



**University of Alabama at Birmingham Early Head Start
Annual Report 2018-2019**





The **University of Alabama at Birmingham Early Head Start Program (UAB EHSP)** is based on the program operation cornerstones outlined in the Head Start Program Performance Standards to promote school readiness of enrolled children through:

- education and child development,
- health, and
- family and community engagement.

The UAB EHSP uses these cornerstones as the foundation for providing high quality, comprehensive services to infants, toddlers and pregnant women. The overarching goal of the UAB EHSP is to provide the highest quality early learning experiences (school readiness) and child health services to infants and toddlers who live in high-risk environments. In order for these services to be maximally effective, family and community engagement services are provided to empower the families to focus on providing high quality early learning experiences for their children, enhancing family strengths, as well as addressing family needs.

Mission: The mission of the University of Alabama at Birmingham Early Head Start Program (UAB EHSP) is to form partnerships with families to support child development and family goals. Through continuous training and professional development and in collaboration with the community, we strive to enhance opportunities for children and families.

Established: The UAB EHSP was funded in 1998 to serve 88 infants and toddlers and their families or pregnant women challenged by poverty. The program currently provides services in Jefferson, St. Clair, and Walker Counties.

Please enjoy reading about all of the wonderful and exciting work that the UAB EHSP has engaged in with children and families during this program year.

Kristi Carter Guest, PhD
Director
UAB Early Head Start Program

Program Highlights for 2018 - 2019

Eligibility, Recruitment, Selection, Enrollment & Attendance (ERSEA):

- Eligibility: 99% of enrolled families were eligible for the program; only 1 family (1%) was over income.
- Recruitment: When children drop out of our services, the program maintains an active waiting list to use to recruit new families.
- Selection:
 - Selection Criteria approved by both the Governing Body and Policy Council which is required annually.
 - Average score of an eligible family, is 60 points per our Waiting List.
- Enrollment:
 - Funded to serve 88 children total, 80 home-based and 8 center-based;
 - We have remained at full enrollment every month (100%) all year because HSPPS allow 30 days to replace a child that has been dropped from the program.
 - Total served this program year was 115.
- Our bilingual Family Partner has maintained a full caseload of dual language learners (DLLs) and we have increased our service to the Hispanic population:
 - 16 children cumulative; 13 children served at the end of year
- Attendance:
 - Our Parrish Elementary EHS Center's overall average monthly attendance for the program year was 87%.
 - Our total number of dropped participants has decreased by 40% since last Program Year (46 for last program year compared to 30 for this program year).

Education (Curriculum, Assessment, and School Readiness):

- Our program takes a holistic approach with each child and we individualize and meet children where they are in their development. Family Partners and Teachers continue to form partnerships with parents to establish individual children's goals that are in alignment with, HS Early Learning Outcomes Framework and UAB EHSP school readiness plan.
 - 99% of program children have Preliminary Individualized Development Plans (IDPs)
 - 100% of program children have Midyear IDPs
 - 91% of program children have End-of-Year IDPs
 - 100% of IDPs for each program child are aligned with ELOF
- 100% of Lesson Plans (home-based and center-based) incorporate pre-literacy skills.

- Program staff are equipped to work with all children to individualize home visits and incorporate early intervention services for children with disabilities.
- Family Partners/Home Visitors are awesome!
- Utilizing new home based curriculum, *Partners for a Healthy Baby* that is research-based. The Education Coordinator attended training September 2018 and we used a train the trainer model for training education staff. Staff training on curriculum fidelity is ongoing.
- Continued coaching interactions during monthly Family Partner team meetings to include group planning time and peer-to- peer coaching.
- CDC Learn the Signs. Act Early developmental milestone checklists are completed 3 times a year as an assessment tool to identify children at risk or in need of further services.
 - 100% of preliminary CDC assessments are completed
 - 99% of mid-year CDC assessments are completed
 - 96% of end-of-year CDC assessments are completed
- **Approximately 89% of our 73 children assessed either met or exceed current school readiness goals per our end-of-year developmental checkpoint assessment.**
 - 55 children (75%) exceed their school readiness goals, including 10 children with an IFSP.
 - 10 children (14%) are currently meeting their goals, including 1 child making progress toward their IFSP goals.
 - 3 children transitioned to a new checklist above their age-range: all meet or exceeded school readiness goals.
 - At the end of the year, 17 children have documented disabilities with either an IFSP or IEP
 - **CDC Assessment Developmental Averages across all program children at End-of-Year**
 - **90% Social-Emotional**
 - **83% Language and Communication**
 - **93% Cognitive**
 - **84% Physical/Movement**
 - **92% Approaches to Learning**
 - **85% Total**
- 100% of home visitors, teachers, and coordinators model positive and nurturing parent/child interactions
- 100% (n=22) of socializations are completed for the program year.
 - Socializations offered at a variety of venues; they are fun and beneficial to families
 - New Interagency Agreement with the Lee Community Center
- Continued to use ASQ-3 developmental screenings annually with 100% completion (23 of these were conducted by the DSC through the Health Screening Days at UAB Civitan-Sparks Clinics and Walker County). The ASQ-3 is a screening tool to identify children at risk or in need of further services (as recommended by Head Start and the American Academy of Pediatrics).

Parent Involvement Activities:

- Offered UAB EHSP families the opportunity to participate in 22 socialization activities throughout the program year, such as the parent involvement activities below
 - Mom's-to-be-Boutique where pregnant moms are allowed to "shop" for maternity clothes that were donated by Belk (all of the clothes were free)
 - 1, 2, 3 Play with Me socializations offered in collaboration with and at the Birmingham Public Library, Southside branch
 - Fire Prevention Safety socialization complete with the fire truck and fire fighters from Birmingham City Fire Department Station 3
 - Helena Hollow Pumpkin Patch socialization attended by a total of 77 individuals including children, parents and staff
 - Meal of Thanks socializations attended by a total of 80 individuals in Jefferson County and 31 in Walker County
 - Breakfast with Santa socializations attended by a total of 58 individuals in Jefferson County and 18 in Walker County
 - African Drumming, Yoga, Egg Hunt, Dental Health, Parents' Day Celebration were also themes of socialization events along with several others

Health Services:

- Conducted Health Screening Days at Civitan-Sparks Clinics with 21 program children who received a hearing screening conducted by an audiologist; a nutrition assessment by a registered and licensed dietician; a dental screening conducted by a UAB dental resident; a vision screening conducted by a UAB Optometry resident; the Ages and Stages Questionnaires, 3rd Edition (ASQ-3) to monitor children's development, conducted by the DSC who is a Developmental Psychologist; the ASQ-Social Emotional screening for children in addition to depression screenings for primary caregivers done by our Mental Health Coordinator.
- Conducted Health Screening Days with 8 program children in Walker County with the same health disciplines described above.
- Birmingham Zoo tickets given to families who attended any of the Health Screening Day opportunities.
- Purchased evidence-based vision and hearing screening equipment.
 - Vision screenings are conducted using the Welch Allyn Spot Vision Screener for children at least 6 months of age.
 - Hearing Screenings for newborns, infants and toddlers are done using Maico Ero-Scan otoacoustic emissions (OAE) screening method.
- Program continues collaboration with a nutrition consultant, Lauren Dodd, who is a Registered Dietician with UAB Civitan-Sparks Clinics for all nutritional screenings.
- 100% of program children have ongoing, continuous health care.
- 100% of program children have health insurance.

- 97% of program children have Medicaid.
- Using designated ChildPlus and UAB EHSP forms, record medical/well child visits.
 - 86% of program children are up-to-date on Alabama Medicaid EPSDT periodicity schedule for well-child check-ups.
 - 14% of program children are behind Alabama Medicaid EPSDT periodicity schedule for well-child check-ups.
- Using designated ChildPlus and UAB EHSP forms, record immunizations.
 - 92% of program children are up-to-date on the CDC recommended immunizations schedule.
 - 8% of program children are behind on the CDC recommended immunizations schedule.
- Using designated ChildPlus and UAB EHSP forms, record dental services and dental screenings
 - 89% of children over 1 year of age received a dental exam.
 - 11% of children over 1 year of age did not receive a dental exam.
 - Continued using a dental disclaimer form for families that choose not to get dental services for their child when they turn one.
- Continued to encourage access to dental homes with list of providers for families regarding dental services available in their community and continued collaboration with UAB Pediatric Dentistry to provide education and screening services.
- Medical insurance for 14 Pregnant women served this program year
 - 79% have Medicaid health insurance
 - 21% have private health insurance
- Oral Health for 14 Pregnant women served this program year
 - 71% report receiving dental care
 - 29% did not report receiving dental care

Mental Health:

- Maintained and utilized ASQ-SE-2 screenings annually to identify children at risk for socio-emotional difficulties and in need of further services (as recommended by Head Start and the American Academy of Pediatrics).
 - 114 infants and toddlers have at least one ASQ-SE-2
 - 18% of all screened have social/emotional concerns
 - Mental Health Coordinator followed up with families or home visitors to address concerns unless the child had a disability and already received EI services.
- Continued to promote the mental health and wellness of mothers
 - 73 completed Beck Depression Inventories-2 (BDI-2) with program mothers
 - 14 women had depression concerns
 - 31 completed Edinburgh Postnatal Depression Scale with women
 - 2 woman had depression concerns
 - 5 adults referred for mental health services
 - 2 referred for grief counseling

- 1 referred for family counseling
 - 2 referred for individual counseling
- 12 mothers are receiving counseling services
- Mental Health consult regarding 14 children for child behavior concerns
- Mental Health Checklists completed in the classroom and during socializations (n=8) revealed no concerns.

Disability Services:

- 101 children (100%) have screenings for development progress with the Ages and Stages Questionnaire (ASQ-3).
 - 12 children (12%) have a developmental concerns not previously identified that needed a formal evaluation to see if they qualified for services.
- During the year, we served 23 (23%) children with disabilities
 - Of those 23 children, eligibility was determined prior to the program year for 16 (70%) and 7 (30%) were identified within the current program year
 - All 23 children are receiving special services
 - 19 (83%) Children with IFSPs (Early Intervention)
 - 4 (17%) Children with IEPs (School Services)
- Family Partners and Disability Services Coordinator continued to have an excellent collaborative relationship with local early intervention programs.
 - Staff include IFSP/IEP goals with program education goals and often share visits with early intervention service providers.
- Staff regularly attend IFSP, IEP, and/or therapy meetings.
- We have a strong network of community resources for children with disabilities.
- Timely referrals were made for children in need of developmental services.
- Disability Services Coordinator serves on the State EI training committee, serves on the Alabama Early Intervention Conference Planning Committee, is a member of the Stake Holders in Foster Care for Young Children with Child Welfare System.
- Continue to make referrals and help families navigate the intake packets for Civitan-Sparks Clinics for children who need more comprehensive developmental evaluations.

Family Engagement Services:

- During the program year, UAB EHSP served 86 families.
 - 76% of families are single-parent families
 - Of these families, most single-parents (72%) are not working
 - 24% of families are two-parent families
 - Of these families, most families have at least one parent working (95%)
- 100% of home visitors and teachers support parents as the primary teachers of their children.
- Strong parent involvement in choosing individual goals for their children for their Individual Development Plans.

- UAB EHSP assists and empowers parents and caregivers in defining, setting, and accomplishing their family goals.
 - 81% of preliminary family Strengths and Needs Assessments are complete
 - 98% of mid-year family Strengths and Needs Assessments are complete
 - 87% of end-of-year family Strengths and Needs Assessments are complete
 - Preliminary data revealed the top 3 areas of need were
 - 1) employment
 - 2) financial security
 - 3) leadership and advocacy
 - Mid-year data revealed the top 3 areas of need were
 - 1) employment
 - 2) financial security
 - 3) food
 - End-of-year data revealed the top 3 areas of need were
 - 1) employment
 - 2) adult education
 - 3) financial security & leadership and advocacy
- To address these needs, the UAB EHSP provided the following services the most often to families
 - Parenting education
 - Health education
 - Mental health services
 - Emergency/crisis intervention (food, clothing or shelter)
 - Housing assistance
- Regarding father engagement, 31% of fathers/father figures are involved in UAB EHSP child development experiences
- Homelessness impacted 17% of families in the UAB EHSP during the program year
- A small percentage of children enrolled are in foster care (5%) this program year

Community Partnerships:

- Developed a new partnership with Walker County Board of Education for our center-based option which is now located at Parrish Elementary School.
- Continued to work with other Head Start programs in Jefferson, St. Clair and Walker Counties to facilitate smooth transitions from UAB Early Head Start to Head Start.
- Staff serve on multiple community boards and provide awareness of Program services and community training.
- Coordinators attend meetings at DHR focusing on the JOBS program, medical providers meeting and a resource fair; Alethia House Advisory Board (substance use), JCCEO Family Services Advisory Board, JCCEO Grandparents Support Group member/Advisory Board, JCCEO Health Services Advisory Board, Children's Policy/Family Reunification/Coaching Committee, Children's Policy Council Early Care and Education Work Group, Children's Policy Council First Friday Forum, Medicaid Assister Meetings,

Alabama Department of Human Resources Stakeholders for Foster Care Children, Alabama Early Intervention Conference Planning Committee, Alabama Early Intervention District Coordinating Council, and Alabama Early Intervention District Coordinating Council Training Subcommittee.

- Updated Interagency Agreements with programs such as BirthWell Partners, Civitan-Sparks Clinics, Childcare Resources, Hannah Home (shelter for Women and Children), Jefferson County Department of Human Resources Child Welfare Division, Jefferson County Housing Authorities, the Jefferson County Health Department, United Abilities, the JOBS program, and Children's of Alabama Early Intervention Program.
- Developed new Interagency Agreements with the Hispanic Interest Coalition of Alabama (HICA), Help Me Grow, and the Lee Community Center (for socialization events).
- Maintained our collaboration with BirthWell Partners community doulas for pregnant mothers; Mental Health Coordinator serves on their Advisory Board.
- Families are informed of great community resources by program staff and each other.

Communication:

- Updated the UAB EHS brochure and one-page flyer to advertise the program.
- Maintained and advertised our UAB Early Head Start Program Facebook page to enhance public awareness and communication with program families about program and community events.
- Continued updates of the UAB Early Head Start Program website which included the Program's Annual Report.
- Families received monthly calendars in a timely manner.
- Governing Body has increased participation and program awareness due to email communication and meetings.
- The Policy Council is chaired by a parent who is actively involved in the program.
- The Policy Council is well-informed of the program status—program stays on top of recruitment, communication, and services with children and families.
- Maintained our parent computer station for parents to use for resume preparation, job searches, to find housing information, etc.
- Conducted regular and ad hoc staff and coordinator's meetings to address areas of concern.

Record Keeping and Reporting:

- ChildPlus has been implemented this program year for data tracking and staff are using UAB EHS and ChildPlus reports for ongoing monitoring.
- Conduct monthly family/child reviews of all enrolled children and their families.
- Conduct bi-monthly reviews at the center (every other month on the 3rd Friday of the month) with teachers reviewing all center-based children with coordinators.
- Sign in sheets are completed for each meeting held to document attendance.

Funding awarded by ACF for 2018-2019: \$1,058,267
Program Budget for the 2018-2019 fiscal year

<u>Budget Category</u>	<u>Funds Budgeted</u>
Cell Phone Charges	\$6,000.00
Conference Travel	\$2,500.00
Disability Services	\$1,000.00
Educational Supplies	\$4,000.00
Health Services	\$500.00
Local Travel	\$35,000.00
Mental Health Services	\$500.00
Nutrition/Food for Events	\$15,834.00
PIPA	\$8,000.00
Supplies//Soc. Supplies	\$19,500.00
TA/Training	\$24,192.00
Walker County Subcontract	\$130,000.00
Salaries and Wages	\$531,634.00
Fringe Benefits	\$184,421.00
Total Direct Cost	\$963,081.00
Indirect Cost	\$95,186.00
Account Total	\$1,058,267.00

**ACYF Funds for the UAB EHSP (Total award \$1,058,267 for 2018-2019)
Program Funds expended for the 2018-2019 fiscal year**

<u>Budget Category</u>	<u>Expended</u>
Cell Phone Charges	\$955.61
Conference Travel	\$1,785.26
Disability Services	\$835.33
Educational Supplies	\$4,000.00
Health Services	\$494.20
Local Travel	\$34,972.20
Mental Health Services	\$261.50
Nutrition/Food for Events	\$15,545.00
PIPA	\$7,628.04
Supplies/Soc. Supplies	\$22,350.77
TA/Training	\$23,705.45
Walker County Subcontract Sept - Aug 2018	\$118,210.32
Salaries and Wages Sept. - Aug 2018	\$492,943.93
Fringe Benefits Sept - Aug 2018	\$170,812.42
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Total Direct Cost	\$894,500.03
Indirect Cost	\$87,912.82
Account Total	\$982,412.85

Local Travel - staff mileage (home visitors and coordinators travel)
 Nutrition Services - food for socializations, policy council, and health advisory committee meetings
 Parent Committee funds - taxi service to parent functions, parent trainings, etc.
 Supplies – supplies needed for socializations, office supplies, postage, educational supplies

UAB's financial contribution (in kind and match): \$286,045.44
Total program funds expended: \$ 1,268,458.20

Financial Audit/Annual Audit: There were no findings in our annual A 133 fiscal audit conducted by PricewaterhouseCoopers for the year ending September 30, 2018.