



**SPECIAL MEETING: Commission Retreat  
MINUTES**

Wednesday October 12, 2016

**9:30 am**

**Lafayette Veterans Memorial Building**  
3780 Mt. Diablo Blvd, @ The Independence Room  
Lafayette CA 94549

**1.0 Call to Order and Roll Call**

The meeting was called to order at 9:45 am.

Commissioners in attendance were:

Vice-Chair Kathy Gallagher for PJ Shelton, Secretary-Treasurer Gareth Ashley, Maria Fort, John Jones, and Dr. William Walker.

Alternate Commissioners present were:

Marilyn Lucey, Matt Regan, Wanda Session and Katharine Mason.

Absent were: Federal Glover, Joan Miller, alternates Karen Mitchoff and Kathy Marsh.

**2.0 Public Comment**

There were no public comments.

**3.0 Approval of Consent Calendar**

A motion was made by Dr. Walker and seconded by Maria Fort to approve the consent calendar.

**AYES:** Kathy Gallagher, Gareth Ashley, Maria Fort, John Jones, William Walker

**NOES:** None

**ABSTAIN:** None

Motion was **APPROVED**.

**5.0 Consider accepting the 2017 premium contribution rates for active employee health and dental benefits, and maintaining existing contribution rates for health and dental benefits for retirees.**

Sean presented the 2017 premium contribution rates for active employees. The premiums for the majority of the plans will increase in 2017, by a range of 4.23% to 9.2%; premiums for two plans are decreasing by 2.56% and 4.24%.

Gareth Ashley made a motion and John Jones seconded to accept the 2017 premium contribution rates for active employee health and dental benefits, and maintaining existing contribution rates for health benefits for retirees.

**AYES:** Kathy Gallagher, Gareth Ashley, Maria Fort, John Jones, William Walker

**NOES:** None

**ABSTAIN:** None

Motion was **APPROVED**.

Commissioner PJ Shelton arrived to the meeting at this time.

## 6.0 Commission Study Session

Discussion

The Commission devoted the remainder of the retreat to a facilitated discussion of the Commission's role as an advocacy for policies that support children and families. Nicole Young, consultant for the Retreat facilitated the presentation. She began the session by outlining the purpose of the retreat:

- Further define First 5 Contra Costa's role in driving systems changes
- Discuss possible policy and advocacy issues to focus on
- Gauge the Commission's interest in developing an advocacy plan

Moira Kenny, Executive Director of the First 5 Association of California presented the Association's policy platform covering the areas of Family Strengthening, Early Identification and Intervention, Oral Health, Quality Early Learning, and System Sustainability and Reach.

She also presented how the association lends support to significant state policy efforts and how local First 5s have been influential in topics areas in which they have expertise, such as oral health. She also highlighted the Association's common advocacy activities, such as the annual Advocacy Day, legislator outreach and education, bill tracking and support, and working with state agencies on implementation of programs affecting young children and families.

In the session that followed, several community agency partners expressed appreciation of First 5's role as funder, convener, and leader. Each expressed how First 5 could lend support to advocacy efforts that partners are leading, as well as lead the change in areas where partners don't have the capacity or expertise to lead the advocacy efforts.

Nicole then led the Commission through several discussion activities that provided a sense the Commission's stance on its role as an agenda. Among the recorded points were the following:

### **Guiding Principles**

- Focus on areas where we can lead the charge
- Build upon what has worked
- Deep impact, don't spread ourselves too thin (don't "boil the ocean")
- Bring our early childhood expertise to Local Control Accountability Plans (LCAPs) → "infiltrate"
- Leverage our other strengths (expertise, credibility)
- Prioritize young children in all policies
- Focus on upstream prevention
- Maintain a "constant" focus – e.g. not just one-off activities
- Ensure that any systems First 5 develops work with existing systems
- Continue in convener role

### **Ideas for Collaboration & Systems Building**

- Build pro-family/pro-child political will (movement)
- Explore possibility of a dedicated Children's Fund – e.g. how could First 5

**Special Meeting:** Commission Retreat MINUTES

Wednesday October 12, 2016

Page 2 of 3

partner with others to make that happen?

- Keep an eye on mental health services
- Improve how resources are used
- Potential for collaboration/systems integration with Maternal Child Health (MCH) programs, Title V programs (e.g. California Children’s Services redesign), WIC
- Train pediatricians to screen and refer to Early Start
- First 5 Centers – can be place for oral health screenings, assessment
- First 5’s public awareness campaigns: look at ways to use existing public awareness strategies to increase awareness of the impact of poverty on children 0-5

**How to Grow Our Advocacy Role & Impact**

- Educate parents → turn into advocates
- Commissioner role – synthesize with professional roles
- Use convener role to expand partnerships with other agencies/collaborative, such as WIBs, WDBs, UW, etc
- Bring Bay Area First 5s together around advocacy and policy → look at what could be done together

**Thoughts After Review of Advocacy Issues Post-Its Exercise**

- Most of the Post-Its are in the upper right section of the matrix – e.g. focus advocacy efforts on policy changes made by decision makers
- All 4 areas are interdependent – e.g. When Early Intervention, Family Support, Early Childhood Education efforts are “done right,” it has effect on Poverty and Social Determinants of health
- 20% of time available to hitch to new opportunities – lend our support/name to new issues that emerge
- Use First 5’s name to “disrupt” where necessary
- As we develop new initiatives, when do we let them go? (i.e. plan for the move to self-sufficiency and eventual release)
- In ECE, F5’s role as convener is important; need will not go away even as funding declines
- Apply community engagement model to LCAP and other issues
- Continue efforts related to parks, city councils
- First 5 has important role as “think tank” (i.e. developing and releasing new initiatives)
- Synthesizing all into systems change

Staff will follow up on this discussion, particularly on specific questions and issues identified, and bring a draft advocacy framework to the Commission, aiming for February 2017.

**7.0 Adjourn**

The meeting was adjourned at 2:10 PM.