

# 2017 Community Assessment Update

Tehama County Head Start  
& Early Head Start



Northern California Child Development, Inc.



# Contents

Executive Summary.....	3
Assessing community needs .....	7
Forward .....	7
Acknowledgements.....	7
Introduction and Information about this Publication .....	8
Glossary of Terms.....	9
Organization of the Report.....	11
Introduction.....	12
Demographics .....	13
Poverty .....	13
Age.....	14
Race and Ethnicity.....	14
Language .....	16
Household Composition .....	17
Economic Activity.....	19
Education .....	21
Housing .....	22
Other Child Development Services .....	23
Transportation.....	31
Disabilities.....	32
Social Services.....	36
Child Abuse and Neglect.....	36
Drug and Alcohol Abuse .....	37
Social Service programs.....	37
Health .....	40
Prenatal Care.....	40
Immunizations.....	41
Health Risks.....	43
Medical Clinics .....	44
Insurance .....	45

Air and Water Quality.....	45
Mental Health .....	46
Dental .....	49
Conclusion.....	50
References .....	52

## Executive Summary

Northern California Child Development, Inc. (NCCDI) is the Head Start and Early Head Start grantee for Tehama County. We are in the fourth year of a five-year grant cycle. This document is an update of our comprehensive community assessment that was completed in year two of our five-year grant cycle. In the future, we will complete the comprehensive community assessment as part of our Year One application for the new five-year grant cycle. However, due to the transition from a three-year grant cycle to a five-year cycle the comprehensive community assessment was completed in the middle of this grant cycle rather than at the beginning. The comprehensive community assessment is designed to reveal the most pressing community needs for those families in Tehama County we serve, primarily families with children age zero to five. The interim community assessment updates are to identify changes in community needs and to determine if any programmatic changes need to be implemented for our Head Start and Early Head Start programs in response to the changing needs of the community.

Every year, NCCDI uses the data from the comprehensive assessment, annual assessment updates and other program data to evaluate its different program options and its service delivery models to ensure we are meeting the needs of the families in our service area to the best of our ability. Therefore, this assessment is an integral part in carrying our mission:

*The mission of Northern California Child Development, Inc. is to enrich children's lives, empower families, and engage our community.*

While NCCDI's service area is Tehama County, there are many factors that have limited our ability to serve eligible families throughout the entire county. Out of 58 counties in California, Tehama County continues to rank in 41<sup>st</sup> position for population (United States Census Bureau, estimates 2014). This population is spread out over 2,950 square miles (the 20<sup>th</sup> largest county in land area), with only three incorporated municipalities: Red Bluff, Corning, and Tehama. Currently, NCCDI provides Center-Based services in those three municipalities (which are surrounded by several smaller communities) whose combined population comprises 37.5% of the entire county's population (United States Census Bureau, estimates 2014). The remaining 62.5% lives in rural, isolated areas that have an insufficient population of children age zero to five years old to support an Early Head Start or Head Start classroom. While NCCDI has been unable to procure a facility in the rural community of Rancho Tehama, which comprises 3.8% of the rural population, in 2016, NCCDI was able to contract with a Family Child Care home to provide Head Start services in this community. Tehama County Department of Education and First 5 Tehama have partnered together to operate a Home Base program for four year olds called School Readiness. They also operate a summer program in the

Central (Tehama area) and Southern (Corning area) Tehama County called Kindercamp. Kindercamp is open to all children entering Kindergarten who were unable to receive a Center-based preschool experience. In the summer of 2014, Kindercamp expanded to the North County (Red Bluff area). With the availability of Home Base services to preschool aged children coupled with the absence of Home Base services for children age zero to three years hold, we have made the decision to focus our Home Base program on infants and toddlers through the use of Early Head Start funding.

There are 4,299 children under the age of five year's old living in Tehama County, with 32.5% of these children living in poverty (United States Census Bureau, 2016). The mean of annual child care costs in Tehama County for infants and toddlers in a licensed Center is \$11,965, while the cost of preschool care in a licensed Center is \$7,345, (California Child Care Resource & Referral Network, 2015) an increase of 27.8% and 18.5%, respectively, since 2013. Combined with the cost of housing, this amounts to 59% of the maximum income to qualify for child care subsidy and other State programs in Tehama County (California Child Care Resource & Referral Network, 2015), which is an extraordinary burden for the low income families we serve. In order for low income families to provide an adequate standard of living for themselves and their children, they rely heavily on State and Federal subsidies and programs in order to have reasonably affordable child care. However, due to increases in minimum wage started in July 2014, annual incomes continue to rise resulting in fewer families qualifying for child care subsidy. The minimum wage increased again in January 2017. Therefore, we expect even fewer families to qualify. However, while annual income continues to rise so does the cost of living and the median family income in Tehama County. So while families earn more, the lowest wage earners in Tehama County have not experienced an increase in wealth in comparison to the average county median income and the increased cost of living caused by the increase in minimum wage. However, because subsidy, state, and federal programs base eligibility on gross income, many families that were once eligible for these programs are not any longer.

Despite the many challenges families in Tehama County are facing, NCCDI has implemented changes in its programs and service delivery over the past decade to meet the needs of low income children and families. NCCDI has sought and received additional funding and now serves 57% more children than we did a decade ago, bringing the number of available slots to 414. Part of that funding has enabled us to serve a broader range of children. For 48 years NCCDI served only pre-school age (three to five years old) children, until in 2004, when we first received funding from First 5 of Tehama County to serve approximately 30 infants and toddlers each year in a home-based program. That program became our launching pad in providing infant/toddler services. Then in 2009, we received an Early Head Start grant to serve 87 infants and toddlers. After converting some of our Head Start Home Base program into an Early Head Start program, our Early Head Start enrollment grew to serving 103 infants and toddlers. NCCDI currently has

two full-day full-year child care facilities serving 40 infants/toddlers, while we continue a home-based option serving 71 infants/toddlers.

Because we operate a Head Start and Early Head Start program, we understand the unique needs of special needs children. Over the past decade we have set our programs up in order to serve more children with special needs by establishing a Full-Inclusion model in partnership with the Tehama County Department of Education and its Special Education Local Plan Area (SELPA). That partnership has provided a special education teacher to be provided to our Full-Inclusion classrooms on a full-time basis. In the past, special education teachers would have to hop from class to class (wherever we had special needs children enrolled) in order to provide services. By creating a Full-Inclusion model we have been able to specifically trained staff to work with a higher number of special needs children and create a “regular” classroom environment in which an outsider cannot determine which children have special needs and which do not. Over the past few years, we have opened three Full-Inclusion classrooms with great success.

With the success of the Full-Inclusion model, we took another direction and created a combination option specifically for children with severe behavioral issues called Stepping Stones. This option combines the environment of a classroom for three days during the week and home visitation once a week. The purpose of home visitation is to work with the parents so the behavior plan implemented in the classroom for each child can be reinforced in the home. Together our Full-Inclusion and Stepping Stones classrooms serve 64 children out of our total enrollment of 212. Overall, 18% of our Head Start enrollment has been dedicated to serving children with disabilities and a number of other children that did not qualify for an Individual Education Plan (IEP), but are considered to have ongoing concerns.

Based on our comprehensive community assessment completed in year two of this five-year grant cycle, NCCDI has accomplished many new and exciting things that will enable us to better serve children and families in our community. In order to keep up with the increasing demand for full-day care in the Spring of 2015 we were awarded an expansion of our State Preschool contract to support our full-day Head Start classrooms. It had become increasingly difficult for our Head Start program to continue operating full-day classrooms due to rising costs associated with minimum wage, payroll related costs, and other operating costs. Without supplemental funding, we may have had to consider closing one or more of those full-day classrooms and redirecting those slots to our part-day classrooms. With the expanded funding we felt we were on solid footing to continue those full-day services. That confidence was short lived as on June 30, 2015, the Governor of California signed into law the expansion of Transitional Kindergarten (T-K) which allowed four year olds that were previously not eligible for T-K to enroll as long as they turned five years of age sometime during the current school year. This expansion of T-K was added at the last minute by the Governor to other legislation that was went into

effect at the beginning of the State's fiscal year beginning on July 1, and came as a complete surprise to the early childhood education community in California. With the expansion of T-K, families of four year olds that we were expecting to enroll in our Head Start program at the beginning of the next program year elected to enroll in T-K instead. Unfortunately, in many cases these families did not inform our Enrollment Department of this change. It was not until we contacted them to set up enrollment visits with their child's teacher just weeks before our program year was to start that we were informed of their decision. Because of the availability and convenience of T-K, we had very few four year olds on our waitlist that we could replace them with. And in many cases, we were unable to enroll additional three year olds in those classroom as it would force us to change the classroom size due to there being a predominant number of three year olds. Therefore, what once seemed to be a blessing soon became a curse. However, we hope to turn this around to another opportunity. We have had very preliminary discussions in partnering with some of the School Districts that provide T-K that would wrap Head Start services with T-K services for children that are eligible for Head Start and T-K. T-K children are required to undergo many of the assessments that are required by Head Start and State Pre-K as well as providing an appropriate environment for this age group. Many of the T-K teachers hired by School Districts do not have units in Early Childhood Education (ECE) or the training to properly assess children in this age group. By partnering and providing the Districts with qualified ECE staff we would hope to improve the quality of T-K, while meeting the requirements of our funded enrollment.

Our partnership with the Tehama County Department of Education Special Education Local Planning Area (SELPA) continues to flourish. In 2012, SELPA approached us about opening a special needs classroom at one of the elementary school campuses in Red Bluff. In 2013, we partnered with them to open a part-day classroom. The beginning of that first year was a bit rocky, but things really began to improve the second year. Prior to 2014, SELPA approached us to partner on a second part-day class in the same classroom. In the summer of 2015, we were approached again to partner on the opening of an Exceptional Needs classroom that would serve children with the severest of disabilities. In 2016, despite our excellent working relationship with SELPA, we were unable to continue with our special needs classrooms located on the elementary school campus due to classroom usage issues with another program. The Head Start funded slots from this elementary school campus were moved to another location and an evening class, which targets college students, was created.

Over the past few years, NCCDI has operated a low-cost Community Counseling Program. The program operates under the supervision of our Head Start/Pre-K Director and a contracted Licensed Mental Health Consultant. The Consultant is responsible to supervise a number of Mental Health Interns who provide individual, family, and group counseling to members of the community. Priority for these services goes to families enrolled in our Head Start and Early Head Start program and services are provided at no

charge. Each intern is allowed a maximum caseload and then potential clients are put on a waitlist until an intern becomes available. Originally community members paid a flat low-cost fee for counseling services. Services focus on parenting issues, marriage counseling, addiction, and grieving. Sessions could be one and done or could continue with more intensive cases being referred out to other agencies that have licensed counselors. Three years ago, we partnered with the Tehama County Family Counseling Center (TCFCC) on a grant from Dignity Health in order to expand the number of clients we could jointly serve and would cover the increased hours of the Mental Health Consultant's supervision, as a result of the expansion. For the 2016 year, we continue to partner with TCFCC on this grant. In reviewing the need of mental health services in Tehama County, there were a large number of students enrolled in Shasta College Tehama Campus that were CalWorks participants having difficulty maintaining a satisfactory course completion percentage and grade point average to remain the CalWorks program. Some of the major factors in the difficulties these students were having in school were the result of stress and other factors leading toward poor mental health. Therefore, one of the focuses on this year's grant is to have Shasta College CalWorks refer struggling students to the Community Counseling Program and they would receive a higher priority over at-large community members.

The growth and changes in direction of our programs over the past decade is truly astounding, and it is our expectation and duty to meet the future needs of the community as best we can. We will continue to use our most recent comprehensive community assessment and the following update as a road map to guide us along the way.

## Assessing community needs

### **Forward**

This report is the last of the required Triennial updates as stated in the previous Performance Standards; it is the work of Northern California Child Development, Inc. (NCCDI), a non-profit organization located in Tehama County, California. NCCDI provides a wide range of services to its local community through early childhood development programs including Head Start, Early Head Start, and California State Preschool Programs, as well as mental health and resource development programs. For more information about NCCDI, visit [www.nccdi.com](http://www.nccdi.com).

### **Acknowledgements**

Research was conducted and report written by Jennifer Torres, BSW, MSHS, NCCDI Enrollment and Recruitment Manager with support from Tori Prest, BALS, NCCDI Early Head Start Director, Rosie Flores-Wilfong, BSE, MFT, Head Start and Preschool



Director, Tina Robertson, BA Liberal Studies and MA Human Behavior, Family and Community Outreach Director, and Brian Heese, CPA, Executive Director.

## **Introduction and Information about this Publication**

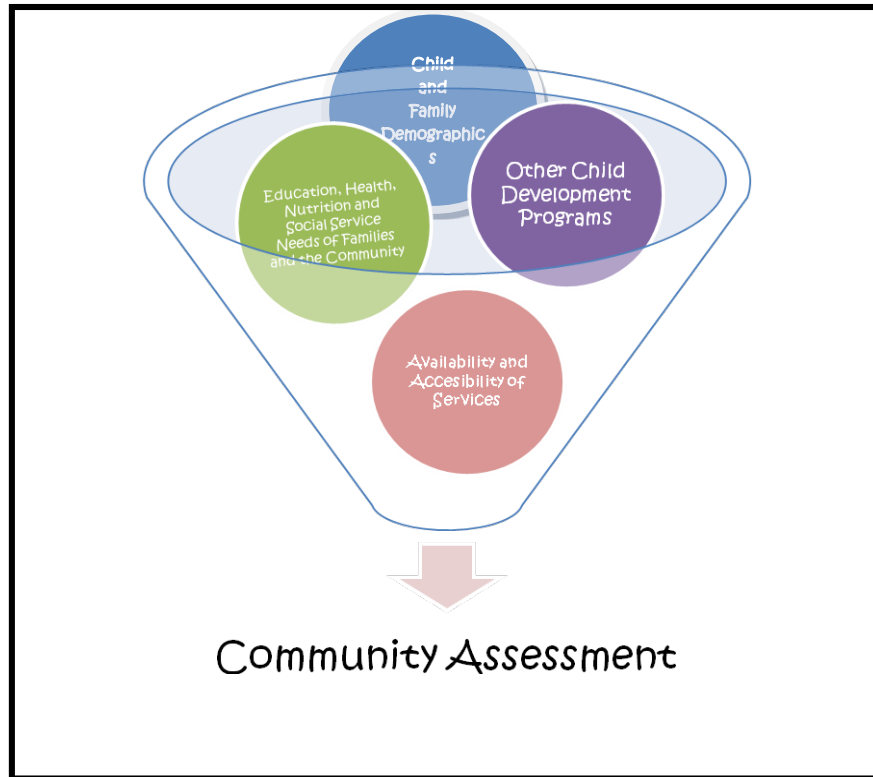
NCCDI Tehama County Head Start serves all of Tehama County, from the incorporated cities of Red Bluff, Tehama and Corning to the most rural of locations, Manton, Rancho Tehama, and Paskenta. Tehama County encompasses 2,976 square mile area with a population of 62,419 people of which 40,936 live in unincorporated areas of the county. This rural northern California county is 300 miles south of the California-Oregon border and 130 miles north of Sacramento. Tehama County is accessible via Interstate 5 and State Highway 99.

Originally located in the unincorporated town of Los Molinos, NCCDI Tehama County Head Start has developed from a small home based program to a combination of full and part day centers and home based program options. Through its growth and expansion, NCCDI Tehama County Head Start relocated to the county seat of Red Bluff in 2002. The agency mission is to strengthen families and the community through the provision of resources and opportunities to build strong foundations and bright futures. Since its inception in 1965, the program philosophy has been rooted in the delivery of comprehensive services that break cycles of family poverty and prepare children to be life-long learners. As the sole federal grantee for Head Start, NCCDI has built a strong record of leveraging resources to enhance all programs for children and families in Tehama County for over 50 years.

Through program services, strong community partnerships and consultant services, NCCDI Tehama County Head Start and Early Head Start offers 345 families with children ages zero to five years and pregnant women health services, nutritional services, disabilities services, mental health services, parenting education, and transportation services.

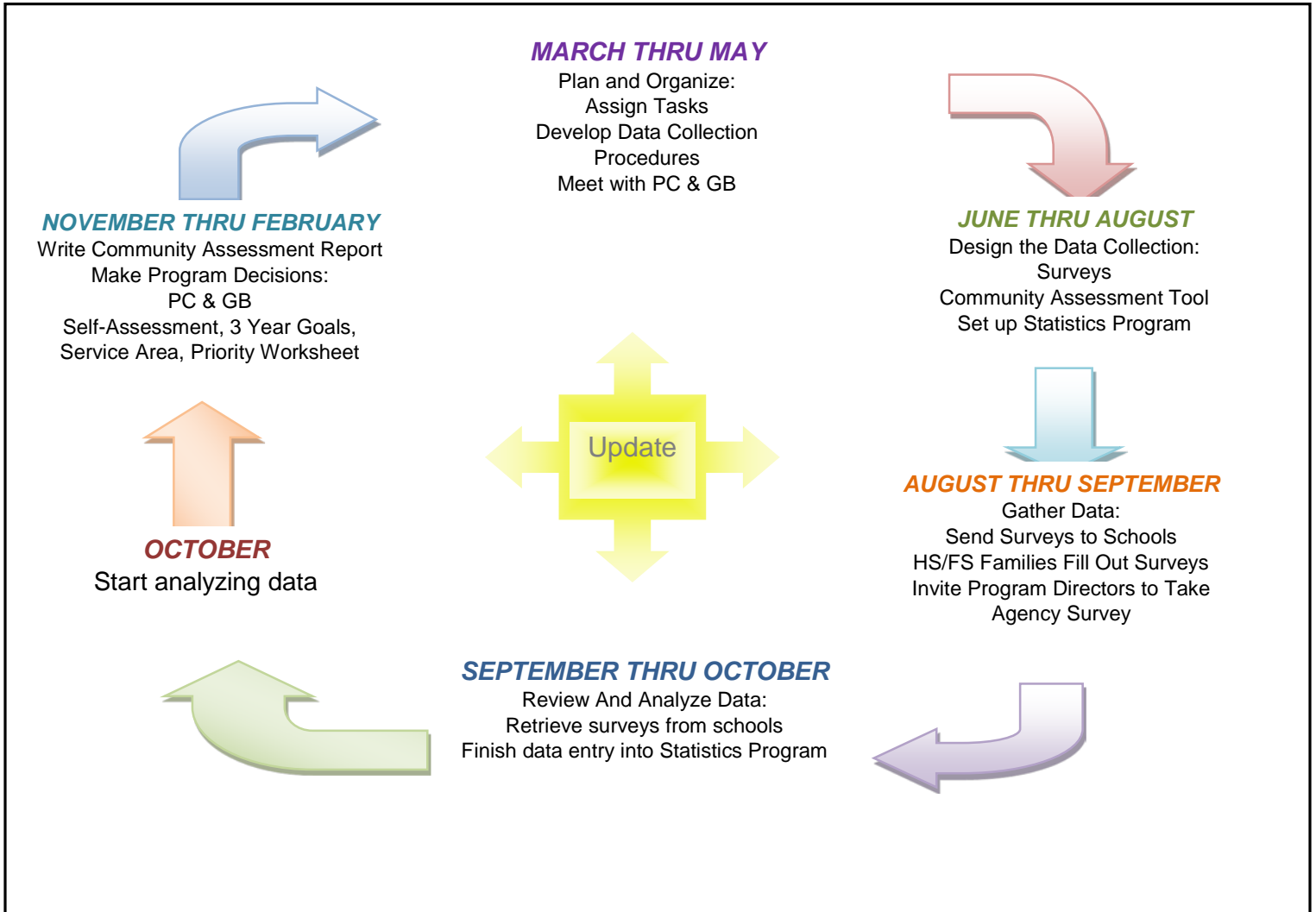
NCCDI engages in on-going monitoring and annually completes a full program assessment and community assessment update to ensure the program continues to provide high quality services that reflect the needs of the communities served. NCCDI conducts a comprehensive, inclusive community assessment every three years, which includes the following elements:

## COMMUNITY ASSESSMENT ELEMENTS



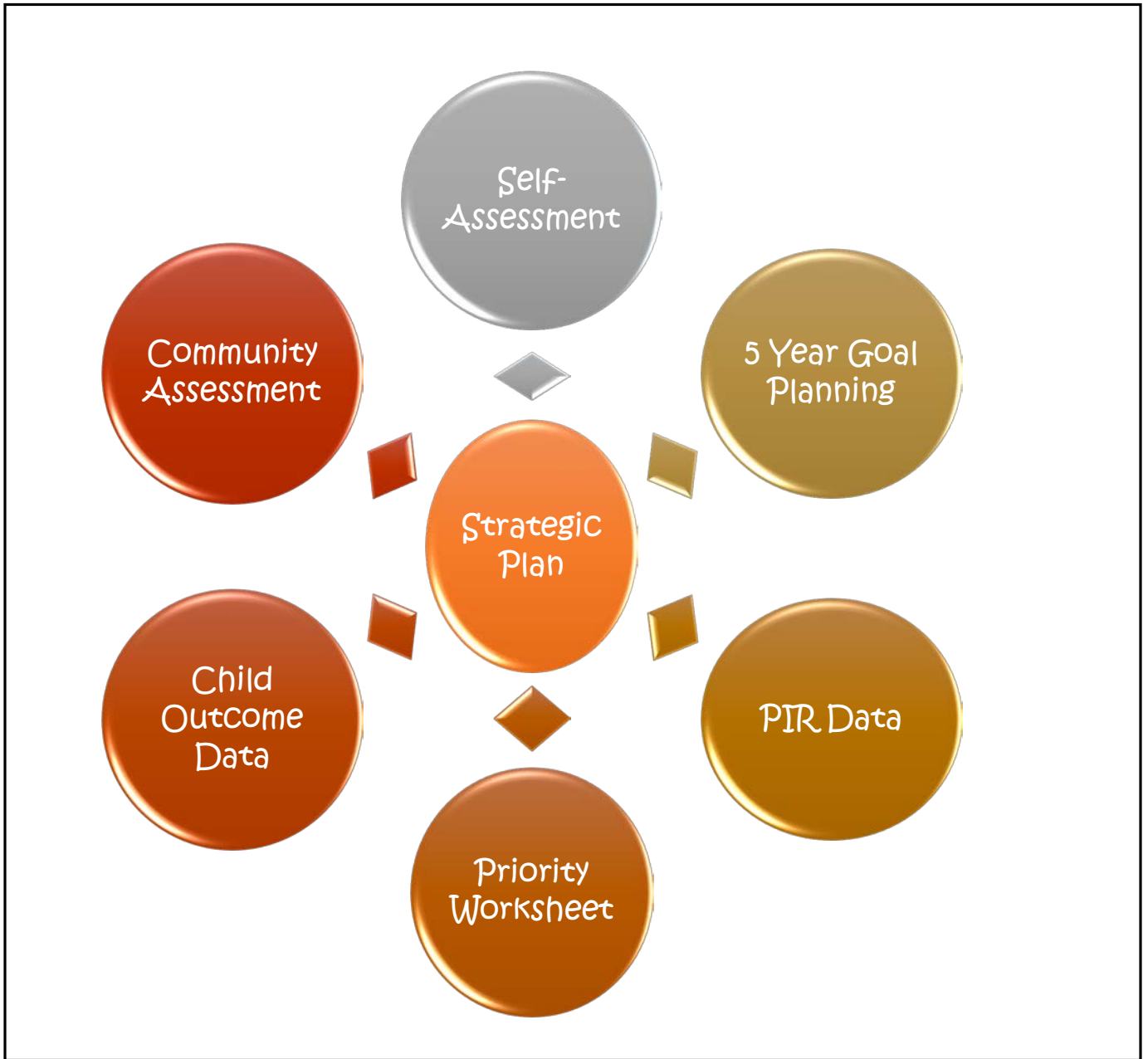
Designing, collecting and analyzing data that forms the basis of research takes time and multi-disciplinary efforts. A comprehensive research planning cycle must be used to obtain comprehensive data that fully explains the patterns found during data collection. The planning model below depicts the triennial community assessment process from planning to completion. At the end of each phase, NCCDI staff provides updates to governing board members, policy council members, and other agency staff members.

## ANNUAL COMMUNITY ASSESSMENT PLANNING CYCLE



According to 45 CFR 1304.51 (a) (previous Performance Standards) the grantee must provide a systematic way in which the program’s governing board, policy council, and staff may initiate program planning. The community assessment is a key tool in program planning in conjunction with the annual agency self-assessment, program information data across service areas, child outcome data, and our three-year strategic plan. These tools provide a means in which changes to short and long-range goals are created.

## FRAMEWORK FOR USE OF PROGRAM DATA



## Glossary of Terms

### **Early Childhood Care and Education (ECCE)**

Throughout this report the term “early childhood care and education” sometimes abbreviates as ECCE, is used to encompass all the formal and informal systems that care for children from birth to five years.

### **Full-Day Full-Year (FDFY)**

An early childhood care and education program or a combination of programs that provides licensed care for five or more hours per day, year round.

### **Head Start (HS)**

A comprehensive child development program for children from three to five years old living in families with income at or below the Federal Poverty Level.

### **Home-Based Program Option**

A program option that focuses on parents as educators. It includes a minimum of 1.5 hours per visit by an assigned home visitor and a minimum of two monthly socialization experiences (16 per year) for both children and parents.

### **North County**

This term refers to families who live in the north part of the county in areas such as Red Bluff, Manton, Reed’s Creek, etc.

### **South County**

This term refers to families who live in the southern area of the county such as Corning, Vina, Rancho Tehama, etc.

### **Individual Education Plan (IEP)**

### **California State Preschool Program (CSPP)**

A state-funded school readiness program for children three to five years old. This program operates in a part-day, part-year and full day, full year formats.

### **Subsidized Child Care**

For the purposes of this report, subsidized childcare refers to a third party payment for childcare services by the state for children birth to five years old.

### **70% of the State Median Income**

The income threshold for subsidized child care is 70% of the state median income.

### **Income Guidelines**

The Federal Poverty guidelines, issues by the Department of Health and Human Services, are used to determine whether a person or family is income eligible for Head Start services, as well as other Federal programs.

### **Central County**

This term refers to families who live in the central area of Tehama County such as Dairyville, Los Molinos, Gerber, Proberta, etc.

### **Blended programs**

Utilizing different funding sources, such as state and federal, to provide a higher quality preschool program

### **Individual Family Service Plan (IFSP)**

A written statement for a child with disabilities developed by the public agency responsible for providing free, appropriate public education to a child, which contains the special education and related services to be provided to an individual child.

### **Local Education Agency (LEA)**

The public education (school) entity or its designee for the city, town, county, etc.

### **Program Performance Standards**

These Federal Head Start regulations, the *Program Performance Standards Operation of Head Start Programs by Grantees and Delegate Agencies*, sets forth agency programmatic functions, activities, and facilities required and necessary to meet the objectives and goals of the Head Start program as they relate to children and their families.

### **Temporary Assistance for Needy Families (TANF)**

TANF replaces the former AFDC and JOBS programs, which was enacted in the welfare reform act, Personal Responsibility & Work Opportunity Reconciliation Act of 1996 (PL 104-193). This block grant to states covers benefits, administration, expenses, and services. States determine eligibility and benefit levels and services provided to needy families. There is no longer a federal entitlement.

A written plan for providing early intervention services to a child eligible under Part H of the Individuals with Disabilities Act (IDEA).

### **Program Information Report (PIR)**

The report that provides quantitative information on key characteristics of each Head Start program to ACF. Every Head Start grantee is required to complete and submit a PIR in summer of each year.

### **Service Area**

The geographic area identified in an approved grant application within which a grantee may provide Head Start services (45 CFR 1305.2 ®).

### **Early Head Start (EHS)**

A comprehensive early child development program for expectant mothers and children ages zero to three years old living in families with income at or below the Federal Poverty Level.

### **Transitional Kindergarten**

Children who turn five years old between the September 2 and June 30 are considered transitional Kindergarten and may attend T-K for one year and then a traditional Kindergarten class for the second.

## **Organization of the Report**

The Community Assessment Update is an opportunity for Tehama County Head Start and Early Head Start to revisit the data collected and analyzed after the comprehensive needs assessment was completed. However, unlike a true needs assessment, an update focuses on areas that have changed and may have an impact on service area need. The update also includes the demographic information of the service area residents as well as children and families who are served by TCHS. The report concludes with a summary of findings that discusses possible solutions to new findings.

## Introduction

Direct recipients of services within a Head Start or Early Head Start program are children and families living at or below 100% Federal Poverty Lines (FPL). Community needs assessments within Head Start or Early Head Start grantees focus upon families in poverty and specifically reviews families with children under the age of five years living in poverty. According to previous Head Start Performance Standards 1305.3(c), a Head Start or Early Head Start program must conduct a community assessment every three years with updates in the two interval years. Each assessment or update necessitates certain information including but not limited to: demographic makeup of Head Start eligible children and their families, other child development programs that serve this population, the estimated number of children with disabilities under four years of age and the service providers in the area that support this group of children, information regarding education, health, nutrition, and social service needs of Head Start eligible children and their families as well as how families and service providers define these needs, and resources available to meet the needs of Head Start eligible children and their families (Head Start Performance Standards, 2006).

Head Start's philosophy towards the extensiveness of community assessments reflects the idea that Head Start programs are not maintained in a vacuum and that each community that Head Start services are provided are unique. The community assessment then enables individual grantees to incorporate and collaborate services that are tailored made to their specific service areas and moves away from the 'cookie cutter' services that may be found in other early childhood development programs.



# Demographics

## Poverty

Tehama County boasts a population of 63,284 persons of which 75.41% are age 18 years and older. This is on trend for the rest of the state of California (75%) and the rest of the United States (76%). Poverty rates in Tehama County hover around 18% for all individuals, regardless of race and age, which is 3% higher than the state average and 4.5% higher than the country. Poverty rates are relatively high for children under the age of five years old at 32.5%, which is an increase from 30.8% when the last Community Assessment was completed (United States Census Bureau, 2016).

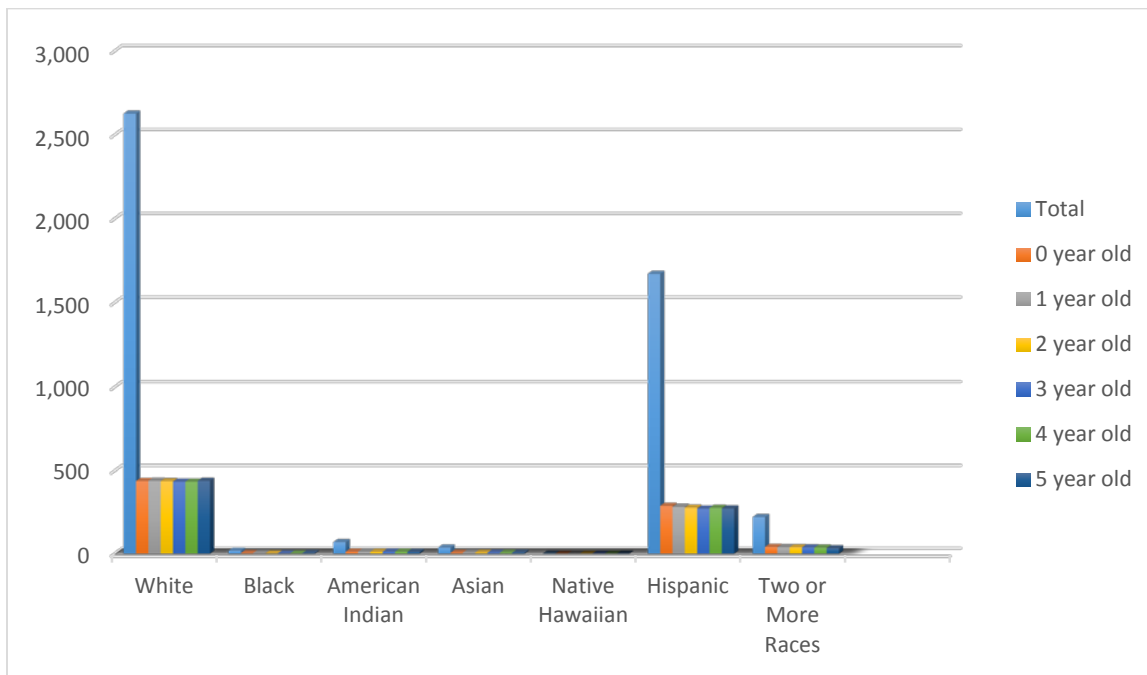


Figure 1 Race and ethnicity by ages of zero to five years

## Age

There are a total of 4,299 zero to five year olds in Tehama County. Of these children,

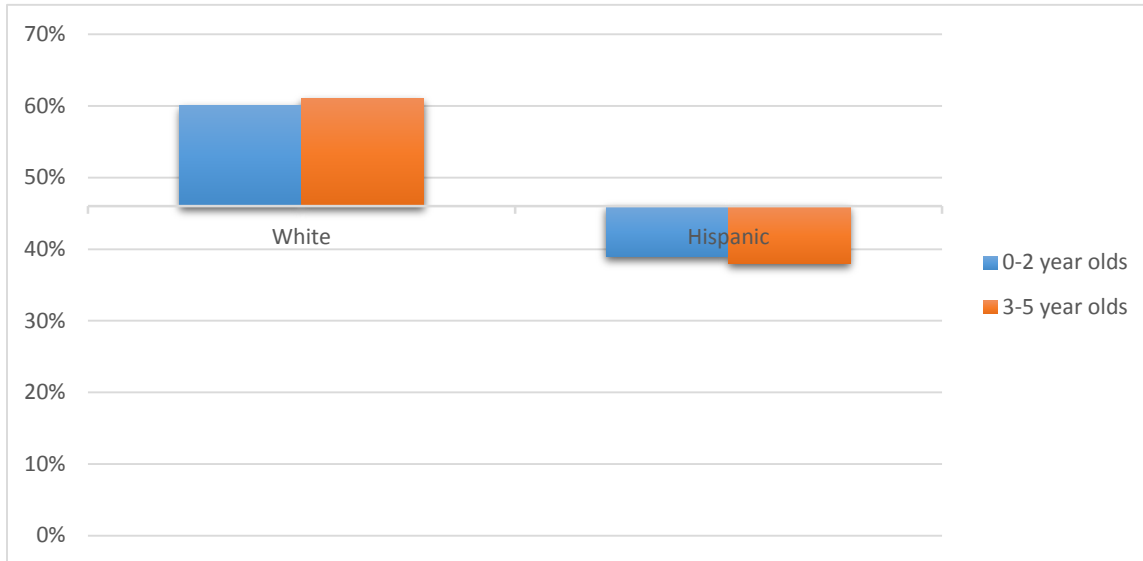


Figure 2 Age by ethnicity

2,167 are under the age of two years old (California Department of Finance, 2016).

However, when examining the rates of poverty between the two age groups, there is a near perfect split of 49% of zero to two year olds and 51% of three to five year olds living at or below poverty levels. This is a change from the previous Community Assessment as there were more infant and toddlers age children in poverty than preschool age. When race categories are broken down, children who are either White or Hispanic, tend to have similar poverty percentages.

## Race and Ethnicity

Tehama County Head Start and Early Head Start have encountered fluctuations in the Hispanic population within its families. As of 2016, the total number of Hispanic children served in the Early Head Start program was 67% and Head Start was 53%

(NCCDI, 2016). These numbers are higher than the county average of children living in poverty. However, as seen from the following graph, the amount of Hispanic children in Head Start has declined whilst the children served in Early Head Start has increased.

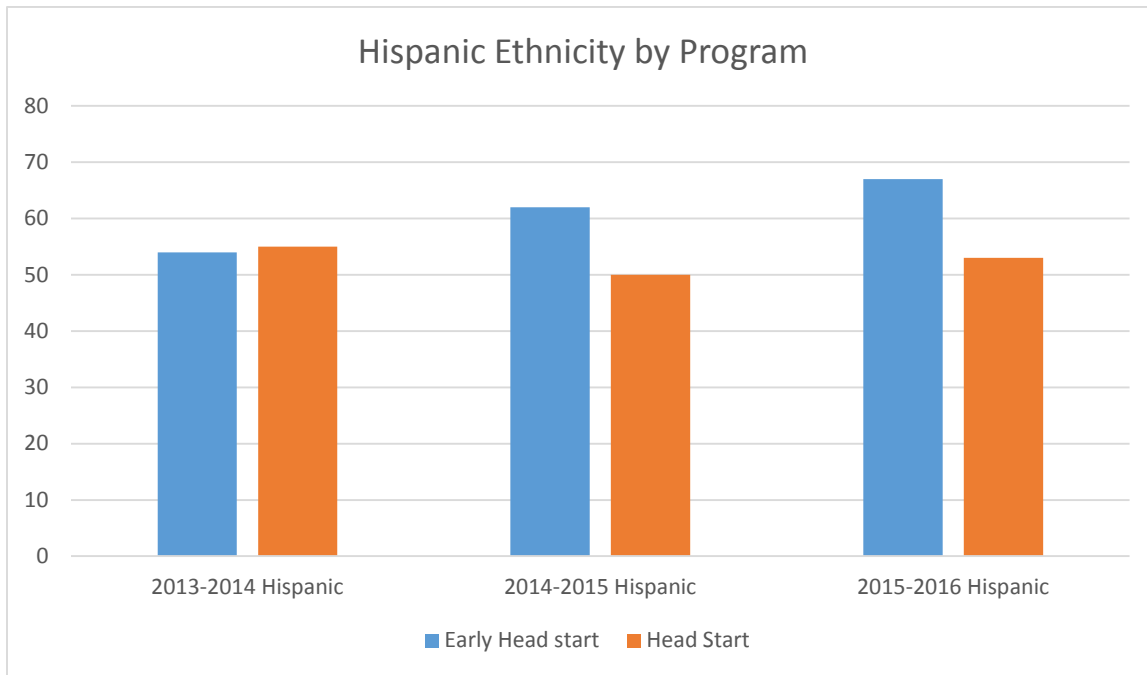


Figure 3 Hispanic ethnicity by program

The total Hispanic population of Tehama County has increased substantially to 32.5% from 24% whereas the Non-Hispanic population has increased slightly from 69% to 70.1%. There were slight increases in other populations that account for the decrease in the White population.

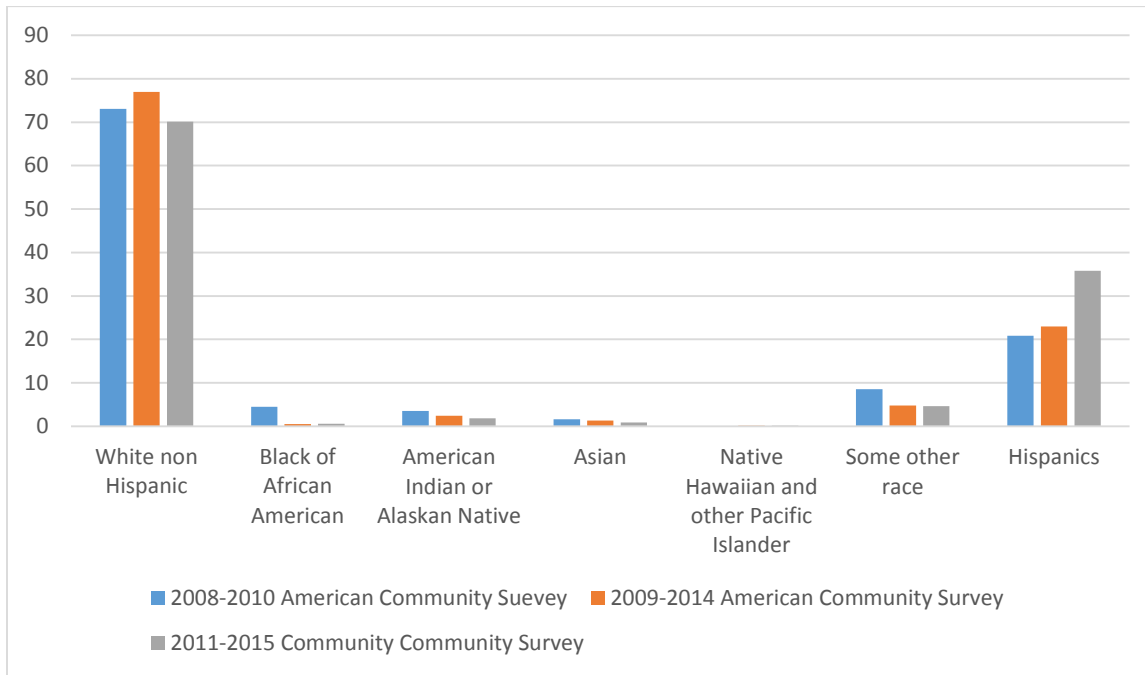


Figure 4 Race and ethnicity

## Language

The most common language spoken in Tehama County is English. 18.5 % of the county's population speak a language other than English, a slight increase from 17.9% from previous reporting. The most commonly spoken language other than English is Spanish (16.7%). This is comparatively smaller than that of the state (22.7%) but higher than the country's average of 16.7% (kids-data.org, 2014). This makes sense as the Hispanic population in the state is higher but smaller in Tehama County.

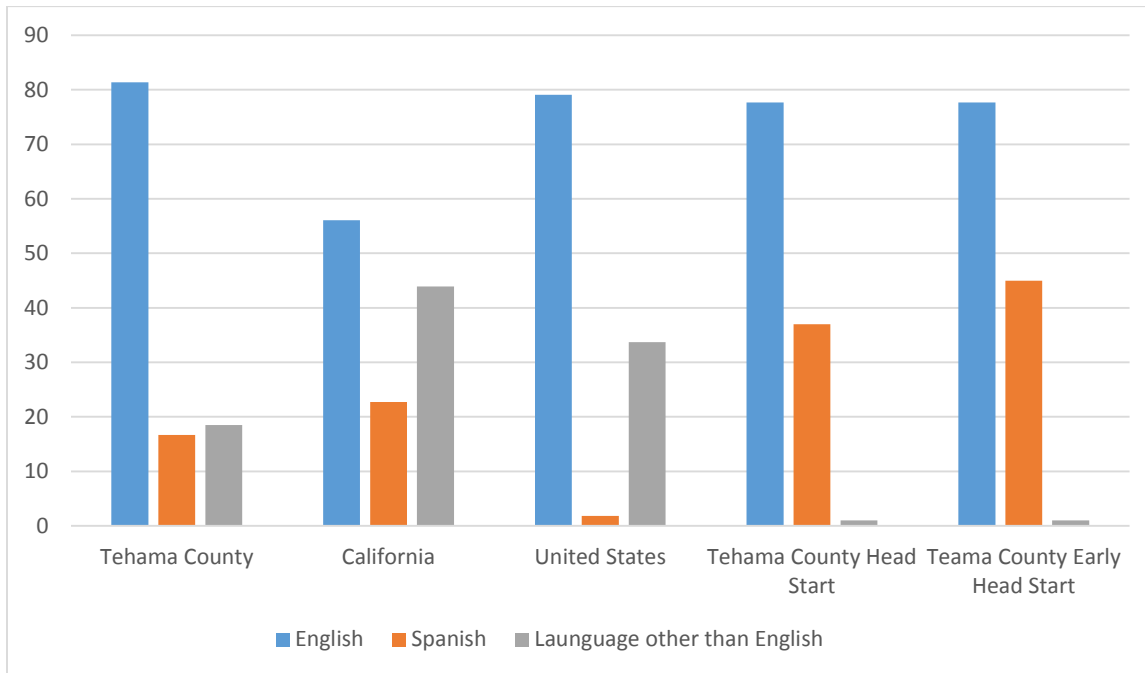


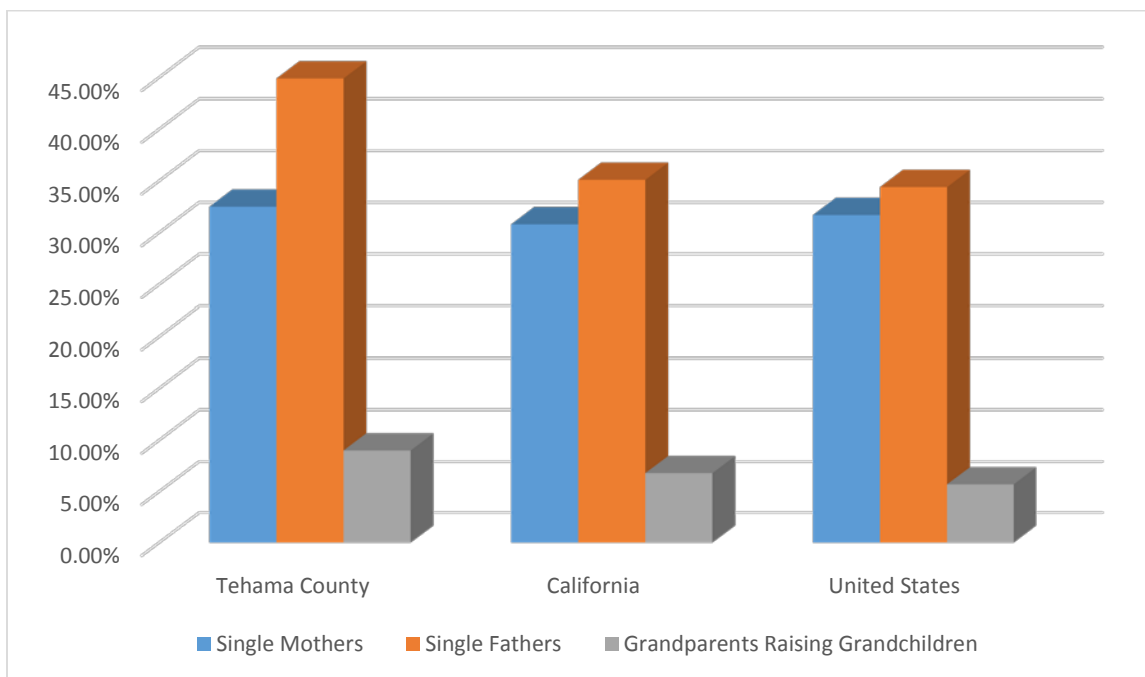
Figure 5 Language

Tehama County Head Start and Early Head Start have more families that speak Spanish than that of the county. English is the most commonly spoken language in the Head Start and Early Head Start programs averaging around 77.7% (NCCDI, 2016).

### Household Composition

The median age is 40 years old, a much higher rate than that of California at 35.2 years and the United States at 37.2 years. Senior citizens, those 65 years old and over, make up approximately 16.9% of all of Tehama County population. This is an increase of almost 4% over the last several years. The largest increase in any age category was that of people 60 to 64 years of age. The average family size is 3.09 for Tehama County which is the closest to that of California (3.45) and lower than the United States (3.14) in general (United States Census Bureau, 2016). This makes sense in light of the median age is slightly higher and the retirement of Baby Boomers becomes more

apparent in Tehama County society. Also, 1.4% of Tehama County senior residents are grandparents raising grandchildren. There is a higher rate of single mothers in Tehama County (17.4%) than that of single fathers (5.3%). Conversely, the rate of teen parents, in Tehama County (34.8 out of 1000 births) is higher than the state average (23.2 out of 1000 births). California's teen parent population is close to that of the nation (26.5 out of 1000 births) (United States Census Bureau, 2016).



*Figure 6 Parenting situation*

Tehama County Head Start and Early Head Start have a significantly higher rate of single parents than that of the state and the country. On average, about 36% of families in both programs are headed by single parents. Early Head Start, however, has a higher rate of two parent households (68%) than Head Start (60%) (NCCDI, 2016).

Currently, Tehama County Early Head Start is serving a very low number of teen

parents but this number fluctuates depending on the need. There are two teen parent programs in Tehama County that serve this population which includes child development services for the child, parenting classes, and continuing education for the parents themselves.

### Economic Activity

The median family income in Tehama County is \$41,001. 53.7% of Tehama County residents are in the labor force. The current unemployment rate is 6.4% (California Employment Development Department, 2016). Unemployment has decreased consistently over the last three years. However, the unemployment rate in Tehama County is still higher than that of the state and the country. Educational services, including health care and social assistance, employs the most individuals in Tehama County with retail trade employing the second most. It is estimated that the fastest growing profession in Tehama County, however, will be in health care industry specifically Pharmacy Technicians and Physician Assistants.

Parents in the workforce average 65.8% with children under the age of 17 years.

Women account for over half of the labor force and when assessed for children under the age of 6 years, this number is very close to all working parents at 60.1% (United States Census Bureau, 2016).

For those individuals who are not in the workforce, the most common source of income is Supplemental Security and Cash Aid. Social Security Income accounts for 10.7% of Tehama County population and Cash Aid accounts for 5.1% (United States Census Bureau, 2016). 30% of Head Start families and 26% of Early Head Start families

receive public assistance, including Social Security Income and/or Cash Aid (NCCDI, 2016).

For those families receiving Cash Aid there is the possibility of participating in California's Welfare to Work program called CalWORKs. In 2015, the state of California lifted the restrictions on drug felons from participating in CalWORKs. This was a major boom for CalWORKs participation rates as parents with drug felons were counted as non-participants in the county's participation counts negatively. Tehama County Head Start serves families participating in CalWORKs providing them with full day services as needed. The number of families fluctuate from one year to the next but approximately 15 families have received Head Start services in the last year.

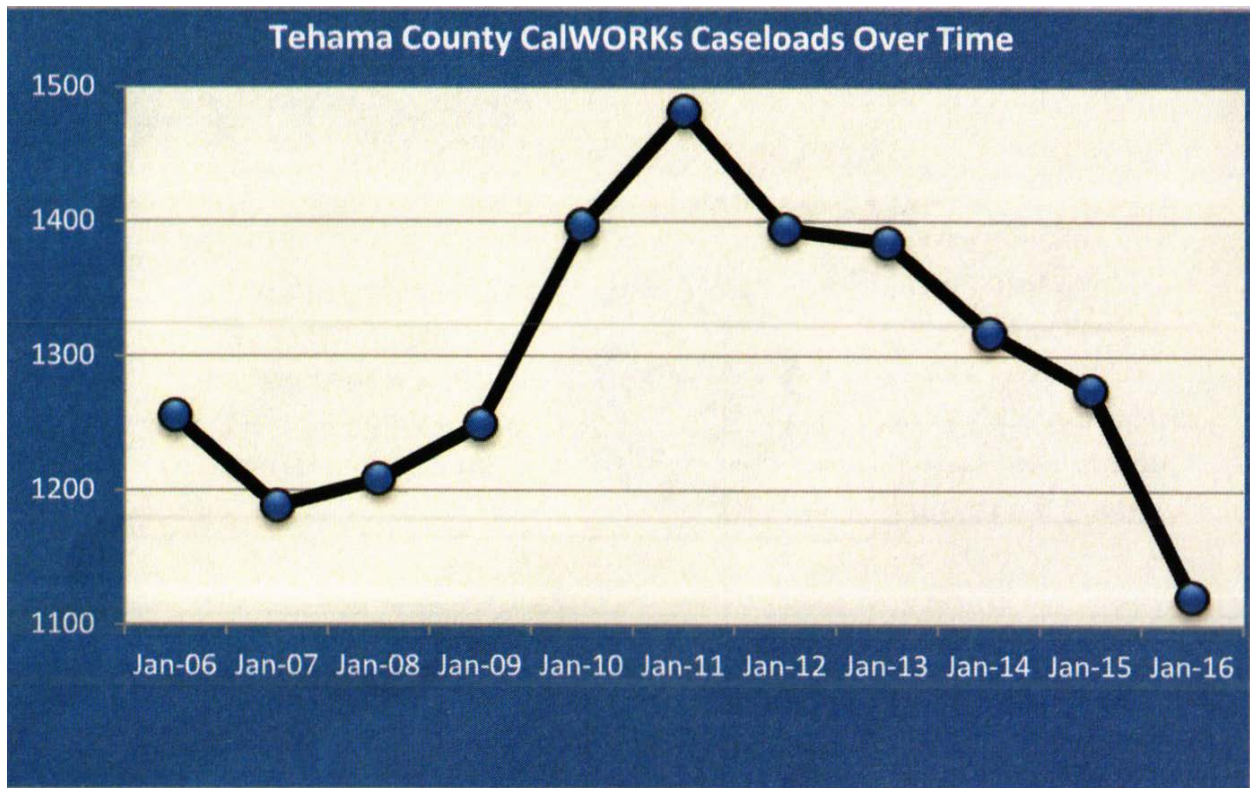


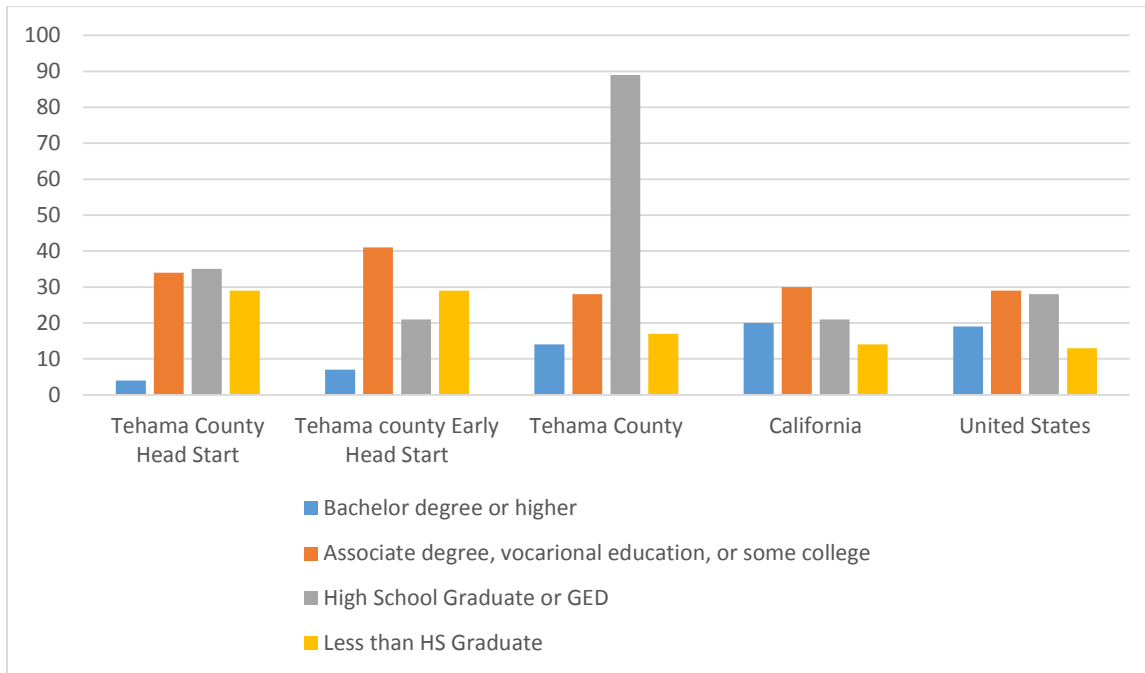
Figure 7 Welfare-to-Work Case load (Tara Louck-Shepherd, personal communication, 2016)



Tehama County Head Start and Early Head Start have a high rate of employment. For two parent Head Start families, 22% of families have both parents working and 58% have at least one parent working. For single parent families, this number is 27%. In Early Head Start, 21% of two parent families have both parents working while 55% have at least one parent employed. When single parenthood is accounted for, this number is 42% (NCCDI, 2016).

## Education

Continuing education remains a strategic part of leveling the playing field for those who come from disadvantaged backgrounds. The high school dropout rates in Tehama County are slightly higher than the state average (17% vs. 14%, respectively). It is more common for a teen in 12<sup>th</sup> grade to leave school and not return. In this age category, more Hispanic teens drop out than White (Kids-Data.org, 2015). 29% of Early Head Start parents and 29% of Head Start parents have less than a high school education (Northern California Child Development, Inc., 2016). This is a significant increase in parents with less than a high school education in the Early Head Start program of 22% from previous reporting.



*Figure 8 Educational Attainment*

Tehama County has three public high schools and several continuation high schools where teen parents and others can work on obtaining their high school diploma or General Education Diploma (GED). In 2015, Tehama County eLearning Academy became a part of Tehama County Department of Education as a charter school and serves 135 students grades 7 through adult (Tehama eLearning Academy, 2015). They are now an official GED testing site and have an 89.0% graduation rate.

## Housing

Of the 23,547 total housing units in Tehama County, approximately 89.2% of these units are occupied, of which 32.4% are occupied by renters (United States Census Bureau, 2016). Renters on average pay about \$823 per month for a two bedroom home (HUD Fair Market Rent) (United States Department of Housing and Urban Development, 2017). 43.3% of those who are renting spend 35% or more of their

disposable income on housing. Tehama County has about 21 low income apartment complexes. Tehama County's median house sales price is \$171,500 (United States Census Bureau, 2016). Foreclosure rates remained about the same as previously reported from .08% to .06%, which is on par nationally (Realty-Trac, 2016).

Homelessness is still a major concern for residents in Tehama County. According to Kidsdata.org (2016), 5.2% of all public school students in Tehama County are considered homeless. However, in the 2015-2016 school year, Tehama County Head Start and Early Head Start had a higher rate of homelessness at 6.07%. This number continues to increase as the 16-17 YTD homelessness rate sits currently at 11%. Of the families experiencing homelessness, none from either program had acquired housing at some point during the last year (Northern California Child Development, Inc., 2016).

### **Other Child Development Services**

There are nearly 5,000 children between the ages of zero to five years of age living in Tehama County (California Child Care Resource & Referral Network, 2015). Of that population, 3,189 or 67% of children in Tehama County between the ages of zero to five years of age live below 70% of the California State Median Income level, which is the threshold California uses to determine income eligibility for child care and early childhood development programs (Almond-Brown, 2016). It is interesting to note, that California continues to use the State Median Income levels established in 2011, despite the minimum wage in California increasing by 25% since that time. Of the total children in Tehama County between the ages of zero to five years of age, 1,920 or 40% live below federal poverty guidelines used to establish income eligibility for Head Start and Early

Head Start (California Child Care Resource & Referral Network, 2015). This is a 19% decrease from 2014, as the median income of Tehama County residents has increased by approximately 8% since 2012 due to increases in the minimum wage (California Child Care Resource & Referral Network, 2013; California Child Care Resource & Referral Network, 2015). The income threshold for Head Start and Early Head Start eligibility for the average family size in California is approximately half that for state child care and early childhood development programs. During the 2015-16 year, the demand for child care and/or preschool educational services was 54% of the zero to five population or 2,564 children (Almond-Brown, 2016). Various providers within Tehama County include private pay daycare, Family Child Care Homes, State Pre-school, Early Head Start, and Head Start. Combined, these providers serve 1,012 children under the age of five in Center-Based programs, leaving approximately 60% of this young population without these services (Almond-Brown, 2016). One provider that serves Head Start age eligible children that has not been included in the above calculation is Transitional Kindergarten. School Districts in Tehama County that provide Transitional Kindergarten can enroll four year olds as long as they turn five sometime during the school year. While we know there are hundreds of children enrolled in Transitional Kindergarten, there is no data on the number of these children as they comingled with Kindergarten students. However, based on the lower numbers of enrolled 4 year olds in State Preschool and Head Start, we estimate that Transitional Kindergarten comprises approximately 13% of the zero to five population.

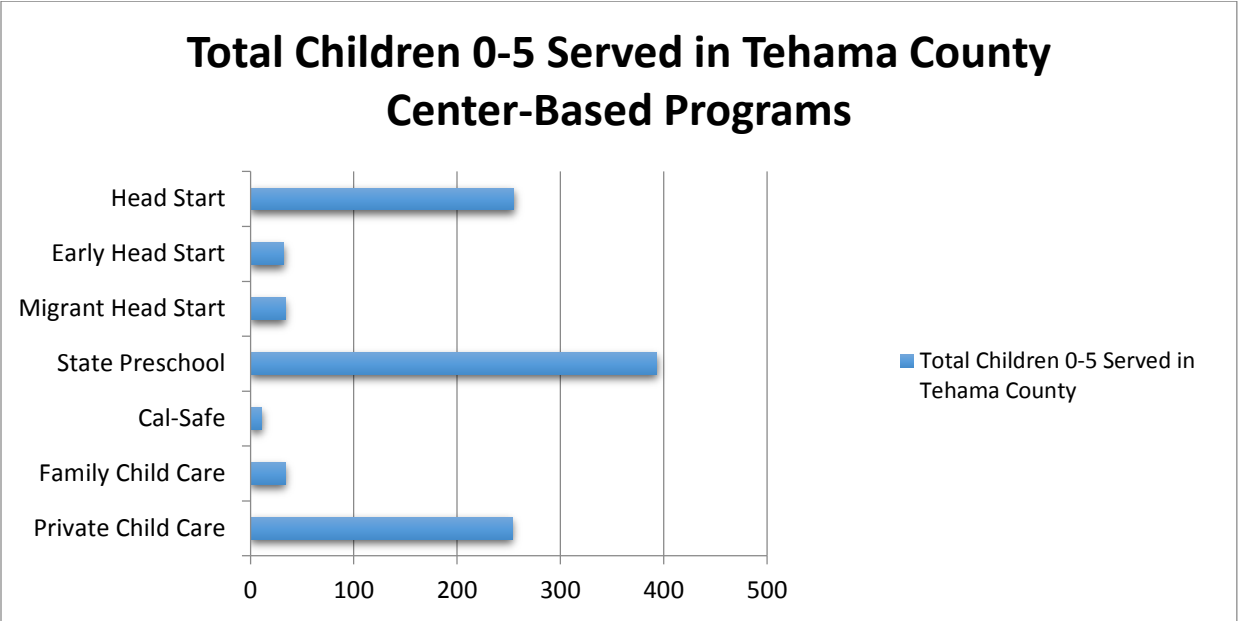


Figure 9 Local Child Care Planning Council Child Data Information

In the highest populated areas of Tehama County (Red Bluff, Corning, and Los Molinos/Gerber) approximately 66% of eligible children age zero to five years of age in those areas are not receiving childcare services (Almond-Brown, 2016). In the more populated incorporated areas of the County, such as Corning and Red Bluff, approximately 58% of the families whose children are eligible for services are seeking full-day services (Almond-Brown, 2016), which is comparable to the prior year. Since 2012, unemployment rates have steadily decreased (6.4% in November 2016 compared to 13.95% in 2012) (California Employment Development Department, 2016). As more and more parents of young children are entering the workforce, 61% of children age zero to 12 years of age Tehama County with parents in the labor force during 2014, (California Child Care Resource & Referral Network, 2015) full-day services are in higher demand.

The 82% of un-served children in the Cottonwood community can be misleading. Cottonwood is divided between Shasta and Tehama counties. Many of the children

eligible for services that live on the Tehama County side of Cottonwood find services either in the Transitional Kindergarten program at Evergreen School District, on the Shasta County side of Cottonwood, or the neighboring City of Anderson (Shasta County). Therefore, Tehama County reports these children as un-served because they are part of the K-12 system in Tehama County or not served in Tehama County at all. However, many of these children not enrolled in Transitional Kindergarten are being served in Shasta County as it is closer proximity to where these families live and/or work.

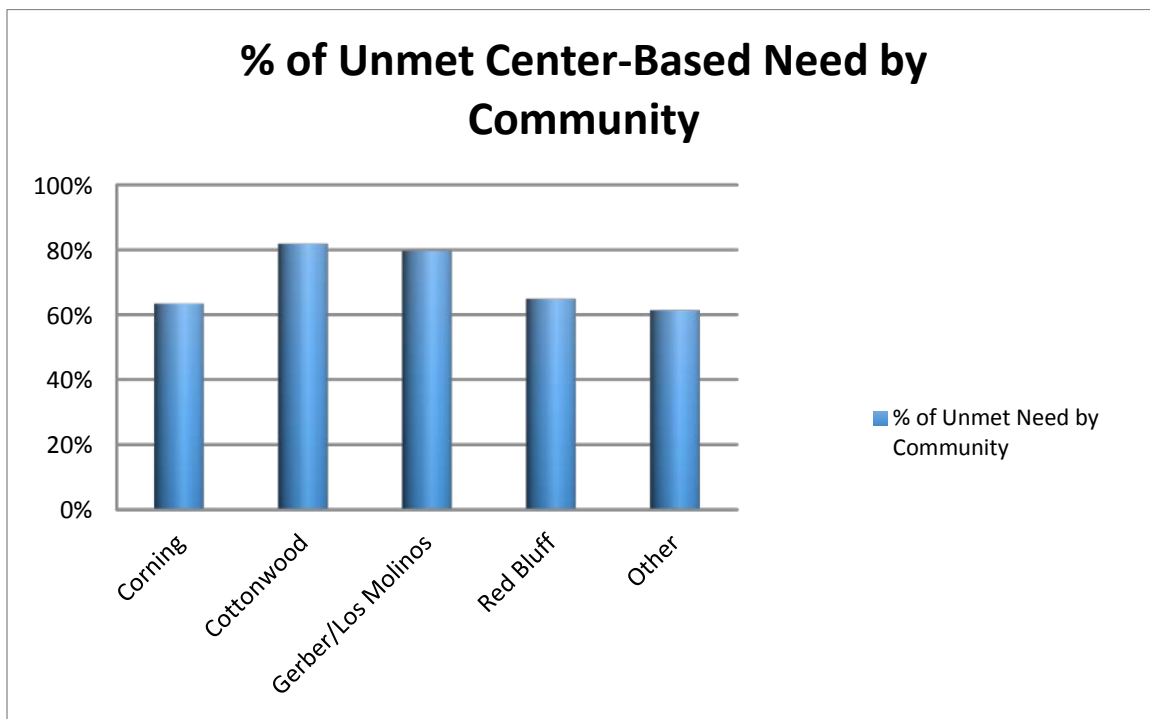


Figure 10 Local Child Care Planning Council Percent of Unmet Child Care Needs

The area of Gerber/Los Molinos has one of the highest concentrated number of childcare/pre-school facilities in the county per capita. This makes enrollment a difficult challenge for our Head Start program as there are a large number of options for families in the incorporated communities of that area. Despite the number of facilities located in this area, according to the available data there are nearly 80% of eligible children in this

area still not receiving services. The challenge in the Gerber/Los Molinos area is where families live in relation to the location of these facilities and demographic make-up of this area. The main source of employment in this area is agriculture, which the majority of farms and processing plants lie in rural locations. Many of the families employed by these farms were once migrant but now tend to live in the area year-round.

Regular and reliable transportation for these families is also an issue for these families; they often live in the rural areas near the farms where they work and rely on others to assist with transportation. None of the Head Start programs or State Pre-Schools provide transportation to their facilities as the cost is too great. These families living in rural parts of the community with children aged zero to three years of age are unable to get their children to where childcare/pre-school services are available. However, Transitional Kindergarten does provide transportation. Therefore, families in these areas whose children age four who will turn five during the school year enroll their children in Transitional Kindergarten.

The eligible children shown in the Other category are children living in remote communities such as Paynes Creek, Manton, Rancho Tehama, Mineral, Flournoy, and Paskenta. While as a whole these communities and other outlying areas have an approximate eligible population of nearly 300 children, individually they do not have a significant enough eligible population that enables Early Head Start, Head Start, or State Pre-school to sustain a facility in those areas. These families are referred to Early Head Start and the School Readiness Project in order to receive Home Visitation services. The School Readiness Project is funded by First 5 Tehama and administered by the Tehama County Department of Education.

NCCDI continues to serve families with children ages zero to five years of age in a variety of program options. Early Head Start currently serves 111 children ages zero to three years of age, which can include pregnant women. Options for these families include Home Base and full day Center-Based programs totaling

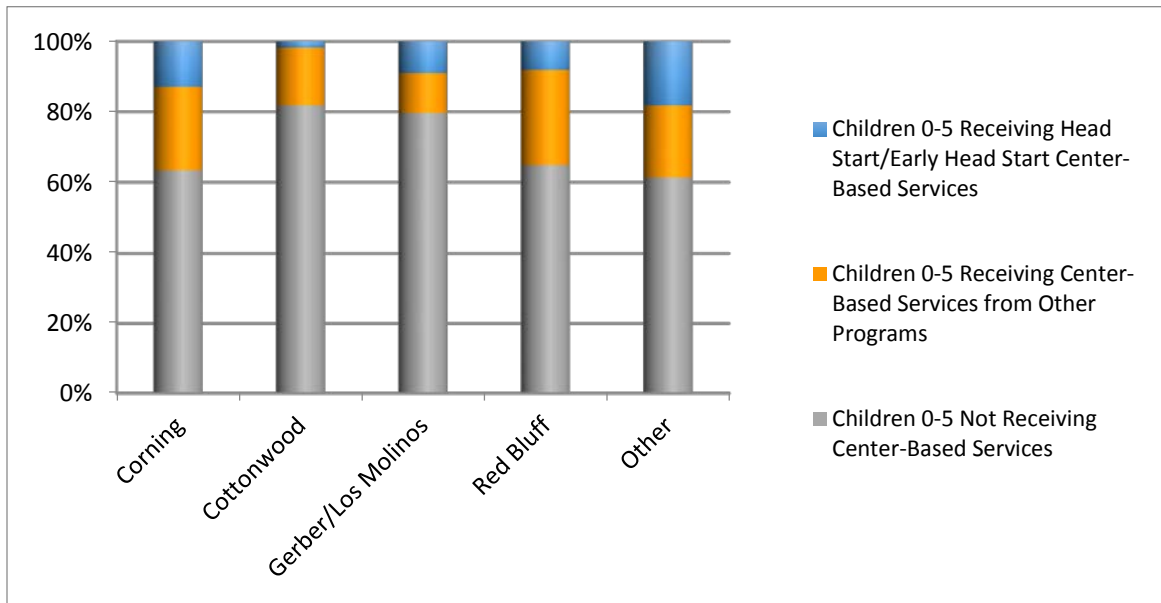


Figure 11 Local Child Care Planning Council Children Served & Center-Based Services

1,510 hours of operation. Services for our Early Head Start program are delivered according to the following models:

- 71 Home Base early development slots
- 40 full day-full year Center-Based early development slots

Head Start operates six centers that offer a wide variety of program options including part day and full day preschool. Three of these centers use a combination of California State Preschool Program (CSPP) funds to support full day programs. These centers are located in the City of Tehama, Corning, and Red Bluff. Services are delivered according to the following models:



- 113 part day/part year preschool slots
- 25 combination preschool slots serving children with significant behavior issues.
- 54 full day/part year preschool slots
- 20 full day/full year preschool slots

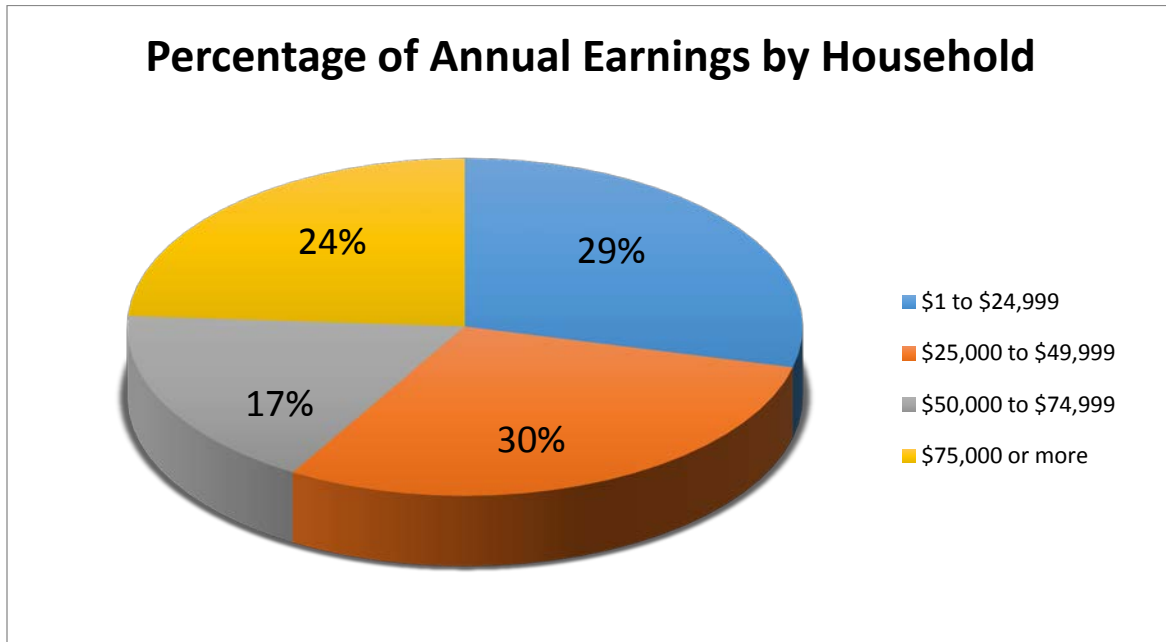


Figure 12 American Community Survey, Estimate of Household & Family Income in Past 12 Months

With unemployment continuing to decrease, we are seeing an increase in household incomes in Tehama County. In addition, incomes have been increasing due to the California minimum wage increasing to \$10 per hour in January 2016, and again to \$10.50 per hour effective January 1, 2017 with expected increases up to \$15.00 per hour by January 2022. This has a significant effect on the estimates of household income (Figure 7) as it has a huge impact on the lowest annual earnings category up to \$24,999 with a corresponding ripple effect through each of the higher earnings categories. The average family size in Tehama County is 2.63 persons (United States Census Bureau, 2015), which for these purposes we will round up to 3.0. The 2016 poverty guideline of a family of three is \$20,160, which somewhere between 14% to 29% of the working population in Tehama County fall into. Also since 2011, there has

been a slow but steady increase in the number of families with children under the age of 18 where both parents are working; in 2015 the rate of both parent working with children in this age group was 63% compared to 59% in 2011 (United States Census Bureau, 2015). Therefore, the demand for full-day childcare and pre-school services has dramatically increased. While the lowest annual earnings category has seen a significant decrease since 2011, there as been a corresponding increase in the category of households earning between \$25,000-\$49,999. As expected, we have seen a sharp increase in the number of families applying for Head Start/Early Head Start services that are within 130% of the federal poverty guidelines.

Since 2015, the number of available slots for State Pre-school, operated by Tehama County Department of Education (TCDE), has decreased by 7% due to closure of classrooms taken by school districts to operate Transitional Kindergarten. In addition, the number of licensed family child care homes that have been the largest provider of full-day services in Tehama County continues to decrease. Since 2012, child care home slots have decreased by 22% (California Child Care Resource & Referral Network, 2015). This decrease in Family Child Care Home slots is due primarily to two factors: 1) inability to retain staff due to increase of minimum wage; 2) providers closing their business and returning to workforce for higher wages once their own children are old enough to enroll in public school. Due to the loss of slots previously provided through family child care homes, remaining child care providers in Tehama County have been unable to meet the increased demand for full-day services.

## Transportation

Transportation is an ongoing issue in Tehama County. Of the 60,000 plus residents, the majority of them live within the more rural areas of the county. The local public transit system, Trax, provides service Monday through Friday to the major areas of the county which include Red Bluff, Los Molinos, Gerber, City of Tehama, and Corning. However, this is in county only and currently there are no links to public transportation services to adjacent counties. This is a barrier for many Tehama County low-income residents to obtain employment or pursue educational opportunities in those adjacent counties where work and school may be more available. In 2014, Trax extended one day a week services to the remote residential area of Rancho Tehama Preserve. This was in response to the growing senior citizen population and their ability to keep their crucial medical appointments in the larger incorporated areas. The majority of Tehama County employed residents (76.5%) rode alone in a vehicle while only 0.4% used public transportation (United States Census Bureau, 2014).

## Disabilities

The increase in racial, ethnic, and cultural diversity in American schools is reflected in many early childhood classrooms. These classrooms also are receiving increased numbers of children with disabilities or developmental delays. The diverse composition of early childhood classrooms brings many challenges to educators. With a knowledge of effective practices, and with the support of administrators, colleagues, families, and the local and global community, teachers can create classrooms that are responsive to the diverse needs of all children (National Association of the Education of Young Children, 2012).

Currently Tehama County Special Education Local Planning Agency (SELPA) in collaboration with Tehama County Head Start has provided children with disabilities a full inclusive preschool model that provides academic success in the least restrictive environment. Tehama County Head Start, in partnership with SELPA, has increased the number of inclusion classrooms to meet the diverse needs of children with disabilities.

In 2016 the process within Tehama County assessing for children with disabilities changed and went to a "Multi-Tiered Support System approach." The new approach ensures that all children suspected of a disability will receive individualized interventions and supports provided by both programs implemented in the least restrictive environment. The new "Multi-Tiered Support System" will determine whether further assessment is necessary. Currently Tehama County Head Start serves the highest population of children with special needs serving 28% of children ages 3-5 with a diagnosed disability. This is a decrease of 4% from 2015. Head Start enrollment for

children with disabilities provides quality preschool services in the least restrictive environment (Angelika Deno, personal communication, 2015). Transportations services are designated per written Individual Education Plan (IEP) which are provided by the Tehama County Department of Education.

According to Kidsdata.org. (2015), the number of Tehama County children with disabilities has increased within the last year from 10.1% to 11.4%, with Autism being the highest diagnosable disability increasing 10.0 to 11.4% from 2015-2016. Reasons for changes in increased numbers of children with disabilities are possibly due to earlier detection by physicians, parents, public agencies, preschool teachers, etc. who refer the child to SELPA for assessment. Kidsdata.org (2015) shows the top three disabilities in Tehama County being; Learning Disability 33.9%, Speech and Language Impairment 24.0% and Intellectual Disability at 11.9%.

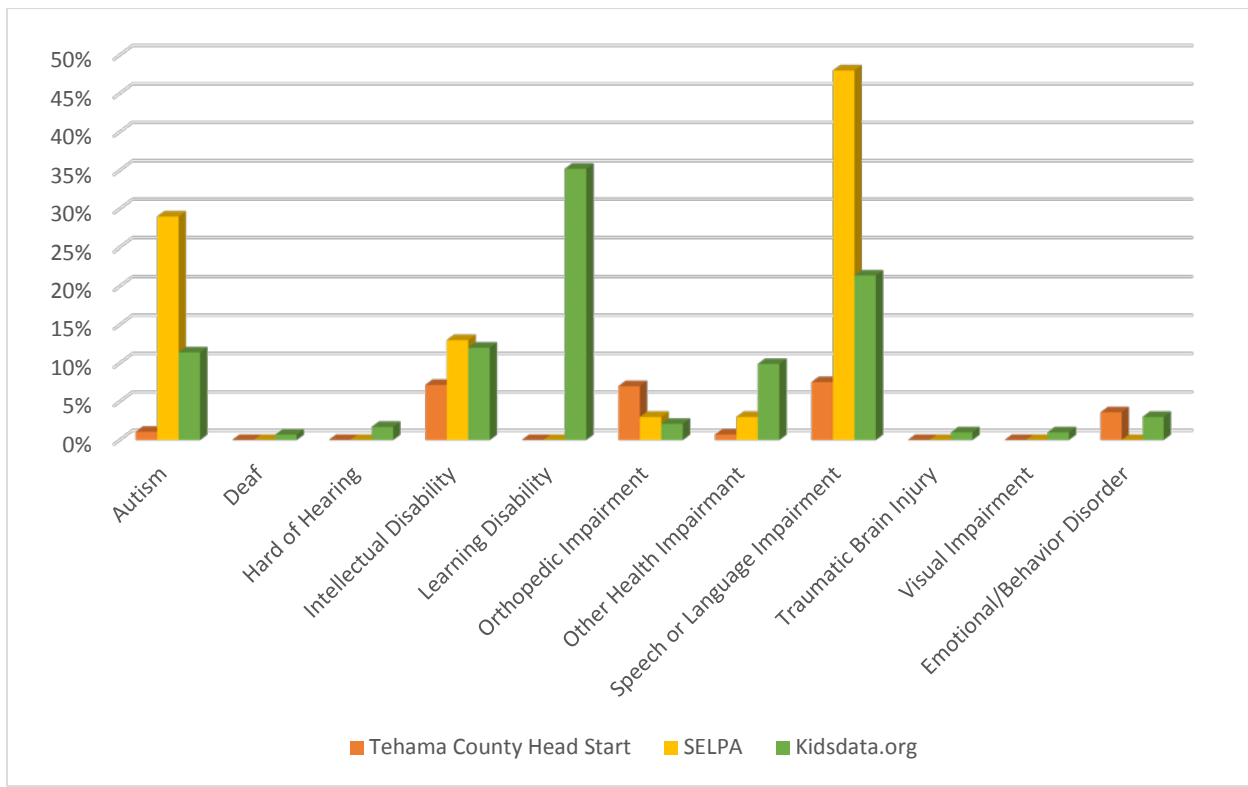


Figure 13 Disabilities

Once a referral is made, the parent is contacted and an assessment is conducted based on the validity of the referral. The IEP is written by a team of SELPA therapists, parents, and teachers, if appropriate.

Far Northern Regional Center is one of twenty-one Regional Centers in the State of California, the local Center serves nine counties in Northern California. Far Northern Regional Center provides services and supports to families of children in Early Head Start with developmental disabilities. For children three years of age and younger whose parents feel that there may be a developmental delay referrals are sent from Early Head Start to Far Northern Regional Centers Early Start Program. There are strict eligibility requirements such as a developmental delay in one or more skill areas such as cognitive, physical, communication, social or emotional and adaptive. Children

that are under the age of three that are found to be eligible for services would be provided with an Individualized Family Service Plan that is shared with Early Head Start direct service staff so that areas of difficulty can also be worked on in both the classroom setting and in the home base option.

Far Northern Regional Center received 139 referrals regarding Tehama County children under the age of three. After assessments 81 children were eligible for Far Northern services and 58 were not, this number includes those referrals of children that families chose to not complete the intake process. Far Northern Regional Center is currently serving 59 children in under the age of three in Tehama County. ( Robin Larsen, Far Northern Regional Center, personal communication, January 17, 2017.

In the 2016-17 program year so far Early Head Start has served 18 children with diagnosed developmental delays that have current Individualized Family Service Plans. Of the eighteen children one has language delays, one has an orthopedic need, and sixteen have non-categorical developmental delays. As of this date we have four pending referrals where concerns have been identified. Due to the restraints to be eligible for Far Northern Regional Center, Early Head Start acts as our own intervention program for children that are not eligible for services through Far Northern Regional Center. If a child shows signs of possible developmental delay(s) and the referral has been sent to the Regional Center and the outcome is that they are not far enough delayed for services, our direct service staff work with the parent on a plan to help the child with focused individualized services.

## Social Services

### Child Abuse and Neglect

Child abuse and neglect continues to be a statewide and local issue. Thousands of California children under the age of five years old are the victims of neglect, physical, and sexual abuse. Neglect is the top reason why children in this age category are removed from their homes both in the county and in the state.

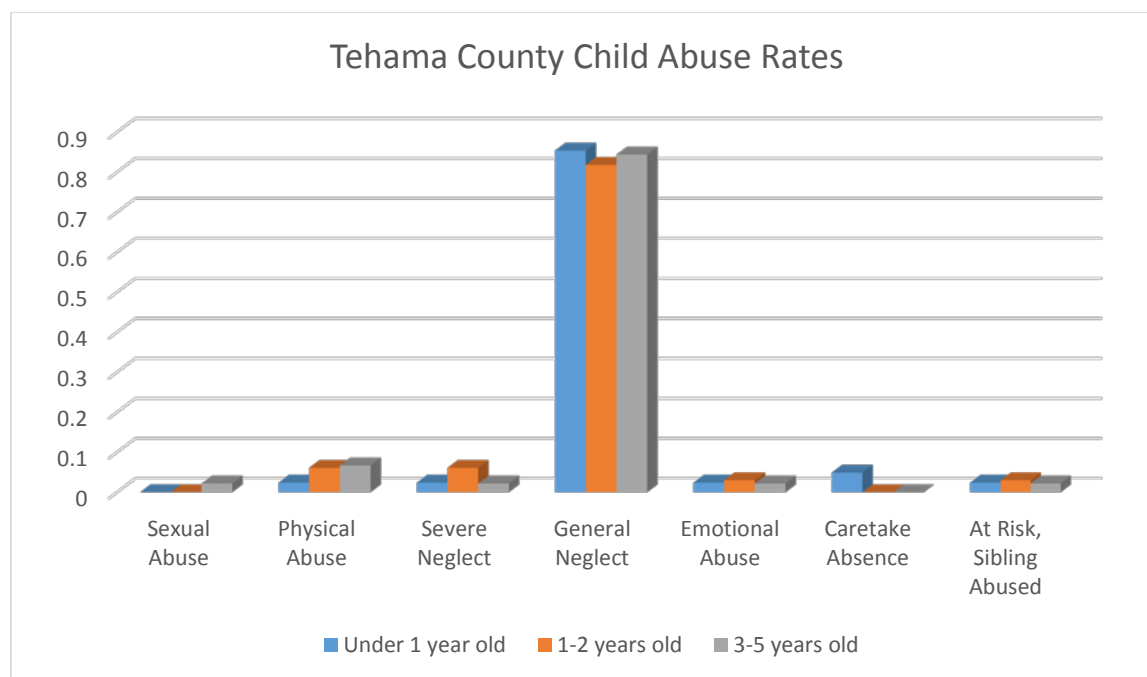


Figure 14 Substantiated Child Abuse Removal Reasons

Of those children removed from their homes, regardless of reason, almost half can be found in pre-adoption situations (Webster, Armijo, Lee, Dawson, Magruder, Exel, Cuccaro-Alamin, Putnam-Hornstein, King, Rezvani, Wagstaff, Sandoval, Yee, Xiong, Benton, Hoerl, & Romero, 2016). Tehama County has a higher rate of neglect for children under the age of three years as compared to the state. However, in the last year there was one substantiated claim of sexual abuse against a child under the age of



five years in the county. Tehama County Head Start and Early Head Start programs served 22 foster children in 2016, a slight increase from 2015.

### Drug and Alcohol Abuse

Crime in Tehama County also continues to be an issue. According to the California Office of the Attorney General (California Department of Justice Office, 2013), Tehama County's highest felony convictions were in the area of drug offenses, which accounted for 42.9% of all Tehama County felonies in 2013. Driving under the influence was the highest misdemeanor at 29.9% and drunk in public was the second most common misdemeanor at 22%. St. Elizabeth's Hospital's Community Health Assessment (2014) indicated that alcohol abuse was a top health risk behavior. According to this assessment, 16.9% of Tehama County population consumed a heavy amount of alcohol; a slightly higher rate than that of the state. Tehama County Head Start and Early Head Start serve families who find themselves in drug and alcohol abuse situations. In 2015, four families received substance abuse prevention services while seven were in treatment. Also, four families received assistance for having an incarcerated parent (Northern California Child Development, Inc., 2015).

### Social Service programs

There is a variety of social service programs that aid families with children under the age of five years in Tehama County. These include public and private organizations. A major event that NCCDI staff and families participate in is Live Inspired For Tomorrow (LIFT), a convergence of free community and social services which takes place in November each year. Tehama County Community Action Agency (TCCAA), in

conjunction with Project Homeless Connect and Recycle the Warmth, joined together to provide Tehama County with a “one day empowerment event, connecting families in need (Tehama County Community Action Agency, 2015)”. LIFT provided low income and homeless individuals with free services such as food, medical, dental, clothing, and housing. Participants received warm clothes, a hearty meal and a haircut as well as the ability to obtain a copy of their Tehama County birth certificate, social security card or California State identification card. Families and individuals participated in various health screenings, signed up for various community services, and even received veterinarian services for their animals.

NCCDI has participated in this event since its beginning and offered an enrollment booth to apply for Head Start or Early Head Start services. NCCDI staff assisted in the LIFT event 2015, helping to set up stations, including sorting clothing, transporting NCCDI families to the event, escorting participants to their prioritized services, providing translation, and giving information and applications for Head Start and Early Head Start. About 15 staff members assisted in the day’s event. The event was promoted via parent meetings and social media. Family advocates recommended families attend, particularly when they had indicated through their Parent Interests and Needs Surveys (PINS) that they were in need of one or more services provided at LIFT.

NCCDI Parent Engagement hosts events which are open to the community, including the Parent’s Choice Conference. The Parent’s Choice Conference is a perfect example of one way to meet the many family needs that influence a home environment to engage parents as life-long learners and educators for their children. Conference workshops are

always available in both English and Spanish for parents who prefer information in their primary language. This is a no-cost event, open to the community at large, and allows parents to experience learning in a professional setting while making social connections with their peers and community partners.

The 2015 Parent's Choice Conference boasted a full slate of diverse workshop offerings. The workshop topics were developed through analysis of common needs expressed on PINS, through evaluations from previous years' events, and by assessing unmet needs expressed by participants of the Family Outcomes Survey taken in May of 2015.

We highlighted the talents of our in-house staff during his Parents Choice Conference, with workshops hosted by our education staff on how they are utilizing math boards to increase the overall DRDP outcomes in that topic. Staff also assisted in educating parents on nutrition and health, family budgeting, and more.

NCCDI expanded its offering of community booths as well, to provide introductions to services in the community that families may not have previously been aware. NCCDI had WIC, CalFresh, St. Elizabeth's Hospital, Lassen Medical Center, the Child Abuse Prevention Council, Drug and Alcohol Services, and more. In all, NCCDI hosted 11 community booths.

NCCDI families benefit from strong relationships with a variety of community agencies and services. Partner agencies include First 5 Tehama, Community Action Agency, Child Abuse Prevention Council, Tehama County Department of Education, School Readiness, Child Care Referral and Education, Tehama County Public Health, Drug and Alcohol,

Mental Health, Department of Social Services, and the Tehama County Health Partnership. For the past two years, staff have sat on the Children's Christmas Festival committee, which is committed to ensuring that families in need can participate in holiday festivities and get at least one gift. NCCDI also maintains a relationship with the business community via participation with the local Chambers of Commerce.

NCCDI Family Advocates frequently make referrals to services such as the Foster and Homeless Youth Services at the Tehama County Department of Education as well as Salvation Army, Corning Christian Assistance, Toys for Tots, and other community health services. These referrals are not simply a matter of handing families a phone number; NCCDI Advocates offer a "warm hand-off," assisting in making phone calls, offering transportation, translation if needed, and providing moral support. Our Advocates also were trained in tax preparation through the VITA program, and assisted many of our families in free tax preparation help.

## Health

### Prenatal Care

Unfortunately, despite the best intervention and prevention practices, infants do pass away. The infant mortality rate for the state was 4.7 infants per 1,000. In 2010, the California Department of Public Health (2010) reported that 8 Tehama County infants died. Of these eight infants, five were neonatal and three were postnatal. There are currently four provider offices that offer prenatal, delivery, and post-partum services.

Only one office offers Medi-Cal Presumptive Eligibility which allows pregnant women to start prenatal care and initiate the Medi-Cal application process at the provider's office.

In 2015, a new program called Project Prevention was introduced in Tehama County. This program is aimed at substance abusing women to get on long-term birth control. This targeted population is for women who have had multiple tox-positive babies. The referral process starts at the local police department and the Tehama County Health Services Agency Clinic is the provider of the needed birth control. After the procedure, the client receives a cash incentive and a care kit with products. It is the goal in both Early Head Start and Healthy Families Tehama that pregnant women have regular prenatal health care with the hopes of each expecting family to deliver healthy newborns. In 2016 the number of women receiving prenatal health care within the first trimester was 69.7%. This is a very slight increase from 69.4% in 2015.

### Immunizations

A new mandate affecting all early childhood professionals for the 2016-17 program year has gone into effect resulted from SB 792. This bill mandates proof of vaccination for measles, pertussis and optional annual flu vaccine for daycare providers and early childhood teachers. A personal belief exemption for the flu vaccine is currently allowed, but no waivers for the other vaccinations listed. This mandate also requires parent volunteers or any other volunteer that has direct contact with the children to have their vaccination records on file in the event that a Licensing visit is made.

In 2014 California experienced a pertussis epidemic, though the number of cases have continued to decrease since that outbreak Pertussis/Whooping Cough continues to be

on our Counties radar annually. Pregnant women are encouraged to received pertussis vaccine (Tdap) during their third trimester of each pregnancy, and the first of the series of vaccines can be given to newborn infants as early as six weeks. In 2016 California saw 608 cases whereas Tehama County reported five cases two of which required hospitalization. Now that childcare staff are being required to also have this vaccine the hope is that the numbers of cases will continue to decrease and possibly end the trend of the cyclical and peaks that Pertussis seems to do every three to five years (California Department of Public Health, 2016.)

According to the 2015-16 Childcare Immunization assessment completed by the California Department of Public health in the Fall of each year, all licensed child care facilities and preschools in the state are required to report compliance with California School Immunization laws. In Tehama County, there are 30 facilities of which 28 reported their data. 13 of these facilities are public, five are private, and 11 are Head Starts. Eight hundred and two children were in care at the time of data collection. 754 children were reported to be in care with all of the required immunizations. 31 children in Tehama County are considered conditional children, one child with Permanent Medical Exemption and sixteen children with Personal Beliefs Exemption. With the changes in the immunization laws, such as SB277 Personal Beliefs Exemptions will no longer be accepted in the state of California so it is expected that continued increase in vaccination rates will continue (California Department of Public Health, 2016).

## Health Risks

We are fortunate in our county to have a new program to help combat the gap in services for birth to three. While we are anxiously waiting for news on expansion of services for our small Early Head Start program it is good to know that some families are being able to be served through this new program. Our goal is to have healthy children that are ready to learn in preschool and kindergarten so by having these programs hopefully some health risks will be caught early. Healthy Families Tehama is a new program in our county for expectant parents and parents of newborns. Healthy Families Tehama is affiliated with Healthy Families America which is a nationally recognized home-visiting service for expectant parents or parents of newborns. Healthy Families Tehama answers questions about parenting, helps parents raise emotionally and physically healthy kids and provides parents with tools to support parenting techniques. Families can qualify for this program if they are expecting a baby or have a baby younger than three months of age and if they live in Tehama County. This program is a free and provides support by a Family Support Worker which includes referrals for health care, child care, job training and other resources. With the addition of this program to our community it is our hope that more children will be healthier and more ready to learn when it is time for preschool and kindergarten. Healthy Families Tehama has served 23 children and their families since it started in September 2016. Obesity and tobacco use were in the top health risk behaviors stated by St. Elizabeth's Assessment (2014). According to the respondents, over 50% felt that they were

slightly overweight and over 16% felt that they were very overweight. As obesity can lead to multitude of other health issues, it is a critical concern for Tehama County health and social service providers. Tehama County overweight children rose to 38.6%. Head Start monitors the health of its participants and determined in 2016 that 29 children were considered underweight, 178 were at a healthy weight, 32 were overweight, and 40 were obese. This is roughly 26% of all Head Start children deemed overweight or obese served in 2016, a slight increase from 2015 (Northern California Child Development, Inc., 2016).

Tobacco use in Tehama County is at 21%. It continues to have one the highest ranking by county in the state. 12% of enrolled families in either program use tobacco or vape. Although this number is lower than the county level, it continues to be an ongoing issue as tobacco use is a leading cause of cancer and second hand smoke can have a tangential impact on those who are around it. Asthma, in children, is one result of second hand tobacco use. Tehama, Glenn, and Colusa Counties combined have a total of 18,000 children diagnosed with asthma (Kidsdata.org, 2014). Combining both the Head Start and Early Head Start program in 2016 there were a total of 24 children diagnosed with asthma.

## Medical Clinics

A new Rural Health Clinic opened in 2016 in Corning, California. Making use of business space left from a former pharmacy, this clinic boasts 11 exam rooms, one procedure room, one community education room, a basic x-ray room, and a lab draw room.



Renovation estimates are approximately \$1.5 million. Renovation ended in early 2016 and the licensing for the facility was completed at about the same time.

In 2016, there were six Medical Clinics and one hospital operating in Tehama County. Each of these clinics provide translation services and one clinic, Greenville Rancheria Medical and Dental Clinic, provides transportation to and from their clinic's dental and medical appointments. As a requirement in Head Start and Early Head Start, families are to provide their children with medical homes. In 2016, 397 children served in either program had a ongoing source of continuous and reliable medical care.

### Insurance

MediCal continues to be the largest source of insurance coverage in Tehama County. 91.6% of Tehama County residents have medical insurance. NCCDI staff work with Head Start and Early Head Start families to ensure that their children are covered by some sort of insurance. 274 preschoolers in Head Start had some sort of medical insurance coverage; 263 received MediCal and 9 had private insurance. There was an decrease from 17 children in 2015 without insurance to 5 in 2016 without insurance by the end of the program year. 129 infants and toddlers in the Early Head Start program had medical insurance; 123 of these children had MediCal, four had private insurance, and two had other insurance.

### Air and Water Quality

Tehama County boasts 26 water agencies. As the drought continues in California, Tehama County residents, and their local water agencies, have turned their attention to

water conservation. Besides the low levels of water tables throughout the County, another concern is contamination of the existing water supply. In California there were 1,736 Maximum Contaminant Level (MLC) Violations. Of these violations, Tehama County received only 13. In 2011, Tehama County received an "F" for high ozone levels (Tehama County Health Partnership, 2013).

## Mental Health

Mental health disorders are common among children in the United States and can be particularly difficult for the children themselves and their caregivers. Nearly one in five children have had a seriously debilitating mental disorder. The Centers for Disease Control and Prevention's National Health and Nutrition Examination Survey (NHANES) (2012) dictated that approximately 13% of children ages 8 to 15 had a diagnosable mental health disorder. The most common disorder among this age group was attention-deficit/hyperactivity disorder (ADHD) which affects 8.5% of this population. This is followed by mood disorders broadly at 3.7% and major depressive disorder at 2.7%.

Currently, NCCDI provides Mental Health Services to Tehama County residents through their Community Counseling Program. In the 2015-16 program year, the Community Counseling Program, in collaboration with the Tehama County Family Counseling Center (TCFCS), received a grant in the amount of \$20,000 to increase and incorporate services on a sliding scale fee and to implement an innovative in-home therapy program for clients with barriers to transportation to and from therapy. This grant increase sliding scale fee services by 18% with an additional 10% increase of the Home

Visitation Counseling. Low cost counseling services along with the unique Stepping Stones Pre-school mental health classroom have become very valuable services to collaborating partners such as Child Welfare Services and TCFCS.

NCCDI Community Counseling Program in 2016 entered a collaboration with Shasta Community College to serve Shasta College Students in need of Mental Health Services that attend the Shasta College Red Bluff Campus. According to Shasta Community College this has been a growing need the past several years.

To meet the needs of children and families needing additional support with behaviors and/or mental health issues, NCCDI has developed a mental health model classroom that we call "Stepping Stones". Each classroom of this combination option is staffed with three teachers that have been trained as behavioral specialists and implement intensive mental health services to the child as well as the parent. This model has served families needing mental health services as well as increasing parenting skills and developing individual behavioral and family goals. This mental health model provides three specific components: emotional expressiveness, emotional knowledge, and emotion regulation. Staff provides parents in home therapy sessions needed to help them obtain the skills to build emotional competence. Staff helps children and their parents learn to form positive social relationships and positive self-esteem, which is a critical skill for school readiness and ongoing academic success. The ongoing assessment tool used by NCCDI. the "Desired Results Developmental Profile" showed an overall increase in the learning domain of Social Emotional Development from of 44% -84% from 2015 to 2016. Parents whose children are enrolled in this model

attend our Second Step Parenting Series once per week which focuses on improving parenting skills. A pre and post Parenting Index Rating Scale is used to show an increase in parenting skills gained through the Mental Health Model. Out of the 25 parents who completed a full year of service, The Parenting Rating Index Scale showed that 92.5% of parents felt that their parenting skills had improved by attending the Mental Health Model Program.

In addition, counseling services are offered through a Licensed Clinical Social Worker Intern, Marriage Family Therapist Intern, or a Masters in Social Work Intern on an as needed basis.

NCCDI's mental health services provide the highest quality of holistic mental health services to families and community members. NCCDI provides a full array of culturally competent and linguistically proficient counseling services, medication support, family advocacy, case management, and rehabilitation. The diversity of counseling staff has helped create a program that is sensitive to cultural differences and bridges language barriers with clients. In 2016, there are four counselors in training supervised by a Licensed Clinical Social Worker and a Marriage Family Therapist. Over the past year, the Community Counseling Program has provided counseling services to 179 clients.

## Nutrition

Food security indicates that families have enough food to last throughout the month. The number of Tehama County children living in food insecure households is 27.1% in comparison to the state's 22.9% (Kidsdata.org, 2016). According to Ed-Data (2015),

68.5% of Tehama County public school children receive free or reduced meals. This is significantly higher than the state average of 58.9%. CalFresh, formerly known as Food Stamps, continues to be an ongoing support for low income families. 10,543 Tehama County residents received CalFresh (Kids-Data.org, 2016) and 2,460 residents participated in the local Women, Infant, and Children (WIC) program (L. Rios, personal communication, January 11, 2016). In 2016, 23% of Head Start and Early Head Start children received CalFresh services, a decrease from 34 % in 2015. In addition, 33% received WIC services, a decrease from 50% in 2015 (Northern California Child Development, Inc., 2016). The number of Tehama County women who breast fed exclusively was 76.6%, a higher rate than the state at 64.8% (Kidsdata.org, 2015).

## Dental

Tehama County has three Native American Dental Clinics which accept MediCal. Despite Tehama County's lack of a countywide fluoride program, NCCDI provides bottled fluoridated water for the children at each of its sites.

Although dental care is not a requirement of Early Head Start, 55 children in Tehama County Early Head Start received an actual dental exam performed by a dentist in 2016. In Head Start, 201 preschoolers had a dental exam performed by a dentist. 201 preschoolers received preventative care; 94 children needed dental treatment, and 44 received treatment (Northern California Child Development, Inc., 2016). Tehama County has no sedation dentistry, who accepts MediCal, available, therefore families may travel up to 6 hours to get where these services are available. The closest sedation dentistry, which does accept MediCal, is the next county over but the wait list is up 6

months or longer. Tehama County has a Federal Designation of being a “Dental Professional Shortage Area”.

## Conclusion

The 2015 Triennial Community Assessment reviewed the opinions of Tehama County residents in the areas of community pride, employment, education, crime and crime prevention, and health. NCCDI, in the last year, has addressed several of these areas of concern. Through this process, NCCDI has reached out and collaborated with other agencies such as Tehama County Community Action Agency, Department of Social Services, St. Elizabeth’s Hospital, and others to address these concerns. These collaborations have seen the expansion of the NCCDI Community Counseling program, active involvement in LIFT, and a new medical clinic opening.

The Department of Social Services partnership with NCCDI designated NCCDI as the fiscal agent and coordinator of the Tehama County Child Abuse Prevention Council. The Council Coordinator, Diane Sugarman, is supporting a dynamic group of community members in addressing child abuse in innovative ways, providing training in Mandated Reporting, Shaken Baby Syndrome and the Period of Purple Crying. The Council is engaged in community awareness activities and attends community events, and is currently forming a collaborative partnership with the Child Abuse Prevention Councils in the surrounding counties.

Another area of focus is the need for expanded toddler care in Tehama County. In 2015, NCCDI had two licensed toddler facilities which can accommodate up to 16

children. However, as the current community assessment has shown, and the 2015 Triennial Community Assessment as well, this is a large age population that is in need of care while parents return to work and/or school. To meet this need an expansion in toddler care occurred at the beginning of the 2016-17 school year with an older toddler classroom (30 to 36 months old). These expanded services were opened in Corning. Also, toddlers with developmental disabilities would be better served through EHS in a center based environment that would provide the cognitive, social, and emotional interaction and growth that is needed to meet IFSP goals. In 2016, there were more than 78 toddlers awaiting center based services.

As our mission states, NCCDI is committed to enriching children's lives, empowering families, and engaging our community. NCCDI believes this can be achieved through a collaborative approach of local agencies and businesses, parents, community members, and staff acting collectively with a plan that mobilizes them to action. Throughout the history of NCCDI, these groups have worked together to make positive change for the residents of Tehama County. NCCDI continues to work with local leaders and community members in strengthening community ties. It is the hope that through various partnerships, a new found sense of community will emerge with generations to come.

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