











Sutter County Children & Families Commission
Bright Futures Program
2018-19 Annual Evaluation Report
Conducted by Duerr Evaluation Resources

PROGRAM OVERVIEW

The **Bright Futures** program provides no cost health and development screenings for children aged 0-5 who live in Sutter County. The National Survey of Children’s Health indicates that over 40 percent of parents of children four months to five years have reported concerns about their child’s physical, behavioral, or social developmentⁱ. **Bright Futures** makes available a local opportunity for parents to have their children screened and their parenting and child development questions answered in a fun and relaxed environment. If concerns are identified during screening, **Bright Futures** staff will provide help accessing recommended services or referrals. **Bright Futures** also offers a variety of information stations.

Program year 2018-2019 resulted in monthly screenings that were held in a variety of locations throughout Sutter County. Families move through eight assessment stations:

- | | |
|---|---|
|  Positive Discipline/Behavior |  Hearing |
|  Learning and Cognitive Skills |  Vision |
|  Fine and Gross Motor Skills |  Speech and Language |
|  Oral Health |  Health/BMI |

These screening stations serve as an effective, efficient way to identify and address developmental concerns when it does the most good—during the crucial early years when the child’s brain and body are developing so rapidly. Research shows that from birth to age five, a child’s brain develops at a very rapid pace and those early experiences, whether positive or negative, can have a significant impact on their current and future developmentⁱⁱ. In addition to screening stations, there were information stations covering nutrition and literacy.

When a child is identified as potentially at-risk for developmental delay at any of the **Bright Futures** screening stations, the parent is offered a referral for services to address those concerns. **Bright Futures** staff then follows up by telephone to facilitate connections to the service as a means to improve integration of services for children in Sutter County.

In 2012, **Bright Futures** also began utilizing the Ages & Stages Questionnaire (ASQ)ⁱⁱⁱ. The ASQ is a parent-completed screening questionnaire designed to accurately identify the few children in any group who might need additional assessment for potential developmental delays or disorders. Appropriate developmental screening depends on parent involvement. The ASQ facilitates making parents partners in assessing their child's development.

While at **Bright Futures**:

- Parents are asked to complete the Participant Information Form that gathers information about the family.
- Parents are also asked to complete the ASQ that is immediately scored.
- Parents are then given a Participant Screening Form and visit each screening station at the event and turn the form into staff when they have completed visiting the stations. If the results of the ASQ reveal scores in the at-risk or high-risk categories in one or more of the five sub domains, parents are escorted to the station(s) that can address the issue. Bright Futures staff document any resulting referrals and follow-up with parents after the event.
- After visiting the last station, parents are asked to complete the Parent Survey that is designed to gauge parent satisfaction of their **Bright Futures** experience, as well as the benefits.

Bright Futures is strongly supported by community organizations and partners, many of which provide staffing for the sessions at no cost to the Commission. Most often, the services required to screen and address children's developmental milestones are segmented in the Sutter County community; **Bright Futures** successfully coordinates productive partnerships to bring health and developmental screening professionals under one roof each month. It is the **Bright Futures** Professional Partners who conduct the screenings at the **Bright Futures** health and development screening stations.

Table 1 on the next page provides a listing of the many organizations that assist with the program by providing personnel for screening stations, or in other capacities.

Table 1
Bright Futures Professional Partners
2018-19

Ampla Health	Family SOUP
Peachtree Healthcare	Sutter County Public Health Nursing
Regional Housing Authority of Sutter & Nevada Counties	Sutter County Women Infant Children Program
Sutter County Health Education	E Center Head Start
Yuba City Unified School District Translation Services	Sutter County Child Development Behavioral Specialist
Sutter County Welfare and Social Services	Yuba City Unified School District
Speech Therapist, Sarah Perl	Sutter County Public Health
Duerr Evaluation Resources	U.C. Cooperative Extension
Yuba College Nursing Program	City of Live Oak
California Human Development	Preschool Intervention Program (PIP)
Yuba County Department of Child Support	Books for Babes
Children’s Home Society	Childcare Planning Council
Yuba City Unified School District Child Development Programs	Yuba College Nursing
Cambridge Junior College	

EVALUATION COMPONENTS

Bright Futures is evaluated utilizing the following strategies and tools:

Participant Information Form

The Participant Information Form includes demographic and health information for each child and is filled out by parents prior to the screenings. ***Bright Futures*** Staff enters this information into the online database.

Ages & Stages Questionnaire Screening

During the 2012/13-program year, ***Bright Futures*** began utilizing the highly reliable and valid Ages & Stages Questionnaire^{iv}. The questionnaire is nationally normed, easy to administer and score, and very low cost. The ASQ assesses the sub domains of communication, gross motor, fine motor, problem solving, and personal-social skills.

Body Mass Index (BMI) Screening:

The BMI is collected on every child attending **Bright Futures** in an effort to assess whether a child is classified as overweight or obese and provide families with information and encourage families to have a healthy lifestyle that includes eating healthfully and exercising.

Referral Outcome Assessment:

Bright Futures Professional Partners are experts in their field and conduct the screening at their station where they document the child's results on the Participant Screening Form. If a child is found in need of a referral, the agency referred to and any additional comments are documented on the form. The information is entered into the **Bright Futures** database, and it is this information that **Bright Futures** staff use to conduct referral follow-up. **Bright Futures** staff documents the success of parents in accessing the services to which they were referred during Bright Futures.

Parent Survey:

The Parent Survey is designed to gauge parent satisfaction of their **Bright Futures** experience, as well as the benefits. Parents are asked to complete the survey and return it to **Bright Futures** staff before they leave the health and developmental screening and information stations. The survey is voluntary and is not completed by every family. The Parent Surveys are entered and analyzed by Duerr Evaluation Resources (local evaluator) staff.

SESSIONS AND ATTENDANCE

Bright Futures offers screening events approximately once a month. As a general rule, the location of the screenings varies throughout the year in an effort to provide screening services to many areas and neighborhoods. Events are usually also held at least once in the town of Sutter and in some years in Live Oak.

Table 2 on the next page lists the current year locations and dates of **Bright Futures** events. This table also shows the number of families attending each event, and the number of children in those families who were screened. There were 286 individual children screened from 249 families in 2018-19.

Table 2 Locations and Dates of Bright Future Events in 2018-19			
Location	Number of Families Attending	Number of Children Screened	Date
Andros Karperos Elementary	30	30	July 12, 2018
Andros Karperos Elementary	57	57	July 19, 2018
Richland Housing Center	26	26	August 23, 2018
Head Start (Fairgrounds)	24	28	September 20, 2018
Sutter County Library	20	21	October 18, 2018
Veterans Memorial Building	9	10	December 13, 2018
Veterans Memorial Building	6	6	January 17, 2019
Richland Housing Center	6	6	February 14, 2019
Mahal Plaza	25	29	March 7, 2019
Head Start (Live Oak)	27	29	April 11, 2019
Playzeum Yuba-Sutter	36	44	May 23, 2019
Unduplicated Total	249*	286	

Note: the number of families summed across months totals 266, but some families attended with different children at different sessions. Thus, the unduplicated count of parents was 249.

The following table displays a four-year comparison of the number of families attending Bright Futures events as well as the number of children screened.

Table 3 Four-Year Comparison Bright Futures Events		
Year	Number of Families Attending	Number of Children Screened
2015-16	170	223
2016-17	222	268
2017-18	248	296
2018-19	249	286

Table 3 shows increased attendance of families each year at the **Bright Futures** events. The number of children served has remained fairly consistent over the past three years, although the current year had the second highest count. Almost 1,100 children have been screened from nearly 900 families over the past four years.

EVALUATION RESULTS

Participant Demographics

As noted in Table 3, **Bright Futures** Professional Partners hosted 249 families and screened 286 children this year. Table 4 details information about insurance, source of regular health and dental care, and immunization status, both for the current year and the average across the last four years. This data was derived from the Participant Information Form.

Table 4 Family Access to Basic Health Services Current Year and Four-Year Totals		
	2018-19 Percent of Children	Four-Year Average Percent of Children
Location of regular dental care		
A dental clinic	60%	55%
No regular place	30%	29%
Other/private dentist	10%	16%
Location of regular health care		
Health Department	1%	26%
Other than Health Dept. or private doctor*	93%	67%
No regular place	6%	7%
Type of insurance for child		
Medi-Cal	79%	74%
Private	19%	20%
Other/None	2%	6%
Total Unduplicated Child Count 2015-19	286	1,073

Information is not available for all participants

**Includes Ampla and Peach Tree Health Clinics*

The table shows that for 2018-19 and generally over the past four years, over half of the children visit a dental clinic for regular dental care, but almost one-third have no dental home. Nearly all

(93%) receive regular health care from other than the Health Department or a private doctor (primarily Ampla or Peach Tree Health Clinics). About 80 percent are Medi-Cal patients and about 20 percent have private insurance.

Of note, the percentage of those who receive regular health care at the Health Department has dropped dramatically over the past four years. This is due to the presence of Ampla Health Center and similar facilities now in the county, whereby Sutter County no longer runs its own clinic. The percentage of those who receive regular health care from other than the Health Department or private doctor has risen dramatically in the last four years, as this figure includes Ampla and Peach Tree Health Clinics.

Ages & Stages Assessment Results

ASQ scores in the five domains fall into one of the three risk categories. Each is described below. Professionals at the event review high-risk scores and determine whether a referral for these is appropriate.

High-Risk: Five percent of children nationally fall into the High-Risk category of each sub domain. Children in this category are generally advised to access professional advice for further assessment.

At-Risk: Ten percent of children nationally fall into the At-Risk category of each sub domain. Children at this level may benefit from practicing skills in the specific areas of development assessed in this category.

Appropriate Development: Development is normal and on-schedule for the child’s age.

Table 5 shows the percent of Bright Futures children in each category this year.

Table 5 Ages and Stages Questionnaire Percent of Bright Futures Children by Risk Category and Sub Domains			
Domains	Risk Categories		
	High-Risk	At-Risk	Appropriate Development
Communication	12%	12%	76%
Gross Motor	6%	10%	84%
Fine Motor	12%	18%	70%
Problem Solving	8%	15%	77%

Personal-Social	11%	13%	76%
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Overall, 11 percent of the children had a high-risk rating on at least one of the subscales, more than double the national average. This should come as no surprise as the **Bright Futures** program has for many years drawn many families with lower than average income and limited access to health services. These data clearly validate the need for ASQ screenings for the type of families that attend **Bright Futures** and the need for the program.

Body Mass Index (BMI) Screening Results

During the 2018-19 program, 199 children over the age of two had BMI screening results. Table 6 presents the percent of children in each risk category compared to the national data normed by the Centers for Disease Control (CDC).

Table 6 Body Mass Index Results			
Risk Category	Percent		
	2018-19 BF Results	Four-Year Average BF Results	National Child Norms
Underweight	4%	5%	5%
Healthy weight	65%	62%	80%
Overweight	12%	19%	10%
Obese	19%	19%	5%

While 15 percent of children nationally are overweight or obese, **31 percent** of the children screened at **Bright Futures** fell into these risk categories in 2018-19, down from 50 percent last year, 38 percent in 2016-17 and 33 percent in 2015/16. It should be noted that the CDC’s method of calculation did not change during this period. As noted in the section on ASQ screenings, families that attend Bright Futures tend to be poorer and have larger health risks. Over the four-year period, 38 percent (on average) of **Bright Future’s** children fell into the “overweight or obese” categories. Professionals at the event review children scoring “obese” to determine whether a referral is appropriate.

Screening Station Results

As noted earlier, children are sometimes referred to outside resources for further screening and perhaps assistance. This year, 26 percent of children received one or more referrals, with 23

percent of these receiving two referrals and five percent receiving three (no one received more than three). Table 7 below displays the distribution of referrals by screening station.

Table 7 Referrals Generated By Each Screening Station	
Screening Station	Number of Referrals
Dental Health	31
Speech	30
Learning and Cognitive Skills	17
Health	7
Vision	6
Hearing	3
Fine and Gross Motor Skills	3
Positive Discipline	2
Total	99

No referrals were made for YCUSD Child Development Programs.

The number of referrals in 2018/19 was the highest in four years, almost double from a low of 54 last year. In the three years previous, the average was 63, about two-thirds the number of 2018/19 referrals

Bright Futures staff also utilizes the **Bright Futures** database to follow-up on each referral. Staff members contact families to determine if the referral was completed and if any additional services or advocacy may be needed. Generally staff are able to confirm about two-thirds of referral outcomes.

Table 8 on the following page describes referral outcomes for the 2018-19 year.

Table 8 Confirmed Referral Service Completion For Referrals with Known Outcomes By Screening Station		
Screening Station	Known Referral Outcome	Percent Who Accessed Referred Services
Dental Health	19	47%
Speech	19	74%
Learning and Cognitive Skills	15	87%
Health	3	33%
Vision	5	100%
Hearing	3	100%
Fine and Gross Motor Skills	3	100%
Positive Discipline	2	100%
Total/Average	69	72%
Four-Year Totals	159	55%

Note that the column “Known Referral Outcomes” means that staff were able to assess the outcome of the referral: whether the client got service or not. This year, 69 of the 99 referrals were had a known outcome. Referral access for Vision, Hearing, Fine and Gross Motor Skills and Positive Discipline were 100 percent. Learning and Cognitive Skills was the next highest at 87 percent.

Table 9 on the following page displays four years of referral success data.

Table 9 Four-Year Comparison Confirmed Referral Service Completion For Referrals with Known Outcomes		
Year	Known Referral Outcome	Percent Who Accessed Referred Services
2015-16	33	43%
2016-17	29	53%
2017-18	28	52%
2018-19	69	72%

This year saw the highest success outcomes in the prior four years.

Parent Survey Results

Parent Surveys are given to families who participated at **Bright Futures** and used to gauge parent opinions of the program. Surveys were collected from 233 (94%) of families this year.

- Thirty percent of parents said they heard about **Bright Futures** from the teacher/school.
- Most notably, the Parent Survey asked if parents would have been able to get the same services received at **Bright Futures** in the community, and 47 percent of parents stated that they would have only been able to receive *some* or *none* of the screenings and services provided at **Bright Futures**. Another 39 percent were unaware if they would have been able to get the same services elsewhere.
- When asked if the parent learned something new, nearly all (96 percent) indicated they learned something new at **Bright Futures** that would help them be a better parent, with 70 percent of parents reporting their child was helped *a lot* by **Bright Futures**.
- Over 80 percent of the parents said all their questions about their children’s development were answered by staff. [Note: Question totals do not always equal the 233 parent surveys because some questions had missing answers.]

These results demonstrate the importance of **Bright Futures** in Sutter County as a means to detect early developmental concerns of children 0-5 years of age, and to assist with services that ensure they are healthy and ready to learn.

The next table displays the four-year comparison for staff/screening helpfulness and frequency of screenings. Results were fairly consistent.

Table 10 Four-Year Comparison Staff/Screening Helpfulness and Frequency of Screenings				
Question	15/16	16/17	17/18	18/19
If you had any questions, were you able to have them answered by staff? Percent who said, "Yes, all of them"	79%	75%	77%	80%
Was your child/children helped by the screenings? Percent who said, "Yes, a lot"	67%	75%	64%	70%
Did you learn something new at the <i>Bright Futures</i> screening that will help you be a better parent? Percent who said, "Yes, a lot"	69%	72%	69%	70%
How many times has your family been to the <i>Bright Futures</i> screenings? Percent who said two or more times	32%	24%	20%	23%

Parents were asked which screening stations were most helpful. The top four stations were Speech/Language; Learning/Cognitive Skills; Positive Discipline; and Motor Skills. Each year, Learning/Cognitive Skills and Speech/Language were selected in the top three most helpful stations. Others that ranked in the top four have been Nutrition, Health, and Home Safety.

Summary and Key Indicators

The following are highlights from the 2018-19 program year:

- Children at **Bright Futures** scored higher than the national average in the High-Risk and At-Risk (except one) sub domains on the ASQ. These data clearly validate the need for ASQ screenings and **Bright Futures**.
- While 15 percent of children nationally are overweight or obese, 31 percent of the children screened at **Bright Futures** fell into these risk categories. Again, these data demonstrate the need for the program.
- Nineteen percent of children required one referral, and another 2 percent required two and 5 percent required three (none required more than three). The most common referrals (about one-third each) were for Dental Health and Speech, followed by Learning

and Cognitive Skills (almost one-fifth).

- An analysis of referrals showed that 73 percent of referrals were successfully accessed as of September 2019.
- Seventy percent of parents said their child was helped “a lot” by the experience.
- Parents found the Speech/Language; Learning/Cognitive Skills; Positive Discipline; and Motor Skills screening stations the most helpful.

Longitudinally over the past four years, the highlights have been:

- There has been increased attendance each year at the **Bright Futures** events. Almost 1,100 children have been screened from over 900 families.
- The percent of high-risk children has risen in each of the last four years, from 36 percent to 49 percent.
- Spanning the last four years, 38 percent of children, on average, were overweight or obese, far higher than the US average.
- The current year total referrals almost doubled from last year, and they were the highest in the past four years. Dental Health and Speech garnered the most referrals, about one-third each. Clients successfully accessed referrals an average of 60 percent of the time (although 73 percent this year).
- Each year, Learning/Cognitive Skills and Speech/Language have been selected in the top three most helpful stations by parents. Others that ranked in the top four have been Nutrition, Health, Positive Discipline; Motor Skills; and Home Safety.

Bright Futures continues to provide needed assessments and screenings to children in Sutter County. Almost half of attendees in 2018-19 said they would not have received such a full screening if not for **Bright Futures**.

ⁱ National Survey of Children's Health. NSCH 2007. Data query from the Child and Adolescent Health Measurement Initiative, Data Resource Center for Child and Adolescent Health website. Retrieved September 4, 2013 from www.childhealthdata.org

ⁱⁱ National Research Council. *From Neurons to Neighborhoods: The Science of Early Childhood Development*. (Washington, DC: The National Academies Press, 2000): 5.

ⁱⁱⁱ Jane Squires, Ph.D., Elizabeth Twombly, M.S., and Diane Bricker, Ph.D. for the Early Intervention Program, Center on Human Development, University of Oregon, Eugene. Paul H. Brooks Publishing Co., Inc.

^{iv} Ibid