



# **FIRST 5 HUMBOLDT LOCAL EVALUATION REPORT 2022**

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&  
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# EVALUATION COMMITTEE MESSAGE

Humboldt County is a special place. Over the last year, the pandemic brought continued disruption and change to families and our community. Evidence demonstrated that mental health was taxed by isolation, transition, illness, and resources that were constantly in flux. During 2022, First 5 Humboldt, like the rest of our partners, worked to adjust to a changing service and education landscape. As I write this, it is hard to believe that just one year ago, we still didn't know if playgroups would consistently meet in person or whether large gatherings were something that we could plan for. In May of 2022, we awarded playgroup grants for the coming fiscal year, but still with the caveat that we understood there was continued uncertainty.

Despite those challenges, we held a virtual Counting on Community Symposium in May 2022, which focused on healing and lifting up the expert voices within our community. We held outdoor movie nights in partnership with Arcata Playhouse. We continued to work on our Hiking Humboldt Kids book, an effort to publish a kid and family-friendly guide, in English and Spanish, and get more families out enjoying our gorgeous county—with deep appreciation to Rees Hughes and Jennifer Gonzales. More playgroups than ever met regularly--24 playgroup grants were awarded to community partners. Families gathered in playgroups from Orick to Redway, Petrolia to Willow Creek and so many points in between.

During 2022, we were part of a dynamic county team, focused on childcare, that submitted a successful proposal to the County Board of Supervisors to award \$4.86 million to Arcata Economic Development Council for the Child Care Stabilization Project, which has begun stabilizing Humboldt's vulnerable childcare industry. First 5 Humboldt added bilingual staff members to our office's team so that we can better serve our Latinx community. We successfully partnered with Open Door Community Health Centers around a grant to reduce toxic stress in families with children and youth. Despite the steep financial decline First 5 Humboldt expects due to changes in tax regulations, we remain committed to helping weave together services and opportunities that support family and child well-being across our community. This report takes a deep dive into what we were able to do during 2022. It takes a look at what was effective and what can be improved. Above all, it demonstrates some of the many and varied ways families engaged with their communities for the support of their children's health and growth. Our children and their families represent Humboldt's greatest strength, and First 5 Humboldt is lucky to partner with so many families in laying the foundation of tomorrow by what we do today.

Respectfully submitted on behalf of the First 5 Humboldt Community Advisory Committee on Evaluation,

Mary Ann Hansen  
Executive Director

# 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 2022 towards implementing goals outlined in the First 5 Humboldt Strategic Plan. The structure of this 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 2022. 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 Partnerships, and a Paso a Paso Prenatal Care Program, among others. Specific activities and details on every F5 Humboldt 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 2022, 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 are 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 following two surveys, which have been major sources of indicator data in past years, were administered in 2022 with varying degrees of success: Annual Playgroup Participant Survey (Appendix D) and Library Patron Survey (Appendix E).<sup>1</sup> A supplemental Appendix includes aggregated results of both surveys and is available upon request to First 5 Humboldt.

This 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 expertise, 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 in-person Playgroups started to occur again around June 2022 and are continuing through 2023. Throughout the COVID-19 pandemic and onward, First 5 Humboldt continues to make a concerted effort in shifting their activities to accommodate current needs of children, caregivers, and providers. Goals and activities that were developed prior to the onset of COVID-19 were adapted throughout the year to meet changing family needs and community context.

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<sup>1</sup> Please note that annual participant and library patron surveys were not administered in 2020 and 2021 due to the COVID-19 pandemic.

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



# FOCUS AREA 1: SYSTEMS CHANGE

First 5 Humboldt advocates for policies, funding, and system 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: Number of community groups, agencies, and initiatives partnered with/supported and activities undertaken.*

During 2022, First 5 Humboldt partnered with 31 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 2022</b>  |   |
|---|---|
| <ul style="list-style-type: none"> <li>● 0-8 Mental Health Collaborative</li> <li>● 23 Playgroup Partnerships</li> <li>● Arcata Economic Development Corporation</li> <li>● California Center for Rural Policy at Cal Poly Humboldt</li> <li>● California Department of Education</li> <li>● California Surgeon General’s Office</li> <li>● Changing Tides Family Services</li> <li>● Child Abuse Prevention Coordinating Council</li> <li>● First 5 Association of California</li> <li>● First 5 California</li> <li>● Humboldt Area Foundation</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 County Office of Education</li> <li>● Humboldt Emergency Child Care Task Force</li> </ul> | <ul style="list-style-type: none"> <li>● Humboldt Network for Family &amp; Community Resource Centers</li> <li>● Humboldt Independent Practice Association</li> <li>● Jefferson Community Center</li> <li>● North Coast Grantmaking Partnership</li> <li>● North Coast Health Information and Improvement Network</li> <li>● California Office of Child Abuse Prevention</li> <li>● Open Door Community Health Centers</li> <li>● Perinatal Community Coalition of Humboldt County</li> <li>● Providence St. Joseph Hospital Eureka</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> </ul> |

One highlight of First 5 Humboldt’s work in 2022 is its partnership with Redwood Community Action Agency (RCAA). The RCAA coordinated a free diaper distribution through funding from First 5 Humboldt. Parents and families from across Humboldt County were provided free diapers, baby wipes, and resource information.

First 5 Humboldt also provided funding for the Road to Resilience program, which provides a case-by-case, comprehensive support system for pregnant women and mothers of infants (0-12 months) at risk of substance use disorder. The Road to Resilience program is housed under United Indian Health Services (UIHS). Road to Resilience participants, or clients, are provided a Community Health Representative (CHR) to assist with, among many other tasks, case management and education services.

An evaluation of the Road to Resilience Program in 2022 showed positive results overall:

- A vast majority (89%) of clients served in 2022 are Native American or Alaska Native.
- Clients feel they have someone to talk to when in need.



- After working with a CHR, clients feel capable of caring for their infant and using healthy parenting styles, managing stress and practicing healthy coping mechanisms, accessing medical, dental, or behavioral health appointments for themselves and their family, and accessing community resources that support wellness.

First 5 Humboldt also played a key role in drafting and supporting the proposal and implementation of the Humboldt County Child Care Stabilization Fund, created by the Humboldt County Board of Supervisors. Nearly \$5 million of State and Local Fiscal Recovery Funds were allocated to support the local childcare industry through programs “designed to provide immediate business support, long-term stabilization, and the financial support needed to grow a healthier child care system”.<sup>2</sup> What is more, the Humboldt County Child Care Stabilization Fund will include the development of a long-term evaluation plan to address child care challenges, including pay, availability, and quality.

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**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.*

- 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.
- First 5 Humboldt played a key role in drafting and coordinating the development of the Child Care Stabilization Fund presented and approved by the Humboldt County Board of Supervisors (BOS). A total of \$4.65 million was provided for short-term assistance to the child care sector (i.e., Provider & Employee Retention Bonuses, forgivable facility improvement loans, and hiring bonuses) as well as to develop and implement a long-term plan to address child care challenges in Humboldt County.

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<sup>2</sup> Humboldt County Child Care Stabilization Fund. (2022). *About the Humboldt County Child Care Stabilization Fund*. Retrieved May 22, 2023, from <https://www.humboldtchildcare.org/about>

- With support from First 5 Humboldt, the BOS has continued assistance and funding (\$200,000 per year) from the county General Fund to address ACEs through community grants and support for First 5 Humboldt programs, even as original funding sources for this project have declined and the county faces budget shortfalls.

First 5 Humboldt met regularly with state assembly members, senators, and staff to advocate the California Department of Education Infrastructure Grants for Child Care, which are considered rural programs for areas in the state. First 5 Humboldt also provided letters of support for statewide policies and budgets and encouraged Assemblymember Jim Wood’s Chief of Staff and Legislative Director to visit United Indian Health Services (UIHS) to learn about the Road to Resilience program.

Other activities around policy that First 5 Humboldt worked on in 2022 include advising the California Department of Education on their Infant Family Early Childhood Mental Health (IFECMH) consulting program, serving on the California Surgeon General’s advisory panel on ACEs, and working to support statewide funding proposals for Diaper Bank programs.

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

First 5 Humboldt consulted and collaborated with Tribal governments on several policy priorities:

- Created an exclusive grant program for the Wiyot Tribe designed to implement programs benefiting children and families within the tribe.
- Supported two playgroups in Hoopa and McKinleyville that incorporate Indigenous language instruction within the regular programming.
- Requested and incorporated feedback from local tribes in the design of First 5 Humboldt’s Hiking Families guidebook.

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



*Indicator 1: Policy agenda updated annually by the end of each fiscal year.*

A First 5 Humboldt Policy Agenda was drafted and reviewed by the Subcommittees of the Commission. This Policy Agenda was approved by the Commission in 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 playgroup participant survey and the Humboldt County library patron survey, both of which were administered in 2022. A total of 186 surveys were collected from parents/caregivers who frequently utilize the 12 library branches across Humboldt County. A total of 151 annual participant surveys were collected from parents/caregivers participating from 21 playgroups across Humboldt County.

The library patron survey has questions centered around how frequently parents/caregivers and their children visit the library and attend library programs, including which library locations they patronize. It also captures parents’ opinions regarding the quality of library provisions and programs, and how libraries could improve programming and family experiences. Several demographic questions are included, for example, number of children and their age range, and primary language spoken at home.

Similar to the library patron survey, the playgroup survey asks parents/caregivers how often they and their children attend playgroups, and which playgroup locations they attend, including frequency of attendance. The playgroup survey also asks parents/caregivers to give their opinions on the quality of playgroups, as well as provide input on how their experience can be improved. Examples of demographic questions within the playgroup survey include relationship to participating children, children age range, insurance status for children, parent/caregiver race/ethnicity and age, among others.

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

All funded programs that continued to provide services throughout the pandemic provided family friendly services. First 5 Humboldt has eight programs that provide these services.

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

The following eight First 5 Humboldt programs promote the Protective Factors:

- ACEs Collaborative Partnership activities
- First 5 Humboldt Navigator support
- First 5 Humboldt Playgroups (23)
- IMPACT Program
- Library Partnership
- Paso a Paso
- Road to Resilience
- Vesper Foundation funding for ACEs/Resilience Coordinator

Some quotes that demonstrate the value that First 5 Humboldt provides in connecting families and promoting protective factors are below:

*“This playgroup is amazing, it provides a place for me to connect with other parents, relax, as well as my kids to have fun and socialize.”*

*“Connecting with other local families has been a lifesaver for our family, particularly given our rural location and gas prices.”*



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.*

Families who participate in First 5 Humboldt programs typically report feeling more connected to other families in the community. Three-quarters (75%) of parents who gave input through the annual participant survey strongly agree that playgroup leaders provide various opportunities to connect with other families.<sup>3</sup> Equally important to the parent's connections, children who

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<sup>3</sup> 17% of survey respondents agreed that playgroup leaders provide opportunities to connect with other families.

participate in playgroups are typically more comfortable connecting with other children. Almost all parents either strongly agreed or agreed (95%) that playgroup has helped with their children feeling more comfortable being around other children, an element very important to optimal child development in the context of pandemic isolation. First 5 Humboldt programs are successful at supporting and promoting the relational health resilience of families in the community.

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

Parents who participated in First 5 Humboldt programs and services in 2022 highlighted the importance of family relationships and expressed appreciation for the space provided by F5H. Parents reported that playgroups have allowed them to develop relationships with other parents who have shared experiences. One parent highlighted the benefits that playgroup has on their family and personal well-being:

*“I have made friends who also go to this playgroup. This playgroup helps my mental health because it’s something to get out of the house for and breakup our routine. I’m sure it has helped my daughter’s social, cognitive, and motor skills too. It’s nice to see other parents and kids who are experiencing the same things we are.”*

Two parents called attention to how playgroups have helped them feel less isolated:

*“Being in the Mattole Valley, it really helped me having something to look forward to as a new mother with not much going on in the area.”*

*“This playgroup has been amazing for us. As a stay-at-home mom/new parent during a pandemic it can be very isolating, especially since I don’t have family nearby. I am very thankful to have playgroup and have the chance to meet other parents and have my son be able to start socializing. Karen is an amazing group leader whose support means a lot to me. I look forward to continuing to go to playgroup until my son is too old for it.”*

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

Approximately three-fourths (74%) of families who completed the annual participant survey report that First 5 Humboldt programs and services have had a positive impact on the well-being of either the parent, child, or the family as a whole. The remaining parent respondents (23%) indicated that there was either some or little positive impact from their participation.

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

Playgroups served at least 1,086 children and 1,097 parents/caregivers in 2022. Based on the duplicated counts reported by playgroups for 2022, there were a total of 7,205 playgroup visits from children, including 6,165 parents/caregivers, through 781 events. As COVID-19 restrictions continued to lift and programs started their return to normal operations, some playgroup sites were unable to provide service counts, while others were only active for half the year. Nonetheless, offerings and services were provided to parents and children. Some examples are:

- Providing resource and referral assistance to families as needed.
- Producing and distributing take home activity kits.
- Participating in regular online meetings with Navigators and First 5 Humboldt staff to share experiences and ideas and coordinate efforts.
- Providing individual support and communication with playgroup families via phone, text, or online mediums.
- When possible, providing indoor activities.



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

A total of 446 children were served by Navigators in 2022, including 371 parents/caregivers. About 72% of parents/caregivers who completed an annual participant survey said they are aware playgroup leaders can refer them to a First 5 Humboldt Family Support Navigator. While 41% of survey respondents reported talking with a Navigator, 42% did not speak with one, with 18% being unsure whether or not they talked with a Navigator.

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

Parents/caregivers that participate in First 5 Humboldt programs and services read to and with their children frequently. More than three-quarters (76%) of parents and caregivers read to their children every day, the remainder of parents and caregivers (24%) read to their children, in a usual week, between one and six days of the week. All parents and caregivers who responded to the annual participant survey reported reading to their children at least once a week.



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

First 5 Humboldt provided funding to community partner Jose Quezada to provide musical events for families at some playgroups and library locations. Sufficient evaluation data for this indicator were not collected during 2022. Nonetheless, open-ended responses from the annual participant survey point out song circle and music time as enjoyable playgroup activities. The responses suggest families would like more interactive participation opportunities such as crafts and music.

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

A majority of parents and caregivers report the libraries in Humboldt County as family friendly. Approximately 68% of parents and caregivers strongly agree and 29% agree (97% total) with the statement “The library is a family friendly place for families with young children.” Many patrons of the library believe that library staff are supportive and welcoming, and that the space is safe for their children. Multiple comments highlighted the appreciation that parents and caregivers have for having a separate section of the library for young children.

Open-ended comments to the question provided more insight into perceptions of safety at the library, highlighting that some parents and caregivers believe some library branches to be more family friendly than others. Comments noted that the rest of the library (outside the children’s room) may not be as family friendly.



*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) all offer activities focused around 0-5 aged children and their families. During the second half of 2022, the library was able to continue reintroducing all play areas, certain play materials, and family spaces at all branches as the community began to feel more comfortable gathering in public spaces.

Activities offered through Humboldt County library branches throughout 2022 included:

- Parenting Corners which provide a selection of popular books and videos on various parenting topics.
- Library story times through the following branches: Eureka, Arcata, Fortuna, Hoopa, Garberville. Other branches plan to resume story times during spring 2023.
- In person Family Literacy Parties during October and December. These events include storytelling, juggling, magic shows, crafts, and shadow puppets.
- Scavenger hunts.
- Workshops for parents and caregivers.

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

Data for this indicator are collected through the Kindergarten Screening Tool. However, not enough data were collected for 2022. 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. In 2022, there were 37 funded projects and programs through First 5 Humboldt. Referrals are encouraged through sharing of resources via meetings, interactions with Navigators, printed materials, and training. First 5 Humboldt programs and projects provided at least 30 referrals for children and families, with these referrals coming from 21 different playgroups.

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, the Road to Resilience program administers the 4P's Screening which screens for impacts of trauma around substance use to all OB (Obstetrician) intake patients at UIHS. The Paso a Paso program supports pregnant women and their families by conducting screenings and providing referrals.

Playgroups promoted developmental and trauma screenings through Navigators. Based on Navigator TA support forms, parents may have had concerns about their children's social skills due to long-term isolation. Navigators informed parents their children's social skills will develop once they have more exposure with peers. Parents were informed they can ask Navigators questions about child development and other resources. Parents were encouraged to inform Navigators of the stress they endured due to the pandemic and feelings of isolation. Parents were connected with each other as a means of addressing this stress. Navigators also ensured parents understood a Navigator's role, and that Navigators would make sure to follow up with parents regarding questions or concerns.

First 5 Humboldt also offered Ages and Stages (ASQ) Questionnaire training for playgroup leaders at the end of 2022. This screening helps to assess the development of children in the areas of communication, gross motor skills, fine motor skills, problem solving, and personal-social skills.

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

Similar to years past, throughout 2022, First 5 Humboldt programs worked to promote healthy pregnancies and family wellness.

Activities included:

#### *Road to Resilience Program*

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 2022. 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 and December 2022, the following project activities occurred:

- Road to Resilience partnered with UIHS and had one Navigator 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.
- Funding for the Road to Resilience program has been extended through 2024.

#### *Home Visiting Coordination Grant*

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 January and December 2022, the following project activities occurred:

#### *Paso a Paso*

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 are related to promoting healthy pregnancies and family wellness including childbirth classes, breastfeeding support groups, car seat classes, new parent classes, diaper distribution (at Humboldt Network of Family Resource Center sites), 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 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 professionals/paraprofessionals/others working with addressing developmental, cultural, and trauma-responsiveness.*

In 2022, First 5 Humboldt completed at least 42 training sessions with a total of 748<sup>4</sup> attendees. Examples of training topics include, but are not limited to, the clinical application of the neurosequential model, outdoor classroom, trauma informed practice, parents' circles, and ASQ administration.

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<sup>4</sup> Attendance totals were not provided for several trainings/workshops; thus the true total of attendees is higher than the total reported (748).

| <b>Table 2. First 5 Humboldt Training Opportunities (2022)</b> |                        |                                  |
|--|------------------------|----------------------------------|
| <b>Training Type</b>   | <b>Total Trainings</b> | <b>Total Number of Attendees</b> |
| Parent Family Support (PFS) Trainings                          | 4                      | 5                                |
| 0-8 Mental Health Collaborative                                | 22                     | 127                              |
| IMPACT   | 11                     | 306                              |
| Speaker's Bureau   | 3                      | 292                              |
| Home Visiting  | 2                      | 18                               |

- **Parent & Family Trainings:** In 2022, First 5 Humboldt provided a total of four parent and family support trainings with a total of five attendees.
- **0-8 Mental Health Collaborative:** In 2022, the 0-8 Mental Health Collaborative hosted 22 training/sessions with a total of 127 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 2022, a total of 11 IMPACT trainings were held with at least 306 participants.
- **Speaker's Bureau:** First 5 Humboldt continued to coordinate the ACEs/Resilience Speakers' Bureau in 2022 in response to community requests for more advanced training on ACEs, trauma, and resilience. In 2022, there were three Speakers' Bureau training presentations to organizations in Humboldt County. At least 292 attendees participated in one or more training presentations.
- **Home Visiting:** First 5 Humboldt provided resilience training through Home Visiting funding. In 2022, First 5 Humboldt held two Home Visiting trainings that had a total of 18 attendees.

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

In 2022, at least 247 professionals/paraprofessionals/others attended First 5 Humboldt trainings.<sup>5</sup>

### **Figure 2. First 5 Quotes from Training Attendees**

*“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.”*

*“I enjoyed learning from the concept that the parent is the one doing the changes in therapy with kids rather than being expected to change the child solely when we only see them once a week.”*

*“Encouraging families and playgroup members to have self-compassion and understanding of situations that cause stress and remind them and remind myself that there are ways in which one can learn to calm down through different techniques. This will allow us to connect with our own compassion, strength, and security that will lead us to the path of healing”*

*“I felt like it validated many of the practices I already have in place. That was very good to find”*

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<sup>5</sup> Based on duplicated counts, meaning that the same professional could attend two different trainings and be counted twice within the total number of attendees.

# 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.*

First 5 Humboldt completed a detailed Communications Plan as part of their recent efforts to develop a new logo, website, and other branding work. That plan is now being implemented, and F5 continues to engage the public and raise awareness of the importance of supporting young children and families throughout the year. First 5 Humboldt utilized social media and local news outlets to reach families. They released eight press releases in 2022 and the work of First 5 was mentioned in at least 16 local news stories from six different sources. News topics included advertisements for upcoming events or programs, recognition of staff, and highlights on new grants or partnerships.

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

First 5 Humboldt strives to use social media to connect families with young children to support 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 that form of outreach through 2022.

- The First 5 Humboldt Facebook followers increased 19% during 2022, from 1,697 to 2,025 followers.
  - The page was visited 7,230 times, an increase of 350% since 2021, and reached a total of 37,079 people during 2022.
  - The page received a total of 284 likes during 2022, an increase of 187% since last year.

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

First 5 Humboldt hosted two community meetings for childcare providers in 2022. They were organized as listening sessions so that local childcare providers could share their challenges during the pandemic, current challenges in providing care, and the needs of their families and programs. The first was held on October 29, 2022 in Fortuna and was intended for Spanish speaking child care providers. The two-hour meeting included interpretation and F5 also provided breakfast.

The second listening session was held on November 18, 2022 for child care providers in Hoopa Tribal Education Department programs: Hoopa Early Head Start, Hoopa Head Start and Hoopa State preschool. Two separate meeting times were held, and lunch was provided. The first meeting was with the directors and family service workers, and the second was with teachers and teaching assistants.

**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: Number of community members serving on F5H committees.*

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

- Early Childhood Evaluation Committee (7)
- Evaluation Committee (7)
- Parent and Family Support Committee (3)
- Fiscal Committee (5)

In total, twenty-two 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 activities through focus groups, surveys, and similar methods.

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

The Parent Needs Assessment Text-Based Survey was not administered in 2022. The playgroup survey, however, was an opportunity for First 5 Humboldt to collect community feedback on the efficacy of playgroups for the first time since 2019. The survey received 151 responses and results from this survey are discussed throughout this report.

Additionally, as part of the Home Visiting Coordination Grant Action Plan, F5 worked with the Humboldt Home Visiting Workgroup and CCRP to conduct an online survey and a series of focus groups with families that have participated in home visiting programs. The purpose of the research was to better understand what's working well within the current home visiting programs, where there is room for improvement, and where participants would like to see more collaboration between programs.

**Objective 4.3: First 5 Humboldt raises community awareness regarding ACEs, trauma responsible 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.*

Playgroups started to make the transition back to some sense of normalcy through 2022, though many playgroup sites were still affected by COVID-19 restrictions. At least 1,168 parents/caregivers and 1,145 children attended playgroups in 2022.

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

First 5 Humboldt provided many workshop opportunities for parents in 2022, including trauma informed practices, ripple effect of trauma, resilience, intergenerational grief, doula practices, early childhood mental health, core concepts of the neurosequential model of therapeutics, and ASQ administration. Survey evaluation results indicate attendees gained knowledge/understanding of the concepts included in these workshops.

# EVALUATION RECOMMENDATIONS

## Programmatic

1. Continue to provide program specific recommendations through the PET process each spring.
2. Continue to work on effective outreach to and inclusion of Spanish speaking families, Native American families, and all under-represented 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 playgroup participant and library patron surveys.
4. Monitor attendance counts for playgroups, incorporate a first-time attendance form, and provide further evaluation of playgroups with low attendance.
5. Continue to provide technical assistance to First 5 Humboldt Playgroups as they open/reopen 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.
6. 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.
7. Note that attendance was low for some playgroups in 2020 likely due to persistent effects of COVID-19 (e.g., having playgroups on Zoom rather than in person; canceling scheduled playgroups).
8. The total number of participant surveys collected in 2022 ( $N = 151$ ) was considerably smaller than the number collected in 2019 ( $N = 406$ ).

## Evaluation Process

1. First 5 Humboldt will conduct evaluation in-house for the bulk of evaluation, rather than contracting with an outside firm.
2. Explore and initiate simplification strategies for evaluation First 5 Humboldt Playgroups that still allow for the examination of the impact of Playgroups on parents/caregivers and children.
3. 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.

4. 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.
5. Continue to work with other community groups/agencies to develop appropriate methods to share relevant data.
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 or other community health impacts as needed. Work with First 5 Humboldt staff and funded programs to adjust evaluation processes to meet the program evaluation needs as needed.

# APPENDIX A: FIRST 5 HUMBOLDT EVALUATION FRAMEWORK (2022)

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 or a F5H in-house program is directly collecting data and/or conducting activities that directly impact the indicator 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 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 (PG), Library Partnership (LP), Paso a Paso (PaP), Practice Grant- Open Door Community Health Centers (PC-ODCHC), Navigators**

**Indicator 2:** # of programs promoting the Protective Factors. **PG, LP, PaP, PC-ODCHC, Navigators**

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

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

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

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

**Indicator 7:** # of families interacting with Navigators. **PG, Navigators**

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

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

**Indicator 10:** #/% parents/caregivers reporting the library is family friendly. **PG, 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. **PG, 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. **PG, PaP, PG-ODCHC, Navigators, Road to Resilience (RtR), Impact**

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

**Indicator 3:** List of organizations/groups worked with and activities undertaken. **PG, PaP, RtR, 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**

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*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 or a F5H in-house program is directly collecting data and/or conducting activities that directly impact the indicator will show **F5H** in green type after the indicator.*

## **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. **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 (2022)**

| <b>Organization</b>                          | <b>Program Name</b>                    | <b>Description</b>  |
|--|--|---|
| City of Arcata                               | Arcata Play Center                     | Continuation of funding for playgroup activities for children aged 0-5 and their families at the Arcata Play Center.  |
| City of Arcata                               | Arcata 0-1 Playgroup                   | Funding for playgroup activities specific to children aged 0-1 and their families.  |
| Providence St. Joseph Hospital- Eureka       | Blue Lake Playgroup                    | Continuation of funding for playgroup activities for children aged 0-5 and their families.  |
| Discovery Museum                             | Discovery Museum                       | Continuation of funding for playgroup activities and programming for children aged 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 aged 0-5 and their families in the community of southern Eureka.  |
| ERV Community Foundation                     | Fortuna ERV Playgroup                  | Continuation of funding to support playgroup activities for children aged 0-5 and their families.   |
| City of Fortuna                              | Fortuna Parks and Recreation Playgroup | Funding for providing playgroup activities for children aged 0-5 and their families.  |
| Hoopa Tribe                                  | Hoopa Playgroup                        | Funding for providing playgroup activities for children aged 0-5 and their families in the Hoopa.   |
| Maple Creek School                           | Maple Creek School Playgroup           | Funding for providing playgroup activities for children aged 0-5 and their families.  |
| Salmon Creek School                          | Salmon Creek School Playgroup          | Funding for providing playgroup activities for children aged 0-5 and their families.  |
| Two Feathers Native American Family Services | Two Feathers Playgroup                 | Funding for providing playgroup activities for children aged 0-5 and their families.  |

|  |   |   |
|--|---|---|
| Westside Community Resource Center                                 | Jefferson Playgroup                         | Continuation of funding to support a playgroup for children aged 0-5 and their families in Eureka.  |
| Mattole Valley Resource Center                                     | Honeydew Playgroup                          | Funding to support a playgroup for children aged 0-5 and their families in the Honeydew area. Operated with Petrolia Playgroup, not separately. |
| Mattole Valley Resource Center                                     | Petrolia Playgroup                          | Funding to support a playgroup for children aged 0-5 and their families in the Honeydew area. Operated with Honeydew Playgroup, not separately. |
| Loleta Community Resource Center/St. Joseph Health Humboldt County | Loleta Playgroup                            | Continuation of funding to support a playgroup for children aged 0-5 and their families in Loleta.  |
| Redwood Coast Montessori   | Manila Playgroup                            | Funding for providing playgroup activities for children aged 0-5 and their families.  |
| Mid Klamath Watershed Council                                      | Orleans Playgroup                           | Continuation of funding to support a playgroup for children aged 0-5 and their families.  |
| Southern Humboldt Unified School District                          | Casterlin Playgroup                         | Continuation of funding to support a playgroup for children aged 0-5 and their families.  |
| Southern Humboldt Community Health Care District                   | Redway Playgroup and Shelter Cove Playgroup | Continuation of funding to support a playgroup for children aged 0-5 and their families.  |
| St. Joseph Health Northern CA LLC                                  | Willow Creek Playgroup                      | Continuation of funding to support a playgroup for children aged 0-5 and their families.  |
| United Methodist Church of Arcata                                  | Tiny Tots Playgroup                         | Continuation of funding to support a playgroup for children aged 0-5 and their families.  |
| McKinleyville Community Services District                          | McKinleyville Playgroup                     | Continuation of funding to support a playgroup for children aged 0-5 and their families in McKinleyville.                                       |

|                                     |   |  |
|-------------------------------------|---|--|
| Orick School                        | Orick Playgroup                                     | Continuation of funding to support a playgroup for children aged 0-5 and their families in Orick.  |
| County of Humboldt                  | Library Partnership                                 | Continuation of a partnership with the Humboldt County Library to strengthen the library's existing system for children aged 0-5 and to build its capacity for serving isolated rural residents, families living in poverty, Latino and Native American populations. |
| St. Joseph Health Northern CA LLC   | Paso a Paso   | Funding to support home visits, parent education and outreach to underserved populations.  |
| Humboldt County Office of Education | 0-8 Mental Health Collaborative                     | The 0 to 8 Mental Health Collaborative provides training to the local workforce, and helps coordinate and collaborate on infant family and early childhood mental health   |
| Playhouse Arts                      | Wonder Wagon  | The Playhouse Wonder Wagon travels to local elementary school parking lots and community centers to deliver art education and materials including music, dance, and craft to hubs around Northern Humboldt.  |
| First 5 Humboldt Initiative         | Program Support Outside                             | Consultant services ensuring best practices in First 5 Humboldt funded programs.   |
| Music Together                      | Music programs                                      | Interactive Music Sessions for young children with Playgroups, library groups, and other public gatherings   |
| 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 navigator support to playgroups.  |
| First 5 Humboldt                                  | ACEs Speakers Bureau                   | On-site training in trauma-informed practice to schools, medical clinics, community groups.   |
| United Indian Health Service and First 5 Humboldt | Road to Resilience                     | Funding to support pregnant and parenting mothers experiencing or at-risk of substance use disorder through health navigation services embedded in Tribal health clinics.   |
| First 5 Humboldt                                  | Home Visiting Grant                    | Promotes the increased coordination and 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, and 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. |

# APPENDIX C: METHODS

## **Data Collection**

Data for the Local Evaluation Report 2022 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**

2022 First 5 Playgroup Participant Survey was conducted through the electronic software Survey Monkey.

### **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 include:**

- Survey Monkey
- Microsoft Excel

# APPENDIX D: FIRST 5 HUMBOLDT 2022 PLAYGROUP PARTICIPANT SURVEY

\*Aggregated results of this survey are in a supplemental appendix and available upon request to F5 Humboldt\*

1. **Playgroup Name** (Please only select one. If you attend multiple playgroups, fill out an additional survey) :

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Arcata 0-1                | <input type="checkbox"/> Loleta             | <input type="checkbox"/> Redway                   |
| <input type="checkbox"/> Arcata Play Center        | <input type="checkbox"/> Manila             | <input type="checkbox"/> Redwood Discovery Museum |
| <input type="checkbox"/> Blue Lake                 | <input type="checkbox"/> Maple Creek School | <input type="checkbox"/> Salmon Creek School      |
| <input type="checkbox"/> Fortuna: Eel River Valley | <input type="checkbox"/> McKinleyville      | <input type="checkbox"/> Tiny Tots                |
| <input type="checkbox"/> Fortuna Parks & Rec       | <input type="checkbox"/> Orick              | <input type="checkbox"/> Two Feathers             |
| <input type="checkbox"/> Honeydew                  | <input type="checkbox"/> Petrolia           | <input type="checkbox"/> Willow Creek             |
| <input type="checkbox"/> Hoopa                     | <input type="checkbox"/> Pine Hill Pandas   |   |
| <input type="checkbox"/> Jefferson                 |   |   |

2. **Date:** \_\_\_\_\_

3. **On average, about how many times each month do you take part in this playgroup?**  
\_\_\_\_\_times/month

4. **How long have you been attending this playgroup?** (Please check all that apply)

- Since before the COVID closures
- Within the last 6 months
- Within the last 3 months

5. **If you have been attending this playgroup since BEFORE the COVID closures, please rate your level of engagement with the playgroup throughout the pandemic.**

- |   |   |
|---|---|
| <input type="checkbox"/> Highly engaged     | <input type="checkbox"/> Not engaged    |
| <input type="checkbox"/> Moderately engaged | <input type="checkbox"/> Does not apply |
| <input type="checkbox"/> Not very engaged   |   |

6. Please rate how much you agree or disagree with the following statements about this playgroup by checking the answer that best fits your feelings about each statement.

|  | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree | Not Applicable |
|--|----------------|-------|---------|----------|-------------------|----------------|
| a. Playgroup leaders help me to understand healthy child and family development  |                |       |         |          |                   |                |
| b. Playgroup leaders are respectful of my cultural traditions and values   |                |       |         |          |                   |                |
| c. Playgroup leaders have helped me to learn about activities, services, resources, and opportunities available in the community |                |       |         |          |                   |                |
| d. Playgroup leaders help provide opportunities for me to meet and get to know other families                                    |                |       |         |          |                   |                |
| e. This playgroup has helped my child feel more comfortable around other children  |                |       |         |          |                   |                |
| f. This playgroup helps me feel less stressed  |                |       |         |          |                   |                |
| g. Overall, this playgroup has provided valuable support for me and my family  |                |       |         |          |                   |                |

7. In general, how much positive effect has this playgroup had on you, your child, or your family (for example, did your, or your child's, ideas or behaviors change for the better)? (Please check one answer)

- A lot
  None  
 Some
  Does not apply  
 A little

8. Please add any comments you have about the effect this playgroup has had on you/your child/your family or anything you are doing differently as a result of taking part in this playgroup:

9. How satisfied are you with this playgroup? (Please check one answer)

- Very satisfied
  Somewhat dissatisfied  
 Mostly satisfied
  Very dissatisfied  
 Somewhat satisfied

10. In your opinion, how could this playgroup be improved?
11. In a usual week, about how many days do you or any other family members read stories or look at picture books with your child?
- Every day
  - Every 3-6 days
  - Every 1-2 days
  - Never
12. Are you aware that the playgroup leader here can refer you to a First 5 Humboldt Family Support Navigator, who you can talk to about any questions you might have about your child's development?
- Yes
  - No
  - Not sure
13. Have you ever talked with one of the Family Support Navigators at this playgroup?
- Yes
  - No
  - Not sure
14. Comments about the Family Support Navigators:

*Questions 15 through 24 are demographic questions about you/your family and help us with program planning, evaluation, and outreach. Nothing you share with us will be used to identify you. If you prefer not to answer any of these questions, check "decline to state" where applicable.*

15. What is your relationship to the child participating in this playgroup?
- |  |  |
|--|--|
| <input type="checkbox"/> Parent        | <input type="checkbox"/> Child-care Provider |
| <input type="checkbox"/> Grandparent   | <input type="checkbox"/> Other: _____        |
| <input type="checkbox"/> Foster Parent |  |
16. How old are the 0-5 age children that attend playgroup with you? (*Please check all that apply-if you have twins/triplets etc., please write in the number of children rather than just checking the box*)
- |  |  |
|--|--|
| <input type="checkbox"/> 0-6 months old    | <input type="checkbox"/> Between 2 & 3 years old |
| <input type="checkbox"/> 7-12 months old   | <input type="checkbox"/> Between 3 & 4 years old |
| <input type="checkbox"/> 13-18 months old  | <input type="checkbox"/> Between 4 & 5 years old |
| <input type="checkbox"/> 19 -24 months old | <input type="checkbox"/> 5 years old             |
17. Are you or your partner pregnant?
- Yes
  - No
  - Not applicable
  - Decline to state



**18. Does your child have any kind of health insurance now, such as insurance through Medi-Cal, a private plan (through a job, a spouse's job, etc.), or Covered California?**

- Yes
- No
- Not sure

**19. If your child does have insurance, what kind?**

- Partnership Health Plan/Medi-Cal
- Covered California
- Private Plan (through a job, through a spouse's job, etc.)
- Other (please specify): \_\_\_\_\_

**20. Race/Ethnicity that you identify with most closely:**

- |  |  |
|--|--|
| <input type="checkbox"/> African American/Black        | <input type="checkbox"/> Native Hawaiian or another Pacific Islander |
| <input type="checkbox"/> Asian/Asian American          | <input type="checkbox"/> White                                       |
| <input type="checkbox"/> Hispanic/Latino               | <input type="checkbox"/> Other (please specify): _____               |
| <input type="checkbox"/> American Indian/Alaska Native | <input type="checkbox"/> Decline to state                            |
| <input type="checkbox"/> Multi-ethnic                  |  |

**21. What language do you speak most of the time at your child's home?**

- English
- Spanish
- Other (please specify): \_\_\_\_\_
- Decline to state

**22. What is your highest level of education?**

- |   |   |
|---|---|
| <input type="checkbox"/> Less than high school  | <input type="checkbox"/> AA/AS degree           |
| <input type="checkbox"/> Some high school       | <input type="checkbox"/> BA/BS degree           |
| <input type="checkbox"/> High school degree/GED | <input type="checkbox"/> MA/MS degree or higher |
| <input type="checkbox"/> Some college           | <input type="checkbox"/> Decline to state       |

**23. How old are you?**

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> 17 or under | <input type="checkbox"/> 36-45      |
| <input type="checkbox"/> 18-21       | <input type="checkbox"/> 46-55      |
| <input type="checkbox"/> 22-26       | <input type="checkbox"/> 56-65      |
| <input type="checkbox"/> 27-35       | <input type="checkbox"/> 66 or over |

**24. What town do you live in or closest to? \_\_\_\_\_**

**25. Please add any comments or concerns you would like to make about the services/activities provided by this program:**

# APPENDIX E: LIBRARY PATRON SURVEY

## Humboldt County Library Programs for Young Children Ages 0-5 2022-23 Survey of Parents/Caregivers

\*Aggregated results of this survey are in a supplemental appendix and available upon request to F5 Humboldt\*

*We need your help! We are asking the parents, guardians, and caregivers of children ages birth to five (0-5) to complete this survey about the children's services/programs at the Humboldt County Library. Please fill this out and turn it in at this library branch by Saturday January 28, 2023.*

**1. How often do you and your child go to the library or bookmobile? (Please check one answer)**

- Once a week or more
- 1-3 times/month
- Every 2-6 months
- A few times a year or less

Comments:

**2. How often do you and your child attend a children's program at the library? (Please check one answer)**

- Once a week or more
- 1-3 times/month
- Every 2-6 months
- A few times a year or less

Comments:

**3. How do you find out about children's programs at the library? (Check all that apply)**

- |  |  |
|--|--|
| <input type="checkbox"/> Radio                                   | <input type="checkbox"/> Library Facebook page |
| <input type="checkbox"/> Newspaper                               | <input type="checkbox"/> At Playgroup          |
| <input type="checkbox"/> Library website                         | <input type="checkbox"/> Word of mouth         |
| <input type="checkbox"/> Flyer/information posted in the library | <input type="checkbox"/> Other: _____          |

Comments:

**4. What, if anything, would encourage you and your child to go to the library or bookmobile more often?**

**5. The library is a "family friendly" place for families with young children. (Please check one answer)**

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

Comments:

**6. The library is a good place to get information about parenting.** *(Please check one answer)*

- |   |  |
|---|--|
| <input type="checkbox"/> Strongly agree | <input type="checkbox"/> Disagree          |
| <input type="checkbox"/> Agree          | <input type="checkbox"/> Strongly disagree |
| <input type="checkbox"/> Neutral        |  |

Comments:

**7. Which library branches do you use?** *(Check all that apply)*

- |                                      |  |
|--------------------------------------|--|
| <input type="checkbox"/> Arcata      | <input type="checkbox"/> Hoopa         |
| <input type="checkbox"/> Blue Lake   | <input type="checkbox"/> McKinleyville |
| <input type="checkbox"/> Eureka      | <input type="checkbox"/> Rio Dell      |
| <input type="checkbox"/> Ferndale    | <input type="checkbox"/> Trinidad      |
| <input type="checkbox"/> Fortuna     | <input type="checkbox"/> Willow Creek  |
| <input type="checkbox"/> Garberville | <input type="checkbox"/> Bookmobile    |

**8. In a usual week, about how many days do you or any other family members read stories or look at picture books with your child?** *(Please check one answer)*

- Every day
- 3-6 days
- 1-2 days
- Never

**9. Does your child attend preschool on a regular basis?**

- Yes
- No

**10. Please tell us how you feel about the library children’s services listed below. Please check the answer for each collection or service that best fits your feelings about that collection or service.**

|   | Very Good | Good | Average | Poor | Haven’t used | Not aware of this |
|---|-----------|------|---------|------|--------------|-------------------|
| a. Children’s books                     |           |      |         |      |              |                   |
| b. Children’s CDs/book kits             |           |      |         |      |              |                   |
| c. Children’s DVDs                      |           |      |         |      |              |                   |
| d. Parenting corner                     |           |      |         |      |              |                   |
| e. E-books (Overdrive/Libby collection) |           |      |         |      |              |                   |
| f. Storytime                            |           |      |         |      |              |                   |
| g. Programs over Zoom                   |           |      |         |      |              |                   |
| h. Other children’s programs            |           |      |         |      |              |                   |
| i. Help from library staff              |           |      |         |      |              |                   |

**11. What other kinds of programs or services would you like to see or see more of in your library?**

**12. How many children ages 0-2 do you have? \_\_\_\_**

**13. How many children ages 3-5 do you have? \_\_\_\_**

**14. What language do you speak most of the time when you are at home? (Please check one box)**

English

Spanish

Other (please specify): \_\_\_\_\_

**15. Please add any additional comments about the library services for children ages 0-5 and their families below:**

**Thank you for your help!**