Oh Baby, Healthy and Ready by Three—the Bridgeport Baby Bundle

A “Bright Spots” Update

Grand Rounds HRSA & NICHQ
March 14, 2018
We envision an America where all children can grow up...

Healthy  Safe  Smart  Strong

We are not there now...
We live and work in a country facing increasing individual trauma and societal stress. This is not OK.
We envision an America in which a legacy of economic security and educational success passes from one generation to the next.

We are not there yet but we are making progress...
We envision a nation where all children are reading at grade level, measured at the 3rd grade.

We are not there yet...
BUT...
YES
VIRGINIA, THERE ARE BRIGHT SPOTS ...
In communities across America, people are working to change this.
Bridgeport, Connecticut is one of these places
Back-mapping some Bridgeport child facts

- 99% of public school students are FRPM-eligible
- Fewer than 1 in 10 8th graders proficient in math
- 30% of 3rd graders reading at level
- 30% school-ready at K
- 75% of three-year olds enter Head Start BEHIND
- 1800-2000 babies born in two birthing hospitals and resident in the city
Bright Spot # 1

The Science shall lead us...

A commitment to increasing public understanding of the (neuro) science of adversity, health and resilience
Because significant adversity and toxic stress in childhood changes the biology of our bodies (intergenerationally) and hurts the development of young brains, we host a lot of conversations anchored in “Resilience”
Action to Date

- Screening and conversation held in December for over 120 cross-sector community members
- Secured multiple licenses to offer to agencies throughout Bridgeport through an RFP process
- Proposals include goals for screening and follow-up plans to increase trauma-informed practices within agencies
- Accepted proposals include:
  - Bridgeport Department of Health
  - Bridgeport Hospital
  - City Community Response Team
  - Bridgeport Child Advocacy Coalition
  - Bridgeport Public Schools
  - Faith sector partners
  - and more………
We have devised a simple way to talk about brain development

The early years really matter
Intertwined cognitive and social-emotional development  Executive function  Self–regulation  Empathy

Trauma  Toxic Stress  Adverse Childhood Experiences (ACES)

Poverty  Racism & Implicit bias  Educational and health inequity  Politics...

Mindfulness  Kindness  Health  Hope  Happiness  Resilience

We can build it...

Gruendel, 2.7.18
Recognizing universal challenges and extra stress for some...

Parental Health & Mental Health
- Maternal depression
- Parent-child attachment
- Domestic violence
- Substance Abuse
- ACES

Family Basic Needs
- Unstable/unsafe housing
- Family and community violence
- Not enough food to get through the month
- Unstable child care
- Weak social networks & social capital
- Unstable work status
- Needs of aging parents

Child Health, MH and Behavior
- School absences
- School suspensions/expulsions
- School performance
- Developmental delays
- Health problems
- Anxiety/fear/aggression

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Bright Spot #2

Creating a fearless, science-informed BHAG
(a Big Hairy Audacious Goal)
The Goal of Healthy and Ready by 3

All Bridgeport babies born beginning in January 2018 will reach expected health and developmental benchmarks by the age of three.
WHAT DOES “READY by 3” MEAN?

MOST CHILDREN WHO TURN THREE YEARS OF AGE...

- Show a wide range of emotions - Take turns at games – Can dress themselves – Understand the idea of “mine” and “yours” – Show empathy

- Follow 2 or 3 step instructions - Can name most familiar things – Speak well enough that strangers can mostly understand them – Talk using 2 or 3 sentences

- Play make-believe – Can copy shapes – Turn book pages one at a time – Build towers of blocks

Centers for Disease Control and Prevention
Bright Spot #3

A clear framework for the “change we want to be” and a dogged commitment to all of it
We use a data-informed, truth-to-power community impact process.
With an expanding group of people and organizational partners to REPAIR AND REBUILD a climate of community hope and “relational health”...
..based on a universal, cohort- and place-based framework

A Values-based Approach to Guide Practice

The Neuroscience of Trauma to Resilience

A Comprehensive, Whole Family Design

The Rule of P

A 21st Century Operations & Management System

...linking resilience and relational health.
Relational health exists at the intersection of these three core contributors to wellness and resilience.
Bright Spot #4

The Bridgeport Baby Bundle with 5 core strategies and an evolving set of initiatives
The Baby Bundle’s Five Strategies

- Supported Care and Parenting
- An Army of Helpers and Advocates
- Bridgeport Baby Investment Bundle
- Innovation and Better Connections
- Track Change. Measure Impact
A Peek at What’s Inside Each Strategy (BOLD INDICATES ACTION)

**Supported Care and Parenting**
- Bridgeport Basics Family Connects (Universal Home Visiting)
- All Our Kin (Family Child Care)
- ROR and Read to Grow (Early Literacy) (NEW)
- Moms Partnership (Maternal MH)

**An Army of Helpers and Advocates**
- Resilience screenings
- Bridgeport Baby Brigade
- Bridgeport Sings
- (NEW) Celebrating Pediatric Partners
- Leading from the Pulpit (NEW) Trauma-Informed Policing

**Bridgeport Baby Investment Bundle**
- (EXP) The Bridgeport Basics
- (NEW) Family Connects
- (EXP) Universal Developmental Screening
- (EXP) Reach Out and Read
- (EXP) All our Kin

**Innovation and Better Connections**
- Neighbor to Neighbor (South End)
- Elders Rock the Babies; Top to Bottom (NEW) Linking The Basics to 3rd Grade Reading
- (NEW) The Uber Stork

**Track Change. Measure Impact**
- (NEW) National Interoperability Collaborative (Data agreements, City health data, CT Medicaid data)
- (NEW) Tracking Resilience (Sonoma Toolkit)
- 2-1-1 Child Development Infoline/Help Me Grow
Bright Spot #5

Finding early successes: Linking the Bridgeport Basics to early literacy, well-child pediatric care, and 3rd grade reading
Bridgeport Basics

• Universal campaign sharing evidence-based caregiving principles for children birth-age 3
• Foster environment where parenting challenges are acknowledged and help is welcomed

Opportunity:
Full speed ahead!
Bright Spot #5

Advancing universal home visiting: Family Connects

New partnerships and an intentional donor development process
Family Connects Program
- Nurse home visit to all families with newborns
- Health check for mom and baby; advice on newborn care; referrals
- Improved home environments and parent-child interactions for new and veteran parents
- Yields a $3.02 reduction in emergency health care costs for every $1 invested

Action to date!
- Commitment partnership with Bridgeport Hospital
- Institute for Child Success (ICS) providing implementation direction and technical assistance
- Partnership of Bridgeport Hospital Foundation and Grants Plus to explore funding opportunities
Bright Spot #6

Moving to universal developmental screening
Early Identification and Universal Screening

Goal: Systemically increase screening (Child Development, Maternal/Paternal Depression and ACEs)

- Broad survey of provider groups disseminated to learn what tools are being used now, how they are paid for and what happens to the data. ACES and maternal MH screening questions included in survey
- Partnering with pediatric champion to disseminate across pediatric sector
- Based on data collected, create a framework to increase screening and create data collection system (Help Me Grow, CDI)
- Explore opportunities- to include this work as part of the National Interoperability Collaborative, of which Bridgeport Prospers has just been named the CT demonstration site
Bright Spot #7

Expanding an EBP early reading program, Reach Out and Read, with a home grown, data rich CT program, Read to Grow.

A new partnership is formed.
Reach Out and Read

- Well-child visits to promote early literacy – share reading and book access
- Universal, light touch, from 6 months - 5 years
- Improves home literacy environment, contributes to child literacy, improves parents-practitioner relationship
- Currently, 7 ROR sites
- Expansion 3-5 more sites
Bright Spot #8

Neighbor to Neighbor: Moving to Place-Based Development

Building community connections, leadership and ownership, together
Neighbor to Neighbor: Focusing on the South End
A Place-Based Approach

South End/06604
From the 2016 Bridgeport Prospers B-3 Summary report:
- 40 Churches
- 3 Centers serving the largest number of infants and toddlers:
  - ABCD Jamie Hulley (140); Care Around the Clock (93); Donna’s Little Doves Child Development Center (48)
- 10% of ECE (All our Kin)
- PK/K-8 Schools
Perhaps the greatest gift is learning to listen with humility...because everybody has a story...
We have lots more information and resources to share.

Please contact us!

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