



## **Family Support Cluster (FS)**

Parenting Education and Resource Centers Strategies

### **FS Overview**

Through this RFP, First 5 San Bernardino seeks to support improved parenting and family self sufficiency outcomes for parents/caregivers of children 0-5. While First 5 San Bernardino remains committed to supporting direct services to families seeking immediate assistance with meeting basic needs, it also seeks to support families in developing the skills necessary to develop and maintain long term self sufficiency. Additionally, through this funding stream, First 5 San Bernardino is committed to strengthening the relationship between parent/caregiver and child to support long term safety and healthy developmental outcomes for children in San Bernardino County.

### **Strategic Outcomes & Desired Results**

The First 5 San Bernardino strategic plan supports Family Support (FS) activities through two strategic and inter-related initiatives: (1) Parenting Education and (2) Resource Centers. The initiatives are designed to ensure that “families are safe, healthy, nurturing and self-sustaining.” Through this RFP, First 5 San Bernardino seeks to increase the availability of Resource Centers located in the County to best serve the basic needs of families and further support them in moving towards sustained self-sufficiency. This RFP also seeks to improve parent-child bonds and parent-child relationships through supporting the implementation of evidence-based and evidence-informed parenting education models.

This RFP is designed to support a combination of the following outcomes described in the First 5 San Bernardino Strategic Plan through the Family Support Cluster:

#### ***Desired Result Area 1: Children are Safe and Healthy***

- Increased number/percent of parents trained in child related safety and put this knowledge into practice
- Decreased number/percent of families with reoccurrence of identified child or domestic abuse
- Increased parent-child bonding and attachment

#### ***Desired Result Area 2: Children are Ready to Enter and Succeed in School***

- Increased parent time spent reading, singing, and telling stories to children
- Increased number/percent of children exhibiting age-appropriate development
- Increased number/percent of children exhibiting healthy cognitive and social-emotional behavior

#### ***Desired Result Area 3: Families are Safe, Healthy, Nurturing, and Self-Sustaining***

- Increased sense of social support and belonging among parents
- Increased number/percent of parents understanding developmental milestones and practicing parenting skills that are developmentally appropriate for their child
- Increased number/percent of parents practicing positive disciplinary skills
- Decreased number/percent of families with reoccurrence of identified child or domestic abuse
- Improved parental ability to access and coordinate needed services for their children
- Improved parental ability to meet the basic needs of their families
- Strengthened nuclear and extended family relationships

## Additional Family Support Funding Considerations

As in previous funding cycles, First 5 San Bernardino recognizes that many of the residents of San Bernardino County experience barriers to accessing needed resources. For this reason, First 5 San Bernardino encourages potential funded agencies to consider and include in their proposal a plan for how they will address these access barriers. First 5 San Bernardino encourages applicants to identify specific services and strategies that will be implemented to address barriers such as transportation, child care, and linkage to services. Additionally First 5 San Bernardino requests that agencies identify the language capacity of the programs. In particular, in order to address the needs of the residents of San Bernardino County, applicants should identify their capacity to provide services in English and Spanish.

## PARENTING EDUCATION

### The Importance of Parenting Education

First 5 San Bernardino continues its commitment to improving parent/child interaction and supporting healthy child development by funding Parenting Education programs. In this new RFP, First 5 San Bernardino has organized the funding of Parenting Education programs into those programs offering universal/selective and indicated interventions to the population of parents in San Bernardino County.<sup>1</sup> Evidence-based models have been identified and categorized and are available in the **References** section of this Exhibit.

### Funding Requirements and Expectations

Interested Proposer(s) who meet the minimum requirements outlined in this RFP are invited to apply. In addition to the requirements outlined in the RFP, requirements for Parenting Education proposals also include:

Parenting Education Funding Requirements and Expectations	
Universal/Selective Parenting Education	Indicated Parenting Education
<ul style="list-style-type: none"> <li>■ Must serve parents of children 0-5</li> <li>■ Must implement an evidence-based or evidence-informed curriculum</li> <li>■ Must demonstrate an ability to help families meet basic needs</li> <li>■ Must participate in and demonstrate commitment to First 5 San Bernardino through continuous quality improvement efforts including trainings</li> </ul>	<ul style="list-style-type: none"> <li>■ Must serve parents of children 0-5</li> <li>■ Must implement an evidence-based or evidence-informed curriculum</li> <li>■ Must demonstrate an ability to help families meet basic needs</li> <li>■ Must participate in and demonstrate commitment to First 5 San Bernardino through continuous quality improvement efforts including trainings</li> </ul>

<sup>1</sup> Definitions of Selected and Indicated interventions are taken from the article Robert Gordon, “An Operational Classification of Disease Prevention,” in Preventing Mental Disorders, edited by Jane A. Steinberg and Morton M. Silverman (Rockville, Md.: U.S. Department of Health and Human Services, 1987); Karol L. Kumpfer and Gladys B. Baxley, Drug Abuse Prevention: What Works? (Rockville: National Institute on Drug Abuse, 1997).

Priority/Recommended Components for Selective Parenting Education	Priority/Recommended Components for Indicated Parenting Education
<ul style="list-style-type: none"> <li>■ Implementation of a curriculum as well as engagement, recruitment, and retention strategies to meet the needs of identified Family Support target populations</li> <li>■ Partnership with a Resource Center to meet ongoing family needs</li> <li>■ Provide parenting education programming in community settings</li> <li>■ Provide parenting education programming at times that are convenient to the parents'/families' schedules</li> <li>■ Plan for inclusive governance</li> <li>■ Implementation of structured child care during parenting education classes</li> </ul>	<ul style="list-style-type: none"> <li>■ Provide parenting education programming in community settings</li> </ul>

First 5 San Bernardino encourages potential partner agencies to align the evidence-based model selected with the target population they propose to serve.

***Priority/Recommended Components***

In order to help increase outreach to underserved parents and address the frequently cited barriers of transportation and accessibility to families within the County of San Bernardino, First 5 San Bernardino recommends that potential funded partners provide parenting education programs at locations other than their physical agency location. Additionally, First 5 also recommends that potential funded partners provide services at hours that are accessible and convenient for families. These recommended program components are meant to increase the availability of services. By identifying these components, First 5 San Bernardino hopes to impact the system of parenting education delivery by encouraging community partnerships.

*Provision of Services within Community Settings is defined as implementing programs in settings other than the program agency. This may include community centers, schools, churches, and community health clinics.*

*Provision of Services at times that are convenient to parents/families is defined as implementing programs during non-traditional work hours. This could mean providing classes in the evenings and/or weekends so that parents/caregivers are able to attend.*

First 5 San Bernardino remains committed to serving all families in San Bernardino County and over the last funding cycles and ongoing conversations with agency and community partners, has identified target populations within the County. These populations have received services through existing Parenting Education programs but programs often struggle with recruitment and retention of these clients. For this reason, First 5 San Bernardino encourages potential Parenting Education partners to implement models specially designed to meet the needs of these populations. These models should identify not only the specific parenting education needs associated with the target population but should also address strategies for engaging, recruiting, and retaining the target population.

The target populations are identified below:

*Kinship Care/Grandparents Raising Grandchildren – Within the County of San Bernardino, approximately 1,000 children are in court-ordered kinship placements, many of them with grandparents. Additionally, there are three times that amount of children in informal kinship placements, in many situations, short term placements result in a more permanent setting and added responsibility for kinship caregivers/grandparents leaving those caregivers with unmet needs for services.*

*Fathers –While many Parenting Education programs serve fathers, research suggests that specific strategies are necessary to recruit and retain fathers in Parenting Education programs.*

Examples of evidence-based and evidence-informed models for Fatherhood programs are available in the **References** section of this Exhibit. While there are currently no known evidence based models for *kinship caregivers/grandparents*, both of these identified target populations would benefit from programs containing the following common principles adapted from fatherhood models:

- *Effective programs partnered with community organizations*
- *Effective programs provided staff opportunities to develop a one-to-one relationship and/or provide services in small groups*
- *Effective programs offered a comprehensive array of services<sup>2</sup>*

With a commitment to representing the concerns and addressing the needs of the entire San Bernardino community, in this RFP, First 5 San Bernardino recommends that potential partner agencies develop a plan for inclusive governance. First 5 San Bernardino has adopted the definition of Inclusive Governance and Participation identified by First 5 California and key points are included in the definition below.

*Families and other caregivers of children from diverse backgrounds and with diverse abilities will be meaningfully involved in the development and the implementation of programs. Proposition 10 programs shall:*

- *Assure that all diverse groups, particularly those who have been traditionally underrepresented and underserved, are actively engaged and involved and have an equal voice in defining needs and providing solutions.*
- *Promote and support the development of emerging parent and community leaders.*
- *Assure that families representing diverse groups participate equitably in the planning, delivery and evaluation of initiatives.<sup>3</sup>*

In order to enhance services to children in programs where childcare services are provided to facilitate participation by parents in parenting education programs, First 5 San Bernardino encourages applicants to consider utilizing a model of structured child care in lieu of simply babysitting or adult supervised care.

*Structured child care is defined as a teacher directed program with specific activities planned to help a child learn skills necessary to meet child development goals.*

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<sup>2</sup> Promising Practices. Accessed and adapted on November 5, 2009. [http://www.childtrends.org/Files//Child\\_Trends-2008\\_05\\_08\\_SP\\_PromisingPracTeenFH.pdf](http://www.childtrends.org/Files//Child_Trends-2008_05_08_SP_PromisingPracTeenFH.pdf)

<sup>3</sup> First 5 California Principles on Equity. Accessed on November 13, 2009. [http://www.cfc.ca.gov/pdf/press/F5C\\_PrinciplesEquity-Spread.pdf](http://www.cfc.ca.gov/pdf/press/F5C_PrinciplesEquity-Spread.pdf)

## Definitions and Key Terms

In order to ensure that “children are healthy and safe,” First 5 San Bernardino requires that all agencies applying for Family Support – Parenting Education funding implement an evidence-based or evidence-informed Parenting Education Program.\* First 5 San Bernardino defines Parenting Education as:

*Parenting Education programs improve knowledge and increase positive parenting skills to improve outcomes for both children and parents. Parenting Education programs should, at minimum, improve: parent-child attachment, parent-child bonding, frequency of positive parenting skills, and parental ability to implement positive disciplinary skills.*

\*While First 5 San Bernardino remains committed to the funding of evidence-based and evidence-informed models of parenting education, it also supports the development of new curriculum to be delivered to specialty populations. For this reason, any agency requesting funding for the implementation of a model not identified in the **References** section must submit in writing a justification for the choice including details about the proposed curriculum and client population.

Another component identified by First 5 San Bernardino as important to parenting education programs is the provision of assistance with meeting basic needs. These services should be provided by the agency through direct linkage to resources necessary to meet basic needs. Basic needs are:

*Basic needs are defined as those necessary to meet the food, shelter, and immediate safety needs of a parent and/or child. These resources are meant to address an immediate need.*

## RESOURCE CENTERS

### ***The Importance of Resource Centers***

Fiscal year 2008-09 saw an increase in parents/caregivers seeking services for basic needs. Not only did the currently funded Resource Centers see an increase in clients but partner agencies outside the Resource Center strategy often reported being overwhelmed by families needing assistance with basic needs. Ongoing economic challenges are expected to continue increasing the demand for resources. In addition to providing funding for direct services to assist with meeting basic needs, First 5 San Bernardino continues its commitment to improving stability for children 0-5 by helping their parents/caregivers achieve and maintain self sufficiency. By supporting families through case management services, First 5 expects that families will be better informed and better able to meet the needs of their children.

### **Funding Requirements and Expectations**

Interested Proposer(s) who meet the minimum requirements outlined in this RFP are invited to apply. In addition to the requirements outlined in the RFP, requirements for Resource Centers proposals also include:

<b>Resource Centers Funding Requirements and Expectations</b>
<ul style="list-style-type: none"><li>■ Must serve parents of children 0-5 and/or pregnant woman</li><li>■ Must be able to demonstrate an ability to provide referral and linkage services to parents/caregivers</li><li>■ Must implement a model of structured case management</li><li>■ Must implement the Life Skills Progression (LSP) instrument to measure case management outcomes</li><li>■ Must participate in and demonstrate commitment to First 5 San Bernardino continuous quality improvement efforts including trainings</li></ul>

A key component of the Resource Centers will be the provision of resources and referrals to assist families in meeting basic needs and accessing additional community resources. This may involve services offered as referral and linkage or may be the first step in linking parents/caregivers into structured case management services. Basic needs are:

*Basic needs are defined as those necessary to meet the food, shelter, and immediate safety needs of a parent and/or child. These resources are meant to address an immediate need.*

To further support the Families are Safe, Healthy, Nurturing, and Self-Sustaining Desired Result Area, First 5 San Bernardino requires that all Resource Centers implement a structured model of case management. First 5 San Bernardino defines case management as:

*Case management is a collaborative process that assesses, plans, implements, coordinates, monitors, and evaluates the options and services required to meet the client's health. It is characterized by advocacy, communication, and resource management and promotes quality and cost-effective interventions and outcomes.<sup>4</sup>*

### **AND**

*Providers must develop and maintain a case management plan with the client, which may include linking the client with systems that provide him or her with needed services, resources, and opportunities. Services provided may be located in a single agency or may be spread across numerous agencies or organizations.*

The primary goal of case management is to optimize client functioning by providing quality services in the most efficient and effective manner to individuals with multiple complex needs. Like all methods of social work practice, case management rests on a foundation of professional training, values, knowledge, theory, and skills used in the service of attaining goals that are established in conjunction with the client and the client's family, when appropriate.<sup>5</sup>

As part of investment in Resource Centers, First 5 San Bernardino requires that agencies providing case management services implement the use of the Life Skills Progression (LSP) instrument to measure outcomes. Utilizing the definition of case management identified above as well as the identified Resource Center outcomes, First 5 San Bernardino hopes to measure the impact of the services on families and better focus child and family self sufficiency outcomes. First 5 San Bernardino has funded the use of the LSP in previous funding cycles and remains committed to providing materials, training, and technical assistance to ensure successful implementation of the LSP. Assessments and outcomes tools may require updating at any point in the contract period and the Contractor must agree to adhere to these updates.

## **Evaluation Requirements and Expectations**

First 5 San Bernardino and the community are mutually accountable for the effective use of public funds channeled to the County through Proposition 10 tobacco tax revenue. Given this mandate and the significant investments made through First 5, the Commission is committed to collecting systematic information that helps strengthen programs, improve outcomes, and document the collective impact of First 5 efforts throughout the County. The Commission's results-based evaluation defines:

- The specific conditions we want to improve for children and families
- The evidence-based approaches we believe will contribute to achieving results

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<sup>4</sup> Commission for Case Management Certification. <http://www.ccmcertification.org/pages/136body.html> Accessed 10.17.09

<sup>5</sup> NASW Standards for Case Management [http://www.socialworkers.org/practice/standards/sw\\_case\\_mgmt.asp](http://www.socialworkers.org/practice/standards/sw_case_mgmt.asp) Accessed 10.19.09

- What we will measure to assess progress towards achieving program-level and Commission-level outcomes

Contractors providing direct services will be required to track aggregate numbers for children and families, services provided to individuals and groups, as well as outcomes for program participants including:

- Client and family demographics
- Knowledge, attitude, and behavioral change

Expectations and Requirements – Agencies selected for an investment will be required to:

- **Demonstrate their ability to describe and document participant outcomes:** Establish clear and measurable goals (performance targets) that are connected and relevant to the Commission Level Outcomes described in Attachment A for each contract year. Devote time to evaluation activities and devote adequate staff time to perform evaluation activities including data collection, data entry, utilization of First 5 database, submission of quarterly reports, trainings and meetings,
- **Work with partner agencies and evaluation team:** Cooperate with the Commission’s evaluation consultants and First 5 staff on evaluation activities, such as survey distribution, focus groups, and case studies,
- **Use required First 5 tools and standardized assessments:** Utilize standardized tools identified by the Commission to ensure consistency and enhance the ability to measure collective impact. Agencies must be flexible to use updated tools as required in cooperation with the Commission staff and evaluation consultants,
- **Use web-based data system for reporting:** Utilize the Commission’s web-based data management system for reporting program success and individual success,
- **Adhere to reporting requirements:** Adhere to the reporting requirements as established by the Commission.

## References

<b>Universal/Selective</b>	<b>Website</b>
Parents As Teachers (PAT)	<a href="http://www.parentsasteachers.org/site/pp.asp?c=ekIRLcMZJxE&amp;b=272091">http://www.parentsasteachers.org/site/pp.asp?c=ekIRLcMZJxE&amp;b=272091</a>
Home Instruction for Parents of Preschool Youngsters (HIPPY)	<a href="http://www.hippyusa.org/">http://www.hippyusa.org/</a>
Nurturing Parents	<a href="http://nurturingparenting.com/">http://nurturingparenting.com/</a>
Love and Logic	<a href="http://www.loveandlogic.com/">http://www.loveandlogic.com/</a>
Niños Bien Educados	<a href="http://www.ciccparenting.org/LosNinosBienEdDesc.aspx">http://www.ciccparenting.org/LosNinosBienEdDesc.aspx</a>
Systemic Training for Effective Parenting (STEP)	<a href="http://www.steppublishers.com/">http://www.steppublishers.com/</a>
Active Parenting	<a href="http://www.activeparenting.com/">http://www.activeparenting.com/</a>

<b>Indicated</b>	<b>Website</b>
Parent Child Interaction Therapy (PCIT)	<a href="http://pcit.phhp.ufl.edu/">http://pcit.phhp.ufl.edu/</a>
Strengthening Families	<a href="http://strengtheningfamiliesprogram.org/">http://strengtheningfamiliesprogram.org/</a>
Incredible Years	<a href="http://www.incredibleyears.com">www.incredibleyears.com</a>

## References

<b><u>Fatherhood Programs and Resources</u></b>	<b><u>Website</u></b>
Father's Time	<a href="http://www.fatherstime.com/content/">http://www.fatherstime.com/content/</a>
National Compadres Network – Padres con Cara y Corazon as well as other curricula	<a href="http://www.jerrytello.com">www.jerrytello.com</a>
Nurturing Fathers Program	<a href="http://www.nurturingfathers.com">www.nurturingfathers.com</a>
Elements of Promising Practice in Teen Fatherhood Programs: Evidence-Based and Evidence-Informed Research Findings on What Works	<a href="http://dcfs.co.la.ca.us/katieA/docs/EPP.pdf">http://dcfs.co.la.ca.us/katieA/docs/EPP.pdf</a>