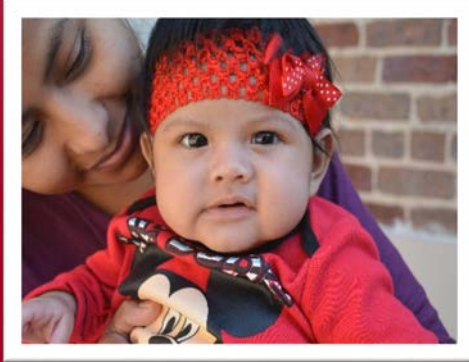




2016
2017



Florida State University Early Head Start Program



Annual Report



FSU Early Head Start Program 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.

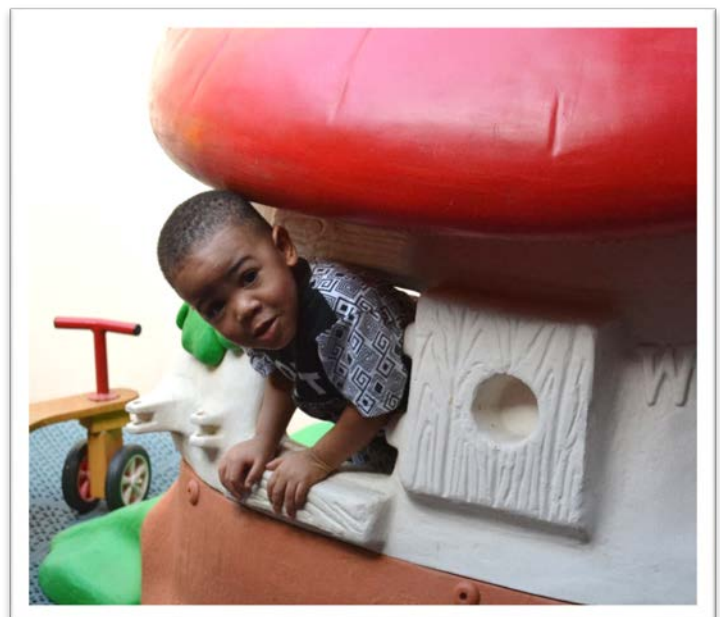
The FSU Early Head Start Program is funded through the federal **Office of Head Start** to serve **68 infants, toddlers, and pregnant women**. The Office of Head Start is part of the Administration for Children and Families, which falls under the Department of Health and Human Services.

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.
- ❖ **Group Socializations** or “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 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 2016-17 program year, FSU EHS served

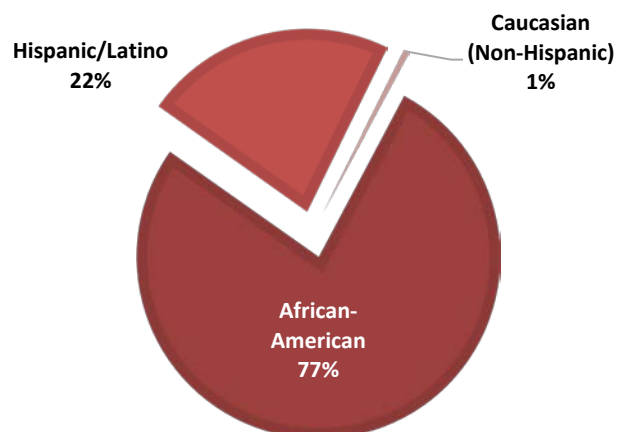
45 infants, 
26 one-year olds, 
25 two-year-olds, 
and **11** pregnant women 
for a total of **107** participants.

This represents only **3.8%** of the **eligible population** in Gadsden County; a county where approximately **72%** of **children 0-5** are **eligible for Medicaid/Florida KidCare***.

Of the **96** children served:

- **21** were enrolled in their **second year**
- **18** were enrolled in a **third year**
- The program was **fully enrolled** all year.
- Only **5 over-income** families participated

2016-17 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...

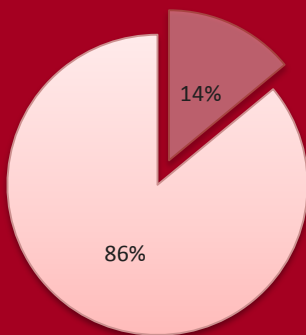
Of the 75 families served by Early Head Start during FY 2016-2017...

- **93%** *Earned less than federal poverty level (\$24,250 for family of four)*
- **97%** *Participated in WIC (Supplemental Foods Program)*
- **24%** *Received SSI for parent, enrolled child, or sibling*

65% of Early Head Start families were single-parent families, with **35%** having two parents living in the household.

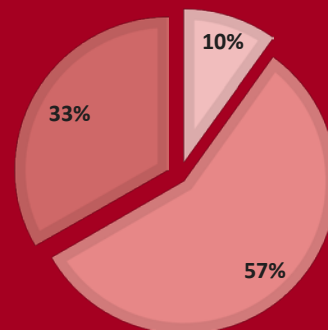
Employment in Single Parent Families

■ Working ■ Unemployed



Employment in Two Parent Families

■ Both parents working ■ One Parent Working
■ Neither Parent Working



Family Education

- **40%** of parents completed high school or GED
- **20%** completed some college or obtained a college degree or certification
- **15%** participated in school or job training

"My Home Visitor really cares for my family." -Early Head Start Parent

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 2016-17 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 2016-2017 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 and social and emotional development.** Historically, the high gains seen in physical motor 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 language.** This may be related to 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 spoken words are measured much more on the older assessment and children develop their receptive or listening skills much earlier than their expressive, or speaking skills. If children are not hearing lots of different words throughout the day, they are much less likely to speak them.



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, social play skills, and some self-help skills, such as independent toilet use. 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 Our School Readiness Goals

Social and Emotional

Goal 1. Children will develop positive relationships with friends and familiar adults.

Approaches to Learning

Goal 1. Children will develop their natural curiosity and creativity.

Physical Well-Being and Motor Development

Goal 1. Children will demonstrate control of their large and small muscles.

Goal 2. Children will be exposed to and develop healthy practices and habits.

Cognitive and General Knowledge

Goal 1. Children will develop their cognitive skills through everyday routines and interactions.

Goal 2. Children will develop problem-solving skills.

Language and Literacy

Goal 1. Children will use and understand spoken language.

Goal 2. Children will interact with pictures, books and print materials.

Goal 3. Children who are dual language learners will continue to grow in their understanding and use of their home language while being introduced to English.

Parent Engagement

Goal 1. Parents will grow in their role as their child's first teacher and actively participate in school readiness activities with their child.

Please see the program's School Readiness Plan for more information.

Child Screening & Disability 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 7** children enrolled in Early Head Start during **2016-2017** 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** partners with **community partners**, the **FSU College of Medicine and Dance Marathon** to offer early childhood screening events in Gadsden County.

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 2016-2017 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.



*Only **57%** of children had an up-to-date physical and only **55%** were current with immunizations when they enrolled Early Head Start.*

*By the end of the program year, **63%** of children were up-to-date with their well child physical and **67%** 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.

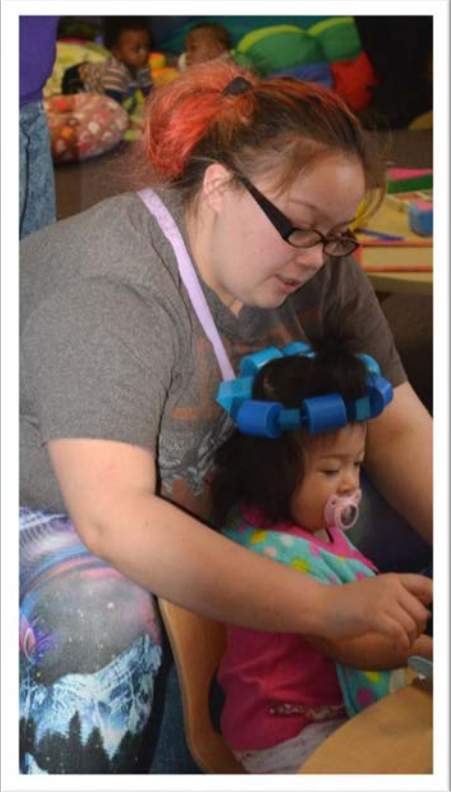
Of the 11 pregnant women served by

Early Head Start during FY 2016-2017...

- **55%** *Enrolled in Early Head Start before the beginning of their 3rd trimester*
- **9%** *Were teens (16-19 years old)*
- **100%** *Enrolled in Medicaid*

Family 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:



- ★ Home visits
- ★ Setting goals for their child's educational plan
- ★ Setting goals for their own education 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.

Some of the many challenges faced by families in Early Head Start last year include:

poverty
family violence
homelessness
limited English skills
parents with special needs
mental health challenges unemployment
no high school diploma or GED
children with developmental delays or disabilities
special health care needs

A History of Excellent Service

Federal Aligned Monitoring System

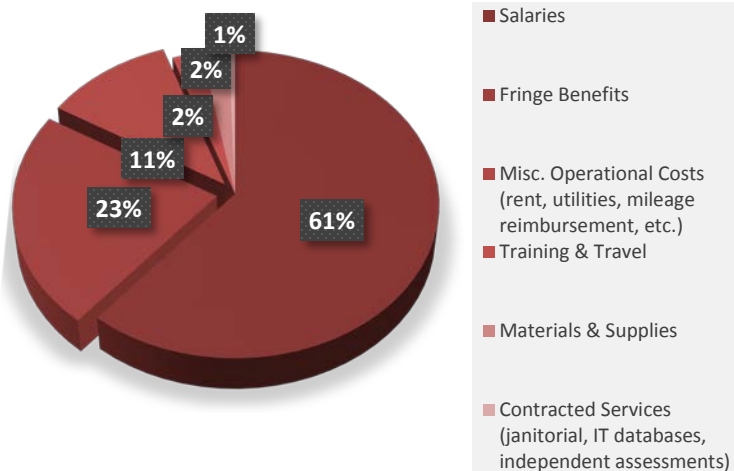
All Head Start and Early Head Start Programs receive an on-site audit through a federal monitoring system to determine how well the program is doing in the many Federal regulations which ensure program quality. The most recent review of the FSU Early Head Start program was conducted in January of 2018. 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 is in the process of completing a corrective action plan in response to this determination.

Annual Financial Audits

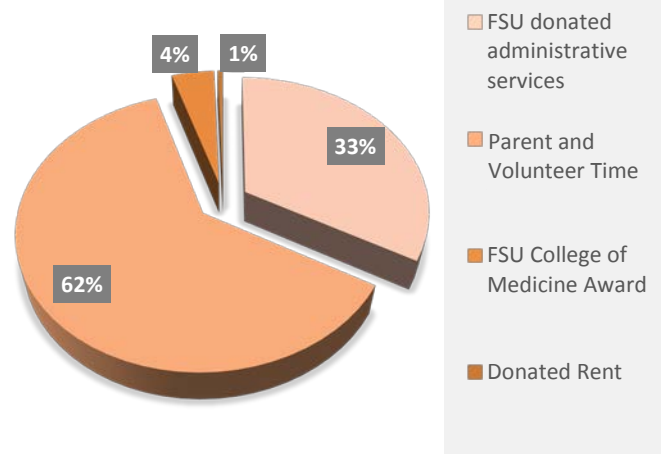
The FSU Early Head Start Program is funded by the federal Office of Head Start, under the U.S. Department of Health and Human Services, Administration for Children and Families. Funding received by Florida State University to operate the Early Head Start program is audited annually through the State 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 18 years of operation the FSU Early Head Start program has never received a financial audit finding.

FY 2016-2017 Program Budget

Federal Award: \$854,235



Non-federal Contribution: \$209,872



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For information about participating in the program or volunteering,
contact Sharon Franklin, Program Recruiter,
at (850) 627-9116.

