

**COMMISSION MEETING**  
**March 5, 2019 – 5:30-7:30pm**  
**601 Texas Street, Conference Room B, Fairfield, CA 94533**

**CALL TO ORDER / SALUTE TO THE FLAG**

- |   |                                    |
|---|------------------------------------|
| <b>I. Public Comment</b>  | <b>Information</b>                 |
| <i>This is the opportunity for members of the public to address the Commission on matters not listed on the Agenda that are otherwise within the subject matter jurisdiction of the Commission. Please submit a Speaker Card and limit your comments to 3 minutes.</i>                    |                                    |
| <b>II. Consent Calendar</b> (5 min)   | <b>Action</b>                      |
| A. Approve the March 5, 2019 Commission Meeting Agenda<br>B. Approve the January 8, 2019 Commission Meeting Minutes   |                                    |
| <b>III. First 5 Solano FY2019/20 Proposed Budget</b> (45 min)   | <b>Action</b>                      |
| Consider approval of the First 5 Solano FY2019/20 Proposed Budget; and Delegate authority to the Executive Director to incorporate additional grant funds in the FY2019/20 budget<br><i>Megan Richards, Deputy Director</i>   |                                    |
| <b>IV. First 5 Solano Community Engagement Key Messaging</b> (45 min)   | <b>Information/<br/>Discussion</b> |
| Receive a presentation on the 2019 and beyond Committee Structure, including Commissioner roles; and discuss First 5 Solano key messages to utilize for community engagement events<br><i>Michele Harris, Executive Director; Matthew Davis, Solano County Public Information Officer</i> |                                    |
| <b>V. Policy and Oversight Committee Report</b> (Commissioner Huber) (10 min)   | <b>Information</b>                 |
| <i>Michele Harris, Executive Director</i>   |                                    |
| <b>VI. Executive Director's Report</b> (10 min)   | <b>Information</b>                 |
| <i>Michele Harris, Executive Director</i>   |                                    |
| <b>VII. Commissioner Remarks</b> (5 min)  | <b>Information</b>                 |
| <b>VIII. Future Agenda Items, Meeting Time/Date/Location</b> (5 min)  | <b>Information</b>                 |
| The next Commission meeting will be held on April 2, 2019 at 5:30PM at 601 Texas Street, Conference Room B, Fairfield. Future agenda items include: Awards of Funding, Committee Reports, F5CA Annual Report  |                                    |

**ADJOURN**

**Vision:** All Solano County children are loved, healthy, confident, eager to learn, and nurtured by their families, caregivers and communities. **Mission:** First 5 Solano Children and Families Commission is a leader that fosters and sustains effective programs and partnerships with the community to promote, support and improve the lives of young children, their families and their communities.

The First 5 Solano Children and Families Commission does not discriminate against persons with disabilities. If you require a disability-related modification or accommodation in order to participate in the meeting, please call (707) 784.1332 at least 24 hours in advance of the meeting to make arrangements. Non-confidential materials related to an item on this Agenda submitted to the Commission are available for public inspection at the First 5 Solano business office, 601 Texas Street, Suite 210, Fairfield, CA during normal business hours.



**First 5 Solano Children and Families Commission  
Commission Meeting**

January 8, 2019, 5:30 PM – 7:30 PM  
601 Texas Street, Fairfield, CA

**Minutes**

Commissioners present: Erin Hannigan, Jerry Huber, Dan Ayala, Jennifer Barton, Aaron Crutison, Lisette Estrella-Henderson, Nicole Neff (Arrived 5:53 PM)

First 5 Solano Staff present: Michele Harris, Megan Richards, Kwiana Algeré, Gene Ibe, Lorraine Fernandez, Juanita Morales, Luke Winders

Members of the public present: None

Chair Hannigan called the meeting to order at 5:32 PM

**I. Public Comment**

**II. Consent Calendar**

A. Approve the January 8, 2019 Commission Meeting Agenda.

***Motion: Approve the Commission Meeting Agenda for January 8, 2019.***

**Moved by Commissioner Barton; Seconded by Commissioner Ayala**

**Approved 6-0-0**

**Yea: Commissioners Ayala, Barton, Crutison, Estrella-Henderson, Hannigan, Huber**

**Nay: None**

**Abstain: None**

B. Approve December 4, 2018 Commission Meeting Minutes

***Motion: Approve the Commission Meeting Minutes for December 4, 2018.***

**Moved by Commissioner Barton; Seconded by Commissioner Ayala**

**Approved 5-0-1**

**Yea: Commissioners Ayala, Barton, Estrella-Henderson, Hannigan, Huber**

**Nay: None**

**Abstain: Crutison**

**III. Vallejo First 5 Center Update**

First 5 Solano has been looking into properties in the 94590 zip code, which was identified as having the greatest need in the county. Staff have been working closely with the owner of 400 Mare Island Way to occupy 7945 square feet on the first floor, with

approximately 2100 sf for First 5 Solano offices, and 5800 sf for the First 5 Center. The terms under negotiation are a 5-year lease with the option to renew for an additional 5 years. Administrative costs are estimated to stay about the same. The requested allocation for tenant improvements includes contingency for unforeseen issues and expenses. First 5 is working to secure outside funding as well, having already secured \$675,000. Kaiser is interested in funding a demonstration kitchen, where they could provide some services. Other requests are in, but much depends on having location secured.

Commissioner Barton inquired as to the status of reserve. Megan Richards said there is currently \$8-9 Million in reserves. Many First 5 agencies statewide had built up reserves, but many counties spent down over the years for continued operations. 15 years ago, this Commission realized funds were projected to run out in FY17/18 and addressed this, keeping reserves stable since that time. The Commission has no policy on how much to keep in reserve. The Commission discussed the risk of committing funds as yet unsecured. Staff restated that an annual reconciliation of costs/revenues for the center will be provided to the Commission. The Commissioners requested staff schedule a tour of one of the Contra Costa First 5 Centers.

Commissioner Neff arrived.

- A. ***Motion: Consider approval of an allocation of \$225,000 from reserve to cover cash flow for pending funding toward tenant improvements for the First 5 Center***

**Moved by Commissioner Estrella-Henderson; Seconded by Commissioner Ayala  
Approved 7-0-0**

**Yea: Commissioners Ayala, Barton, Crutison, Estrella-Henderson, Hannigan,  
Huber, Neff**

**Nay: None**

**Abstain: None**

- B. ***Motion: Consider approval of reallocation of \$280,000 in unspent funds from FY2018/19 in the 2018-2023 Program Investment Plan funding toward tenant improvements for the First 5 Center***

**Moved by Commissioner Estrella-Henderson; Seconded by Commissioner Ayala  
Approved 7-0-0**

**Yea: Commissioners Ayala, Barton, Crutison, Estrella-Henderson, Hannigan,  
Huber, Neff**

**Nay: None**

**Abstain: None**

**C. Motion: Consider approval of an allocation of \$300,000 annually for three years for operations at the First 5 Center**

**Moved by Commissioner Ayala; Seconded by Commissioner Huber**

**Approved 7-0-0**

**Yea: Commissioners Ayala, Barton, Crutison, Estrella-Henderson, Hannigan, Huber, Neff**

**Nay: None**

**Abstain: None**

#### **IV. Introduce 2019 Officers; Chair Affirms Commissioner Assignments**

Chair Hannigan affirms Policy and Oversight Committee of herself and Commissioners Huber and Estrella-Henderson, Funding and Legislative Efforts composed of Commissioners Crutison and Diaz, and Program and Community Efforts composed of Commissioners Anderson, Ayala, Barton, and Neff.

#### **V. First 5 Solano Community Engagement Key Messaging**

This item was tabled to March 5 meeting due to absence of the full Commission.

#### **VI. Executive Director's Report**

Ms. Harris shared First 5 Solano is one of 6 pilot counties distributing diaper kits with supplybank.org. An application is in for a grant with Office of Child Abuse Prevention which would serve about 80 women who are new or expectant mothers and current or past substance abusers. A \$25,000 demonstration kitchen grant was awarded from Kaiser for tenant improvements at the First 5 Center. Juanita Morales shared that the Solano County Fair has invited 0-5 providers to host a First 5 Space June 28<sup>th</sup> to June 30<sup>th</sup> in conjunction with community partners. Through the Executive Director's fund, First 5 Solano is purchasing five Little Free Libraries and working with Solano County Office of Education on contracting with QRIS child care sites to be stewards of a library.

#### **VII. Commissioner Remarks**

Commissioners wished all a happy new year and expressed enthusiasm for the work to be done in 2019. Commissioner Barton felt that our new Governor brings exciting opportunities for children. Commissioner Ayala commended the work being done moving the First 5 Center forward. Commissioner Huber advised caution as the federal government shutdown will affect many programs, requiring the state to use reserves and risk exhausting funds. He is monitoring California being one of 18 states appealing the decision that found the Affordable Care Act to be unconstitutional. The outcome could affect 125,000 Californians. Mr. Huber also shared that Solano County H&SS is seeking a \$500,000 Kresge

Grant which looks at second and third-generation poverty issues and could help with the First 5 Center.

### **VIII. Future Agenda Items**

The next Commission meeting will be held on March 5, 2019 at 5:30PM at 601 Texas Street, Conference Room B, Fairfield. Future agenda items include: FY2019/20 Proposed Budget, First 5 Solano Community Engagement Key Messaging, and Committee Reports.

#### **Adjourn**

Chair Hannigan adjourned the meeting at 6:19 PM.

Luke Winders, Office Assistant III

Approved:

**DATE:** February 28, 2019  
**TO:** First 5 Solano Children and Families Commission  
**FROM:** Megan Richards, Deputy Director  
**CC:** Michele Harris, Executive Director  
**SUBJECT:** First 5 Solano FY2019/20 Proposed Budget

**Motion: Consider approval of the First 5 Solano FY2019/20 Proposed Budget; and Delegate authority to the Executive Director to incorporate additional grant funds in the FY2019/20 budget**

### **Budget Summary**

The FY2019/20 Proposed Budget (Attachment A) represents the second year of the Commission's 2018-2023 Program Investment Plan. The FY2019/20 budget includes \$5.16 million in projected expenditures and \$4.36 million in projected revenues. This budget represents a 4% projected decrease in expenditures, and a projected 12% decrease in revenues from FY2018/19.

The FY2019/20 budget includes \$430,000 in one-time funds for tenant improvements at the First 5 Center Vallejo as well as \$300,000 in funds allocated for cash flow, bringing the on-going expenditure down to \$4.4 million, consistent with the 2018-2023 Program Investment Plan and revenues estimated for the current year. The Commission's FY2019/20 budget reflects a gap of \$804,227 between revenues and expenditures, the majority (\$730,000) of which is one-time or intended to be secured by outside resources.<sup>1</sup>

### **Commission Planning Tools and Relation to Annual Budget**

In reviewing the Commission's FY2019/20 Proposed Budget, it is helpful to understand how the annual budget fits with within the Commission's long term planning. The following documents are fundamental Commission documents that guide staff in implementing the Commission's work:

- Strategic Plan-Sets the vision and priorities of the Commission. Last updated in 2016.
- Long-Term Financial Plan-Sets the long-term vision and policies for funding priorities. Last updated in 2016. Model updated annually.
- Program Investment Plan-Communicates how funds will be allocated among the Commission's Goals over a multi-year period. In December 2017, the Commission adopted a new 2018-2023 Program Investment Plan,
- Annual Budget-Creates detailed spending plan for specific revenue and expenditure for a one-year time period.

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<sup>1</sup> Note that the Commission's Long-Term Financial Plan (LTFP) details the circumstances upon which the Commission records incoming revenue. While revenues are expected to be secured throughout the year, the LTFP requires that the Commission only record revenues once received. The Commission may wish to revisit this LTFP clause, as its operations and expectations have evolved over the years.

This item brings forward the FY2019/20 Annual Budget which reflects all of the planning documents and formalizes the Program Investment Plan into an expenditure plan. More information on the planning documents and their interrelation can be found in Attachment B.

### **Budget Process & Timeline**

The First 5 Solano Children and Families Commission FY2019/20 Proposed Budget was submitted by the required due date to the County Administrator (February 25, 2019). Commission staff have notified the CAO's office that the First 5 Solano budget will be finalized after the Commission reviews and approves its budget at the March 5, 2019 Commission meeting. First 5 Solano's Proposed Budget will go before the Solano County Board of Supervisors in June 2019 as part of the overall annual FY2019/20 County Budget.

### **Budget Assumptions**

The FY2019/20 Projected Budget is built on certain assumptions:

- Proposition 10 tobacco tax revenues will be available as projected;
- First 5 California will meet its match funding obligations for IMPACT;
- Funds from H&SS for MHSA funds and other funds will be available as projected;
- The State and Federal Budgets do not impact overall County, school and community services, and in turn impact First 5 Solano and its grantees;
- Funds are only included if they are secured.

Should any of these assumptions change, the Commission will have the opportunity to consider changes to this Budget as needed and appropriate.

### **Revenues**

Revenues include Proposition 10 tobacco tax, interest, matching funds, and other revenue such as donations, small grants, and providing county services.

Overall revenues are projected to decrease by \$614,517 (12%) from FY2019/20 estimates. This projected decrease is due to several factors including:

- The expected decline in Proposition 10 tobacco tax
- One-time funds for tenant improvements for the First 5 Center Vallejo that were received in FY2018/19, that are not included in FY2019/20 because funds have not yet been secured.

These declines are offset by small increases in funding for IMPACT, a First 5 CA match program and expected interest on the reserves increasing from 1.25% to 2.0%

Other sources of revenue include revenue for services provided on behalf of Health & Social Services (H&SS) which complements the Systems Change work of the Commission and includes:

- \$50,000 to provide capacity building activities for nonprofits, including a nonprofit capacity building cohort on "Mission and Vision."
- \$30,000 to provide support to Health & Social Services on the contracting process. Goals of this work include looking at the contracting process system-wide to create efficiencies and ensure outcomes are achieved.
- \$50,000 for implementation of the Resilient Solano Strategic Plan to address Adverse Childhood Experiences (ACEs).



## Expenditures

First 5 Solano's FY2019/20 Proposed Budget includes \$5,161,263 of expenditure and represents an overall decrease of \$208,029 (4%) in expenditures as the Commission enters the second year of its 2018-2023 Program Investment Plan. \$430,000 of the budgeted expenditures are one-time in nature for tenant improvements at the First 5 Center Vallejo. The majority of expenditures (87%) remain program expenditures. Approximately 3% of expenditures are dedicated to evaluation and data collection. Administrative expenses constitute 10% of the expenditures, which is well below the Administrative Cost cap of 15%.

## **Programs**

On-going program expenditures of \$4,068,680 are included in the proposed budget following the Commission's 2018-2023 Program Investment Plan. This includes direct program expenditures, along with internal programs and staff support to operate these programs.

Program expenditures include funds dedicated to each of the Commission's priority areas (Health & Well-Being, Early Learning & Development, Family Support & Parent Education, Systems Change), as well as funds for activities across priority areas, such as Annual Grants and Help Me Grow.

Details of the budgeted amounts are found in the Table below:

<b>Priority Area</b>	<b>Budgeted Amount</b>	<b>Strategy</b>
<b>Priority 1: Health &amp; Well Being</b>	400,000	Triple P Parent Education (includes MHSA)
	100,000	Early Childhood Mental Health Provider Training (includes MHSA)
	200,000	Developmental Screenings (includes MHSA)
	100,000	Early Childhood Mental Health Treatment (EPSDT)
	40,000	Dental Services
<b>Total Priority 1</b>	<b>\$840,000</b>	
<b>Priority 2: Early Learning &amp; Development</b>	200,000	Pre-Kindergarten Academies
	347,000	IMPACT quality early care and education
	47,700	Beck Ave Child Start rent
	75,000	Raising a Reader
<b>Total Priority 2</b>	<b>\$669,700</b>	
<b>Priority 3: Family Support &amp; Parent Education</b>	300,000	Triple P Parent Education (includes MHSA)
	50,000	Family Support in Rio Vista
	600,000	Family Support in Vallejo (First 5 Center)
<b>Total Priority 3</b>	<b>\$950,000</b>	
<b>Priority 4: Systems Change</b>	532,000	See budget in Systems Change table below
<b>Total Priority 4</b>	<b>\$532,000</b>	
<b>Across Priorities</b>	200,000	Help Me Grow
	200,000	Annual Grants
	102,000	Community Engagement (see budget table below)
	25,000	Co-Sponsorship of Training and Conferences
<b>Total Across Priorities</b>	<b>\$527,000</b>	

**Community Engagement:** The Community Engagement Activities budget is requested for \$92,000, plus \$10,000 for community engagement grant. Minor adjustments between line items are being requested to account for changes in cost and community need.

**FY2019/20 Community Engagement Budget**

Description	FY2018/19 Amount	FY2019/20 Amount
Community Engagement/April Children’s Month Grants	10,000	10,000
Parent Information Calendar	39,000	44,000
Kit for New Parent Customization	5,000	4,000
Event Partnerships	4,000	4,000
Promotional Materials	14,000	14,000
Messaging	30,000	30,000
<b>Total Projected Community Engagement Budget</b>	<b>\$102,000</b>	<b>\$102,000</b>

**Systems Change/Collaboration:** The Systems Change and Collaboration budget is included at \$432,000 of Commission funds and \$100,000 of additional revenue from Health and Social Services to complement the Commission’s Systems Change work.

**FY2019/20 Systems Change Budget**

Description	FY18/19 Budget	FY19/20 Commission Amount	FY19/20 Other Funding	FY19/20 Total Budget
<b>Staffing</b>				
Executive Director @ 0.3 FTE	60,000	63,000		<b>63,000</b>
Deputy Director @ 0.25 FTE	45,500	46,000		<b>46,000</b>
Policy Manager @ 1.0 FTE	124,500	131,000		<b>131,000</b>
<b>Operations</b>				
Collective Impact/Resilience plan implementation	90,000	30,000	50,000	<b>80,000</b>
Systems Change Grantee Participation Grants	35,000	35,000		<b>35,000</b>
Grant writing & Business Challenge Grants	15,000	15,000		<b>15,000</b>
Professional Services	50,000	50,000		<b>50,000</b>
Systems Change Supports	85,000	45,000	50,000	<b>95,000</b>
Collaboration/Community Training and Capacity Building	15,000	15,000		<b>15,000</b>
Internal Training/Regional Travel	2,000	2,000		<b>2,000</b>
<b>Total Projected Systems Change Budget</b>	<b>\$517,000</b>	<b>\$432,000</b>	<b>\$100,000</b>	<b>\$532,000</b>

**Evaluation and Data Collection**

The FY2019/20 proposed budget for evaluation/data collection services remains at \$140,000.

## **Staffing**

The FY2019/20 proposed budget includes 7.0 FTEs and 1 Extra Help staff (College Intern). This remains the same from FY2018/19. The proposed budget of \$1,035,587 for staffing is a \$53,857 or 5% increase from the FY2018/19 budget. The increase is primarily due to step increases for staff, as well as cost of living increases in multiple line items.

## **Services and Supplies**

Operational costs are projected to decrease by \$80,969. This includes a savings of \$10,000 from the use of an outside auditor. Also included in services and supplies is the one-time funds for tenant improvements. In FY2018/19, this included \$500,000 from Yocha Dehe and Solano County. In FY2019/20, this includes \$430,000 of reallocated Commission funds.

## **FY2019/20 Proposed Budget Conclusion**

Overall, the First 5 Solano FY2019/20 Proposed Budget implements the second year of the 2018-2023 Program Investment Plan. Revenues are projected to decrease \$614,517 (12%) and expenses are projected to decrease \$208,029 (4%) from the prior year.

The FY2019/20 budget includes \$430,000 in one-time funds for tenant improvements at the First 5 Center Vallejo as well as \$300,000 in funds allocated for cash flow, bringing the on-going expenditure down to \$4.4 million, consistent with the 2018-2023 Program Investment Plan and revenues estimated for the current year. The Commission's FY2019/20 budget reflects a gap of \$804,227 between revenues and expenditures, the majority (\$730,000) of which is one-time or intended to be secured by outside resources.

The Commission's Long Term Financial Plan Model has been updated reflecting the FY2019/20 Proposed Budget (Attachment C).

## **Next Steps**

Next steps on the implementation of the FY2019/20 Budget and the second year of the 2018-2023 Program Investment Plan include:

- Confirm the FY2019/20 Proposed Budget with the County Administrator's Office and bring it forward to County budget hearings in June
- Approve allocations of funding at the April 2019 Commission Meeting
- Release Request for Proposals:
  - FY2019/20 Annual Grants
  - Developmental Screenings/Help Me Grow
- Continue implementation of Community Engagement and Systems Change activities
- Secure site, additional funds for tenant improvements & operations: Vallejo First 5 Center
- Incorporate grant funding into budget as received
- Implement second year of 2018-2023 Program Investment Plan

Attachment A: FY2019/20 First 5 Solano Proposed Budget

Attachment B: Interrelation of Planning Tools

Attachment C: First 5 Solano Long Term Financial Plan Model Updated February 2019

Attachment D: FY2019/20 First 5 Solano Proposed Budget Presentation



**First 5 Solano Children and Families Commission  
Fiscal Year 2019-2020**

Department 1530 - Summary  
Budget Report - First 5

Attachment A

Number	Description	FY2018/19 Approved Budget	FY2019/20 Requested Budget	Variance	Percent Change	Comments
<b>Subsubjects 1000 - Salary and Benefits</b>						
1110	Salary/Wages RE	634,726	660,250	25,524	4%	
1121	Salary/Wages EX	23,227	23,227	0	0%	1 college intern ~20hrs/week
1131	Salary/Wages OT	0	-	0	0%	
1210	Retirement-Employer	137,708	158,800	21,092	15%	
1211	PARS Retirement	8,655	11,535	2,880	33%	
1212	Deferred Comp-County Match	392	650	258	66%	
1213	OPEB	12,696	13,206	510	4%	
1220	FICA-Employer	49,280	50,983	1,703	3%	
1230	Health Ins-Employer	95,049	97,624	2,575	3%	County assigned benefits for permanent staff
1231	Vision Care Insurance	1,176	1,176	0	0%	
1240	Compensation Insurance	7,002	6,088	(914)	-13%	
1241	Lt Disability Insurance ER	2,077	2,185	108	5%	
1250	Unemployment Insurance	513	996	483	94%	
1260	Dental Ins-Employer	7,752	7,386	(366)	-5%	
1290	Life Insurance-Employer	1,477	1,481	4	0%	
	<b>TOTAL</b>	<b>981,730</b>	<b>1,035,587</b>	<b>53,857</b>	<b>105%</b>	
<b>Subsubjects 2000 - Services and Supplies</b>						
2021	Communication-County Telephones	3,479	3,666	187	105%	county assigned cost
2022	Communication-Telephone System	400	400	0	100%	
2023	Communication-Voice Mail	296	327	31	110%	county assigned cost
2026	Cell Phone Allowance	1,860	1,860	0	100%	ED/DD
2050	Insurance-Risk Management	3,841	3,322	(519)	86%	county assigned cost
2051	Liability Insurance	3,512	4,642	1,130	132%	county assigned cost
2140	Maintenance Bldgs & Improv	1,000	-	(1,000)	0%	
2170	Memberships	7,500	7,500	0	100%	First 5 Association dues
2175	Miscellaneous Expense	250	250	0	100%	
2180	Books and Subscriptions	500	500	0	100%	
2200	Office Expense	4,000	4,000	0	100%	
2203	Computer Components	13,500	9,000	(4,500)	67%	3 computers
2205	Postage	200	100	(100)	50%	
2221	Records Storage	100	100	0	100%	
2235	Accounting & Financial	25,000	15,000	(10,000)	60%	
2236	Consulting Service	3,000	-	(3,000)	0%	
2245	Contracted Services	3,000	3,000	0	100%	audio for commission meetings
2250	Other Professional Services	528,000	458,000	(70,000)	87%	Commissioner stipends/ED fund/First 5 Center Tenant Improve
2266	Central Data Processing Services	39,138	46,940	7,802	120%	county assigned cost
2270	Software	500	500	0	100%	
2271	Software Rental/Subscription	500	500	0	100%	
2280	Publications and Legal Notices	500	500	0	100%	
2281	Advertising/Marketing	1,000	500	(500)	50%	
2285	Rents & Leases-Equipment	6,000	7,000	1,000	117%	copier lease and copies
2295	Rents & Leases-Buildings	1,500	-	(1,500)	0%	
2310	Education & Training	4,000	4,000	0	100%	
2312	Special Departmental Expense	725	725	0	100%	
2335	Travel Expense	3,500	3,500	0	100%	
2337	Refreshments	2,000	2,000	0	100%	
2339	Management Business Expense Allowa	1,300	1,300	0	100%	
2354	Automobile Allowance	3,900	3,900	0	100%	
2355	Personal Mileage	3,000	3,000	0	100%	
	<b>TOTAL</b>	<b>667,001</b>	<b>586,032</b>	<b>-\$80,969</b>	<b>88%</b>	
	<b>TOTAL SALARY AND SUPPLIES</b>	<b>1,648,731</b>	<b>1,621,619</b>	<b>-\$27,112</b>	<b>98%</b>	

**First 5 Solano Children and Families Commission  
Fiscal Year 2019-2020**

Department 1530 - Summary  
Budget Report - First 5

Attachment A

Number	Description	FY2018/19 Approved Budget	FY2019/20 Requested Budget	Variance	Percent Change	Comments
<b>Subsubjects 3000 - Other Charges</b>						
3007	Collaboration	200,000	200,000	0	100%	Help Me Grow
3008	Discretionary Fund	327,000	200,000	(127,000)	61%	Annual Grants
3009	Health Access	100,000	-	(100,000)	0%	reallocated to developmental screenings
3010	Co-sponsor Conferences/Trainings	25,000	25,000	0	100%	
3011	School Readiness Grants	200,000	200,000	0	100%	Pre-K Academies
3014	Early Mental Health Grants	1,025,000	700,000	(325,000)	68%	200k dev screenings; 100k training; 400k Triple P
3016	Family Support/Parent Education Grants	625,000	950,000	325,000	152%	300k Triple P; 50k RVFRC; 600k F5C
3018	Child Care Grants	378,313	469,700	91,387	124%	307k IMPACT SCOE; 47k Beck lease; 75k RAR; 40k hub
3051	Data Collection/Evaluation	140,000	140,000	0	100%	Evaluation & Persimmony
3053	Community Engagement	102,000	102,000	0	100%	
3054	Systems Change	377,000	292,000	(85,000)	77%	1.55 FTE in salary and benefits; includes HSS ACEs and Capa
3690	Interfund Services	48,554	51,940	3,386	107%	rent for 601 Texas
3691	Interfund Services - Acctg & Payroll	9,300	12,230	2,930	132%	
3692	Interfund Services - Legal Services	6,000	7,800	1,800	130%	
3694	Interfund Services - Professional	100,000	140,000	40,000	140%	H&SS 100k EPSDT; 40k dental
3695	Interfund Svcs - Maintenance	0	500	500	-	
3696	Interfund Services -Small Projects	1,000	1,000	0	100%	
3697	Interfund Svcs - Postage	1,000	1,000	0	100%	
3698	Interfund Services - Labor	1,000	1,000	0	100%	
3710	County Administrative Overhead	44,600	35,407	(9,193)	79%	county assigned cost A-87
	<b>TOTAL</b>	<b>3,710,767</b>	<b>3,529,577</b>	<b>(181,190)</b>	<b>95%</b>	

<b>Subsubjects 5000 - Other Financing Uses</b>						
5040	Trans Out-POBs	9,794	10,067	273	103%	county assigned cost
	<b>TOTAL</b>	<b>9,794</b>	<b>10,067</b>	<b>273</b>	<b>103%</b>	
	<b>TOTAL EXPENSES</b>	<b>5,369,292</b>	<b>5,161,263</b>	<b>(208,029)</b>	<b>96%</b>	
<b>Subsubjects 9400 &amp; 9500 - Revenues</b>						
9401	Interest Income	98,113	163,122	65,009	166%	Interest increase to 1.25%
9569	State - Other	3,196,898	3,038,986	(157,912)	95%	Prop 10 revenue
9591	Other Revenue	311,857	347,157	35,300	111%	IMPACT-F5CA and Hub
9690	Interfund Svcs Provide - County	99,685	72,771	(26,914)	73%	1570 revenue; ; HSS contract training
9694	Interfund Svcs Pro Svcs -	670,000	730,000	60,000	109%	MHSA; CHIP; nonprofit capacity building
9703	Misc Revenue	395,000	5,000	(390,000)	1%	PKBC/donations; small grants
9807	Transfer In-County Contribution	200,000	0	(200,000)	0%	
	<b>TOTAL REVENUES</b>	<b>4,971,553</b>	<b>4,357,036</b>	<b>(614,517)</b>	<b>88%</b>	
	<b>AMOUNT NEEDED FROM RESERVE</b>	<b>(397,739)</b>	<b>(804,227)</b>	<b>(406,488)</b>	<b>202%</b>	

## First 5 Solano Children and Families Commission Interrelationship of Planning Tools

	<b>Strategic Plan</b>	<b>Evaluation Framework</b>	<b>Long Term Financial Plan</b>	<b>Multi-Year Program Investment Plan</b>	<b>Annual Budget</b>
<b>Purpose</b>	Set vision and priorities	Make the Strategic Plan measurable	Provide long-term policies and projections for funding priorities	Communicate how funds will be allocated among highlighted Goals	Translate vision into action through detailed spending plan
<b>Key Functions</b>	<ul style="list-style-type: none"> <li>• Set Priorities for 10 years</li> <li>• Highlight Goals for 2-5 years</li> </ul>	<ul style="list-style-type: none"> <li>• Identify and attach Indicators to the Results in the Strategic Plan</li> <li>• Track program performance and contributions to positive movement in community-level Indicators</li> </ul>	<ul style="list-style-type: none"> <li>• Forecast by type of revenue or expense</li> <li>• Quantify amount of program investment each year</li> <li>• Establish policies on use of financial resources</li> </ul>	<ul style="list-style-type: none"> <li>• Review recent allocations against LTFP policies</li> <li>• Direct program investment funds to grant programs and to highlighted Goals</li> <li>• Provide a timeline for funding</li> </ul>	<ul style="list-style-type: none"> <li>• Provide specific forecasts and expenditure plans by revenue and expense accounts</li> </ul>
<b>Scope</b>	Broad	Moves from broad to specific	Broad	Moves from broad to specific	Specific
<b>Planning Horizon</b>	10 years	Aligns with the Strategic Plan	10 years	3-5 years	One year
<b>Revisions</b>	Annual Review	Annual Review	Annual Review	Annual Update	Annual Creation Continuous monitoring
<b>Does not...</b>	Make specific spending commitments	Identify all program performance indicators	Obligate future Commissions to specific funding or authorize contracts	Specify grantees or contracts	Guarantee future funding to current grantees

Adapted from Proposition 10 Financial Planning Guidebook, June 2002, page 18





**First 5 Solano Children and Families Commission**  
**2016 LONG TERM FINANCIAL PLAN UPDATE**  
**Model Revision February 2018**

CATEGORY	FY2016-2018		FY2018/19-FY2022/23					Projection FY2023/24	Projection FY2024/25	Projection FY2025/26
	Y1	Y2	Y1	Y2	Y3	Y4	Y5			
	Actual FY2016/17	Actual FY2017/18	Budgeted FY2018/19	Budgeted FY2019/20	Projection FY2020/21	Projection FY2021/22	Projection FY2022/23			
<b>REVENUE</b>										
<b>Fund Balance (Beginning)</b>	<b>8,107,069</b>	<b>8,385,908</b>	<b>8,353,676</b>	<b>8,224,402</b>	<b>7,678,238</b>	<b>7,773,095</b>	<b>7,781,951</b>	<b>7,694,187</b>	<b>6,930,760</b>	<b>6,080,079</b>
Tobacco Tax - Prop 10	3,371,579	2,982,978	3,196,898	3,038,986	3,027,292	2,939,394	2,842,597	2,768,689	2,696,704	2,626,589
Interest	66,782	102,534	98,113	163,122	153,565	155,462	155,639	153,884	138,615	121,602
Matching Funds	409,389	540,368	911,857	947,157	600,000	600,000	600,000			
Other	51,366	121,572	764,685	207,771	-					
Unexpended funds returned to LTFP			268,465	258,063	194,000	194,000	194,000	194,000	194,000	194,000
<b>TOTAL REVENUE</b>	<b>3,899,116</b>	<b>3,747,452</b>	<b>5,240,018</b>	<b>4,615,099</b>	<b>3,974,857</b>	<b>3,888,856</b>	<b>3,792,236</b>	<b>3,116,573</b>	<b>3,029,319</b>	<b>2,942,191</b>
<b>Total Available Resources</b>	<b>12,006,185</b>	<b>12,133,360</b>	<b>13,593,694</b>	<b>12,839,501</b>	<b>11,653,095</b>	<b>11,661,951</b>	<b>11,574,187</b>	<b>10,810,760</b>	<b>9,960,079</b>	<b>9,022,269</b>
<b>APPROPRIATIONS</b>										
<b>Program Priorities 1-4</b>	<b>2,990,005</b>	<b>3,136,389</b>	<b>4,697,772</b>	<b>4,498,680</b>	<b>3,183,000</b>	<b>3,183,000</b>	<b>3,183,000</b>	<b>3,183,000</b>	<b>3,183,000</b>	<b>3,183,000</b>
Salaries, Benefits, Services and Supplies	382,718	374,631	421,983	492,051	457,000	457,000	457,000			
Priority 1 - Health and Well Being	734,503	843,927	1,250,000	840,000	700,000	700,000	700,000			
Priority 2 - Early Care & Education	530,882	626,248	603,370	669,700	290,000	290,000	290,000			
Priority 3 - Family Support & Parent Education	782,382	726,160	650,000	950,000	650,000	650,000	650,000			
Priority 4 - Systems Change	297,193	450,075	607,000	532,000	432,000	432,000	432,000			
Other	262,327	115,348	1,165,419	1,014,929	654,000	654,000	654,000			
Evaluation & Data Collection	131,250	135,150	140,000	140,000	140,000	140,000	140,000	140,000	140,000	140,000
<b>Total Program</b>	<b>3,121,255</b>	<b>3,271,539</b>	<b>4,837,772</b>	<b>4,638,680</b>	<b>3,323,000</b>	<b>3,323,000</b>	<b>3,323,000</b>	<b>3,323,000</b>	<b>3,323,000</b>	<b>3,323,000</b>
<b>Administrative</b>										
<b>Total Administrative</b>	<b>499,022</b>	<b>508,145</b>	<b>531,520</b>	<b>522,583</b>	<b>557,000</b>	<b>557,000</b>	<b>557,000</b>	<b>557,000</b>	<b>557,000</b>	<b>557,000</b>
<b>Administrative Percentage</b>	<b>14%</b>	<b>13%</b>	<b>10%</b>	<b>10%</b>	<b>14%</b>	<b>14%</b>	<b>14%</b>	<b>14%</b>	<b>14%</b>	<b>14%</b>
<b>TOTAL APPROPRIATIONS</b>	<b>3,620,277</b>	<b>3,779,684</b>	<b>5,369,292</b>	<b>5,161,263</b>	<b>3,880,000</b>	<b>3,880,000</b>	<b>3,880,000</b>	<b>3,880,000</b>	<b>3,880,000</b>	<b>3,880,000</b>
Net Increase/Decrease	278,839	(32,232)	(129,274)	(546,164)	94,857	8,856	(87,764)	(763,427)	(850,681)	(937,809)
<b>Fund Balance (Ending)</b>	<b>8,385,908</b>	<b>8,353,676</b>	<b>8,224,402</b>	<b>7,678,238</b>	<b>7,773,095</b>	<b>7,781,951</b>	<b>7,694,187</b>	<b>6,930,760</b>	<b>6,080,079</b>	<b>5,142,269</b>

<b>Assumptions:</b>	Prop 10 revenue estimates by BOE through FY2022/23 then decline at 2.6% Only Secured Matching Funds in Revenue and Expenditure Interest at rate of 2%
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# FIRST 5 SOLANO CHILDREN AND FAMILIES COMMISSION

BUDGET PRESENTATION

FISCAL YEAR 2019/20

MARCH 5, 2019



Benicia Library imaginary animal and vet station!



- **Motions:**

- Consider approval of the First 5 Solano FY2019/20 Proposed Budget
- Delegate authority to the Executive Director to incorporate additional grant funds in the FY2019/20 budget



## COMMISSION PLANNING TOOLS

- 2016 Strategic Plan
- 2016 Long-Term Financial Plan Update
- 2018-2023 Program Investment Plan
- Annual Budget

3



## COUNTY BUDGET PROCESS

- Proposed FY2019/20 Budget submitted February 25, 2019 as part of the overall County Budget process
- Commission approves budget March 5, 2019
- Supplemental budget due May 2019 (Optional)
- Incorporated in County Budget June 2019
- Funds assigned to County Reserve cannot be accessed once the Budget is approved

4



## BUDGET ASSUMPTIONS

- Proposition 10 tobacco tax revenues available as projected
- First 5 California meets its match obligations for IMPACT
- Funds from H&SS for MHSA and other funds are available as projected
- The State and Federal Budgets do not significantly impact overall County, school, and community services, and in turn impact First 5 Solano and its grantees
- Budget does not include funds which are “anticipated” but not secured

5



## FEDERAL AND STATE LANDSCAPE

- Continued challenging federal picture
- New Governor
  - Early childhood friendly
  - Included budget for expansion of early childhood education and developmental screenings
  - Included budget for expansion of ACEs awareness and screening
- Submitted \$2 million state budget request for First 5 Center via Asm. Grayson

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## LOCAL LANDSCAPE

- **First 5 Center Vallejo**
  - Challenging Vallejo real estate market-site not yet secured
  - Tenant improvements-one-time revenue and expenditure
  - RFP for contractor-bringing forward recommendation in April
  - Allocated \$300,000 cash flow; directed staff to secure \$300,000 in outside funding for First 5 Center operations
- **Developmental Screenings**
  - One-time projects to integrate developmental screenings into well-child visits did not move forward
  - Reallocated well-child check funds toward on-going developmental screenings
  - Releasing RFP for services-timeline TBA
- **ECE expansion barrier assessment**

7



## FY2019/20 BUDGET COMPONENTS

### Revenues

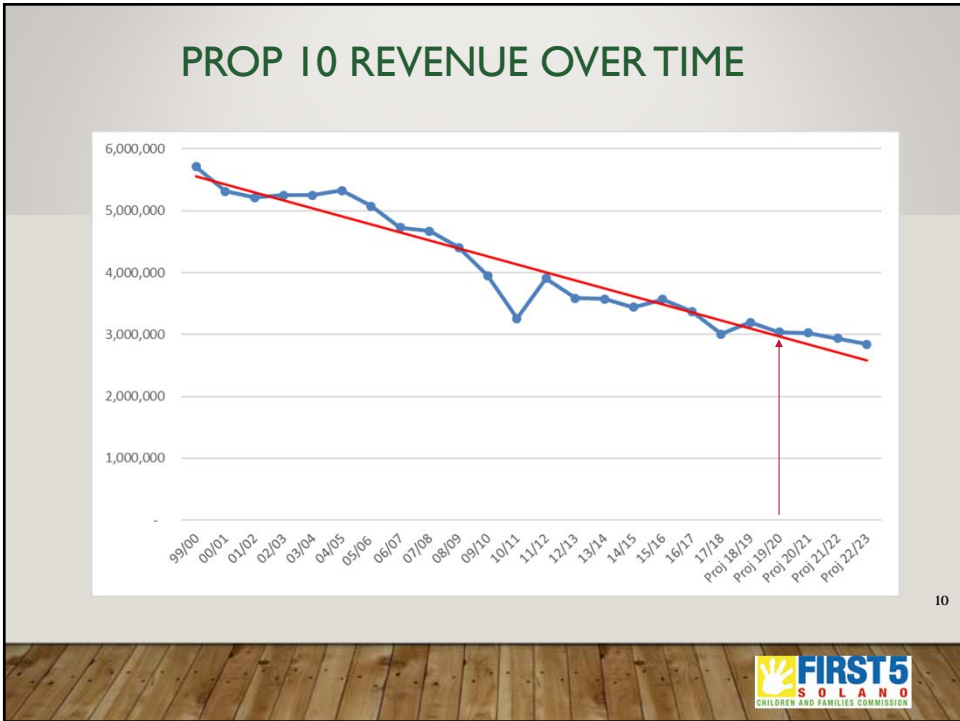
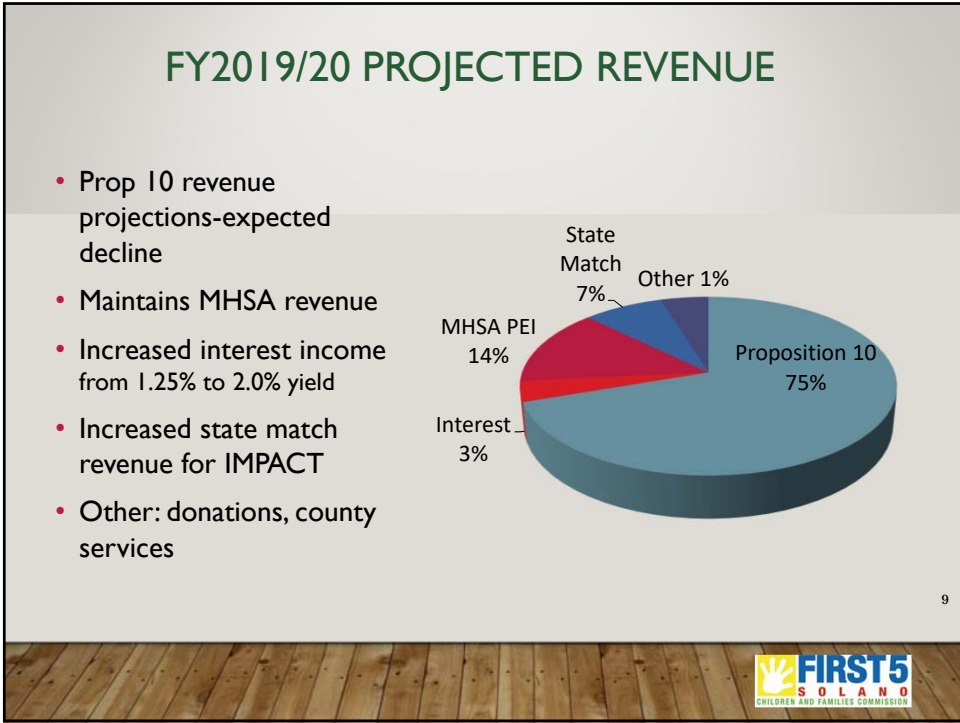
- Proposition 10 State Disbursement
- State Match Funds
- Interest Income
- MHSA Funds
- Donations/Grants/Other

### Expenditures

- Program
- Administration
- Evaluation

8





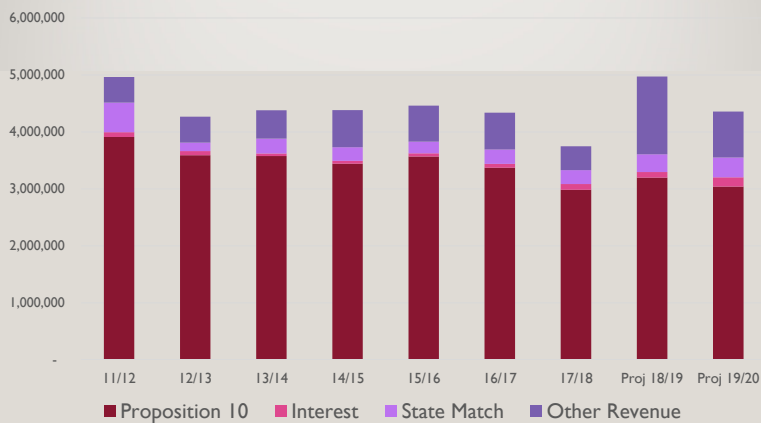
## FY2019/20 PROJECTED REVENUE

		FY2018/19	FY2019/20
Proposition 10 State Disbursements	+	3,196,898	3,038,986
Interest Income	+	98,113	163,122
MHSA/PEI Funds	+	600,000	600,000
State Match Revenue	+	311,857	347,157
One-Time: Tenant Improvements	+	500,000	
Other: Donations/Small Grants/County Services	+	264,685	207,771
<b>Total Revenue</b>	<b>=</b>	<b>\$4,971,553</b>	<b>\$4,357,036</b>
<b>12% Decrease in Revenue</b>	<b>=</b>		<b>(\$614,517)</b>

11



## REVENUE OVER TIME



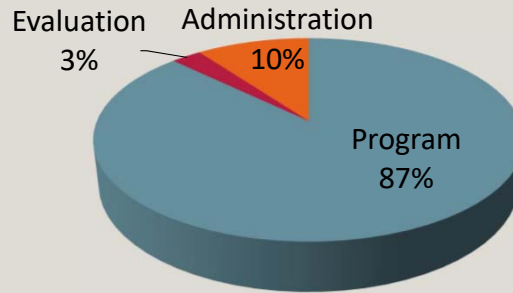
12





## FY2019/20 PROJECTED EXPENDITURES

- No substantive change in percentages
- Administration below 15% cap



13

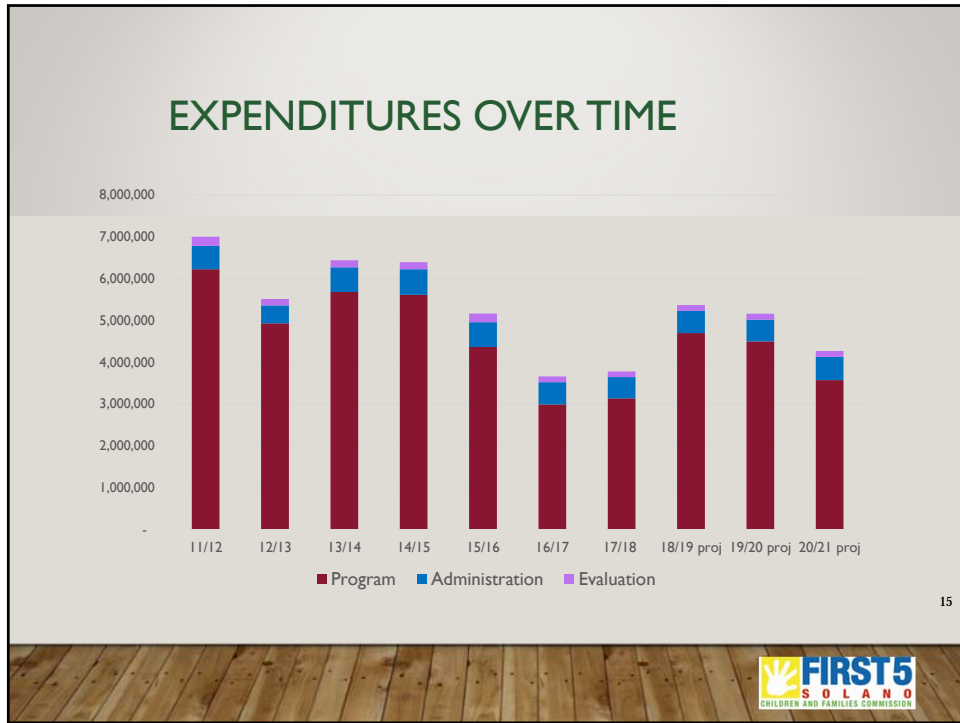



## FY2019/20 EXPENDITURES

		FY2018/19	FY2019/20
On-Going Program Expenditures	+	3,777,772	4,068,680
One-Time Program Expenditure		920,000	430,000
Evaluation & Data Collection Expenditures	+	140,000	140,000
Administrative Expenditures	+	531,520	522,583
<b>Total Expenditure</b>	=	<b>\$5,369,292</b>	<b>\$5,161,263</b>
<b>4% Decrease in Expenditure</b>	=		<b>(\$208,029)</b>

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- ### DIRECT SERVICE PROGRAMS
- Health and Well-Being
    - Triple P Positive Parent Education
      - Trained 42 providers
      - 8 agencies implementing services
    - Mental Health Provider Trainings
    - Early Childhood Mental Health Treatment-EPSDT
    - Allocated \$40,000 dental to support Prop 56 plan roll out
    - Anticipating releasing RFP for Developmental Screenings; timeline TBA
- 
- 16
-

## DIRECT SERVICE PROGRAMS



- Early Childhood Learning & Development

- IMPACT

- Continuing with Solano County Office of Education
- Includes \$10,000 for provider training for caring for children with special needs
- Current IMPACT grant from First 5 CA ends June 2020; First 5 CA planning for future
- Allocated \$75,000 for Raising a Reader
- Head Start Lease-Enter Year 5
- Pre-K Academies continuing
- ECE Assessment-present findings to Commission in Summer<sup>17</sup>



## DIRECT SERVICE PROGRAMS



- Family Support and Parent Education

- Triple P-See slide 16
- Rio Vista Family Support through Rio Vista CARE
- Vallejo Family Support through Fighting Back Partnership until December 2019
- Vallejo Early Childhood Center
  - RFP for operator-bring recommendation to April Commission
  - In lease negotiations for 3375 Sonoma Blvd



## DIRECT SERVICE PROGRAMS

- Across All Priorities
  - Help Me Grow Solano-Align solicitation timeline with developmental screenings; timeline TBA
  - Annual Grant Program
    - Current grants completing June 2019
    - Release RFP for FY2019/20, bring recommendations to Commission in June

19



## COMMUNITY ENGAGEMENT

Description	Amount
Community Engagement Fund Grants	10,000
Parent Information Calendar	44,000
Kit for New Parent Customization	4,000
Event Partnerships	4,000
Promotional Materials	10,000
Messaging	30,000
<b>Total Community Engagement Budget</b>	<b>\$102,000</b>


20



### SYSTEMS CHANGE/COLLABORATION

Description	Amount
Executive Director @ 0.3 FTE	63,000
Deputy Director @ 0.25 FTE	46,000
Policy Manager @ 1.0 FTE	131,000
System Change Grantee Participation Grants	35,000
Collective Impact/Resilience Plan Implementation	80,000
Grant-writing & Business Challenge Grants	15,000
Professional Services	50,000
Systems Change Supports	95,000
Collaboration/Community Training & Capacity Building	15,000
Training	2,000
<b>Systems Change Budget-Commission</b>	<b>\$432,000</b>
<b>Systems Change Budget-Other Revenue</b>	<b>\$100,000</b>
<b>Systems Change Budget-Total</b>	<b>\$532,000</b>


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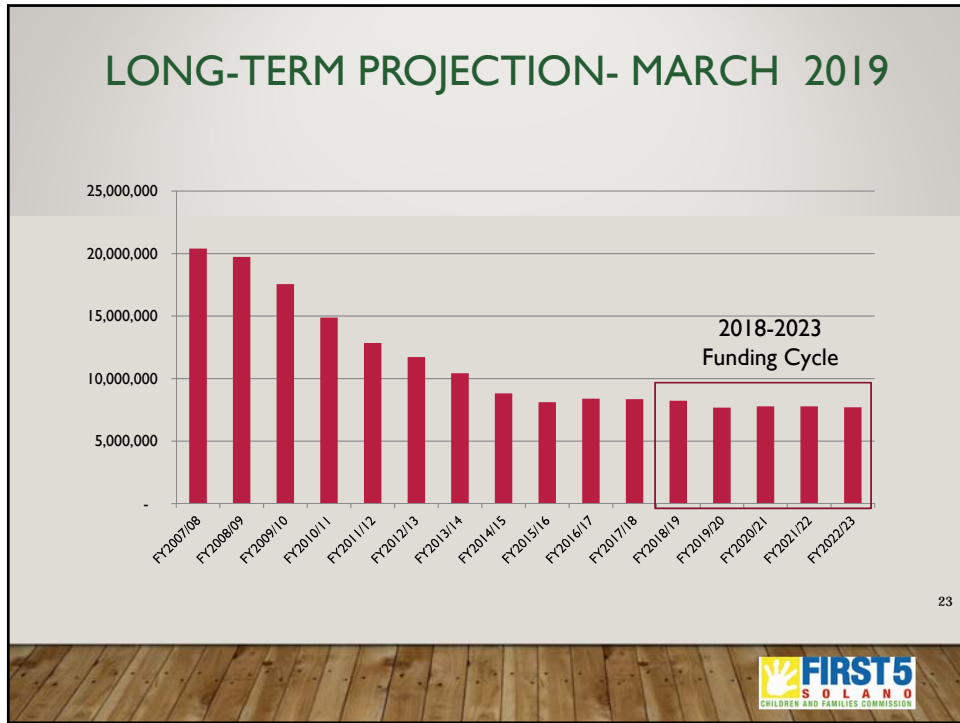



### STAFFING

<b>Program</b>	
5.1 FTE Staff & 1 College Intern	762,919
<b>Administration</b>	
1.9 FTE Staff	272,668
<b>Total Staffing</b>	<b>1,035,587</b>

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- ### FY2019/20 BUDGET NEXT STEPS:
- Approve FY2019/20 Budget March 2019-bring through county budget process
  - Approve allocations of funding April & June 2019
  - Release RFPs
    - FY2019/20 Annual Grants
    - Developmental Screenings/Help Me Grow
  - Continue implementation of Community Engagement and Systems Change work
  - Implement Vallejo Early Childhood Center
  - Incorporate grant funding into budget as received
  - Implement second year of 2018-2023 Program Investment Plan
- 24
- 

# Questions?



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**DATE:** February 28, 2019  
**TO:** First 5 Solano Children and Families Commission  
**FROM:** Michele Harris, Director  
**SUBJ:** **2019 Community Engagement Key Messaging**

For the 2019 year, the Commission has changed its structure. The Commission has reduced its number of standing committees from 2 to 1. Additionally, the Commission has assigned responsibility for community engagement and legislative efforts to Commission members.

As Commission members are asked to engage and speak at public events, staff is bringing forward an item to review the key messages used to talk about First 5 Solano's work in the community, so that all Commission members will have these talking points readily available and be prepared when the opportunity to speak about the Commission arises.

Included in this item are 3 handouts:

1. The powerpoint presentation that summarizes this item;
2. A simplified bulleted list of key messages used by the commission and/or staff when speaking about the commission and its programs; and
3. A visually appealing handout of the commission's work, should commissioners want to leave any materials behind while representing the commission in the community.



# 2019 First 5 Solano Commission

Mission, Vision, Values & Principles  
Commissioner Assignments  
Key Messages Overview  
Public Information Office – Solano County

# Mission, Vision, Values & Principles

## Overarching Principles

Evidence-based ● Trauma-informed ● Focused on high-risk/need  
Access ● Coordination ● Collaboration ● Leveraging

### Mission

First 5 Solano Children and Families Commission is a leader that fosters and sustains effective programs and partnerships with the community to promote, support and improve the lives of young children, their families and their communities

### Vision

All Solano County children are loved, healthy, confident, eager to learn, and nurtured by their families, caregivers, and communities

### Core Values

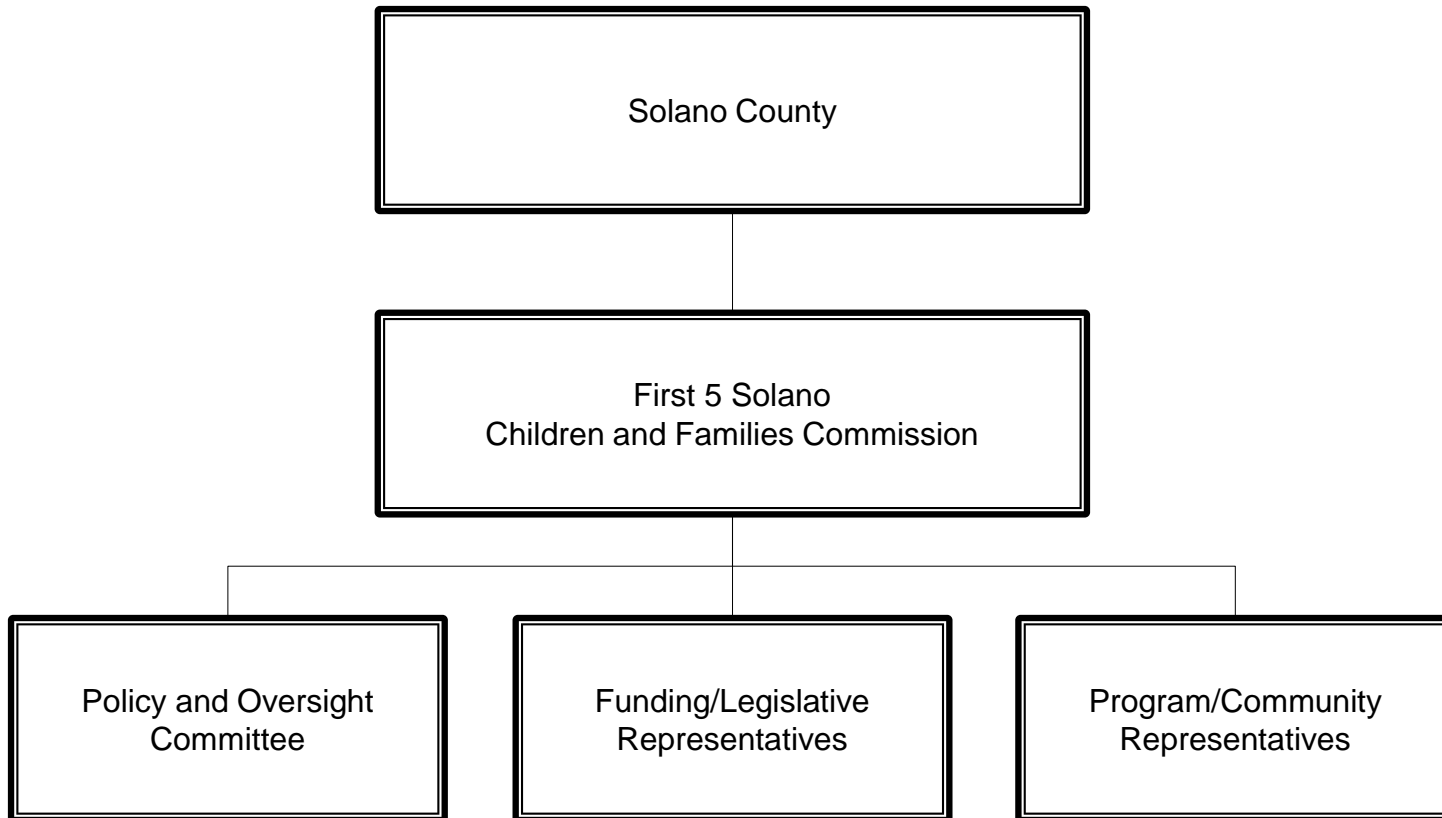
Collaboration  
Innovation  
Community Engagement  
Respect for Diversity  
Advocacy  
Integrity  
Accountability  
Sustainability  
Equity  
Integration



# Commissioner Assignments

Policy and Oversight Committee  
Funding/Legislative Representation  
Program/Community Representation

# 2019 and Beyond Commission Structure



# Commissioner Job Description Excerpt

## Major Areas of Commission Responsibility

- A. Policy/Strategic Planning
- B. Allocation of Funds
- C. Accountability
- D. Functioning/Staffing
- E. Community Engagement

## Commissioner Job Duties

- A. Attend Meetings
- B. Select Assignment

# Policy and Oversight Committee

A standing, Brown Act Committee, consisting of 3-4 members, typically including the Commission Chair and Vice-Chair

- Meets regularly on an approved annual schedule
- Reviews regular reports on the Commission's budget and internal operations
- Provides guidance and feedback to Executive Director
- Recommends operational and policy changes to the full Commission, as needed

Current Membership: Hannigan, Huber and Estrella-Henderson



# Policy and Oversight Committee (cont.)

- Exercises limited authority regarding allocations of funding of up to \$5,000, as delegated by the full Commission
- Participates in the evaluation of the Executive Director in conjunction with the CAO
- Oversees the process for Strategic Planning
- Receives program updates, including the mid-year report
- Monitors programs that have Contract Compliance Action Plans

Current Membership: Hannigan, Huber and Estrella-Henderson

# Funding/Legislative Representatives

Consists of 2-3 Commissioners appointed by the Commission Chair, who meet on an ad-hoc basis in accordance with Solano County's Legislative Platform review and then as needed and share responsibility for the activities below:

- Reviews and provides input to the Commission's annual Legislative Platform
- Represents the Commission in legislative visits
- Attends statewide Advocacy Day at the state capitol
- Represents the Commission with funders to encourage additional resources for Solano County & its nonprofit partners

Current Membership: Crutison and Diaz

# Program/Community Representatives

Consists of 2 or more Commissioners appointed by the Commission Chair, who meet on an ad-hoc basis at the beginning of the year and then as needed and share responsibility for the activities below:

- Administers the Community Engagement Fund
- Participates on the Annual Grants Solicitation Review Panel to evaluate programs for funding

Current Membership: Anderson, Ayala, Barton and Neff

# Key Messages

Elevator Speech Points  
Longer-time Points

# 30-Second Key Messages

1. First 5 Solano Children and Families Commission funds programs for children ages 0-5 and their families.
2. Did you know that a child's brain develops more in the first five years than at any other time in their life?
3. Our main goals are to
  - a. help children and families now, and
  - b. ensure strong systems are in place to support families in the long-term. We believe that investing in community builds stronger generations to come.
4. Last year we invested over \$4 million to support more than 30 programs and we served 8,200 children, parents and caregivers, and providers of early childhood services.

# Longer Key Messages

1. First 5 Solano Children and Families Commission funds programs for children ages 0-5 and their families.
2. Did you know that a child's brain develops more in the first five years than at any other time in their life?
3. How children are nurtured and cared for during their first years has a profound impact on how the brain is organized. The relationships a young child has with parents and caregivers can determine how a child will function in school and later in life.
4. Our main goals are to
  - a. help children and families now, and
  - b. ensure strong systems are in place to support families in the long-term. We believe that investing in community builds stronger generations to come.

# Longer Key Messages (cont.)

5. We fund direct services as well as systems change efforts designed to make early childhood systems work together better.
6. Last year we invested over \$4 million to support more than 30 programs and served 10,000 children, parents and caregivers, and providers of early childhood services.
7. Collaboration is key: our accomplishments are reflective of the many partners and agencies all working in the same direction to ensure that all Solano children thrive in safe, stable, healthy, and nurturing families and communities.
8. Programs we support:
  - a. Help Me Grow, a call center that connects families to resources
  - b. Pre-kindergarten academies, to help give a leg up to children with no prior preschool experience so they don't fall behind when they start school
  - c. Developmental screenings, to identify any challenges early and intervene
  - d. Quality in Childcare sites, so children get the best start.

# Concepts

A word cloud of concepts related to early childhood development and investment. The words are arranged in a roughly triangular shape, with 'Investment' at the top and 'Collaboration' at the bottom. The words are in various colors, including green, blue, and black. The largest words are 'Investment', 'Brain Development', 'Stronger Generations', and 'Collaboration'. Other words include 'Help Me Grow', 'Systems Change', 'Pre-kindergarten', 'Funding', 'Prenatal', 'Impact', 'Quality', 'Families', 'Child', 'Best Practices', 'Parents', 'Programs', 'Convener', and 'Infants'.

Investment  
Help Me Grow  
Systems Change  
Pre-kindergarten  
Funding  
Prenatal  
Impact  
Quality  
Families  
Brain Development  
Child  
Best Practices  
Parents  
Programs  
Convener  
Infants  
Stronger Generations  
Collaboration



# Messaging Foundational Concepts – 1, 2, 3

Getting your intended message to land is as simple as 1, 2, 3...

## Step 1: Preparation

- Objective
- Audience
- Strategy

## Step 2: Engagement

- Hook
- Relate
- Share Your Message

## Step 3: Action

- Read the Room
- Follow Up
- Follow Through

Matthew Davis, Solano County Public Information Officer  
[MATDavis@SolanoCounty.com](mailto:MATDavis@SolanoCounty.com) and (707) 784-6111

# Messaging Foundational Concepts – 1

Getting your intended message to land is as simple as 1, 2, 3...

## Step 1: PREPARATION

- **Objective**, what do you want to achieve and why?
- **Audience**, who is the target audience for your message?
- **Strategy**, what means are you going to use to share your message?

Matthew Davis, Solano County Public Information Officer  
[MADavis@SolanoCounty.com](mailto:MADavis@SolanoCounty.com) and (707) 784-6111

# Messaging Foundational Concepts – 2

Getting your intended message to land is as simple as 1, 2, 3...

## Step 2: ENGAGEMENT

- **Hook**, use an interesting statement / observation to get your audience's attention
- **Relate**, look for shared commonalities to relate to your audience
- **Share Your Message**, be brief, be clear and use relatable messages

Matthew Davis, Solano County Public Information Officer  
[MATDavis@SolanoCounty.com](mailto:MATDavis@SolanoCounty.com) and (707) 784-6111

# Messaging Foundational Concepts – 3

Getting your intended message to land is as simple as 1, 2, 3...

## Step 3: ACTION

- **Read the Room**, get to know your audience, and pay attention to their circumstances
- **Follow Up**, ask your audience for a means to follow up with them at a later date
- **Follow Through**, if possible, call, email, text or meet to ensure action is taken

Matthew Davis, Solano County Public Information Officer  
[MATDavis@SolanoCounty.com](mailto:MATDavis@SolanoCounty.com) and (707) 784-6111

## Key Messaging Talking Points – 30 seconds

1. First 5 Solano Children and Families Commission funds programs for children ages 0-5 and their families.
2. Did you know that a child's brain develops more in the first five years than at any other time in their life.
3. Our main goals are to help children and families now, and ensure strong systems are in place to support families in the long-term. We believe that investing in community builds stronger generations to come.
4. Last year we invested over \$4 million to support more than 30 programs and we served 8,200 children, parents and caregivers, and providers of early childhood services.

## Key Messaging Talking Points – 2 minutes

1. First 5 Solano Children and Families Commission funds programs for children ages 0-5 and their families.
2. Did you know that a child's brain develops more in the first five years than at any other time in their life.
3. How children are nurtured and cared for during their first years has a profound impact on how the brain is organized. The relationships a young child has with parents and caregivers can determine how a child will function in school and later in life.
4. Our main goals are to help children and families now, and ensure strong systems are in place to support families in the long-term. We believe that investing in community builds stronger generations to come.
5. We fund direct services as well as systems change efforts designed to make early childhood systems work together better.
6. Last year we invested over \$4 million to support more than 30 programs and served 8,200 children, parents and caregivers, and providers of early childhood services.
7. Collaboration is key: our accomplishments are reflective of the many partners and agencies all working in the same direction to ensure that all Solano children thrive in safe, stable, healthy, and nurturing families and communities.
8. Programs we support:
  - a. Help Me Grow, a call center that connects families to resources
  - b. Pre-kindergarten academies, to help give a leg up to children with no prior preschool experience so they don't fall behind when they start school
  - c. Developmental screenings, to identify any challenges early and intervene
  - d. Quality in Childcare sites, so children get the best start.

# First 5 Solano Children and Families Commission

## ABOUT US



### Who are we?

The First 5 Solano Children and Families Commission is one of 58 Children and Families Commissions created when the voters approved Proposition 10 in 1998.

Funds are used to promote support and improve the lives of young children, their families and their communities.



### What do we do?

First 5 Solano supports programs and partnerships in the community that span the areas of health, parent education, basic needs such as food and housing, and early learning programs to help children prepare for kindergarten.

## COMMUNITY PARTNERS

### Where are we going?

First 5 Solano funds direct services in the community as well as systems change efforts designed to make early childhood systems work together better.

We have dual goals of helping children and families now, while ensuring strong systems are in place to support families in the long-term. We know that investing in community builds stronger generations to come.



## Solano County

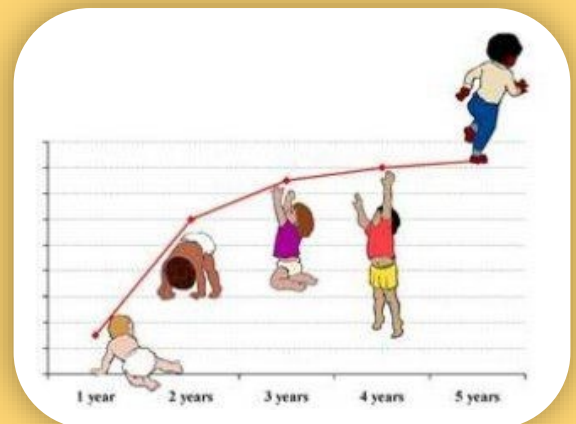
Solano County is home to a diverse community of over 400,000 residents.

Uniquely positioned midway between San Francisco and Sacramento and with the most affordable housing in the region, Solano has become a bedroom community for the rest of the Bay Area.



## Did you know?

A child's brain develops more in the first five years than at any other time in their life.



How children are nurtured and cared for during their first years has a profound impact on how the brain is organized. The relationships a young child has with parents and caregivers can determine how a child will function in school and later in life.

# First 5 Solano Children and Families Commission

## OUTCOMES

### How do we make our decisions?

We know we can't meet all the needs of every child and family. We use a wide range of data and community information to help point our compass:

1. We look at data to see the greatest needs of children and families across the county.
2. We conduct interviews with local leaders to identify the great programs already in place
3. We identify the ways in which First 5 Solano could help fill critical gaps in services.



### What did we accomplish?

In the last year, First 5 Solano Children and Families Commission invested over \$4 million to support more than 30 programs in the community and served nearly 10,000 young children, their parents and caregivers, and providers of early childhood services.

Accomplishments are reflective of the many partners and agencies all working in the same direction to ensure that all Solano children thrive in safe, stable, healthy, and nurturing families and communities.

#### RESOURCE CONNECTION



Connecting children and their families to the resources they need.

#### EARLY IDENTIFICATION

Screening children for developmental delays, paving the way for their future success.



#### IMPROVING THE QUALITY OF LOCAL CHILD CARE

Engaging over 50 early care and education sites in quality assessment and improvement.



#### BOOSTING KINDERGARTEN READINESS SKILLS

Providing 20 pre-kindergarten academies across the county.



### Coming Soon!

First 5 Solano is establishing a First 5 Center in Vallejo—the center is being strategically located in an area where children are at the highest risk of poor outcomes when compared to any other community in Solano County.

The center will be an innovative hub to engage families, support community connectedness, and allow children to play, learn and grow. Parents and caregivers will find a safe and welcoming environment where they can receive holistic support to meet their family needs and be connected to community resources.



**POLICY AND OVERSIGHT COMMITTEE MEETING**  
**February 20, 2019, 3:30-5:00 PM**  
**601 Texas Street, Suite 210, Fairfield, CA 94533**

**CALL TO ORDER**

**I. Introductions, Public Comment, Commissioner Comment**

**II. Consent Calendar**

**Action**

- A. Approve the February 20, 2019 Policy and Oversight Committee Meeting Agenda
- B. Approve the November 14, 2018 SPC Meeting Minutes
- C. Receive the Commissioner Meeting Attendance Status Report

**III. Co-Sponsorship of Training and Conferences Fund Application**

**Action**

**Motion A:** Consider approval of a request from Solano County Resource Family Association, Foster Kinship Care Education Program for an allocation of up to \$3,000 to hold the Annual Foster Kinship Care Education Conference

**Motion B:** Consider approval of a request from Fairfield-Suisun Adult School, for an allocation of up to \$1,950 to be trained to implement the Latino Family Literacy Project  
*Kwiana Algere, Health Education Specialist*

**IV. Resilient Solano Strategic Plan**

**Information/Discussion**

Receive a presentation on the Resilient Solano Strategic Plan  
*Kwiana Algere, Health Education Specialist*

**V. Strategic Plan Implementation Updates**

**Information/Discussion**

Receive updates on the following:

- A. First 5 Center Vallejo
- B. Programs and Contracts
- C. Systems Change Implementation Plan
- D. Community Engagement

*Gene Ibe, Lorraine Fernandez, and Juanita Morales, Program Managers*

**VI. First 5 Solano Staffing and Finance Update**

**Information**

Receive a report on First 5 Solano staffing and financials  
*Megan Richards, Deputy Director*

**VIII. Future Agenda Items, Meeting Time/Date/Location**

**Information**

The Policy and Oversight Committee is scheduled to meet next on Thursday, March 28, 2019, 1:30 PM to 3:00 PM, at 601 Texas Street, Suite 210, Fairfield, CA. Future agenda items include: FY2018/19 Mid-Year Report; Co-Sponsorships of Training and Conferences; Systems Change Update; Community Engagement Update; and Staffing and Finance Update

**ADJOURN**

IT'S ALL ABOUT THE KIDS

**Vision:** *All Solano County children are loved, healthy, confident, eager to learn, nurtured by their families, caregivers and communities.*

**Mission:** *First 5 Solano Children and Families Commission creates and fosters programs and partnerships with community entities to promote, support and improve the lives of young children, their families and their communities.*

The First 5 Solano Children and Families Commission does not discriminate against persons with disabilities. If you require a disability-related modification or accommodation in order to participate in the meeting, please call (707) 784.1332 at least 24 hours in advance of the meeting to make arrangements. Non-confidential materials related to an item on this Agenda submitted to the Commission are available for public inspection at the First 5 Solano business office, 601 Texas Street, Suite 210, Fairfield, CA during normal business hours.

**First 5 Solano Children and Families Commission  
Policy & Oversight Committee Meeting**

February 20, 2019, 3:30 PM – 5:00 PM  
601 Texas Street, Suite 210, Fairfield, CA

**Minutes**

Commissioners present: Lisette Estrella-Henderson, Jerry Huber, Erin Hannigan (arrived 3:50pm)

First 5 Solano Staff present: Michele Harris (Executive Director), Lorraine Fernandez, Juanita Morales, Gene Ibe, Kwiana Algeré

Members of the public present: None

Chair Huber called the meeting to order at 3:30pm.

**I. Introduction, Public Comment, Commissioner Comment**

There were no public comments. There were no commissioner comments.

**II. Consent Calendar**

A. Approve the February 20, 2019 POC Meeting Agenda

***Motion: Approve the POC Meeting Agenda for February 20, 2019***

**Moved by Commissioner Estrella-Henderson; Seconded by Commissioner Huber  
Approved 2-0-0**

**Yea: Commissioners Estrella-Henderson, Huber**

**Nay: None**

**Abstain: None**

B. Approve the November 14, 2018 SPC Meeting minutes

***Motion: Approve the SPC Meeting Minutes for November 14, 2018***

**Moved by Commissioner Estrella-Henderson; Seconded by Commissioner Huber  
Approved 2-0-0**

**Yea: Commissioners Estrella-Henderson, Huber**

**Nay: None**

**Abstain: None**

C. Receive the Commissioner Meeting Attendance Status Report

**III. Co-Sponsorship of Training and Conferences Fund Application**

**Motion A:** Consider approval of a request from Solano County Family Resource

Association, Foster Kinship Care Education Program for an allocation of up to \$3,000 to hold the Annual Foster Kinship Care Education Conference

Ms. Algeré stated that \$3,000 grant would help foster and adoptive relative caregivers and would help promote understanding of the effects of trauma and abuse on children ages 0-5. The conference is March 6 to March 9, and the requested amount is part of an overall budget of around \$75,000 for the conference.

***Motion A: Consider approval of a request from Solano County Resource Family Association, Foster Kinship Care Education Program for an allocation of up to \$3,000 to hold the Annual Foster Kinship Care Education Conference***

**Moved by Commissioner Estrella-Henderson; Seconded by Commissioner Huber  
Approved 2-0-0**

**Yea: Commissioner Estrella-Henderson, Huber**

**Nay: None**

**Abstain: None**

**Motion B:** Consider approval of a request from Fairfield-Suisun Adult School, for an allocation of up to \$1,950 to be trained to implement the Latino Family Literacy Project

Ms. Algeré indicated that this money would be used to train two members of the Adult School's staff to better give Spanish-speaking adult clients the tools and the curriculum they need to engage with their children and improve children's literacy and school-readiness.

***Motion B: Consider approval of a request from Fairfield-Suisun Adult School, for an allocation of up to \$1,950 to be trained to implement the Latino Family Literacy Project***

**Moved by Commissioner Huber; Seconded by Commissioner Estrella-Henderson  
Approved 2-0-0**

**Yea: Commissioner Estrella-Henderson, Huber**

**Nay: None**

**Abstain: None**

#### **IV. Resilient Solano Strategic Plan**

Ms. Ibe reminded commissioners that Solano Kids Thrive (SKT) decided in late fall 2017 increase community awareness of Adverse Childhood Experiences (ACEs). Solano County Public Health also sought to ensure ACEs was addressed in schools in the community as a lack of ACEs awareness was shown to be a barrier to equity in educational attainment in their Community Health Improvement Plan. First 5 Solano worked with ACEs Connection and SKT to develop Resilient Solano Strategic Plan. Staff from ACEs Connection & members of SKT met with over 20 community partners and got feedback into development of the plan. The vision statement for the Resilient Solano

Strategic Plan is that “Solano County will be a resilient community working together to prevent and heal trauma.”

Commissioner Hannigan entered.

Ms. Ibe and Ms. Algeré outlined the three stages of the strategic plan: Promote Understanding and Education, Activate and Take Action, and Keep the Momentum. To support this work, First 5 Solano (in partnership with Kaiser Permanente) has commenced an extensive ad campaign to educate the community about ACEs and its impacts. Additionally, SKT is planning a “Building a Resilient Solano Summit” which will be held in May. Commissioner Estrella-Henderson volunteered to emcee the event and also asked that we gather data on how many community members received the ACEs presentation or attended screenings of the film “Resilience.”

## **V. Strategic Plan Implementation Updates**

### **A. First 5 Center Vallejo**

Ms. Fernandez provided an update on potential buildings for the First 5 Center in Vallejo. The city of Vallejo has purchased the building at 400 Mare Island Way and plan to locate their police operations at that site. Staff are currently pursuing a potential site at 3375 Sonoma Blvd. in a busy retail center. Additionally, staff have a meeting scheduled with Vallejo City Unified School District to discuss possible use of space and opportunities to partner. Lastly, the Request for Proposals for an operator for the First 5 Center was released in January, with proposals due in the end of February. Staff expect that the recommendation for funding will be brought forward to the Commission in April.

### **B. Programs and Contracts**

Ms. Morales provided an update on the annual grants program, including progress to date on the 7 annual grants issued this year, and plans to adjust the application process to garner better information for the next round of annual grants. In addition, Ms. Morales reported that staff are working to identify ways to integrate some of the work into existing programming and sustain the services beyond the 1-year term of the annual grant. Lastly, Ms. Morales reported that the City of Suisun may not be able to install the splash pad associated with their annual grant. Staff may be bringing forward a recommendation to the commission regarding this grant, as the city figures out how they want to proceed.

Ms. Ibe provided an update on the Triple P Parent Education Program. To date, 42 practitioners participated in extensive Triple P training across 4 levels of parent education. Eight agencies are now providing varying levels of Triple P services. Additionally, Solano County Office of Education has already completed their contracted number of parent education seminars, so staff has increased their contract to provide more seminars over the remainder of the year. Ms. Ibe also demoed the new Solano Triple P website, created by Parents by Choice, a Triple P contractor.

### C. Systems Change Implementation Plan Activities

Ms. Fernandez notified the committee of a Results Based Accountability Training for community providers available on March 14 for providers. Additionally, First 5 Solano is partnering with Solano County Health and Social Services to provide a nonprofit capacity building cohort to support vision and impact work. This cohort will be offered by Learning for Action for 4 First 5 Solano nonprofit contractors and 4 Health and Social Services Contractors. Ms. Fernandez also reported that she is participating in the Government Alliance on Racial Equity (GARE) training services, of which Solano County is supporting a cohort, consisting of members of H&SS and the Solano County Library.

Additionally, the first legislative visit occurred on Feb 6<sup>th</sup>. Commissioners Hannigan and Crutison, along with Ms. Fernandez, met with Assemblymember Frazier at the State Capitol. The commissioners discussed the importance of the first 5 years of life and requested that Asm. Frazier continue to prioritize children when considering implementing new policy.

### D. Community Engagement

Ms. Morales shared that Commissioners Ayala and Neff joined the Dixon Rotary Club in presenting a collaboration between the Rotary Club and First 5 Solano, to support the Reach Out and Read program, with First 5 Solano funding a children's space at the Dixon Community Medical Clinic.

## VI. First 5 Solano Staffing and Finance Update

Ms. Harris stated that the budget is on track and there is nothing to add beyond the written report.

## VII. Future Agenda Items, Meeting Time/Date/Location

The next Policy and Oversight Committee is scheduled March 28, 2019, at 601 Texas Street, Suite 210, Fairfield, CA. Future agenda items include: FY2018/19 Mid-Year Report; Co-Sponsorships of Training and Conferences; Systems Change Update, and Staffing and Finance Update.

## Adjourn

Commissioner Huber adjourned the meeting at 4:50 PM.

Luke Winders, Office Assistant III

Approved:

**DATE:** February 28, 2019

**TO:** First 5 Solano Children and Families Commission

**FROM:** Michele Harris, Executive Director

**SUBJ:** **Executive Director's Report for March 2019**

**Legislative Visit with Assemblymember Jim Frazier:** On February 6<sup>th</sup>, Commissioners Erin Hannigan and Aaron Crutison, along with Michael Wilson, District 1 Representative and First 5 staff member Lorraine Fernandez, visited Assemblymember Jim Frazier at the State Capitol. Topics of discussion included highlights of First 5 Solano's programs and activities, the Governor's proposed budget, the 2018 Foundation Study update, and Assemblymember Frazier's work as Chair of the Assembly Select Committee on Intellectual and Developmental Disabilities. As a result of this meeting, staff were connected with Asm. Grayson and were able to submit a \$2million budget request to the state to support tenant improvements at the Vallejo First 5 Center.

**Non-Profit Capacity Building:** As part of the continued roll out of capacity building supports for Solano nonprofits, based on the Learning for Action (LFA) assessment and recommendations, and feedback from nonprofit leaders, First 5 Solano, in collaboration with Solano County Health & Social Services (H&SS), will be launching a capacity building nonprofit cohort focusing on "Vision and Impact" in September 2019. A contract with LFA is being established and H&SS and First 5 Solano will each fund 50% of this program. The initial implementation will begin in late spring and will include an application process for interested nonprofits.

**Resilient Solano Strategic Plan:** First 5 Solano, Solano Kids Thrive, and Solano Public Health are pleased to announce the completion of the *Resilient Solano Strategic Plan (Attachment A)* which outlines specific strategies for addressing Adverse Childhood Experiences (ACEs) in our community. Solano Public Health and First 5 Solano intend to use this plan as a guide to systematically prevent and heal trauma experienced by families in our county. Participation in the plan development by individuals across sectors in the community has ensured that it provides diverse strategies to meet the needs of anyone looking to increase resilience in Solano. The next phase of the plan is implementation, where the Resilient Solano Strategic Plan will be presented throughout the community.

**"Building a Resilient Solano" Summit:** As a result of the Resilient Solano Strategic Plan release to the community, First 5 Solano and Solano Kids Thrive (SKT) is planning a Summit to introduce the Strategic Plan and bring more awareness to the community. The Summit is in the planning stages with details of the Summit slowly coming together. The Summit will be held on Saturday, May 18, 2019 at Fairfield High School from 8:30 am to 3:00 pm, featuring author and child advocate, Elizabeth Huntley as the keynote speaker.

**Solano Funders Forum:** As part of First 5 Solano's continued efforts to raise the profile of Solano and to continue networking with Bay Area funders, staff are meeting quarterly with funders who

have expressed an interest in supporting these efforts. Current participants include staff from the Kaiser Community Benefit Program, Wells Fargo Community Giving & Philanthropy, and Callison Foundation. The next meeting will be on Friday March 8<sup>th</sup> which will host a presentation from the Foundation Center.

**2019 Cohort Government Alliance on Racial Equity (GARE):** On February 13<sup>th</sup> and 14<sup>th</sup>, Lorraine Fernandez attended the first sessions of the 2019 Government Alliance on Racial Equity (GARE) training series for California cohorts of governmental jurisdictions that are systematically advancing racial equity. This Solano cohort includes participants from H&SS and the Solano County Library. This work aligns with the Commission's Systems Change Action Plan, supporting strengthened systems.

**ACEs Media Campaign:** In an effort to bring awareness to Solano County about Adverse Childhood Experiences (ACEs), Kaiser Permanente provided a grant to First 5 Solano on behalf of Solano Kids Thrive to implement a media campaign. The campaign consists of bus, billboard and Pandora ads which currently run through June 30, 2019. The final billboard ad was installed the first week of February and is located on Broadway between Sereno Drive and Redwood Street. The bus ads are continuing in Fairfield and Vallejo and two new Pandora ads are now running in English and Spanish until April; the last ad will go into effect through the end of June.



**Raising a Reader:** For the 2018-19 program year, 20 Quality Counts sites will participate in Raising a Reader, allowing more than 500 children to take home a set of four books on a weekly basis and share with their families. To foster healthy brain development, enhance early literacy and language skills, promote healthy family engagement and provide positive early learning experiences, the Solano County Office of Education will receive up to \$75,000 annually from 2018 to 2021 to coordinate implementation of Raising a Reader. A press release is Attachment B.

**Napa Infant Mental Health Training:** Through the Executive Director's Fund, I provided \$1,500 to Kaitlyn Tyson, a clinician working with Kaiser Permanente, to attend the Napa Infant Mental Health Training. This training is an 18-month program that results in a certification to work with our youngest children in a mental health setting. Over the years, First 5 Solano has sponsored several local clinicians in this training, increasing the provider capacity of our community to meet the needs of our littlest kiddos.

**SIDS Conference:** Through the Executive Director's Fund, I am also providing \$1,500 to support a SIDS conference locally. Each year, a statewide SIDS conference is held in California. This year, Solano has the opportunity to host the statewide conference, allowing a much larger number of our local providers to attend.



**Community Medical Clinic of Dixon:** First 5 Solano Children and Families Commission awarded Community Medical Clinic of Dixon \$1830 from the Executive Director's fund to implement a children's reading and play area at Dixon Medical Clinic. The Dixon Medical clinic was also able to secure funding from Dixon Rotary Club to support the Reach Out and Read program at the clinic. Staff and Commissioner Nicole Neff were invited to the Dixon Rotary Club meeting to present a plaque for the children's space and acknowledge the collaboration between the Rotary Club to fund the Reach Out and Read program and First 5 Solano's funding for a children's space at the Dixon Community Medical Clinic.



Attachment A: Resilient Solano Strategic Plan  
Attachment B: Raising a Reader Press Release



# RESILIENT SOLANO STRATEGIC PLAN

WORKING TO PREVENT  
AND HEAL TRAUMA<sup>do</sup>  
February 2019





# RESILIENT SOLANO STRATEGIC PLAN

WORKING TO PREVENT AND HEAL TRAUMA.

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A photograph of a crowded fair at dusk. In the background, a large Ferris wheel is illuminated. Several American flags are flying on tall poles. To the left, there are brightly lit booths, one with a checkered sign. A street sign on the right reads 'SOLANO COUNTY FAIR' with an arrow pointing right. A sign for a restroom is also visible. The foreground is filled with a dense crowd of people.

# INTRODUCTION

## VISION STATEMENT

Solano County is a resilient community working together to prevent and heal trauma.

## GOAL OF THE RESILIENT SOLANO STRATEGIC PLAN

Solano County residents, agencies, and the community are aware of the effects of Adverse Childhood Experiences (ACEs) and are taking steps to prevent and heal trauma.

## RESILIENT SOLANO STRATEGIC PLAN OVERVIEW

In 2017, Solano Public Health collaborated with local healthcare organizations and community partners to complete a Community Health Needs Assessment (CHNA) and began strategic planning with a multi-sectoral collaborative, Healthy Solano, to address identified priority issue areas through collective action. This process led to the development of a Community Health Improvement Plan (CHIP) which highlights ‘Inequitable K-12 Education and Barriers to Educational Attainment’ as a priority issue and outlines specific strategies to ensure that Adverse Childhood Experiences (ACEs) are understood, prioritized and addressed in schools and the community. The CHIP is currently being implemented by partners of the Healthy Solano Collaborative, and includes four additional priority areas: Poverty, Affordable Housing, Homelessness, and Unemployment.

Concurrently, the Solano Kids Thrive Collective Impact effort, funded by First 5 Solano and managed by the Solano County Office of Education, initiated efforts to increase community awareness about ACEs and their effects by screening the film *Resilience: The Biology of Stress & The Science of Hope*, initiating community conversations, and launching a media campaign in partnership with Kaiser Permanente.

Solano Public Health, First 5 Solano, and Solano Kids Thrive have partnered to further this work by creating a Resilient Solano Strategic Plan. To draft the plan, Solano Kids Thrive utilized the expertise of ACEs Connection, a national organization recognized for providing support to communities desiring to promote trauma-informed, resilience-building practices, to conduct a series of community conversations to promote understanding of ACEs to community partners and solicit strategies for implementing trauma-informed practices for inclusion in the plan. A summary of feedback provided by attendees is included in Appendix C.

The Vision of the Resilient Solano Strategic Plan is that *Solano County is a resilient community working together to prevent and heal trauma*. The Goal of the Plan is that all Solano County residents, agencies, and communities (such as location based communities, or cross-sector coalitions) are aware of the effects of Adverse Childhood Experiences (ACEs) and are taking steps to prevent and heal trauma. Specific strategies to meet this goal are organized around three guiding sections:

1. *Promote Understanding and Education* offers strategies to create a common language for implementing and continuing this work throughout Solano.
2. *Activate and Take Action* offers strategies to prevent and heal trauma.
3. *Keep the Momentum* cites ways to regularly acknowledge those who champion trauma-informed work and resilience-building to further motivate and continue the work.

Solano Public Health and First 5 Solano intend to use this plan as a guide to systematically prevent and heal trauma experienced by families in our county. Participation in the plan development by individuals across sectors in the community has ensured that the plan provides diverse strategies to meet the needs of agencies and organizations looking to increase resilience in Solano.

## WHAT ARE ACEs?

ACEs is an acronym for Adverse Childhood Experiences, which is the title of a 1998 study examining the relationship between childhood trauma and long-term health outcomes. One of the lead investigators, Dr. Vincent Felitti, had access to health outcomes data for patients at Kaiser Permanente San Diego, and he collaborated with Center for Disease Control researcher, Dr. Robert Anda, to survey the patient sample about their exposure to childhood trauma.<sup>1</sup>

The research revealed that exposure to ten childhood traumas directly impacted patients' health outcomes. These ten traumatic experiences, which the researchers termed "Adverse Childhood Experiences," are:

- Physical abuse
- Sexual abuse
- Emotional abuse
- Physical neglect
- Emotional neglect
- Intimate partner violence
- Substance abuse
- Mental illness in the household
- Loss of parent through death, parental separation or divorce
- Incarceration of a household member.

While research and practice have long indicated that trauma has an effect on our health risk behaviors, and thereby impacting our social and behavioral outcomes, what the ACEs study revealed is that there is a clear, direct link between childhood trauma and adult onset of chronic disease. Not only is there a direct link between childhood trauma and health outcomes, these outcomes are dose-dependent; the more adverse childhood experiences that a person has been exposed to, the higher the risk of medical, mental and social problems as an adult.

People with an ACE score of four or more are:

- Two times as likely to have ischemic heart disease, cancers, and stroke
- Three times as likely to have emphysema or chronic bronchitis
- Four times as likely to experience clinical depression
- Twelve times as likely to have attempted suicide
- Seven times more likely to be alcoholic
- Ten times as likely to have used intravenous drugs.

Jane Stevens, founder of ACEsConnection.com notes, "We have seen that childhood adversity contributes to most of our major chronic health, mental health, economic health and social health issues."

Additional research and data on ACEs can be found in Appendix B.

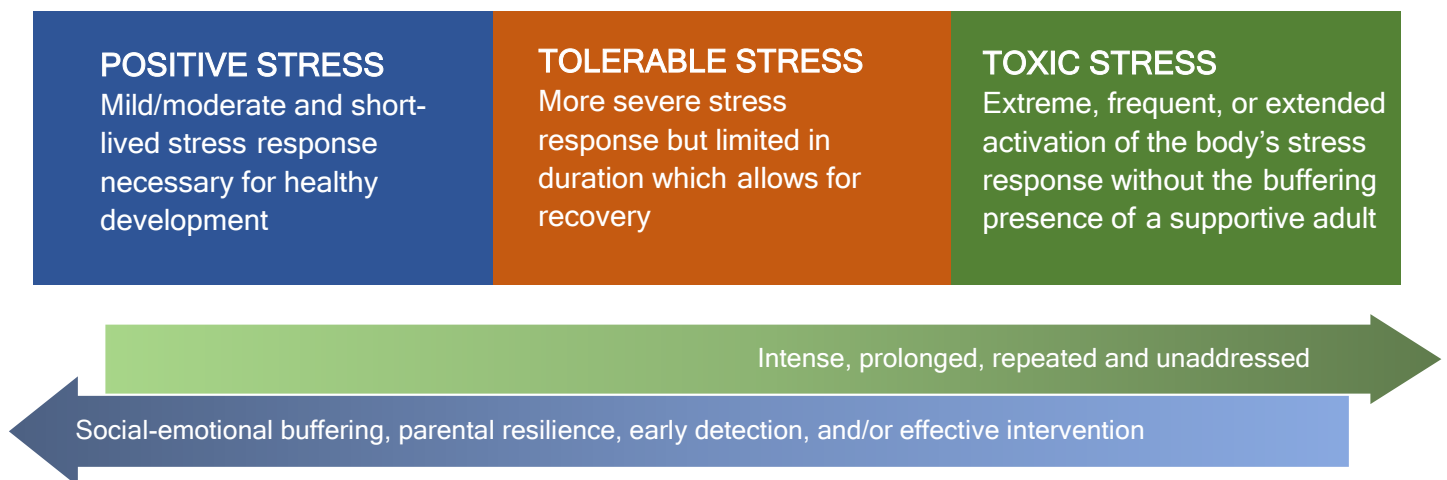
<sup>1</sup> Anda, R., Felitti, V., Bremner, J., Walker, J., Whitfield, C., Perry, B., . . . Giles, W. (2006). The enduring effects of abuse and related adverse experiences in childhood. A convergence of evidence from neurobiology and epidemiology. *Child: Care, Health and Development*, 32(2), 253-256. doi:10.1111/j.1365-2214.2006.00614\_2.x



## THE LINK BETWEEN ACEs AND HEALTH: TOXIC STRESS

Subsequent research has identified the mechanisms that lead to these poor health outcomes. The Harvard Center for the Developing Child uses the term “toxic stress” to describe how the body’s stress response system becomes activated in ways that are harmful for the developing body and brain of children.

Normal or positive stress is anxiety associated with everyday experiences like getting frustrated or getting shots at the doctors. Toxic stress is extreme or frequent stress which does not let up. Toxic stress increases exposure to adrenaline and cortisol, and increases blood pressure, cholesterol and glucose levels, all of which weaken the circulatory and immune systems. These direct physical processes are the foundation leading to many long-term chronic diseases.<sup>2</sup>



Normal stress is a part of a child’s healthy development. However, toxic stress is not. And, if left unaddressed, toxic stress can negatively affect a developing body and brain by disrupting learning, behavior, immunity, growth, and even the way genes are read and transcribed. Research has identified early interventions that focus on the child, the caretaker and the environment will help to strengthen resilience factors and can help to minimize a toxic stress response.<sup>3</sup>

<sup>2</sup> Center on the Developing Child at Harvard University. (n.d.). *Excessive Stress Disrupts the Architecture of the Developing Brain: Working Paper No. 3*. Retrieved from <http://www.developingchild.harvard.edu/>

<sup>3</sup> Franke, H. (2014). Toxic Stress: Effects, Prevention and Treatment. *Children*, 1(3), 390-402. doi:10.3390/children1030390



## WHAT IS RESILIENCE?

Resilience can be defined as the ability to successfully adapt to hardships, such as traumatic experiences. Building resilience refers to both activities that directly impact physical stress response, such as healthy sleep habits, and resources in the environment that mitigate stress, such as supportive individuals.

The implications for improved health outcomes are clear. Given the potential impact on health outcomes and overall community well-being, it is important that every community explore ways to build resilience for individuals, families and communities as a whole.

Communities around the country have started “ACEs initiatives” to identify strategies that can increase trauma-informed and resilience-building practices. Critical to the success of these plans, is to work across all sectors in the community: healthcare, social service agencies, businesses, community-based organizations, schools, and more—creating resilience-building opportunities for all children as well as for the adults that support them.



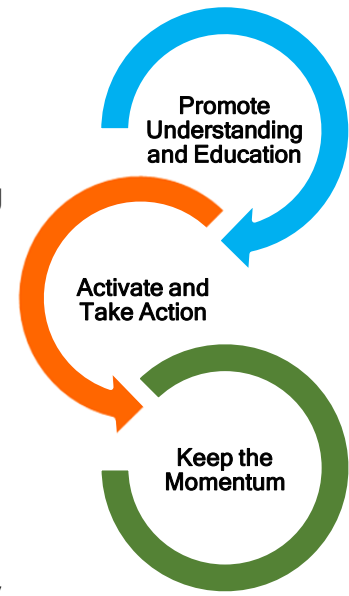
## THE RESILIENT SOLANO FRAMEWORK

The Resilient Solano Framework is based on the ACEs Connection organizing model, Growing Resilient Communities, which captures the common stages characteristic of successful ACEs initiatives. This organizing model suggests first steps, and momentum building steps, that highlight how local ACEs initiatives can structure and organize themselves for success. The Resilient Solano framework model focuses on three stages to aid Solano County in becoming a Resilient community:

**Stage 1: Promote Understanding and Education**

**Stage 2: Activate and Take Action**

**Stage 3: Keep the Momentum**



This strategic plan includes strategies at each stage that are aimed at promoting action at many levels, including by individuals, agencies, and throughout the community. Additional strategies may be identified as Solano continues to implement and get feedback on the plan.

Strategies are not in any priority order and may be used independently or in combination as appropriate. Solano will be closer to its vision of being a resilient community as more community partners work together to implement more strategies to prevent and heal trauma.

**Examples of how strategies in the framework be used at different levels of the community:**

**Individuals:** Relationships are a critical protective factor and can play a significant role in helping children cope with challenges. The healthier the relationship a child has with at least one caring individual, the more likely he or she is able to recover from trauma and thrive.

**Agencies:** Agencies can adopt trauma-informed practices by committing to changing the practices, policies, and culture of an entire organization. This type of change requires staff at all levels and in all roles to modify their activities based on an understanding of the impact of trauma and the specific needs of trauma survivors.

**Community:** Community can be defined as a group of people with diverse characteristics who are linked by social ties, share common perspectives, and engage in joint action in geographical locations or social settings. When individuals in the community have experienced trauma, leaders from diverse sectors such as state and local government, non-profit, parent and youth advocates, private business, and philanthropy can help by collaborating and building partnerships to change the outcomes for individuals in the community. Bridging across sectors in the community will increase chances of creating relationships and individuals accessing support within the community that they need to heal, which then can improve public health and well-being.



# THE RESILIENT SOLANO FRAMEWORK

## Stage 1: Promote Understanding and Education

Strategies include:

1. Media Campaigns
2. Communitywide Trainings
3. Utilize Toolkits
4. Utilize Websites to Share Information
5. Community Presentations and Conversations
6. Film Screenings
7. Identify Solano Champions

## Stage 2: Activate and Take Action

Strategies include:

1. Identify and Capitalize on Existing Trauma-Informed Resilience Work in the County
2. Identify and Join Leadership Teams
3. Create Action Plans and Commitment Steps by Sector
4. Integrate Protective Factors
5. Peer to Peer Support Networks
6. Advocate for Policy Change
7. Universal Workforce Training
8. Incorporate Trauma-Informed Care in Contracts, Programs, & Services
9. Target Areas of Inequity
10. Consider Screening for ACEs

## Stage 3: Keep the Momentum

Strategies include:

1. Acknowledge Solano County Champions
2. Gather and Incorporate Additional Feedback
3. Evaluate Progress
4. Hold Events that Celebrate the Progress of the County
5. Ensure Wellness of People Providing Trauma-Informed Services

Strategies may be used independently or in combination by individuals, agencies or communities

## STAGE 1: PROMOTE UNDERSTANDING AND EDUCATION

This stage focuses on increasing community education to raise awareness of ACEs and their effects, as well as creating a common language for everyone in Solano County. Strategies to consider include:

Promote  
Understanding  
and Education

### 1 Media Campaigns

**Communication and messaging** throughout the community is essential. First 5 Solano coordinated an ACEs Media Campaign that has already demonstrated significant accomplishment, by launching a nine-month, multimodal media campaign to educate the community about ACEs, utilizing billboards, bus ads, and Pandora ads in in English and Spanish. The messaging developed for this campaign can be shared freely with organizations across Solano County, encouraging them to create informational materials using these messages which will soon become familiar to the wider community. **For more information about the ACEs Media Campaign, contact First 5 Solano.**



### 2 Communitywide Trainings

Staff from organizations that work with people who may have been exposed to ACEs need education and training in order to understand how their encounters with clients are impacted by trauma. Trauma-informed care can be defined as adjusting organizational practices in ways that help decrease exposure to toxic stress for community members seeking services, as well as care that boosts community members' ability to recover from adversity.



Providing communitywide trainings will help to:

- Increase understanding and awareness of the impact of trauma
- Develop trauma-informed responses
- Provide strategies for developing and implementing trauma-informed policies

The suggested training should be provided to a wide-range of audiences, such as school districts, faith-based organizations, first responders, and other community groups that provide direct services in the County and tailored to meet their needs.

One example of an effective training strategy was seven bay area counties who came together to understand, respond to and heal trauma with the help of the organization Trauma Transformed. San Francisco Department of Public Health developed the Trauma Informed System Initiative (TIS) organizational change model to support organizations in nurturing and sustaining trauma-informed practices. Trauma Transformed adopted the TIS 101 training model with the goal of disseminating the training throughout the broader seven-county region— Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara and Santa Cruz. In order to increase the training capacity for the region, Trauma Transformed rolled out a train-the-trainer model. Four master trainers from San Francisco County trained a cohort of ten lead trainers. These lead trainers then trained additional cohorts of trainers in their home counties.

### 3 Utilize Toolkits

**Resource lists/Toolkits** highlighting trauma-informed practice and resilience building strategies, can be a great source of information to find examples of how to change practice. For example, the Community Resilience Cookbook (<http://communityresiliencecookbook.org/>) highlights several communities that have implemented Resilience efforts and shares their stories and tools for others.

Other toolkits that share information on trauma informed practices and resilience include:

**Building Community Resilience Toolkit, Volume 1**  
Strategies 2.0 <http://strategiesca.org/resources/>

#### **Trauma Informed Care and Practices**

National Center for Trauma Informed Care <http://www.samhsa.gov/nctic/>

National Child Traumatic Stress Network <https://www.nctsn.org/>

#### **Developing a Trauma Informed Agency**

Alameda County Trauma Informed Care

<https://alamedacountytraumainformedcare.org/trauma-informed-agencies/developing-a-trauma-informed-agency/>

#### **A Trauma Sensitive Toolkit for Caregivers of Children**

Spokane Regional Health District <https://srhd.org/1-2-3-care-toolkit>

## 4 Utilize Websites to Share Information

Websites can be used as a **local resource repository** that can share local information, provide updates to the community on local trainings and events, and be used as a communication tool. Currently [solanocares.org/ACES](https://solanocares.org/ACES) provides general information on ACEs and links to local ACEs resources. In addition, the Resilient Solano Community Page at ACEs Connection <https://www.acesconnection.com/g/resilient-solano> can serve as a source for planning, resources, and creating a common calendar of events focused on ACEs, trauma-informed practices and resilience.

## 5 Community Presentations and Conversations

Initial outreach presentations have highlighted that many people in the county still have not learned much about ACEs, trauma-informed practice, and resilience. Solano can continue to use the presentation materials to continue to educate the community.

Videotaping the **community outreach presentation** in order to maintain a copy on the Solano Kids Thrive and Resilient Solano websites may be one way to continue to share the information. ACEs Connection can also be used as a resource for other presentations, videos and Webinars at:

<https://www.acesconnection.com/blog/presentations>.

## 6 Film Screenings

**Continue screening events featuring the film *Resilience: The Biology of Stress & The Science of Hope*, as well as other relevant films.** The film *Resilience* sheds light on how toxic stress can trigger hormones that negatively impact the development of brains and bodies of children, putting them at greater risk for disease, homelessness, prison time and early death. *Resilience* also chronicles the dawn of a movement that is determined to create action to combat ACEs and their effects. The target population for the film *Resilience* is adults such as parents, healthcare providers, education providers and other agencies across sectors.

Other films that could be screened to increase awareness and understanding of ACEs include:

- **Paper Tigers**--This film targets at-risk teens and offers valuable insight into the hearts and minds of teens pushing back against the specter of a hard childhood.
- **Broken Places**--The film *Broken Places* targets the adult population and explores why some children are severely impacted by early adversity while others are able to thrive. This film also gives a better understanding of the devastating impact of childhood adversity as well as the inspiring characteristics of resilience.

Sharing the *Resilience: The Biology of Stress & The Science of Hope* film and other suggested films with organizations and agencies in Solano County is an extremely effective engagement tool and has motivated agencies to consider organizational change. The films may also be used with the community as an engagement tool to promote conversation, as they utilize common language and identify simple action steps.

## 7 Identify Solano Champions

ACEs initiatives stall without a steady source of energy. ACEs efforts in Solano County have already identifying a number of champions to acknowledge or to further the message, but **more ACEs champions are always needed**. Champions can be identified by city, neighborhood, sector, or organization. Some counties thrive with one or two. A few champions identified within a county helps to accelerate the growth pace of ACEs initiatives.

## STAGE 2: ACTIVATE AND TAKE ACTION

This stage focuses on those who are familiar with ACEs and are ready take action to prevent and heal trauma.

Strategies to consider include:



### 1 Identify and Capitalize on Existing Trauma Informed Resilience Work in the County

At outreach presentations in Solano County, **many participants shared trauma-informed practices they have initiated.** Some examples were explicitly trauma-informed, ACEs-aware strategies, such as the use of a therapeutic assessment tool that includes ACEs indicators at Child Haven, a children’s mental health agency. Other strategies that organizations have intuited their clientele need, but did not consider as trauma-informed until recognizing this connection through the presentation content, such as Comprehensive Perinatal Services Program (CPSP) offered through Medi-Cal prenatal care programs in the county.

Sharing this information among Solano County residents and professionals helps the community and community members recognize their existing strengths as a resilient community, as well as expands trauma informed practices throughout the County.

### 2 Identify and Join Leadership Teams

Continued momentum needs backbone support to nudge the initiative forward over time. Many ACEs initiatives have stalled after an initial energetic start. Strong, stable ACEs initiatives benefit from a steering committee to set goals, and most importantly, review progress regularly in order to avoid getting “stuck.”

The impacts of ACEs affect an entire community, it is vital to have representation in an ACEs initiative, across the life-span, with a cross-sectoral scope. Having a steering committee in place provides a starting point for ensuring that all sectors are at the table, providing input and support for sustainability. Current collaboratives, such as Solano Kids Thrive, or Healthy Solano may fulfill this role.

**For individuals interested in becoming involved with Solano Kids Thrive or Healthy Solano or receiving more information about Solano Kids Thrive or Healthy Solano, refer to Appendix A.**



### 3 Create Action Plans and Commitment Steps by Sectors

Different sectors, such as education, law enforcement, healthcare, government, and community-based providers, all have a role to play in addressing ACEs. Each sector may need to address ACEs using different strategies. It is important for each sector to have a relevant work plan to help increase knowledge of ACEs, utilization of trauma informed care, and the building of resilience within every aspect of the community.

For example, a brief work plan for the education sector would include goals, objectives and measures, such as increasing parents' awareness and knowledge about ACEs, having teachers know where to refer families for resources, training administrators in trauma informed care, and supporting resilience for children. Then specific school districts would be able to gauge where they are on a work plan specific to education and identify their next steps.

Should the sector wish to measure its impact, setting change targets can be a valuable way to ensure work plans are successfully accomplished. Change targets should be specific and achievable. For example, school districts might have a change target of ensuring 80% of parents are knowledgeable about ACEs. This can be measurable by an annual parent survey.

**Having clear and specified work plans and change targets will help stay on track to achieving overall change in the community.**

### 4 Integrate Protective Factors

The Center for the Study of Social Policy has **identified five protective factors that increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect.** The five protective factors are:

- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional competence of children.

Further research on families shows that interventions using the protective factors can disrupt cycles of childhood trauma, prevent traumatic experiences for children, and help parents to heal their own trauma.

These protective factors can be integrated into many day-to-day practices at the individual, agency, or community levels.<sup>4</sup>

<sup>4</sup> The Center for the Study of Social Policy Strengthening Families A Protective Factors Framework, (2018). Retrieved from <https://cssp.org/wp-content/uploads/2018/11/About-Strengthening-Families.pdf>

## 5 Peer to Peer Support Network

The goal of a **peer to peer support network** is to have individuals with the understanding or lived experience have peer support relationships with trauma survivors. Establishing a peer to peer support network will allow individuals, and/or families who have experienced ACEs to receive the emotional support they may need and also may allow the individual or family to benefit from:

- Sharing information and advice
- Increasing social network, friendship & reconnection
- Becoming empowered
- Finding hope and positive role models
- Achieving insight
- Learning coping skills
- Reducing symptoms.

Models of peer support networks include parent cafes, peer navigators, and youth peer mediation.

## 6 Advocate for Policy Change

**Policy change** at the county, city, and organizational levels can highlight that becoming trauma-informed and resilient are Solano County priorities.

Other ACEs initiatives in other communities have advocated for official resolutions or proclamations to be incorporated by city and county government, which serve to raise awareness while also signaling that ACEs awareness and resilience are priorities.

Examples of ACEs initiatives:

- California- <https://acestoohigh.com/2014/06/17/california-assembly-health-committee-approves-aces-resolution-by-16-0-vote/#more-3224>
- Utah- <https://acestoohigh.com/2017/04/02/utah-gov-gary-herbert-signs-resolution-to-encourage-state-policies-and-programs-based-on-aces-science/#more-6744>

## 7 Universal Workforce Training

Universal workforce training can help different sectors ensure all staff who interact with community members are aware of ACEs and understand its impacts, including those who may not traditionally be in a role to provide direct client services, such as administrative staff, custodial staff, and security staff. For example, the San Francisco Department of Public Health committed to training every employee, no matter their role in the department. Today, all 9,000 employees have been through at least an introductory training on ACEs, trauma and resilience.

**Solano County H&SS is in the beginning stages of incorporating the *Resilience* film into onboarding practices** to train every new and current employee about ACEs, trauma and resilience to ensure employees have the knowledge to better interact with the public and clients.

## 8 Incorporate Trauma Informed Care into Contracts, Programs, & Services

**Trauma-informed care practices** are put into place through contracts, programs and services to set the expectations of those who are providing services to families as part an understanding that the experience of traumatic events impacts all people involved, whether directly or indirectly. Contracts and programs should provide written plans and procedures for trauma-informed service systems and/or trauma-informed agencies and facilities.

Providing trauma-specific services that are fully integrated into services will consist of a combination of these frames:

- Partnering across service systems
- Providing comprehensive training for staff
- Creating safe and supportive service environments
- Conducting thorough assessments
- Integrating systems to meet children and family needs
- Addressing cultural and linguistic needs
- Providing trauma-focused services.

## 9 Target Areas of Inequity

Unfortunately, as common with many indicators of well-being, **ACEs do not affect the population equally and certain populations experience them more frequently**. For example, children in high crime neighborhoods may experience ACEs related to violence at a higher rate than children living in low crime neighborhoods. In addition, some recent ACEs research has looked into the ways that institutional racism has similar effects to the initial ten ACEs identified.<sup>5</sup>

Targeting strategies toward populations who experience inequity in indicators of health and well-being can assist in ensuring resources go to those who are most in need in our community. However, if targeting a specific population or community, it is important to look at any unintentional consequences this may have and ensure it is not creating additional inequity.

By addressing the root causes of structural inequities in our society, these efforts can have an impact on lowering the rate of ACEs and increasing resilience.

## 10 Consider Screening for ACEs

There are **screening tools for ACEs**, as well as assessment tools which have ACEs and trauma screening integrated within the questions. Screening can assist with early identification and intervention, along with assisting in understand of individuals' behaviors. While screening for ACEs can be an important strategy, it should be

<sup>5</sup> Bethell, C, Davis, M, Gombojav, N, Stumbo, S, Powers, K. (2017). A national and across state profile on adverse childhood experiences among children and possibilities to heal and thrive. Johns Hopkins Bloomberg School of Public Health, October 2017. Retrieved from [www.cahmi.org/projects/Adverse-childhood-experiences-aces](http://www.cahmi.org/projects/Adverse-childhood-experiences-aces)

considered among many strategies and may not be necessary or appropriate for all types of organizations or institutions.

Examples of screening and assessment tools are below:

- ACEs screening tool for children and adolescents  
<https://centerforyouthwellness.org/cyw-aceq/>
- Parental ACEs screening tool  
[https://www.aap.org/en-us/Documents/resilience\\_ace\\_screening\\_parents.pdf](https://www.aap.org/en-us/Documents/resilience_ace_screening_parents.pdf)
- Resilience Questionnaire  
[https://www.aap.org/en-us/layouts/15/WopiFrame.aspx?sourcedoc=/en-us/Documents/RESILIENCE\\_Questionnaire-1.docx&action=default](https://www.aap.org/en-us/layouts/15/WopiFrame.aspx?sourcedoc=/en-us/Documents/RESILIENCE_Questionnaire-1.docx&action=default)
- Pediatric Intake Form  
[http://www.brightfutures.org/mentalhealth/pdf/professionals/ped\\_intake\\_form.pdf](http://www.brightfutures.org/mentalhealth/pdf/professionals/ped_intake_form.pdf)

While screening for ACEs may seem an obvious first action, it is important to consider the readiness of an organization or program to screen for ACEs. Some things that should be in place prior to implementing screening include:

- Understanding the target population and the goal (e.g. are you screening the parent for whether their child has ACEs or are you screening the parent for their ACEs?)
- Staff should be trained in trauma-informed practices
- Staff should be trained to administer the screening, as well as interpret and discuss the results, and appropriately refer families
- Screening should be truly integrated into practices and protocols, not just another form to fill out
- Trauma informed treatment practices should be offered and/or available through linkage for those identified with ACEs

In Solano, collecting data on ACEs may be used to inform decision-making about ACEs, trauma and resilience. When looked at in aggregate, the data could be useful in developing programs and activities appropriate for different population.

## STAGE 3: KEEP THE MOMENTUM

This stage focuses on ways to continue the hard work and keep people from becoming discouraged. Strategies to consider include:



### 1 Acknowledge Solano County Champions

There are many approaches to acknowledging Solano **ACEs champions**, from featuring them on web and outreach materials, to providing certificates at a regional event.

### 2 Gather and Incorporate Additional Feedback

**Gather and incorporate additional feedback** for strengthening the Resilience Solano Strategic Plan. The Plan should be a living document which grows and changes over time as Solano becomes a more resilient community. Feedback forms can be developed and then accessed through trainings, presentations, and on websites.

### 3 Hold Events that Celebrate the Progress of the County

Hold at least **one event per year** that celebrates the progress of the County stakeholders that have made changes to organizational practice, expanded awareness to more and more community members, as well as policy change taken at the district, city, and county levels to institutionalize trauma informed and resilience practices as priorities.

### 4 Evaluate Progress

Each strategy of the Strategic Plan which is undertaken should include the development of an evaluation plan which can assist in determining the success of the strategy and opportunities for improvement. For example, evaluation by Stage could include:

Promoting Understanding and Education:

- The number of individuals who have been reached by the media campaign by each advertising outlet
- The number and location of film screenings
- The number of new members who join the Resilient Solano webpage group.

Activate and Take Action:

- The number of champions identified
- The number of agencies who have committed to workforce training and number of staff trained
- The number of sectors with Resilient work plans and progress on reaching change targets in those plans.

Keep the Momentum:

- Feedback received
- Progress on developing an evaluation plan.

## 5 Ensure Wellness of People Providing Trauma-Informed Services

Providing services to children and adults who have experienced trauma can be challenging for those who are providing support. Providers and people in support systems need to have support of their own to deal with the burden of both traumas they may have experienced in their lives, as well as the traumas they are hearing about. Burn-out for providers and support individuals is common and should be taken seriously by providing wellness activities and other outlets for dealing with ongoing stress.

## NEXT STEPS

With ongoing Resilience film screening events, an ACEs and resilience media campaign, and community outreach presentations already underway, Solano County's Resilience Plan is off to a great start. Adopting the strategies listed above, which reflect both community input and best practices learned among existing ACEs initiatives nationwide, can establish a firm foundation for a Resilient Solano. If an individual, agency or community business or member is interested in becoming involved or would like information about ACEs work, contact any of the following partners for more information:

**Healthy Solano Collaborative**

[Healthysolano@solanocounty.com](mailto:Healthysolano@solanocounty.com)

**Solano Kids Thrive**

Lisa Eckhoff, Director, Early Learning  
Solano County Office of Education  
707-399-4407

[leckhoff@solanocoe.net](mailto:leckhoff@solanocoe.net)

**First 5 Solano**

601 Texas Street, Suite 210  
Fairfield CA 94533  
707-784-1332

[cfcsolano@solanocounty.com](mailto:cfcsolano@solanocounty.com)

## ACKNOWLEDGEMENTS

We would like to acknowledge and thank all the participants for their ideas and contributions to this vision for Solano County. This strategic plan is the commitment to the next steps of crafting a countywide response to Adverse Childhood Experiences. Thank you for your dedication to ensuring that children and families throughout Solano County are healthy and thriving.

## APPENDIX A: Partners in this plan

### ACEs Connection

A career journalist focused on science writing, Jane Stevens read about *The Adverse Childhood Experiences Study*, co-authored by Robert Anda and Vincent Felitti, and decided to write a feature story on the study findings that made the content more accessible to non-academics. She created a website, ACEs Too High, to share the original story, link readers to resources, and to continue to write stories about how communities were applying the concepts of the ACEs study in order to change practices.

From there, Stevens started the website “ACEs Connection” as a way for individuals, organizations and communities to learn and share their in-process efforts to create trauma-informed, resilient communities. As a result, ACEs Too High and ACEs Connection reflect a breadth and depth of creative approaches to resilience building, as well as many lessons learned- all of which continue to inspire new efforts to apply knowledge of ACEs, trauma-informed practice, and resilience building strategies throughout communities.

### Healthy Solano Collaborative

In 2017, Solano Public Health collaborated with local healthcare organizations and community partners to complete a Community Health Needs Assessment (CHNA), which led to formation of the Healthy Solano Collaborative to address identified priority issue areas through collective action. The Collaborative, consisting of over 200 members representing various sectors of the community, developed the Community Health Improvement Plan (CHIP) which highlights ‘Inequitable K-12 Education and Barriers to Educational Attainment’ as a priority issue and outlines specific strategies to ensure that Adverse Childhood Experiences (ACEs) are understood, prioritized and addressed in schools and the community. The Healthy Solano Collaborative is currently implementing strategies to address the 5 CHIP priority areas: Poverty, Affordable Housing, Homelessness, Inequitable K-12 Education and Barriers to Educational Attainment, and Unemployment.

### Solano Kids Thrive

Solano Kids Thrive (SKT) is a county-wide collaborative, funded by First 5 Solano and implemented by Solano County Office of Education, with partners representing education, healthcare, non-profit, and government Solano County focusing on improving outcomes for young children in Solano. Overall, SKT’s goals are to promote safe communities, healthy families, and family self-sufficiency and school readiness. Beginning in 2018, SKT has dedicated much of its work toward creating awareness of ACEs in the community.

### First 5 Solano

First 5 Solano Children and Families Commission is a leader that fosters and sustains effective programs and partnerships with the community to promote, support and improve lives of young children, their families and their communities. First 5 Solano committed to ensuring ACEs are addressed through community understanding and by increasing trauma-informed practices within Solano County agencies, which will in return promote resilience.



## APPENDIX B: Additional ACEs Science and Research Findings

The initial study which identified the link between ACEs and long-term health outcomes was conducted over 20 years ago. Since that time, there have been numerous studies which have produced similar outcomes and furthered the complex body of knowledge around ACEs, resilience, and trauma-informed care.

Dr. Nadine Burke Harris, Pediatrician and California's first Surgeon General, ACEs expert, and author of *The Deepest Well*, explains the neurobiology behind the hormonal and immune systems' negatively impact caused by toxic stress, resulting in illnesses such as those highlighted in the original ACEs study for adults: ischemic heart disease, emphysema, some forms of cancer, as well as other illnesses. In addition, Dr. Harris' research found evidence that these health impacts are apparent and measurable in children, long before adulthood. The health impacts of toxic stress on children can include development of asthma and impaired growth rate, as well as other conditions

In addition to the links research has identified between ACEs, toxic stress, and long-term health impacts, it has been identified that children inherit their parents' genes that impact how they respond to stressors. The National Scientific Council on the Developing Child has identified that stress turns some genes "on" and others "off" at particular times and that researchers have been able to demonstrate that human newborns have similar stress response reactions as their parents—even without exposure to the same stressors.<sup>6</sup> Simply put, the effects of ACEs can be passed genetically from generation to generation. This is known as epigenetics.

Together, the neurobiology and epigenetics begin to give a fully picture on the long-term health outcomes of ACEs.

Also, since the original study, research has identified two additional ACEs which have been linked to long-term health outcomes. These include

- Often treated or judged unfairly due to race/ethnicity
- Hard to get by on income somewhat or very often.

The Child and Adolescent Health Measurement Initiative (CAHMI) is dedicated to better understanding the prevalence of ACEs among children nationwide.<sup>7</sup> Highlights from their most recent brief on ACEs include:

- In 2016, 34 million children, nearly half of all U.S. children ages 0-17, experienced at least one ACE, and more than 20 percent experienced two or more ACEs.
- Children were more likely to experience ACEs if they were residing in a low-income family and Black or Hispanic.

<sup>6</sup> Monk, C., Spicer, J., & Champagne, F. A. (2012). Linking prenatal maternal adversity to developmental outcomes in infants: the role of epigenetic pathways. *Development and psychopathology*, 24(4), 1361-76.

<sup>7</sup> Bethell, C, Davis, M, Gombojav, N, Stumbo, S, Powers, K. (2017). A national and across state profile on adverse childhood experiences among children and possibilities to heal and thrive. Johns Hopkins Bloomberg School of Public Health, October 2017. Retrieved from [www.cahmi.org/projects/Adverse-childhood-experiences-aces](http://www.cahmi.org/projects/Adverse-childhood-experiences-aces)

- Children with even one ACE had more social and emotional challenges as well were more likely to be disengaged with school
- Impacts of ACEs were reduced for children who had access to effective resilience strategies, especially access to healthy, positive relationships with caring adults.

According to CAHMI, California ranks at 5th in the nation for having the lowest percentage of children with ACEs scores of 2 or more. In California, 16.4% of children experienced two or more ACEs, compared to 21.7% of children nationwide.

We do not yet have local data on the prevalence of ACEs for Solano County, but we can look at how Solano County children are faring on the health, learning, and well-being indicators which research has identified as being impacted by toxic stress. For example, according to the 2016-17 California County Scorecard developed by Children Now, in Solano County:

- Only 57% of 3rd graders are reading near or above grade level
- Only 30% of 8th graders meet or exceed state standards in math
- 42% of 7<sup>th</sup>-graders are not at a healthy weight
- 15% of students were chronically absent from school.<sup>8</sup>

As research has shown children with high ACE scores more likely to have learning problems and childhood illnesses, children who are struggling with learning, health, or connection to community could potentially be related to their ACEs scores. Building resilience in the community could therefore potentially have an impact on improving educational outcomes and increasing health and well-being for young people of all ages.

The good news is that much research has been done not only to illustrate that resilience reduces the harmful effects of toxic stress, but that effective, evidence-based strategies for increasing resilience have been identified. These strategies can be applied by individuals, organizations, and communities to improve the health, mental health, and behavioral outcomes for community members.

One of the largest reviews of research to identify evidence based, effective resilience strategies has been conducted in partnership between the University of California, San Francisco (UCSF), and the San Francisco based Center for Youth Wellness (CYW). In a review of over 16,000 academic journals on the functioning of healthy and unhealthy stress response systems, six areas of intervention that can help children reduce toxic stress have been identified. These areas include:

- Strong supportive relationships
- Mental health support
- Good sleep hygiene/routines
- Healthy nutrition
- Regular exercise
- Mindfulness practice

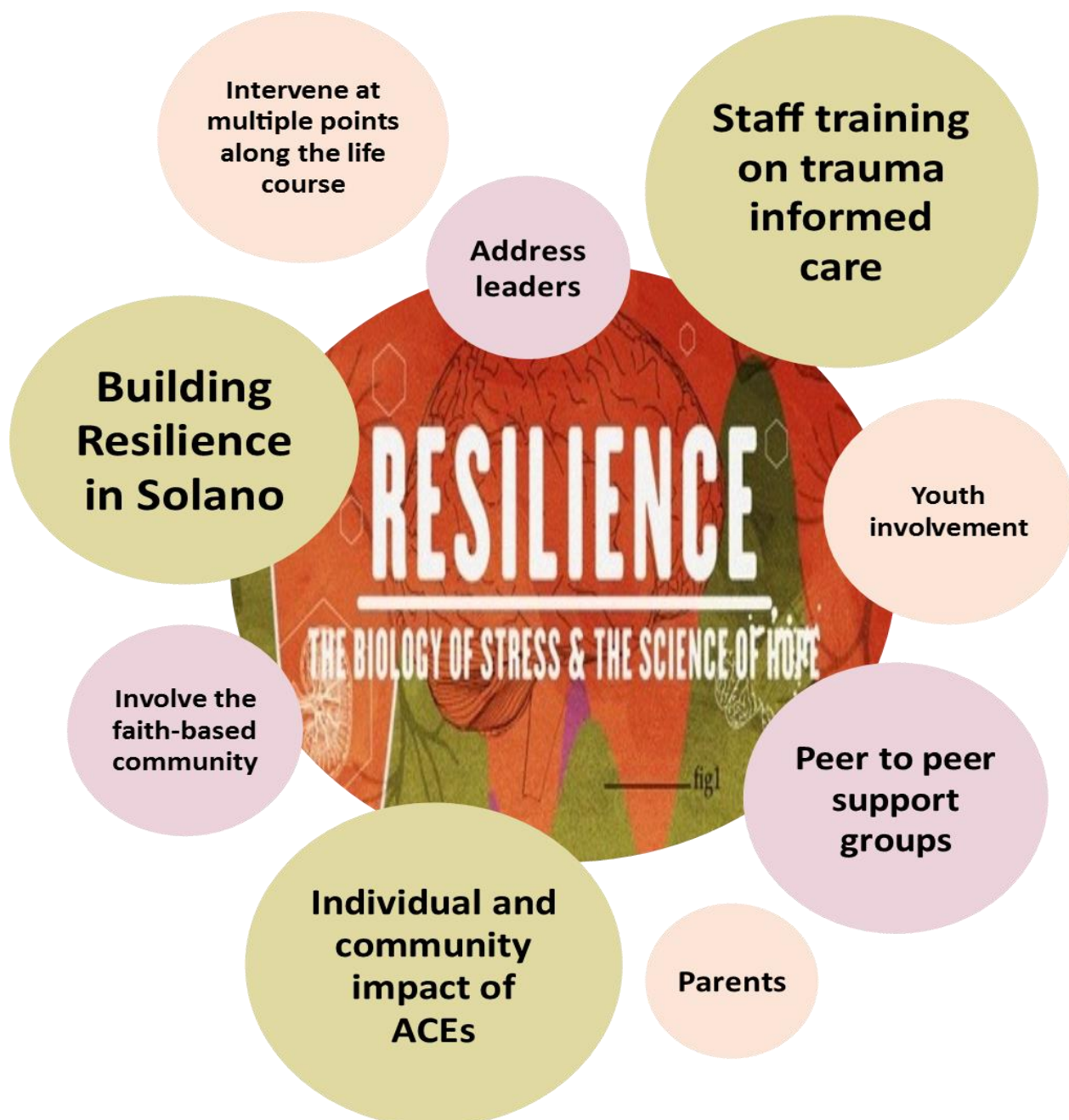
Each of these six areas is demonstrated in research to have a direct and significant impact on how the human body regulates stress hormones and other aspects of the neurobiology of toxic stress.

<sup>8</sup> Children Now. 2016-17 County Scorecard. Retrieved from <http://pub.childrennow.org/2016/>

## APPENDIX C: Outreach Presentation Feedback

In October and November 2018, 16 presentations on ACEs and Resilience were given at community collaboratives throughout Solano County, in which community feedback was given back at each presentation. Three questions were asked at each of the presentations focusing on the impact of ACEs and Resilience in work, what should be considered for the development of the strategic plan, and identifying important groups with whom we should share this message about ACEs and Resilience. Audience response to the questions expressed common themes drawn from the presentation material. Details on the feedback from the community has been organized by theme and is included under each question.

This diagram represents the impact of common themes expressed in each ACEs presentation in Solano County.



## 1. How have you seen ACEs and resilience impact your work?

Participants shared numerous examples of work already being done in the community to support ACEs education and trauma informed care (**15 mentions**). Examples included:

- Showed Resilience film to school district superintendents. (**2 mentions**)
- School district made policy change and added counselors/social workers at schools.
- Local rotary provides dinner to build community among students.
- Safe Quest shifted thinking from services to participant recovery.
- Trauma informed practices started at Suisun Elementary schools.
- Child Start is making sure families understand how ACEs impacts them by providing a conference and screening about resiliency. Child Start also works with the 5 protective factors framework and identified a 6<sup>th</sup>- attachment. They created learning activities to help parents build up this protective factor.
- Compassion fatigue training was offered and very helpful.
- Rio Vista CARE has a mentorship program with reflective listening. Kids get identified by teachers and receive support if needed by volunteers.
- Child Haven has developed new therapeutic assessment, to take a broader look at ACEs impact.
- Recognize that Comprehensive Perinatal Services Program (CPSP) work actually fits the research on what builds resilience- 5 protective factors are aligned with CPSP work.
- Kaiser is beginning to ask patients about their ACEs.
- To help reduce toxic stress, one group is working on sleep for their teens- shared healthy sleeping rituals.

Many participants shared this helps them understand clients and other in the community, including difficult people or perpetrators, and why they might behave the way they do (**4 mentions**). Examples include:

- One participant described self-reflection that occurred after first hearing about ACEs- helped her recognize what her clients are going through.
- This work changed teachers' perspectives, they are more empathetic and understanding of challenging behaviors.
- Self-reflection-Recognizing that "perps" have high ACE scores too.
- When we deal with difficult people, we can shift our thinking to understand they may have unresolved issues of trauma.
- Participants shared concern about individuals recognizing and addressing their own ACEs by suggesting Caregivers, adults and providers need support and training to recognize, be self- aware and deal with our own ACEs. (**3 mentions**)

Participants shared examples of who and what ACEs can impact throughout the community (**5 mentions**). Examples included:

- For social workers, need knowledge that ACEs impact health. FRCs role is to strengthen families and build resilience, support parents, ACEs information is part of this.
- ACEs can impact education outcomes and gun violence in schools and in general. Childhood and community events impact ACEs as well.
- The homeless population has a high risk of having experienced ACEs.
- Immigrant families experience a lot of trauma.
- This information connects to life course theory: pregnancy is a stressor; then you add ACE scores of parents “stress on top of stress.” And plus, it’s intergenerational.

**2. In thinking about ACEs and resilience, what should we consider as we begin to develop this strategic plan?**

**Strategies identified to consider:**

- Drama therapy.
- Conversations in education field.
- Trauma informed care.
- Teaching mindfulness. (**2 mentions**)
- Trauma Informed practices built in to Universal Design for Learning (UDL) and Multi-Tiered System of Supports (MTSS).
- City’s community services: Pay to Play programs have 11 different sites- set up a forum to bring info to those families.
- Offer screenings to parents at Vacaville Performing Arts Theater Center.
- Prevention/early intervention.
- Have follow-up supports for youth that have experienced trauma.
- Engage the adults that lead the youth, to create needed programs.
- Leadership from each organization must take the info back to their front-line staff.
- Have a mentorship program to provide support to those with ACEs.
- Make sure to address leaders so that they people who make decisions are hearing this information directly.
- ACEs can be part of health education. Community clinics can help distribute education and materials on ACEs and resilience.
- Show Resilience film DVD throughout the community; at Resilience film screenings, interview attendees as they exit; capture feedback about impact.

- Add interviews of individuals to snippets of Resilient Solano, Solano Cares page.
- Building on protective factors language and teaching our families they have already used successful strategies, we help them add more.
- We teach our parents that, “You are your child’s first teachers.” We can include ACEs as part of that education we do- we are aiming to arm parents with the information they need for successful parenting.
- Teaching young people how to resolve conflicts early on.
- Bring it to the youth to share strategies; tailor presentations to the audience
- Youth ambassadors; youth peer to peer support. **(3 mentions)**
- After education, provide strategies for an agency afterward.
- Organizational infrastructure to ensure all provider staff know this information. Staff need to know how to identify or respond to ACEs in clients. **(3 mentions)**
- Bring ACEs into to schools (partnering with educators).
- Present information to parents.
- Give or participate in a training given by Strategies 2.0 around protective factors, in collaboration with Napa cohort.
- Need strategies for “take a pause” in the Employment Development Department context.
- Nadine Burke Harris’ The Deepest Well included six intervention strategies that were so easy to implement; ideas for how to give families concrete strategies.
- Comprehensive Perinatal Services Programs (CPSP) are well suited for this purpose, can help to alleviate stress. **(2 mentions)**

**Resources, trainings or materials needed to inform or support all sectors and or parents in Solano County about ACEs:**

- Have flyers and brochures on hand to distribute to clients. **(2 mentions)**
- Home based mental health resources.
- Provide a platform for input.
- Consider developing/implementing screening tool or assessment. **(2 mentions)**
- What’s needed is training for providers to be self-aware of ACEs as well as aware of ACEs among community members.
- Include guidance/resources for strategies to build resilience.
- Trauma informed practices.
- Share therapeutic assessment tools from Child Haven (or other tools identified).
- Messaging: communication tools. Handouts, workshops, speakers at groups and events.
- Staff also need to become skilled in being trauma-informed, have trauma informed training, for staff and supervisors as well. **(2 mentions)**
- Need specific strategies and resources for referral.



- Need to be able to measure results.

#### Other considerations:

- Important that we are modeling, people do what they see, not just what we say. **(2 mentions)**
- How do you introduce the conversation about “what has happened to you?”
- Would be helpful to get guidance through research and articles and stories about how others are addressing ACEs and are successful doing so.
- Specific strategies for the workplace and community settings, to prevent and heal trauma in those settings.
- Identify how to engage leaders and decision-makers.
- Other organizations can develop a model like “centering” pregnancy care in their work. **(2 mentions)**
- Consider notion of cultural competence, being cognizant of the context in which we are doing this work.
- Link impact of ACEs w/ equity and diversity. **(2 mentions)**
- How to reach service providers who are reluctant to teach about ACEs? In the past, this can be overcome by finding a way to have Medi-Cal reimburse the time spent. This has been done successfully with items like asking about domestic violence.
- Need ways of helping families access us outside of 8-5 hours.
- Provide childcare at events- lack of access to childcare is a barrier to service.
- Resilience plan should identify ways existing programs already are building resilience.
- Approach organizations and ask them how they are already using protective factors in their work.
- Consider other contributing factors to the trauma, such as homelessness and poverty
- More opportunities to share ideas and “Create wise actions.”
- A lot of opportunity to intervene at multiple points along the life course. **(2 mentions)**
- Avoid industry speak when talking about this subject, need connection to resources to build from awareness.
- We could better serve women especially black women of child-bearing age. We want more consistent participation by community members rather than just service providers.
- We don’t have enough social workers or mental health staff to do the follow up and follow through after training and awareness. The then-what. (weeds of implementation).

### 3. Are there other groups with whom we should be sharing this message?

Participants shared a list of people we should be sharing the ACEs message with (next to each group shows how many times the group was mentioned by the participants).

Faith Based Community - 10  
Liaisons - 2  
Youth - 4  
Parents - 8  
Caregivers - 3  
Resource Centers - 4  
Law Enforcement - 4  
Military - 3  
Libraries - 2  
Hospitals - 2  
Colleges - 2  
School districts - 5  
Rotary groups - 3  
HSS Agencies - 6  
Mental Health - 3  
Coalitions - 3  
Board of Supervisors - 1  
Community Agencies/services - 16  
Public service - 3  
First point of contact - 1  
Court system - 2  
Mentorships - 2  
Sports coaches - 3  
ATOD Programs -1  
Leaders/people making decision -1  
Community - 1





**DAILY REPUBLIC**  
Solano County's News Source

FAIRFIELD-SUISUN CITY, CALIFORNIA



# Raising a Reader program launches in Solano County

By [Susan Hiland](#)

**FAIRFIELD** — Solano County Office of Education launched a well-respected children's literacy program for local children in early care and learning settings – including participating Quality Counts family child care homes and center-based programs.

First 5 Solano Children and Families Commission awarded Solano County Office of Education with funding to implement Raising a Reader. For the 2018-19 program year, 20 Quality Counts sites will participate in Raising a Reader, allowing more than 500 children to take home a set of four books on a weekly basis and share with their families.

Raising a Reader is an early literacy program that teaches parents shared reading strategies by focusing on early brain development and strengthening family literacy routines. Children who participate in the program receive a Raising a Reader book bag with several age-appropriate books to take home. The bags will be rotated into children's homes every week, with approximately 100 books being brought into the child's home every year.

The program is ideal for children from diverse backgrounds. The books are developmentally appropriate, culturally respectful and inclusive and are available in Spanish and English.

In an effort to foster healthy brain development, enhance early literacy and language skills, promote healthy family engagement and provide positive early learning experiences, the Solano County Office of Education will receive up to \$75,000 annually from 2018 to 2021 to coordinate implementation of Raising a Reader.

### Share Your Reader Feedback

What do you think?



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