



Family Foundations

Early Head Start

ANNUAL REPORT

2022 - 2023



About the Program

University of Pittsburgh Office of Child Development Family Foundations Early Head Start (FF/EHS) has been serving families in low-income communities in the city of Pittsburgh and Allegheny County for over 25 years. The program provides intensive home visiting services to 310 expectant families and families with children ages 0-3 years. Services support development and health of infants and toddlers; and the promotion of the parent's abilities to support their child's social readiness in order to prepare the child to enter a Head Start classroom or preschool program. The program continues to enhance its expertise in infant mental health, promoting healthy parent-child relationships, and preparing families and their children for success in school.

During the 2022-2023 program year FF/EHS Start program submitted a Change in Scope; Enrollment Reduction request application. If approved, the funded enrollment number would be reduced from 310 to 270 children. The number of home visitor positions would also be reduced from 28 to 24. The funds saved by reducing the funded enrollment number would be used to significantly increase the salaries of both our front line staff and the starting salary for those positions. The Change in Scope application approval will allow the program to retain our high-quality staff and attract additional highly qualified staff to fill open positions. The enrollment reduction would be done over time by not replacing child slots as children and families transition from the program. While reducing enrollment is not ideal, this plan will allow FF/EHS to continue to provide the highest quality service to children, families and communities.

Partnering with Peers

FF/EHS is continuing with our professional development initiative. Partnering with Peers (PWP) is a professional learning community created to support staff in developing their knowledge base of Infant Mental Health through guided lectures, community sharing and real-world applications. PWP incorporates evidence-based, culturally responsive, and trauma-informed approaches that serve as

the basis for each lesson. Intentionally designed as a professional learning community, each PWP lesson supports Home Visitors' development of Infant Mental Health principles in a community of peers where collaboration, support, and belonging thrive. Taking a humanistic approach, we see Home Visitors as a whole, complex humans who come to the work with their own narratives and various job experiences. Strategically creating cohort models that include newer staff with those more tenured, and those who have the cultural and community knowledge of our families provides a diverse space to learn from, and with each other, while always holding in mind the intent of positively impacting children and families.

Currently, 19 Home Visiting staff have participated in PWP, and we are anxious to begin the next group, Cohort 6, in Spring 2024.

Financial Report

The FY22-23 budget includes \$4,697,632 Federal Funds. \$3,611,927 was budgeted for four sub awards for six sites. This includes the following:

- **Focus on Renewal** – \$496,955
- **Community Human Services Corp** – \$1,031,286
\$474,570 Hill District and \$556,716 North Side
- **The Consortium for Public Education** – \$1,521,352
\$919,510 Clairton, \$504,786 East End,
Training & Technical Assistance \$97,056
- **Turtle Creek Valley Services** – \$562,334 Triboro/
Braddock

The remainder was budgeted for OCD compensation, supplies, travel, etc. \$1,085,705

In April 2021 we received American Rescue Plan funds totaling \$464,215. \$323,962 of the funds were spent during FY21-22. \$140,705 was spent during FY-23. The end date for the funds was 03/31/2023. These funds were budgeted for the six sites based upon funded enrollment numbers.

Annual Report—School Readiness Data 2023

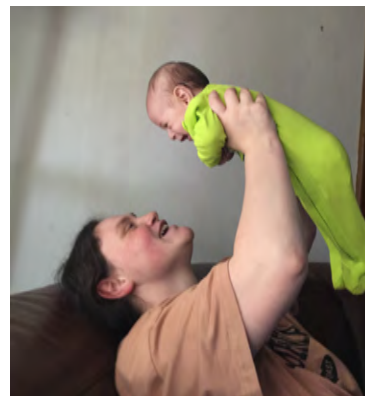
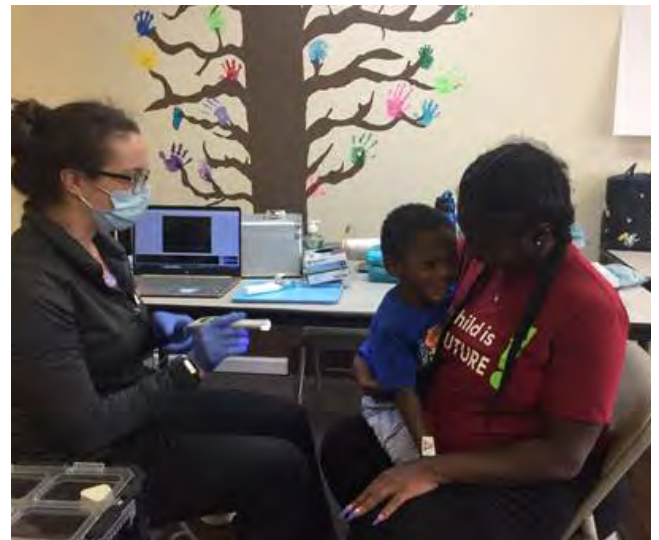
During the 2022-2023 grant year, the program collected ASQ-3 screening data on 157 children and ongoing assessment data for 200 children. The ongoing assessment indicates that 95% of these children are at low or no risk for social-emotional problems. In addition, the ongoing assessment indicates that over 75% of these children are at low or no risk for developmental delays in communication and language, physical, approaches to learning, and cognitive domains.

In Fall 2020, the program implemented the collection of the Ounce as an additional ongoing assessment tool for the program. Over 200 children received an ongoing Ounce assessment during the 2022-2023 grant year. The ongoing assessment indicates that over 70% of these children are developing as expected across all Ounce domains.

Highlights

Health 2023

- In 2022-2023, 100% of the children enrolled had a medical home and 90% had medical insurance. During this year, 90% of the children received immunizations but of these children 32% of them are past due according to the EPDST schedule.
- The nursing staff lost two amazing nurses to retirement. These nurses meant a lot to the sites that they served. Each of them showed compassion and dedication to the expectant mothers and families in the program. Their experiential knowledge that they provided to the expectant mothers, families, and staff was priceless! But the most valuable ability of the nurses was their ability to be in relationship with each expectant mother, family, and staff! They were very hard to replace! We were fortunate to replace them with two amazing nurses that understand their roles and responsibilities to the program, the expectant mothers and families that we serve. The nurses hit the ground running. They accompanied expectant mothers to their prenatal visits and parents with their children to their well child exams to support them and reinforce their ability to advocate for themselves or their child. The nurses continue educating the families on the importance of well child exams, immunizations, and oral health. There are several goals for 2023-2024. One is to meet quarterly with expectant mothers and mothers with children less than one year of age. Fathers will be encouraged to attend these events as well! The second is to host a community-wide health fair that will serve as an opportunity to educate the community on good and safe medical and oral health practices.
- As a program, FF/EHS takes a holistic approach in the family's health. Therefore, we come along side of and partner with the Mental Health Team by supporting family's mental health and wellness through a group called B.R.A.V.E. It is our hope as facilitators that each person leaves the meetings knowing that they are or can become Bold-Resilient-Aware-Victorious-Empowered! In 2022-2023, we met every other month and covered topics that supported and educated parents on parenting as well as the value of self-reflection.
- In 2022-2023, FF/EHS continue their collaboration with Children Hospital – Dental Department in efforts to ensure that children have access to a dentist as soon as a child develops teeth. As well as, the program hosted the first Mommy and Me dental clinic with Golden Onsite Dental which is a mobile dental unit. 73% of the children enrolled in FF/EHS had dental examinations over the course of the year.
- In 2023-2024, FF/EHS will continue to look for creative and innovative ways to support and educate the families in their wellness journey!



“This is the first time that anyone has ever talked to me like that.”

Family Foundations Early Head Start Fatherhood Engagement



“This is the first time that anyone has ever talked to me like that.” This is a quote from a father who attends the Family Foundation EHS Fatherhood group. It was in a conversation with our Fatherhood Consultant that spoke to the desire for the father to do things differently as a father than when he was growing up as a child. The father shared his experiences and partnered with us to figure out a different way to be a father with his children. The consultant allowed him a safe space to speak and feel supported.

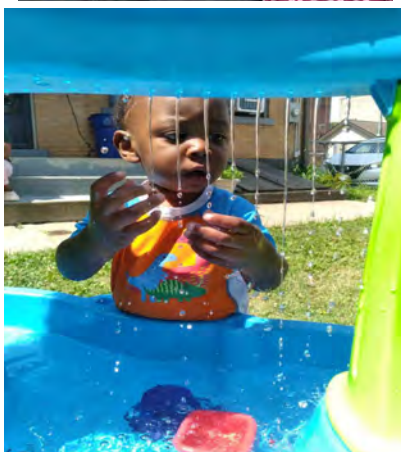
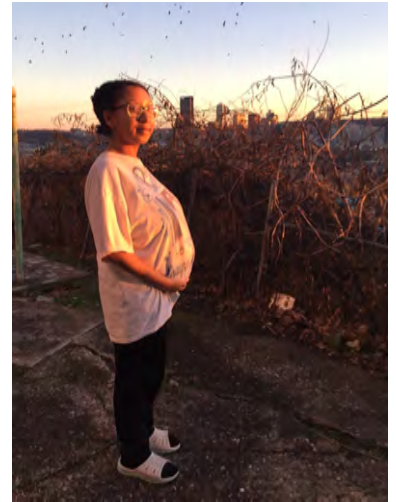
Family Foundations is committed to supporting our fathers in the important role they play in the life of their child. We do that by centering the father’s voice during home visits and providing a safe space for them to share their experiences and own history in the Fatherhood group.

Our consultant, Mr. Fleming, helps us navigate conversations in staff meetings by ensuring that we understand the perspective of the father and his importance and role in the family unit and specifically the bonding relationship with babies and toddlers.

We believe in father engagement!



Family Foundations Early Head Start Families







School Readiness Goals

SOCIAL AND EMOTIONAL GOALS

- ▶ Children will establish a secure attachment to their parents.
- ▶ Children will begin to develop and demonstrate a positive sense of self and express their needs and wants.
- ▶ Children will begin to develop and demonstrate control of their feelings and behaviors.
- ▶ Children will begin to learn and integrate routines and directions.

LANGUAGE AND LITERACY

- ▶ Children will use receptive and expressive language and communication strategies in their home language.
- ▶ Children will understand and use oral language to engage in conversations.
- ▶ Children will use words to describe what they are thinking and doing.

APPROACHES TOWARD LEARNING

- ▶ Children will demonstrate interest, curiosity and imagination in exploring their world.
- ▶ Children will demonstrate persistence in learning and discovery.

COGNITION AND GENERAL KNOWLEDGE

- ▶ Children will engage in stories and books.
- ▶ Children will use their senses to discover how to make things work, what objects and people do and how they can make things happen.

PHYSICAL WELL-BEING AND MOTOR DEVELOPMENT

- ▶ Children will develop control of large muscles for movement, balance and coordination.
- ▶ Children will develop control of small muscles for manipulation and exploration.

HEALTH, NUTRITION AND SAFETY

- ▶ Children and their family will practice a healthy lifestyle.
- ▶ Expectant parents will participate in prenatal care and healthy nutrition to ensure the best possible outcomes for baby.
- ▶ Children will play and learn in safe home environments.

TRANSITION

- ▶ Parents will have a relationship with the pre-school setting in their community or school district.
- ▶ Children will understand what to expect in their new environment.

All goals are culturally sensitive and adapted to meet the varying developmental needs of children.

The program will aggregate child assessment data quarterly during the program year, analyze the data, share the information from the data with parents and community members and revise/add to the school readiness goals as the data shows a need.



Early Head Start is a grantee of the University of Pittsburgh Office of Child Development.
It is administratively housed in the University of Pittsburgh School of Education and is located at:

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