

Let's Get Rural



A rural approach to Help Me Grow for families, providers and leaders

First. We. Breathe.

- 2-word Check In
- What are you looking forward to discussing?



Always Start With WHY

	2018	2019	2020	State of California
Children under 5 living in poverty ¹	34.5%	33.6%	27.7%	17.0%
Child abuse allegations (per 1,000) ²	90.1	80.0	84.3	45.8
Substantiated child abuse/neglect (per 1,000) ²	13.6	11.0	14.5	9.5
6+ Well-Child visits in first 15 months of life ³	-	-	41.6%	37.7%
2+ Well-Child visits, ages 15-30 months ³	-	-	75.2%	66.4%
Children ages 3-5 Attending Dental Visit in Last Year (%) ⁴	55.1%	52.1%	44.6%	45.3%
Children ages 3-4 Enrolled in Preschool (%) ⁵	50%	48%	56%	48%
Low SES 3 rd Graders Reading At or Above Grade Level (%) ⁶	28.1%	36.3%	18.4%	23.9%



Helping People Build Better Communities

¹ 2018, 2019, 2020 US Census 1-Year Estimates

² 2019, 2020, 2021 UC Berkeley California Child Welfare Indicators Project

³ Medi-Cal Managed Care External Quality Review Technical Report

⁴ CHHS Dental Utilization Measures and Sealant Data by County and Age Calendar Year 2013 to 2020 (Medi-Cal)

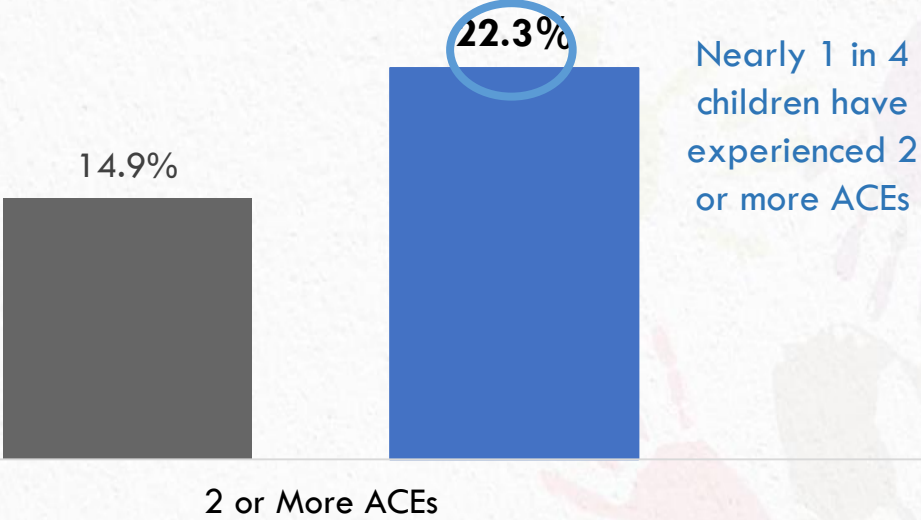
⁵ 2018, 2019, 2020 US Census, School Enrollment

⁶ California Assessment of Student Performance and Progress – Data Quest

Adverse Childhood Experiences (0-17)

Percentage of Children 0-17 Experiencing ACEs (2016-2019)

■ Region (Tehama, Colusa, Glenn, Trinity Counties) ■ California

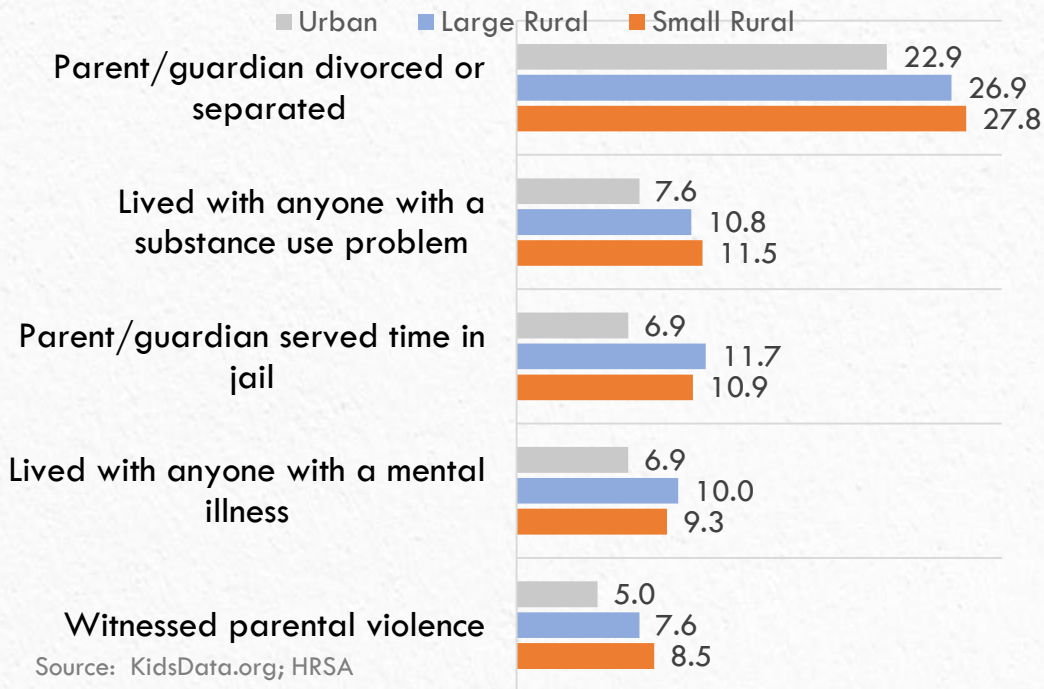


Source: KidsData.org analysis of National Survey of Children's Health and the American Community Survey (Jan. 2021).
Note: Counts represent regional value for Colusa, Glenn, Tehama, and Trinity Counties.

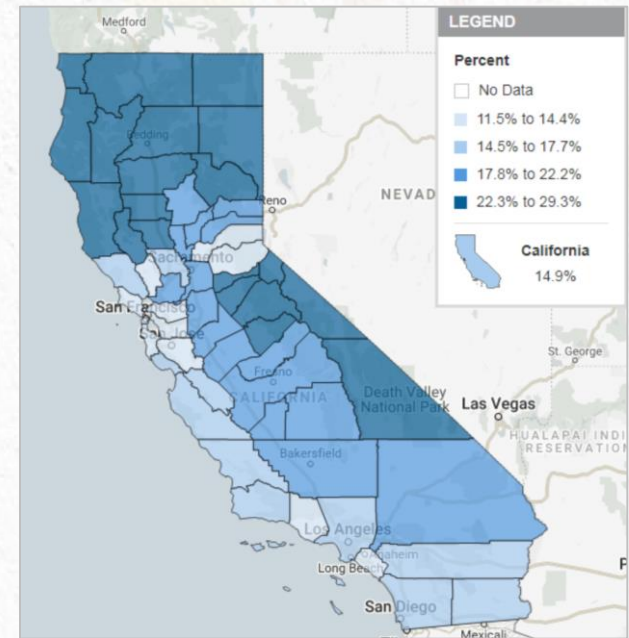


ACEs – Rural vs. Urban Context

Prevalence of ACEs by Rural or Urban Residency (2017-18)



Children with 2 or more ACEs by County (2016-19)



Prenatal and Postpartum Depressive Symptoms

Percent Who Experienced Prenatal/Postpartum Depressive Symptoms

(2013-15)

■ Tehama County



Prenatal Depressive Symptoms

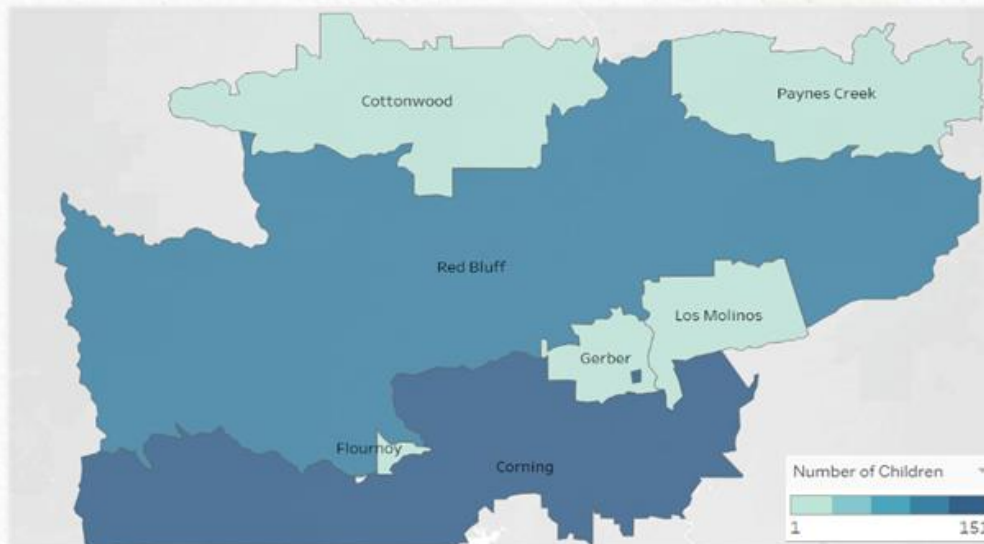
Postpartum Depressive Symptoms

Source: MIHA reporting year 2013-2015.
Tehama rate reported is for regional data as county level Rate is too unstable. Note: Percent of females with a live birth.



Moving to the HOW: Help Me Grow

- Provides a family centered hub connecting families to resources, supporting cross-system collaboration with a goal of strengthening children and families resulting in a community where children and families thrive with hope and resilience.
- Integrates physical health, mental health, intellectual development and socio deterrents of health to support the whole child and whole family.

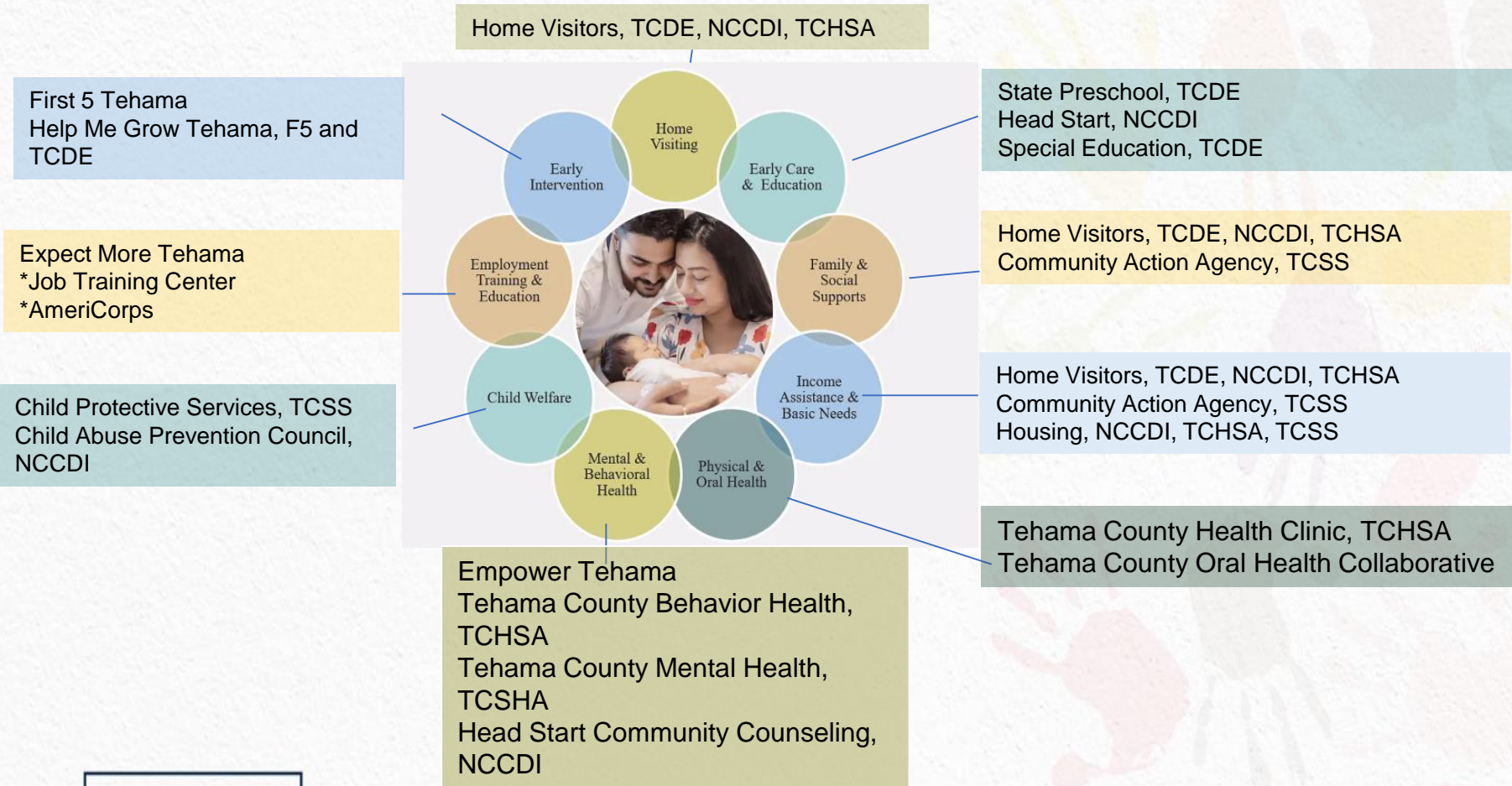


Moving to the HOW

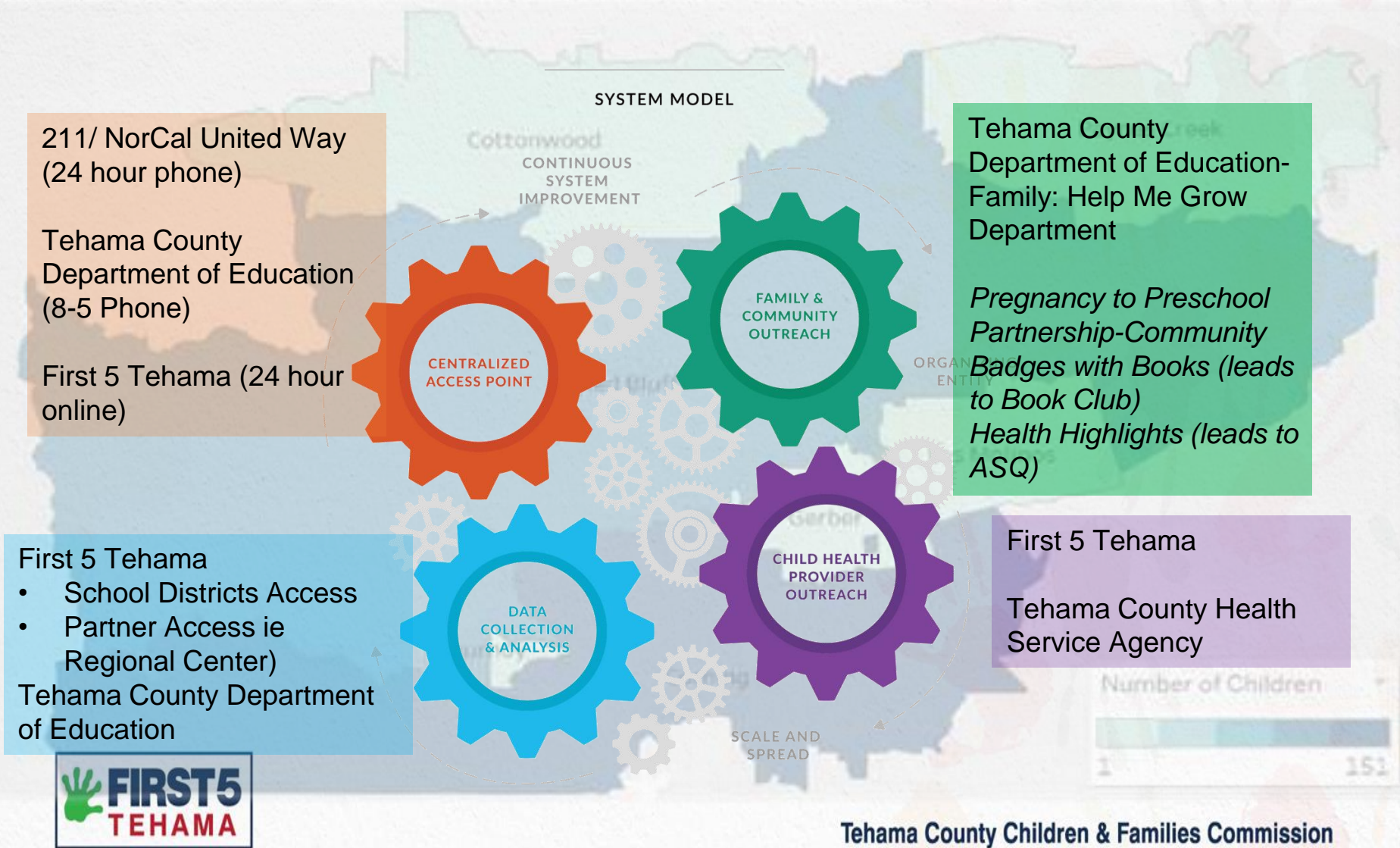
Help Me Grow Tehama is a Multi Pronged Partnership



Benefits of Rural Partnerships *when families are at the center*



Moving to the HOW: Help Me Grow



What is your story?

How do you engage
educators and
healthcare providers in
the value of Help Me
grow?



DENTAL TIPS

Local Dental Champions providing information on the benefits of good oral health for our children.



From a Book club Parent “My name is Ashley Evans and my son Levi Evans has been on the book club for about a year (he’s 2 now). It’s been such a blessing to our family! He loves the books and activities and it has been a special way for us to introduce reading to him really young. He looooooves to read already!”



Tehama County Children & Families Commission

Badges with Books



Help Me Grow and Home Visiting

- <https://youtu.be/k-lmIQ4r220>



What is your story?

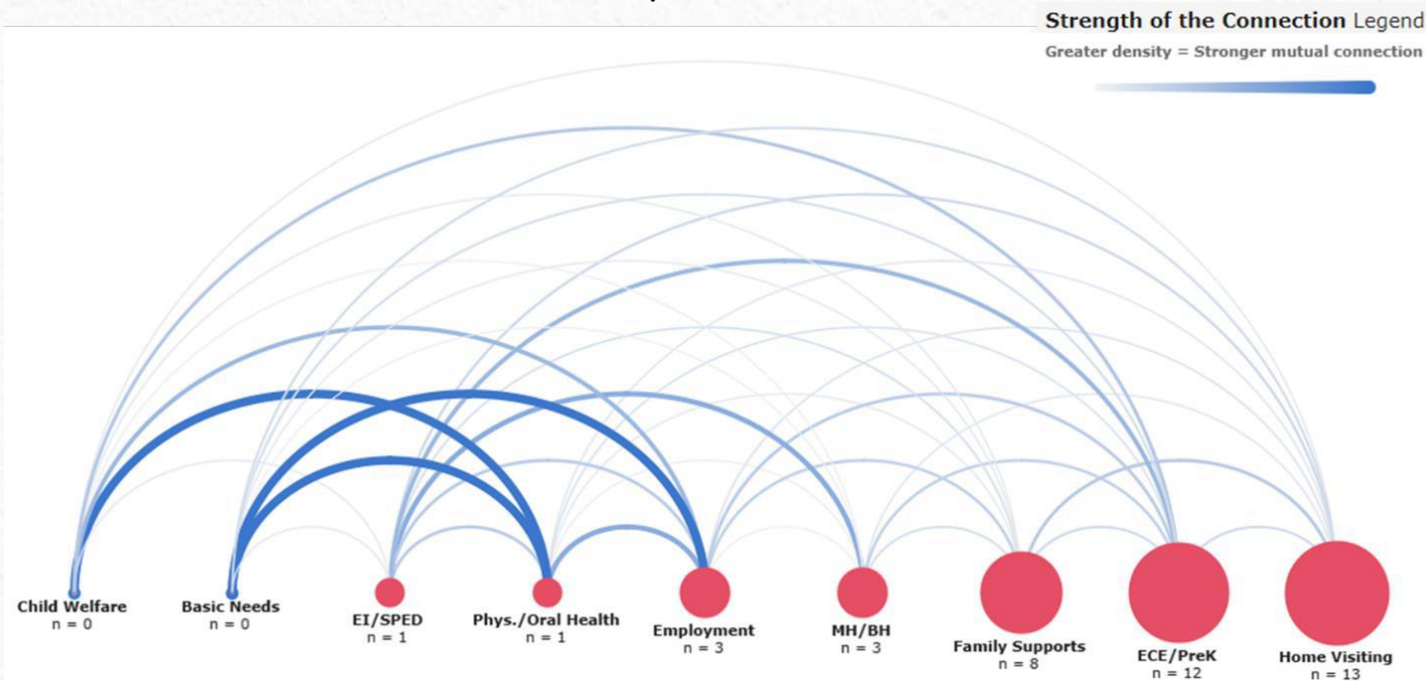
What are the most
utilized on-ramps to
Help Me Grow for
families?

How do you engage
bilingual and bicultural
populations of families?

Stressbuster Café (also called Connection Cafes)

- Participants improved knowledge of ACEs and/or resilience/protective factors
- Participants mutually perceived connections varied across the sectors represented

68% of Stressbuster Café participants improved knowledge of **resilience/protective factors**



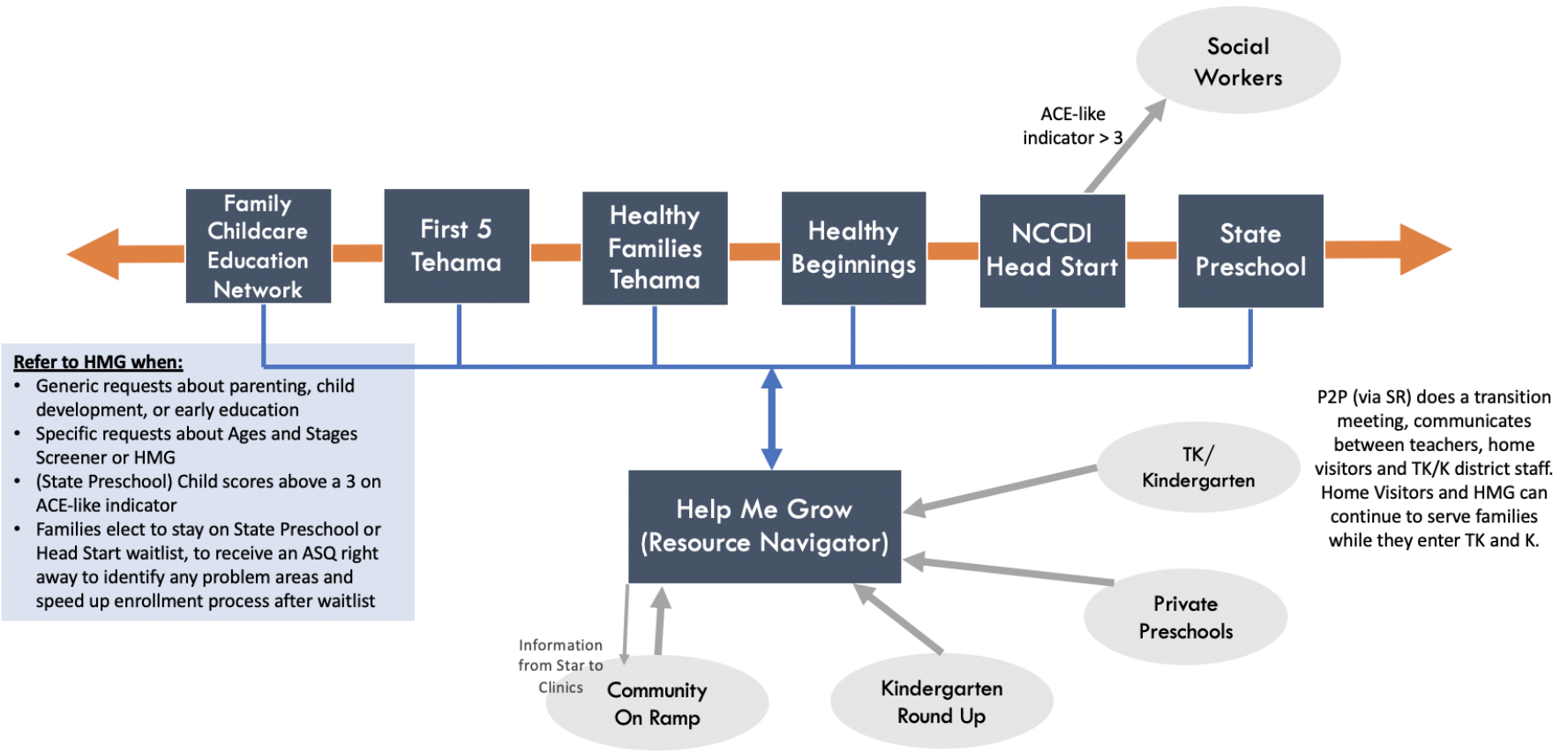
The Rural Tehama HOW: HELP ME GROW as the Corner Stone of Pregnancy to Preschool Partnership with

The **P2P** is a First 5 Tehama committee comprised of administrators with a mission of ensuring a coordinated system of prevention and early intervention services and support for young children ages 0-8 and their families.

- **First 5 Tehama**
 - Systems Support
 - Book Club
- **Northern California Child Development, Inc.:**
 - **Early Head Start**
 - **Head Start**
 - **Community Counseling**
- **Tehama County Health Services Agency-Public Health:**
 - Healthy Families Tehama
- **Tehama County Department of Education:**
 - State Preschool
 - School Readiness/ Home Visiting
 - Help Me Grow
 - Special Education Services
 - FCHEN



Where We Are Now

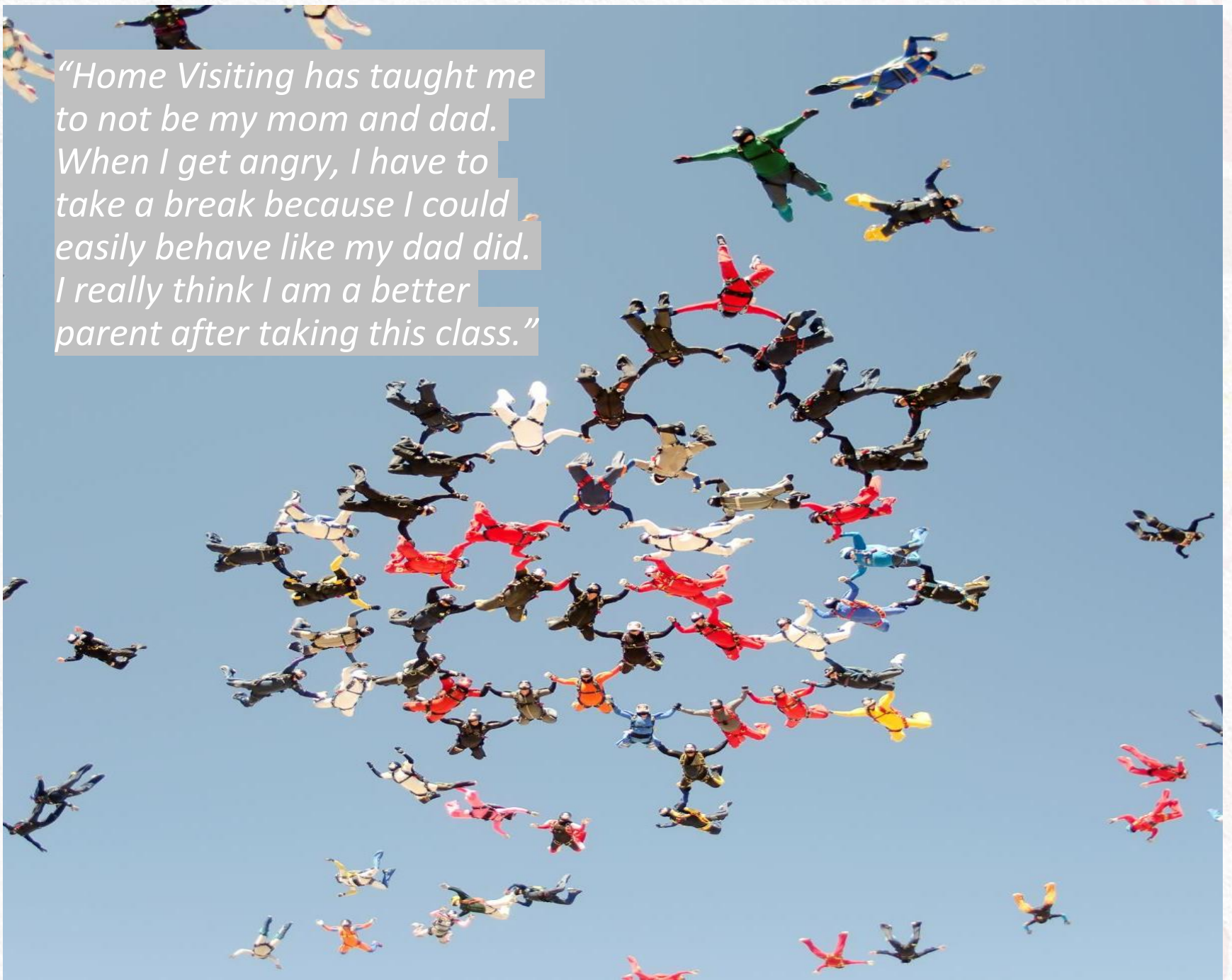


Parents or Clinics use online Google Form to learn more about P2P. When form completed, SR contacts to see if they are interested in Help Me Grow or a P2P referral.

What is your story?

How do you hold Help
Me Grow system
partners accountable
for sharing information?

“Home Visiting has taught me to not be my mom and dad. When I get angry, I have to take a break because I could easily behave like my dad did. I really think I am a better parent after taking this class.”



Reflect and Connect to Your Rural Story

- What are the most utilized on-ramps to Help Me Grow for families?
- How do you engage bilingual and bicultural populations of families?
- How do you engage educators and healthcare providers in the value of Help Me grow?
- How do you hold Help Me Grow system partners accountable for sharing information?
- What new Help Me Grow on-ramp can you create for families? for educators? for healthcare providers?

