

# Child Start, Inc.

Annual Report 2014-15



50

YEARS  
of OPPORTUNITY  
HEAD START | 1965-2015





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A fat cat sitting on a mat with a rat and a bat wearing a hat!

Children at our Travis Center in Solano County created a paper hat that brought a rhyming exercise to life. Thank you to Susan Smith, Manager at Child Start Inc., for contributing this and other photos in our Annual Report.



## Celebrating Head Start's Success



What an incredible year it has been for Child Start – and what a fantastic way to celebrate the success of 50 years of Head Start!

Many wonderful opportunities came our way this last year, allowing us to continue providing Head Start and Early Head Start services and to grow, thanks in part to securing an Early Head Start-Child Care Partnership grant. We are pleased that we were also able to expand state preschool services in Solano County.

As we celebrate the 50th anniversary of the national Head Start program, we should reflect on how important the program has been for so many families across the country and here in our own communities.

Child Start serves nearly 1,000 low-income families in the Head Start program each year. Without the benefit of participation in a Head Start classroom or Early Head Start Home Visiting program, many children would begin kindergarten at a serious disadvantage. Thanks to the nurturing care and guidance of Child Start's amazing staff, these children will be able to make the most of their early education and develop the foundation for success in life.

In addition to our Head Start program, Child Start provides Raising A Reader, one of the most successful early literacy programs in the country, to our Head Start families in Napa and Solano counties. We also provide Raising A Reader to approximately 800 families throughout Napa County in a variety of other preschool and group settings that serve some of Napa's most vulnerable children.

As we look to the future, we feel energized to continue the great work begun 50 years ago that was, and continues to be, the promise of Head Start. We do not do this work alone, but rather, in cooperation and connection with our families, our partners and our communities. We thank all of you for your ongoing support and continued generosity in meeting this need.

*Debbie Peralez*  
*Executive Director*

## Working Together for Children and Families



It is truly remarkable to be a part of an organization whose mission is focused on supporting and enhancing the lives of young children and their families in Napa and Solano counties.

Child Start is an organization that is committed to developing the child as a whole—educationally, socially, and emotionally. Through high-quality programming, partnering with local agencies, and the support of community members, Child Start is able to provide services to children and their families facing difficult circumstances. Together we are continuing to positively impact the present and future generations of our world.

It is an honor to be a part of this concerted effort to help ensure that all children will have an equal chance at a bright and successful future. The generosity that is shown to our agency is deeply appreciated and essential to the continued success of our programming. We are grateful to our community members for your ongoing support and belief in our mission.

*Alicia Fernandez*  
*Board Chair*

## Programs

### Head Start

Established in 1965, Head Start is a federally supported preschool program that promotes school readiness for children age 3-5 in low-income families by offering educational, nutritional, health, social and other services. Head Start provides full- and part-day preschool classes. Children are screened for medical, dental and mental health concerns that may interfere with learning. Head Start is operated in five locations in Napa County and 17 locations in Solano County with a total of 52 classes. We partner with more than 80 agencies in Napa and Solano counties.

### Early Head Start

Launched in 1995, Early Head Start provides support to low-income infants, toddlers, pregnant women and families in the Napa, Vallejo, and Fairfield/Vacaville areas. Services are offered through home-based and center-based Early Head Start programs. Early Head Start programs enhance children’s physical, social-emotional and intellectual development; assist pregnant women in accessing comprehensive prenatal and postpartum care; support parents’ efforts to fulfill their parental roles; and help parents move toward self-sufficiency.

### Raising A Reader

Raising A Reader is an internationally recognized early literacy program created in 1999 to engage parents in a daily routine of reading with their children. Focused on children from birth to age 5, Raising A Reader encourages parents to “book cuddle” with their children to foster healthy brain development, parent-child bonding and early literacy skills critical to success in school. Raising A Reader is implemented in all Early Head Start and Head Start classes as well as 16 agencies in Napa County.



## Program Outcomes

Child Start Inc. submits a Program Information Report to the National Office of Head Start every August. This report provides comprehensive data on the services, staff, children and families served by Head Start and Early Head Start during the prior year.

### In Summary:

- 1,169 children served
- 1,127 families served
- 53% of participants were Spanish-speaking
- 66% of participants were of Hispanic or Latino origin
- 74% of families had at least one family member employed
- 100% of children had medical insurance and medical homes by the end of enrollment
- 82% of children received a dental exam
- 100% of children received at least one family service
- 13% of children had an Individualized Education Program or Individual Family Service Plan
- 54% of families had a father-figure participate in program activities

### What Was Better This Last Year?

- Father participation and involvement (increased 47% to 54%)
- Head Start dental exams (increased 75% to 82%)
- Head Start children completing education screenings within 45 days (increased 95% to 97%)
- Early Head Start children with health insurance (increased 97% to 100%)
- Early Head Start children with medical homes (increased 98% to 100%)
- Early Head Start children up-to-date on immunizations (increased 86% to 93%)

### What We Will Work to Improve Upon:

- Children referred for mental health services who received services (decreased 83% to 63%)
- Head Start children receiving needed dental treatment (decreased 73% to 64%)
- Early Head Start children up-to-date on physical/well-child exams (decreased 93% to 86%)
- Early Head Start children completing education screenings within 45 days of enrollment (decreased 93% to 87%)



## Program Goals

### Head Start/ Early Head Start

Child Start will:

- Provide access to high-quality, infant-toddler and preschool settings designed to help children realize their greatest potential and prepare for success in school.
- Help participating families become self-reliant, achieving a level of healthy interdependence that empowers them as advocates, major decision-makers and the primary force in preparing their child for school and life.
- Facilitate meaningful connections with the community to enhance the lives of children and families.
- Create a program design that is responsive to the needs of children and families in Napa and Solano counties.

### Early Head Start/Child Care Partnerships

Child Start will facilitate a community-wide system-of-care model that enhances and expands quality infant/toddler early childhood education and provides a comprehensive, integrated, and accessible system of child and family development services by leveraging federal, state, county and private funding.

### Raising A Reader

Child Start will:

- Facilitate meaningful connections with the community to enhance the lives of children and families.
- Create a program design that is responsive to the needs of children and families in Napa and Solano counties.





## School Readiness

Child Start develops school readiness goals to assist children in developing the skills needed to prepare for success in school. Using the latest information from internal progress reports, as well as local school district, national and state school readiness indicators, the agency works with parents and staff to identify the focus areas that will best assist children in our programs to successfully transition to kindergarten.

### School readiness goals include:

- Children will develop skills to support interacting with others.
- Children will build foundations for communication skills (language development and literacy).
- Children will be engaged in learning experiences (nurturing curiosity and persistence).
- Children will increase understanding of early math and science concepts.
- Children will develop motor skills to support learning.
- Children will develop habits that are healthy and safe.

Child Start uses an assessment tool (DRDP – Desired Results Developmental Profile) to measure children’s progress and help teachers design lesson plans that respond to children’s needs and help them move forward in their development. These assessments are conducted three times each year to get baseline data, a mid-year look at progress and end-of-year.

When comparing child assessment data from the 2014/2015 program year for returning and first-time four-year-olds, Child Start was able to determine that a year of Head Start at age three had a measurable effect on all school readiness indicators at baseline, measured by administration of the DRDP-PS during the first 60 days of a four-year-old’s enrollment in a Head Start classroom.

By the Spring assessment period, both groups had improved ratings on all school readiness indicators, with the largest difference in scores in the measures of “comprehension of English” and “number sense of quantity,” as well as “problem-solving.” However, the first-time four-year-olds were closing the gap in many measures and had already closed the gap in the “friendships with peers” and “personal care routines” measures.

**The evidence indicates that enrollment in two years of Head Start – at both age three and age four – has the largest beneficial impact on measures of school readiness, while one year of Head Start at age four has a smaller but still beneficial impact.**





## Health Services

Child Start offers comprehensive health and wellness opportunities, guided by the Head Start Program Performance Standards and family needs and interests. We believe health education, parent involvement, and community partnering are critical components to achieve positive health outcomes for pregnant women, children, and all family members.

### Health Services Outcomes

#### *In Head Start:*

- 96% of children were up-to-date on immunizations at the end of the enrollment period – higher than the national average of 87% and state averages of 85%.
- 93% of children with a chronic condition received medical treatment.
- 64% of children who needed dental treatment in Head Start received it.

#### *In Early Head Start:*

- 95% of children were up-to-date on immunizations at the end of the enrollment period – in line with the national average of 93% and state averages of 95%.
- 75% of children with a chronic condition received medical treatment.

### Nutrition

Nutrition and healthy lifestyle habits enable children to learn and fully participate in all facets of the program. Child Start recognizes the importance of parents and staff as primary role models for children and strives to increase their awareness of the importance of nutrition and physical activity to achieve optimum health. Nutrition and physical activity components are integrated into the curriculum to help promote lifelong healthy habits. Opportunities are provided for parents to meet with nutritionists, attend nutrition classes, and receive referrals to local community nutrition resources.

#### *Highlights:*

- We served 265,098 nutritious meals and snacks in our classrooms.
- Ongoing strategies are being implemented to help decrease the incidence of childhood obesity, including I Am Moving, I Am Learning (IMIL), a proactive approach for addressing overweight children.





## Parent Engagement

At Child Start, we believe that the parent is the first and most important teacher in a child's life and that anything we do to promote change in a child's life must be done within the context of that child's family and culture.

### Training and Services

We provide information, training and services that support parents in their efforts to provide the best for their children. Additionally, every month at the parent meetings, staff invites community presenters to talk about their services, sharing information on such topics as health and nutrition, dental education, legal aid, and kindergarten readiness. We also post information about relevant training available in the community.

### Transitions Support

Children often transition from Early Head Start to a Head Start classroom to continue the support services they have been receiving. When children are age-eligible to enter kindergarten, staff creates a transition packet for each family that contains developmental information about the child that a parent can share with the kindergarten teacher.

### Parent Volunteer Opportunities

Parent volunteers are a vital component of our Early Head Start and Head Start programs. Parents assist teachers in program activities, including reading aloud, arts and crafts, outdoor time and serving meals and snacks. They also participate in at-home activities that support their child's learning goals. We encourage parents to participate in the Policy Council, a governing body that makes important decisions about how Child Start programs are operated.

### Male Involvement

Child Start programs include parent involvement opportunities for fathers, grandfathers, uncles and/or male friends involved in the child's life.





## Community Participation

Child Start works in partnership with more than 80 local agencies to provide services in the areas of nutrition, health, child care and development, literacy, education, family support, disabilities, mental health, parent education and teacher training. These partnerships are a major factor in the continuing success of all Child Start programs.

Community partnerships with Early Head Start enable infants and toddlers with, or at risk for, diagnosed disabilities or developmental delays to receive Early Intervention Services under the North Bay Regional Center as the lead agency. Head Start supports children with disabilities and their families through partnerships with Local Education Agencies (LEAs). Head Start also coordinates with seven local school districts to ensure parents have access to kindergarten transition services. Raising A Reader, an early literacy program, is implemented in all our Early Head Start and Head Start programs, as well as 16 partner agencies in Napa County. Raising A Reader also works with local libraries to encourage parents to bring their children to the library as often as possible to discover the many wonderful books and learning resources available there.

Child Start trains staff on the Bridges Out of Poverty framework to help address poverty in a comprehensive way through community and family partnerships. Our staff members help families connect with community resources by providing advocacy training to help them navigate support systems for education, jobs and disabilities. Motivational interviewing is used to assist families in the goal-setting process in financial education sessions with community partners like American Canyon Family Resource Center and Travis Credit Union.





CSI Financials

Proposed Budget FY 2015-2016		Budget Period September 2013 through June 2015	
Head Start - Early Head Start		Head Start - Early Head Start	
Direct Services	\$10,856,088.00	Direct Services	\$19,920,060.00 **
In-Kind Match	\$2,176,830.72	In-Kind Match	\$4,980,015.00 **
Total	\$13,032,918.72	Total	\$24,900,075.00 **
		**This grant ran for 22 months	
Early Head Start Child Care Partnership		Expenditures:	
Direct Services	\$941,166.64 *	Salaries and Benefits	\$14,704,688.00
In-Kind Match	\$156,852.00 *	Professional Services	\$2,554,037.95
Total	\$1,098,018.64 *	Facilities	\$2,770,272.70
*This report reflects the period from 3/1/15 through 2/29/16		Supplies	\$2,470,909.75
		Training	\$838,483.20
		Food	\$757,212.20
		Other	\$804,471.20
		Total	\$24,900,075.00

A special thanks to our Partner Funders, including:

- Capacity Grants Financial Management Training Program, a collaborative program of the E. Richard Jones Family Foundation, Napa Valley Community Foundation and Napa Valley Vintners
- First 5 Napa County
- First 5 Solano County
- Freed Family Fund, Napa Valley Community Foundation Donor-Advised Fund
- Napa Valley Community Foundation
- Napa Valley Vintners
- Queen of the Valley Medical Center
- The Richard and Martha Pastcan Fund, Napa Valley Community Foundation Donor-Advised Fund
- Valero Benefit for Children







**Child Start**  
incorporated

CHILD AND FAMILY SERVICES

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