



March 28, 2016

Commission Meeting Minutes
Mendocino County Office of Education

Commission Members Present

Lucresha Rentería John Passalacqua
Ben Anderson

Public Present who signed in

ITEM 1 WELCOME & INTRODUCTIONS

Commissioner Rentería called the meeting to order at 1:15 p.m. and welcomed visitors. The Commission, staff and public made introductions.

ITEM 2 PUBLIC COMMENT ON NON-AGENDIZED

Commissioner Rentería asked for public comment on non-agendized topics. None received.

ITEM 3 CONSENT CALENDAR (Action)

- A. Meeting Agenda
- B. Draft Minutes from February 29, 2016 Commission Meeting.

Correction to draft minutes from February 29, 2016 meeting

Motion made to approve the Consent Calendar for next Commission Meeting in April.
Motion/Anderson, Second/Passalacqua, (all ayes, no nays). Motion Passed.

REDUCED SUBSTANCE ABUSE AND IMPROVED PARENTING

ITEM 4: TRIPLE P IMPLEMENTATION

Townley Saye, Raise and Shine Program Manager, and Iliana Mora, Raise and Shine Program Assistant, presented on what Raise and Shine(R&S) is primarily focused on, and what they have been working on consistently. There are many parenting classes around Mendocino County and some of those classes address and are constructed for parents who are recovering from any kind of substance abuse. Is Raise and Shine improving parenting in Mendocino County? Townley clarified that they mainly focus on their direct services through facilitating their groups and their contracted facilitators. They also outreach agency and community events and focused on communicating and connecting with agencies throughout the county so they know what R&S was, what they do, and how to do a referral for their services.

Iliana commented that in the first and second quarter, they began doing many outreaches and they went back multiple times to the clinics and Head Start because they serve majority of the population from ages 0-5. Doing the outreaches, they reached over 160 employees/staff from the agencies they talked to. Most of the referrals they receive are from Head Start, Family Resource Centers (FRC), and Health and Human Services Agency (HHSA). They have received 147 referrals for the first and second quarter of the fiscal year. 58% of the referrals were information given (questions answered/concerns for child development). 13% were unreachable and/or incorrect phone numbers. 12% of the referrals ended up registering for a class while 8% became a brief one on one (concerns about specific topics/developments). 5% were referred to other agencies (Tapestry, Regional Center or the district) and 4% were not interested at all. Last year they mainly served ages 3-5 and they served 78 people (48 being parents or caregivers).

In 2015, they served 127 people and while they almost doubled their numbers from the year before, the question if they are improving parenting remains. Townley specified that in the classes/groups, the parents are taking a pre and post survey both at

the beginning and at end of the 8 weeks. The surveys measure three different parenting dysfunctional styles (how lax, reactive and hostile a parent is). Each parenting style has clinical threshold and at the beginning of the classes, many of the parents who take the pre survey show they are above the clinical threshold. The parents are either stressed out or not confident in their parenting style and/or are using strategies that are not effective in their parenting, which causes their numbers to be high. At the end of the 8-week class, they have seen that those same numbers reduce below the clinical threshold. The parents are calmer and more confident in their parenting style and they are able to control their emotions better. Based on these numbers, it is clear that they are improving parenting in Mendocino County.

Because many of the parents said they felt Triple P really helped them, they were asked by HHS to implement and collaborate with them about bringing Triple P into CWS. A main concern was that if Triple P was going to be able to meet the parents' needs if the child was removed from the home. How would a parent practice Triple P techniques and strategies if the parent or parents were removed? There are five different levels of Triple P that can be implemented in any way. Level two is the seminar series where a broad overview of what Triple P is and how to build resiliency. Level three and four are more intensive, getting specifically to what the parent is struggling with. Level 5 is where the parent has anger issues and/or having a hard time self-regulating and does not know how to handle the stress. All the principles of parenting would be introduced through the program but how it is and to what depth it is, would be specific to that parent. Commissioner Passalacqua asked if level five would be a group or a one on one session. Townley clarified that it could be either one. Once there is reunification with the child, then the parent would go through the 8-week class (practicing strategies, strengthening the positive and the good, etc.). Townley added that the implementation process is still new, and are currently training some parent partners, social workers and supervisors but going about it this way is their goal to implement Triple P. Commissioner Passalacqua asked what element it was going to replace. Townley specified that it is going to replace the confidence series that they are currently using that is not evidence based.

Townley said if they can work with the parents and they can recognize what is and is not working, it will help them notice when the child does something well and not only when they misbehave. It is going to be more about asking the parents questions about how they handled something and why they thought that was the best way to go instead of the facilitator telling them what they should do and/or should have done. That way the parent can become more confident in the decisions they make when parenting. Commissioner Anderson said that the biggest difference he sees is that when the parent is given the answer they'll know how to fix that situation but when another situation comes up, they won't know how to because they will be used to being given the answer on what to do. Townley commented that Triple P trains their people to know not to make the parents feel bad for not having good parenting skills or not knowing what to do with their child because no one is a perfect parent.

Townley said that they are going to keep the current Strategic Plan for the next few years and continue their outreach to agencies, FRC's and families. They will also continue to do referrals at the outreaches. They are going to do more training classes to get facilitators for groups. They have been thinking about how to harvest facilitators out of the community and they decided to go where parents are and that is schools, doctors, sport events, etc. They are not just trying to reach out to the mandated parents, but the entire group of parents who need help with their children. Commissioner Passalacqua asked where we are at with capacity in our classes, are we full or half-full? Townley said the majority of the classes are great in attendance expect for the Hispanic classes. However, they do not want to have more than 12 parents in the classes that way the conversations are limited and everyone can get the information they need without rushing through the class.

MAXIMUM EFFECTIVENESS AND EVALUATION

ITEM 5: FISCAL REPORT (*Action*)

Commissioner Rentería asked if there were any questions or comments to the fiscal report.

Motion made to move the fiscal report to consent for next Commission Meeting.

ITEM 6: MID-YEAR EVALUATION REPORT

Jenna Munos, Administrative Fiscal Manager, presented a PowerPoint for the Mid-Year Evaluation of services rendered by FIRST 5 Mendocino and its grantees.

Between July-December 2015, 4,186 of children were served and the high number is due to a significant increase in enrollments in Imagination Library (IL). Total parents between the same times is 2,341 and the increase is due to Triple P. About 20% of the reported abuse is substantiated throughout the state (average reported is 22% and average substantiated is 4.4%) and on average, 31% reported abuse is substantiated in Mendocino County (average reported is 32% and average substantiated is 10%). Executive Director Molgaard commented that we seem to be following about the same number that California is (percentage wise) which is a good thing.

Reported abuse for ages less than one is 40% reported and 50% substantiated. For ages 1-2, 26% were substantiated and for ages, 3-5 23% were substantiated. Commissioner Anderson asked if there was a report on how many of those ages under one was drug babies (shaken, slapped, and neglected). Jenna responded that it was not in the report but she could look more into it because it could be useful information. For California, they are about the same for age under one (38%) and the substantiated is the same as the county (50%). 2015 date for entries to Foster Care was unavailable at the time but for 2014, it was 82 children in between ages 0-5 and the exit rate was 70.

Imagination Library (IL)

14,127 children were served in the past 5 years, 3,679 being in the past 6 months. Women Infants and Children (WIC) staff and Family Resource Centers (FRC) in the county have worked hard in helping those number raise. Executive Director Molgaard commented about WIC having a program in Ukiah and Fort Bragg and travel to outline areas. The director for WIC, Peter Schlicking, was interested in pushing literacy. A diaper agreement created with them, if people sign up for IL at WIC; they get 10 diapers free.

All regions have at least one FRC that FIRST 5 Mendocino will fund a grant. For fiscal year 2014-15, Round Valley is above the 70% line IL goal. Each region has increased, including the North County, which was the lowest at 34%. Dollywood set the goal at 70% because they have never found a county that gets above that. Laytonville is the most difficult place to get people to sign up because they do not feel comfortable giving their name and address. A few ideas were to get Laytonville Head Start to get their community/public to sign since they may have a better relationship with them. Commissioner Anderson said that if people saw the numbers, it could be more helpful in convincing more people to sign up and feel comfortable about the process. For the first part of the fiscal year, they have done over \$11,000 in fundraising and the fundraising efforts are in full force to keep IL sustainable. As far as the evaluation goes, there has not been pre-post surveys since 2012 so a renewed procedure has been implemented to collect those surveys to determine if there are changing in families reading habits. Executive Director Molgaard brought up a question that is asked by many of alliance club, how do we know it works? Nationwide we know that the more books in the home, the more reading happens, and the more vocabulary a child receives.

Parenting Apart Workshop (PAW) and Supervised Visitation (SV)

In the past six months, there have been five workshops (four in Ukiah and 1 in Fort Bragg). 40% of registered participants attended and one Spanish group was held.

For SV, 83% of the families referred became participating families. One case was terminated by the agency and four cases were terminated by the court. Three families were found non-compliant with 51 visits conducted. Due to two incidents of concern, there will be no more SV on the school campus or in general but they will continue to have PAW. Commissioner Passalacqua asked who would be taking over SV. Executive Director Molgaard said that no one chosen to take it yet but hopefully the Mendocino County Youth Project (MCYP) could take it back since MCYP started SV. She also mentioned that they do not receive feedback after the supervised visitations so they do not know whether they are helpful or effective.

Pediatric Dental Initiative (PDI)

In the past six months, PDI has served 108 children in the ages 0-5 in Mendocino County, 6% Native, 45% Hispanic, 45% White, and 4% being other (multiracial). The Hispanic percentage higher due to the population being around the same percentages as those served.

Supporting Programs

Kits for New Parents, Smoke Alarms, Diaper Depot and Snuggle Nests; there is not much date to for these programs because they are all programs that are utilized to support the Strategic Plan. They will regularly support training staff and partners on how to distribute these programs amongst the county and out to their demographics. Snuggle Nests are done in house depending on the need and if someone calls for one. Diaper Depot is mainly used as an incentive, to attend Triple P groups, WIC signups for IL. Smoke Alarms for those who do not have any in the home and have a child under the age of five. MOUs are no longer used, just previously started ones. Executive Director Molgaard said that one thing that came up about smoke alarms was that it could definitely help give that extra time to save others. In a recent local accident, the parents did not have enough warning time to get their second child out of the house. Commissioner Anderson asked how do they know who does and does not have smoke alarms, should it be something that is being asked when referring to FIRST 5 Mendocino? Executive Director Molgaard said only when it comes up, such as if someone comes in for a snuggle nests; they will begin to ask questions. Normally they do not just ask, but it could be something they can begin doing. Commissioner Anderson mentioned maybe putting it on the answering machine/website. Executive Director Molgaard said they could even

do it on the FIRST 5 Pandora playlist like an ad. Menaka said they could also do targeted outreaches for trailer park locations. Reach out to Fire Chiefs, Indian Child Welfare Association (ICWA), County Planning and Building.

Decreasing Substance Abuse

The three funded programs are Family Dependency Drug Court (FDDC), Ford Street Project and Recovery Triple P. The total participants for all the programs: 44% white, 10% Hispanic, 9% Native American, 3% Multiracial and 34% Unknown (children of parent who were served through Ford Street). Because some of those children are not directly served, and they are in foster care or in the care of another parent or relative, the demographics are not received.

Their requirement for the contract with FDDC was that they had to serve 50% of a parent/caregiver or guardian (p/c/g) of a child 0-5 and they are actually serving 85%. They will pay for three mentors. 28 total participants, 25 being p/c/g for children in between 0-5. Their requirement is 10 hours a week for at least four individuals each week. They did an average of 8.8 hours/week for three mentors. One mentor saw only one peer but it was a high-risk participant with a child under age five. They did 15 hours a week for 13 weeks. Mentor 2 saw an average of 4.5 peers for an average of 4 hours/week. Mentor 3 saw 15 peers each week with an average of 7.5 hours/week. Mentor 3 left in September and they are going to get a replacement. 85% of those were 0-5 and only 11% of the budget was used. All of the participants were referred to Recovery Triple P and they are working on becoming eligible to bill MediCal. Once that happens, they can no longer supply those funds and they will remove that grant and funnel those funds elsewhere.

The grant for the Ford Street Project gave \$20,000 this year to provide a bed for either a pregnant woman/parent of a child 0-5 in need of either detox or rehab. They had nine p/c/g, 11 children between 0-5, and 13 other (6-18 year olds). They do not fund any parent that does not have a child 0-5 (can have older children but will not be funded). Their participation is 100% and 56% of their budget was used compared to last year being only 52%. Their success rate is 55%, meaning a participant exited the program with completing the required time treatment or they were asked to leave. They do not accept walk ins and they refer them to SUDT for a referral and there is no way of knowing if they ever return or not. For the 2016-17 grants, they are looking into a requirement that they have to accept that walk in if they want to continue to use the grant.

For Recovery Triple P, they have had 93% completion and their successful indicator show a decrease of 0.3-.04 points and currently are at -0.33. They have held two groups in the first 6 months provided by R&S and the FRCs. They have had 15 participants start and 14 completed.

Anderson Valley is thinking about opening up their FRC again, Executive Director Molgaard and Jenna Munos will be meeting with them to discuss it more. 21% of the budget is Basic I&R (63% being spent through the county), 19% is Triple P Expenses (34%), 50% is FRC Program Expenses (49%) and 10% is Admin Indirect (50%). Program expenses include staff salaries for their specific programs as long as it fits their demographics, Nuestra Alianzas (Plan Vacacional) which is offered in June. They having funding for the Arbor to purchase a parent transport van. Triple P budget is low because Action Network did not provide groups in the first 6 months and the Arbor had to cancel half of their groups due to low attendance. Total 0-5 population served through the FRCs is 318 so \$135 were spent per child. Total p/c/g was 771 and other was 1282.

Mid-year highlights: Round Valley hired a full time staff member to assist in program development and data entry. Top serving FRCs served 71% of the 0-5 populations and 41% were p/c/g. Lowlights: Triple P targets were not met by the majority of FRCs. Low Priority of 0-5 population from one FRC. They also need help with data entry into database.

ITEM 7: FIRST 5 CALIFORNIA ANNUAL REPORT TO THE PUBLIC (Action)

Postponed until next Commission Meeting in April.

ITEM 8: DIRECTOR'S REPORT

Executive Director Molgaard updated the Commission about Home Visiting (HV). Moving ahead with Public Health (PH) but now Child Welfare wants to participate. There is a meeting coming up to discuss it more.

Executive Director Molgaard confirmed that the California Health Care Research and Prevention Tobacco Tax 2016 are on the ballot. It is a \$2 tobacco tax. We finessed a back fill for Prop 10 and it includes e-cigarettes. There are six bills about tobacco and one of those bills is to raise the limit to 21 to be able to buy cigarettes.

Paper Tigers will be screening in Ukiah on April 11 and ACEs on April 12. Paper Tigers will be screening in Fort Bragg on April 12 and ACEs on April 13. We would like a Commissioner to open/close the events. Need one person to open and one to close. (Commissioner Tichinin might be able to do April 13 for ACEs in Fort Bragg, will check schedule)

Commissioner Anderson can close on Monday April 11 at the Paper Tigers in Ukiah). Ukiah events are almost full but not on the coast. It is now open to the public.

Menaka Olson, Communications Manager, combined the input from previous meeting and presented on it. We can help families thrive and succeed as well as create a stronger work force and at that point, our local economy can improve. The goal is to have a series of events, including the screening of Paper Tigers and having the ACEs/Resilience training happening in April as well as a follow up ACEs/Resilience training in July. The next film is the Resilience. It is a work in progress due to it being screened in private. They will purchase five series of Raising of America, which will also be free online on April 1-17. Some feedback that they felt was important from the Commissioners is that they wanted to improve and train their staff. The targets to train are the professional community. Local professionals and organizations integrate Resilience strategies into their work and agencies and providers create a healthy culture where we maximize and share all of their resources. All this comes from many people thought out the county still asking what ACEs are and not fully understanding it. Executive Director Molgaard commented that there is a subcommittee of the Policy Council on Children and Youth (PCCY) called the Children's Health Committee that has selected ACEs as their goal.

The Sandbox has received the Use Permit from the City of Ukiah and a grant from The Community Foundation of Mendocino County for \$7500 for the playground. They are still waiting for licensing. The rooms are all cleaned and set up, ready to go. Tanyasu Simms has been hired as the director for The Sandbox and is doing interviews for the teachers. They have a website up but not accessible yet. They will begin marketing to kids so by the time they are ready to open, they already have kids signed up to attend.

Reminders for Commissioners: Renew and turn in Form 700 (due on April 1)
Next Commission Meeting is on April 25 in Anderson Valley
Annual Make Kids Smile Event (PDI fundraiser) is on October 6
First 5 California Summit is on November 8-10

Redwood Community Services 20th Anniversary Celebration, dinner, desert and live auction. FIRST 5 is buying a table for 10 people. Saturday, April 23, 2016 from 5:30-10 pm., location is in Hopland and there will be an MTA shuttle service for those who are attending.

ITEM 9: RECOGNITION OF AMERICORPS MEMBER

Maria Avalos, FIRST 5 Mendocino Family Advocate, received the AmeriCorps Member of the Month. She started as a part time member in September and is now a full time member. She works out of both the FIRST 5 office and the ARC FRC. She first applied for the position due to being a new mother and felt as if it would help her in understanding her newborn as well as pursuing a career working with children. She loves working with children and their families as well as helping out her community in events and projects. Menaka Olson, Maria's direct supervisor, nominated Maria because of her constant dedication to her projects. She can tell Maria really enjoys what she does and loves being around children and helping them out when they need it.

ITEM 10: COMMISSIONER REPORTS, ANNOUNCEMENTS & ADDITIONAL MATERIALS

Commissioner Rentería asked for any announcements or Commissioner Reports

Commissioner Rentería commented that unfortunately the AmeriCorps grant for ARCH was not funded. The last round that they had applied for, they wanted more access, services to veterans. They did not make it a target on their application, which could have caused them not to be funded. They will make it a focus for the next time they apply.

Commissioner Anderson commented that they received a grant for \$325,000 for substance abuse preventions.

Commissioner Rentería closed the meeting at 3:15 p.m.