### Developing Systems to Serve the Mental Health Needs of Children 0-5 in San Mateo County

First 5 San Mateo Commission Meeting January 22, 2018





### **Timeline of Project to Date**

July- August:
Completed
interviews and
draft of
landscape scan

September-October:
Develop scenarios for strengthening the ECMH systems in San Mateo county

November-December: Refine scenarios according to feedback January-February:
Incorporate
Commission
revisions and plan
for implementation

Jul 2017 Oct 2017

Dec 2017 Feb 2018

September:
Steering
Committee
Meeting

October:
Steering
Committee
Meeting

November: Community Input Session December:
Steering
Committee
Meeting

January:
First 5
San Mateo
Commission
Meeting

### Landscape Scan

Developing Systems to Serve the Mental Health Needs of Children 0-5 in San Mateo County: A Landscape Scan

November 2017

Prepared For First 5 San Mateo County

Prepared By Learning for Action (LFA)



Learning for Action enhances the impact and sustainability of social sector organizations through highly customized research, strategy development, and evaluation services.

### **Data and Perspectives Included**

- A review of available secondary literature
- Interviews with key stakeholders from:
  - ACES Connections
  - First 5 Association
  - First 5 Santa Clara County
  - First 5 Santa Cruz County
  - Children Now
  - San Mateo County Health System
  - North County Outreach Collaborative
  - Watch Me Grow/Help Me Grow (San Mateo County)
- Steering Committee member input

### **Steering Committee**

### **Members and Affiliation**

Michelle Blakely, First 5 San Mateo County

Toni DeMarco, SMC Behavioral Health and Recovery Services

Trish Erwin, SMC Health System, Family Health Services

Jean-Marie Houston, San Mateo County Office of Education

Michelle Sioson Hyman, Silicon Valley Community Foundation

**Dr. Harvey Kaplan,** SMC Health System, First 5 Commission (retired)

**Dr. Neel Patel,** Palo Alto Medical Foundation, First 5 Commission

Sarah Poulain, Family Connections

Kristin Reinsberg, UCSF Parent Infant Program, StarVista

**Emily Roberts,** First 5 San Mateo County

**Sandra Phillips-Sved,** Partners In School Innovation, First 5 Commission

### **Input Provided**

- Feedback on the landscape scan and system map
- System improvement idea generation to prepare for the Community Input Session
- Participation and small group leadership at the Community Input Session
- Prioritization and debrief of the ideas and feedback provided at the Community Input Session

### Surveillance, Screening, **Prevention** & Diagnosis

### **Connection to Services**

### **Treatment & Intervention**

### **Primary Care**

#### **Types of Services**

Pediatric providers, nursing, and other medical support services

### **Examples of Players in San Mateo**

- San Mateo County Health System
- Kaiser Permanente

### **Family Support**

#### **Types of Services**

Family Support centers, parenting groups, home visitation, family-serving communitybased organizations

- **Examples of Players in San Mateo**
- San Mateo County Health System Family Health Services
- Early Head Start
- Star Vista
- Family Connections

### **Early Care and Education**

#### Types of Services

Public schools, licensed and unlicensed child care providers, kinship care

### **Examples of Players in San Mateo**

- San Mateo County Office of Education
- Early Head Start

### **County Social Services**

Foster Care System, Child Protective Services

#### **Treatment and Intervention**

### **Types of Services**

Occupational and physical therapy, speech therapy, behavioral health therapists, psychologists, psychiatrists, regional centers

#### **Examples of Players in** San Mateo

- San Mateo County Health System -Behavioral Health and Recovery Services (BHRS) Kaiser Permanente
- Star Vista

### **System Connectors**

#### **Types of Services**

Organizations, entities, and programs that help enhance the ECMH system and connect players and stakeholders within the system

### **Examples of Players in San Mateo**

- Help me Grow/Watch me Grow
- · The Big Lift

### **Training, Technical Assistance, & Quality Assurance**

#### **Types of Services**

Organizations, entities, and programs that provide training, quality assurance, and technical assistance in key areas of **ECMH** 

#### **Examples of Players in San Mateo**

- UCSF The Program for Infant and Toddler Care
- · ACES Connection Network
- **QRIS**

### **Funding & Policy**

### **Types of Services**

Professional medical associations, insurance providers, policy measures, and public and private funding entities

### **Examples of Players in San Mateo**

- San Mateo HSA ACA
- San Mateo County Health System
- Private insurers: Kaiser Permanente, Blue Cross
- Medi-Cal/EPSDT
- **MHSA**
- First 5

AAP

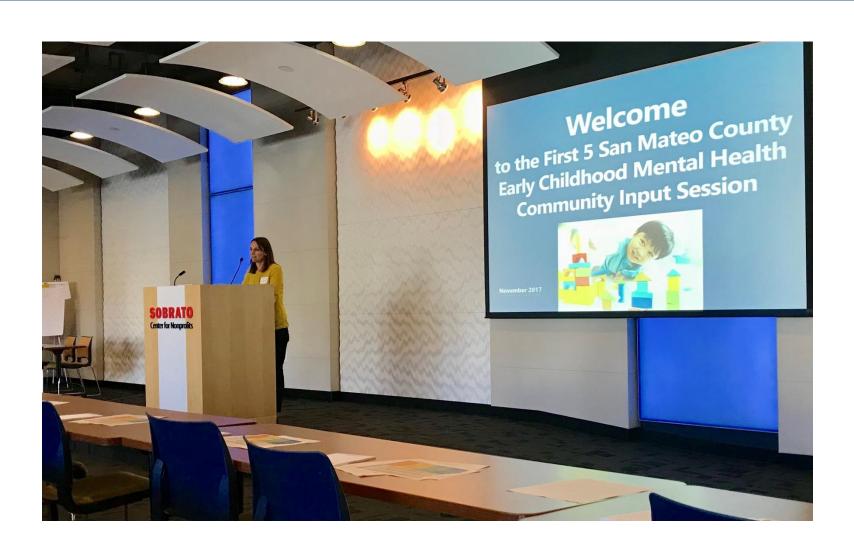
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1/22/2018

# **System Improvement Ideas Generated by the Steering Committee**

- Embed Trauma-Informed Practices and Policies at Every Level of System
- 2. Increase **Education and Supports for Parents** Regarding Early Childhood Mental Health
- Increase, Improve, and Standardize Early Childhood Mental Health
   Screening
- 4. Increase **Provider Training and Education** on Early Childhood Mental
- 5. Improve **Data** Collection, Sharing, and Use
- Improve Linkages and Connections Between Systems and Levels of Care
- Policy and Funding Advocacy for Early Childhood Mental Health Services

### **Community Input Session**



### **Primary Recommendations**

**Long-term goal:** Embed Trauma-Informed Policies and Practices at every level of the system



**Training and support for child- and family-serving organizations** to become make internal operations more trauma-informed, including:

- Agency Self-Assessments of Trauma-Informed Care
- **Trauma 101:** Basic training on definition, prevalence, impacts and treatment of trauma as well as information about resiliency and protective factors
- **Reflective Practice Training and Supervision:** An approach that supports various models of relationship-based service delivery and can be used across disciplines, systems of care, and service models for children and families.



### Training and resources for professionals working with children and families

- To understand trauma, its impacts, and treatment options
- That incorporates cultural humility into trauma-informed work



Education for parents to help recognize the signs and symptoms of trauma

### **Secondary Recommendations**

In addition to pursuing a trauma-informed initiative, the Steering Committee recommends that First 5 San Mateo monitor the following **additional opportunities** for potential future investment of time or resource:

- Better integration of mental health supports in the medical setting for children 0-5 and their families
- Supporting parents with opportunities to build peer support networks and connect to the resources they need
- Coordinating and amplifying advocacy efforts to improve funding and policy relating to the mental health of children and families

### **Implementation Planning**



Convene stakeholders to design the implementation of the initiative; collect additional data as necessary to inform initiative design

July-August: Launch initiative

Initiative Implementation

Mar 2018 May 2018 Jul 2018 Sep 2018

## BUILD UP

for San Mateo County's Children

### **ADVISORY BODY** KICK-OFF MEETING

January 19, 2018



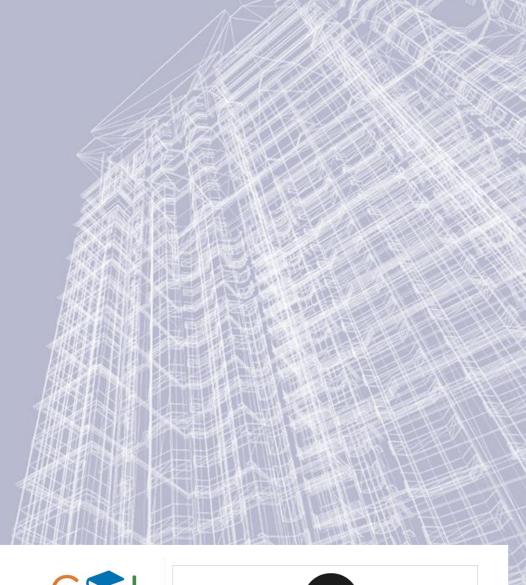
















### WHY ARE WE HERE AND WHY IS THIS IMPORTANT?

### **Early learning is:**

- A key piece of infrastructure for livable, sustainable communities for working families
- A means to prepare children for future school success
- An economic contributor for cities, both directly and indirectly by generating employment and tax revenue

### To better understand the issue:

- The County funded Brion
   Economics to complete a multipart Early Learning Facilities

   Needs Assessment, and
- The Silicon Valley Community
   Foundation convened a Task
   Force to make recommendations for developing more child care and preschool.

### WHAT IT TAKES TO OPEN A NEW SITE



Qualified, educated, well-compensated workforce





Facility construction and related costs



Families need to be able to afford tuition or subsidy funding needs to be enough to cover costs



Children and families with a need for child care and preschool

### LEAD PLANNING PARTNERS

The following leadership planning group has been meeting since April 2017:

First 5 San Mateo County: Kitty Lopez & Michelle Blakely

County of San Mateo: Randy Torrijos, Gina Quiney

Child Care Coordinating Council: David Fleishman

San Mateo County Office of Education: Jean-Marie Houston

Center for Early Learning, Silicon Valley Community Foundation: Michelle Sioson-Hyman

Child Care Partnership Council: Kristen Anderson and Sarah Kinahan











### BUILD UP OVERVIEW

Challenges & Work To-Date



### "SNAPSHOT" OF THE NEED

In 2016, Brion Economics conducted an Early Learning Facilities Needs Assessment for San Mateo County:

- San Mateo County needs 10,789 new spaces for children ages 0-4;
   grows to 13,981 by 2025 if no new facilities are built.
- Gap requires \$428.4 million capital funding to build new spaces.
- "Difficulty finding a site" was the #1 barrier for programs that want to expand.



# CEL/SVCF'S CHILD CARE AND PRESCHOOL FACILITIES TASK FORCE

- Cross-sector Task Force met four times in 16-17.
- Issued the following recommendations:
  - 1. Work across sectors to reuse/re-designate existing space.
  - 2. Work with cities and the county on policies and incentives to **prioritize child care in future developments**.
  - 3. Engage large employers to create new child care facilities for their employees.
  - 4. Generate **revenue for facility development** through local tax measures, and assist providers in drawing down existing funds.
- Identified a need for a coordinated, cross-agency approach,
   supported by paid staff, to work on these recommendations.

# STARTING BUILD UP FOR SAN MATEO COUNTY'S CHILDREN

### Winter 2017 through 2018

- Phased-approach to growing; using consultants prior to hiring new FTEs
- Key Start Up Activities:
  - Track and support new child care development throughout county
  - Communicate findings from needs assessment and recommendations of Task Force
  - Work with Cities to prioritize and support new child care development
  - Identify resources to build more child care facilities
  - Expand partners and allies from other sectors
  - Identify policy changes that would reduce barriers



### EARLY LEARNING FACILITIES DEVELOPMENTS & ACTIVITIES

TIMELINE UPDATED 1/17/18

Countywide Planning and Collaboration

New Child Care and **Preschool Sites** 

Meeting with

Wonderschool

Presentation to

**Redwood City** 

City Council

Startup and

Communications

Plans

Presentation to

Redwood City

Planning Commission

**Build Up** 

Planning

**Group Forms** 

Conversations with Sobrato &

public comment

on Broadway Plaza Development

(Redwood City)

Redwood City's Council

votes to eliminate fees

for FCC expansion

**Presentations and Input** to Cities

New preschool opens

at Arundel Elementary

(San Carlos SD)

**Community Equity** 

Collaborative develops

outreach materials for FBOs

New TK/K after

school opens at Sandpiper

Elem. (Belmont-RWS SD)

Public Comment/Input on Specific Developments Resource Development/ Funder Engagement

Silicon Valley Private donor offering

Community \$250k capital funding

2017 2016

**Early Learning Facilities Needs** Assessment

Child Care and

Preschool

**Facilities Task** 

Force

First 5 SMC provides seed funding to **Build Up** 

Presentation

to Daly City

Partnership

Stanford Redwood ~190 new City Campus and child care **Bradford Street** spaces developments between the move forward two centers

Puente opens new parent co-op serving infants, toddlers, and families on the South Coast

Input to San Mateo's Community Needs Assessment

Public comment on Hillsdale Terraces development (San Mateo)

> Presentation to San Carlos City Council

to Millbrae City Council

Presentation

child care in list of city priorities

Public comment submitted on Baylands Development (Brisbane)

Presentation to **Burlingame City** Council

**Build Up meets with San** 

Mateo Parks & Rec and

Community Development

San Mateo includes

**Community Workshops** for San Mateo Recreation **Facilities Master Plan** 

San Carlos City Council study session on child care

Input provided to Grand **Boulevard Initiative and** Redwood City's El Camino Plan (El Camino Corridor)

Heising-Simons Foundation

awards 4Cs \$85k to hire a Build Up

staff position

2018

New preschool being planned (Menlo Park City SD)

Presented to Early Childhood **Funders Group** 

> Center with 30 new preschool spaces opened (Bayshore SD)

Sobrato resubmits plans

for Broadway Plaza with

addition of a 10k square

foot child care center

New child care being planned for teachers at Carlmont High School (Sequoia Union High SD)

San Mateo requires \$100k contribution for child care from developer of Hillsdale Terraces

Redwood City 2020 "hack-a-thon" to generate local solutions

First Meeting of **Build Up Advisory Body** 

San Bruno Community Foundation awarding \$16k to Build Up

Foundation

RFP

Federal Reserve Bank planning a Silicon Valley Child Care Convening

Council planning study session

San Mateo City

to expand

infant/toddler

Presentations to other high priority city councils

**Build Up Start Up Partners:** 





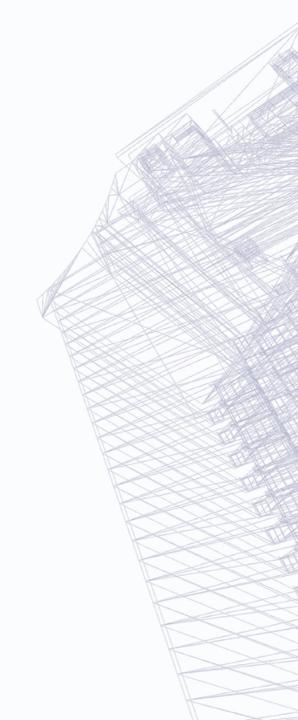




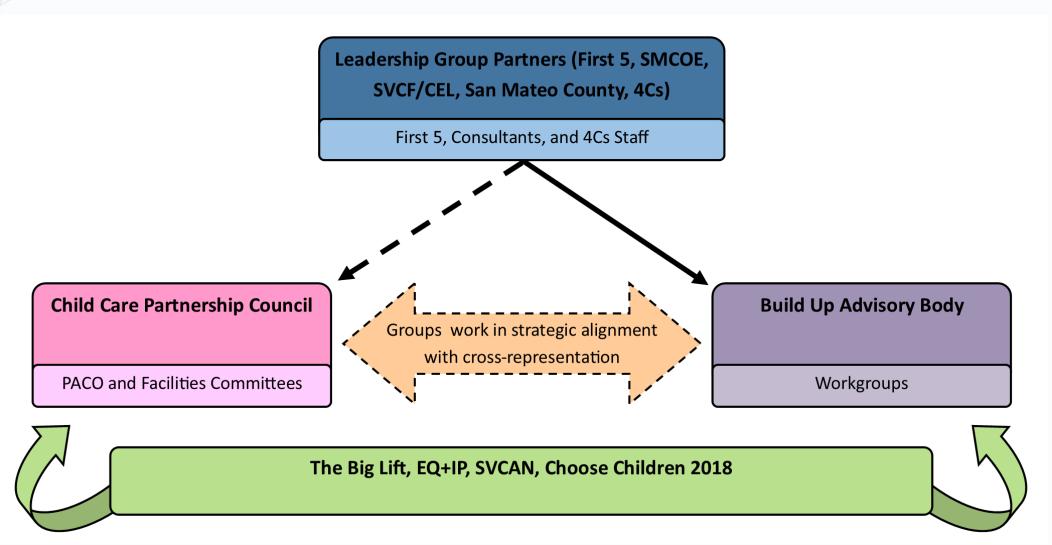
Additional organizations highlighted in the timeline:

Redwood City, Puente, Peninsula Family Service, Brion Economics, Sarah Kinahan Consulting, Community Equity Collaborative, Footsteps Child Care, Belmont-Redwood Shores School District, San Mateo, San Carlos School District, Sequola Union High School District, Redwood City 2020, Menlo Park.

# ADVISORY BODY PURPOSE



### ORGANIZATIONAL STRUCTURE



### **ADVISORY BODY PURPOSE**

- Advisory Body intended to be a small group of high-level, cross sector individuals representing:
  - Funders
  - Real estate developers
  - Cities and County
  - Elected officials
  - School districts
  - Faith-based organizations
  - Business representatives

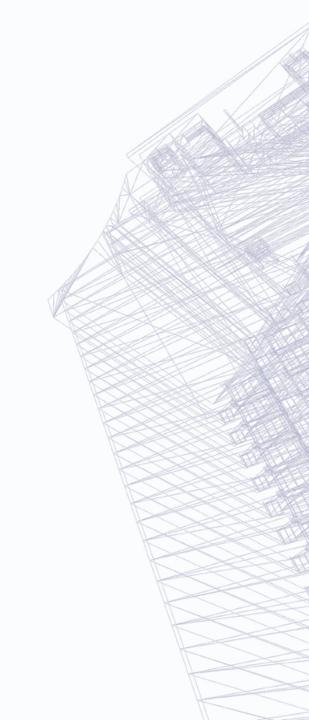
 Will meet 2-3 times per year through June 2020 to provide high-level strategic direction and long-term planning.



### ADVISORY BODY LEVELS OF ENGAGEMENT

- Members can participate at different levels of engagement:
  - Act as a champion for this issue within your networks using Build Up's key messages
  - Help us make cross-sector connections with housing, transportation, schools, business forums, government agencies, etc.
  - Identify resources and help us determine financial strategies
  - Serve as a thought partner to find creative solutions

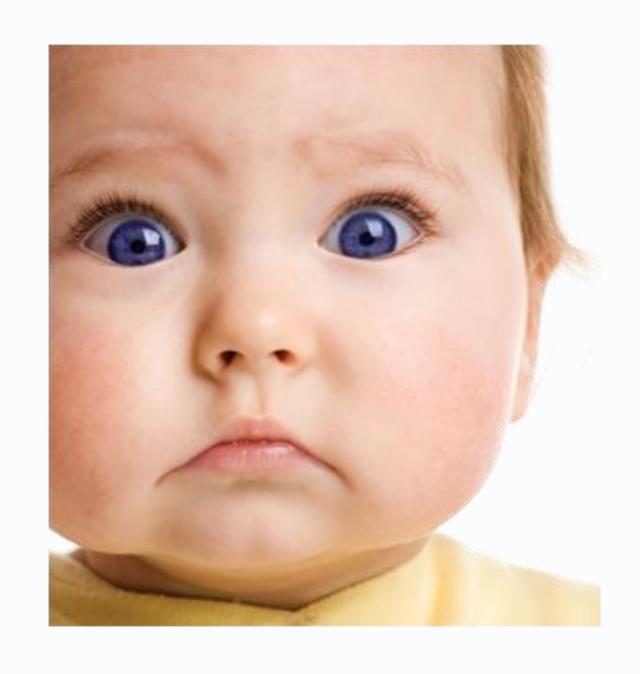
# BUILD UP GOALS



### BUILD UP'S GOALS 2017-2020

Build Up has the following goals, mapped to the SVCF Child Care and Preschool Facilities Task Force recommendations:

- 1. Work across sectors to reuse/re-designate existing space to increase the number of early learning spaces.
- 2. Work with cities and the county on policies and incentives to prioritize child care in future developments.
- 3. **Engage large employers** to create new child care facilities for their employees.
- 4. **Generate revenue** for facility development, and assist providers in drawing down existing funds.



WE NEED **\$428 MILLION** TO BUILD ~10,000 NEW **CENTER-BASED SPACES** 

# FINANCING MECHANISMS RECOMMENDED BY BRION ECONOMICS

- Sales Tax Add-Ons
- Parcel Taxes
- Developer Impact Fees
- Employer-Based Care
- Grants and Foundations
- State Child Care Facilities Revolving Fund
- Community Benefit Programs (CBPs)
- Developer Agreements (DAs)

# CITIES ON THE PENINSULA ARE ALREADY IMPLEMENTING SOLUTIONS

- Redwood City and San Mateo include child care in general plans/priorities
- Redwood City has waived fees for Family Child Care
- San Mateo and the County provide "start up guides"
- South San Francisco and San Mateo collect Developer Impact Fees
- San Mateo has included \$ for child care in developer agreements
- Recent bond measures in Ravenswood City School District and Woodside Elementary School District that funded preschool facility upgrades
- Fourteen cities operate child care, preschool, or after school
- Brisbane, Redwood City and San Carlos have standing committees for city

   council and school district to most regularly.
  - council and school district to meet regularly
- At least nine large **employers sponsor** child care centers

# CHILD CARE AND PRESCHOOL SUPPLY FOR CHILDREN 0-5 (ALL INCOMES): NOW AND FUTURE?

San Mateo County needs approximately 13,800 new spaces, an increase of 60%, by 2025

Type of Program Setting	Current Number of Spaces	Target for New Spaces (60% Increase)	Target for New Sites over 10 years
Subsidized Centers*	3,500	2,100	4-5 centers/year
School District Centers (fee-based)	500	300	1-2 centers/year
Faith-Based Centers	3,000	1,800	3-4 centers/year
Employer-Sponsored Centers	1,500	900	1-2 centers/year
Other Centers	9,000	5,400	10-11 centers/year
Family Child Care Homes	5,500	3,300	30-35 homes/year
Total	23,000	13,800	19-24 centers/year 30-35 homes/year

<sup>\*</sup> Subsidized centers receive federal, state or local funding to offset the cost of tuition for low-income families. They can be operated by different kinds of organizations, like nonprofits, school districts, and cities.

### ADDITIONAL QUESTIONS WE'VE ASKED OURSELVES

- If Build Up were to raise money to finance child care facilities, what is a realistic goal?
- What other additional information is needed to tackle the child care shortage?
- Are there additional experts that should be tapped to help us?
- Do we need to start a work group immediately to continue thinking about Build Up's financing strategies?
- How do we best convene all of the relevant sectors?

### CLOSING & NEXT STEPS

