STRENGTHENING
SB
CS
COMMUNITIES

First 5 First Steps Program

Presented by Michelle Favela

Mission Statement

SBCS strengthens communities by supporting the well-being and prosperity of San Diego children, youth and families.

Child Well-Being

First 5 First Steps

FAMILY SUPPORT PROGRAM

Background

- National accreditation with Prevent Child Abuse America since 2016
- Evidenced based model endorsed by HHSA Administration for Children and Families
- Funding provided by First 5 San Diego & California Department of Social Services CalWORKs Home Visiting Program

First 5 San Diego

First 5 First Steps

LIVE WELL SAN DIEGO
LIVEWELLSD.ORG

Healthy Families America® — AFFILIATE —

First 5 First Steps Family Support Program

"Alone we can do so little;
Together we can do so much."

- Helen Keller

Systems Approach to Family Support

PALOMAR HEALTH

13.33 x 7.50 in

*All children receive **nurturing care** from their family that leads to a healthy, long, and successful life.*

Healthy Families America® – AFFILIATE –

Support During Pregnancy, Infancy, and Through Toddlerhood

13.33 x 7.50 in

How We Support Families

- Build and sustain community partnerships to engage families prenatally or after birth
- Cultivate and strengthen nurturing parent-child relationships
- Promote healthy childhood growth and development
- Enhance family functioning by reducing risk and building protective factors

Countywide Results

Breastfeeding Infants
- 56% at 6 mos.
- 39% at 12 mos.

Childhood Immunization
- 95% are up to date at 6 months
- 94% are up to date at 18 mos.

Reading
65% of parents read to their baby at least 3 times a week

Singing & Story Telling
84% of parents of 6 month old infants sing and/or tell stories at least 3 times a week

Families We Support

Low-Income Families

- Families below 200% Federal Poverty Level

Immigrant/Refugee

- Foreign born parents

Military

- Child is dependent of active duty, guard, reserve, or veteran service member

Teens

- Pregnant or parenting teens between the ages of 13-21

CalWORKs Recipients

- Families receiving CalWORKs, with children up to age two

Cal-Learn

- Parenting teens receiving CalWORKs and working towards finishing high school

- Serve all of San Diego County
- Expectant parents and parents of infants and toddlers
- Families that do not qualify for other home visiting services

Typical Home Visit

What We Offer Families

- Evidenced Based Curricula
- Support of Parent-Child Relationship
- Positive Parenting Skills
- Child Development Screening
- Family Goal Setting
- Referral Coordination
- Health and Wellness Support
- Social Support Opportunities

13.33 x 7.50 in

Now Offering Virtual Visits!

Program Events and Activities

What Parents are Saying

" This program has helped me a lot with everything. I feel sure of myself now as a parent and I'm really able to help my family."

"My Family Support Specialist helped me to calm down when I started getting stressed out. She helped me find a doctor and figure out how to get some of our bills paid. She was a great support."

"The most helpful thing has been the moral/emotional support from the Family Support Specialist through a difficult, stressful deployment."

"I'm better prepared than if I was just talking to my friends. It's helpful to talk to someone and listen to some experiences other moms are having."

How to Refer

- Select region based on client's home zip code
- Fax the completed referral form to region
- Call the regional number with any questions.

Initial Family Engagement

Phone screening: 'Get-to-know you' phone call to learn about immediate needs

Comprehensive psychosocial assessment: determine risk and protective factors

Referral coordination: support in connecting with prenatal care, other family support programs, etc.

There is No Wrong Door

- Collaborative partnership among family support programs
- Connect families to services that will best fit their needs
- Referral Pathway Tools helps us make the "Best 1st Referral" for families.
- https://211sandiego.org/partners/regional-referral-pathway-tools/

Connect with First Steps
www.firststepssd.org

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Thank you!

Questions?

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