Texas Tech University Center for Early Head Start (CEHS) makes available an annual report published at least once in each fiscal year that discloses the following information from the most recently concluded fiscal year, except that reporting such information shall not reveal personally identifiable information about an individual child or parent:

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Our year began with good news as we were pleased to announce that StarCare Specialty Health System had generously donated the building we call home as of September 2021. In our expanded space, we opened a Caring Closet for families and a room for donations of children’s clothing. We are able to imagine plans for the new wing in the future while focusing on the repair and maintenance of our building and grounds. We developed an inner courtyard playground for use in the afternoon. Scout Troop 157 partnered with our staff for a playground work day to clean and repair our outdoor learning environments.

Staff wellness has been of increasing importance to our program. We seek to sustain a continuous workforce and healthy staff to support our families and children. This year we developed a wellness team which was tasked with discovering what wellness meant to our staff. We created a wellness plan with three areas: rest and relaxation; play; and occupational health.

In December, the Graduate Student Association (GSA) of the Department of Human Development and Family Sciences held a hugely successful gift drive providing needed and wanted gifts for each of our 96 infants, toddlers, and expectant mothers.

We participated in several nutrition projects this year. After receiving the E3E Grant from the Texas Department of Agriculture, we utilized the Harvest of the Month program to increase exposure to a variety of fruits and vegetables. The featured food item was incorporated into the monthly menu, nutrition activities in the classrooms, and recipes and ingredients sent home for families. We were pleased to collaborate with Texas Tech University researcher Grace Lee in a research project, Healthy Online Parental Education (HOPE) that aimed to help mothers and children engage in healthy eating behaviors.

Thanks to the help of our quality improvement funding from DHHS, we were able to make equity and compression adjustments to the salaries of our staff.

In April 2022, we held a Spring Fling event, featuring the works of Eric Carle. Children were able to participate in various games and activities focused on fine motor, gross motor, sensory, and literacy skills. A health fair took place simultaneously with numerous community health-related organizations including pediatricians, TTU Health Sciences Center nursing students and Medicaid representatives to promote family wellness.

Our year ended in optimism as we worked collaboratively to build healthy spaces and healthy lives with our children, families, staff and community at TTU Center for Early Head Start.

Stephanie Shine, PhD
Executive Director
TTU Center for Early Head Start (CEHS) operated two federal grants concurrently. Regular Grant 06CH011492 funded 56 children: 24 Home Based and 32 Center Based children; Expansion Grant 06HP000266 funded 40 Center Based children. For the next fiscal year, our Consolidated budget includes all 96 participants in the Regular Grant 06CH011492.

CEHS also participates in USDA's Child and Adult Care Food Program (CACFP) for the food service component. To contribute the required Non Federal Share commitment, CEHS uses Texas Tech University matching funds, funds from the Talkington Endowment, and other donations.
TTU CEHS strives to engage each member of the family as an active participant in the child’s education and believes that making parents the child’s primary educators is extremely important to sustain the work that we accomplish.

Upon enrollment, teachers and support staff work toward developing relationships based on trust and open communication with families in order to engage them in the Family Partnership Agreement. Families are made to feel comfortable, welcome, and empowered to get involved in the program and their child’s education. CEHS provides a variety of activities as well as a variety of times so that families can participate in activities that both interest them and work with their personal schedule. Staff actively encourage families to take advocacy and leadership roles within the community.

**Family Engagement Activities**

**Active Policy Council:** During monthly meeting, childcare and meals are provided to encourage consistent attendance and active participation in decision making.

**Parent Committee Meetings:** Offered in a variety of forums, including Parent Information Sessions.

**Socialization:** The Home-based program provides socialization opportunities twice each month, both at the center and at community functions.
Family and Health Services

**Family Literacy Program:** Provides each family with a book and activity to be done at home each month. We also provide a Little Free Library for children and adults, and partner with others in the community to offer family literacy events, both at CEHS and in the community.

**ReadyRosie:** a research-based parenting curriculum that features both online and in-person opportunities for families to learn how to create meaningful home-learning environments.

**Family Support:** Assistance with higher education, job placement, and social service connections in the community.

**Volunteer Opportunities:** Family members, TTU students, and community members are encouraged to volunteer in the classroom, at special events, and as assistants to support staff.

**Annual Self-Assessment:** Parents help facilitate the data collection for this annual process.
Caring Closet: A resource for health, hygiene and home safety supplies that families can access monthly or when in crisis. This closet is supported through donations or TTU student service projects.

Resources: Texas Tech University and TTU Health Sciences Center resources are available for staff wellness, mental health services, and translation services for families who speak a language other than English.

Baby Bucks Store: An incentive program in which parents earn participation points for a variety of engagement activities. Families are then able to shop in the store for clothes and other items needed for their child.

*Regular Grant
*Expansion Grant
2021-2022 Research Projects

TTU Center for Early Head Start (CEHS) provides interdisciplinary research opportunities for faculty and graduate students in various fields across Texas Tech University.

Parent Nutrition 101: Healthy Online Parental Education (HOPE) by TTU Nutritional Sciences Doctoral student Grace Hyunjung Lee

Overview: The HOPE program was designed to substantially improve food knowledge, behavior and outcomes in families with young children. This program was composed of eight weekly lessons in which parents of toddlers (12–36 months old) learned about age-appropriate nutrition, parenting skills, and food preparation. The lessons were based on three evidence-based healthy habits that are related to preventing childhood obesity: more fruits and vegetables, less screen time, and more physical activity.

Parents who participated in the program were assigned into two groups: One group received the online-delivered HOPE program and the other group only received a copy of the booklet. This booklet included 2020 USDA recommendations for a healthy diet for adults and children. Parents in the HOPE program also had three small cooking activities.

Compared to the control group, the intervention group had improvements in the change scores of: child fruit and vegetable intake, parental self-efficacy, and parental feeding practices.

Dr. SuJung Park worked with TTU CEHS to examine past data from enrolled families regarding their involvement in the program, as well as their child and family outcome results. The work of this project continues.
School Readiness Goals

Approaches to Learning
Children will develop their natural curiosity and independence
Children will develop persistence and problem-solving

Social and Emotional
Children will develop positive relationships with friends and family
Children will develop the ability to understand and manage their emotions

Physical Development and Health
Children will demonstrate control of their large and small muscles
Children will begin to express their needs and do simple personal care tasks

Language and Literacy
Children will use and understand spoken language
Children will interact with pictures, books, and writing materials
Children will develop listening skills and new vocabulary through interaction with rhymes, stories, and songs

Cognition and General Knowledge
Children will gain new knowledge through daily routines and interaction with engaging materials and activities
Children will develop creativity and use their imagination in play
There are 96 children and pregnant moms enrolled at Texas Tech University Center for Early Head Start with a total of 72 in center-base and 24 in home-base.

Children are assessed at least three times each school year, and results from the assessments are collected, analyzed, and aggregated. This report provides school readiness outcome data from the end-of-year assessment. This information is used to inform program goals and identify professional development needs.
During the 2021-2022 program year, children made gains in all developmental domains. The greatest areas of growth were in Social and Emotional Development and Language and Literacy. The areas of strength included Building Relationships with Other Children, Personal Care and Healthy Behavior, and Fine-motor Skills. The areas for growth included Phonological Awareness and Data Analysis.

For the 2021-2022 year, the assessment results show the following demographic information:

- Not Hispanic: 54%
- Hispanic: 46%
- White: 40.4%
- African American: 38.2%
- Asian: 3.4%
- Two or More Races: 18%

3% of children were considered Dual Language Learners.

17% of children had an IFSP (Individualized Family Service Plan).
Compared to other children nationally using the same assessment during the current school year, the majority of our children were meeting or above their peers. Our children are learning and growing every day!

Teachers focus on setting up an engaging environment for children, then spend time observing the children to determine their skill levels and interests. Teachers plan activities for the classroom designed to meet every child at their developmental level. These activities encourage children to progress to the next skill level in all developmental domains.

Compared to other children nationally using the same assessment during the current school year, the majority of our children were meeting or above their peers. Our children are learning and growing every day!

78% of children scored with or above their peers nationwide
Transition Efforts

Throughout a child's time in the CEHS program, child development and education services are planned to help prepare each participant for preschool and beyond. Every child is assessed on an ongoing basis, and activities are planned for their individual development. Data collected during the year contributes to the growth of the child as well as the program as a whole. At thirty months of age, teachers and families collaborate to make plans for the child to transition away from CEHS, by focusing on accomplishments and efforts to sustain learning in the future. TTU CEHS partners with local Head Start agencies to ensure a smooth transition for children as they age out of the program.
Texas Tech University engages the Texas State Auditor's Office to conduct the annual statewide single audit in accordance with 2 CFR 200 Subpart F. Texas Tech University has adequate reporting systems and internal controls to ensure federal awards are managed in compliance with laws, regulations, and the award terms and conditions. No questioned costs were reported for the research and development cluster or the SEFA.


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Community Assessment Summary

Number of infants, toddlers, and pregnant women eligible for Early Head Start. The number of preschoolers eligible for free lunch enrolled in East Lubbock schools suggests cohorts of 500-600 eligible toddlers, infants, and pregnant women in East Lubbock. Other indicators reveal the high needs of infants, toddlers, and pregnant women in our community, including health at birth, food insecurity, homelessness, social services, and vulnerable families.

Health at Birth. According to the Texas Department of State Health Services, in Lubbock County, the incidence of low birth weight is 8.8%, but higher in Lubbock’s African American population (14.5%). African American families in Lubbock have the greatest health challenges in early life and hence, can benefit from prenatal and infant services at TTU Center for Early Head Start.

Food Insecurity. Food insecurity and inadequate nutrition reflect the need of families within our service area. Lubbock County has a rate of 19.7% of food insecurity in children, meaning that people lack reliable access to a sufficient quantity of affordable, nutritious food. According to the South Plains Food Bank, 34% of the children served by the food bank miss meals each month. Families eligible for Early Head Start suffer from hunger, but also from obesity. An assessment of the BMI of children enrolled in the Center for Early Head Start revealed that 15% score in or near the 85th percentile. The nutritional profiles of those living in our service area highlight the need for food and nutrition education services that we provide to children and their families.

Homelessness. According to the South Plains Homeless Consortium, 259 people were homeless during the Point in Time Survey in January 2021. However, it has been estimated that many more Lubbock residents have a form of homelessness more difficult to define - families forced to live doubled up, due to economic hardship. Homeless families with young children have a particularly wide range of needs that can be addressed by comprehensive Early Head Start program services.

Social Services. An indicator of need in families who could benefit from TTU Center for Early Head Start is the percentage and number of children who qualify for assistance to obtain food or healthcare. The State of Texas Children (Texas Kids Count Project) reports that almost 30% of families with young children in Lubbock County receive financial assistance to buy food through SNAP (Supplemental Nutrition Assistance Program). Families who receive social services for basic needs such as food and healthcare are likely to benefit from the comprehensive educational, health, and family services provided by our Early Head Start program.

Vulnerable Families. Parents who are teens, single, or incarcerated have a particularly high constellation of needs in providing care for their children. Lubbock County has a recent teen pregnancy rate of 15.8%. Single parents are in particular need of high-quality, comprehensive childcare services. 61.2% of the parents served by TTU Center for Early Head Start are single parents. Families with a parent who is incarcerated have even greater economic and social stresses, as do their young children; CEHS regularly serves families experiencing incarceration. TTU Center for Early Head home-based and center-based programs provide the interpersonal relationships and expertise to support the most vulnerable teen, single, and incarcerated parents and their children.
Schedules of Parents with Eligible Children. Working families with young children need reliable high-quality childcare to become self-sustaining. Many young parents in East Lubbock need to complete their education (G.E.D, job training) to obtain sustainable employment. Whether determined by school, apprenticeships, job searches, or employment, parent schedules determine the need for year-round full-day childcare. Among the biggest employers of families in our community are Lubbock ISD, United Supermarket, the City of Lubbock, Lubbock County, and Walmart, all of which employ staff during weekdays and, except for the school district, provide employment year-round when our Center offers childcare services.

Available Childcare Services. TTU Center for Early Head Start is the only Early Head Start program in Northeast Lubbock and the only NAEYC accredited program serving children in Northeast Lubbock. One other Early Head Start program provides services in Lubbock. This program serves about 100 infants and toddlers in two locations, one in east Lubbock and one in south Lubbock. The Early Learning Centers of Lubbock offer childcare for a fee in four locations, all east of Interstate 27. A nearby family-owned and operated Center, Lil’ Precious Steps, offers childcare for a fee to infants and toddlers.

Available Home Visiting Services. Lubbock has a Nurse-Family Partnership program organized by Texas Tech University Health Sciences Center to improve pregnancy outcomes, child health and development. This program provides home visits twice a month to first-time mothers and children through the age of two in Lubbock and surrounding counties; mothers must enroll by the 28th week of pregnancy. Because this program only serve first-time mothers, we collaborate to help ensure that all mothers seeking home visits obtain services that meet their needs. The Parenting Cottage, funded by United Way, provides home visits twice a month to pregnant women in Lubbock with the Parents as Teachers program; this agency is located in central Lubbock.

Resources and Strengths. Lubbock has many resources that allow us to form community partnerships to identify, prioritize, and serve families. We work closely with Early Childhood Intervention (ECI) to recruit families, make referrals, and provide services to children with special needs. Another resource and longstanding partner is the Family Therapy Clinic at Texas Tech University which provides high-quality therapeutic services to individuals, couples, and families on a sliding scale fee. StarCare Specialty Health System is a close community partner which provides services for adults children and adolescents with mental illness, intellectual disabilities and/or substance use disorder. The Combest Community Coalition is a health and wellness organization with whom we partner to share information and referrals for the Nurse-Family Partnership Program and the Larry Combest Community Health & Wellness Center.
Texas Tech University - OHS03184106928366

Designing Quality Education and Child Development Program Services

Program Design, Management, and Quality Improvement

The program’s progress, design, and outcomes data are now reviewed on a quarterly basis to determine if the program is meeting its goals and objectives. The program’s performance is evaluated through a combination of internal and external assessments. The program’s goals and objectives are reviewed on a regular basis to ensure they align with the program’s mission and are consistent with the needs of the target population.

Program Evaluation Management and Quality Improvement

The program has an approach for providing efficient management and controls of program outcomes and key performance indicators (KPIs).

OOS Monitoring Review Report

Texas Tech University

Designing Quality Education and Child Development Program Services

Alignment with School Standards

The program is designed to tailor to the needs of each school and student population. The program’s curriculum and instruction are aligned with the standards and guidelines established by the school district. This alignment ensures that students are prepared for success in their future academic pursuits.

Effective and External Training Sessions

The program provides professional development opportunities to enhance students’ skills and knowledge. These sessions cover a range of topics, including classroom management, content-area instruction, and social-emotional development.

Supporting Teachers in Promoting School Readiness

The program assists teachers in creating a supportive and inclusive classroom environment. This includes providing resources, professional development, and ongoing support to help teachers effectively engage students and promote their readiness for kindergarten.

These focused Program Services

The program’s focus on targeted interventions and program services helps to identify and address the unique needs of students, ultimately leading to improved outcomes and greater educational success.
Developing Effective Eligibility, Recruitment, Selection, Enrollment, and Attendance (ERSEA) Strategies and Fiscal Infrastructure Summary

Texas Tech University (TTU) serves the Early Head Start (EHS) program, which is designed to support the growth and development of young children and their families. At the program level, TTU serves children and families through a variety of strategies, including partnerships, community engagement, and fiscal infrastructure. The program’s success is dependent on effective strategies and resources to ensure the program’s goals and objectives are achieved.

Eligibility, Recruitment, Selection, Enrollment, and Attendance

Of the 125% of the program’s totalHead Start Family, 19% of children eligible to receive services under ESEA, the program has a high rate of participation. The program’s strategies include:

- **Participation Strategies**
  - Parent involvement
  - Community partnerships
  - Outreach programs

The program’s strategies are designed to ensure that families have access to services and support, which is crucial for the program’s success.

Fiscal Infrastructure, Capacity, and Responsiveness

The program’s fiscal infrastructure is robust and responsive, ensuring that resources are allocated efficiently and effectively. The program’s fiscal strategies include:

- **Program Management**
  - Budgeting and forecasting
  - Financial reporting
  - Compliance with regulations

The program’s fiscal infrastructure ensures that resources are used efficiently and effectively, supporting the program’s goals and objectives.

Overall, the program’s strategies and resources are designed to ensure the program’s success, with a focus on effective participation strategies, strong fiscal infrastructure, and responsive implementation. These strategies are essential for providing high-quality services to children and families in the community.
Thank you!

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