



# FIRST 5 HUMBOLDT EVALUATION REPORT 2021

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# EVALUATION COMMITTEE MESSAGE

First 5 Humboldt continued to see great change in 2021. The second year of our five-year strategic plan saw programs continuing to adapt to the COVID-19 pandemic. The ebb and flow of the virus created periods where some programs tried to return to some of their traditional routines, only to have spikes in COVID-19 cases cause in-person opportunities again diminish. Humboldt County's families, our partner programs and the First 5 Humboldt team experienced stresses that were unprecedented and unpredictable—and all the more difficult for that lack of predictability. The supportive connections that local families traditionally expected to be there were stretched, altered or otherwise unavailable. Looking back on 2021, it is amazing what families and our systems have weathered.

Program offerings did not look the same in 2021 as they did in 2019. The annual family surveys we have relied on for many, many years were impossible to collect. Instead, we relied on a text-based survey of family needs and our one-on-one interactions with families and program leaders to keep up with evolving gaps and program capacities. The nimbleness of the First 5 Humboldt structure and the flexibility of staff and program partners kept us responding, even when it was hard to know what was coming next or where the next gap might be.

Through all of the tumult, it has been clear that some things are steadfast: families' commitments to their children's well-being, the dedication of community organizations to serving Humboldt, the perseverance of First 5 Humboldt staff through loss and uncertainty. This report represents on-going commitment in the midst of a changing landscape of family needs and services. When voters approved Proposition 10 in 1998, voters directed First 5s with helping young children and their families reach their full potential through coordinated systems of support. The pandemic has starkly illustrated many of those gaps, with families and children experiencing the stress of our stretched systems. In 2022 and going forward, First 5 Humboldt is dedicated to taking those lessons of vulnerability and health inequities and using them to continue to create positive change so that all of our community's children can thrive, because what we do today matters for both the short and the long-term well-being of those who call Humboldt home.

Respectfully,

On behalf of the First 5 Evaluation Committee

Lorey Keele, Redwood Community Action Agency (Commissioner, Committee Chair)

Claire Knox, Professor Emerita

Nancy Frost, Professor Emerita, Founding Commissioner

Brian Davis, MPH, Evaluation Consultant and Community Member

Dawn Arledge, California Center for Rural Policy

Kim Puckett, MPH, Evaluation Consultant

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# INTRODUCTION

## First 5 Humboldt's Vision

All Humboldt County children thrive in healthy, supportive, nurturing families and neighborhoods, enter school ready to learn and become active participants in their communities.

This report summarizes First 5 (F5) Humboldt's work and progress in calendar year 2021 towards implementing goals outlined in the First 5 Humboldt Strategic Plan. The structure of the report is guided by an Evaluation Framework (**Appendix A**), which identifies specific indicators associated with F5 Humboldt projects and programs. This report is organized around the four Focus Areas listed below.

- Focus Area 1 – Systems Change**
- Focus Area 2 – Child and Family Well-Being**
- Focus Area 3 – Professional Capacity**
- Focus Area 4 – Community Engagement**

This report contains the results of First 5 Humboldt's evaluation activities conducted during calendar year 2021. Evaluation results are presented according to the focus areas, the objectives under each focus area, the actions associated with each objective, and the indicators related to each action.

First 5 Humboldt funds a number of programs and activities as illustrated in Figure 1. These programs include Infant and Family Early Childhood Navigators, Playgroups, Library Programs, Adverse Childhood Experiences (ACEs) Collaborative Partnership, and a Prenatal Care Program, among others. All the specific activities and every funded program are not addressed in the main body of this report; this report focuses on the results of local evaluation activities related to indicators found in the Evaluation Framework, and on related data available from county and statewide sources. Some funded programs track indicators under multiple focus areas. For a brief description of each individual program funded during 2021, please refer to **Appendix B**.

Additionally, two cross-cutting issues inform and apply to all the work of First 5 Humboldt:



- Preventing and Reducing Adverse Childhood Experiences (ACEs): First 5 Humboldt seeks to prevent and reduce the incidence of ACEs and associated chronic stress in young children and to raise awareness of the long-lasting impacts of trauma in early childhood. Throughout the report, the symbol to the left will indicate actions that are related to preventing and reducing ACEs.



- Racial Equity: First 5 Humboldt strives to be an anti-racist organization that promotes racial equity and works to address disparities, in recognition of the structural racism in our society today and our local and national history of racism and genocide. Throughout the report, the symbol to the left will indicate actions that promote racial equity and address disparities.

Data presented in the report is collected from a variety of sources and data collection processes. For a description of data sources, data collection instruments and protocols, and data analysis procedures, please refer to the Methods section in **Appendix C**. The ongoing COVID-19 pandemic limited or disrupted many in-person programs. The following three surveys, which have been a major source of indicator data in past years, were not administered in 2021: Annual Participant Survey, Library Patron Survey, and Leap into Literacy Survey.

The report is presented to the Humboldt County Children and Families Commission and to the First 5 Humboldt Program Evaluation Team (PET). PET members use Local Evaluation Reports, individual program data and reports, their knowledge and experience, and information about the program's administration and budget to make program recommendations to the Commission. The Commission uses the recommendations to:

- Acknowledge program leaders, partners, and communities for their achievements and support of First 5 Humboldt's vision.
- Provide guidance for improvements to existing fiscal sustainability efforts, systems change activities, and programs.
- Identify requirements for continued funding of existing programs as needed.
- Determine funding allocations for existing activities and programs within the budget decision-making process.

It should be noted that starting in March 2020 and continuing through December 2021, with the occurrence of the COVID-19 pandemic, First 5 Humboldt made a concerted effort to shift their activities to accommodate the current needs of children, caregivers, and providers. Accordingly, the goals and activities that were developed prior to the onset of COVID-19 were tailored as needed throughout the year to adapt to changing family needs and community context.





**Figure 1. First 5 Humboldt Strategic Plan Focus Areas**

**Focus Area 1:  
Systems Change**

**First 5 Humboldt activities that directly impact Focus Area 1 indicators**

- Activities related to promoting strong, collaborative partnerships
- Activities related to work to help ensure policies support young children and families

**First 5 Humboldt funded programs that directly impact Focus Area 1 indicators**

- Humboldt County Department of Health and Human Services
- ACEs Collaborative Partnership
- Infant Family Early Childhood Mental Health Navigators
- 0-8 Mental Health Collaborative
- Library Partnership
- Playgroups

**Focus Area 2:  
Child and Family Well-Being**

**First 5 Humboldt activities that directly impact Focus Area 2 indicators**

- Activities that support the well-being of young children and their families through prevention and early intervention activities throughout Humboldt

**First 5 Humboldt funded programs that directly impact Focus Area 2 indicators**

- Playgroups
- Playgroup Navigators
- Paso a Paso
- Library Partnership
- 0-8 Mental Health Collaborative
- IMPACT Program
- Road to Resilience
- Home Visiting Coordination Grant

**Focus Area 3:  
Family, Professional and Community Capacity**

**First 5 Humboldt activities that directly impact Focus Area 3 indicators**

- Activities that build, support, and advocate for professional workforce with the capacity to provide prevention and early intervention services to young children and their families

**First 5 Humboldt funded programs that directly impact Focus Area 3 indicators**

- Playgroup Navigators
- 0-8 Mental Health Collaborative
- IMPACT Program
- Vesper Programs
- ACEs Collaborative Partnership Programs
- Home Visiting Coordination Grant

**Focus Area 4:  
Community Engagement**

**First 5 Humboldt activities that directly impact Focus Area 4 indicators**

- Activities related to promoting public awareness of the importance of early childhood.
- Activities related to engaging community members in the First 5 Humboldt decision making process.
- Activities related to educating the community.

**First 5 Humboldt funded programs that directly impact Focus Area 4 indicators**

- Humboldt County Department of Health and Human Services
- ACEs Collaborative Partnership
- Infant Family Early Childhood Mental Health Navigators
- Library Partnership
- Playgroups

# FOCUS AREA 1: SYSTEM CHANGE

**Objective 1.1: First 5 Humboldt builds and strengthens relationships with community partners to promote a shared vision and collective action focused on improving the lives of young children, their families, and their communities.**

**Action 1.1.A: Broad engagement of First 5 Humboldt with diverse community partners to improve the lives of young children, their families, and their communities.**

***Indicator 1: Number of community groups, agencies, and initiatives partnered with/supported and activities undertaken.***

During 2021, First 5 Humboldt partnered with 34 agencies, groups, and collaborations to help bring about policy, funding, and system changes to improve the lives of young children and their families. Table 1 presents a list of the major partnerships and collaborations.

<b>Table 1. First 5 Humboldt’s Major Partnerships and Collaborations in 2021</b>	
<ul style="list-style-type: none"> <li>● 0-8 Mental Health Collaborative</li> <li>● 20 Playgroup Partnerships</li> <li>● Arcata Economic Development Corporation</li> <li>● California Center for Rural Policy at Cal Poly Humboldt</li> <li>● Cal Poly Humboldt Child Development Department</li> <li>● Changing Tides Family Services</li> <li>● Child Abuse Prevention Coordinating Council</li> <li>● Child Education Consortium</li> <li>● First 5 Association</li> <li>● Hoopa Valley Tribal Education Association</li> <li>● Humboldt Area Foundation</li> <li>● Humboldt Community Health Trust</li> <li>● Humboldt County Board of Supervisors</li> <li>● Humboldt County Department of Health and Human Services (DHHS)</li> <li>● Humboldt County Library</li> <li>● Humboldt Network of Family &amp; Community Resource Centers</li> <li>● Jefferson Community Center</li> </ul>	<ul style="list-style-type: none"> <li>● Humboldt County Office of Education</li> <li>● Humboldt Emergency Child Care Task Force (a COVID response organization)</li> <li>● Humboldt Independent Practice Association</li> <li>● K’ima:w Medical Center</li> <li>● Live Well Humboldt</li> <li>● McKinleyville Alliance for Racial Equity</li> <li>● North Coast Grantmaking Partnership</li> <li>● North Coast Health Information and Improvement Network</li> <li>● Open Door Community Health Centers</li> <li>● Perinatal Community Coalition of Humboldt County</li> <li>● Providence St. Joseph’s Health</li> <li>● Quality Counts Consortium</li> <li>● Redwood Community Action Agency</li> <li>● Redwood Pediatrics</li> <li>● United Indian Health Services</li> <li>● Vesper Society</li> <li>● Yurok Tribe Social Services</li> </ul>

First 5 Humboldt and Humboldt County Department of Health and Human Services (DHHS) Adverse Childhood Experiences (ACEs) Collaborative Partnership resulted in the implementation of new and continued primary prevention projects including:

- Ongoing augmentation of Early Childhood Mental Health Navigators support to outlying First 5 Humboldt Playgroups in Southern and Eastern Humboldt.
- Hosting trainings for local organizations that follow the Community Resilience Model.

First 5 Humboldt pursued multiple community partnerships to help lessen the impact of the COVID-19 pandemic on young children, their families, and their caregivers in Humboldt County. These partnerships included:

- Partnered with Humboldt Area Foundation to provide cash stipends to childcare providers operating safely during the pandemic.
- Worked with SupplyBank.org and First 5 California to increase supply of free diaper kits distributed through the Humboldt Network of Family Resource Centers.
- Collaborated with playgroup hosting agencies, Redwood Community Action Agency, Food for People, and others to distribute resources to families with young children on a monthly basis.
- Collaborated with the County of Humboldt, Changing Tides Family Services, and Arcata Economic Development Council Developing to develop a proposal for CARES/ARPA funds to support childcare.
- Partnered with Redwood Pediatrics and United Indian Health Services to incentivize Well Child Check-ups with the Commission's COVID-19 relief fund.

### **Objective 1.2: First 5 Humboldt collaborates with community partners and stakeholders to advocate for policies that promote the well-being of children and families.**

**Action 1.2.A: Engage with local governments, tribal governments, community organizations, and the public to create a First 5 Humboldt Policy Agenda.**

***Indicator 1: List of policy makers engaged with, and activities undertaken to align public policies that support the well-being of children and their families.***

- First 5 Humboldt worked with Humboldt County Board of Supervisors and their executive staff to advocate for the inclusion of family focused priorities in Humboldt County's formal Policy Agenda, and in the statewide CSAC (California State Association of Counties) policy agenda. The County continues to allocate \$400,000 in General Funds annually for the ACEs Collaborative Partnership, a program created through the direct advocacy of First 5 Humboldt and partners.
- First 5 Humboldt worked closely with State Assembly member Jim Wood and State Senator Mike McGuire and their staff on budget and legislative requests throughout the year, especially with regard to COVID-19 response efforts targeted at families with young children and the unique challenges faced by childcare providers.



- The Executive Director of First 5 Humboldt serves on both the Office of the Surgeon General’s (OSG) Trauma Informed Primary Care (TIPC) Advisory Committee and the First 5 Association Policy Committee, both of which are actively advancing child and family focused systems change through policy and budgeting at the State and Federal level.
- Collaborated with Humboldt Area Foundation in the planning and distribution process for American Rescue Plan funding proposal.
- Continued to work with Association lobbyist, Kathy Mossburg.

*Indicator 2: List of Tribal governments consulted with and activities undertaken around shared policy priorities with Tribal governments to create/implement First 5 Humboldt Policy Agenda.*

Progress in work with Tribal governments was delayed as a result of the COVID-19 pandemic. This effort will resume in 2022 and/or as restrictions are lifted.

Action 1.2.B: Develop Local First 5 Humboldt-Specific Policy Agenda



*Indicator 1: Policy Agenda developed by June 30, 2021 and updated annually by the end of each fiscal year.*

This effort has been delayed as a result of the COVID-19 pandemic, but First 5 Humboldt has continued to advocate for policy and budget decisions consistent with the Strategic Plan and underlying mission throughout 2021. A First 5 Humboldt Policy Agenda has been drafted and is being reviewed by the Subcommittees of the Commission. It is expected to receive final Commission approval by June 30, 2022.

## FOCUS AREA 2: CHILD AND FAMILY WELL-BEING

First 5 Humboldt supports the well-being of young children and their families through prevention and early intervention activities throughout Humboldt County.

Objective 2.1: Families have developmentally appropriate supports that strengthen their capacity to promote children’s optimal development in safe and stable communities.



Action 2.1.A: Support programs that promote protective factors, relational health, resilience, family strengthening principles, and primary prevention.

Quantitative data for the following indicators is primarily obtained from the Annual Participant Survey, which was not administered in 2021 due to COVID-19. However, qualitative data is provided for most of the indicators.

***Indicator 1: Number of programs providing family-friendly services.***

All funded programs that continued to provide services throughout the pandemic provided family friendly services that were done in a COVID-19 safe manner.

***Indicator 2: Number of programs promoting the Protective Factors.***

The following First 5 Humboldt programs promote the Protective Factors:

- ACEs Collaborative Partnership activities
- First 5 Humboldt Navigator support
- First 5 Humboldt Playgroups
- IMPACT Program
- Library Partnership
- Paso a Paso
- Road to Resilience
- Vesper Foundation funding for ACEs/Resilience Coordinator



Below is a quote that represents how playgroups continued to promote protective factors among families during the pandemic:

*“We had a caregiver stop by one of our activity kit distributions. She was the aunt of a 2-year-old boy. She expressed her concerns and frustrations regarding some of her nephew’s behaviors. We asked if she would like to take home a copy of an ASQ, and she gladly accepted. We went over the process and instructed her to take the results to the child’s pediatrician. We gave her a brief overview of early intervention services in Humboldt County and told her she could call with any questions or concerns regarding the ASQ process. First 5 has always done an amazing job at providing early intervention resources for families and we are happy we were able to steer this family in the right direction during a time when there is very little person-to-person contact for families.”*

## *What are Protective Factors?*

Protective Factors are the foundation of the Strengthening Families approach. Extensive evidence supports the common-sense notion that when the Protective Factors are present and robust in a family, the likelihood of abuse and neglect diminish. Research also shows that these are the factors that create healthy environments for the optimal development of all children.

### **1. Parental Resilience**

Parental resilience is the ability to constructively cope with and bounce back from all types of challenges. It is about creatively solving problems, building trusting relationships, maintaining a positive attitude, and seeking help when it is needed.

### **2. Knowledge of Parenting and Child Development**

Having accurate information about raising young children and appropriate expectations for their behavior help parents better understand and care for children. It is important that information is available when parents need it, that is, when it is relevant to their life and their child.

### **3. Social and Emotional Competence of Children**

A child's ability to interact positively with others, to self-regulate, and to effectively communicate his or her emotions has a great impact on the parent-child relationship. Children with challenging behaviors are more likely to be abused, so early identification and working with them helps keep their development on track and keeps them safe.

### **4. Social Connections**

Friends, family members, neighbors, and other members of a community provide emotional support and concrete assistance to parents. Social connections help parents build networks of support that serve multiple purposes: they can help parents develop and reinforce community norms around childrearing, provide help in times of need, and serve as a resource for parenting information or help solving problems. Because isolation is a common risk factor for abuse and neglect, parents who are isolated need support in building positive friendships.

### **5. Concrete Support in Times of Need**

Parents need access to the types of concrete supports and services that can minimize the stress of difficult situations, such as a family crisis or stress associated with lack of resources. Building this Protective Factor is about helping to ensure the basic needs of a family, such as food, clothing, and shelter, are met and connecting parents and children to services and resources.

Information adapted from: Strengthening Families, a project of the Center for the Study of Social Policy:  
[www.strengtheningfamilies.net](http://www.strengtheningfamilies.net) US Department of Health and Human Services Administration for Children and Families/Strengthening Families and Communities 2009 Resource Guide: [www.acf.hhs.gov/programs/cb](http://www.acf.hhs.gov/programs/cb)

### ***Indicator 3: Percentage of families feeling more connected to other families.***

Following approval from the Humboldt County Department of Health & Human Services Public Health Branch, a number of playgroups were able to open up for in-person groups for periods of time, but they still continued to offer alternative methods for families that didn't feel comfortable with meeting in person yet. Below is a quote from a parent who participated in one of the outdoor playgroups that offered COVID-19 safe activities.

*“Play center has been so helpful in many ways. I received diapers, clothes, and other elements for my baby. I could meet and spend time with people after a year in quarantine. I have gotten to know other Humboldt moms and also more Latino families, which has been so wonderful. To have a space to share Latino culture like at the Spanish speaking walking group, our language, our traditions, food, and recipes is so important.”*

### ***Indicator 4: Percentage of parents reporting that they have someone they can talk to.***

When some playgroups opened back up to in-person meetings, parents noted how they felt supported and appreciated having someone to talk to. Pinehill Panda, who held a total of 14 indoor playgroups when approved, reported an example of how playgroup provided parents support with someone they can talk to and connect with other parents with similar experiences, as stated below:

*“Both children have improved their communication and social skills greatly throughout our playgroups. The boy had started this playgroup season with screaming when something didn't go his way, but has since learned to calm down and use his words. He has been very good at making friends and is so kind and considerate to the babies at playgroup. When communicating with the younger babies at playgroup, he displays compassion, consideration, and selflessness. The girl has also improved greatly in her communication skills. She used to shove over her little brother to get what she desired but has since learned to compromise and come to an agreement. Such as the mini trampoline we have, they used to fight over it and end with crying, but lately they have been successful in taking turns and setting a timer. I am confident that attending playgroup has greatly increased both of these children's social and communication skills and has provided the mom with friends and someone to relate to with parenting struggles. We have all enjoyed watching the children grow to be better at controlling their emotions and sharing with one another. The mom is well educated on what the Family Resource Center can help with and knows that if she ever needs any assistance that she can come to us. Playgroup is helpful and fun for everyone who attends.”*

Additionally, another playgroup shared the following story:

*“A highly isolated single parent was able to slowly build trust in our center and our people, and slowly but surely gravitated toward a broad array of stabilizing resources that have in turn fed her kids routinely, helped them find fun and fitting clothing, and helped mom open up about severe mental health struggles that has resulted in us supporting a mental health referral for counseling as well as the encouragement to count on us as a friendly face to see throughout the week. Without intending to be it, we became this mom’s routine during the week, which as she’s described is more valuable and supportive than the food or the clothes or anything else given the severely isolating conditions and lack of ‘structured’ things to go and do otherwise.”*

***Indicator 5: Percentage of parents who say they feel that they deal better with parenting issues.***

Parent circles facilitated by Navigators for parents with children ages 0-5 were offered on Zoom starting in January 2021. The Zoom offerings in 2021 had an average of 34 participants. In 2021, 66% of participants felt the parent circle was “extremely or very helpful.” One parent stated, “Love feeling supported. Parenting is not easy, and our children deserve the best of us.”

In addition to parent circles, some playgroups shared stories of parents that communicated how the books, activity kits, informational materials, and other resources distributed through playgroups assisted them in dealing better with parenting issues. One playgroup participant shared the following quote:

*“I could find a warm way to learn how to be a better parent for my child through books at the Playgroup, talking with other parents, listening to them, and reading informative flyers. The activity kits were so thoughtful and perfect for us. My baby learned so much from them. I have learned what my baby needs; because as a new mom I can't know everything that my baby needs to grow in a healthy, lovely, and responsible way. I feel more connected with the community. I could improve my English, and I feel better living here in Humboldt because of the Play Center.”*

***Indicator 6: Number of child/caregiver visits to playgroups.***

Although in-person playgroups ceased in March 2020, some were able to re-open for short periods of time during 2021, dependent on the number of local COVID-19 cases. During 2021, Playgroups served an estimated total of 1008 children and had to come up with many innovative offerings and services for parents and children. Examples include:

- Offering internet-based opportunities for family support and connection





- Producing and distributing activity kits (Figures 2 and 3)
- Providing resource and referral assistance to playgroup families as needed
- Distributing essentials including food and diapers and promoting such distribution to playgroup families
- Where approved by Public Health, offering outdoor activities
- Providing individual support and communication with playgroup families via phone, text, or online mediums
- Participating in regular online meetings with Navigators and First 5 Humboldt staff to share experiences and ideas and coordinate efforts.



Here's what one playgroup had to say about the playgroup offerings provided virtually and through activity kits:

*“These past 6 months I have worked a lot with families from Head Start. Most of these families don’t leave their homes and don’t have transportation. Working with a person from Head Start has been very rewarding. I give her leftover distribution kits that she delivers to the families. She tells me how thankful the families are to receive their kits. She also told me they really enjoy watching my Facebook Live Playgroups. One of the families really benefits from it to learn English with her child.”*

Figure 2. Activity Kit



Figure 3. Distribution Play Center





***Indicator 7: Number of families interacting with Navigators.***

First 5 Humboldt funded four Infant Family Early Childhood Mental Health Navigators who provided technical assistance to individual playgroups on a regular basis through June 2021. In non-pandemic years, the Navigators work directly with parents and children at playgroup as well as meeting with playgroup leaders and staff to ensure Required and Essential Practices (REPs) (see **Appendix E**) are in place. They review practice areas, utilizing their observations, survey data, and site visit data to evaluate where playgroup staff might need further development and/or staff training. As part of adapting to the pandemic, Navigators met at least monthly via Zoom with playgroup leaders to provide group support and also meet individually with leaders as requested.

Navigators provided support to families at least 97 times in 2021. When some playgroups reopened in 2021, Navigators immediately began attending playgroup meetings and providing direct in-person support to families. During periods when playgroups would close due to COVID-19 precautions, families continued interaction with Navigators through Zoom, phone, or e-mail.

***Indicator 8: Frequency with which parents/caregivers read to/with children.***

This data is unavailable for the 2021 reporting year.

***Indicator 9: Frequency with which parents/caregivers play music/sing songs with their 0-5 age children.***

First 5 Humboldt provided free on-line music sessions via Zoom with the Northcoast Music Together program. Seven separate sessions were held throughout July-October 2021 with a total of at least 95 children in attendance.

***Indicator 10: Number/percentage of parents/caregivers reporting the library is family friendly.***

The Humboldt County Library adapted to pandemic conditions by providing check-out of library materials through curbside service at all library branches beginning in late May 2020 and continued through December 2021. The first option for patrons was to place holds for specific items to check out and soon after branches began offering the option to request a grab bag of items chosen by library staff.

Additionally, the library reported that in 2021, they presented 16 in person and virtual programs reaching 648 people. They also distributed 386 activity kits for children and families to enjoy at home. The library highlighted their success even with COVID-19 curtailing in person programs as they shared:

*“Librarians in the Arcata and Fortuna Libraries stepped up to provide outdoor programs near their libraries and in the community during this period. In July, the Arcata Library Branch Manager began offering weekly story time on the lawn outside the Arcata Library, and with Jose Quezada and Heather Shelton of Music Together led a group of over 80 people in song/dance/story program at the Arcata Ball Park.*

*A local librarian visited the Fortuna Parks and Recreation Department's summer camp for young children for six weeks in July and August, presenting story time and giving away literacy kits at the end of the session. Families with young children were thrilled to participate in programs in person.”*

***Indicator 11: Number of library branches offering activities focused on 0-5 age children and their families.***

The main library branch in Eureka, the bookmobile, and the ten branches around the county (Hoopa, Willow Creek, Blue Lake, Trinidad, McKinleyville, Arcata, Ferndale, Fortuna, Rio Dell, Garberville) offered grab bags of pre-selected books, take-home activity kits, and access to recorded video programs to children ages 0-5 and their families. The Arcata and Eureka Libraries also offered live virtual programs such as story time and family literacy parties with music and storytellers.

***Indicator 12: Percentage of children who are ready for school.***

Data for this indicator is collected through the Kindergarten Screening Tool which was not administered in 2021 due to COVID-19. Thus, it is not possible to report on this indicator.

**Objective 2.2: First 5 Humboldt will engage with communities to promote wellness for pregnant women, 0-5 age children, and their families.**



**Action 2.2.A: Work with community partners to promote healthy pregnancies and family wellness.**

***Indicator 1: Number of programs or projects that facilitate child and family referrals to appropriate programs and services.***

All funded projects refer children and families to other appropriate programs and services as needed. This is encouraged through sharing of resources via meetings, interactions with Navigators, printed materials, and training. Throughout the pandemic, Navigators and staff provided support via telephone, through Zoom meetings, parent circles, and through distributions of resources at various program and partner sites. Programs also provided families and children with appropriate community resources including Head Start/Early Head Start, Changing Tides Family Services, Open Door Community Health Center, Medi-Cal, Food Pantry, and other pivotal community resources.

***Indicator 2: Number of programs or projects that promote developmental and trauma screenings for 0-5 age children, pregnant women, and their families.***

All funded projects promote developmental screening by administering developmental and/or trauma screenings and/or referring families to programs that administer those screenings. For example, at least two playgroups administered the Ages and Stages Questionnaire (ASQ-3) to families as necessary. The Road to Resilience program administers the 4P's Screening to all OB intake patients at UIHS, which screens for impacts or trauma around substance use. The Paso a Paso program supports pregnant women and their families by conducting screenings and providing referrals.

***Indicator 3: List of organizations/groups worked with and activities undertaken.***

Throughout 2021, First 5 Humboldt programs worked to promote healthy pregnancies and family wellness. First 5 Humboldt staff and/or Navigators completed the following activities:

- Participation in the Perinatal Community Coalition of Humboldt County
- Partnered with Food for People, Redwood Community Action Agency's TOOTH program, Child Abuse Prevention Coordinating Council of Humboldt, Redwood Coast Regional Center, Humboldt County Department of Health and Human Services Public Health Branch, and Northcoast Children's Services to share information and materials in free resource bags distributed to families
- Diaper distributions at Humboldt Network of Family Resource Center sites
- Support of Paso a Paso program of Providence St. Joseph's Hospital

Other activities:

Funded by the California Department of Social Services Office of Child Abuse Prevention, the Road to Resilience Program began in July 2019 and continued throughout 2021. The focus of the program is to provide Health Navigators to (1) Native women who have a substance use disorder (SUD) and are pregnant or have an infant and (2) Native women who have an infant with Neonatal Abstinence Syndrome (NAS) in Humboldt and Del Norte Counties. Between January – December 2021, the following project activities occurred:

- Road to Resilience partnered with United Indian Health Services (UIHS) and had three Navigators working with families. Additionally, a part time nurse assisted Navigators during home visits when needed.
- The Program Coordinator attended various meetings and trainings in an effort to collaborate and establish relationships with Road to Resilience partner organizations to help develop trainings for staff and services for families.
- Due to COVID-19, the established partnerships with K'ima:w Medical Center and Karuk Medical Clinic have been paused. However, the partnership with UIHS is in the beginning contracting stages in extending the Road to Resilience program through 2024.
- First 5 staff partnered with UIHS and the Yurok Tribe Wellness Coalition to hold a 3-part training series in Spring of 2021 called Weaving Wellness. The training focused on education and supporting perinatal families impacted by substance use. Moving forward, training plans are to focus on Infant Early Childhood Mental Health and Local Indigenous birthing wisdom.



The Home Visiting Coordination Grant, funded by First 5 California, promotes the increased coordination and collaboration of home visiting programs. Additionally, the grant promotes the increase of cross-agency understanding of local population needs relative to the impacts of COVID-19 on families and services, to embed home visiting into early childhood systems to promote strong family outcomes, and to promote cross-county, shared learning and capacity-building, resource sharing, and expertise to strengthen local systems change efforts, and rebuild early childhood and family support systems following the pandemic. Between August 2021 - December 2021, the following project activities occurred:

- Program Coordinator collaborated with the California Center for Rural Policy to work on goals from the Humboldt County Home Visiting Environmental Scan and workgroup convenings
- Home visiting stakeholder workgroup convenings continue to be held
- Program Coordinator attended regional home visiting meetings to support inter-county coordination
- Program Coordinator facilitated monthly virtual Home Visitor Gatherings

Housed at Providence St. Joseph Health CARE Network, Paso a Paso is a prenatal and family support program serving Latino and Spanish speaking families and is funded in part by First 5 Humboldt. The program's services related to promoting healthy pregnancies and family wellness include childbirth classes, breastfeeding support groups, car seat classes, new parent classes, and positive discipline classes.



# FOCUS AREA 3: PROFESSIONAL CAPACITY

First 5 Humboldt builds, supports, and advocates for a professional workforce with the capacity to provide prevention and early intervention services to young children and their families.

**Objective 3.1: First 5 Humboldt promotes a professional workforce to serve and advocate for developmentally, culturally, and trauma-responsive practices.**



**Action 3.1.A: Promote and provide training and technical assistance for professionals/paraprofessionals/others working with 0-5 age children, pregnant women, and their families.**

First 5 Humboldt funds and coordinates trainings, certification programs, and technical assistance (TA) for service providers to promote a skilled and stable workforce with the capacity to promote the optimal development of children.

***Indicator 1: Number of trainings and TA opportunities for professional/paraprofessional/others working with addressing developmental, cultural, and trauma-responsiveness.***

In 2021, First 5 Humboldt completed at least 44 training sessions with a total of 917 attendees. Examples of training topics include, but are not limited to, Trauma Responsive Strategies, Protective Factors, Community Resilience Model, ACEs/Resilience Primer, Reflective Practice, and Reducing Secondary Trauma.

<b>Table 2. 2021 First 5 Humboldt Training Opportunities</b>		
<b>Training Type</b>	<b>Total Trainings</b>	<b>Total Number of Attendees</b>
<b>PFS Trainings</b>	None in 2021 due to COVID-19	None in 2021 due to COVID-19
<b>0-8 Mental Health Collaborative</b>	17	219
<b>IMPACT</b>	13	210
<b>Speaker’s Bureau</b>	11	348
<b>Road to Resilience</b>	3	140

- **Parent & Family Trainings-** None were held in 2021 due to the pandemic
- **0-8 Mental Health Collaborative-** First 5 Humboldt is a founding supporter of the 0-8 Mental Health Collaborative (0-8 MHC). This collaborative was established in 2010 to improve the skills of service providers working to help children meet their developmental potentials. First 5 continues to support this work, currently through the HCOE Partnership agreement which began in July 2021. A major focus of the 0-8 MHC is the implementation of a training plan to help build Infant-Family and Early Childhood Mental Health Competencies to better support children in meeting their developmental potentials. In 2021, the 0-8 Mental Health Collaborative hosted 17 training/sessions with a total of 219 attendees as part of their Infant Family and Early Childhood Mental Health (IFECMH) workforce development efforts and in response to community requests.
- **IMPACT-** First 5 Humboldt's Improve and Maximize Programs so All Children Thrive Program (IMPACT) is a quality improvement and professional development program for local childcare providers and First 5 Humboldt Playgroup staff. In 2021, a total of 13 IMPACT trainings were held with a total of 210 participants. Twenty-seven ECE sites throughout Humboldt participated in IMPACT in 2021, including three Tribal childcare sites and 24 family childcare programs. Twenty-nine individual staff members took part in the training.
- **Speaker's Bureau-** First 5 Humboldt continued to coordinate the ACEs/Resilience Speakers' Bureau (Speakers' Bureau) in 2021 in response to community requests for more advanced training on ACEs, trauma, and resilience. The Speakers Bureau is comprised of local presenters who demonstrate an understanding of brain science and development, have either university-level teaching or specialized credentials, and experience conducting community trainings. All of the speakers meet at least one of the following criteria: endorsed by California in Infant Family and Early Childhood Mental Health (IFECMH), have been trained by the international Child Trauma Academy, which is a leader in understanding how children and adults are impacted by trauma and can be supported in their health and well-being, and/or have completed a specialized training program specific to their field of expertise. Community organizations who contact First 5 Humboldt for more advanced training are connected to the most appropriate presenter for their specified needs. In addition, First 5 Humboldt facilitates meetings between Speakers' Bureau presenters in order to discuss training topics, presentation modalities, and training materials. In 2021, there were 11 Speakers' Bureau training presentations to organizations in Humboldt County. At least 348 attendees participated in one or more training presentations.
- **Road to Resilience-** First 5 Humboldt continued to expand Road to Resilience partnerships with UIHS that held a focus on developing trainings for staff. In 2021, Road to Resilience held 3 Weaving Wellness trainings that had a total of 140 attendees to promote resilience and wellbeing. Moving forward, training topics are to focus on Infant Early Childhood Mental Health and local Indigenous birthing wisdom.

*Indicator 2: Number of professionals/paraprofessionals/others working with 0-5 age children, pregnant women, and their families attending trainings.*

In 2021, at least 917 professionals/paraprofessionals/others attended First 5 Humboldt trainings. (This statistic includes duplicated counts). Figure 4 presents quotes from training participants about First 5 Humboldt trainings.

**First 5 Humboldt promotes a community that understands and supports child and family well-being.**

**Figure 4. Quotes from First 5 Humboldt Training Attendees**

### Quotes from First 5 Humboldt Training Attendees

*“When we talked about mental health issues, sleep disorder, BPD, and other diagnosis, I wasn't aware of them, but it was interesting to know about it especially since one child I've seen has some type of signs but wasn't sure about it.”*

*“All of it! I found this presentation was very helpful and had great reminders in the importance of self-care and recognizing the feelings and sensations in my own body and teaching children to recognize their own.”*

*“The discussions we had about how we can differentiate symptoms in disorders that might overlap (ex: is it trauma, or is it a sensory processing disorder, is it both?) Also, the information about sleep disorders, sensory disorders, and ASD.”*

*“I appreciated the application insight about how terminology like "resilience" can feel like a burden for people. It helps me think of how to best represent these concepts in my own work to help youth understand and build resilience while preventing the topic from feeling like a burden. It gave me some really helpful ideas about working resilience concepts into my work with youth and in personal life.”*

## FOCUS AREA 4: COMMUNITY ENGAGEMENT

**Objective 4.1: First 5 Humboldt fosters public awareness of the role of early years (0-5) in creating community well-being.**



**Action 4.1.A: Develop a public awareness plan.**

***Indicator 1: Public Awareness Plan developed by June 30, 2021.***

First 5 Humboldt has completed a detailed Communications Plan as part of our recent efforts to develop a new logo, website, and other branding work. That plan is now being implemented, and we continue to engage the public and raise awareness of the importance of supporting young children and families throughout the year, primarily through expanded social media efforts in light of the COVID-19 pandemic. First 5 Humboldt issued seven (7) press releases and was mentioned or featured in at least twelve (12) local news stories in 2021.

***Indicator 2: Number of social media and website hits/posts (number of likes and total reached).***

First 5 Humboldt strives to use social media to connect families with young children to support and services available in the community, as well as educate the community on issues affecting young children and their families. First 5 Humboldt started increasing the use of social media in 2020 and continued in 2021 to address the lack of in-person outreach opportunities:

- The First 5 Humboldt Facebook followers increased 27% during 2021, from 1,328 to 1,697 followers.
  - Page reached a daily average of 322 unique users
  - Average reach on an individual post was 340 users
  - Page was visited 2,635 times, an increase of 18.3%, and an overall reach of 31,604 people during 2021.

***Indicator 3: Number of community meetings/town halls and number of attendees.***

No community meetings or town halls were held in 2021 due to COVID-19 safety precautions.

**Objective 4.2: First 5 Humboldt engages community members in its decision-making process.**



**Action 4.2.A: Engage community members on First 5 Humboldt subcommittees/advisory committees.**

***Indicator 1: Number of community members serving on First 5 Humboldt committees.***

First 5 Humboldt has community members on our Commission and our four standing advisory committees:

- Early Childhood Care and Education
- Evaluation



- Parent and Family Support
- Fiscal

In total, 25 community members serve as volunteers on the Commission and its committees, providing valuable outside experience and perspective to First 5 Humboldt decision making.



Action 4.2.B: Provide opportunities for community feedback on First 5 Humboldt activities through focus groups, surveys, and similar methods.

***Indicator 1: Number of feedback opportunities provided and results of feedback.***

Throughout the COVID-19 pandemic, First 5 Humboldt felt it was important to reach out to parents to see what their most immediate needs and concerns were and find ways, where possible, that First 5 Humboldt could meet those needs and address those concerns. A Parent Needs Assessment Text-Based Survey Instrument (**Appendix D**) was developed in both English and Spanish and administered to First 5 Humboldt families. One hundred and eight parents and caregivers responded to the survey. Table 3 shows resources and information respondents were most interested in. Table 4 shows First 5 Humboldt activities that respondents were most interested in.

<b>Table 3. First 5 Humboldt Resources &amp; Information</b> <b>(What resources or support do you need for yourself or your family during the pandemic?)</b>	
Resource or Information	Percent Responding Yes
Parenting Support	53.7%
Food	44.4%

Diapers	41.7%
Child Care	36.1%
Ideas to do at home/outside with my children	82.4%

<b>Table 4. First 5 Humboldt Activities of Interest (During this pandemic, do the following First 5 Humboldt activities interest you?)</b>	
<b>Activities of Interest</b>	<b>Percent Responding Yes</b>
Virtual Playgroup Activities and/or Playgroup activity Pick-ups	75.9%
Family Resource Center/Playgroup Diaper Distribution	59.3%
First 5 Humboldt Child and Family Resource Bags	81.5%
Virtual Library Storytime and/or Library Material Pick-ups	77.8%
Connecting with a First 5 Humboldt Specialist	37.0%
First 5 Humboldt Zoom Classes for Parents	63.9%

These results helped guide First 5 Humboldt efforts to support families through another challenging year, including expanded online services for parents, parenting circles and child friendly music classes, as well as monthly distributions for families. The results also informed advocacy efforts with local and state partners about family needs during this crisis.

**Objective 4.3: First 5 Humboldt raises community awareness regarding ACEs, trauma responsive care, and resiliency**



**Action 4.3.A: Offer educational opportunities focused on ACEs, trauma responsive care, and resiliency for community members.**

***Indicator 1: Number of educational opportunities provided and number of people taking part in each activity.***

Beginning in January 2021, First 5 Humboldt hosted four Parent Circles that were attended by a total of 136 people. The Parent Circles provided a virtual space for First 5 Humboldt Navigators to connect with parents in the absence of in person playgroup meetings. They are a recurring series of workshops presenting whole brain parenting practices for children age 0-8 year and were designed to give parents the opportunity to learn and discuss how a young child’s brain develops and functions, how to help children handle challenges and respond to difficult experiences, and learn strategies that fit with any parenting approach.

In effort to maintain a connection with families throughout the community in the majority of absence of in person playgroup meetings, First 5 Humboldt assembled and distributed resource bags to families through 13 sites across Humboldt County. These bags included education materials on stress and resiliency, sensory materials and books for young children, and ways to connect with other valuable resources in the community. Distributions were held monthly when allowed by Public Health guidelines.

Between March and April 2021, 560 family resource bags were distributed to families throughout Humboldt County.

***Indicator 2: Percent of attendees reporting an increase in knowledge pre/post evaluations of workshops.***

The Parent Circles had training evaluations completed. Overall, attendees reported an increase in knowledge/understanding of key concepts of the Parent Circles. For more information on Parent Circles, please see Action 2.1.A Indicator 5 on page 12.



## **EVALUATION RECCOMENDATIONS**

### **Programmatic:**

1. Continue to provide program specific recommendations though the Program Evaluation Team process each spring.
2. Continue to work on effective outreach to and inclusion of Spanish speaking families and Native American families with young children in all funded programs. Ensure that outreach, inclusion, and program activities are culturally proficient by providing training and resources to staff, and by gathering input directly from families about their experiences with First 5 Humboldt funded programs.
3. Monitor the demographics of families served by playgroups (and other programs) relative to community wide demographics. Resume activities that solicit direct input and concrete data from families served by First 5 Humboldt, such as the participant and library patron surveys.
4. Continue to provide technical assistance to First 5 Humboldt Playgroups as they open/re-open regarding the importance of daily reading, methods to assist families in achieving daily reading to/with their child, and developing/implementing actions that are culturally responsive.

5. As necessary, work with programs to sustain COVID-19 safe activities that meet guidelines established by the California Department of Public Health and Humboldt County DHHS.

### **Evaluation Process:**

1. Revise and update Evaluation Framework, Actions, and Indicators in alignment with the current Strategic Plan to ensure consistency and relevance between Actions and Indicators and all First 5 Humboldt-funded programs.
2. Continue to work on how best to evaluate First 5 Humboldt's collaborative partnerships, including developing appropriate indicators to better measure partnership/collaboration, and meet the goals of the Strategic Plan.
3. Continue to work with other community groups/agencies to develop appropriate methods to share relevant data.
4. Continue to work with Humboldt County Office of Education and individual school districts to better collect data on Playgroups and preschool for Kindergarten Assessments.
5. Continue to explore additional methods of evaluating First 5 Humboldt Playgroups to better examine the impact of Playgroups on parents/caregivers and children.
6. Review reporting guidelines, evaluation instruments, data collection procedures, and revise as appropriate.
7. Continue to develop and incorporate evaluation measures related to the Protective Factors, HOPE model, and resiliency.
8. Collaborate with fiscal staff to develop and implement data collection and tracking procedures so evaluation and fiscal activities align where possible.
9. Develop and implement alternative evaluation methods to accommodate COVID-19 restrictions as needed. Work with First 5 Humboldt staff and funded programs to adjust evaluation processes to meet the program evaluation needs during the COVID-19 pandemic as needed.

# Appendix A: First 5 Humboldt Evaluation Framework 2021

## EVALUATION FRAMEWORK 2021

Two Cross-Cutting issues inform and apply to all our work.



### Preventing and Reducing ACEs (Adverse Childhood Experiences)

First 5 Humboldt seeks to prevent and reduce the incidence of ACEs and associated chronic stress in young children, and to raise awareness of the long-lasting impacts of trauma in early childhood. Actions in this Strategic Plan relating to preventing and reducing ACEs will be indicated with this icon.



### Racial Equity

First 5 Humboldt strives to be an anti-racist organization that promotes racial equity and works to address disparities, in recognition of the structural racism in our society today and our local and national history of racism and genocide. This icon will indicate Actions relating to racial equity.

*Key: Programs named in **orange** type are programs receiving funding from First 5 Humboldt (F5H) that conduct activities that directly impact that indicator and may also be a source of data for that indicator. If a F5H funded program is listed in **blue** type that means the program or programs is/are collecting data for that indicator but might or might not be directly conducting activities that impact that indicator. Other non-First 5 Humboldt data sources are listed in **purple** type. Indicators for which F5H is directly collecting data will show **F5H** in green type after the indicator.*



## Focus Area 1: Systems Change

First 5 Humboldt advocates for policies, funding, and systems change that support and improve the lives of young children and their families.

**Objective 1.1** First 5 Humboldt builds and strengthens relationships with community partners to promote a shared vision and collective action focused on improving the lives of young children, their families, and their communities

**Action 1.1.A: Broad engagement of F5H with diverse community partners to improve the lives of young children, their families, and their communities**

Indicator 1: # of community groups, agencies, and initiatives partnered with/supported and activities undertaken  
**First 5 Humboldt (F5H), Home Visiting Grant**

**Objective 1.2:** First 5 Humboldt collaborates with community partners and stakeholders to advocate for policies that promote the well-being of children and families

**Action 1.2.A: Engage with local governments, tribal governments, community organizations, and the public to create a F5H Policy Agenda**

Indicator 1: List of policy makers engaged with and activities undertaken to align public policies that support the well-being of children and their families **F5H**

Indicator 2: List of tribal governments consulted with and activities undertaken around shared policy priorities with Tribal governments to create/implement F5H policy Agenda **F5H**

**Action 1.2.B. Develop local First 5 Humboldt-specific policy agenda**



Indicator 1: Policy agenda developed by 6/30/21 and updated annually by the end of each fiscal year. **F5H**

## Focus Area 2: Child and Family Well-Being

First 5 Humboldt supports the well-being of young children and their families through prevention and early intervention activities throughout Humboldt County

**Objective 2.1:** Families have developmentally appropriate supports that strengthen their capacity to promote children's optimal development in safe and stable communities



**Action 2.1.A: Support programs that promote protective factors, relational health, resilience, family strengthening principles, and primary prevention.**

Indicator 1: # of programs providing family-friendly services **Playgroups, Library Partnership (LP), Paso a Paso (PaP), Navigators**

Indicator 2: # of programs promoting the Protective Factors **Playgroups, LP, PaP, Navigators**

Indicator 3: % of families feeling more connected to other families **Playgroups, PaP**

Indicator 4: % of parents reporting that they have someone they can talk to **Playgroups, PaP, Navigators . California Health Interview Survey (CHIS)**

Indicator 5: % of parents who say they feel that they deal better with parenting issues **Playgroups, PaP, Navigators**

Indicator 6: # of child/caregiver visits to playgroups **Playgroups**

Indicator 7: # of families interacting with Navigators **Playgroups, Navigators**

Indicator 8: Frequency with which caregivers read to/with children **Playgroups, PaP, LP, CHIS**

Indicator 9: Frequency with which parents/caregivers play music/sing songs with their 0-5 age children **Playgroups, PaP, CHIS**

Indicator 10: #/% parents/caregivers reporting the library is family friendly **Playgroups, PaP, LP**

Indicator 11: # of library branches offering activities focused on 0-5 age children and their families **LP**

Indicator 12: % of children who are ready for school **Playgroups, LP, KST (HCOE)**

**Objective 2.2:** First 5 Humboldt will engage with communities to promote wellness for pregnant women, 0-5 age children, and their families



**Action 2.2.A: Work with community partners to promote healthy pregnancies and family wellness**

Indicator 1: # of programs or projects that facilitate child and family referrals to appropriate programs and services

**Playgroups, PaP, Navigators, Road to Resilience (RtoR), Impact**

Indicator 2: # of program/projects that promote developmental and trauma screenings for 0-5 age children, pregnant women, and their families **Playgroups, Navigators, PaP, RtoR, Impact**

Indicator 3: List of organizations/groups worked with and activities undertaken **Playgroups, PaP, RtoR, Impact, F5H**

### Focus Area 3: Professional Capacity

First 5 Humboldt builds, supports, and advocates for a professional workforce with the capacity to provide prevention and early intervention services to young children and their families



**Objective 3.1:** First 5 Humboldt promotes a professional workforce to serve and advocate for developmentally-, culturally-, and trauma-responsive practices

#### **Action 3.1.A. Promote and provide training and technical assistance for professionals/paraprofessionals/others working with 0-5 age children, pregnant women, and their families**

Indicator 1: # of trainings and TA opportunities for professionals/paraprofessionals/others working with addressing developmental-, cultural- and trauma-responsiveness **0-8 MHC, F5H trainings, Navigators, Impact, Measure S, QRIS, Vesper,**

Indicator 2: # of other professionals/paraprofessionals/others working with 0-5 age children, pregnant women, and their families attending trainings **0-8 MHC, F5H trainings, Navigators, Impact, Measure S, QRIS, Vesper,**

## Focus Area 4: Community Engagement

First 5 Humboldt promotes a community that understands and supports child and family well-being

Objective 4.1: First 5 Humboldt fosters public awareness of the role of the early years (0-5) in creating community well-being



### **Action 4.1.A Develop a public awareness plan**

Indicator 1: Public Awareness plan developed by 6/30/21. **F5H**

Indicator 2: # Social media and website hits/posts (# likes and total reach) **F5H**

Indicator 3: # of community meetings/town halls and # of attendees **F5H**

Objective 4.2: First 5 Humboldt engages community members in its decision-making process



### **Action 4.2.A Engage community members on F5H subcommittees/advisory committees**

Indicator 1: # of community members serving on F5H committees **F5H**

### **Action 4.2.B Provide opportunities for community feedback on First 5 activities through focus groups, surveys, and similar methods**

Indicator 1: # of feedback opportunities provided and results of feedback **F5H**

Objective 4.3 First 5 Humboldt raises community awareness regarding ACEs, trauma responsive care, and resiliency



### **Action 4.3.A Offer educational opportunities focused on ACEs, trauma responsive care, and resiliency for community members**

Indicator 1: # of educational opportunities provided and # of people taking part **F5H, Vesper**

Indicator 2: % of attendees reporting an increase in knowledge on pre/post evaluations of workshops **F5H, Vesper**

# Appendix B: First 5 Humboldt Funded Programs

## First 5 Humboldt Funded Programs (2021)

Organization	Program Name	Description
City of Arcata	Arcata Play Center	Continuation of funding for playgroup activities for children age 0-5 and their families at the Arcata Play Center.
City of Arcata	Arcata 0-1 Playgroup	Funding for playgroup activities specific to children age 0-1 and their families.
St. Joseph Health Humboldt County	Blue Lake Playgroup	Continuation of funding for playgroup activities for children age 0-5 and their families.
Discovery Museum	Discovery Museum	Continuation of funding for playgroup activities and programming for children age 0-5, and providing scholarships to children from economically disadvantaged families.
Pine Hill School	Eureka Pine Hill Playgroup	Funding for providing playgroup activities for children age 0-5 and their families in the community of southern Eureka.
ERV Community Foundation	Fortuna Playgroup	Continuation of funding for playgroup activities for children age 0-5 and their families.
Westside Community Resource Center	Jefferson Playgroup	Continuation of funding to support a playgroup for children age 0-5 and their families in Eureka.
Mattole Valley Resource Center	Honeydew Playgroup	Funding to support a playgroup for children age 0-5 and their families in the Honeydew area. Operated with Mattole Playgroup, not separately.
Loleta Community Resource Center/St Joseph Health Humboldt County	Loleta Playgroup	Continuation of funding to support a playgroup for children age 0-5 and their families in Loleta.
Redwood Coast Montessori	Manila Playgroup	Funding for providing playgroup activities for children age 0-5 and their families.
Mattole Valley Resource Center	Mattole Playgroup	Continuation of funding to support a playgroup for children age 0-5 and their families in the Mattole Valley. Operated with Honeydew Playgroup, not separately.



Mid Klamath Watershed Council	Orleans Playgroup	Continuation of funding to support a playgroup for children age 0-5 and their families.
Southern Humboldt Unified School District	Redway Playgroup	Continuation of funding to support a playgroup for children age 0-5 and their families.
St. Joseph Health Humboldt County	Willow Creek Playgroup	Continuation of funding to support a playgroup for children age 0-5 and their families.
County of Humboldt	Library	Continuation of a partnership with the Humboldt County Library to strengthen the Library's existing system for children age 0-5 and to build its capacity for serving isolated rural residents, families living in poverty, Latino and Native American populations.
St. Joseph Health Humboldt County	Paso a Paso	Funding to support home visits, parent education and outreach to underserved populations.
Humboldt County Office of Education	Specialists	Continuation of funding through June 2021 for an Inclusion Specialist to provide services in selected First 5 Humboldt playgroups by providing direct support in the form of child development & child rearing information to families, other caregivers, and program leaders. Continuation of funding through June 2021 for a Children & Family Support Specialist and enhanced family services collaboration by coordinating the 0-8 Mental Health Collaborative. Providing direct support in the form of child development, child rearing information to families, other caregivers, and program leaders participating in First 5 Humboldt funded programs.
First 5 Humboldt initiative	Program Support Outside	Consultant services assuring best practices in First 5 Humboldt funded programs.
First 5 Humboldt initiative	Parent & Family Support Programs Training & Support	Technical assistance to Parent & Family Support Programs; includes training, site visits, materials/equipment, and family-friendly events.
First 5 Humboldt	Evaluation	Evaluation of First 5 Humboldt funded programs.

First 5 Humboldt	IMPACT Grant	Funding to support quality improvement in early childhood settings.
First 5 Humboldt initiative	Child Care Supports & Training Program	Funding to support professional development, retain ECE professionals, and encourage entry into the field.
First 5 Humboldt Initiative	ACES/Resilience Program	Funding to support professional development for ECE providers, foster parents, community members and to increase specialist support to playgroups.
First 5 Humboldt	ACES Speakers Bureau	On-site training in trauma-informed practice to schools, medical clinics, community groups.
Mission Minded	Brand Development	Development of First 5 Humboldt branding around ACES and communications strategies was completed in May 202.
First 5 Humboldt	Road to Resilience	Funding to support pregnant and parenting mothers experiencing or at-risk of Substance Use Disorder through navigation services embedded in tribal health clinics.
St. Joseph Health Humboldt County	Rio Dell Playgroup	Continuation of funding to support a playgroup for children age 0-5 and their families. Closed in March 2020 due to the pandemic. The Rio Dell playgroup had an active grant, but did not meet during 2021, actual funding was not provided.
First 5 Humboldt	Home Visiting Grant	Promotes the increased coordination & collaboration of home visiting programs to increase cross-agency understanding of local population needs relative to the impacts of COVID-19 on families and services, to embed home visiting into early childhood systems to promote strong family outcomes, & promote cross-county, shared learning and capacity-building, resource sharing, and expertise to strengthen local systems change efforts, & rebuild early childhood and family support systems following the pandemic.
United Methodist Church of Arcata	Tiny Tots Playgroup	Continuation of funding to support a playgroup for children age 0-5 and their families. Closed in March 2020 due to the pandemic. Tiny Tots playgroup had an active grant, but did not meet during 2021, actual funding was not provided.

McKinleyville Community Services District	McKinleyville Play Center	Continuation of funding to support a play group for children age 0-5 and their families in McKinleyville. Closed in March 2020 due to the pandemic. McKinleyville playgroup had an active grant, but did not meet during 2021, actual funding was not provided.
Orick School	Orick Playgroup	Continuation of funding to support a play group for children age 0-5 and their families in Orick. Closed in March 2020 due to the pandemic. Orick playgroup had an active grant, but did not meet during 2021, actual funding was not provided.

# Appendix C: Methods

## Data Collection

Data for the Local Evaluation Report 2021 was collected through a variety of sources and instruments described below. As applicable, information on data collection implementation is included with the particular data source or instrument.

### **I. Reports**

First 5 Humboldt funded programs submit **Interim and Final progress reports** to First 5 Humboldt. The reports include information on program activities and unduplicated counts of the target population served during that time period. These reports are available for review at the First 5 Humboldt office.

### **II. Survey**

2021 First 5 Humboldt Parent Needs Assessment was conducted through a chatbot survey to reach out to parents to see what their most immediate needs and concerns were and find ways that First 5 Humboldt could meet those needs and address those concerns. A text-based survey that was offered in both English and Spanish was developed and administered to First 5 Humboldt families. 108 parents/caregivers responded to the survey.

### **III. Training and Workshop evaluations**

Trainings and workshops for professionals and for parents that are funded by First 5 Humboldt are evaluated by participants. In most cases, this is done using a retrospective pre/post format. Quantitative and qualitative data is collected and analyzed.

## Data Analysis

### **I. Data analyses completed include**

- Frequency calculations
- Descriptive statistics
- Content analyses of quantitative data collected through surveys, reports, and data records.

### **II. The following programs used for data analyses included**

- Survey Monkey
- Microsoft Excel

# Appendix D: Parent Needs Assessment Text-Based Survey Instrument

First 5 Humboldt Parent Needs Assessment Survey Instrument
What zip code do you live in or closest to?
1. What resources or support do you need for yourself or your family during the pandemic? Yes or no for each option.
a. Parenting support
b. Food
c. Diapers
d. Childcare
e. Ideas for activities to do at home/outside with my children
2. Please enter any other ideas (or comments) for resources or support during the pandemic. Reply None if no further suggestions.
3. During this pandemic, do the following First 5 Humboldt activities interest you? (Reply yes or no for each activity)
a. Virtual Playgroup Activities and/or Playgroup activity pick-ups
b. Family Resource Center/Playgroup Diaper Distribution
c. First 5 Humboldt Child and Family Resource Bags
d. Virtual Library Storytime and/or Library materials pickups
e. Connecting with a First 5 Humboldt Specialist (Beth, Katie, Laura, Meg)
f. First 5 Humboldt Zoom classes for parents
3. Please enter any other ideas (or comments) for First 5 Humboldt activities. Reply None if no further suggestions.
4. We'd like you to tell us about the children in your household.
5. Are you and/or your partner pregnant?
6. Please tell us the ages of the children in your household (Use a space to separate the ages).



# Appendix E: Required Essential Practices for Playgroups

## Required Essential Practices for Playgroups

These practices need to be in place in each playgroup and are required for continued funding. Technical assistance is available to help playgroups ensure these practices are in place.	Haven't started	Working on this	In Place	Need TA?
1. The family version of Health and Safety Practices, which includes illness and supervision of children policies, as provided by First 5 Humboldt are posted at playgroup.				
2. Every parent/caregiver is informed of and provided a printout of the family version of Health and Safety Practices as part of their intake paperwork. Every parent/caregiver completes and returns the provided medical release and emergency forms.				
3. A designated eating area is established where adults and children can be seated while they eat, parents are informed about it and staff reinforce that eating needs to be done in that area.				
4. All staff wash their hands upon arrival, before preparing snack and after toileting, or cleaning up messes.				
5. Food provided by the program is age appropriate and is consistent with the choke safety guidelines provided by First 5 Humboldt.				
6. The First 5 Healthy Beverage Policy is followed. Water is accessible for all attending playgroup.				
7. A system is established for regularly disinfecting toys and parents/caregivers are notified of where to put toys that need to be cleaned.				
8. All playgroup staff members reinforce all Health and Safety Practices, including sending families home if caregivers or children are too ill to attend.				
9. All toys meet standard safety codes for age, size, and construction and are durable enough to withstand group play.				
10. Activities such as cutting with scissors, cooking, arts, crafts, texture table, etc. that could potentially create a hazard are supervised by an assigned adult at all times.				

11. Diaper bags, purses, and other items are stored out of reach of children and parents/caregivers are notified about where to store such items.				
12. The environment is arranged to support safe play for the ages and developmental levels of the group.				
13. All doors leading to areas outside of the playgroup space are made as secure as possible, taking into consideration the ages/developmental needs of the group.				
14. In sites where there are multiple staff members, they are spread throughout the room and they are mindful of safety issues such as doors, active play areas and larger groups of children and place themselves to help supervise these areas.				
15. A First Aid kit is readily available at each site and leaders have been trained in basic First Aid				
16. Playgroup staff members have been fingerprinted and have received criminal clearance.				
17. A playgroup staff member provides each new family with an overview of the playgroup policies and schedule i.e. snack time, circle time, clean up, etc. and explains any “off limits” or other special areas.				
18. A playgroup staff member checks with each new family to see if there are any special considerations/needs for the family members i.e. allergies, environmental sensitivities, etc.				
19. Playgroup leaders are in the playgroup space, interacting and building relationships with families the majority of playgroup time. Leaders share community resources with families and provide referrals as needed.				
20. Playgroup staff members are mindful of caregivers and children who are more shy or reserved and make an extra effort to reach out to them and connect them with others.				
21. All playgroup staff members will contact their specialist (Beth, Katie, Laura or Meg) if they and/or the caregiver have concerns about a child or family.				
22. All playgroup staff members will contact their specialist if they need assistance with supporting a family whose primary language is not English.				
23. Family information is confidential. All playgroup staff members will refrain from talking about their concerns about a child or caregiver in front of other parents, caregivers, and children.				

24. All playgroup primary leaders will attend PFS Workshops to further their skills in supporting families.				
25. Playgroup staff members who have children present follow and model all Health and Safety Practices.				

