

## 2016/2017 SNAPSHOT

# MENTAL HEALTH AND CHILD WELL-BEING: Home Visiting

The pressures and demands of raising a child can be challenging for even the best-prepared parent. Home visiting, the practice of trained parent educators meeting families in their homes with support and resources, helps parents understand the tremendous impact they can have on their child's early brain development. Home visitors model and encourage parents to interact with their child in ways that support early language and social-emotional skills—leading to improvements in a child's school readiness, health, and development.

"I think that we prepare children for school and for future success in the world by supporting the parent-child relationship," comments Diana Upton. As a parent educator with the Parents As Teachers (PAT) program at Door to Hope, she has spent the last 20 years helping families understand and nurture their child's unique development, enjoy parenting, and connect to services and resources. First 5 Monterey County funds the home visiting program through a Parenting Development grant.

Diana typically visits a family two to four times a month and uses the evidence-based PAT curriculum. PAT recognizes the strengths of families and is responsive to family needs, covering topics that include child development, health, and safety. "Parenting is the biggest task that people take on. Parents as Teachers is based on the idea that parents are children's first and most influential teacher. Parents know their child best," reflects Diana.

## Home Visiting Spotlight: FERNANDO, RAQUEL, AND KING



Parent educator Diana began meeting with Fernando and Raquel when their son, King, was only a few months old. The family recognized the value of participating in PAT and made visits a priority, even with Fernando's busy 66-hour work week. Fernando and his wife Raquel looked forward to Diana's twice-a-month visits as a time when they could learn more about how to best support the growth and development of King.

Fernando recalls, "What I liked most was learning stuff about his cues—so we can react better to his needs." When describing PAT, Raquel remembers, "I liked the activities. It was always age-appropriate and something to look forward to later for the different stages of his development."

PAT gave Fernando and Raquel the skills and tools important to King's healthy development. When reflecting on the impact of having Diana as a parent educator, Fernando states, "We really felt like she was there to help us grow, and grow with King."

## Home Visiting At-a-Glance 2016/2017

# 8 out of 10

parents indicated improvement in

- their ability to identify what their child needs
- their confidence as a parent

# 9 out of 10

parents indicated improvement in

- their knowledge of how their child was growing and developing



2016/2017 Funded Agencies

ACTION

- Alisal Union School District
- Binational Center for the Development of Oaxacan Indigenous Communities
- Chualar Union School District
- City of Salinas - Salinas Public Library
- Community Action Partnerships of San Luis Obispo
- Continuing Development, Inc.
- Door to Hope
- Easter Seals Central California
- GoKids, Inc.
- Gonzales Unified School District
- Greenfield Union School District
- Hartnell College and Hartnell College Foundation
- Hartnell College Child Development Center
- Kinship Center - A Member of the Seneca Family of Agencies
- Mexican American Opportunity Foundation
- Monterey County Health Department, Behavioral Health
- Monterey County Health Department, Public Health
- Monterey County Office of Education
- Monterey County Probation Department
- Monterey Peninsula College (MPC) and MPC Foundation
- Monterey Peninsula Unified School District
- North Monterey County Unified School District
- Pajaro Valley Prevention and Student Assistance, Inc.
- Pajaro Valley Unified School District
- Praxis Consulting
- Soledad Adult School
- WestEd Center for Prevention and Early Intervention

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First 5 Monterey County works to: increase early childhood funding; collaboratively enhance access to resources and services for families with young children; and inspire policies and practices supporting early learning. In fiscal year 2016/2017, funds supported the following types of programs: parent-child playgroups; parenting classes; home visiting; family, friend, and neighbor playgroups; event sponsorships; college counseling for early childhood educators; technical assistance and quality support to child care centers; mental health counseling; and special needs support.

**\$7.1M**  
INVESTED

**35,423**

CHILDREN, PARENTS, CAREGIVERS,  
PROVIDERS, AND EDUCATORS SUPPORTED

Total Expenditures: \$7,143,821

Programs & Services: \$6,085,188

Evaluation: \$328,128

Administration: \$730,505

HOW WE INVESTED  
IN PROGRAMS  
AND SERVICES



44%

Parenting Programs



29%

Child Care Quality Programs



27%

Mental Health & Child Well-Being Programs

Childhood doesn't last forever but the experience lasts a lifetime.

[www.First5Monterey.org](http://www.First5Monterey.org) 831-444-8549