing adverse conditions and promoting equitable access to resources through an intentional planning process that builds resiliency and leads to healthy outcomes for ALL individuals and families in San Benito County. The planning process would involve mapping of community strengths and needs, and community input on the shared vision for the Community Center.

F5SB, RN, and the Collaboratory made considerable progress toward this goal by hosting meaningful **community listening sessions**, as a way for the RN and other community leaders to **gather input from the community and populations of focus** on the proposed Community Center, as well as the ongoing needs for child and family services in local communities. The first listening session, held in February 2024, engaged 55 families with children ages 0-5 years. It was followed by the second listening session, held in June, with the focus on migrant communities. Participants included 10 families with youth and 20 children under the age of six years. The third and final listening session was conducted in July, aiming to uplift the voices of 20 youth participants ages 12-23 years. As part of next steps, partner agencies will review the results, and use this information to develop concrete, realistic strategies to meet the community’s needs.

**Phase III: Community Engagement Campaign and Capital Campaign**

The goal for Phase III was for partners to engage the community through social media and the capital campaign, to increase awareness and support for the Center at the local, regional, and state levels.

To kick-off this process, F5SB, RN, and the Collaboratory held a Creating Connections community education and partnership-building event in February 2024, to foster understanding and connection.

**CREATING CONNECTIONS EVENT**

F5SB, FRC, and local RN partners hosted a **Creating Connections** community education and partnership building event, featuring F5SB Executive Director and external evaluator, as well as prominent community leaders as keynote speakers, including Dr. B. Stroud, Mayor of Hollister M. Casey, and Supervisor B. Gonzales. Among the 300 participants were notable attendees from government offices, such as A. Rodrigues, representing California State Assembly Speaker R. Rivas, and L. Carrillo, from the office of Senator Caballero. The speakers emphasized the importance of community engagement and empowerment, inspiring attendees to engage in comprehensive dialogues on community issues and take action for positive change.



In the spirit of collaboration and collective action, the event engaged 26 partners and 38 volunteers from organizations like Church of Latter-Day-Saints, AmeriCorps, Quality Counts, and Hollister High School's AVID group. These efforts translated to a wide array of offerings, featuring 16 booths with educational outreach materials and support resources, childcare, and translation services. Additionally, 250 event shirts and a family-style dinner were provided to all attendees.

This initiative’s holistic approach to accommodating diverse community needs and ensuring broad participation in pursuit of community connection demonstrates partners’ commitment to advocacy, inclusivity, and accessibility. Through united efforts, the event strengthened the communal sense of unity and camaraderie and uplifted the most marginalized voices in the community.



# Summary

As described in this report, F5SB and the FRC provided services and support to local families, improving child health, development, and early literacy, as well as family resiliency and parent-child relationships. Moreover, continued partnerships and coordination on the part of the RN and the Collaboratory led to substantial achievements in systems-level changes. Opening of the Commercial Kitchen and Community Pantry, engagement in advocacy and home-visiting coordination, and other collaborative efforts helped strengthen systems' capacity to deliver coordinated, aligned, and trauma-informed services that meet families' needs. The efforts of F5SB, the FRC, and community partners will continue to be needed to address social inequities, strengthen protective factors and family resiliency, and improve the health and well-being of children, youth, and families in San Benito County.

