

# Starting Out Strong

Partnering with families for healthy babies and communities

## 2023

**3,693**

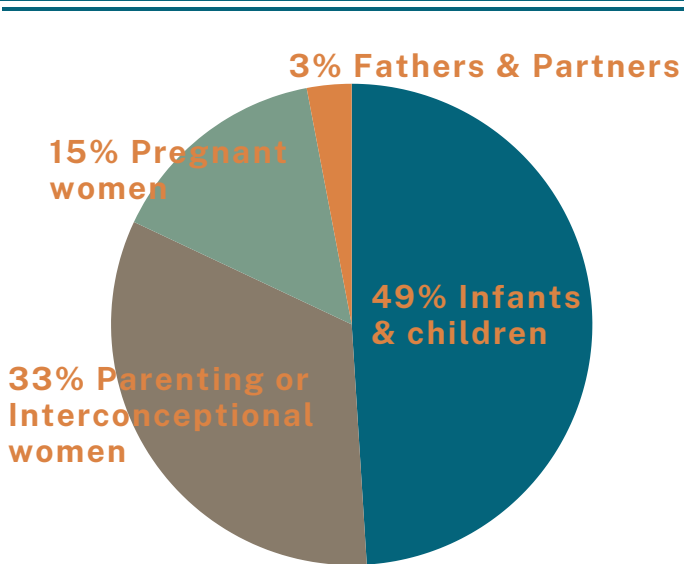
INDIVIDUALS  
SERVED



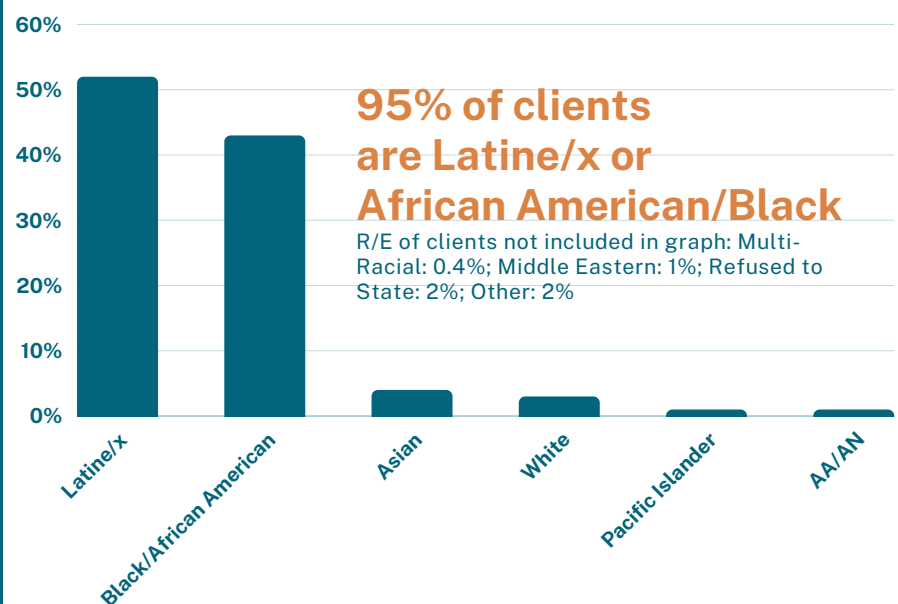
**24,603**

FACE TO FACE &  
TELEHEALTH VISITS

### TYPES OF CLIENTS SERVED



### RACE & ETHNICITY



**4,019**

Referrals were made



**99%**

of families were linked  
to community resources

### CLIENT PROFILE

**83%**

Can't  
afford  
basic  
needs



**26%**

Did not  
graduate  
high school



**9%**

Report  
substance  
use



**6%**

Pregnant &  
parenting  
teens



**52%**

Single  
parent  
households



**14%**

Victims of  
intimate  
partner  
violence



**27%**

Housing  
insecure  
or homeless



**6%**

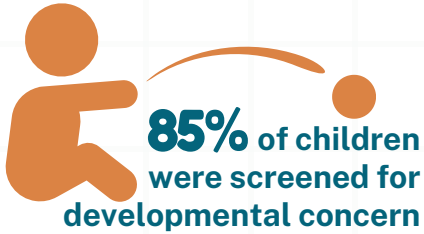
Involvement  
w/child  
protective  
services



# Starting Out Strong 2023

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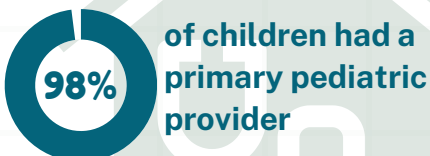
## EARLY CHILDHOOD DEVELOPMENT



**15%** were at risk for delays

**94%** of parents read to their children at least 3 times a week

## CHILD MEDICAL HOME



## HEALTH INSURANCE

**79%** of clients were Medi-Cal insured



**99%** of clients were linked with Health Insurance

## CLIENT SATISFACTION

"My doula provided exceptional support throughout pregnancy, labor, and postpartum, offering information, personal insights, and practical assistance.

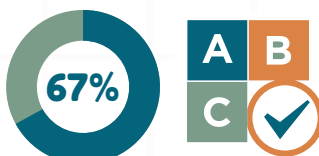
My doula's care extended from discussing options to aiding during a 40-hour labor, ensuring comfort and support post-delivery.

I rated this experience 10/10 and highly recommend it."

**92%**

of women said their case managers met most of their needs and were very satisfied with the services received

## SAFE SLEEP



of parents always put their babies to sleep in an "ABC" safe sleep environment & position

## MATERNAL HEALTH

**97%**

Prenatal care

**99%**

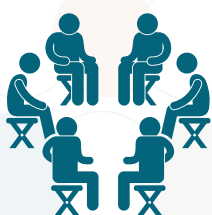
Preventive care

**91%**

Postpartum care

**82%**

of women breastfed or provided breast milk to their child



**92**

Fathers served through case management, group education including Boot Camp for New Dads and Café Dad.

## FATHERHOOD INITIATIVE



**664**

1:1 and Group Encounters



**91%**

Screened for depression

**27%**

Positive for perinatal depression

## BLUE SKIES MENTAL WELLNESS

**10**

Mom to Mom Depression Group Sessions were held for women at risk for perinatal mental health disorders.



**164**

Clinical reviews/ consultations/trainings around anxiety, depression, harm reduction, & psychosocial health.



**181**

Pregnant women, children, and fathers receive mental health services including prevention, brief treatment, case management, and early intervention.

