



# Birth & Beyond

Annual Evaluation Report

Executive Summary

FY 2020-21



# FY 2020-21 Highlights

## Reach

Birth & Beyond directly served **6,575** parents/caregivers and **2,640** children ages 0-17.

## Home Visiting

Among children receiving Birth & Beyond home visiting services, those who received eight or more hours of home visiting had a **significantly reduced likelihood of Sacramento County CPS involvement** within 12 months compared with those receiving less than eight hours of home visiting.

According to the 2021 **Quasi-Experimental Design (QED)** evaluation, children ages 0-17 who received eight or more hours of Birth & Beyond home visiting were half as likely to experience substantiated recurrence compared with a matched countywide sample.

## Parenting Education

Participants in both Make Parenting A Pleasure (MPAP) and Nurturing Parenting Program (NPP) curriculum **had statistically significant improvements** in parenting knowledge and skills, indicating a reduced risk of child abuse and maltreatment.

## Enhanced Core

Birth & Beyond provided more than **15,000** enhanced core services to over **3,000** families.

## Crisis Intervention

Clients receiving crisis intervention services reported **significantly reduced stress levels**, and significantly increased feelings of support from friends, family, and the community and knowledge of where to find resources and information.

# Birth & Beyond Services and Reach

Birth & Beyond has provided quality community-based programs and services to prevent child abuse and neglect throughout Sacramento County since 1999. Birth & Beyond is coordinated by the Child Abuse and Prevention Council (CAPC), in partnership with Folsom Cordova Community Partnership, La Familia Counseling Center, Mutual Assistance Network, River Oak Center for Children, Sacramento Children's Home, and WellSpace Health, who operate the nine Birth & Beyond Family Resource Centers (FRCs). Birth & Beyond receives funding from First 5 Sacramento, the Sacramento County Department of Child, Family, and Adult Services (DCFAS), and the Corporation for National and Community Service (CNCS). Birth & Beyond's FRCs are located throughout Sacramento County in areas of high need. FRCs provide a continuum of standard services as well as unique activities and special events that reflect the characteristics of their specific neighborhood. All Birth & Beyond activities, classes, community events, family activities, and direct services are operated out of the FRCs and were provided virtually during restrictions due to the COVID-19 pandemic.



## Birth & Beyond Core Services

Birth & Beyond offers a continuum of child, family, and community services, ranging from outreach and promotion to more intensive intervention services.



## Birth & Beyond Clients Served

Across all programs and services, Birth & Beyond directly served more than 6,200 families across Sacramento County, including 6,575 parents/caregivers and 2,640 children ages 0-17.



6,282 Families



6,575 Parents/Caregivers



2,640 Children

Source: FY 2020-21 Persimmony Report By Client Demographic

## Service Integration within Birth & Beyond

Birth & Beyond encourages parents to participate in multiple FRC services in order to experience the greatest impact on and benefit to their families. The table below displays the percentage of participants who engaged in more than one FRC service. Clients most frequently received crisis intervention (CI), in addition to some other service. More than half (54%) of home visiting clients and 40% of clients participating in parenting education also received CI, and about one in five (21%) enhanced core participants also received CI. This reflects families that may have received more intensive services after participating in short-term CI, as well as those who may receive CI to supplement their other services.

### Birth & Beyond Families Engagement in Multiple Services

	Enhanced Core (EC)	Crisis Intervention (CI)	Parenting Education (PE)	Home Visiting (HV)
<b>Among EC Participants</b>	-	21%	4%	8%
<b>Among CI Participants</b>	27%	-	12%	24%
<b>Among PE Participants</b>	16%	40%	-	18%
<b>Among HV Participants</b>	25%	54%	12%	-

Source: FY 2020-21 Persimmony Service Records





# Program Outcomes

## Home Visiting

Birth & Beyond's home visiting program used the evidence-based Nurturing Parenting Program (NPP) curriculum, at least weekly, with a minimum of two months of services. In FY 2020-21, 1,114 families received home visiting services, including 1,168 parents/caregivers and 1,467 children. Parents were categorized into one of three groups based on their risk for child abuse<sup>1</sup> indicated by their AAPI score at intake: *Prevention* (low risk), *Intervention* (moderate risk), and *Treatment* (high risk). Almost half (47%) of families with intakes during FY 2020-21 were categorized in the *Intervention* (moderate risk) group, followed by 29% in the *Prevention* group (low risk), and 23% in the *Treatment* (high risk) group.

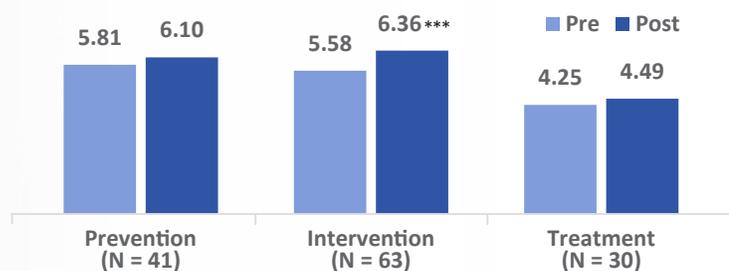
### NPP Home Visiting Intakes, by Program Assignment



Source: FY 2020-21. Persimmony Export: Client Service, N = 235. Represents new intakes only not all that received services during the fiscal year. Many families are returning clients from previous years.

Each of the three groups demonstrated increased AAPI scores, indicating reduced risk, after participating in home visiting.<sup>2</sup> The *Intervention* group had statistically significant improvements. This indicates strong support for improved parenting skills and knowledge among those at moderate risk of child abuse or maltreatment.

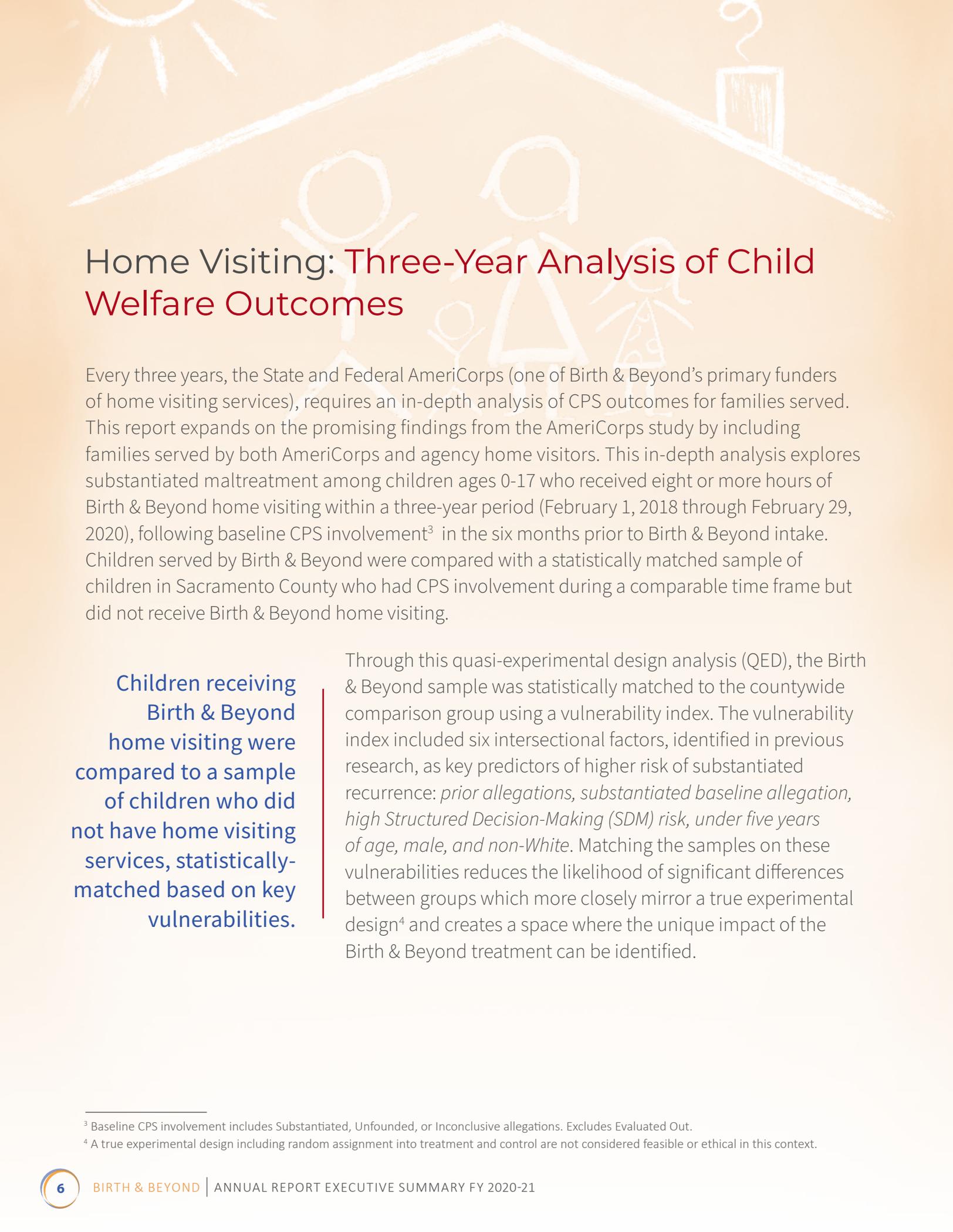
### Increase in Average AAPI Scores After NPP Home Visiting, by Program Assignment



Source: FY 2020-21 Adult Adolescent Parenting Inventory, Persimmony Export: Client Assessment by Answer Value. \*\*\* Indicates statistically significant differences at  $p < .001$ . Limited to matched pairs.

<sup>1</sup> Determined by AAPI scores. At the time of writing this report, a large number of families with home visiting intakes during FY 2020-21 (N = 341) were not categorized into a group in the Persimmony database and are not included in discussions specific to NPP Curriculum level. These proportions also exclude families who received services during FY 2020-21 but had their initial intake during a previous fiscal year.

<sup>2</sup> Includes any amount of home visiting service but only includes participants who were administered an AAPI pre-test and a post-test.



# Home Visiting: Three-Year Analysis of Child Welfare Outcomes

Every three years, the State and Federal AmeriCorps (one of Birth & Beyond’s primary funders of home visiting services), requires an in-depth analysis of CPS outcomes for families served. This report expands on the promising findings from the AmeriCorps study by including families served by both AmeriCorps and agency home visitors. This in-depth analysis explores substantiated maltreatment among children ages 0-17 who received eight or more hours of Birth & Beyond home visiting within a three-year period (February 1, 2018 through February 29, 2020), following baseline CPS involvement<sup>3</sup> in the six months prior to Birth & Beyond intake. Children served by Birth & Beyond were compared with a statistically matched sample of children in Sacramento County who had CPS involvement during a comparable time frame but did not receive Birth & Beyond home visiting.

**Children receiving Birth & Beyond home visiting were compared to a sample of children who did not have home visiting services, statistically-matched based on key vulnerabilities.**

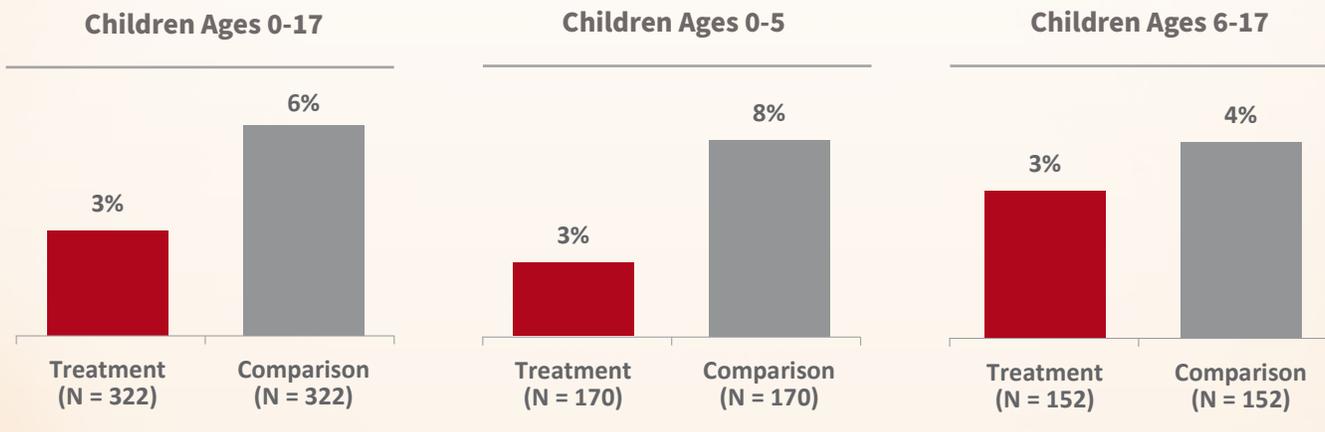
Through this quasi-experimental design analysis (QED), the Birth & Beyond sample was statistically matched to the countywide comparison group using a vulnerability index. The vulnerability index included six intersectional factors, identified in previous research, as key predictors of higher risk of substantiated recurrence: *prior allegations, substantiated baseline allegation, high Structured Decision-Making (SDM) risk, under five years of age, male, and non-White*. Matching the samples on these vulnerabilities reduces the likelihood of significant differences between groups which more closely mirror a true experimental design<sup>4</sup> and creates a space where the unique impact of the Birth & Beyond treatment can be identified.

<sup>3</sup> Baseline CPS involvement includes Substantiated, Unfounded, or Inconclusive allegations. Excludes Evaluated Out.

<sup>4</sup> A true experimental design including random assignment into treatment and control are not considered feasible or ethical in this context.

**Children in the Birth & Beyond treatment group were half as likely to have a substantiated recurrence compared with the matched comparison group.** Among children ages 0-17,<sup>5</sup> 3% experienced substantiated recurrence within 12 months of intake, compared with 6% in the comparison group. Further, among children ages 0-5 (known to have a higher vulnerability of child abuse or maltreatment), 3% who received eight or more hours of Birth & Beyond home visiting experienced substantiated recurrence. In the comparison group, 8% experienced substantiated recurrence. Children ages 6-17 who received eight or more hours of Birth & Beyond home visiting also experienced substantiated recurrence (3%) at a lower rate than the countywide comparison group (4%). For each group, differences were approaching statistical significance at  $p < 0.10$ .

**Substantiated Recurrence by Age Group: Birth & Beyond Home Visiting Treatment Group (Eight or More Hours) Compared to Matched Countywide Sample.**



Source: B&B 2018-2020 Program Data & CPS 2018-2020 Data.  $p = 0.09$ . Treatment group limited to those receiving eight or more hours of home visiting. Differences were approaching statistical significance ( $p < .10$ )

Source: B&B 2018-2020 Program Data & CPS 2018-2020 Data.  $p = 0.053$ . Differences were approaching statistical significance ( $p < .10$ )

Source: B&B 2018-2020 Program Data & CPS 2018-2020 Data.  $p = 0.076$ . Differences were approaching statistical significance ( $p < .10$ )

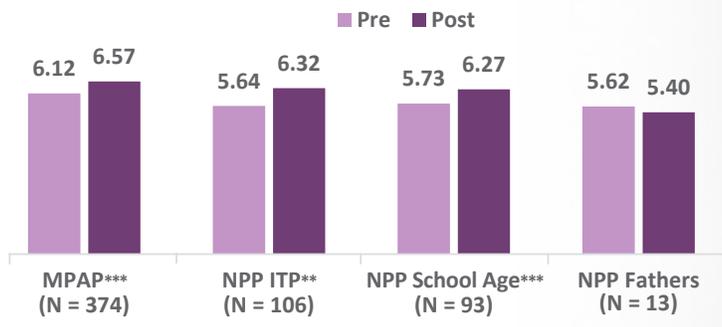
<sup>5</sup> Samples are limited to those with a baseline allegation, receiving eight or more hours of home visiting and had valid data for all six vulnerability characteristics. The sample may not reflect every child served during this three-year period.



# Parenting Education

FY 2020-21, group-based parenting education courses were offered virtually by Family Resource Centers, using the Nurturing Parenting Program (NPP) and Make Parenting A Pleasure (MPAP) curricula. In total, 805 parents and caregivers attended 92 parenting education workshops. NPP program participants' parental beliefs about child-rearing were tested using the Adult-Adolescent Parenting Inventory (AAPI), a tool that measures risk for child maltreatment. The MPAP curriculum measures risk of maltreatment using a questionnaire measuring stress, self-care, anger management, child development, and positive discipline. On average, participants in both curricula significantly increased parenting knowledge and skills between pre- and post-test.

## Changes in Average Parenting Knowledge and Skills Before and After Parenting Education, by Curriculum



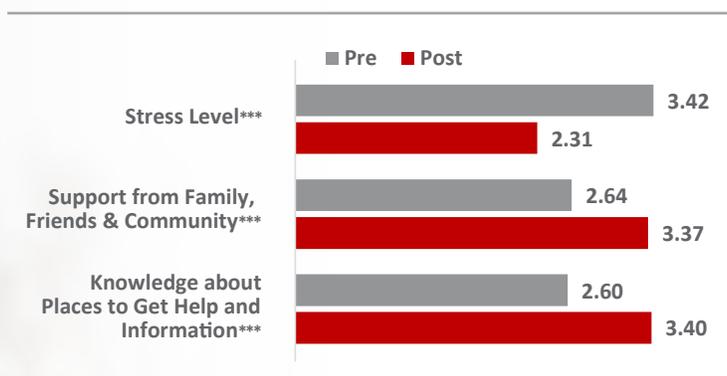
Source: FY 2020-21. Persimmony: Client Assessment. Higher scores indicate improved outcomes. NPP curriculum based on AAPI scores. MPAP based on MPAP questionnaire. Statistically significant differences indicated as \*\*  $p < .01$ , \*\*\*  $p < .001$ .



## Crisis Intervention

Crisis Intervention (CI) services are brief, targeted services for Birth & Beyond clients experiencing pressing concerns or issues. In FY 2020-21, 2,573 parents and caregivers received CI. More than four out of five participants (2,055, 82%) received at least one referral or linkage to another service. CI clients' pre- and post-tests indicated significantly lower stress levels, and increased perceived support and knowledge about where to go to get information and assistance.

### Perceived Stress, Support, and Knowledge of Resources before and After Crisis Intervention Services



Source: FY 2020-21 Persimmony Service Records. Crisis Intervention Services Pre/Post-test. Ns = 1,934-1,938. Statistically significant differences indicated as \*\*\*  $p < .001$ . Outcomes on a scale of 1 to 5: 1=none, 3=some, 5= a lot.

## Enhanced Core

Enhanced Core services include the “light touch” support measures for families who need supplemental care with other programs in which they are participating, or who are not in need of more intensive services. Services include child development activities, live skill classes, peer support groups, and stress-reducing activities. In FY 2020-21, Birth & Beyond provided 15,428 enhanced core services to 3,322 families.

# *Birth* **& Beyond**

Family Resource Centers



All photographs in this Executive Summary are stock photos that are posed by models.