



BIRTH & BEYOND

ANNUAL EVALUATION REPORT
EXECUTIVE SUMMARY

FY 2021-22



BIRTH & BEYOND SERVICES AND REACH

Birth & Beyond has provided quality community-based programs and services to prevent child abuse and neglect throughout Sacramento County since 1999.

Birth & Beyond is coordinated by the Child Abuse and Prevention Council (CAPC), in partnership with Folsom Cordova Community Partnership, La Familia Counseling Center, Mutual Assistance Network, River Oak Center for Children, Sacramento Children's Home, and WellSpace Health, who operate the nine Birth & Beyond Family Resource Centers (FRCs).

Birth & Beyond receives funding from First 5 Sacramento, the Sacramento County Department of Child, Family, and Adult Services (DCFAS), the Sacramento County Department of Human Assistance (CalWORKs), and AmeriCorps. Birth & Beyond's FRCs are located throughout Sacramento County in areas of high need. FRCs provide a continuum of standard services as well as unique activities and special events that reflect the characteristics of the communities they serve.

BIRTH & BEYOND CORE SERVICES

Birth & Beyond offers a continuum of child, family, and community services, ranging from light touch activities and events to more intensive intervention services.

HOME
VISITING

GROUP
PARENTING
EDUCATION
WORKSHOPS

CRISIS
INTERVENTION
SERVICES

SOCIAL
EMOTIONAL
LEARNING
SUPPORT

BIRTH & BEYOND DIRECT REACH

Birth & Beyond directly served nearly **5,000 Sacramento County families** across all programs and services, including **4,768 parents/caregivers** and **2,645 children** ages 0-17.

Nearly one-third of the parents/caregivers served were Hispanic/Latino (31%) and more than one-quarter were Black/African American (28%).

One-third (33%) of the participants primarily spoke a language other than English.



5,000 FAMILIES

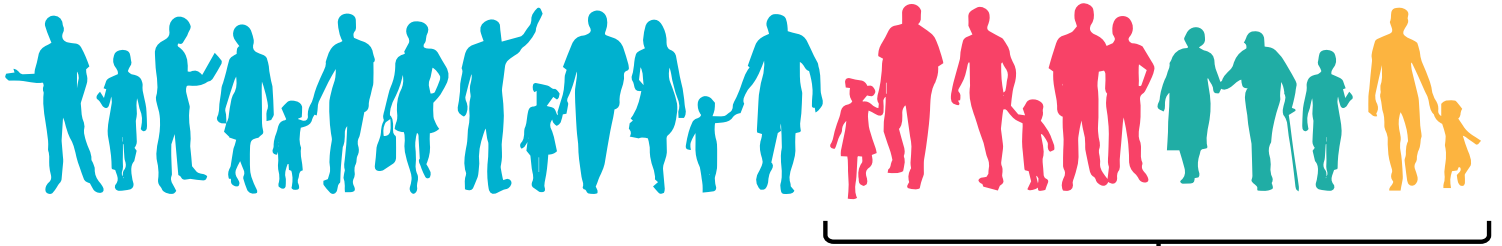


4,768 PARENTS/CAREGIVERS



2,645 CHILDREN

1 Strategy 68%	2 Strategies 23%	3 Strategies 8%	4 Strategies 1%
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ONE-THIRD of participants engaged in two or more strategies offered.

Families are encouraged to participate in multiple FRC strategies to maximize the impact on and benefit to their families.

One-third (32%) of the participants engaged in two or more distinct strategies (e.g., home visiting and group parenting education workshops) during FY 2021-22.

For instance, **MORE THAN HALF** (58%) of the home visiting participants also engaged in crisis intervention, 38% of home visiting participants also engaged in SELS activities.

FAMILIES ENGAGING IN MULTIPLE BIRTH & BEYOND STRATEGIES

	HOME VISITING	GROUP PARENTING EDUCATION WORKSHOPS	CRISIS INTERVENTION	SOCIAL EMOTIONAL LEARNING & SUPORTS
AMONG HV PARTICIPANTS	--	11%	58%	38%
AMONG PE PARTICIPANTS	16%	--	48%	25%
AMONG CI PARTICIPANTS	20%	11%	--	28%
AMONG SELS PARTICIPANTS	21%	10%	46%	--

Source: FY 2021-22 Persimmony Service Records

The table above further highlights participation in multiple strategies.

This reflects families that may have received more intensive services after participating in short-term or light-touch activities, as well as those who may receive connections to supplemental support through their home visitor.

PROGRAM OUTCOMES

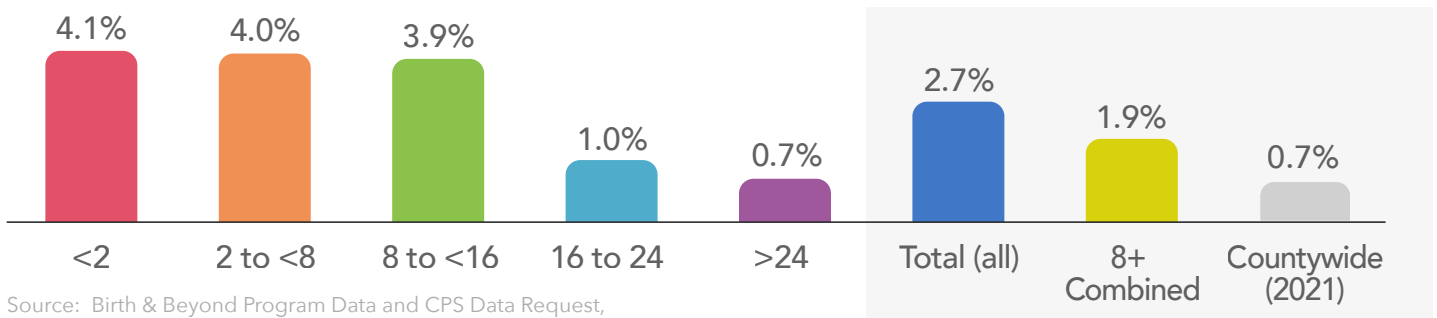
HOME VISITING: CHILD WELFARE OUTCOMES

Children receiving eight or more hours of Birth & Beyond home visiting were less likely to experience future substantiated CPS involvement than children receiving less than eight hours.

In partnership with Department of Children, Families and Adult Services (DCFAS), Birth & Beyond measures substantiated allegations of maltreatment among families who receive Birth & Beyond home visiting to identify the impact of Birth & Beyond home visiting on reducing CPS involvement.

Among the overall sample of children whose families had a Birth & Beyond home visiting intake between March 1, 2020 and February 28, 2021 (n = 1,478), 2.7% had substantiated CPS involvement within 12 months. However, among those with eight or more hours of home visiting, the proportion experiencing substantiated CPS involvement decreased to 1.9%. Although this rate is higher than countywide rates of 2021 CPS involvement (0.7%), it is important to note that nearly one-third (32%) of all participants had some prior involvement with CPS within the five years prior to intake, indicating Birth & Beyond serves a higher-risk sample compared to the general countywide population.

Substantiated CPS Allegations within 12 months of Intake, by Dosage (All Children)



Source: Birth & Beyond Program Data and CPS Data Request, N = 1,478 (Ns by dosage level: <2 hours: 14/338, 2 to < 8 hours: 17/421, 8 to < 16 hours: 10/256; 16 to 24 hours: 2/194; more than 24 hours: 2/269; Overall 8+ hours: 14/719).

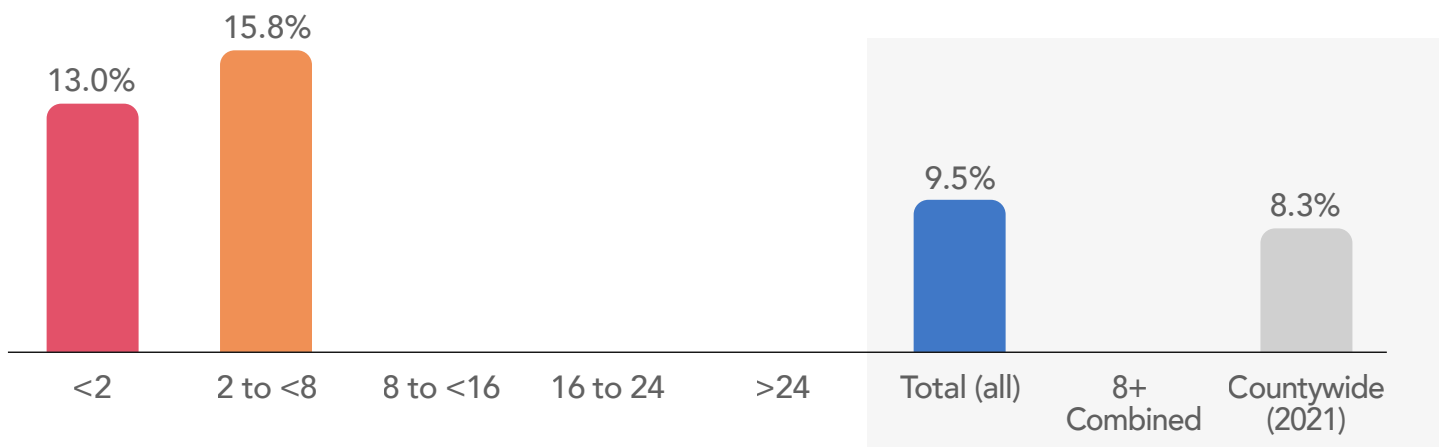
Of the families who received home visiting, 95 children had a prior substantiated CPS allegation in the six months before Birth & Beyond home visiting intake. This group is likely the highest-risk population of those served because they had a very recent prior substantiated CPS allegation.

Within this group, 9.5% experienced substantiated recurrence within 12 months of intake. **However, zero participants receiving eight or more hours had substantiated recurrence.**

The countywide proportion of children experiencing substantiated recurrence following a substantiated baseline was 8.3% in 2021.



Children with a Substantiated CPS Allegation 12 months after Intake, by Service Dosage (Cohort: Prior Substantiated Baseline Allegation)



Source: Birth & Beyond Program Data and CPS Data Request, N = 95 (Ns by dosage level: <2 hours: 3/23, 2 to < 8 hours: 6/38, 8 to < 16 hours: 0/18; 16 to 24 hours: 0/6; more than 24 hours: 0/10; Overall 8+ hours: 0/34).

HOME VISITING MODELS

More than **1,000 families** participated in one or more home visiting models offered by Birth & Beyond Family Resource Centers.

Home visiting is Birth & Beyond's most intensive strategy to support families and includes weekly in-person and/or virtual case management through evidence-based curriculum, as well as developmental screenings, and referrals/information for additional resources. In FY 2021-22, **1,024 families** participated in at least one Birth & Beyond home visiting model.

Parents as Teachers

Birth & Beyond implemented the Parents as Teachers (PAT) model during FY 2021-22. The PAT model aims to **strengthen protective factors**, including parental resilience, social connections, knowledge of parenting and child development, concrete supports, and children's social-emotional competence. In total, nearly **500 families** began participating in the PAT curriculum. Participant outcomes will be reported beginning in FY 2022-23.

Nurturing Parenting Program

Birth & Beyond also utilized the Nurturing Parenting Program (NPP) curriculum for families with school age children (six and older). In FY 2021-22, **466 families** participated in NPP home visiting. Participants **significantly improved** their Adult Adolescent Parenting Inventory (AAPI) scores, on average.

Healthy Families America

Birth & Beyond also uses the Healthy Families America (HFA) curriculum to support healthy development and well-being of low-income families enrolled in CalWORKs with children ages 0-3 months at time of enrollment. Home visitors identified parent-child attachment behaviors using the CHEERS Check-In tool. In FY 2021-22, **106 families** participated in the HFA curriculum. Among participants with at least two check-ins before the end of FY 2021-22, **46% improved their CHEERS scores.**

Reduction of African American Child Deaths

Lastly, two FRCs (MAN Arcade and the Valley Hi Village Program) receive First 5 funding to support activities intentionally designed as part of the larger Reduction of African American Child Deaths (RAACD) initiative.

In FY 2021-22, **68 families** participated in RAACD-funded home visiting through these sites, although curricula was largely in implementation during this FY and outcomes will be presented beginning in the FY 2022-23 report.



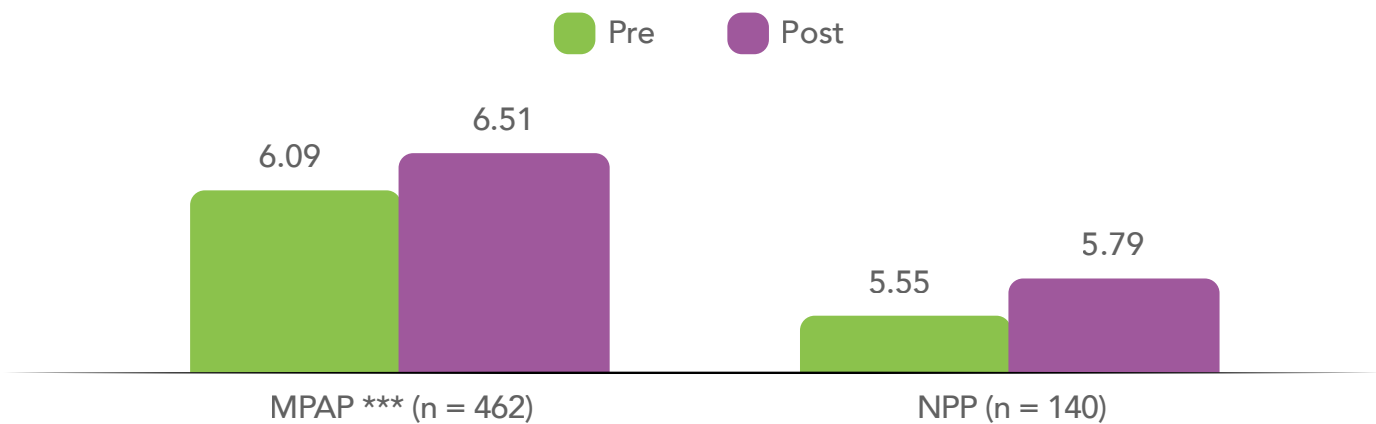
GROUP PARENTING EDUCATION WORKSHOPS

Group parenting education workshop participants **significantly improved parenting skills** and knowledge ranging from self-care and stress reduction to child rearing beliefs and strategies.

Parenting education workshop series are group-based classes operated by Family Resource Centers. In FY 2021-22, **754 parents/caregivers** attended **79 group parenting education workshop series**. Classes included the Make Parenting A Pleasure (MPAP) and the Nurturing Parenting Program (NPP). Participants completed assessments measuring parenting beliefs and skills prior to and after completion of the course.

The following figure shows increases in parenting knowledge and skills among participants who completed an assessment at the start of their group parenting education workshop series, and at completion. On average, MPAP participants had **significant increases in parenting knowledge and skills** ($p < .001$). NPP participants also had increases which were marginally significant, on average ($p < .10$).

Average Parenting Knowledge and Skills Increases after Group Parenting Education



Source: FY 2021-22 B&B MPAP Pre-Post, B&B AAPI Pre-Post. Statistically significant differences indicated as *** $p < .001$. Represents group averages. MPAP and AAPI scores range from 1 (High Risk) to 10 (Low Risk). Increases in scores represent desired outcomes.

Curriculum implemented shifted between the Nurturing Parenting Program, an adapted Parents as Teachers model to be culturally inclusive to Black/African American families, and the Effective Black Parenting Program curriculum adapted for a home visiting approach.

CRISIS INTERVENTION

Nearly **3,000 families** received short-term crisis intervention services. Participants significantly reduced stress levels and established plans toward self-sufficiency.

Crisis Intervention Services (CIS) are short-term services for Birth & Beyond Family Resource Center (B&B FRC) families experiencing a pressing concern or immediate need, such as lack of food or baby supplies, being unhoused, or disconnected utilities.

In FY 2021-22, B&B FRCs provided CIS to nearly 3,000 families. Among them, 71% (865/1,221) of participants with a pre- and post-stress level assessment had **reduced stress** after receiving CIS, and 34 out of 50 (68%) participants who had an initial FDM visit developed an **Empowerment Plan**.



SOCIAL EMOTIONAL LEARNING AND SUPPORTS (SELS)

Birth & Beyond FRCs provided **nearly 14,000** “light touch” SELS services to help families build relationships with FRCs and promote engagement with other strategies.

SELS are intended to be services that introduce a family to Birth & Beyond Family Resource Centers (B&B FRCs) and may **provide a gateway to more intensive B&B services**.

SELS activities included child development activities, peer support groups, life-skills classes, and stress-reducing activities. For instance, services included basic needs pop-up events, diaper distribution, community baby showers, COVID-19 testing, workshops, events/celebrations, and support groups. In FY 2021-22, B&B FRCs provided 13,788 SELS services to **1,820 families**, including 1,671 caregivers and 2,064 children.



From Skepticism to Trust: A Success Story

Celia (fictional name) joined a group parenting education workshop at Valley Hi FRC as part of a court-mandated requirement. Like many other participants, Celia was initially concerned about the FRC's connection to CPS and was skeptical of the benefits of engaging with the program. As a result, she was reluctant to open up during classes, but continued reassurance and support allowed her to open up to the facilitators.

Celia expressed that she was dealing with depression and needed support. Staff connected her with a crisis intervention specialist for more resources, including mental health and holiday support (including gifts and food). She later **successfully graduated** from her group parenting education course and expressed gratitude for the multitude of services with which B&B staff assisted her.

After completing the group parenting education workshop series, **Celia expressed appreciation for her facilitator and great experience in the class.** She even decided to retake the class, aiming to put more practice into the **new skills** she learned, as well as obtain additional skills that she may have missed the first time through. She also plans to engage in more FRC services as she becomes more available to do so. Celia's transition from skepticism to trust and excitement to continue engaging with the FRC also resulted in the facilitators reporting feeling motivated in their roles and their ability to provide services to the community.