



**2019 – 2020**

**Annual Head Start Report**

**North Coast Opportunities, Inc.  
Head Start Child Development Program**

The Head Start Act requires that each Head Start agency shall make available to the public an annual report. We are pleased to present to the community the 2019-2020 NCO Head Start Child Development Program Annual Report.

## **About Us**

North Coast Opportunities, Inc. (NCO) is a Community Action Agency Non-Profit organization that primarily serves the populations of Lake and Mendocino Counties. The North Coast Opportunities Head Start Child Development Program (NCO HSCDP) is one of the NCO program offerings that provides a family-focused holistic approach to child development. NCO HSCDP focuses on positive child and family outcomes to close the achievement gap, and build a better future for children, families and our communities. All NCO HSCDP services are offered in both English and Spanish.

NCO HSCDP serves low-income, pregnant women and **children birth to five-years of age** in Lake and Mendocino counties. Ten percent of our enrollment must include children with a certified disability. Another ten percent of our enrollment may include children whose family income exceeds the federal poverty guidelines.

## **2019-2020 Funding**

The total funding for NCO HSCDP in 2019-2020 was \$8,132,994.

- 64% Head Start Grant
- 14% Early Head Start Grant
- 12% State CCTR Reimbursement
- 7% State Preschool Reimbursement
- 3% U.S.D.A. Food Program

## **Income and Budgetary Expenditures 2019-2020**

Each grant and reimbursement program has its own budget that is monitored and updated.

Categories	Budget	Budget %	Actual	Actual %
<b>Total Personnel (Total)</b>	\$6,197,346	76.2%	\$5,953,299	73.2%
Occupancy	\$691,467	9%	\$683,978	8.41%
Supplies	\$249,401	3%	\$361,979	4.45%
Client Assistance	\$6,520	<.1%	\$12,529	.15%
Volunteers	\$8,509	.1%	\$9,141	.11%
Equipment and Vehicles	\$66,456	.82%	\$103,699	1.28%
Insurance	\$64,228	.79%	\$43,228	.53%
Travel	\$51,422	.63%	\$21,177	.26%
<b>Other Costs (Total)</b>	\$1,319,327	16.2%	\$1,405,190	17.28%
<b>Indirect Costs (Total)</b>	\$616,322	7.6%	\$589,479	7.25%
<b>TOTAL</b>	<b>\$8,132,994</b>	<b>100%</b>	<b>\$7,947,968</b>	<b>98%</b>

### **Most Recent Audit & Review**

The most recent (2019) financial audit found that NCO's finances were in order. The most recent Federal Monitoring Review (2018) found that NCO HSCDP had met the requirements of all applicable Head Start Program Performance Standards, laws, regulations and policy requirements.

### **Eligibility, Enrollment, and Service Totals**

In 2019-2020, NCO HSCDP served 341 children (aged 0-5) and their families at four Head Start centers located in Lake County, six Head Start / Early Head Start centers located throughout Mendocino County and one Early Head Start Home Based program located in Mendocino County. In 2019-2020, no pregnant women were served in the Early Head Start Home Base program. NCO HSCDP served approximately 19% of the eligible population. The average monthly enrollment was 100%.

### **Health Services**

NCO HSCDP's health services fell within 87%-100% completion in 2019-2020. Due to continuing education for parents, the persistence of staff and the assistance of the Policy Council and Health Services Advisory Council, NCO HSCDP continued to increase percentages of required screenings. In our Early Head Start programs; 94% of children received well child checks, and in our Head Start programs; 100% of children received physical exams. 87% of Early Head Start and 96% of Head Start children received dental exams.

### **Parent Involvement**

NCO HSCDP focuses on family engagement and school readiness in an effort to produce positive child outcomes. NCO HSCDP acknowledges that parents are their child's first teacher and we support those efforts with weekly educational home activities for children. NCO HSCDP provides a welcoming and comfortable environment for families with various opportunities for involvement including: Health Services Advisory Committee, parent committees, Program Policy Council, parent meetings, in person gatherings to share and learn about child development (Early Head Start) and volunteering in classrooms and gardens.

Program staff build partnerships with parents and encourage the development of family goals with added requests that parents attend parent/program events. From its beginning, NCO HSCDP has used a dual-generation approach to involve the parents of enrolled children. Parent involvement is a part of a larger construct of a family engagement framework, developed from research-based strategies resulting in seven **Parent and Family Engagement Outcomes**: Family Well Being, Positive Parent-Child Relationships, Families as Lifelong Educators, Families as Learners, Family Engagement in Transitions, Family Connections to Peers and Community, and Families as Advocates and Leaders.

School Readiness, for the children enrolled in the program, is a goal that is achieved through goal-directed relationships between staff and families that are mutual, culturally responsive, and that support what is best for children and families, both individually and collectively. Staff and families share responsibility for the children's learning and development, the progress toward outcomes for children and families, and for parent involvement in the program.

Every year, our team works collaboratively with families to develop goals to help them improve in areas such as communication, housing, safety, health and education.

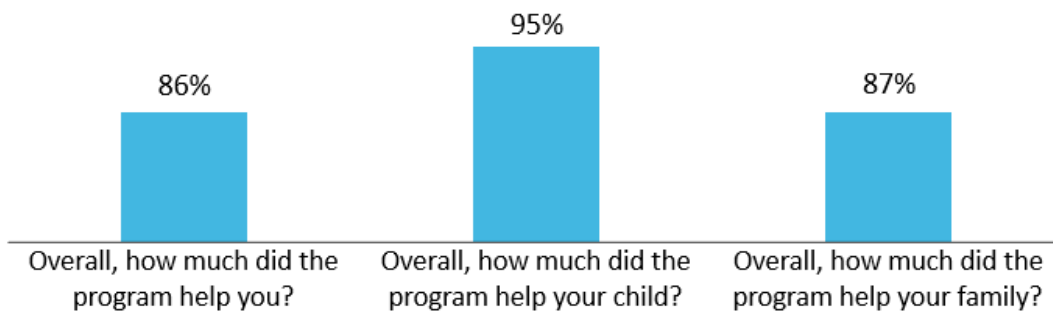
Of the goals created for this year:

- 64% of families received assistance in obtaining jobs
- 70% of families received assistance in obtaining housing
- 94% of families reached their family goals
- 13.2% of children serviced were identified with a need for an IEP / IFSP

In the Spring of the 2019-2020 school year, 154 parents and guardians of children enrolled in our program completed a survey about how they and their families benefited from the variety of services they received.

## Overall Program Helpfulness

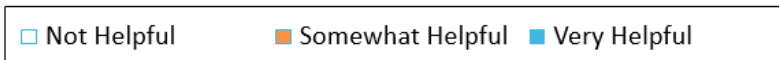
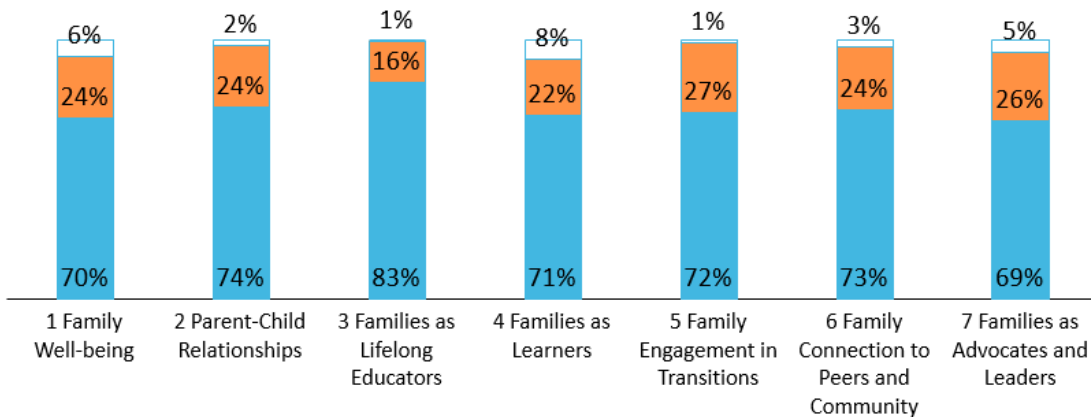
Percentage of Responses "Very Helpful"



## Program Helpfulness by Outcome Area

How Much Did the Program Help You and Your Family

Percentage by Response



During an evaluation of the survey questions, it was determined that the answer choices should be changed for the upcoming 2020-2021 school year to include an option of “I did not need these resources.” This change will be conducted due to the fact that many of our enrolled children are returning students, and the families have already received resources from the program in prior years. Due to this change, instead of answering “Not Helpful” families will be able to answer that they have already received these resources to determine what the actual need is for all areas.

**Kindergarten Transition / School Readiness**

Kindergarten readiness is a high priority for all Head Start programs. The Head Start approach to school readiness means that children are ready for school and also includes the familial support of a child's learning.

The program partners with parents in establishing kindergarten readiness goals that support a child's progress across five early childhood learning domains. These domains include:

1. Approaches to Learning
2. Social and Emotional Development
3. Language and Literacy
4. Cognition, including Math and Science
5. Physical Development and Health

These domains apply to infants, toddlers and preschool-aged children and represent a critical area of learning and development for young children. All goals are aligned with the Head Start Early Learning Outcomes Framework, State Early Learning Standards, Program Performance Measures and local school expectations.

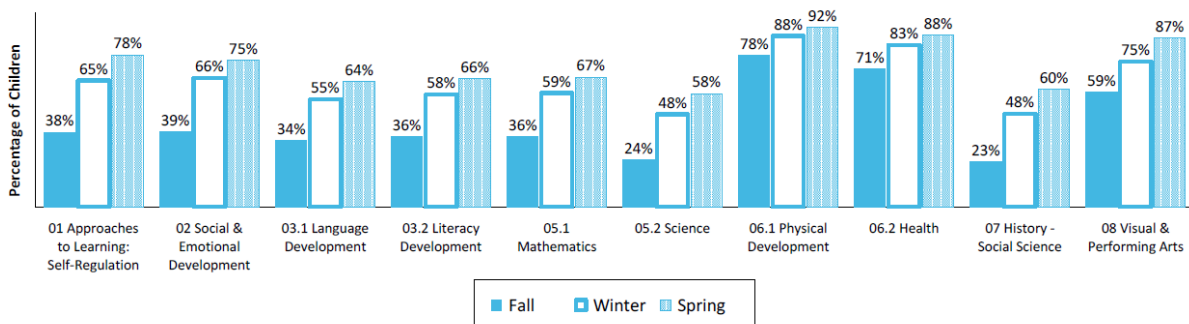
Our program measures school readiness three times each year using data from the Desired Results Developmental Profile (DRDP 2015). Based on the results of the 2019-2020 DRDP;our program's infants, toddlers and preschoolers demonstrated gains across all learning domains.

**Program wide (all children) Domain Comparison Spring 2020**

**Percentage of children at Age Specific Developmental Level**

Percentage of Children At or Above CA Early Learning Foundation Expectations All Checkpoints 2019-2020

Based on Age of Child at Time of Assessment

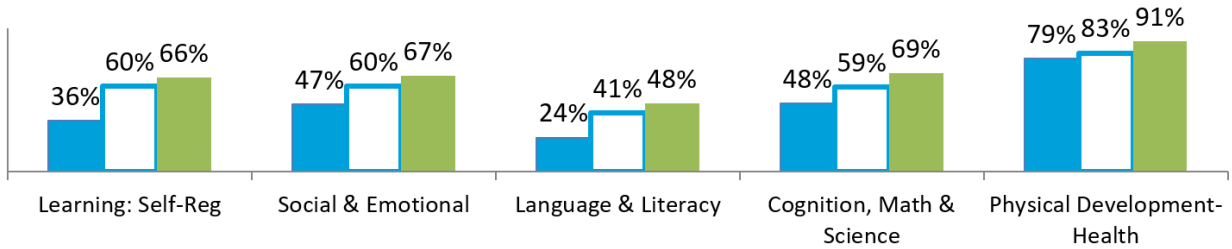


## Infants and Toddlers Domain Comparison Spring 2020

### Percentage of children at Age Specific Developmental Level

#### Domain Comparison for All Infants & Toddlers

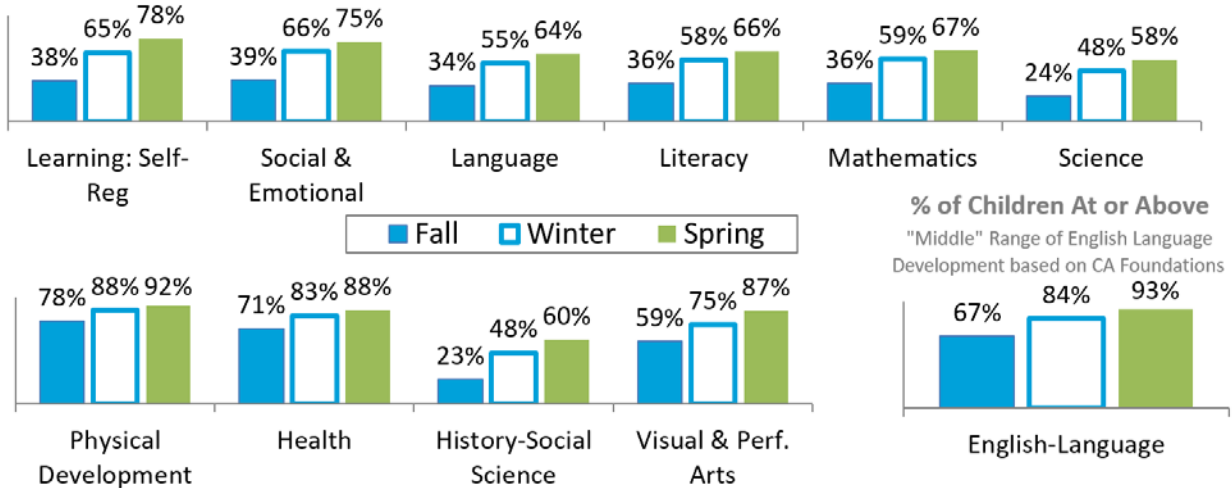
Spring 2019-2020 Percentage of Children At or Above Foundation Expectations



## Preschoolers Domain Comparison Spring 2020

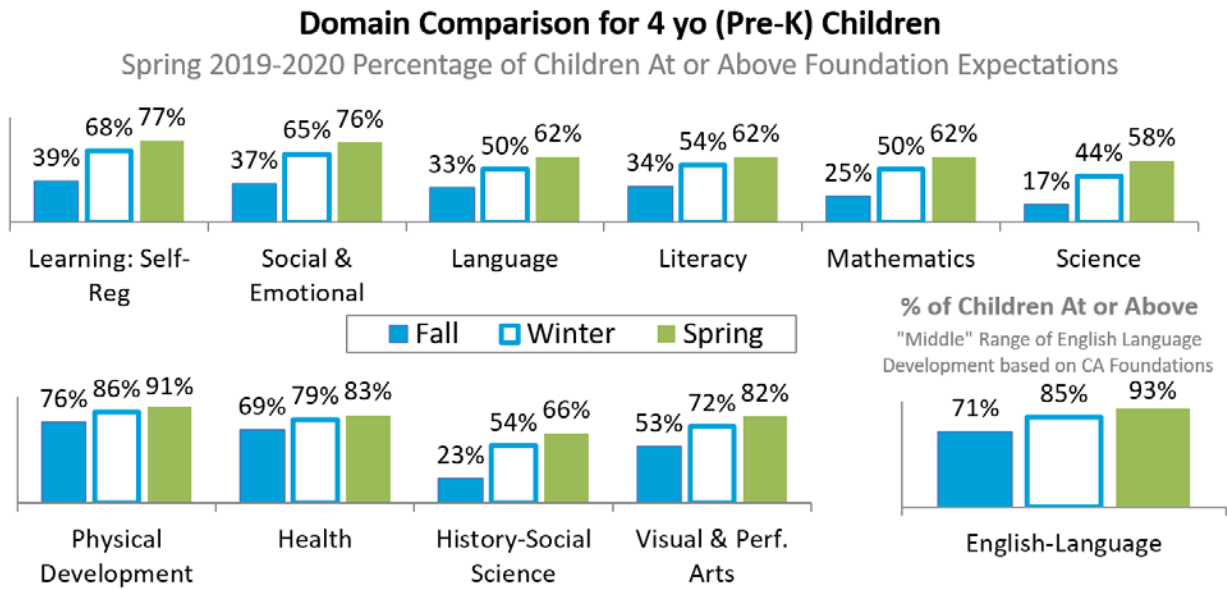
#### Domain Comparison for All Preschoolers

Spring 2019-2020 Percentage of Children At or Above Foundation Expectations



## 4-Year-Old Children going to Kindergarten Domain Comparison Spring 2020

### Percentage of children at Age Specific Developmental Level



Program staff work in partnership with parents, school districts, and the community to ensure all children are equipped with the necessary skills to be successful in public school, setting them up for success in life. Kindergarten transition activities are developed and implemented by our center staff (site supervisor, teachers and family support specialist) and parents to support kindergarten transition planning and preparation through the school year. The main focus is to facilitate a smooth transition to the public-school setting. Teachers provide parents with resources such as “Connecting Head Start Parents to the Public-School Setting” and “100 Days of Summer, a learning activities booklet for use during the summer break.

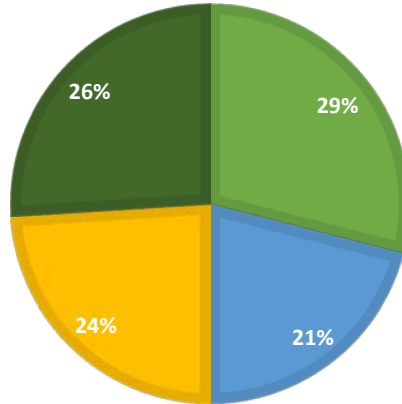
### 2020 COVID-19 Impact

Families enrolled in NCO HSCDP were surveyed on the impacts of COVID-19 to their families and careers.

- 69% of families had trouble obtaining items from stores.
- 41% of families had difficulty with childcare due to COVID-19.
- 25% of families have applied for unemployment benefits, however 43% of families do not qualify for unemployment.

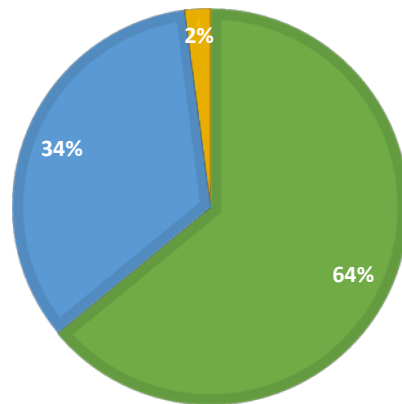
### HOW HAS THE CRISIS IMPACTED YOUR JOB?

■ No Change   ■ Hours Cut Completely   ■ Hours Reduced   ■ No Job Before COVID



### HOW HELPFUL ARE THE RESOURCES PROVIDED BY THE PROGRAM?

■ Very helpful   ■ Somewhat helpful   ■ Not helpful



#### **Summary of The Community Needs Assessment (2019)**

The estimated number of Head Start age and income eligible children decreased significantly in both counties in the past year. Eligible children 0-4 years old in Mendocino County decreased by 33%. Eligible children 3-4 years old in Lake County decreased by 41%.



The unemployment rate decreased slightly in both counties. Median household income increased by 7% in Mendocino County and 12% in Lake County.

T-K enrollment remained about the same in both counties. Based on Head Start 2018-2019 enrollment data, about 50% of the children enrolled in both counties who turned 5 on or after September 2nd transitioned to a T-K classroom and 50% remained in Head Start.

The number of licensed childcare centers and corresponding available slots dropped in both counties, while the number of licensed childcare homes and slots increased in both counties. Availability of home base services increased in both counties.

According to the Point-in-time Homeless Counts conducted in 2018, the rate of increase in homelessness in both counties leveled off and remains about the same as in 2017.

There was a 30-40% reduction in Lake and Mendocino County Health & Human Services staff causing a decrease in mental health prevention and intervention services for eligible families.

## **Analysis**

Current major challenges faced by HSCDP are:

**Remaining at full enrollment** - there are a limited number of HS/EHS age and income eligible children in both counties and the program competes with other state preschool centers and T-K classrooms to fill slots. The decrease in the number of licensed childcare centers indicates that others are struggling to maintain enrollment. Due to wage increases, many families are no longer eligible for Head Start services because they exceed the federal poverty guidelines and yet are still "living in poverty" according to California poverty guidelines.

**Staff recruitment and retention** – The decrease in unemployment rates and the annual increase in the California hourly minimum wage, until it reaches \$15.00, may both be factors in recruiting and retaining employees. Our programs have to compete for eligible staff with other job opportunities that have comparable pay. Fewer people seem to be entering the teaching profession, as indicated by nationwide teacher shortages. This is particularly true in early childhood education, which historically pays low wages. There are no four-year colleges or universities in either Mendocino or Lake counties and there are only two community colleges. This makes it difficult for current or potential staff to earn the bachelor degree required for higher level teaching positions.

**Procuring mental health services for children and families** – Both counties have limited mental health service providers for families with young children, especially for those on Medi-Cal and for Hispanic families. Research on adverse childhood experiences (ACEs) has shown that the prevalence of ACEs is widespread and that trauma in childhood can impair or alter neural development and cause problems with learning, attention and behavior in school. Left unaddressed, health, behavioral and social problems may worsen into adulthood. (<https://www.kidsdata.org/topic/95/childhood-adversity-and-resilience/summary>)