



# ARIZONA HEAD START ASSOCIATION

A young girl with dark hair, wearing a pink tank top with a floral pattern and a matching floral headband, is smiling and dancing outdoors. Her arms are raised, and she appears to be in a joyful mood. The background is a blurred green field.

## Reaching Out Moving Forward

2008  
Annual Report



### AHSA Advocacy benefits its members and the entire state by...

Facilitating statewide planning to avoid gaps or duplication of services  
Enabling complementary programs that maximize state and federal resources  
Identifying program choices that better meet specific regional needs  
Reaching into communities to promote awareness about available resources

Arizona Head Start Association 2525 S. Rural, Suite 4S Telephone: 480-557-9607 Fax: 480-557-9614 [azheadstart.org](http://azheadstart.org)

### A MESSAGE FROM EXECUTIVE DIRECTOR BONNIE GROTH...

One of the most gratifying achievements for AHSA in 2008 was the expansion of our influence and advocacy across Arizona's Early Childhood community. Head Start is only one piece of a much larger system that serves Arizona's children and families—particularly our low-income and vulnerable populations. After serving for many years in a wide range of positions within that larger system, I was excited to accept a leading role in AHSA. I knew those decades of forming relationships with groups and individuals on every level would strengthen and widen AHSA's ability to network and communicate. Our new *e-mail news* roster continues to grow, maintaining a constant flow of information and aligning Arizona's Head Start and Early Childhood communities in dynamic new ways. Our 2nd Annual Mental Health Conference drew significantly more participants, but most remarkable was the mix: Nearly half of the attendees were not directly involved with Head Start. With the momentum gained in 2008, AHSA can move forward in reaching out to new partners. Together, we can identify and fill gaps, eliminate duplication of services, and create greater successes for Arizona's children.

### Our Mission

- Advocate for the needs of Head Start children and their families
- Act as a liaison with other public and private agencies that support the educational, health, and social service needs of young children and their families
- Provide a forum for discussing statewide, regional, and national issues
- Develop statewide collaborative efforts that help strengthen the delivery of services to children and their families
- Provide a communication link and a unified voice to statewide, regional, and national stakeholders

### CONTENTS:

The national Head Start program... 2 2008: A rewarding year of renewed energy... 4 Healthy children, healthy families, healthy communities... 5 AHSA: Learning, sharing and growing together... 6 Encouraging movement, healthy nutrition... 7 Helping Arizona families move forward... 9

# AHSA is better than ever—and steadily growing



## Arizona Head Start Association Officers

Sonya Montoya, President; Melanie O'Neil, Vice President; Mindy Zapata, Treasurer; and Natalie Alvarez, Secretary

2525 S. Rural, Suite 4S Telephone: 480-557-9607 Fax: 480-557-9614 [azheadstart.org](http://azheadstart.org)

## AHSA MEMBERS AND FRIENDS

Our organization can look back over a remarkable year of growth and achievement, thanks to the dynamic leadership of our Board of Directors and the passion of our member Head Start agencies. In the face of the tremendous challenges and uncertainties that marked 2008, AHSA gained stature and momentum as a powerful force of advocacy and leadership for Arizona's Early Childhood community.

The sphere of influence and power of advocacy that we are experiencing today is unprecedented in the history of our organization. Our membership, the cooperative spirit that unites us, and the value that AHSA delivers are all on the rise. AHSA is better than ever—and steadily growing in strength, diversity, and numbers. Our collective voice is being heard and positively felt throughout the state.

This Annual Report highlights some of the impressive gains that were realized as our member organizations worked in concert to improve the lives of Arizona's youngest children and their families. Most people who hear the words "Head Start" think of preschool programs for underprivileged children. Head Start enriches and enhances a child's world, from pre-natal health through readiness for public school. Programs serve parents and guardians, provide children with medical and dental attention, address the needs of families, and care for expectant mothers. The list goes on, and thanks to new AHSA member organizations, continues to expand.

We are proud of the accomplishments of our AHSA member agencies and the difference their programs are making in the lives of more than 21,000 families. We also appreciate the growing recognition of AHSA as a premier forum dedicated to supporting and serving Arizona's most precious resource: Our children.



Sonya Montoya, President  
Arizona Head Start Association

*in strength, diversity and numbers.* —Sonya Montoya, AHSA President

# THE NATIONAL HEAD START PROGRAM

Created in 1965 as a national school readiness program, Head Start provides comprehensive education, health, nutrition, and parent involvement services to poverty-level children and their families. Local grantees receive federal funding for Head Start (HS) and Early Head Start (EHS) programs, which together serve children from birth through preschool.

## Head Start in Arizona

The public and private organizations within Arizona's Head Start program encompass Native American tribal governments, local governments, school districts, and non-profit agencies including Migrant/Seasonal Head Start services. These agencies receive federal funding through the Office of Head Start, a Division of the Administration of Children and Families within the U.S. Department of Health & Human Service. The San Francisco Region IX Office oversees most grants for Arizona programs, with Tribal and Migrant/Seasonal programs managed by Regions XI and XII. On the state level, the Arizona Head Start State Collaboration Office (HSSCO) under the Arizona Governor's Office for Children, Youth & Families relies on the Arizona Head Start Association to assist in integrating and coordinating the vast network of services for an efficient, seamless delivery system on behalf of young children and their families.

## Arizona Head Start Association

Led by an Executive Director and a dynamic, volunteer Board of Directors, AHSA creates a forum of statewide advocacy for agencies that work to improve the lives of Arizona's youngest children. AHSA unifies and empowers its member groups in far-reaching ways through five standing committees: Early Care and Education, Health and Disabilities, Research and Evaluation, Professional Development,

and Family/Community Partnerships. In addition to membership dues, funding for AHSA studies, projects, and training comes from the Arizona Head Start Collaboration Office through a grant from the Administration for Children and Families.

This annual report highlights Arizona's Head Start program characteristics and achievements based on the AHSA 2007-08 Program Information Report.

## Why the Arizona Head Start Association?

The answer: AHSA helps Arizona build and support a stronger network of public and private organizations that are dedicated to the welfare of children. AHSA dramatically expands the opportunities for networking as well as personal and professional growth, thanks to the vision of the founding members. Committee chairs are program managers who are developing their leadership skills in new and exciting ways. Meetings and trainings strengthen staff and partnering skill sets that carry over to daily work environments. On a statewide level, AHSA works closely with Arizona's First Things First (FTF) program, an initiative to provide funding for quality early childhood development and health programs. AHSA representatives serve on regional FTF council committees, collaborating on issues and voicing the concerns and needs of the Head Start community.

## AHSA OVER-ARCHING GOALS

- Encourage widespread collaboration among Head Start and other appropriate programs, services, and initiatives.
- Assist in building early childhood systems and enhance access to comprehensive services and support for all children living in poverty.
- Increase Head Start's capacity to be a partner in state initiatives on behalf of children and their families.
- Facilitate Head Start involvement in state policies, plans, processes and decisions that affect low-income families



## Positive Statewide Impact

**21,923**

Arizona children are currently enrolled in Head Start Programs

**\$140 million**

Federal Head Start grants bring more than \$140 million into Arizona's economy

**\$55 million**

Head Start agencies generate more than \$55 million in local community in-kind contributions

**4,300**

Arizona Head Start programs employ nearly 4,300 individuals

- **AHSA programs have supported the efforts of First Things First since its inception. As First Things First Regional Councils were formed, AHSA encouraged programs to get involved. Currently, there are 31 Head Start representatives on 20 of 31 First Things First Regional partnership Councils. Countless other Head Start staffs from across the state are volunteering locally to support the projects funded by First Things First in their local communities.**



### HEAD START AT A GLANCE

Total Head Start enrollment **21,923** Children with disability **11.3%**  
 Home-based staff to child ratio **1:12** / Staff-to-child ratio **1:9** Head Start  
 classroom (average) and **1:2** EHS classroom (average)

### Enrollment by Program Options

**6,111** Full-day enrollments (4 or 5 days) / **11,094** Part-day enrollments  
 (4 or 5 days) / **1,450** Double-session enrollments (4 or 5 days)  
**2,416** Home-based program enrollments

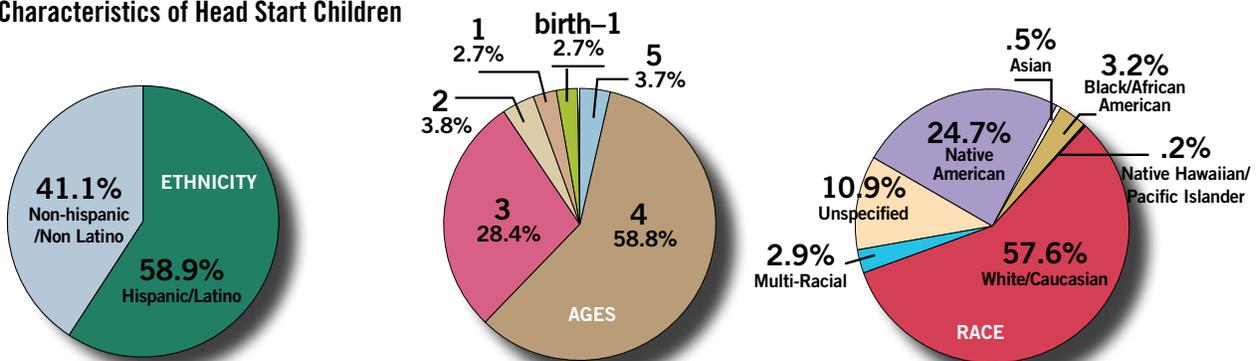
## 2008: A REWARDING YEAR OF RENEWED ENERGY

### Head Start, Early Head Start

Head Start is the nation's largest and most successful school readiness program. More than 29,000 volunteers in Arizona rolled up their sleeves throughout the school year to help Head Start agencies create a more attentive and nurturing environment.

Early Head Start (EHS) was created in 1995 on a national level by the Office of Head Start to support healthy development in children from birth to age three. The average EHS class size in Arizona is six compared to 20 for Head Start. However, classrooms are just one part of EHS support services for pregnant women, babies, very young children, and their families.

### Characteristics of Head Start Children



# HEALTHY CHILDREN, HEALTHY FAMILIES, HEALTHY COMMUNITIES

## The Unborn, the Newborn and Toddlers

The national Head Start program began as a school readiness initiative with a commitment to the wholeness of a child's life, including the needs of the family. The addition of Early Head Start to the program in 1995 intensified and expanded the focus on children from birth to age three. EHS programs encompass a host of issues including nutrition, movement, language, cognitive skills, mental health, and disabilities. Many EHS children are served in home-based settings or benefit from “kith and kin” programs.

## Strengthening Families

Family services is a truly exciting part of the Head Start program because it goes to the heart of a child's world, opening new doors of care and opportunity to the entire family. Beyond meeting urgent needs like shelter and food, Head Start offers parenting tools and opportunities to grow. An impressive 93 percent of Head Start program families who participated in a family goal setting process went on to create a family partnership agreement that set dates for achievement. More than 3,400 Head Start parents became involved in GED certification and higher education activities.

## Involving Fathers

Scores of Head Start agencies now schedule regular events that specifically involve fathers—a trend that is growing. Nearly 3,000 fathers are already taking advantage of these opportunities to engage more deeply and positively with their children. Some events are new and others have a rich history, like the “100 Man Lunch” hosted by **Catholic Charities-Westside Head Start**. This year, more than 320 fathers joined community leaders, police officers and firefighters in raising community awareness of the importance of male involvement in the family through a fun-filled day of shared activities.

AHSA Advocacy benefits its members and the entire state by... **Facilitating** statewide planning to avoid gaps or duplication of services **Enabling** complementary programs that maximize state and federal resources **Identifying** program choices that better meet specific regional needs **Reaching** into communities to promote awareness about available resources



## Head Start Staff

93.1% Teachers with ECE\*-related degree, CDA or state certification 70.7% Classroom teachers with ECE or related degree  
11.9% Assistant teachers with ECE or related degree 53.5% Home visitors with ECE or related degree  
28.5% Staff who are current/former Head Start parents \*EARLY CHILDHOOD EDUCATION

## AHSA: LEARNING, SHARING AND GROWING TOGETHER

### Sponsoring the 2008 Mental Health Conference

The Desert Willows Conference Center in Phoenix was the site of the 2nd Annual AHSA Mental Health Conference on October 23-24. More than 130 of Arizona's early care and education professionals took the opportunity to learn and share under the theme, *Successful Practices for Birth to Five*. The conference created a friendly, lively forum for identifying and exploring solutions to mental health issues that impact Arizona's children and families in early care and educational settings. The goal was to provide participants with practical, realistic information and effective practices across all service areas.

The 2008 conference was highly successful on many levels. Attendance was notably higher than the previous year, with approximately half of the participants from non-Head Start programs. The mix included representatives from high school child development programs, Child Protective Services, behavioral health agencies, family support agencies, and social/human service programs. Networking enhanced the formal presentations, bonding attendees in a collective mission to move mental health issues forward. Thanks to suggestions from participants, AHSA looks forward to expanded outreach and partnering efforts, including the support of interagency collaborations relating to this critical work across

the state. The conference presenters are equally valuable as additional contacts and resources for Arizona's early childhood community. In fact, several have already been asked to offer trainings for individual programs.

### Facilitating Professional Development

Driven by goals set by the federal 2007 Reauthorization of Head Start and by the commitment to quality Head Start programs in Arizona, AHSA encourages and supports the education and training of classroom staff. Representatives from AHSA and First Things First joined leaders from the state's academic community to create workable options for the advancement of Head Start and Early Education employees.

The academic community has stepped up to embrace these needs with flexible opportunities like distance learning and relevant experiences that maximize accessibility and positive outcomes. One of the innovations created so far are cohorts for teachers, forming a group that benefits from sharing common experiences and observations. Colleges and universities are now offering a complete "smorgasbord" of classes for CDA (Child Development Associate credential) attainment, including on-site and/or weekend courses.

"Head Start enabled me to make the journey from hiring in as a health aide in 1980 to accepting the position of degree in business management, a master's degree in early childhood special education, and a UCLA Head Start

## Wellness for Head Start Children

99.2% Have up-to-date immunizations

94.1% Received medical exams

92.2% Received indicated treatment

90.6% Received dental exams  
(preschool only)

86.5% Received dental treatment  
(preschool only)

93.4% In “Dental Homes”  
with care source

91.5% In “Medical  
Homes” with care  
source

93.6% Have  
health insurance



## ENCOURAGING MOVEMENT, HEALTHY NUTRITION

Nearly every Head Start program in Arizona has adopted some form of the IMIL curriculum, “I am Moving, I am Learning.” This multidisciplinary program addresses the serious issue of obesity in children through activities and nutritional education. Parents, families and Head Start staff are all encouraged to participate.

AHSA members are even making a national impact. **Southwest Human Development Head Start/ Early Head Start** encourages fitness by bringing children back in touch with nature and the outdoors. Staff members presented a workshop at the National Head Start Association Parent Training Conference that was based on the No Child Left Inside (NCLI) Act, which addresses the need for environmental education. Elements of that workshop will now be integrated into the national curriculum.

### Do These Programs Work?

Many question whether educational programs create measurable behavioral changes. The answer is “Yes!” **The City of Phoenix Head Start** conducted a study of one IMIL program, focusing on 16 Head Start classrooms with the highest percentage of obese children. The comprehensive program included staff training, a support group for teachers, and a field day for children and families. Out of 502 children, 66 percent improved their Body Mass Index score and 42 percent were no longer classified as obese.

CEO for a Head Start agency. My credentials include a two-year certificate in early education, a bachelor’s Management Fellowship.” —Melanie O’Neil, AHSA Vice-President



### Family Education and Service Programs

**44.7%** Participated in health education including prenatal

**35.8%** Participated in parenting education

**15.2%** Trained in English as a Second Language

**16.8%** Participated in adult education programs

**9.5%** Became involved in job training

**18.5%** Received urgent attention for shelter, food, clothing

**25.4%** Homeless families who acquired housing

**61.7%** Families benefited from at least one Head Start family service

## Head Start Family Profile

20,361 Families served 61.6% Two-parent families 38.4% Single-parent families 19.4% Families where both parents are employed 68.4% Families with one parent working 37.0% Parents with education level less than high school 37.9% Parents with high school diploma/GED 22.6% Families with parents in training/school 63.1% Families receiving benefits (TANF, SSI, WIC)

## Wellness for Mothers and Babies in EHS

15.1% Pregnant women enrolled in first trimester 45.2% Pregnant women in second trimester 39.7% Pregnant women in third trimester 92.1% Currently have some form of health insurance 87.3% Received prenatal/postpartum care 87.3% Learned about fetal development 97.6% Learned about breastfeeding benefits

## HELPING ARIZONA FAMILIES MOVE FORWARD

Head Start recognizes that families are the cornerstone of a child's well-being. Parents are encouraged to engage in their children's learning and given assistance in reaching their own educational, literacy and employment goals. The following statistics represent some of the many ways that AHSA works to strengthen and serve the special needs of Arizona's Head Start families.

### Creating model programs

AHSA member organizations are leading the way with smart approaches to complex issues. For example, **Pinal Gila Community Child Services** is in its second year of collaboration with the Arizona School of Dentistry & Oral Health. The Dental Outreach for Rural Arizona now brings mobile screenings and dental care to those who may otherwise be denied access for inability to pay or lack of insurance. Education is always a part of every Head Start program, so children and parents learn together about dental care and oral hygiene.

**NACOG Head Start** sailed through its three-year review in January of 2007, with the Office of Head Start Monitoring System (OHSMS) conducting the evaluation. The results reflected the dedication and commitment of NACOG Head Start to provide the highest quality services possible: A perfect 10!

Another exemplary program is Para Las Familias, made possible by a five-year grant to the **Maricopa**

**County Zero-Five Head Start Program** from the federal Office of Head Start under the Head Start Healthy Marriage Initiative. Para Las Familias is not only unique in Arizona but is one of only 24 such grant recipients across the nation. The organization provides 24 hours of relationship and communication skills training and healthy marriage education to 400 parents of enrolled children as well as Head Start eligible adults in the community. However, this training also reaches jailed youth, domestic shelter agencies and homeless shelters.

Caring for the greater community is a Head Start concept that even involves the children. Representatives of the Gila Community Food Bank were on hand to welcome two large boxes of non-perishable food items, all generously donated by the children who attend **Globe Head Start**. Even Santa was on hand to visit with the kids on delivery day and thank them for their hard work in helping to provide for those less fortunate over the holidays.



## Arizona Head Start Association

2525 S. Rural  
Suite 4S  
Tempe, AZ 85282

## Arizona Head Start Programs

G indicates Grantee  
D indicates Delegate

For programs in Apache, Coconino, Navajo, & Yavapai Counties contact:

**G** Northern Arizona Council of Governments (NACOG)  
121 E. Aspen Avenue  
Flagstaff, AZ 86001  
(928) 774-9504

For programs in Cochise, Graham, Greenlee, Pima, & Santa Cruz Counties contact:

**G** Child Parent Centers, Inc. (CPC)  
602 E. 22nd Street  
Tucson, AZ 85713  
(520) 882-0100

For programs in Gila & Pinal Counties contact:

**G** Pinal Gila Community Child Services, Inc. (PGCCS)  
1750 S. Arizona Blvd  
Coolidge, AZ 85228  
(520) 723-5321

For programs in La Paz, Mohave, & Yuma Counties contact:

**G** Western Arizona Council of Governments (WACOG)  
224 S. 3rd Avenue  
Yuma, AZ 85364  
(928) 782-1886

For programs in Maricopa County contact:

**G** City of Phoenix Human Services Head Start  
200 W. Washington  
19th Floor  
Phoenix, AZ 85003  
(602) 262-4040

**G** Maricopa County Human Services Head Start  
234 N. Central Avenue  
Phoenix, AZ 85004  
(602) 506-5911

**G** Southwest Human Development Head Start  
2850 N. 24th Street  
Phoenix, AZ 85008  
(602) 266-5976

**G** Alhambra School District Head Start  
3802 W. Maryland  
Phoenix, AZ 85019  
(602) 246-5155

**D** Booker T. Washington Child Development Center  
1519 E. Adams Street  
Phoenix, AZ 85034  
(602) 252-4743

**D** Catholic Charities Westside Head Start  
7400 W. Olive, Suite 10  
Peoria, AZ 85345  
(623) 486-9868

**D** Deer Valley Head Start  
20402 North 15th Avenue  
Phoenix, AZ 85027  
(602) 445-4991

**D** Fowler Head Start  
6250 W. Durango  
Phoenix, AZ 85043  
(623) 474-7260

**D** Golden Gate Head Start  
1625 North 39th Avenue  
Phoenix, AZ 85009-2149  
(602) 233-0043

**D** Greater Phoenix Urban League Head Start  
1817 North 7th Street, Suite 219  
Phoenix, AZ 85006  
(602) 276-9305

**D** Murphy Head Start  
2615 W. Buckeye Road  
Phoenix, AZ 85009-5783  
(602) 353-5181

**D** Roosevelt School District #66 Head Start  
6218 South 7th Street  
Phoenix, AZ 85040-4294  
(602) 243-2631

**D** Washington Elementary School District  
8430 N. 39th Avenue  
Phoenix, AZ 85051-4778  
(602) 347-2206

**D** Wilson Head Start  
430 North 30th Place  
Phoenix, AZ 85008-6139  
(602) 231-0373

For Migrant Program Services contact:

**G** Chicanos Por La Causa Head Start  
1112 E. Buckeye Road  
Phoenix, AZ 85034  
(602) 254-4827

For Tribal Program Services contact:

**G** Cocopah Head Start  
County 15 and Avenue G  
Somerton, AZ 85350  
(928) 627-2811

**G** Colorado River Indian Tribes Head Start  
18026 Mbhave Road  
Parker, AZ 85344  
(928) 662-4311

**G** Gila River Head Start  
P.O. Box A  
Sacaton, AZ 85247  
(520) 562-3423

Questions? Call us for more information, **480-557-9607** or visit us online at **azheadstart.org**

**G** Havasupai Head Start  
P.O. Box 130  
Supai, AZ 86435  
(928) 448-2821

**G** Hopi Head Start  
P.O. Box 123  
Kykotsmovi, AZ 86039  
(928) 734-2230

**G** Hualapai Tribe Head Start  
P.O. Box 119  
Peach Springs, AZ 86434  
(928) 769-2244

**G** Navajo Nation Head Start  
P.O. Box 3479  
Window Rock, AZ 86515  
(928) 871-6902

**G** Pascua Yaqui Head Start  
7474 S. Camino de Oeste  
Tucson, AZ 85757  
(520) 838-7150

**G** Quechan Head Start  
P.O. Box 1899  
Yuma, AZ 85366  
(760) 572-0263

**G** Salt River Pima-Maricopa Indian Community  
10005 E. Osborn Road  
Scottsdale, AZ 85256  
(480) 362-2200

**G** San Carlos Apache Tribe Head Start  
P.O. Box 278  
San Carlos, AZ 85550  
(928) 475-2740

**G** Tohono O'odham Head Start  
P.O. Box 837  
Sells, AZ 85634  
(520) 383-8750

**G** White Mountain Apache Head Start  
P.O. Box 699  
White River, AZ 85941  
(928) 338-4938