

# Starting Out Strong 2024

Partnering with families for healthy babies and communities



**3,690**

INDIVIDUALS  
SERVED



**20,811**

FACE TO FACE &  
TELEHEALTH VISITS



**3,950**

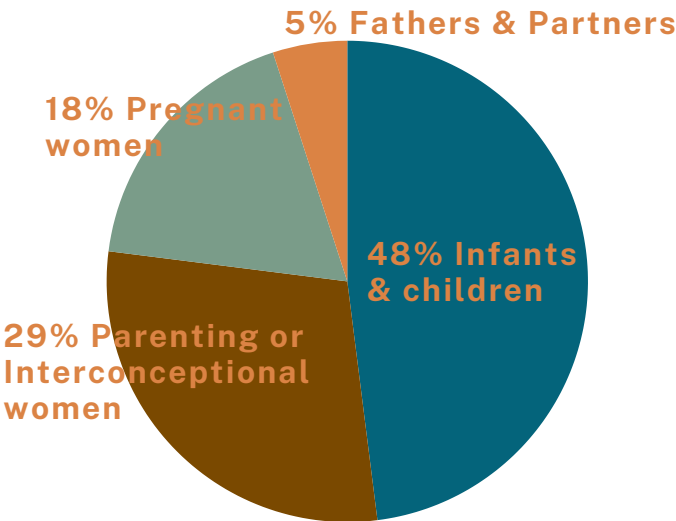
REFERRALS  
WERE MADE



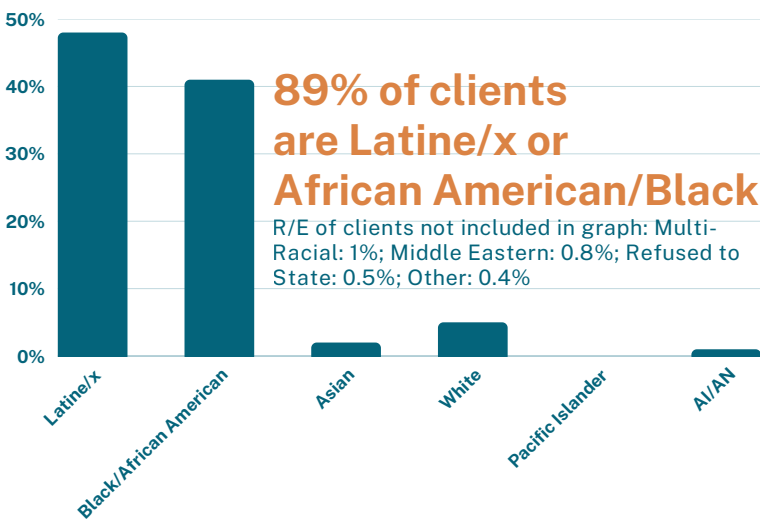
**87%**

OF FAMILIES WERE LINKED  
TO COMMUNITY RESOURCES

## TYPES OF CLIENTS SERVED



## RACE & ETHNICITY



## CLIENT PROFILE

**78%**

Can't afford basic needs



**34%**

Did not graduate high school



**7%**

Report substance use



**11%**

Pregnant & parenting teens



**52%**

Single parent households



**9%**

Victims of intimate partner violence



**22%**

Housing insecure or homeless



**5%**

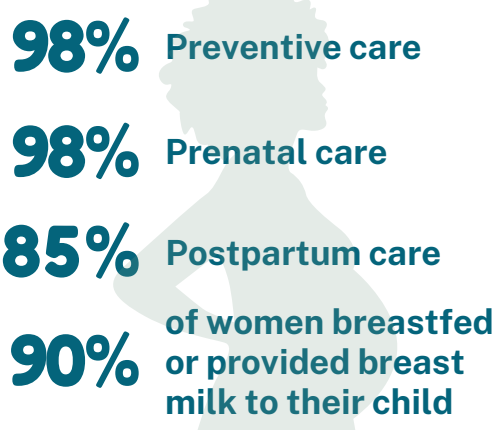
Involvement w/child protective services



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## MATERNAL HEALTH



## CLIENT SATISFACTION

— “ —  
*My case manager goes above and beyond to help us.*  
— ” —

— “ —  
*The program helped me with resources when I had nothing.*  
— ” —

## SAFE SLEEP

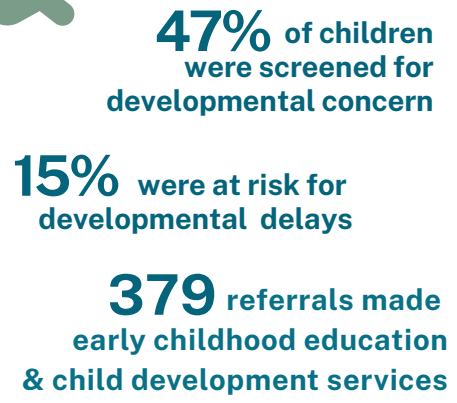


**92%** of respondents reported being very satisfied and satisfied with program services

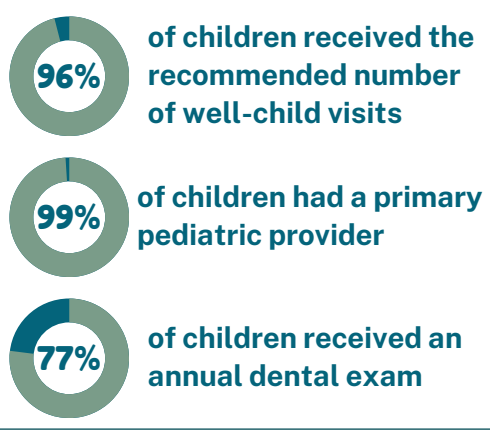
### Top 3 benefits of program services reported by active clients:

- 1 Understanding of health education and child developmental topics
- 2 Access and utilization of community resources
- 3 Improvement of physical and mental health

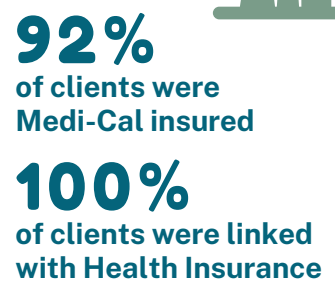
## EARLY CHILDHOOD DEVELOPMENT



## CHILD MEDICAL HOME



## HEALTH INSURANCE



**253** Fathers served through case management, group education including Boot Camp for New Dads, Café Dad, and Financial Tools & Solutions.

## FATHERHOOD INITIATIVE



**711** 1:1 and Group Encounters



## BLUE SKIES MENTAL WELLNESS



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

**123**



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

**206**



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



**Public Health Department**  
Alameda County Health

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