



**University of Alabama at Birmingham Early Head Start
Annual Report 2022-2023**





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 the wonderful and exciting work that the UAB EHSP has engaged in with children and families during this program year.

Kristi Guest PhD

Kristi Carter Guest, PhD
Director
UAB Early Head Start Program

Program Highlights for 2022 – 2023

Program Updates Relevant to COVID-19: Kristi Guest, Director

- Continued fully in person services since September 1, 2021.
- Health Policies and Procedures related to COVID-19
 - COVID-19 Mitigation Policy approved by our Health Services Advisory Board on March, 3, 2023 and our UAB EHS Policy Council on March 8, 2023 (LaTanya Dawson lead these efforts).
- UAB EHS has continued to provide tablets to newly enrolled families and intermittent Education Toolkits, Health Services Toolkits, and Family Services Toolkits to program families
 - **Tablets:** every program family that desired to have a tablet to use during their time with our program was loaned a tablet. These were purchased with COVID funding from the Office of Head Start (coordinated by Kristi Guest).
 - **Socialization/Education Toolkit Item Examples:** “Open the Barn Door: A Chunky Flap Book”, “Llama Llama Gives Thanks”, and “The Itsy Bitsy Snowman” (Board books) (coordinated by Shanté Hamm)
 - **Health Services Toolkits:** supplies were dropped off on families’ porches who had been impacted by COVID-19. Health supplies included contactless thermometers, disinfectant spray, disinfectant wipes, hand sanitizer, gloves, and masks (coordinated by LaTanya Dawson).
 - **Family Services Toolkit:** distributed at our EHS Spring Wellness Fair in April, included laundry baskets, laundry detergent, fabric softener, dryer sheets, wipes, disinfectant spray, and body wash for program families.
 - The UAB EHSP is continuing to use our Facebook page as a mechanism to provide online resources to families. Shante’ Hamm is leading these efforts.
 - UAB EHS staff received one-time nonrecurring incentives for returning to work during COVID and for retention.

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

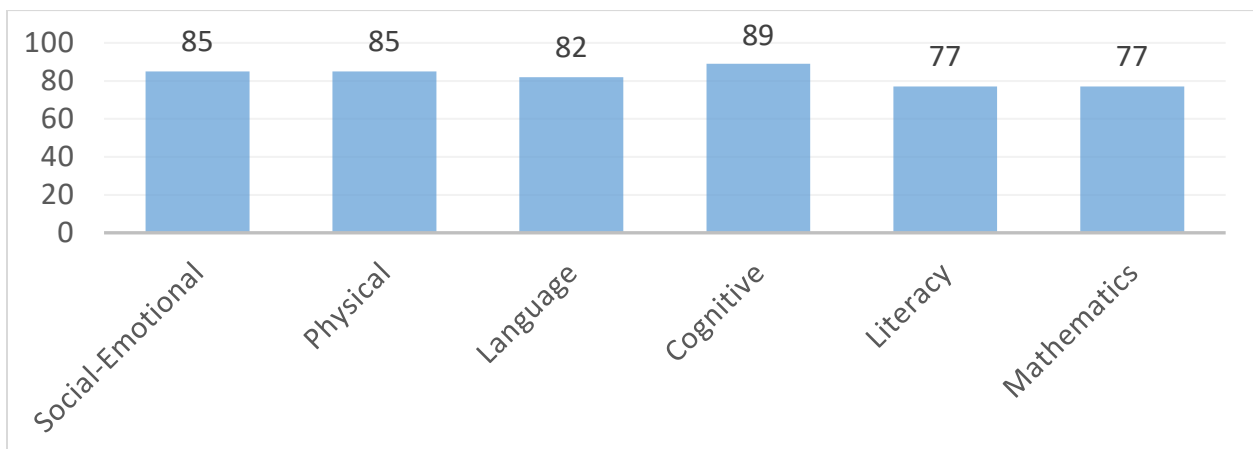
- **Eligibility:** 41% of enrolled participants were income-eligible for the program; 29% qualified as receiving Public Assistance (*SNAP/SSI/TANF*); 3% were foster children; 22% were homeless; and 5% were over-income.
- **Recruitment:** The program maintains an active waiting list to replace any dropped participants. August 2023, we transitioned 34 and ended the program year with fifteen eligible participants.
- **Selection:**
 - Selection Criteria ranking format approved by both the Governing Body and Policy Council in November of 2022.
 - The average number of selection points for an eligible participant remains at 60.

- **Enrollment:**
 - Funded to serve 88 participants total, 80 home-based and 8 center-based.
 - Thanks to renewing our relationship with a local substance abuse program for women we reported full enrollment to the Head Start Enterprise System by November 2022. We were able to maintain full enrollment for the program year given the 30-day vacancy replacement allowance.
 - Cumulative enrollment reported on the Program Information Report (PIR) for 2022-2023 was 124, thirteen pregnant women and 111 children.
 - Bilingual Family Partner maintained a full caseload of dual language learners (DLLs): 18 children cumulative; 14 children receiving services at the end of the program year.
- **Attendance:**
 - Jasper Area Family Services Center's (JAFSC) overall average daily attendance from September 26, 2022, to July 20, 2023, was 78%, which is only a 1% decrease from the previous program year and 7% below the Head Start Program Performance Standards (HSPPS) mandated minimum of 85%.
 - The total number of dropped participants for the entire program increased by 7% since last program year (14 for previous program year compared to 21 for this program year).

Education (Curriculum, Screening & 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 Head Start's Early Learning Outcomes Framework (ELOF) and the UAB EHS school readiness plan.
 - 82% of home-based children had a Preliminary Individualized Development Plan (IDP). The eight center-based children continued to not have a triennial IDP due to the loss of teaching staff in January 2023
 - 90% of home-based children had Midyear IDPs
 - 100% of home-based children had End-of-Year IDPs
 - 100% of all IDPs are aligned with ELOF
- 100% of Weekly Lesson Plans (*home-based and center-based*) incorporate pre-literacy.
- 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 using our home-based curriculum, *Partners for a Healthy Baby* to fidelity is ongoing.

- Continued interactions during monthly Family Partner meetings to include opportunities for group planning time and peer-to-peer coaching.
- Assessment:** Home-based data by *GOLD*® checkpoint and domain with a combined percentage of those meeting or exceeding the widely held expectations for children by age.
 - Fall Checkpoint (September-December):*
 - Social-Emotional **85%**
 - Physical **85%**
 - Language **82%**
 - Cognitive **89%**
 - Literacy **77%**
 - Mathematics **77%**
 - Winter Checkpoint (January-April):*
 - Social-Emotional **82%**
 - Physical **93%**
 - Language **76%**
 - Cognitive **91%**
 - Literacy **78%**
 - Mathematics **76%**
 - Spring Checkpoint (May-August):*
 - Social-Emotional **85%**
 - Physical **96%**
 - Language **82%**
 - Cognitive **91%**
 - Literacy **85%**
 - Mathematics **85%**
- GOLD® Fall Assessment 2022-2023 – Widely Held Expectations (*Meeting + Exceeding*)**



- 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.

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:
 - Welcome Socialization with the Shar-Itt Petting Farm
 - Helena Hollow Pumpkin Patch, where each family took home a pumpkin after exploring the various activities offered at the pumpkin patch
 - “1,2,3 Play with Me” socializations for play and story time at the Birmingham Public Library
 - Meal of Thanks at the Lee Community Center
 - Polar Express at the Lee Community Center, where families had the opportunity to ride the trackless train, take pictures with Santa, and decorate cookies
 - Vocabulary’s World socializations where our program children learn new words through music, song, movement, crafts, and stories at Art Play
 - African Drumming, where families learned of West African culture, including drumming
 - Spring Wellness Fair Socialization at the Lee Community Center, where families had the opportunity for free play, to learn about various community resources (i.e., Operation Hope, Sparks Pediatric Dentistry, BirthWell Partners Community Doula Project, etc.), receive massages, and a family services toolkit that consisted of laundry baskets, detergent, fabric softener sheets, body wash, baby wipes, disinfectant spray and wipes, and board books
 - Egg Hunt at Railroad Park where families hunted for eggs, took pictures with the bunny, and rode the trackless train.
- UAB ESHP families were offered parenting sessions utilizing the Ready Rosie and Partners for a Healthy Baby Curriculum.

Health Services:

- 98% of program children (n=109) have ongoing, continuous health care.
- 97% of program children (n=108) have health insurance.
 - 95% of program children (n=106) have Medicaid.
 - 3% of program children (n=3) did not have health insurance.
- Medical/well child visits data indicated:
 - 53% of program children (n=59) were up-to-date on Alabama Medicaid EPSDT periodicity schedule for well-child check-ups at the *end* of the program year.
 - 47% of program children (n=52) were behind Alabama Medicaid EPSDT periodicity schedule for well-child check-ups at the *end* of the program year.
 - With the COVID-19 pandemic restrictions lessening, parents are getting their children up to date on medical/well child visits.

- Immunizations data showed:
 - 72% of program children (n=72) are up-to-date on the CDC recommended immunizations schedule.
 - 17% of program children (n=19) are behind on the CDC recommended immunizations schedule.
 - With the COVID-19 pandemic restrictions lessening, parents are getting their children up to date on medical/well child visits.
- Dental services and dental screenings data revealed:
 - 82% of children over 1 year of age (n=50) received a dental exam.
 - 18% of children over 1 year of age (n=11) did not receive a dental exam.
 - With the COVID-19 pandemic restrictions lessening, parents are getting their children up to date on dental exams.
- Medical insurance for 13 Pregnant women served this program year revealed:
 - 100% of pregnant women have ongoing medical care (n=13).
 - 92% (n=12) have Medicaid health insurance
 - 8% (n=1) has private health insurance
- Oral Health data for 13 Pregnant women served this program year showed:
 - None of the pregnant women reported having dental care (n=13).
 - A list of dental providers for adults was included in the pregnancy handouts.
- 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.
- Program continued collaboration with a nutrition consultant, Maegan Guven, who is a Registered Dietician and consultant with UAB for all nutritional screenings.

Mental Health:

- Maintained and utilized Ages and Stages Questionnaire: Social-Emotional-2 (ASQ:SE-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).
 - 103 infants and toddlers have at least one ASQ:SE-2
 - Of all screened, 5 children 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
 - 53 completed Beck Depression Inventories-2 (BDI-2) with program mothers
 - 8 women had depression concerns
 - 1 woman are receiving counseling services (Veteran's Affairs Hospital)
 - 16 completed Edinburgh Postnatal Depression Scale with women (completed each trimester and postnatal)

- 1 woman had depression concerns (in a substance abuse shelter)
 - 0 woman is receiving counseling services (substance abuse shelter was notified of the need)
- Mental Health consult regarding 11 children for child behavior concerns
- 100% Mental Health Checklists (n=5) were not completed in the classroom.

Disability Services:

- 111 children have screenings for developmental progress with the Ages and Stages Questionnaire (ASQ-3).
 - Of all children screened, 18 children (16%) were identified as needing a developmental screening recheck.
- During the year, we served 18 (18%) children with documented disabilities.
 - Of those 18 children, eligibility was determined prior to the program year for 10 (56%) and within the current program year for 8 (44%) children.
 - All 18 children are receiving special services.
 - 16 (89%) children with IFSPs (Early Intervention)
 - 2 (11%) children with IEPs (School Services)
- Additionally, we served 1 more child with disabilities through The Bell Center.
- We consistently meet and exceed the required 10% service to children with disabilities.
- Classroom environment is based on individual needs of each child to help every child grow and develop at their own pace.
- Family Partners, Teachers, 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 District Council, 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 92 families.
 - 64% of families are single-parent families
 - 36% of families are two-parent families
 - 50% of families report being unemployed, retired or disabled at time of enrollment; this number decreased to 22% at the end of the program year

- 50% of families report at least one parent is employed, in job training, or in school at enrollment; this number increased to 62% at the end of the program year
- 100% of home visitors and teachers support parents as the primary teachers of their children.
- Strong parent involvement occurs 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.
 - 94% of preliminary family Strengths and Needs Assessments were complete
 - 96% of mid-year family Strengths and Needs Assessments were complete
 - 99% of end-of-year family Strengths and Needs Assessments were complete
 - Preliminary and Mid-Year data revealed the same top 3 areas of need:
 - 1) Housing
 - 2) Financial Security
 - 3) Employment
 - End-of-year data revealed these top 3 areas of need:
 - 1) Employment
 - 2) Adult Education
 - 3) Family and Community Involvement
- To address these needs, the UAB EHSP provided the following services the most often to families:
 - Parenting education
 - Health education
 - Child development education
 - Mental health services
 - Housing assistance
- Homelessness impacted 19% (n=15) of families in the UAB EHSP during the program year and 46% (n=7) of those families acquired housing during the program year.
- A small percentage of children enrolled are in foster care (5%) this program year.

Community Partnerships:

- Continued partnering with Mitchell’s Place for professional development for home-based and center-based staff regarding children’s behavior. Emilie Stahlhut with Mitchell’s Place continued to provide home-based coaching in addition to continuing to perform center-based coaching.
- Continued partnership with Jasper Area Family Services Center for our center-based services; partnered with Operation Hope, Lee Community Center, Childcare Resources, Birmingham Public Library, and Birmingham Talks for socialization and parenting activities/information.
- Continued to work with other Head Start programs in Jefferson and St. Clair Counties to facilitate smooth transitions from UAB Early Head Start to Head Start. Formed a great

partnership with Jasper Area Family Services Center who was funded to provide Head Start services in Walker County to facilitate smooth transitions from UAB Early Head Start to Head Start there. Updated an Interagency Agreement with Childcare Resources Head Start and St. Clair County Head Start.

- Staff serve on multiple community boards and provide awareness of program services and community trainings:
 - Coordinators attend meetings including the Medicaid Assistants Meeting, CDI Head Start Serving Jefferson County Health Services Advisory Board, Children's Policy Council Early Care and Education Work Group, Children's Policy Council First Friday Forum, National Alliance of Mental Illness Monthly Education Meetings, HEALTHY Brain and Child Development Study Community Advisory Board, Birthwell Partners Board of Directors, Jefferson County Department of Human Resources Community Resource Fair, Jefferson County Family Resource Center Community Resource Fairs, Alabama Early Intervention & Preschool Conference Planning Committee, Alabama Early Intervention District Coordinating Council, Alabama Early Intervention District Coordinating Council Training Subcommittee, Alabama Head Start Association (AHSA) Quarterly meetings, and AHSA Training Subcommittee.
- Maintained our collaboration with BirthWell Partners community doulas for pregnant mothers and added our Health Coordinator to BirthWell Partners Board of Directors.
- Families are informed of great community resources by program staff.
 - General resources have been shared with home visitors for families and posted to our program Facebook page for families to access.

Communication:

- Team approach to services is a strength. Staff has a team of coordinators to help with any questions or concerns.
- UAB EHS Governing Body and Policy Council approved an incentive plan for staff utilizing remaining COVID-19 funding.
 - UAB EHS staff received one-time nonrecurring incentives for returning to work during COVID and for retention.
- Home visitors focus on the family to show our long-term investment to support children and families. There is strong continuity with the families we serve. Parents in our program are very invested and engaged with their children. The literacy program enhancements with books and activities have facilitated parent engagement.
- UAB EHS Governing Body praised our program for the great leadership skills demonstrated and great communication skills evidenced with the Governing Body.
- UAB EHS Policy Council praised our program for the management and communication skills demonstrated by program staff with the Policy Council.
- 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 includes the Program's Annual Report.
- Conducted regular and ad hoc staff and coordinator's meetings to address areas of need.

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 bi-monthly child/family reviews with home visitors and coordinators for all enrolled children and their families.
- Conduct monthly reviews with teachers and coordinators reviewing all center-based children.
- 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, 2022.

Funding awarded by ACF for 2022-2023: \$1,202,428
Program Budget for the 2022-2023 fiscal year

<u>Budget Category</u>	<u>Funds Budgeted</u>
Cell Phone Charges	\$6,000.00
Conference Travel	\$1,500.00
Disability Services	\$1,000.00
Educational Supplies	\$6,000.00
Health Services	\$500.00
Family Services	\$500.00
Local Travel	\$35,000.00
Mental Health Services	\$500.00
Nutrition/Food for Events	\$13,580.00
PIPA	\$8,000.00
Supplies/Socialization Supplies	\$28,646.00
Child Services Consultant	\$18,000.00
TA/Training	\$24,192.00
Walker County Subcontract	\$143,096.00
Salaries and Wages	\$591,193.00
Fringe Benefits	\$213,047.00
Total Direct Cost	\$1,090,694.00
Indirect Cost	\$111,734.00
Account Total	\$1,202,428.00

**ACF Funds for the UAB EHSP (Total award \$1,202,428 for 2022-2023)
Program Funds expended for the 2022-2023 fiscal year**

<u>Budget Category</u>	<u>Expended</u>
Cell Phone Charges	\$4,459.01
Conference Travel	\$1,430.20
Disability Services	\$408.04
Educational Supplies	\$6000.00
Health Services	\$500.00
Local Travel	\$35,000.00
Family Services	\$467.24
Mental Health Services	\$360.00
Nutrition/Food for Events	\$13,580.00
PIPA	\$7,685.44
Supplies/Socialization Supplies	\$26,792.36
Child Consulting Services	\$17,215.59
TA/Training	\$23,208.46
Walker County Subcontract	\$113,026.92
Salaries and Wages	\$561,167.45
Fringe Benefits	\$200,601.50
Total Direct Cost	\$1,011,902.21
Indirect Cost	\$106,978.06
Account Total	\$1,118,880.27

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, parent mileage reimbursements, etc.
 Supplies – supplies needed for socializations, office supplies, postage, etc.

UAB's financial contribution (in kind and match): \$368,297.12

Total program funds expended: \$ 1,487,177.39

NOTE: Carryover funds from the previous program year were also awarded. The amount of \$31,880.50 was spent on the company vehicle and \$67,638.45 was spent on the playground resurfacing at the UAB EHS center at Jasper Area Family Services Center. Indirect costs incurred for the playground were \$6,763.85. Thus, the grand total account costs including the car and playground resurfacing were \$1,225,163.07.