



Florida State University Early Head Start Program 2017-2018 Annual Report



Early Head Start At A Glance

The mission of the FSU Early Head Start Program is to promote healthy prenatal outcomes for pregnant women, enhance the development of very young children, and promote healthy family functioning.

The FSU Early Head Start Program is funded through the federal Office of Head Start to serve 68 infants, toddlers, and pregnant women. The Office of Head Start is part of the Administration for Children and Families, which falls under the Department of Health and Human Services.

To be eligible for services, an expectant mother or family with a child under three years old must be living in Gadsden County, Florida and earn less than the federal poverty guidelines. There are a few enrollment opportunities for families who earn more, but have significant risk factors. At least 10% of enrollment slots are reserved for children with delays or disabilities.

Services are provided year-round to meet the health, developmental, educational, and social service needs of young children and families through weekly home visits.

Services are offered to families through home visiting:

- Weekly 90 minute home visits focus on prenatal and parenting education, child development activities, health and safety, and family goal setting.
- “Family Play Groups” held at least twice a month provide families with opportunities to interact in fun, educational activities and strengthen the parent-child relationship as well as their peer networks of support.



Early Head Start Staff





Early Head Start prioritizes recruiting and maintaining a multi-disciplinary staff of passionate professionals to work with children and families. The program employs a Director and a management team to ensure all Performance Standards are properly implemented in the areas of Program Administration, Health Services, Education and Disabilities Services, Family and Community Engagement, and Enrollment and Data Management. In addition, the Home Based Coordinator, a licensed clinical social worker, provides reflective supervision to six Home Visitors and consultation on infant and maternal mental health concerns. One Home Visitor speaks Spanish to primarily serve families with limited English skills. The program contracts with a registered dietician/licensed nutritionist to provide oversight and consultation on nutrition services.

The Role of Home Visitors:

- ***Promote** positive birth outcomes by providing information and support to pregnant women.*
- ***Inspire** confidence and competence in parents by highlighting their strengths and encouraging the parent-child attachment.*
- ***Encourage** healthy habits and safe environments by providing information on health and safety issues and assisting families with accessing preventative health care.*
- ***Coach** parents to be their child's first teacher by educating them about what to expect during a child's first three years of development.*
- ***Demonstrate** how parents can enrich their child's development and school readiness by providing weekly skill-building play activities that parents can replicate with their children using common materials found around the home.*
- ***Assist** families in identifying their strengths and setting goals for the future for themselves and their children by being a consistent positive support to families and linking them with other community resources.*
- ***Empower** rural, isolated families to build a stronger network of support by hosting play groups where parents can connect with their children and other families in a fun atmosphere of learning.*

A Little Bit About Our Children...

During the 2017-18 program year, FSU EHS served

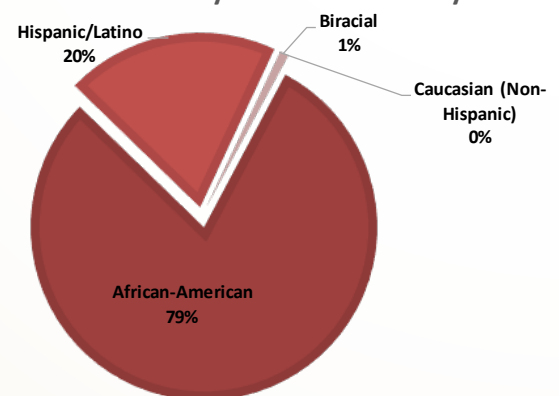
44 infants, 
30 one-year-olds, 
20 two-year-olds, 
and 23 pregnant women 
for a total of 117 participants.

This represents only 3.8% of the eligible population in Gadsden County; a county where approximately 72% of children birth-5 are eligible for Medicaid/Florida KidCare*.

Of the 94 children served:

- 22 were enrolled in their second year
- 15 were enrolled in a third year
- The program was **fully enrolled** all year.
- Only 9 over-income families participated

2017-18 Enrollment by Race and Ethnicity



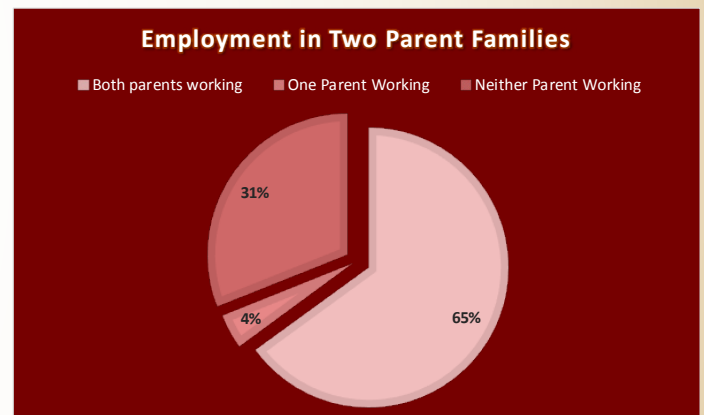
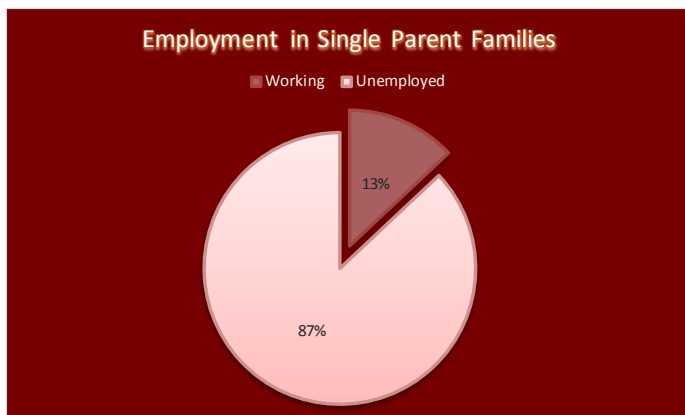
* Agency for Health Care Administration. Number of Medicaid Eligibles by Age By County as of 12/31/16. December 2016. http://www.fdhc.state.fl.us/medicaid/Finance/data_analytics/eligibles_report/docs/age_cnty_2016-12-31.pdf
Florida CHARTS, 2016 Population by Year by County . <http://www.flhealthcharts.com/FLQUERY/Population/PopulationRpt.aspx>.

And Our Families...

Of the 72 families served by Early Head Start during FY 2017-2018...

- **88%** Earned less than federal poverty level (\$24,250 for family of four)
- **90%** Participated in WIC (Supplemental Foods Program)
- **22%** Received SSI for parent, enrolled child, or sibling

64% of Early Head Start families were single-parent families, with 36% having two parents living in the household.



Family Education

- **49%** of parents completed high school or GED
- **15%** completed some college or obtained a college degree or certification
- **49%** participated in school or job training

School Readiness

The FSU Early Head Start Program has developed readiness goals for all children in the five essential domains of child development: social and emotional, approaches to learning, physical well-being and motor development, cognitive and general knowledge, and language and literacy.

With input from parents, community partners, and guidance from the Office of Head Start, the program revised the goals in 2017-18 to be more inclusive of the full birth to three age group and to capture a broader understanding of child development. The goals are posted throughout the program office and Group Socialization space in both Spanish and English and are shared with all families. School readiness goals are woven into multiple areas of the program's services, from staff training and professional development to budget planning.



Measuring Progress

Progress toward school readiness goals is measured through child assessment data collected at three different time points during the program year. Other sources of information are also considered, such as parent surveys, child health records, and home visit completion. This data is then aggregated and analyzed along with other sources of child data to improve program effectiveness. Although many enrolled children are years away from kindergarten, the ultimate goal of Early Head Start is to see children and their families develop the skills they will need to be successful throughout their lifespan, most immediately in preschool and kindergarten.



School Readiness Data Trends

Analysis of child assessment data during the 2017-18 program year yielded some important findings:

- All children made progress in each of the five essential domains of child development throughout the year.
- Children made the greatest gains in the areas of physical motor development, self help skills, and social and emotional development. Historically, the high gains seen in physical motor and self-help development reflect the priorities of parents during infancy and toddlerhood. Staff observations of parent goal setting indicate parents are most comfortable observing and encouraging these types of skills. The foundational social and emotional skills of infancy and toddlerhood, trust and autonomy, are crucial to future learning in all other areas.
- Younger children made large gains in all areas while older children made the smallest gains in the sub-domain of pre-writing development and fine motor. This may be related the gradual lessening of the number of items in each age bracket on the older children's assessment tool, the Learning Accomplishment Profile, 3rd Edition. If an older child is stuck on one or two difficult items, it may greatly impact their scoring on the assessment. Another possible reason for this is that many of the materials utilized daily in an early childhood classroom that support the development of fine motor and pre-writing skills, such as crayons and markers, paints, and manipulative toys are much less available or intentionally used with children in the home environment. This can be due to cost, lack of dedicated time to supervise use of these materials, or fear of damaging the home environment.



Recommendations for Next Year

Based on staff discussion surrounding School Readiness data, the program will provide parents with activity ideas to support the skills children had the most difficulty mastering during the program year. Some of these skills include fine motor and pre-writing tasks and social play skills. Next year the program will also encourage activities that support exploration of science related themes. Children are not often provided the same frequency and consistency of opportunities to develop these skills at home as they might in high quality childcare so the program will help make parents aware of how they can encourage these skills at home.

FSU Early Head Start Program School Readiness Goals

2017-2018

APPROACHES TO LEARNING

#1: Children will be interested in discovery and able to engage in learning about the world around them.

SOCIAL AND EMOTIONAL DEVELOPMENT

#2: Children will develop positive relationships with others and begin learning how to express and manage their feelings.

LANGUAGE AND COMMUNICATION

#3: Children will communicate with others, become familiar with books and writing materials, and begin connecting pictures, sounds, and symbols.

COGNITION

#4: Children will demonstrate increasing knowledge and problem solving skills gained through exploration and participation in everyday routines and interactions.

PERCEPTUAL, MOTOR, & PHYSICAL DEVELOPMENT

#5: Children will demonstrate increasing coordination and control of their senses, large muscle and small muscle groups.

#6: Children will develop healthy practices and habits.



	CENTRAL DOMAINS				
	APPROACHES TO LEARNING	SOCIAL AND EMOTIONAL DEVELOPMENT	LANGUAGE AND LITERACY	COGNITION	PERCEPTUAL, MOTOR, AND PHYSICAL DEVELOPMENT
▲ INFANT/TODDLER DOMAINS	Approaches to Learning	Social and Emotional Development	Language and Communication	Cognition	Perceptual, Motor, and Physical Development
● PRESCHOOLER DOMAINS	Approaches to Learning	Social and Emotional Development	Language and Communication Literacy	Mathematics Development Scientific Reasoning	Perceptual, Motor, and Physical Development



Child Screening & Disabilities Services

Early, high quality child development services are critical to prevention and identification of physical, cognitive, social, and language delays in young children.



All children receive developmental and sensory screenings within 45 days of enrollment to determine if they are “on target” or may need additional support from early intervention services.

Early Head Start programs set aside 10% of their funded enrollment slots for children with special needs and developmental delays. Children with diagnosed delays may be referred to Early Head Start, or they may be identified after enrolling and receiving ongoing observation and assessment in the program.

- *1 in 9 children enrolled in Early Head Start during 2017-2018 had an Individualized Family Support Plan (IFSP) through the Early Steps Early Intervention program due to a diagnosed disability or developmental delay.*
- *An additional 3% of children enrolled during the year received speech therapy services through a Medicaid provider, but were not found eligible for Part C Early Intervention services*
- *FSU Early Head Start partnered with the Gadsden County Public Library, the Center for Health Equity, St. Thomas the Apostle Catholic Church and the FSU College of Medicine and Dance Marathon to offer early childhood screening events in Gadsden County during the 2017-18 program year.*

Health & Nutrition Services

Health services are a central focus of Early Head Start because a child's health can support or limit their typical developmental path. Early Head Start staff become knowledgeable about the health of enrolled children and help families understand the importance of developing an ongoing relationship with a consistent health care provider.

The program assisted all families enrolled during the 2017-2018 program year in establishing a “medical home” for all routine health care. Dental services are available to all children and pregnant women through the local federally qualified health center, Neighborhood Medical Center and all children turning three receive a dental exam. The Liberty County Dental Program also visited the program to provide preventative services to children at family play groups.



Only 48% of children had an up-to-date physical and only 36% were current with immunizations when they enrolled Early Head Start.

By the end of the program year, 84% of children were up-to-date with their well child physical and 71% had current immunizations. (Some children left the program before this could be completed.)

Program staff spend time preparing parents for what to expect when they take their child to the doctor or dentist. They also focus on developing healthy habits at home, like hand washing and tooth brushing.

Home Visitors provide information to families on nutrition about beginning solid foods, appropriate portion sizes for children, and how to read ingredient labels. All families are referred to the county's Women, Infants and Children Supplemental Nutrition Program (WIC) for additional assistance on nutrition and breast feeding. Healthy food choices are provided at all program events.

Services to Pregnant Women

A healthy pregnancy has a lasting impact on a baby's potential for healthy growth and development. The FSU Early Head Start program strives to enroll women as early during pregnancy as possible, and assist women with navigating the prenatal and post-partum system of care.



*Pregnant women receive weekly home visits and are provided education on fetal development, benefits of breastfeeding, maternal nutrition, maternal depression, substance use and abuse during pregnancy, labor and delivery, and understanding routine prenatal and postpartum care. Other topics discussed during weekly visits may include managing stress, newborn care and safety, intimate partner issues, budgeting, goal setting, and adjusting to life with baby. All of this information is provided using the **FSU Partners for a Healthy Baby Home Visiting Curriculum**, a unique, research based resource developed right here at the FSU Center for Prevention and Early Intervention Policy.*

Of the 23 pregnant women served by Early Head Start during FY 2017-2018...

- **52% Enrolled in Early Head Start before the beginning of their 3rd trimester**
- **36% Breastfed (any amount)**
- **100% Were enrolled in Medicaid**

Family & Community Engagement

In addition to enhancing child development, Early Head Start programs are designed to strengthen families and empower parents to set and achieve goals. To this end, families are actively involved in goal-setting for their children and families, planning and decision-making about program services.



Family engagement activities include:

- Participating in home visits
- Setting goals for their child's developmental progress
- Setting goals for their personal and family development
- Monthly parent meetings with topics chosen by parents
- Leadership activities, through Parent Committees and the Policy Council
- Volunteer at the program office and with other program-sponsored events.

48% of families in the program were linked to outside community agencies to meet their various needs.

FSU Early Head Start partnered with the following organizations during the 2017-18 program year:

Brehon Institute, Centenary United Methodist Church, Center for Health Equity, FSU College of Medicine, FSU Dance Marathon, Gadsden County Healthy Start Coalition, Gadsden County Public Library System, Gadsden County Schools Pre-K/Head Start, Gadsden County WIC Program, St. Thomas the Apostle Catholic Church, Thornwell Family Services

A History of Excellence

Federal Aligned Monitoring System

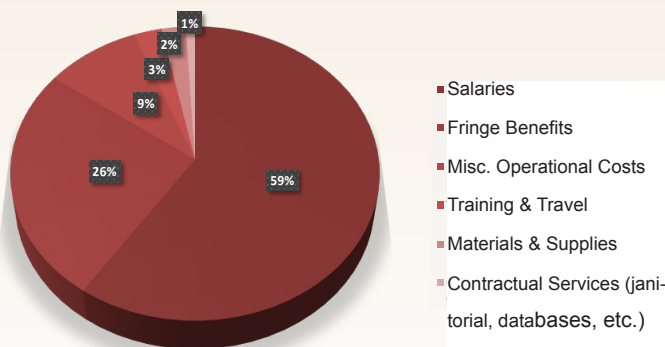
All Head Start and Early Head Start Programs receive an on-site audit through a federal monitoring system to determine how well the program is doing in the many Federal regulations which ensure program quality. The most recent review of the FSU Early Head Start program was conducted in January of 2018. The resulting monitoring report, received in May of 2018, stated the program met or exceeded federal standards in 35 of 36 performance areas, with only one area that needed improvement, concerning a non-federal volunteer contribution. As of the publication of this annual report, the program completed a corrective action plan and is back in full compliance.

Annual Financial Audits

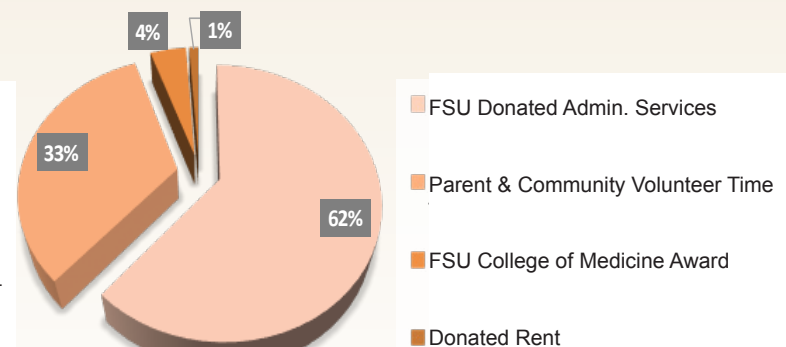
The FSU Early Head Start Program is funded by the federal Office of Head Start, under the U.S. Department of Health and Human Services, Administration for Children and Families. Funding received by Florida State University to operate the Early Head Start program is audited annually through the State of Florida Comptroller's audit of compliance and internal controls over financial reporting and Federal awards. The audit is conducted in accordance with the Government Auditing Standards issued by the Comptroller General of the United States Single Audit Act Amendments of 1996, and related guidance provided by OMB Circular A 133. In more than 22 years of operation the FSU Early Head Start program has never received a financial audit finding in the annual audit.

FY 2017-2018 Program Budget

Federal Award: \$862,574



Non-Federal Contribution: \$215,645



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***For information about participating in the program contact Sharon
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at (850) 627-9116.***

***For information about volunteering or providing support through
donations, visit our website:
www.cpeip.fsu.edu/ehs
or contact (850) 656-9220***

