



# Promoting Strong Families

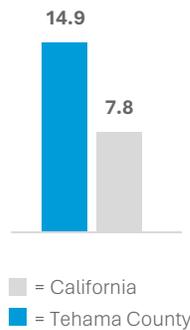
## Parenting Education and Resource Navigation

Many Tehama County families face challenges such as poverty and high rates of child maltreatment. First 5 Tehama strengthens families by providing parenting support and education, and connections to resources. Together, we're helping parents build confidence, resilience and nurturing relationships that allow children to grow, thrive, and succeed.

### WHAT ARE THE NEEDS IN TEHAMA COUNTY?

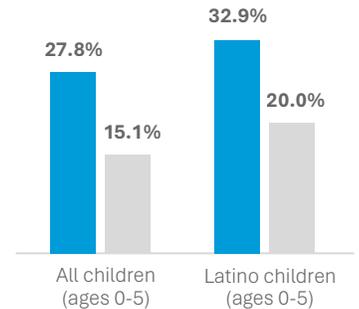
**Children in Tehama County experience maltreatment at nearly twice the statewide rate.**

In 2023 there were 14.9 substantiated maltreatment allegations per 1,000 children (ages 0-5) in Tehama County, compared to 7.8 statewide.



**More young children in Tehama County live in poverty compared to California overall.**

In 2023, more than one in four Tehama County children lived below the poverty line (27.8%), compared to 15.1% statewide. Rates are higher among Latino children (32.9% vs. 20% statewide).



### HOW IS FIRST 5 TEHAMA RESPONDING?

First 5 Tehama provides funding for the Help Me Grow Tehama system with direct services provided by Tehama County Department of Education and United Way of Northern California.

#### Help Me Grow Case Management

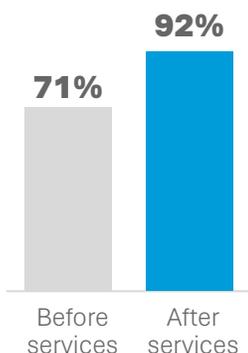
Case management supports families by providing resources and case management that is tailored to families' specific needs, goal oriented, and solution focused.

**219 children served**  
**348 caregivers served**

**↑ 92%**

of families felt highly hopeful after receiving Help Me Grow case management services.

Percentage of Families Who Are "Highly Hopeful"



#### 211 Tehama 24/7 Hotline

211 Tehama connects families to resources (e.g., food, clothing, child care, housing, mental health services) through its 24-hour hotline. This year the hotline served many young parents and Spanish-speaking households.

**314 contacts with families**

Types of 211 Tehama Assistance Offered



Housing



Information /Referrals



Utility Payment Assistance

## Help Me Grow Home Visiting

Home Visiting uses the evidence-based Parents as Teachers model to improve family functioning, and child health and development.

84

caregivers participated



Families reported greater understanding of child development and motivation to try new parenting strategies.

↑ 75%

of families improved parent-child interactions with the greatest gains in teaching behaviors.



## Triple P Parenting Education

55

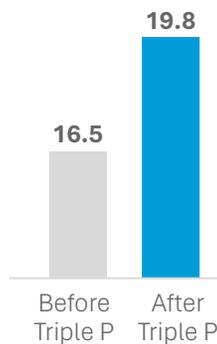
caregivers supported

Triple P parenting courses equip caregivers with skills to strengthen communication, confidence, and relationships with their children.

↑ 75%

of families improved parent confidence after Triple P.

Increases in Parent Confidence



↓ 67%

of families showed slight to moderate reductions in parental stress.



I am grateful to have learned better coping skills and tools to have a more healthy and positive relationship with my daughter.

## Melina's Story

Melina (fictional name), was referred to HMG because she wanted to learn how to support her children's development. She participated in home visits, playgroups, Family Champions, and her children received developmental screenings. She had concerns about her youngest son's speech as well as behaviors that made outings challenging and isolating. The ASQ validated her concerns and gave her hope and a clear next step. HMG connected Melina to Far Northern for speech and behavioral therapy while continuing home visits.

Her son made great improvements in his speech and behavior and can now use words to express his needs. Melina has grown significantly too. She now has tools to help her son and remain calm when he gets upset. She also feels more empowered to participate in her older children's schooling and activities. Today, with HMG's support, Melina feels confident she can support her children's development and meet their needs.

## Family Champions - Parent Partnership

9

Family Champions participated

Family Champions are trusted parent messengers who provide feedback and share resources with the community. They increased access to New Parent Kits, Dolly Parton Imagination Library, and developmental screenings. As parents in Tehama County, they also offered insight about family needs/experiences to help First 5's future focus/goals (e.g., balancing the expectations of the family of origin with parenting their own children).



I'm very grateful...to participate in this program....we were all able to talk and feel comfortable with the topics of our meetings including our different strategies and parenting styles. I felt like some of us became friends and [it] brought us closer as a community.



Este programa me ha ayudado mucho...He visto mucho avance en mi niño y estoy muy agradecido con todo.

This program has helped me so much...have seen so much progress in my child and I am very grateful for everything.

