



Mountain States Early Head Start, a program of Jannus Inc., has been serving children since 1998.

Jannus Inc. administers 20 programs funded through three focus areas: community health, public policy, and economic opportunity.



MSEHS Center Locations

Coeur d'Alene

411 N. 15th St. Suite 200
Coeur d'Alene, ID 83814
208-765-6955

Kellogg

810 Bunker Ave.
Kellogg, Idaho 83837
406-293-1032

Rathdrum

14790 N. Kimo Ct.
Rathdrum, ID 83858
208-712-3152

Sandpoint

137 McGhee Rd.
Sandpoint, ID 83864
208-263-2569

www.msehs.org



@MtnStatesEarlyHeadStart



@Mtn_States_EHS



@msehs



Mountain States Early Head Start's Annual Report 2019-2020



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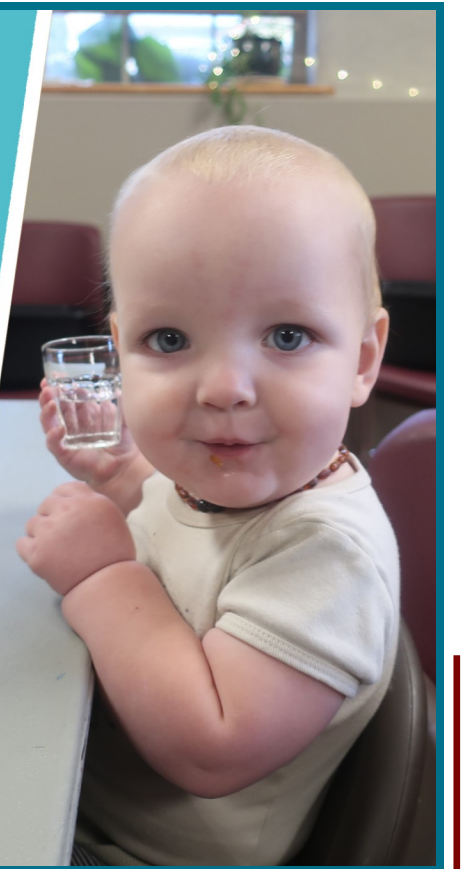
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Mountain States Early Head Start's Annual Report 2019-2020



Our Mission
is to enhance the
development of young
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healthy families,
pregnancies, and babies.



Our Year in Review

Each year, I have the honor of reflecting on our program’s successes and sharing some of the inspirational quotes and stories from parents of children enrolled in our Early Head Start program.

Last year’s theme focused on restoration. We reinforced the importance of trauma-informed work, trained staff, strengthened community partnerships, and improved our internal monitoring and communication practices.

As we look toward the future, and continue to navigate the challenges associated with the pandemic, we are imagining a new way of service delivery that supports families and staff through virtual service options. We will stream-line our data collection, improve our social media and promotion practices, and use electronic signature software to better communicate in a virtual world.

As you learn more about our program, I hope it encourages you to volunteer your time, donate supplies, or make a financial contribution to support us. We count on your contributions and look forward to meeting you!

Kimberley Seitz, Ph.D.
MSEHS Program director

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Impacts of Covid-19

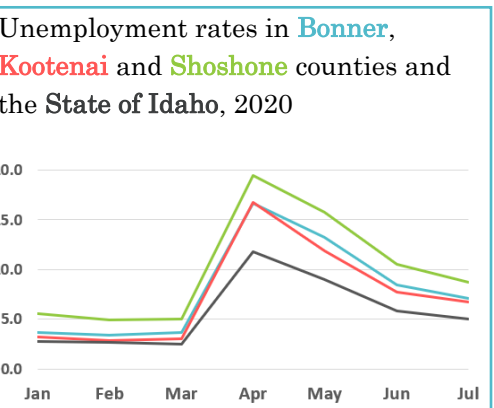
The pandemic greatly reduced our results with the number of children who were up to date on age preventative health and oral health care since doctor’s offices were overwhelmed with addressing challenges associated with COVID, dental offices were closed, and many families were scared to take their children into clinics.

| Cumulative COVID-19 Cases as of Oct. 6, 2020 | |
|--|-------|
| Bonner County | 345 |
| Kootenai County | 2,806 |
| Shoshone County | 212 |

Because North Idaho counties are tourist destinations that rely heavily on hospitality and service industries, travel restrictions, and the mandatory business closures enacted by the Governor, many people lost their jobs.

The mandatory closing of public schools saw many families suddenly struggling to learn how to support their child’s remote learning. Further compounding this issue was that many local

child care programs closed due to the lack of PPE, children attending, or staff shortages.



The impacts of Covid-19 are still unfolding and will have lasting effects throughout our community and the world.

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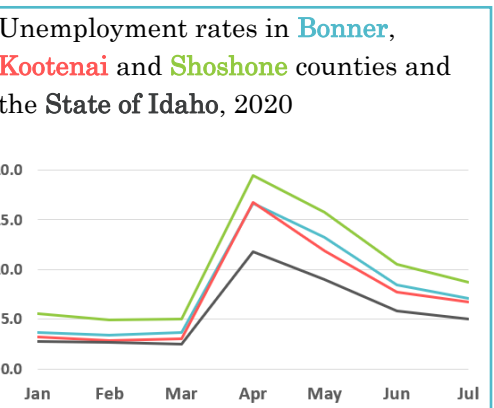
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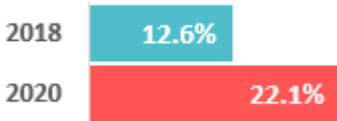
Community Assessment Update

The population within the 3-county region **grew 17%** from 2010 to 2019.

About **1 in every 7** people are living below poverty.



Percent of **food insecure children** in Idaho



Idaho has the 4th highest projected increase (75%) in child food insecurity rates from 2018 to 2020.

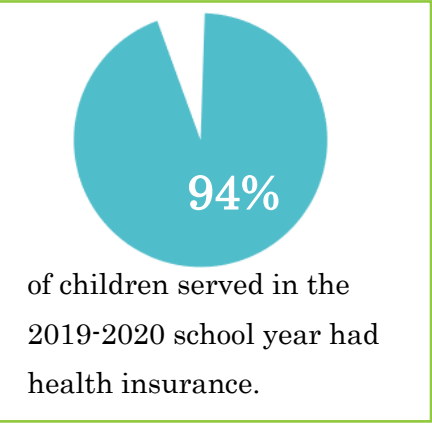
95% of the total population is White; however, the non-White population has a higher growth rate, and the area is slowly becoming more racially diverse.

Although homeless rates in the region have decreased, **830 children** in K-12 in the 3-county



region experienced homelessness during the 2018-2019 school year.

Our communities provide access to recreation, outdoor activities, and opportunities for **reflection** and **wellness** that are often free or at a reasonable cost.



of children served in the 2019-2020 school year had health insurance.

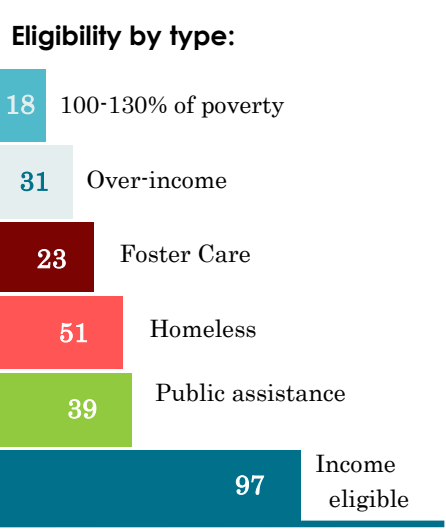
CHIP and Medicaid enrollment has been **increasing** year to year.

Over half of 3-and 4-year olds were not enrolled in any type of school.



Enrollment

As a free, Home-Based school readiness program, Mountain States Early Head Start provides weekly, 90-minute home visits to pregnant women and children birth to three years of age.



We maintained **full** enrollment throughout the year by filling vacancies within 30 days.

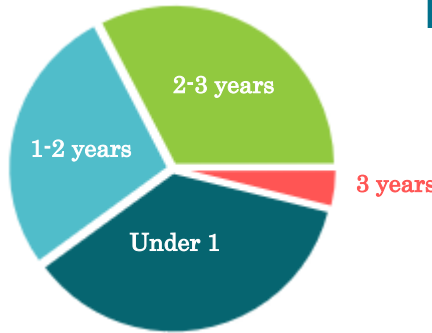
In **2019-20**, we served a total of **231** children and **28** pregnant women with an average monthly enrollment of **156 (100%)**.

Total cumulative enrollment was **259**. Percentage of all eligible children served was **81%**. Percentage income eligible: **81%**

Funded enrollment was **153**, of which **91%** were children and **9%** were pregnant women.

We exceed the required 10% of children enrolled with disabilities or developmental delays. We average more than **25% monthly** or **31%** of total children served.

Age distribution of served children



Service Area

We serve Bonner, Shoshone, and Kootenai Counties.

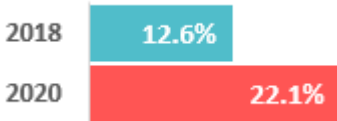
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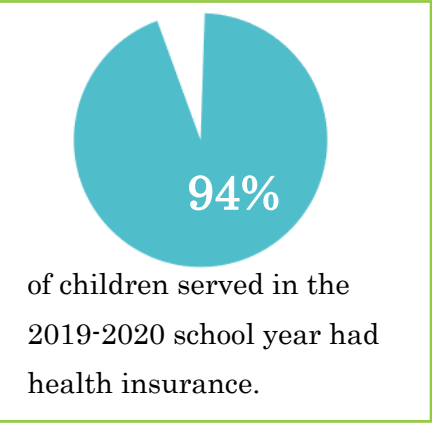
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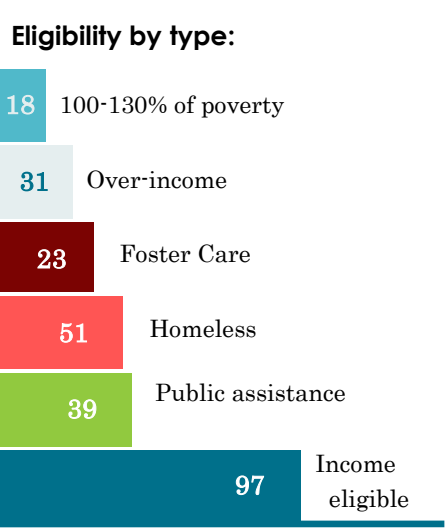
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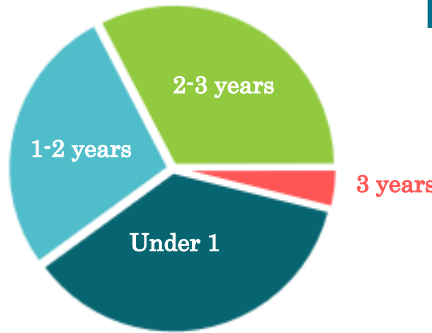
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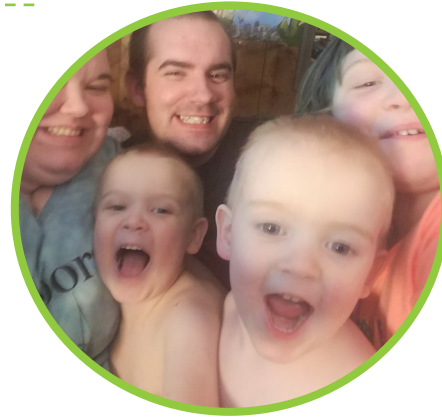
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We enrolled Tyler in MSEHS because we wanted assistance in helping our son speak more and at a higher level. He now speaks well enough we can understand him so much more. Also, all his talking is motivating his sister to speak more too!

We really love participating in playgroups and getting to spend time with other children and families.

-J.R.



After Zoe was born, I had serious postpartum depression. My Family Consultant knew I was suffering badly and asked me how I was doing. I don't know why but I was scared to admit I was suffering from PPD. She never once made me feel bad or weird about it. She just helped me through it without making me feel like there was something wrong with me or that I was alone. She was always there with support and kindness and she never made me feel like I was crazy or a bad person. She helped me through one of the hardest times of my life and for that I will always be so grateful to her.

-H.C.

"When I enrolled my child in EHS, I wanted to take the Circle of Security parenting class. My Family Consultant and I made a plan to complete it, but when the Covid-19 quarantine hit, this goal was put on hold. My FC completed virtual home visits with me and shared many resources. My FC was able to figure out a way to offer the parenting classes on Zoom. We were able to explore my strengths and how I could work through my struggles using Circle of Security parenting tools. I am so glad I was able to complete it!

"I loved the support of my FC. She was always a friendly face. I enjoyed the activities we planned together, and the information she could share to help support Mandi's language. One of my favorite activities was making some memorabilia handprints and footprints. These are something I will be able to look back on with good memories."

-E.R.

Trust Based Relational Intervention

Trust Based Relational Intervention (TBRI) is an attachment-based, trauma-informed intervention



designed by Dr. Karyn Purvis to meet the complex needs of vulnerable children.

Six of our 15 home visitors are certified in TBRI, but all of our staff have received training on how to apply its principles to help parents reinterpret their child's behavior, understand how stress or trauma impacts a child's developing brain, and learn how to address difficult behaviors.



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Education Opportunities

As part of our commitment to infant mental health and school readiness, we offer parents the opportunity to receive specific education designed to help them reinterpret their child's behavior and learn new parenting techniques to support their children. These classes can occur virtually, in home, or in groups.

Circle of Security

Circle of Security® is a free, evidence-based 8-week parenting education series designed to support attachment and the child's development. We provide it virtually, in the parent's home, and through community classes sponsored by other grants.

Through grants generously funded by the Idaho Council on Domestic Violence and the Blue Cross Employee Community fund, we were able to provide four eight-week series of classes to community members at no charge to them.

We graduated **28 individuals: 20 women and 8 men.**

One graduate said through Circle of Security, "I learned how to watch for cues to help me understand what my child is needing and feeling."

—Lakeland graduate

"This class will help with managing the feelings we have, and our kids have, and we can handle them together."-Shoshone Circle of Security Graduate



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Health Services

Children need to be healthy to learn and develop, so we help families identify a medical and dental home, receive age appropriate preventative services, and apply for benefits they qualify to receive.

Professional and parent volunteers serve on our Health Services Advisory Committee. They provide input on our health services, keep us informed of community trends, and make recommendations.

We provide mental health consultation and referrals, vision and hearing screenings, and education on attachment, nutrition, home safety, and positive discipline.

We address wellness, prenatal and postpartum screening, breast feeding, newborn care, and support families in making informed health decisions.



Health Statistics 2019-2020

- 100% of pregnant women had health insurance.
- 89% of pregnant women received prenatal health care.
- 94% of children had health insurance at end of enrollment.
- 93% of children had a medical home at end of enrollment.
- 65% of children were up to date on a schedule of age-appropriate preventative services as established by EPSDT guidelines at end of enrollment.
- 79% of children were up to date and on a schedule of age appropriate preventative and primary oral health care as established by EPSDT guidelines at end of enrollment.

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Parent Family Community Engagement

Parents provide leadership through joint-planning home visits and playgroups, providing oversight through Policy Council and participation in our Annual Self-Assessment, giving recommendations on programming through surveys and Parent Committee meetings, and helping us develop and continue revising our School Readiness and Parent Family Community Engagement (PFCE) Goals, curriculum, and child assessment.



Thank you [Alicia Barnes](#), [Kendra Bartlett](#), and [Anna Fields](#) for participating in the Idaho Head Start Association’s conference to learn how to be advocates and speak to legislators about your experiences in our program and the importance of early childhood programs. We are grateful for your advocacy and time.

You made us proud!

Our Community Engagement continues to be a success. We had 170 volunteers donate more than 19,490 hours of service (the equivalent of \$528,886 in non-federal share) by volunteering, completing home-teaching in between home visits, participating in various leadership activities, and promoting our program.

We are grateful for your help and could not have done it without you!

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Budget: July 2019—June 2020

| Category | Base | | VOCA | Other |
|----------------|-------------|--------------|--------------|--------------|
| | Budget | Expenditures | Expenditures | Expenditures |
| Personnel | \$1,530,083 | \$1,475,478 | \$24,423 | \$6,172 |
| Travel | \$2,250 | \$250 | - | - |
| Supplies | \$61,678 | \$88,617 | \$2,639 | \$1,697 |
| Contractual | \$29,380 | \$43,206 | - | \$38 |
| Other Expenses | \$246,347 | \$264,620 | \$10,293 | \$1,442 |
| Indirect Cost | \$259,893 | \$257,460 | - | \$1,262 |
| Total | \$2,129,631 | \$2,129,631 | \$37,355 | \$10,611 |

New Budget: July 2020—June 2021

| Category | Base | CARES Act |
|----------------|-------------|-----------|
| | Budget | Budget |
| Personnel | \$1,546,411 | - |
| Travel | \$15,350 | - |
| Supplies | \$73,502 | \$79,352 |
| Contractual | \$40,221 | - |
| Other Expenses | \$279,961 | \$38,698 |
| Indirect Cost | \$271,807 | \$16,408 |
| Total | \$2,227,252 | \$134,458 |

Category descriptions:

Personnel: Salaries and benefits

Travel: Out of area staff travel

Supplies: Office supplies, postage, classroom and home visit supplies, food, technology

Contractual: Health/nutrition contracts, computer support

Other Expenses: Rent, utilities, building maintenance, local travel, parent services (parent committee, family services, child care, parent classes, parent travel), legal, advertising, staff development, property tax, community collaborations, & memberships

Indirect Cost: 13.91% of total expenses for established administrative services from grantee (Jannus, Inc.)

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Program Income: 2019-2020

| Income Source | Dates | Amount |
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| Federal Early Head Start Base Grant Funds | July 1, 2019– June 30, 2020 | \$2,129,631 |
| Blue Cross Foundation | April 1, 2019—November 30, 2019 | \$40,000 |
| Federal VOCA | July 1, 2019—June 30, 2020 | \$37,369 |
| Innovia Foundation | January 1, 2019—December 31, 2019 | \$26,747 |
| Donations | July 1, 2018—June 30, 2019 | \$302 |

Proposed Income: 2020-2021

| Income Source | Dates | Amount |
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This helps ensure they are meaningful and reflect parents’ values, beliefs, needs, and culture.

Parent engagement activities were varied and included:

- Trust Based Relational Intervention parent/child bingos
 - Participating in *1,000 Books Before Kindergarten* and other family-child language and literacy challenges
 - Engaging in center activities, Policy Council, Playgroups, and Parent Committees
- Providing feedback on their child’s assessment and jointly planning home visits, playgroups, and developmental activities for their child
 - Participating in Strengthening Families events designed to promote protective factors to reduce the likelihood of child neglect and abuse

Our PFCE goal is *to support and prioritize each family’s well-being by providing educational opportunities related to health, safety, stability, and financial security.*

As shown, in the table, the majority of our Family Goals focus on the Family Well-Being outcome.

| Number of Family Goals per Family Outcome | |
|---|-----|
| Family Well-Being | 121 |
| Positive Parent-Child Relationships | 22 |
| Families as Lifelong Educators | 5 |
| Families as Learners | 13 |
| Family Engagement in Transitions | 12 |
| Family Connections to Peers and Community | 2 |
| Families as Advocates and Leaders | 2 |

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Curriculum and Assessment

As an early childhood program focused on helping infants and toddlers be ready for kindergarten, we partner with parents to help them understand that attachment is the foundation of school readiness at this age, that it begins during pregnancy, and that it occurs within the context of relationships.

The first 1,000 days of a child’s life (first three years) are critical to brain development. So, we use evidence-based curriculum and assessment tools that are aligned with Idaho’s State Early Learning

Guidelines and the Head Start Early Learning Outcomes Framework to inform home visits and playgroups. Using data from parents and our assessment tool, the *Hawaii Early Learning Profile*, as well as the *HELP at Home®*, *Partners for a Healthy Baby®*, and *Circle of Security®* curriculum, staff and parents jointly plan experiences that support the individual child’s development and attachment. We use several developmental screening tools for supporting children and pregnant women including a socio-emotional screener to assess attachment, developmental



screeners to measure development, vision and hearing screeners to identify potential concerns, and nutrition and prenatal and postpartum screening to support expectant families.



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Financial Audit Results

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“Instead of being overwhelmed not knowing where to go to get my needs met, I have been directed toward help. Instead of being filled with doubts around my parenting, I have been encouraged and educated.

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“I served on Policy Council where I helped make decisions about the program. My opinion was respected and my voice was heard. I went to Boise with EHS staff to represent parent’s interests in the program, speak to state legislators, and take classes to support our leadership skills and prepare for our trip to the capital.

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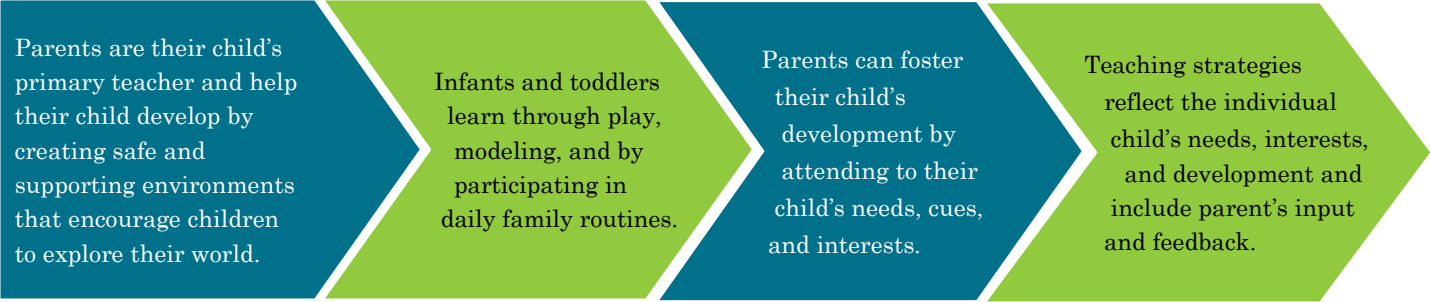
School Readiness Goals

To support children’s development across the five developmental domains, we align our School Readiness Goals (SRGs) with the Head Start Early Learning Outcomes Framework as well as the Idaho State Early Learning Guidelines.

Developmental Domains

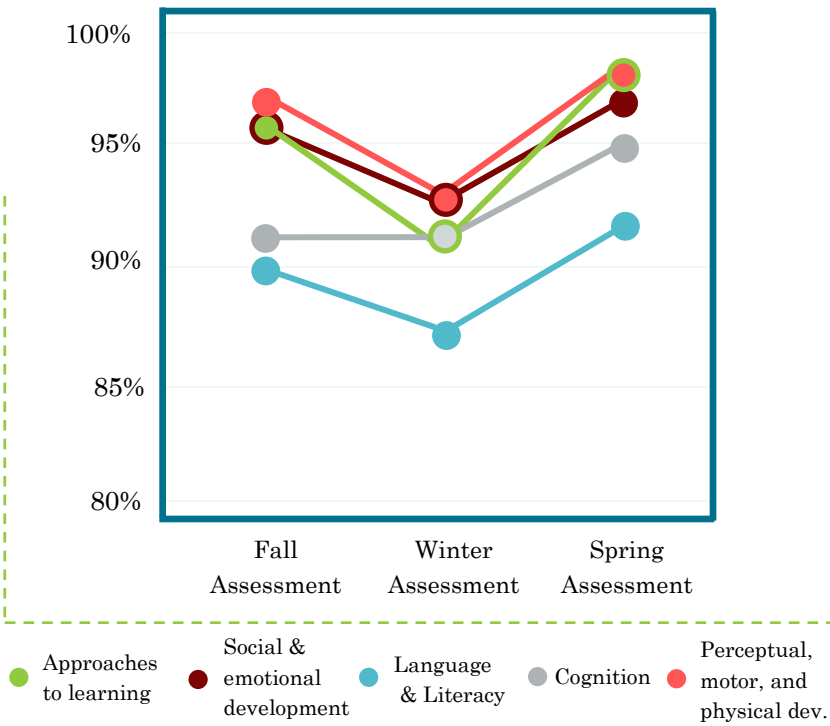
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- 3. Language and literacy—Using increasingly complex language in conversation with others.
- 4. Cognition—Observing and imitating sounds, words, gestures, actions, and behaviors.
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Our SRGs reflect our beliefs that:



School Readiness Goal Achievement 2019-2020

Percent of enrolled MSEHS children at or above age level



The figure to the left shows the percentage of children who demonstrated skills at or above age level in the assessment strands that align with our SRG across three checkpoints.

Due to our year-round enrollment and exits, different children participated in each assessment checkpoint. Despite different children being represented in each assessment checkpoint, trends are still seen.

According to the data obtained from the most recent assessment checkpoint, **83** children participated in at least two assessment checkpoints this program year.

Excluding language and literacy, **96%** of children demonstrated improved skills.

92% of children demonstrated improved skills in the larger language and literacy domain vs. the specific assessment strands aligned with the SRGs.

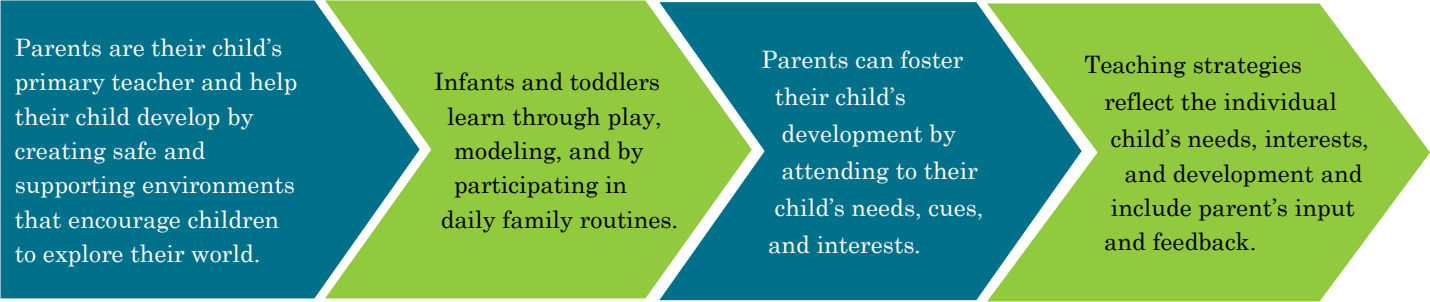
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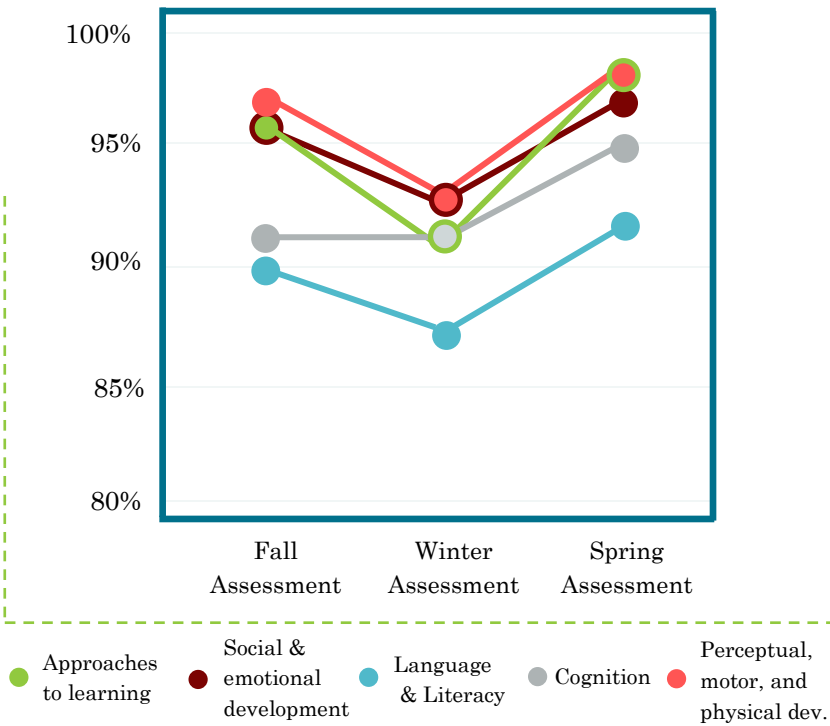
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