

STATE OF OUR CHILDREN

NEXT STEPS IN LAKE COUNTY

We have prepared a set of **infographics** (attached) to help share this information easily in the community, as well as a **website** (www.stateofourchildren.org) where all of this information can remain accessible and easily sharable via social media.

Along with the statistics and concerns surrounding child outcomes, on the website we share **Success Stories** of fellow community members who are beating the odds. Some are young adults born into difficult situations, but thriving. Others are parents whose situations or choices made hope feel distant, but they have found the help and motivation they needed within our community to write a different story for their own children. One example is attached, but many more are available on the website and many more will continue to be added in the days ahead.

If you will partner with us to widely publicize and hold a town hall meeting in each district in 2020 about the “State of Our Children,” we can deploy all of these resources and bring together engaging speakers about the importance of prevention and early intervention, community involvement, and protective factors, as well as multiple local partners from a variety of sectors and agencies to provide a robust panel discussion on children’s issues that are specific to each district’s concerns.

We also want to ask for the **inclusion of the County of Lake logo** in the State of the Children effort going forward, to acknowledge you as a true partner. And to invite you and encourage you to attend as many **Children’s Council** and **Resilient Lake County** meetings as possible in the coming year.



Early prenatal care is vital.

The most dramatic changes and development occur for the baby in the **first trimester** of the mother's pregnancy.



31%

of pregnant women in Lake County received no prenatal care in their first trimester in 2016



During the first trimester babies are more susceptible to damage from alcohol, drugs, certain medications and illnesses.

Lake County is **#45 of 58** in California counties for rates of early prenatal care

➡ WHY?



Lack of knowledge of the importance of prenatal care



Limited availability of appointments with an obstetrician



Number of women not identifying their pregnancies until the late first trimester

For more information and to meet Lake County citizens beating the odds go to www.stateofourchildren.org



A wide range of negative birth outcomes have been associated with **substance use** during pregnancy



Increased risk of:

- Preterm delivery
- Low birthweight
- Cognitive and behavioral challenges
- Adverse speech and language outcomes
- Executive functioning deficits



The number of hospitalized pregnant women in Lake County aged 15-40 **diagnosed with substance use** was 5 times the state average (2011-2015)

The Lake County **rate of smoking** during pregnancy was more than 4 times the state average (2012-2015)

x4

Substance use in pregnancy may also result in a dysfunctional maternal-infant relationship (attachment disorders) which can have lifelong negative effects.



Possible Cause:

Substance use disorders in adults are frequently associated with adverse childhood experiences, which Lake County residents likely experience at significantly higher frequency than the state average.



Women are at highest risk for developing a substance use disorder during their **reproductive years**, especially ages 18-29.

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The percentage of 9th graders in most Lake County school districts who reported using marijuana at least once in the past 30 days was **double the California average** (2017-2018)



The teen brain is actively developing and often will not be fully developed until the mid 20's. Marijuana use during this period may produce negative effects.

Effects include:

- Difficulty thinking and problem solving
- Problems with memory and learning
- Impaired coordination
- Difficulty maintaining attention
- Increased risk of mental health issues
- Decline in school performance
- Potential for addiction



Lake County 7th, 9th, and 11th graders reported using **e-cigarettes** at least once in the last 30 days at higher rates than the state average

The use of e-cigarettes is unsafe for children, teens and young adults as nicotine is highly addictive and can also harm adolescent brain development.



Teens who perceive little risk in the use of marijuana or e-cigarettes are more likely to try them during this period of life.

Teens report using e-cigarettes and other substances to **ease emotional pain**, belong to a specific group and to show their independence.



Research shows that adolescents from single-parent households are more prone to substance use. **45% of Lake County children live in single-parent households.**



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31.6% of all Lake County children were estimated to be living **below poverty level** in 2017

60% of Lake County children were estimated to be living at or **below two times the poverty level**

the federal poverty level in 2017 for a family of 4 was \$24,600 and \$20,420 for a family of 3

adolescents who experience poverty early in life have worse outcomes than those later in life



Children living in poverty are at risk for poor outcomes:

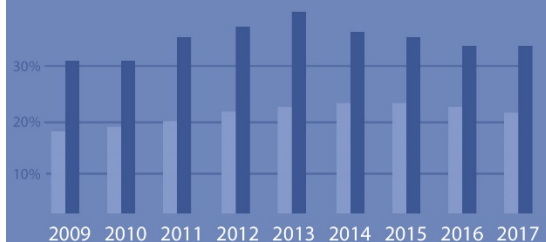
- Health
- Development
- Academics



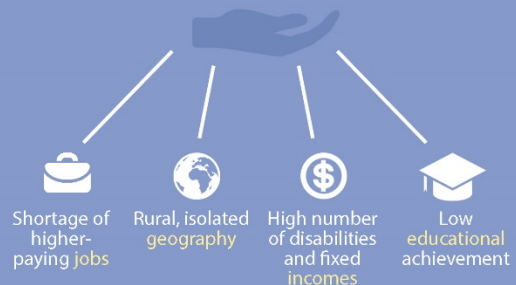
51.5% of Lake County children were living in **single-mother households** (2017)

California
Lake County

Percent of Children Under 18 Years of Age Living in Household with Income **Below the Poverty Level**



Potential contributing factors to poverty in Lake County



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46% of Lake County students who entered kindergarten in 2018 did not have the skills to be rated as "school ready" by their teachers.



Quality education contributes to:

- Reading and writing
- Communicating well
- Using technology
- Building healthy relationships
- Developing thoughtful opinions
- Exercising self-control

In the 2017/18 school year, 71.5% of Lake County third grade students did not meet grade level standards in English Language Arts/Literacy

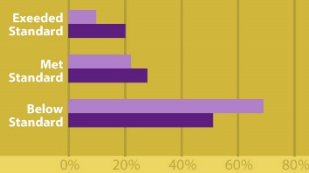
Aa

88.8% of Lake County fifth grade students did not meet grade level standards in mathematics

+ ÷

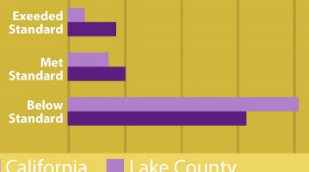
language arts

Aa



mathematics

+ ÷



2017 All Students California Lake County

POVERTY

plays a key role in how students score in standardized tests



Lake County students' scores on standardized assessments are slightly lower than other California counties with similar rates of poverty.

This is related to the resources available both to the student and to the schools as well as to the levels of stress of students and school staff.

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There were 925 reports of child abuse/neglect in Lake County in 2018



That is one child abuse report **every 10 hours**



Safe environments, child care facilities, schools, homes and relationships are critical to the wellbeing of all children



The physical, mental and emotional effects of child abuse persist long after the abuse occurs



Child abuse is a core underlying factor to high rates of:

- School dropout
- Homelessness
- Incarceration
- Chronic health
- Addiction issues



76.9% of verified child abuse allegations in 2018 were due to **general neglect** and 15.4% were due to caretaker **absence/incapacity**

failure of a parent or caretaker to provide adequate food, clothing, shelter or supervision to a child

indicates that a child has no parent or guardian capable of providing appropriate provisions for care

Risk factors for child abuse and neglect include: poverty, unemployment, alcohol/drug abuse, history of child abuse/neglect or violence in the family, limited support systems, and poor health of parent.

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154 juveniles were on probation in 2018 (according to Lake County Juvenile Probation)



71% male



29% female



an average of 6 to 10 Lake County youth were in Juvenile Hall at any one time during 2018

Involvement by law enforcement can be an opportunity for a child on a dangerous and damaging path to be redirected and for protective factors to be strengthened.



Children who start offending before age 12 are more likely to continue offending into early adulthood

Drug dealing and possession of weapons are offenses which have the highest likelihood of duration and persistence into early adulthood



Age 11 - 1%

Age 12 - 3%

Age 13 - 7%

Age 14 - 10%

Age 15 - 10%

Age 16 - 21%

Age 17 - 26%

Age 18 - 22%



Lake County Juveniles on probation in 2018, by age

Risk factors for delinquency include:

- Exposure to violence (television, games, life)
- Substance use
- Aggression
- Hyperactivity
- Antisocial tendencies
- Dishonesty
- Low IQ
- Medical/physical problems
- Poverty
- Antisocial parents
- Poor parent-child relationship
- Inappropriate discipline
- Separation from parents
- Abuse/neglect
- Poor performance in school
- Delinquent peers
- Neighborhood crime/drugs
- Gang membership
- Family conflict
- Poor monitoring/supervision
- Risk taking
- Restlessness.

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LYNDSEY'S SUCCESS STORY

Lyndsey developed a drug addiction to methamphetamines as a young woman and ended up in multiple violent and abusive relationships with men in order to sustain her access to drugs and avoid being alone. She had a son who was mainly being cared for by her mother when she became pregnant again with a daughter. Her daughter was born addicted to meth and Child Welfare Services were notified. This was the turning point for Lyndsey. While she received support from her mother in caring for her two children, she sought substance abuse treatment at Hilltop Recovery Services and made it her goal to not just comply with the requirements of Child Welfare Services but to exceed their expectations. Because of Lyndsey's determination and hard work, she was told that hers was the second fastest closing case in recent history in Lake County. When her case was closed by CWS, they connected her to the Family PRO program at Lake Family Resource Center for additional support in building a healthy life for her family. She attended weekly Nurturing Families parenting classes and learned how to provide her children with positive feedback and give them a mom they could look up to. She also enrolled her daughter in their Early Head Start program and has been pleased to watch her meet every developmental milestone in her first year. Upon completion of her treatment at Hilltop Recovery Services, she was offered a job and is now an intern and support person there and is training to become a drug and substance abuse counselor.

In Lyndsey's Own Words:

What would you tell other people in Lake County about what is most important to your success? How would you encourage them? I would tell them that a strong support system is the most important key to success. If you walk away from an addiction and continue to surround yourself with people who are not committed to positive change, you will be dragged back down. Surround yourself with good people. If you don't have a strong family to depend on, don't stop until you find the right people who will lift you up and encourage you along the way.

What kept you from giving up when things were hard? My children were my motivation and my support system helped sustain me and give me peace. When I looked at how far I'd come

and how hard I had worked to get to this healthier place, I didn't want to waste that effort by going backward. I wanted to have something to show for my all the ways I went above and beyond and gave it my all.

What are you most looking forward to now that your life is on a different path and what makes you feel most equipped to keep moving in a positive direction? I can't believe I have the life I have now. I never thought it was possible. I have learned to set small achievable goals and to work toward them, accomplish them and then set new goals. More than anything, I want to help others who were in the same situation I was in to find the same peace and strength that I have found.