

2009

# Annual Report



CHILDREN'S  
FRIEND

Early Head Start

# Early Head Start

## Annual Report to the Public 2008-2009

The Children's Friend Early Head Start program serves income eligible pregnant women, infants and toddlers birth to three, and their families who live in Providence and Central Falls, Rhode Island. Early Head Start is a federally funded program, and Children's Friend has been an Early Head Start grantee since 1999. The goals of the Children's Friend Early Head Start program are to enhance children's developmental outcomes, reduce parental isolation and stress, improve parenting abilities, and assist families in self-sufficiency. Our model is home-based, which means that every family receives weekly home visits designed to support their role as the primary educators of their children. In addition, families and children also visit an early childhood center together for socialization activities with other children and families.

The Improving Head Start Readiness Act of 2007 requires that all Head Start grantees submit an Annual Report to the public, providing an overview of the program. The following provides an overview of the Children's Friend Early Head Start program for the past program year.

### Income – January 1, 2008 – December 31, 2008 (fiscal year)

US Department of Health & Human Services	\$1,052,179.28
United Way	99,999.96
Investment Income	148,756.89
RI Foundation	5,000.00
Grant Revenue	18,210.93
Unrestricted contributions	<u>4,000.00</u>
Total	\$1,328,147.06



### Expenses – January 1, 2008 – December 31, 2008

Salaries and Fringe	\$1,049,013.10
Purchased Services	41,256.63
Occupancy	104,435.72
Client Benefits	20,720.71
Other	<u>112,720.90</u>
Total	\$1,328,147.06

### Proposed budget – May 1, 2009 – April 30, 2010 (Head Start contract year)\*

	<u>Federal</u>
Personnel	\$ 4,736,651
Fringe Benefits	1,829,527
Travel	136,869
Equipment	299,854
Supplies	309,175
Contractual	291,733
Other	<u>1,459,389</u>
Total	\$9,062,198



\*This budget does not include ARRA funding.

## **Services provided August 1, 2008 - July 31, 2009**

Total number of children served: 163

Total number of pregnant women served: 13

Total number of families served: 152

Funded enrollment: 98

The average monthly enrollment was 102, or 104% of the funded enrollment.

Percent of eligible children served: 3.75%

Percentage of children that received medical exams: 100%

Percentage of children that received dental exams: 100%

Number of homeless families served: 8

Number of children experiencing homelessness: 19

Number of families who obtained housing during the year: 3

Number of children with disabilities: 24 (15%)

Number of children whose fathers/father figures participated in activities: 73 (45%)



## **Federal Program Review**

The most recent federal monitoring review occurred in March 2007. At that time, it was determined that the Early Head Start program was in compliance with all applicable Head Start Program Performance Standards, laws, regulations, and policy requirements.

## **Audit**

The agency consistently receives high marks from its auditors for its internal controls and other accounting policies and procedures, and received an unqualified audit opinion for the most recent audit. A copy of the 2008 audit letter is available upon request.

## **Parent Involvement Activities**

Parents are actively involved in the Early Head Start program, including involvement in program governance. Parents provide leadership to the program by participating in center committees, as well as the Policy Council. In addition, parents organized and/or participated in a number of family activities, as well as training and workshops. Activities included a Harvest Fest, Winter Wonderland, and Family Safety Day. These events featured parent and child activities, storytelling, and distribution of books through the Reading is Fundamental program. Parents and children went on field trips to the country to pick fruit that was in season, such as strawberries, blueberries, and apples. During the summer, parents and children met Family Support staff at local parks to exercise, walk, and participate in physical activities to promote healthy living. Parents and children also took trips to the zoo. A self-care event for women focused on healthy relationships, nutrition, and keeping fit. Fathers were able to participate in the Dads Making A Difference Program, which includes groups supporting fathers, as well as various activities and field trips for fathers and their children.

Parent committees and the Policy Council participated in training on how to be an effective advocate, facilitated by The Poverty Institute. New Policy Council officers participated in leadership training to support their transition from a Policy Council member to a Policy Council officer. The Policy Council was very active interviewing both Early Head Start and Head Start applicants for staff positions. They met over 30 times during the summer months interviewing applicants for the Head Start expansion.

## Key results during the past year, and preparing children for kindergarten

Children's social, emotional, and behavioral development has a critical effect upon school readiness. The first five years of life are a time of rapid brain development when capabilities, emotions and social skills, as well as linguistic and cognitive skills, form a foundation upon which subsequent development builds.<sup>1</sup> National evaluation of Early Head Start has found that the program has had statistically significant impact on children's cognitive and language development. By reducing the risk of poor cognitive and language development, the risk for poor school outcomes are reduced. In addition, the program has had significant impact on children's social-emotional development, as well as favorable impact on parenting outcomes.<sup>2</sup> The Children's Friend Early Head Start services are designed to enhance children's developmental outcomes, reduce parental isolation and stress, improve parenting abilities, and assist families in achieving self-sufficiency. Annually, Children's Friend looks at how we are doing in accomplishing our program results. The following are key results from the August 2008-August 2009 Early Head Start Program Evaluation Report.<sup>3</sup>

- Parents are making good progress on goals related to their children's health, education and development.
- Most children were up-to-date on their immunizations.
- At the point they left the program, fifty percent (50%) of parents had successfully initiated plans for furthering their education; and forty-four percent (44%) of parents had achieved their employment goals.
- Parents made significant progress on their parenting skills. Parents became more skilled in guiding their children's development, in providing more consistent discipline, and using approval to guide their children.
- Parents completing services reported significantly less stress in their parental roles.
- Sixty-one percent (61%) of the children showing developmental delay at the time they were first assessed were no longer showing delay at the time of their most recent assessment.
- All the babies born to mothers enrolled in the program were born at normal birth weight.

1. Shonkoff, J. P., & Phillips, D.A. (2000). *From neurons to neighborhoods: The science of early childhood development*. Washington, D. C.: National Academy Press.
2. Administration for Children and Families. (April 2006). *Early Head Start benefits children and families: Early Head Start research and evaluation project*. Washington, DC: U.S. Department of Health and Human Services.
3. Olsen, L. & Holmes, W.M. (2009). *Early Head Start Program Evaluation Report: August 2008-August 2009*. Providence, RI: Children's Friend and Service.

Making a difference...  
one child at a time.



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