

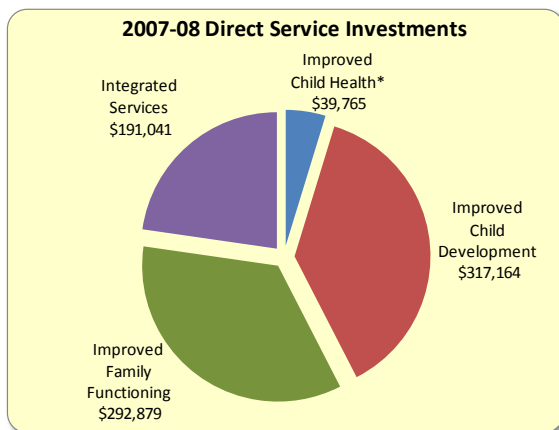
What is First 5?

Eighty-five percent of children's brain growth occurs by age four, as well as major development of physical, emotional and social skills. Because the beginning years of life are so critical, First 5 helps to ensure that children ages 0 to 5 and their families are healthy and thriving. Created in 1998 by the passage of Proposition 10, First 5 Tehama uses state tobacco tax funds under the guidance of the Tehama County Children and Families Commission to achieve four goals:

1. Improved Child Health
2. Improved Child Development so that children are learning and ready for school
3. Improved Family Functioning to support strong families
4. Integrated Services so that children and family services are more coordinated and accessible

First 5 Tehama Investments

First 5 Tehama has invested more than \$6 million during the last seven years to help Tehama County's children and families, including \$840,849 in direct services and \$1,070,941 in total investments last year.



* Child health screening, insurance enrollment and other health support is also included in many Child Development, Family Functioning and Integrated Service programs



First 5 Tehama supports children and their parents in all settings – in the home, in child care programs and in the community. Services funded by First 5 have included:

- ▶ Home visits that support parents in their homes with child development, parenting skills and accessing community resources
- ▶ Partnerships with schools to assist children with early learning, transition to kindergarten and access to health services
- ▶ Extensive training and support to child care providers to retain providers and improve the quality of care, including training and support for the large network of license-exempt (family, friend and neighbor) child care providers
- ▶ Family Resource Centers in Red Bluff, Los Molinos and Corning that offer many different family support services in one location
- ▶ Health services such as a mobile dental unit to make oral health exams and treatment available throughout the county and a Perinatal Education Program at St. Elizabeth Community Hospital
- ▶ Information for parents such as a community resource guide for parents and a "New Parent Kit" for expecting and new parents
- ▶ Programs to help parents overcome drug and alcohol use
- ▶ Specialized professional therapeutic services for children and their parents

In all cases, First 5 works to build on existing services, fill gaps in current services, and focus on the greatest needs in each community. The emphasis is on quality, not quantity, of services. A deep commitment to collaboration with other local organizations exists, striving to build a more comprehensive and sustainable network of integrated services to support early childhood development and strong families.

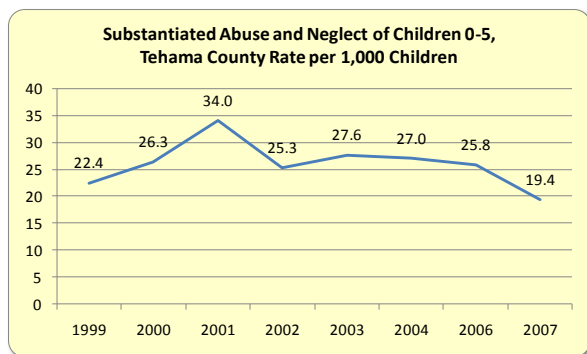
First 5: Making a Difference

First 5 services are consistently evaluated for effectiveness. The evaluation results show that these services are making a difference for children and families in many ways.

Reach: 851 children ages 0-5 received free services last year, an increase of 29% from the prior year. **Over 17% of all Tehama County children ages 0-5 were reached by First 5 programs last year.** In addition, 996 parents of children ages 0-5 received free support, an increase of 34% from the previous year.

Parenting: Participants in First 5 parent support programs report significant increases in their knowledge of child development and health and in their parenting skills. A 15% increase has been shown in the percent of families reading to their children three or more times a week, an important part of building literacy skills in young children.

The combined efforts of First 5 and many local partners are translating into steady declines in the rate of child abuse and neglect in the county.



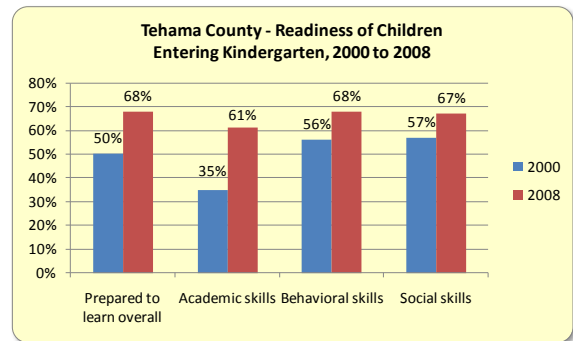
Health care: From 2003 to 2008, almost all uninsured participants in First 5 family support programs were able to obtain health insurance. An 8% increase in families with a medical home and 15% increase in access to dental care over the past two years show that many more children are able to get health care services.

Child care availability and quality:

Last year, 340 child care providers received training, home visits or other support to improve provider retention and quality because of First 5 funding. Provider retention rates and training levels have improved. Since 2004, the number of licensed family child care providers has risen by 6% in Tehama County.



Children ready to learn: Every two years starting in 2000, the kindergarten teachers in Tehama County assess the readiness skills of their entering kindergarten class. Major improvement in the "school readiness" of children has occurred since First 5 programs were launched, as shown in the graph below.



Fiscal leveraging: Over the past three years, \$998,364 in additional funds have been secured as a direct result of leveraging First 5 funds.

For More Information

For more information about First 5 or any of our activities, please contact us at:

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