



## Oregon Commission on Children and Families

### **Mission**

The Oregon Commission on Children and Families (OCCF) is a partnership of citizens and professionals working together to improve the lives of children and families in Oregon's local communities. OCCF facilitates and supports local coordinated comprehensive planning for all children and families, promotes system integration, and provides leadership for local and state efforts focused on early childhood.

### **Vision**

All Oregon's children and youth will be safe, healthy, well-educated, employable and valued contributors to their communities.

### **Mandate**

The Oregon Commission on Children and Families has a charge from the Legislature to establish statewide policies for services to children and families. It supports local Commissions on Children and Families in each county as they develop plans to enable families and communities to help children reach their full potential. The State Commission ensures accountability, helps evaluate progress in the counties, and builds the policy framework for local commissions' work.

OCCF is composed of three separate components:

- The State Commission, composed of members appointed by the Governor who have as their purpose the development of policy and strategies that improve the well being of children and families statewide
- Local Commissions, composed of members appointed by the Board of County Commissioners in each county who have as their purpose the development and implementation of a comprehensive plan which guides the development of initiatives and supports for children and families in each county
- Staff for both the State and Local Commissions, who support the goals and activities developed by the members of the state and local commissions

Additionally, both the state and local commissions work in collaboration with a number of other state and county level agencies and organizations to improve conditions for children and families. The state agencies include the Department of Education (schools for 5-18 year olds, or 0-21 for those with disabilities), Child Care Division of the Department of Employment (expanding and enhancing quality child care), Department of Human Services (welfare, health and social support agencies), and the Oregon Youth Authority (juvenile justice agency). All state agencies have been asked to focus on key target measurements known as the Oregon Benchmarks. These targets measure statewide progress toward a long-term vision for the state using selected indicators.

Commissions also partner with non-profits, the faith community, business and other entities interested in improving supports for children and families in their communities.

The OCCF system has established an evaluation system for the programs receiving commission funding. In progress is the development of an evaluation system that will measure the improvements to systems which result from the collaborative and non-funded work being done in communities. In addition, the Legislature has designated specific data for the Commission to collect in order to measure performance in key areas related to its mission and goals. The Commission compiles this data in Annual Performance Progress Reports (APPRs) which are submitted to the Oregon Progress Board.

One of the primary strengths of the commission system in Oregon is the involvement of citizens in making decisions and evaluating the results for their own communities. Local ownership of process often brings more efficiency of service and greater leverage of resources. Residents of each county are involved in developing the plans, selecting programs and initiatives to implement the plans, and evaluating the results of that work.

## Organization

Funds administered through the Commission include:

**Court Appointed Special Advocates (CASA)**, a cadre of volunteer citizens appointed on a case-by-case basis to represent the best interests of children who are victims of abuse and neglect in Oregon's juvenile courts.

**Child Care and Development Fund**, a federal grant to benefit children and working parents by increasing the supply and enhancing the quality of child care services and supports in communities.

**Children, Youth and Families**, supporting prevention initiatives for children prenatal to 18 and their families; Youth Investment, a federal grant focusing on non-delinquent youth, 11-18 years of age, who are acting out or who are victims of neglect.

**Great Start**, designed to help ensure Oregon's youngest children, prenatal through eight years of age, reach the first grade with good physical, social, intellectual and emotional development.

**Healthy Start Family Support Services**, which provides voluntary comprehensive risk assessment and support services, including community-based home visiting and referral to other community resources to all newly born children and their families.

**Relief Nurseries**, based on a model system of comprehensive family services, including parenting education, mental health services, substance abuse assessment and counseling, respite from parenting, and therapeutic early childhood programs.

**Safe and Stable Families**, a federal grant that promotes the expansion of family support and family preservation services.

**Youth Investment**, a federal grant to benefit non-delinquent youth who are chronically acting out and who are victims of neglect through evidence based practices.



# Oregon Commission on Children and Families

## Local Commissions

County	Address	Phone
<b>BAKER COUNTY</b> Judy Barzee, Dir. Roxanna Swann, Chair Barbara Warmer, V. Chair	Baker County CCF 1995 3rd Street Baker City, OR 97814	(541) 523-8231
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## HEALTHY START OF OREGON

### **What is Healthy Start?**

Healthy Start is a voluntary family support and parent education home visiting program. It helps first-time families give their newborn children the best start in life.

Healthy Start offers all first-birth families, around the time their baby is born, free screening and information. Parents receive information on topics like child development, infant care and keeping their baby healthy, and learn about what's going on in their communities to support new families.

Many families are eligible for home visits with a trained parent coach, or Family Support Worker, who coaches them as they build their skills as parents and help their baby be safe and healthy, grow and learn.

Last year, Healthy Start provided information and referral services to almost 10,000 Oregon families, and intensive home visiting for almost 3,000 of our most vulnerable families. Healthy Start has shown that it works to reduce child maltreatment and increase children's readiness for school. More about the program's results can be found in Key Outcomes from Oregon's Healthy Start Program, a program evaluation summary prepared by NPC Research.

### **Goal**

The goal of Healthy Start is to increase the number of children ready for school and reduce the likelihood of child abuse and neglect in participating first-birth families by improving parenting skills, enhancing family functioning, and increasing families' connections with other resources.

### **The Role of OCCF in Healthy Start**

Oregon Commission on Children and Families (OCCF) is required by ORS 417.795 to provide state-level management and oversight of Oregon's Healthy Start program. Local Commissions on Children and Families contract with a local provider for Healthy Start. Each community decides how Healthy Start will be organized locally.

All programs meet rigorous quality standards set by Healthy Families America, a research-based program model which has been designated as a promising practice by the Rand Corporation. Oregon's Healthy Start is an accredited multi-site state system with Healthy Families America. OCCF provides training, technical assistance, quality assurance and program evaluation. The state Healthy Start Advisory Committee, a broadly based group of experts and community leaders, works with OCCF to develop policy.

## **What parents say about Healthy Start:**

"I am a first-time mother with no family or friends in Oregon. Meeting with my Healthy Start worker gives me a chance to get some support and feedback on whether I am doing a good job as a mom or not."

"Healthy Start gives me someone to talk with and share all my feelings and problems with. They are friendly and very educated people, and willing to help in any way possible."

"I love the fact that someone cares enough to come into your home and go over things with you to make sure that your child is developing the way he/she should, and makes sure that the mother/father is developing the way parents should."

"I feel that without the program I never would have the courage to do certain things such as breastfeeding my child.... and thanks to my Healthy Start worker, I now have wonderful memories that I will cherish forever."

## **Healthy Start Works!**

Healthy Start helps families create the foundations for their child's success in school – and life!

Healthy Start children enter school ready to succeed. They have received the kind of parenting that builds sturdy, emotionally secure, and healthy children.

Healthy Start families read to their children, get regular health check ups and immunizations for them, and help them to learn and grow. These children enter school able to take turns and manage their emotions. These skills are vital to succeed in school, and also impact the quality of our workforce and our communities.

## **Healthy Start Saves Money**

- According to the best available research, based on confirmed cases of abuse and neglect, in Oregon in 2004 alone more than 400 kids will grow up to become violent criminals who would never have become violent criminals if not for the abuse and neglect they endured as kids.
- Victims of child abuse or neglect, as they grow older, are also two and a half times more likely than other people to attempt suicide.



## HEALTHY START OF OREGON

### Healthy Start Gets Results

Healthy Start is Oregon's largest child abuse prevention program. Healthy Start reduces risk factors for child maltreatment and supports school readiness.

- Since 2003, the child abuse rates for children birth to age two ***who are not in*** Healthy Start have been almost double the rate for children ***who are in*** Healthy Start.
- Almost every Healthy Start child has his or her own health care provider and gets regular well baby care
- Healthy Start families read to their children more than other families. This helps develop the babies' brains so they can enter school ready to learn!
- Healthy Start children receive regular developmental screenings from their parent coach to identify problems and get help early.

### How You Can Help

Call your local Healthy Start program and ask how you can help.

Each Healthy Start program needs local contributions to add to its state funds. These contributions can be cash or the equivalent, volunteer time, or other kinds of donations.

### Some Things You Can Do

- Refer and recommend Healthy Start to people you know who are having their first baby. Tell them how to get in touch with Healthy Start.
- Make a contribution—you can donate your time as a volunteer, money to support home visits, or items to give to families like books and learning toys, or baby blankets and other hand-made gifts
- Contact policy makers like your legislators and county commissioners. Talk with them about the value of Healthy Start.
- Contact your Healthy Start program and ask them to give presentations about the program to your church or community groups.
- Hold a fundraiser for Healthy Start!
- Offer to write grants, do clerical work, or otherwise support your Healthy Start program from "behind the scenes"

# KEY OUTCOMES FROM OREGON'S HEALTHY START PROGRAM 2006-2007

**H**ealthy Start is Oregon's largest child abuse prevention program, providing screening and referral services to 9,788 families and evidence-based intensive home visiting for 2,857 of Oregon's most at-risk families in fiscal year 2006-07. Healthy Start became a nationally accredited Healthy Families America program in June 2007. Healthy Start demonstrates positive outcomes for Oregon's highest risk families, including documented lower rates of child maltreatment and supporting children's readiness for school.

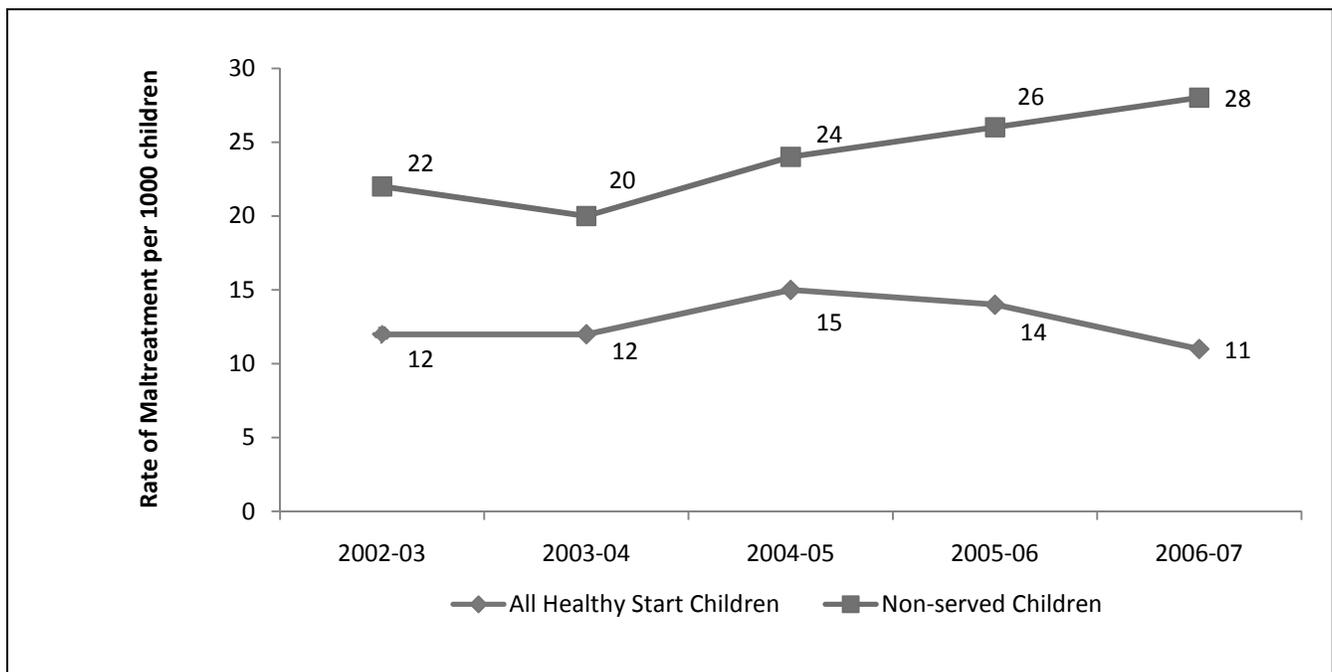


Below is a summary of key outcomes for Healthy Start families participating in home visiting services during FY 2006-07. To view the complete FY 2006-07 reports please visit [www.oregon.gov/OCCF](http://www.oregon.gov/OCCF).

## CHILDREN IN HEALTHY START EXPERIENCE LESS MALTREATMENT

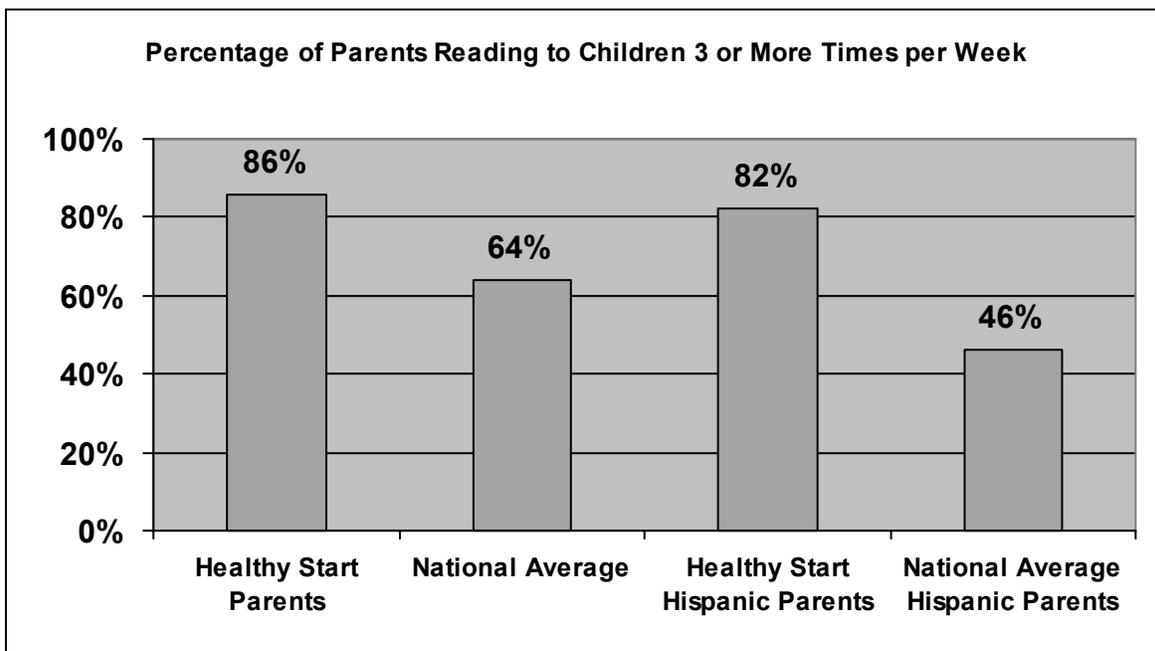
The evaluation of the Healthy Start program has consistently documented that families served by Healthy Start have a reduced rate of child maltreatment. This is true even in the face of escalating maltreatment rates in Oregon and nationally. Specifically:

- Since 2003, the child abuse rates for children birth to age two who **are not in** Healthy Start have been almost double the rate for children who **are in** Healthy Start. This year, the incidence of child abuse for children not in Healthy Start is almost two and a half times greater than for Healthy Start children.
- In 2006-07, the rate of substantiated reports for Healthy Start families was only 11 per 1000, compared to 28 per 1000 among families not served by Healthy Start.



## HEALTHY START REDUCES RISK FACTORS FOR CHILD MALTREATMENT & SUPPORTS SCHOOL READINESS

In addition to being associated with reduced maltreatment rates, Healthy Start supports protective factors and reduces risk factors associated with maltreatment, thus supporting broader child well-being and school readiness. Healthy Start parents are far more likely to read to their young children, an important foundation for developing literacy skills.



**Positive Parenting:** After 6 months in the program:

- **Improved Interactions:** 82% of parents reported that they had positive, supportive interactions with their children.
- **Improved Parenting:** 81% of families reported that they improved their parenting skills.
- **Decreased Stress:** 39% of Healthy Start parents reported a significant decrease in parenting-related stress during six months following their child's birth, a time generally marked by *elevated* stress.

### Healthy Children and Families

- **Immunizations:** 93% of Healthy Start's 2-year-olds were fully immunized, compared to only 78% of all Oregon 2-year-olds (Oregon ALERT Immunization Registry, 2006).
- **Health Care Linkages:** After 6 months of service:
  - 94% of Healthy Start's children were receiving regular well-child check-ups, compared to only 84% of young children nationally (Child Trends, 2004).
  - 98% of Healthy Start's children had a primary health care provider.
- **Healthy Growth and Development:** More than three-fourths (79%) of Healthy Start Intensive Service children received regular developmental screening during FY 2006-07. Most (90%) of these children showed normal growth and development, and 78% of Healthy Start Intensive Service children with identified developmental delays were linked to early intervention services.

# Program Manager List

Revised: February 8, 2008

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