

**EHSD, COMMUNITY SERVICES BUREAU**  
**2014-2018 GOALS & OBJECTIVES**  
**JANUARY 2015 UPDATES**

<p><b>Goal 1:</b> Poor health and nutrition are significantly correlated to children and families living in poverty. CSB will address the need to improve indicators of nutritional health through increased education and physical activity.</p>
<p>✓ <b>Objective 1:</b> By July 2015, CSB will engage in an obesity prevention and early intervention program which will focus on physical activity and healthy eating habits.</p>
<p><i>January 2015 update</i></p> <ul style="list-style-type: none"> <li>➤ <i>Continued to educate CSB and partner agency families through the distribution of resources on healthy lifestyle. Resources included: Families Grow Healthy with WIC; What are You Feeding Your Child? Low-fat Milk; and A WIC Guide to Breastfeeding.</i></li> <li>➤ <i>CSB celebrated Food Day on October 24<sup>th</sup> by distributing fresh produce donated by the Contra Costa and Solano County Food Bank to all CSB centers. Food Day is a national movement with priorities addressing overarching concerns within the food system promoting healthier diets; supporting sustainable and organic farms; improving food access; and reforming factory farms to protect the environment and farm animals.</i></li> <li>➤ <i>First 5 conducted the training: Self-Regulation via Movement and Mindfulness at two of our centers. Parents and children learned basic health lessons and self-regulation techniques so that they can better manage emotions and overcome obstacles. Through self-regulation, the children learned to cultivate executive function, emotional intelligence, and social competence.</i></li> <li>➤ <i>Contra Costa Health Services conducted two Nutrition and Physical Activity Workshops this fall. Workshops topics included: Healthy Eating on a Budget and a hands-on presentation titled Healthy Cooking Projects for Young Children.</i></li> </ul>
<p>✓ <b>Objective 2:</b> By July 2015, CSB will implement a family education component to its curriculum that focuses on the importance of being physically active and eating nutritious meals and snacks.</p>
<p><i>January 2015 update</i></p> <ul style="list-style-type: none"> <li>➤ <i>20 parents participated in three Cooking Matters at the Store grocery store tours in November and December. The grocery store tour covers four main points: reading food labels, comparing unit prices, finding whole grains, and identifying three ways to purchase produce.</i></li> <li>➤ <i>The Rethink Your Drink travelling display has been utilized at seven of our centers and will continue to be displayed at the remaining centers throughout the year. This travelling display board encourages consumption of water instead of sugar-sweetened beverages.</i></li> <li>➤ <i>Early Childhood Home Educators received training through The UC Cooperative Extension on the Expanded Food and Nutrition Education Program (EFNEP), a federally- funded program that offers nutrition education to limited-resource families. Participants learn how to: plan nutritious meals, increase physical activity, stretch their food dollar, practice safe food handling, and prevent obesity through healthy lifestyles. The home-based educators will present this program to their enrolled families.</i></li> <li>➤ <i>Continued to educate CSB and partner agency families through the distribution of resources on eating nutritious meals. Resources included: Fiber is Your Friend and Nutritious Breakfast.</i></li> </ul>

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<p><b>Goal 2:</b> Disabilities and mental health needs continue to trend upwards. CSB will expand mental health and disabilities assessment, treatment and case management linkage opportunities for children and families.</p>
<p>✓ <b>Objective 1:</b> By July 2015, CSB will collaborate with community partners to provide classroom-based support in understanding and supporting the social-emotional development of children.</p>
<p><i>January 2015 update</i></p> <ul style="list-style-type: none"> <li>➤ <i>Completed 13 ASQ-3 (Ages and Stages) screening on children referred to the CSB Mental Health Unit to help identify developmental concerns. Worked in collaboration with Lynn Center, We Care, ECMH, Care Parent Network and pediatricians to coordinate and provide services needed regarding developmental concerns.</i></li> <li>➤ <i>Completed 8 ASQ-SE (Ages and Stages-Social Emotional) screening on children referred to the CSB Mental Health Unit to help identify social-emotional and behavioral concerns. Worked in collaboration with We Care, ECMH and Lynn Center to coordinate referrals and resources for children with multiple- service needs to provide support for children and their families.</i></li> <li>➤ <i>A new CSB Mental Health Clinician Level 2 (MHC2) was hired to help identify additional support from outside agencies needed for teachers and parents of enrolled children.</i></li> </ul>
<p>✓ <b>Objective 2:</b> By December 2014, CSB will implement the use of Otoacoustic Emissions (OAE) screenings for all infants/toddlers and preschool-age children who are non-responsive to audiometric screenings.</p>
<p><i>January 2015 update</i></p> <ul style="list-style-type: none"> <li>➤ <i>CSB purchased a Madsen Alpha OAE+ machine; Health and Disabilities Managers were provided technical training and practicum support through Audiology Systems, a new national partnership of industry professionals, audiologists, local instrument experts and Otometrics.</i></li> <li>➤ <i>CSB Health Manager participated in a two-day Early Childhood Hearing Outreach (ECHO) Initiative Train-the-Trainer Workshop in Salt Lake City, Utah.</i></li> <li>➤ <i>Protocols have been developed for the OAE pilot program to ensure annual hearing screening for all children 0-3 years of age and those with disabilities/suspected disabilities that are unable to screen through the use of an Audiometer. Trained staff has started implementation of this pilot screening.</i></li> </ul>
<p>✓ <b>Objective 3:</b> By July 2016, CSB will implement an autism screening in an effort to link children and families to the appropriate interventions.</p>
<p><i>January 2015 update</i></p> <ul style="list-style-type: none"> <li>➤ <i>A team has been developed to continue planning the implementation of the Modified Checklist for Autism in Toddlers (M-CHAT). The M-CHAT is a validated developmental screening tool for toddlers between 16 and 30 months of age. It is designed to identify children who may benefit from a more thorough developmental and autism evaluation.</i></li> <li>➤ <i>Comprehensive Services Assistant Managers have been trained on the tool and parent training will be conducted by February 2015;</i></li> </ul>

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➤ 21 children have been identified to receive the screening by March 2015.
<b>Goal 3:</b> Exposure to violence has a lasting impact on children's development including their emotional, mental and physical health. CSB will promote positive and enduring adult-child relationships that increase a child's level of secure attachments by providing services to promote the safety and well-being of children and families.
✓ <b>Objective 1:</b> By December 2014, CSB will implement an in-reach program at the Contra Costa County Detention Facilities in partnership with Contra Costa County Probation and the County Office of Education.
<p><i>January 2015 update</i></p> <ul style="list-style-type: none"> <li>○ Key staff leading implementation of the in-reach program transitioned out of CSB early fall 2014 which slightly delayed implementation planning. A new lead has been identified and communication has resumed with Probation Department staff regarding: funding and extension of program dates, and tracking outcomes.</li> <li>○ Two clearances for new individuals assigned to the program, along with a waiver of detention rules regarding bringing in books, and program equipment are in progress.</li> </ul>
✓ <b>Objective 2:</b> By July, 2016, CSB will enhance its violence prevention and safety program for children, families, and staff.
<p><i>January 2015 update</i></p> <ul style="list-style-type: none"> <li>➤ Training tools are being identified to address staff requests such as: addressing handling domestic violence disclosures from a child or parent and following up on staff encounters with families struggling with domestic violence.</li> <li>➤ Resources are being compiled for staff to provide families struggling with domestic violence.</li> </ul>
<b>Goal 4:</b> CSB will provide ongoing learning opportunities to enhance employees' career development and assist in meeting new job requirements.
<p><i>January 2015 update</i></p> <ul style="list-style-type: none"> <li>➤ All sixteen Family Development Credential participants passed the final examination. Family Development Credential and congratulations letter were sent to each participant.</li> <li>➤ The second cohort remains to begin in the fall of 2015.</li> </ul>
✓ <b>Objective 2:</b> Through September 30, 2018, CSB will continue to support teaching staff in pursuit of their degrees through leveraging of resources and ongoing partnerships with community colleges.

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*January 2015 update*

- *CSB continues to partner with Contra Costa County Office of Education and First 5 in offering workshops/classes supporting staff's educational needs. Costa County Office of Education's Professional Development Program staff has been visiting CSB centers and meeting with staff to provide guidance on attaining their degree and/or higher level of permit.*
- *Six additional CSB staff received their Associate of Arts Degree in the past year. CSB continues to monitor staff's progress in completing required courses for achieving their degree at local community colleges and universities.*