

Oregon Relief Nursery



In **1976**, child abuse and neglect was a problem in Lane County.

Children and families didn't have many services available to them until after a child had been victimized.

The primary response to abuse and neglect was removing children and placing them in foster care.

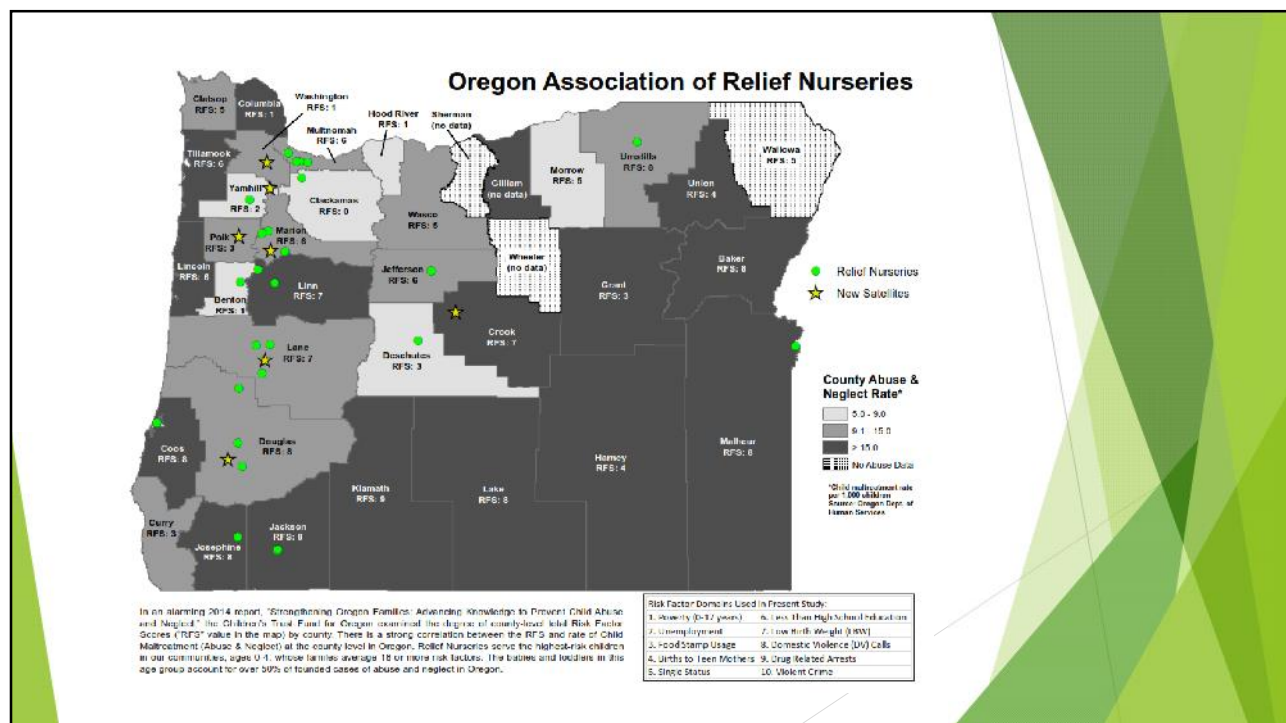
That didn't seem like an enlightened approach...

Why not offer preventive services?

A group of local community leaders took a stand.

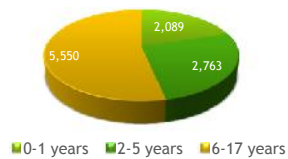
“We can make things better... for families with young children”

- ▶ The relief nurseries began in 1976 in Eugene with the women of the Junior League in partnership with local churches.
- ▶ The group founded an independent nonprofit, began fund raising to support services and hired Jean Phelps in 1984 who led relief nurseries for 22 yrs.
- ▶ Relief Nursery, Inc. earned attention and support at national and state levels.
- ▶ Volunteers of America in Portland and Family Relief Nursery in Cottage Grove were the first replications of the relief nursery model in early 1990's.
- ▶ In 1999, Senate Bill 555 passes which established state funding and included a requirement for 25% cash match.
- ▶ State funding through the Commission on Children and Families, which evolved into the Early Learning Division, was critical to building the current network of 14 relief nurseries with 29 centers in 17 counties.



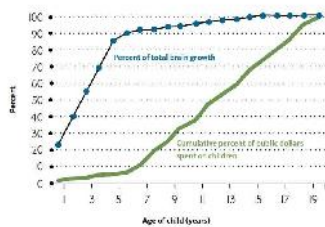
Need for services...

Oregon Child Abuse Victims
2015

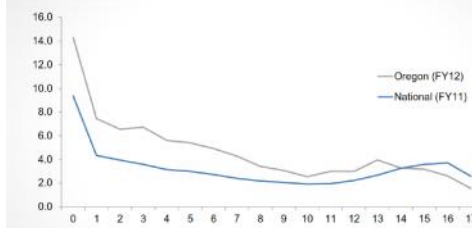


0-1 years 2-5 years 6-17 years

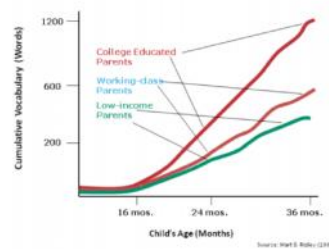
Brain Growth Compared to Public Expenditures
on Young Children



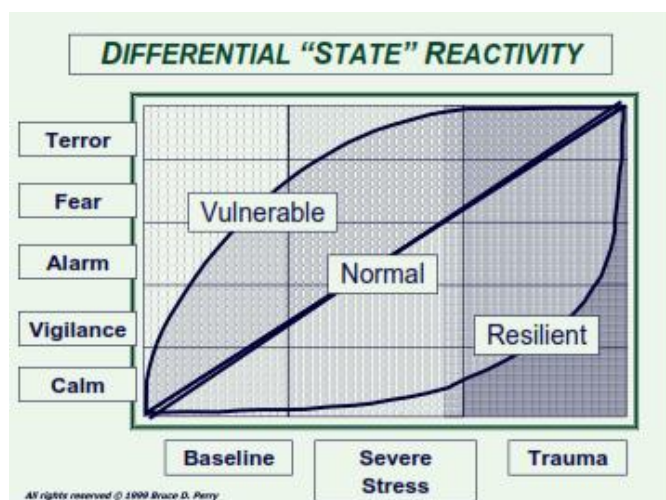
Rate of children entering care, by entry age
(per 1000 children under 18 in general population)



Disparities in Early Vocabulary Growth

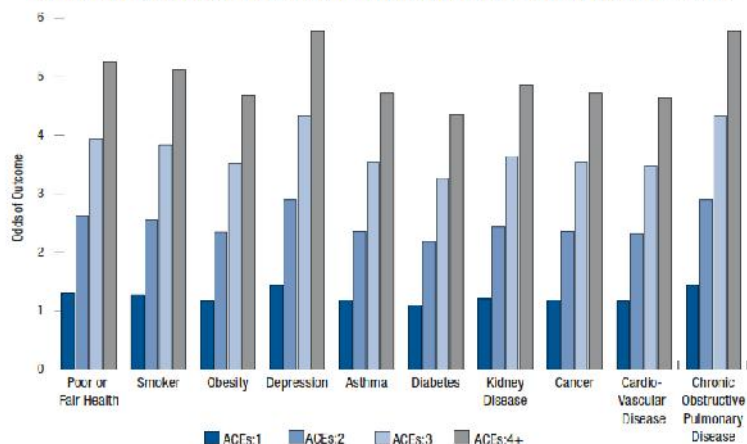


Impact of Trauma on Young Children



Adverse Childhood Experiences...

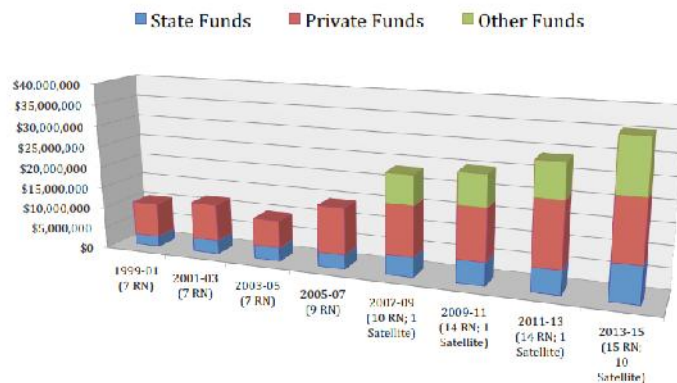
The association between ACEs and health outcomes in Oregon, 2011 & 2013



This table highlights the relationship between the number of ACEs experienced and associated health outcomes. This analysis controlled for sociodemographics including age, sex, education, poverty, race and ethnicity, and for smoking for chronic obstructive pulmonary disease and cardiovascular disease.

The Value of Engaging Communities

Relief Nurseries Stretch State Dollars with Local Support



	1999-01 (7 RN)	2001-03 (7 RN)	2003-05 (7 RN)	2005-07 (9 RN)	2007-09 (10 RN; 1 Satellite)	2009-11 (14 RN; 1 Satellite)	2011-13 (14 RN; 1 Satellite)	2013-15 (15 RN; 10 Satellite)
Other Funds					\$6,912,643	\$7,315,043	\$8,154,599	\$12,557,922
Private Funds	\$8,000,000	\$8,000,000	\$6,490,295	\$11,039,778	\$11,041,001	\$12,230,668	\$15,130,361	\$14,254,610
State Funds	\$2,600,000	\$3,238,856	\$3,275,000	\$3,115,000	\$1,709,702	\$5,139,279	\$5,659,132	\$8,598,300

What is a Relief Nursery... (from OAR's)

- ▶ **Community-based organizations** that seek to prevent the cycle of child abuse and neglect through early intervention programs that focus on developing successful and resilient children, strengthening family skills of parents/care givers, and preserving families.
- ▶ **Relief Nursery services** are offered within a comprehensive and integrated early childhood and family support system to appropriately meet the needs of the individual family with children who have been abused or are at risk of child abuse and neglect.
- ▶ Relief Nurseries **must include** therapeutic early childhood education programs, home visitation and parent education and support.
- ▶ Relief Nursery **services** are voluntary, strength-based, culturally appropriate, and designed to achieve appropriate early-childhood benchmarks and healthy family functioning.

Services include...

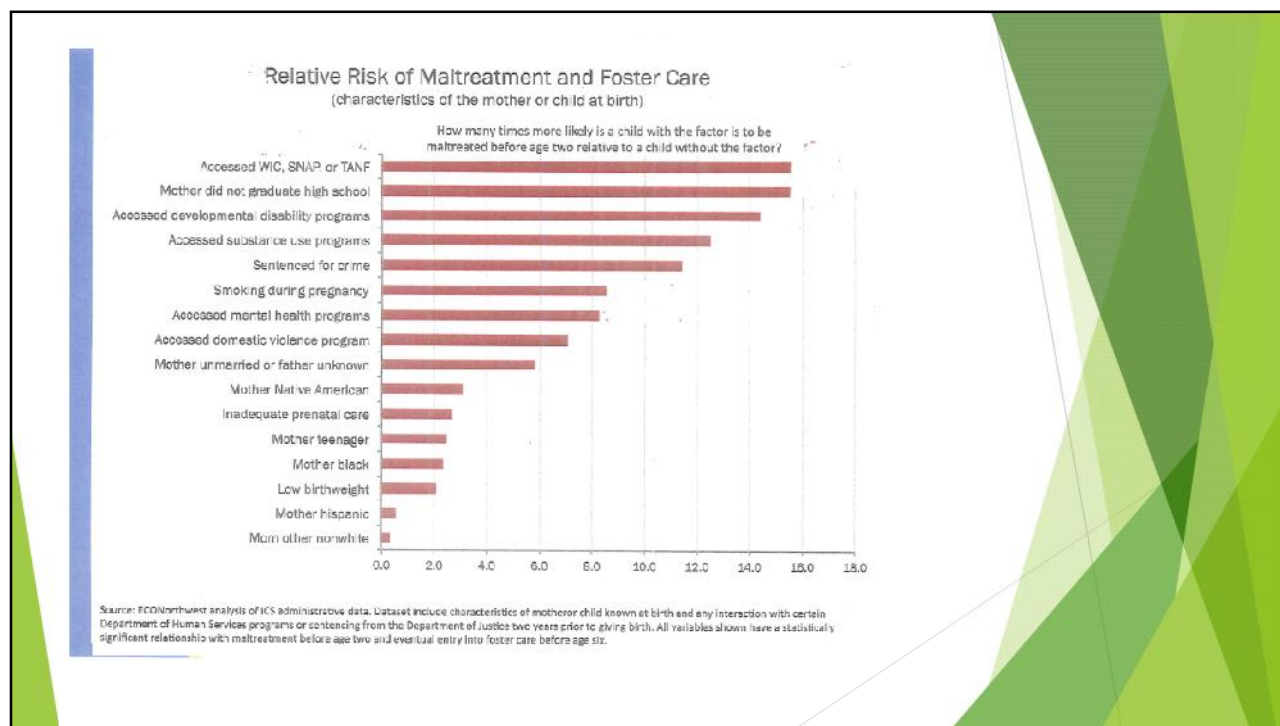
- ▶ **"Outreach"** - first contact with families includes intake & assessment.
 - ❑ Families who stay in this program receive home visits, respite care, "basic needs" support and crisis intervention.
 - ❑ Home visiting schedule varies (weekly, monthly or on-demand). Can be "home-based".
- ▶ **"Therapeutic Early Childhood Program"** (TECP) 300 contact hrs. annually
 - ❑ EC classes twice weekly for 3 hrs. with high staffing ratio and small group size.
 - ❑ Monthly home visiting focused on whole family
 - ❑ Monthly parenting classes and positive family socialization
 - ❑ Support services - transportation, material support and referrals for resources
- ▶ **Additional Services** - varies by program
 - ❑ Mental health (children and/or parents)
 - ❑ Parents in Recovery
 - ❑ Services for mandated parents ie supervised visitation
 - ❑ Home visiting program ie Health Families
 - ❑ Head Start, EI/ECSE, etc.

More about Services...

- ▶ Early Childhood classes regulated as center-based child care (one temporary exception)
 - ▶ Compliance with regulations for staffing, policies, practices, safety and sanitation
 - ▶ Quality Rating Improvement System (QRIS) - typically 4 or 5 star
- ▶ Our niche is “therapeutic” classes
 - ▶ OAR's have specified group size, staffing ratios and class frequency for infant, toddler and preschool classes. This has been helpful.
 - ▶ Child Assessments - required
 - ▶ Curriculum requirements - focus on emotional, social and behavioral concerns.
 - ▶ Statewide evaluation system - required
- ▶ Home Visiting
 - ▶ Visits conducted by teacher
 - ▶ Promotes healthy development within the family context
 - ▶ Focused on family stabilization and resource referral
- ▶ Volunteers are key to delivering services in classroom

Who Participates...

- ▶ Children 0-5 and their parents or care givers who have multiple risk factors linked to child abuse and neglect. (from OAR's)
- ▶ Serve more than 2,500 children per year and their families
- ▶ Families have an average of 16 “risk factors” based on 47 item list
 - ▶ 80% under/unemployed
 - ▶ 53% mental health problems
 - ▶ 50% intimate partner violence
 - ▶ 47% raised by alcohol or drug effect person
 - ▶ 46% unstable food supply for family
 - ▶ 44% adult victim of child abuse/neglect
 - ▶ 42% history of homelessness
 - ▶ 38% less than high school education
 - ▶ 36% incarceration or criminal justice supervision
 - ▶ 31% adults have history of an open case with child welfare
 - ▶ 25% adult victim of child sexual abuse or incest



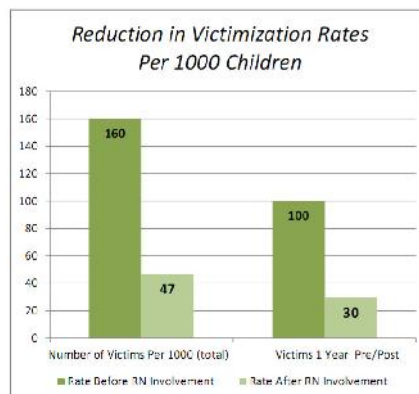
Relief Nursery Outcomes...

Report on outcomes produced every two-years by external evaluators

- ▶ Consistently documented 70% reduction in the incidence of abuse/neglect (2005-2012)
- ▶ 95% of children free from abuse and neglect

Report for 2012-14 documented positive impact on:

- ▶ Family Violence and Victimization
- ▶ Poverty
- ▶ Child Welfare
- ▶ Mental Health
- ▶ Family risk factors



Certification/Replication

- ▶ Many but not all relief nursery program standards are in the OAR's.
- ▶ Relief nurseries in the past replicated through Relief Nursery, Inc. in Eugene.
- ▶ Currently, "certification" is detailed in the OAR's
 - ❑ Requires working collaboratively with local early learning and community planning efforts
 - ❑ Requires no less than 3 relief nursery directors to review and approve application
 - ❑ Replication support comes from the Oregon Association of Relief Nurseries (OARN)
 - ❑ Current OAR's references statewide early learning quality assurance standards (old document)
- ▶ Relief Nursery, Inc. in Eugene has produced quality assurance standards for relief nursery.
- ▶ Relief nursery funding requires 25% cash match

Certification Process...

- ▶ Organizing "Group" creates local mandate for relief nursery services
- ▶ OARN provides information and replication support
- ▶ Group must fulfill the following requirements from following sources:
 - ▶ Oregon Administrative Rules
 - ▶ Community
 - ▶ Legal
 - ▶ Fiscal (25% cash match)
 - ▶ Infrastructure
 - ▶ Development (fund raising) & volunteer support
 - ▶ "Certification Binder" documenting evidence of meeting standards
 - ▶ Relief Nursery, Inc. Quality Assurance Standards
- ▶ New relief nurseries and satellite programs are STRONGLY encouraged to bring new funding...otherwise support for existing programs is diluted.

Self-Governance/Regulation

- ▶ Relief nurseries are unique to Oregon
 - ▶ Our system of relief nurseries developed through 40 yrs of public/private partnership
 - ▶ Over half the funding for services comes to local program from private sector
 - ▶ We have written our own rules and divided our state funding among us
- ▶ Our work crosses typical silos of early childhood education, child welfare, behavioral and physical health, social services and private/public sectors.
- ▶ Oregon Association of Relief Nurseries is our statewide body to organize, advocate, and negotiate on behalf of individual relief nurseries in addition to supporting the evolution our program model and development of a robust system of relief nursery programs in Oregon.
- ▶ Challenging at times to be self-governing, but we are succeeding!

What Relief Nurseries need from OARs

- ▶ Sufficient regulation to assure fidelity to relief nursery program model
- ▶ Assurance that relief nurseries align with standards for safe, high-quality early childhood care and education programs.
- ▶ Assurance that public funding is invested wisely yet...sufficient flexibility to enable programs to accommodate other funding sources. (contracting issue)
- ▶ Room for self-governance and self-regulation - it is what we are used to and relieves the Early Learning Division from this duty.
- ▶ Flexibility in criteria for families to receive services
- ▶ Some things to consider:
 - ▶ Trauma informed care is tremendously important to how we work with clients
 - ▶ Home visits are similar to work done by community health workers
 - ▶ Relief nurseries could potentially have a bigger role in helping the state work across silos of early childhood, child welfare and community health especially in preventing and ameliorating the impact of adverse childhood experiences.