




# Executive Summary

## DATA SOURCES

- Between May and August, the Yuba-Sutter Bi-County Home Visiting Collaborative and Applied Survey Research (ASR) collected data from three sources: Parents living in Yuba or Sutter counties and receiving any services from counties providers; Managers or Supervisors of home visiting programs; and staff who provide home visiting services.
- Parent Survey:** We collected data using a survey that was sent to parents by the Home Visiting Collaborative partners. A total of 149 parents responded to the survey, 71 reside in Yuba County (48%) and 78 reside in Sutter County (52%). More than half of the respondents in each county (56%) were between 30 and 39 years old, and the majority had 1 or 2 children. About a half were white, a quarter Hispanic, and the rest from other ethnicities. Over a third of the respondents live in poverty according to federal criteria (<https://aspe.hhs.gov/poverty-guidelines>). Over a third obtained college degree (39%).
 
- Partner Survey:** A total of 37 managers or supervisors of programs who participate in the Yuba-Sutter Bi-County Home Visiting Collaborative responded to the survey, including nine who serve Yuba County (24%), 11 serving Sutter County (30%), and 17 (46%) operating in both Yuba and Sutter counties.
 
- Provider Interviews:** We conducted nine in-depth interviews with home visiting staff to add insight into the experiences of those who work directly with community members. Four of the interviewees represented Yuba County programs, four represented Sutter County programs, and one interviewee serve members in both counties.
 

## FAMILIES' NEEDS

- About half of Yuba County parents reported worrying about their child's development (54%) or managing their child's behavior (49%). However, less than half of those with these concerns reported receiving services to address them (46% and 42%, respectively). Yuba participants also worried a family member might get COVID-19 at their job (44%), with only 29% indicating they received support for this concern. Only 8% of parents reported not experiencing any of 12 listed issues
- Sutter County parents were slightly less likely than Yuba parents to worry about managing their child's behavior (38%), their child's development (32%), and reduced wages/income (24%). About half (48%) of those worried about their child's development received support services for this concern. Thirty percent (30%) of those worried about managing their child's behavior and 32% with reduced wages/income received support. Few parents (17%) reported experiencing no issues.

- On the other hand, partners mostly cited need for mental health services and loss of housing as the most pressing issues their parents have encountered within the past 3 months.
- Interviewed providers commonly mentioned that families' needs generally include **support for the parent-child interactions/relationship and support for basic needs**. Among a range of other needs, they also mentioned that caregivers often need **help to navigate the process for accessing support**. The range of needs providers expressed highlight the importance of having a robust network of care to provides support such that families can sustain and thrive.

## KNOWLEDGE OF AND INTEREST IN HOME VISITING

- About half of the parent respondents have heard of home visiting programs in their county. Of those who heard about the services, but yet to receive them, **only a minority were very interested in getting services** (12% in Yuba, 12% in Sutter) and many were not interested at all (24% Yuba, 32% Sutter). **Many more were possibly interested but needed more information** (51% Yuba, 42% Sutter).
- **Those who were interested mostly wanted therapy services, parenting support and education and empowerment services**. Others mentioned interest in learning more about available resources and options for childcare or socialization for children.
- **Those who were not interested mentioned that they do not need services at that time** as their family was doing fine, they had a good job, or they had support from their extended family or friends.

## HOME VISITING PARTICIPATION

- Among the 82 parents that had previously heard about home visiting (HV) services, about **41% participated in a HV program during the COVID-19 pandemic**, including 51% of Yuba County participants (n=22) and 31% of Sutter County participants (n=12). Half of them participated in the services from 6 months or less, about 44% participated between 7 months and 2 years. A small minority have been receiving services for more than 3 years (~6%).
- According to collaborative partners in the past 12 months **staff often conducted HV sessions over the phone (89% Yuba, 91% Sutter) or using video calls (67% Yuba, 82% Sutter)**, less than half (44%) held in-home visits, and about one-third in each county held in-person home visits while staying outside (33% Yuba, 36% Sutter).
- Interviewees relayed that **participation in home visiting programs services is voluntary and free for families**. Some mentioned providing participation incentives for families ranging from material support to gift cards, while none of the providers mentioned any cash incentives.



## PARTICIPATION BARRIERS

- ⦿ Time constraint was a common barrier for HV participation, for parents who participate in HV programs as well as for those who are not interested in these services. Others mentioned being on the waitlist for receiving services or not having stable internet for virtual visits. A couple of parents reported language barriers with their home visitor.
- ⦿ Collaborative partners expressed barriers related to internet connectivity (22% Yuba, 9% Sutter), family eligibility (11% Yuba, 18% Sutter), geography (i.e., time needed to travel to homes) (11% Yuba, 9% Sutter), cancellations (11% Yuba, 18% Sutter), and lack of interest from families (11% Yuba, 18% Sutter). Sutter County partners also mentioned shortage of available slots or capacity to serve families (27%) and language barriers (9%).
- ⦿ The COVID-19 pandemic has impacted home visiting program delivery, accessibility, and referrals. Most interviewees reported that their connection with clients has not been as strong as they were before the COVID-19 pandemic when services were delivered in person.
- ⦿ In addition, substantial increases in waiting lists for daycare impacted families' ability to participate in home visiting and consequently disengaged them.


## SERVICE GAPS

- ⦿ HV providers noted several key services that families need but are difficult to access or not available in their communities. Childcare was one major shortage, particularly the availability of preschools for infants/toddlers, reliable daycare, and quality childcare (including support for parents working non-traditional hours), and finding individuals experienced working with the 0-5 population.
- ⦿ Providers also mentioned additional barriers for caregivers whose income does not qualify for Head Start or State Preschool. A shortage of behavioral therapists was also mentioned by providers, specifically a shortage of professionals who can offer services in languages other than English. Finally, providers mentioned gaps in housing support such as services to help unhoused families or support to pay rent and utilities.
- ⦿ Other issues raised by HV providers include difficulty in helping parents with access to Medi-Cal services as they may be rejected from receiving services if their child's behavior is categorized as typical. Families may also face eligibility issues impacting their access to mental health services or occupational therapy. Providers also mentioned a shortage of opportunities for free child- and family-friendly activities as well as challenges when other service providers have long wait lists.
- ⦿ In addition, providers affirmed that they needed a quicker response and a quicker way to get a hold of partners and agencies within the network of care and to know what is being offered, what supports are available that are time sensitive, if these are within budget, to better advocate for parents and children and being more knowledgeable about supports to best address family needs in the community.


## TARGET DOMAINS AND FAMILY POPULATIONS

- Partners reported that their programs mostly target families from low socioeconomic status, pregnant women, families with 0-24 months, and teen moms. On the other hand, incarcerated parents (22% Yuba, 27% Sutter) and school-age children (33% Yuba, 27% Sutter) were least targeted in HV programs.
- Programs center around child development and well-being, parent child interactions, and child safety. About 76% of all program participants (78% Yuba, 73% Sutter) also target family functioning and dynamics.
- All interviewees expressed shared desired outcomes of HV services: engaging families, improving parenting, supporting parent self-sufficiency, using natural supports, building successful parent-child relationships, and creating safe and healthy environments.
- Some distinct desired outcomes also emerged, such as a focus on shaping and re-directing child behaviors, helping navigate school readiness and developmental milestones, and creating environments conducive for youth to be successful in schools and remain in their home. Others focused on educating parents, such as providing knowledge about how trauma and adverse childhood experiences (ACEs) contribute to long-term outcomes, teaching coping mechanisms strategies, and preparing parents as their children's first teachers, helping them set and make progress on goals for their children.

## INTAKE: ELIGIBILITY AND SCREENINGS

- Among the providers, 85% of Yuba County and 89% of Sutter County participants have a consent form to share information with other providers. Additionally, 77% of Yuba providers and 86% of Sutter providers had an intake form in place. 
- More than half of the provider participants in Yuba (58%) and Sutter (57%) counties provide child development assessments/screenings (e.g. ASQ, ASQ-SE). Other common screenings include substance abuse (50% Yuba, 39% Sutter), depression (42% Yuba, Sutter 39%), and domestic violence (35% Yuba, 39% Sutter). Less than one-quarter of partners used Adverse Childhood Experiences (ACEs) assessments (23% Yuba, 18% Sutter).
- Similarly, interviewees reported that they typically use intake forms/initial assessment tools to help identify the needs of families and eligibility. Eligibility criteria for families varied among the interviewed providers based on program scope and provider expertise. Eligibility examples range from families meeting income or county residency requirements, medical necessities within the provider's level of care, and parent's willingness to engage with intervention strategies.

## OUTGOING REFERRALS

- ⦿ The majority of Sutter parent respondents (92%) and a quarter of Yuba respondents (27%) were referred to other agencies for services by their home visitor. All but one participant agreed that **their home visitor helped them connect with these services. Few participants in each county had difficulty accessing any of these additional services.** 
- ⦿ Among partners who use different screening, the vast majority followed-up by providing education materials when identifying needs related to the assessment areas. Most or all also provide service referrals when identifying a need through assessments.
- ⦿ Partners both counties often reported referring families to **Alta Regional Center, PIP, and Sutter Yuba Behavioral Health** following several screening/assessment types. They also often mentioned **Casa de Esperanza as their typical referral following a domestic violence screening.** Many of the providers also reported referring families to in-house or internal activities, or mentioned general county/community resources, therapy, or services depending on the individual need. There were no differences between Yuba and Sutter counties regarding where providers refer families.
- ⦿ **The majority of partners (78% Yuba, 73% Sutter) coordinate with (other) home visiting programs to some extent or as much as possible.** Providers reported coordinating with CalWORKs, Youth for Change, Head Start/Early Head Start, Family Stabilization, Yuba County Child Development Behavioral Consultation Program, Sutter County Children & Families Commission, and other local programs and agencies.
- ⦿ **All providers interviewed mentioned that they assist with referral follow-up and follow-through** to the best extent possible, including making warm referrals, providing bilingual resources/materials, and helping families navigate services more directly.
- ⦿ Interviewed participants were also asked about procedures when they were not able to serve families (e.g., due to capacity or eligibility requirements). **None of the providers reported simply turning families away.** Typically, if programs could not serve a family due to capacity limits, providers would waitlist the family and connect them with other resources in the interim. When eligibility criteria prevent a program from serving a family, providers will refer the family to other agencies in the community.



## PROGRAM IMPRESSIONS

- ⦿ The vast majority of those who receive home visiting services would recommend the program to others and report positive experiences with their home visitor. The majority agreed that:
  - their home visitor speaks to them clearly in a language they understand (73% Yuba, 75% Sutter)
  - their home visitor has taught them useful parenting skills (73% Yuba, 75% Sutter)
  - they like working with their home visitor (68% Yuba, 67% Sutter)
  - they received materials that represent their language, race, and ethnicity (68% Yuba, 75% Sutter)
  - they feel more confident in managing stress and challenges, because of their home visiting (68% Yuba, 75% Sutter)
  - their home visitor respects and understands their culture and beliefs (64% Yuba, 75% Sutter)
  - their home visitor spends enough time with them each visit (64% Yuba, 75% Sutter)



## PERCEIVED BENEFITS FROM THE HOME VISITING PROGRAM

- ⦿ Overall, of the 34 parent respondents engaged in a home visiting program during the pandemic, 65% believed they benefitted a lot from HV (55% Yuba, 83% Sutter). Additionally, 71% believed their children benefitted a lot from the services (73% Yuba, 71% Sutter).
- ⦿ Yuba County parents were specifically grateful for the perspective and guidance from an expert in the field; for receiving helpful tips as well as learning new resources and tools; for the knowledge they gained about their children. Parents also mentioned general improvement in their child's behaviors (e.g., following directions) as well as positive impact on their child's emotions.
- ⦿ Sutter parents provided more general feedback regarding the benefits they receive. Some reported that they have learned a lot and received support, and others noted that home visiting helped them understand and process their feelings. Another parent mentioned that they have seen improvement and progression in their child's excitement about learning.
- ⦿ Similarly, interviewed providers expressed positive changes in the families they serve. Providers commonly mentioned observing increased parent-child interaction, increased family satisfaction and happiness, strengthened parent and sibling relationships, reduction of multiple stressors, and improved communication and coping skills.



- One interview participant also mentioned that through home visiting, **parents become invested and less anxious**. They see that their children are learning and willing to participate, and often **want to continue home visiting to see even more positive impacts on their child**. Another provider mentioned that they see **growth in the parents' confidence and positive changes away from old habits toward more effective strategies in parenting** their own personal/professional development (e.g., furthering their career or getting a better job.)



## PROFESSIONAL DEVELOPMENT FOR HV STAFF

- Most partners who provide home visiting program offer professional development opportunities to their staff.
- Overall, the top five professional development opportunities provided to home visitors include **Trauma-Informed Care Basics** (88% Yuba, 75% Sutter), **Administering Screens/Assessments** (75% each county), **Cultural Responsiveness, Diversity, and Inclusion** (75% Yuba, 50% Sutter), **Motivational Interviewing** (63% Yuba, 50% Sutter), and **Early Life Adversity or ACEs** (63% Yuba, 50% Sutter).
- Most of interviewees expressed interest in professional development opportunities including **gaining more executive experience to inform program adjustments and community outreach**. Another provider mentioned a plan to return to a school for a Marriage and Family Therapist (MFT) degree after seeing difficulties to access therapists in the community.
- Providers also reported that they were interested in **receiving support in the form of trainings, best practices, recommendations, and latest research** to enable them to continue delivering quality services to clients.