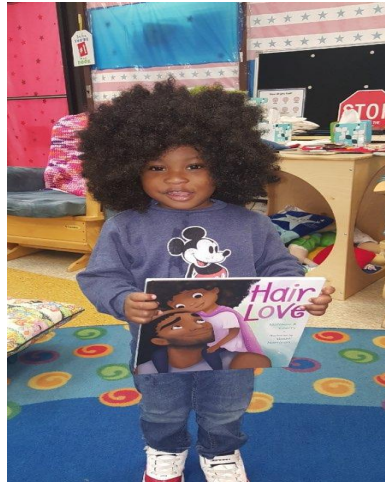
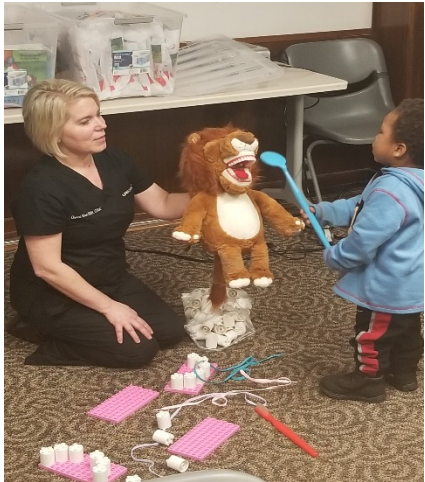




# University of Alabama at Birmingham Early Head Start Annual Report 2019-2020





The **University of Alabama at Birmingham Early Head Start Program (UAB EHSP)** is based on the program operation cornerstones outlined in the Head Start Program Performance Standards to promote school readiness of enrolled children through:

- education and child development,
- health, and
- family and community engagement.

The UAB EHSP uses these cornerstones as the foundation for providing high quality, comprehensive services to infants, toddlers and pregnant women. The overarching goal of the UAB EHSP is to provide the highest quality early learning experiences (school readiness) and child health services to infants and toddlers who live in high-risk environments. In order for these services to be maximally effective, family and community engagement services are provided to empower the families to focus on providing high quality early learning experiences for their children, enhancing family strengths, as well as addressing family needs.

**Mission:** The mission of the University of Alabama at Birmingham Early Head Start Program (UAB EHSP) is to form partnerships with families to support child development and family goals. Through continuous training and professional development and in collaboration with the community, we strive to enhance opportunities for children and families.

**Established:** The UAB EHSP was funded in 1998 to serve 88 infants and toddlers and their families or pregnant women challenged by poverty. The program currently provides services in Jefferson, St. Clair, and Walker Counties.

Please enjoy reading about all of the wonderful and exciting work that the UAB EHSP has engaged in with children and families during this program year.

Kristi Carter Guest, PhD  
Director  
UAB Early Head Start Program

## **Program Highlights for 2019 - 2020**

### ***Eligibility, Recruitment, Selection, Enrollment & Attendance (ERSEA):***

- *Eligibility:* 95% of enrolled families were eligible for the program; only 5 families (5 %) were over income.
- *Recruitment:* The program maintains an active waiting list to replace any dropped participants. In August 2020, we ended the program year with five eligible participants.
- *Selection:*
  - Selection Criteria ranking format approved by both the Governing Body and Policy Council in January 2020.
  - Average number of selection points of an eligible participant is 60 points.
- *Enrollment:*
  - Funded to serve 88 participants total, 80 home-based and 8 center-based;
  - September 2019 reported 80 enrolled to the Head Start Enterprise System; October 2019 – August 2020 reported full enrollment (88) each month, because HSPPS allow thirty days to replace a dropped participant.
  - Total served this program year was 106 per the cumulative Family List.
- Our bilingual Family Partner maintained a full caseload of dual language learners (DLLs):
  - 17 children cumulative; 12 children served at the end of year
- *Attendance:*
  - Parrish Elementary EHS Center's overall average monthly attendance for September 2019 – February 2020 (pre-Covid) was 75%, which is 12% lower than the previous program year.
  - The total number of dropped participants for the entire program decreased by 30% since last program year (30 for previous program year compared to 21 for this program year).

### ***Education (Curriculum, Assessment, and School Readiness):***

- Our program takes a holistic approach with each child and we individualize and meet children where they are in their development. Family Partners and Teachers continue to form partnerships with parents to establish individual children's goals that are in alignment with, HS Early Learning Outcomes Framework and UAB EHSP school readiness plan.
  - 95% of program children had Preliminary Individualized Development Plans (IDPs)
  - 94% of program children had Midyear IDPs
  - 92% of program children have End-of-Year IDPs
  - 100% of all IDPs are aligned with ELOF

- 100% of Lesson Plans (home-based and center-based) incorporate pre-literacy skills.
- Program staff are equipped to work with all children to individualize home visits and incorporate early intervention services for children with disabilities.
- Staff training on curriculum fidelity is ongoing.
- Continued coaching interactions during monthly Family Partner team meetings, including group planning time and peer-to-peer coaching.
- *CDC Learn the Signs. Act Early* developmental milestone checklists completed three times a year as an assessment tool to identify children at risk or in need of further services.
  - 99% of preliminary CDC assessments are completed
  - 94% of mid-year CDC assessments are completed
  - 94% of end-of-year CDC assessments are completed
- Approximately 89% of the 80 children assessed either met or exceeded current school readiness goals per the End-of-Year developmental checkpoint assessment.
  - Fifty-nine children (74%) exceeded school readiness benchmarks, including seven children making progress toward their IFSP goals.
  - Twelve children (15%) met benchmarks, including three children making progress toward their IFSP goals.
  - Eleven children assessed using an above age-level checklist: three exceeded and four met current school readiness benchmarks.
  - At the end of the year, twelve children had disabilities documented with an IFSP or IEP.
  - CDC Developmental Averages across all program children at End-of-Year:
    - **92% Social-Emotional**
    - **84% Language and Communication**
    - **79% Cognitive**
    - **86% Physical/Movement**
    - **86% Approaches to Learning**
    - **85% Total**
- 100% of home visitors, teachers, and coordinators model positive and nurturing parent/child interactions
- 100% (n=22) of socializations are completed for the program year.
  - Socializations offered at a variety of venues; they are fun and beneficial to families
- Continued to use ASQ-3 developmental screenings annually with 100% completion (28 of these were conducted by the DSC through the Health Screening Days at UAB Civitan-Sparks Clinics and Walker County). The ASQ-3 is a screening tool to identify children at risk or in need of further services (as recommended by Head Start and the American Academy of Pediatrics).

***Parent Involvement Activities:***

- Offered UAB EHSP families the opportunity to participate in 22 socialization activities throughout the program year, such as the parent involvement activities below
  - Carnival Kick-Off where we welcomed new and returning program families

- 1, 2, 3 Play with Me socializations offered in collaboration with and at the Birmingham Public Library, Southside branch
- Fire Prevention Safety socialization complete with the fire truck and fire fighters from Birmingham City Fire Department Station 3
- Moving Together at the Dance Foundation were parents and children danced and interacted together
- Meal of Thanks attended by a total of 80 individuals including children, parents and staff
- Polar Express socialization attended by a total of 67 individuals including children, parents and staff
- African Drumming, Dr. Seuss, Family Yoga, Dental Health, and virtual socializations along with several others
- UAB ESHP families were offered eight virtual parenting sessions utilizing the Partners for a Healthy Baby Curriculum and collaborating with community partners. Topics included:
  - "Financial Wellness" with Operation Hope
  - "Parental Guidance": A Meaningful Conversation about Race with Mr. David Dada (Deputy Director of the City of Birmingham Mayor's Office Division of Youth Services)
  - "Safety": A Meaningful Conversation with the Police (Birmingham Police Department)
  - "Play, Learning, and Cognition" with Ms. Rachel Mills with Mitchell's Place
  - "Emotional Health" and "Nutrition"
- A parenting survey was completed via SurveyMonkey with positive results from parents.
  - 80% of completed surveys indicated participants were "very satisfied" with the topics discussed, and that their knowledge was "increased a lot" about each topic.
  - 60% were "extremely comfortable" asking questions and sharing, and 40% were "very comfortable".
  - 100% were able to easily access the Zoom meetings.

***Health Services:***

- Conducted Health Screening Days at Civitan-Sparks Clinics with 23 program children who received a hearing screening conducted by an audiologist; a nutrition assessment by a registered and licensed dietician; a dental screening conducted by a UAB dental resident; a vision screening conducted by a UAB Optometry resident; the Ages and Stages Questionnaires, 3<sup>rd</sup> Edition (ASQ-3) to monitor children's development, conducted by the DSC who is a Developmental Psychologist; the ASQ-Social Emotional screening for children in addition to depression screenings for primary caregivers done by our Mental Health Coordinator.
- Conducted Health Screening Days with 5 program children in Walker County with the same health disciplines described above.

- Birmingham Zoo tickets given to families who attended any of the Health Screening Day opportunities.
- Program continues collaboration with a nutrition consultant, Lauren Dodd, who is a Registered Dietician with UAB Civitan-Sparks Clinics for all nutritional screenings.
- 100% of program children have ongoing, continuous health care.
- 100% of program children have health insurance.
  - 97% of program children have Medicaid.
- Using designated ChildPlus and UAB EHSP forms, record medical/well child visits
  - 84% of program children are up-to-date on Alabama Medicaid EPSDT periodicity schedule for well-child check-ups.
  - 16% of program children are behind Alabama Medicaid EPSDT periodicity schedule for well-child check-ups.
- Using designated ChildPlus and UAB EHSP forms, record immunizations
  - 87% of program children are up-to-date on the CDC recommended immunizations schedule.
  - 13% of program children are behind on the CDC recommended immunizations schedule.
- Using designated ChildPlus and UAB EHSP forms, record dental services and dental screenings
  - 92% of children over 1 year of age received a dental exam.
  - 8% of children over 1 year of age did not receive a dental exam.
- Continued to encourage access to dental homes with list of providers for families regarding dental services available in their community and continued collaboration with UAB Pediatric Dentistry to provide education and screening services.
- Medical insurance for 13 Pregnant women served this program year
  - 100% have Medicaid health insurance.
- Oral Health for 13 Pregnant women served this program year
  - 54% report receiving dental care.
  - 46% did not report receiving dental care.

***Mental Health:***

- Maintained and utilized Ages and Stages Questionnaire: Social-Emotional-2 screenings annually to identify children at risk for socio-emotional difficulties and in need of further services (as recommended by Head Start and the American Academy of Pediatrics).
  - 84 infants and toddlers have at least one ASQ:SE-2
  - 13% of all screened had to be rescreened due to social-emotional concerns
  - Mental Health Coordinator followed up with families or home visitors to address concerns unless the child had a disability and already received EI services.
- Continued to promote the mental health and wellness of mothers
  - 69 completed Beck Depression Inventories-2 (BDI-2) with program mothers
    - 10 women had depression concerns

- 35 completed Edinburgh Postnatal Depression Scale with women (completed each trimester and postnatal)
  - 2 woman had depression concerns
- 2 adults referred for individual counseling services
- 5 adults declined services for mental health
- 1 adult is receiving services for mental health
- 1 adult rescreened for grief related concerns
- Mental Health consult regarding 12 children for child behavior concerns
- Mental Health Checklists completed in the classroom and during socializations (n=3) revealed no concerns.

***Disability Services:***

- 97 children (100%) have screenings for development progress with the Ages and Stages Questionnaire (ASQ-3).
  - Of all children screened, 9 children (9%) were identified as needing a developmental screening recheck after their original screening. The majority of those (89%) were in the typical range on the recheck; 1 child was referred to Early Intervention following the developmental recheck. Children already known to be receiving intervention services were not rescreened (details for those children are below).
- During the year, we served 20 (21%) children with disabilities.
  - Of those 20 children, eligibility was determined prior to the program year for 15 (75%) and 5 (25%) were identified within the current program year.
  - All 20 children are receiving special services.
    - 18 (90%) Children with IFSPs (Early Intervention)
    - 2 (10%) Children with IEPs (School Services)
- Family Partners and Disability Services Coordinator continued to have an excellent collaborative relationship with local early intervention programs.
  - Staff include IFSP/IEP goals with program education goals and often share visits with early intervention service providers.
- Staff regularly attend IFSP, IEP, and/or therapy meetings.
- We have a strong network of community resources for children with disabilities.
- Timely referrals were made for children in need of developmental services.
- The Disability Services Coordinator serves on the Alabama Early Intervention training committee, serves on the Alabama Early Intervention & Preschool Conference Planning Committee, and is a member of the Stake Holders in Foster Care for Young Children with the Child Welfare System.
- Continue to make referrals and help families navigate the intake packets for UAB Civitan-Sparks Clinics for children who need more comprehensive developmental evaluations.

### ***Family Engagement Services:***

- During the program year, UAB EHSP served 86 families.
  - 70% of families are single-parent families
  - 30% of families are two-parent families
  - 55% of families report being unemployed
  - 45% of families report at least one parent is employed
- 100% of home visitors and teachers support parents as the primary teachers of their children.
- Strong parent involvement in choosing individual goals for their children for their Individual Development Plans.
- UAB EHSP assists and empowers parents and caregivers in defining, setting, and accomplishing their family goals.
  - 100% of preliminary family Strengths and Needs Assessments are complete
  - 100% of mid-year family Strengths and Needs Assessments are complete
  - 100% of end-of-year family Strengths and Needs Assessments are complete
  - Preliminary data revealed the top 3 areas of need were
    - 1) employment
    - 2) financial security
    - 3) leadership and advocacy
  - Mid-year data revealed the top 3 areas of need were
    - 1) employment
    - 2) financial security & leadership and advocacy
    - 3) food & adult education
  - End-of-year data revealed the top 3 areas of need were
    - 1) employment
    - 2) financial security
    - 3) adult education & leadership and advocacy
- To address these needs, the UAB EHSP provided the following services the most often to families
  - Parenting education
  - Emergency/crisis intervention (food, clothing or shelter)
  - Health education
  - Mental health services
  - Housing assistance
- Homelessness impacted 14% of families in the UAB EHSP during the program year
- A small percentage of children enrolled are in foster care (2%) this program year

### ***Community Partnerships:***

- Continued to work with other Head Start programs in Jefferson, St. Clair and Walker Counties to facilitate smooth transitions from UAB Early Head Start to Head Start.



- Staff serve on multiple community boards and provide awareness of Program services and community training.
- Coordinators attend meetings at DHR focusing on the JOBS program and medical providers meeting; JCCEO Family Services Advisory Board, JCCEO Grandparents Support Group member/Advisory Board, JCCEO Health Services Advisory Board, Children's Policy Council Early Care and Education Work Group, Children's Policy Council First Friday Forum, Medicaid Assister Meetings, Alabama Department of Human Resources Stakeholders for Foster Care Children, Alabama Early Intervention & Preschool Conference Planning Committee, Alabama Early Intervention District Coordinating Council, and Alabama Early Intervention District Coordinating Council Training Subcommittee.
- Updated Interagency Agreements with programs such as Hispanic Interest Coalition of Alabama (HICA) and St. Clair County Head Start.
- Developed new Interagency Agreements with Recovery Organization of Support Specialists (ROSS).
- Maintained our collaboration with BirthWell Partners community doulas for pregnant mothers.
- Families are informed of great community resources by program staff and each other.

***Communication:***

- Translated and printed the UAB EHS brochure in Spanish to advertise the program.
- Maintained and advertised our UAB Early Head Start Program Facebook page to enhance public awareness and communication with program families about program and community events.
- Continued updates of the UAB Early Head Start Program website which included the Program's Annual Report.
- Families received monthly calendars in a timely manner.
- Governing Body has increased participation and program awareness due to email communication and meetings.
- The Policy Council is chaired by a parent who is actively involved in the program.
- The Policy Council is well-informed of the program status—program stays on top of recruitment, communication, and services with children and families.
- Maintained our parent computer station for parents to use for resume preparation, job searches, to find housing information, etc.
- Conducted regular and ad hoc staff, managers and coordinators meetings to address areas of concern.

**Record Keeping and Reporting:**

- ChildPlus has continued to be utilized for data tracking and staff are using UAB EHS and ChildPlus reports for ongoing monitoring.
- Conduct monthly family/child reviews of all enrolled children and their families.

- Conduct bi-monthly reviews at the center (every other month on the 3<sup>rd</sup> Friday of the month) with teachers reviewing all center-based children with coordinators.
- Attendance sheets are completed for each meeting held to document.

**Financial Audit/Annual Audit:** There were no findings in our annual A 133 fiscal audit conducted by PricewaterhouseCoopers for the year ending September 30, 2019.

**Funding awarded by ACF for 2019-2020: \$1,076,570**  
**Program Budget for the 2019-2020 fiscal year**

<b><u>Budget Category</u></b>	<b><u>Funds Budgeted</u></b>
Cell Phone Charges	\$3,000.00
Conference Travel	\$2,500.00
Disability Services	\$1,000.00
Educational Supplies	\$6,000.00
Health Services	\$500.00
Local Travel	\$35,000.00
Mental Health Services	\$500.00
Nutrition/Food for Events	\$15,834.00
PIPA	\$8,000.00
Supplies//Soc. Supplies	\$47,036.00
TA/Training	\$24,192.00
Walker County Subcontract	\$130,000.00
Salaries and Wages	\$533,884.00
Fringe Benefits	\$172,888.00
<b>Total Direct Cost</b>	<b>\$980,334.00</b>
<b>Indirect Cost</b>	<b>\$96,236.00</b>
<b>Account Total</b>	<b>\$1,076,570.00</b>

**ACYF Funds for the UAB EHSP (Total award \$1,076,570 for 2019-2020)  
Program Funds expended for the 2019-2020 fiscal year**

<b><u>Budget Category</u></b>	<b><u>Expended</u></b>
Cell Phone Charges	\$2,592.41
Conference Travel	\$998.51
Disability Services	\$1000.00
Educational Supplies	\$6,000.00
Health Services	\$500.00
Local Travel	\$21,241.44
Mental Health Services	\$500.00
Nutrition/Food for Events	\$11,896.27
PIPA	\$6,116.66
Supplies/Soc. Supplies	\$38,430.97
TA/Training	\$15,463.97
Walker County Subcontract	\$124,418.86
Salaries and Wages	\$534,330.79
Fringe Benefits	\$166,581.39
<hr/>	
<b>Total Direct Cost</b>	<b>\$930,071.27</b>
<b>Indirect Cost</b>	<b>\$96,402.13</b>
<b>Account Total</b>	<b>\$1,027,183.34</b>

Local Travel - staff mileage (home visitors and coordinators travel)  
 Nutrition Services - food for socializations, policy council, and health advisory committee meetings  
 Parent Committee funds - taxi service to parent functions, parent trainings, etc.  
 Supplies – supplies needed for socializations, office supplies, postage, educational supplies

**UAB's financial contribution (in kind and match): \$291,952.37**  
**Total program funds expended: \$ 1,319,135.71**