



Tomorrow
Starts
Today



**First 5 Humboldt
Community
Report**

January 2022 - June 2023

This report to the community provides an overview of First 5 Humboldt programs and services from January 2022 through June 2023. It also includes results presented in the First 5 Humboldt Local Evaluation Report 2022, which is organized by the four guiding focus areas in the First 5 Humboldt 2020-2025 Strategic Plan:

Systems Change

Advocate for policies, funding, and system changes that support and improve the lives of young children and their families

Child and Family Well-Being

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

Professional Capacity

Build and support a professional workforce with the capacity to provide prevention and early intervention services to young children and their families

Community Engagement

Promote a community that understands and supports child and family well-being

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 raise awareness of, build resilience to, and reduce the incidence of ACEs and associated chronic stress in young children.

Diversity, Equity, and Inclusion: First 5 Humboldt strives to be an anti-racist organization that actively promotes racial equity in recognition of the structural racism in our society today and our local and national history of racism and genocide. First 5 Humboldt affirms, welcomes, and values all children, youth, adults, and families in our community, honoring their experiences and identities.

Who We Are



First 5 Humboldt is a county organization, approved by a voter mandate in 1998, dedicated to working across systems to create a better integrated network of care for children and families that promotes the health and well-being of all Humboldt County residents.

Vision

For all Humboldt County children to reach their unique potential in healthy, safe, nurturing families and supportive communities that value, respect, and invest in their wellbeing

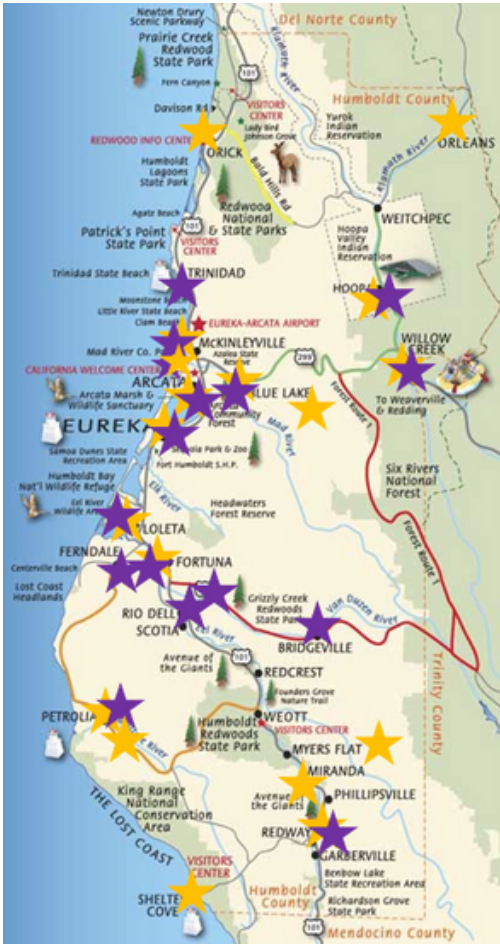
Mission

To improve the lives of children and their families by supporting and advocating for comprehensive integrated systems of services that use prevention and early intervention to foster secure healthy children, reduce disparities, and promote equity and positive change



Facing Hard Times with HOPE*

Research shows that positive experiences can improve health outcomes for children. First 5 Humboldt invests in children and families by funding programs that provide fun and engaging activities in the many communities of Humboldt County.



From January 2022 through June 2023, we partnered with 68 community organizations in the starred locations to provide opportunities to build Protective Factors for young children and families. The Five Protective Factors are:

- Social and Emotional Development of Children
- Parental Resilience
- Concrete Support in Times of Need
- Knowledge of Child Development
- Social Connections

39

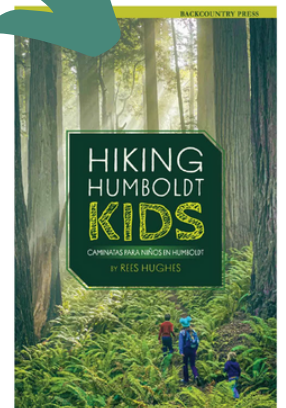
Programs and activities led by community partners and funded by First 5 Humboldt, including 22 DHHS/First 5 Humboldt ACEs Collaborative Partnership Grants, 10 library branches, and 14 diaper distributions sites

24

Playgroups funded throughout Humboldt County which are supported by regional playgroup leaders and First 5 Family Support Navigators

Helping Families Explore Humboldt County

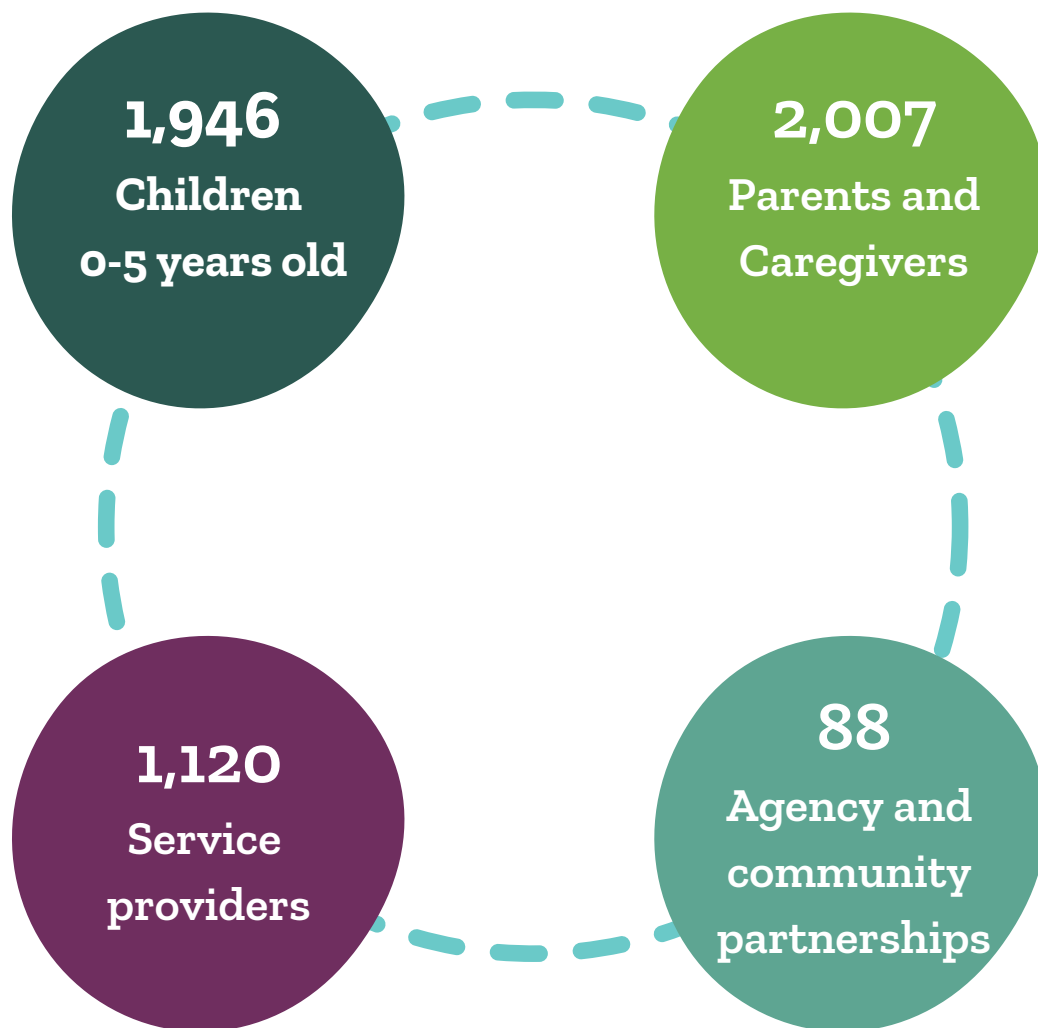
Hiking Humboldt KIDS, a fully English/Spanish bilingual hiking guide, was released in June 2023 in collaboration with local author Rees Hughes and publisher Backcountry Press. The guide was created specifically with young children and their families in mind and includes notes on access to public transportation, stroller accessibility, restroom access, etc. In addition, each featured hike comes with a suggested activity or highlight of various flora, fauna, historical, or cultural aspects related to the hike. To date, 3,000 books have been ordered for free distribution to families in Humboldt County.



* Tufts Medical Center. Healthy Outcomes from Positive Experiences (HOPE). Tufts Hope. <https://positiveexperience.org/>

What is Our Impact?

From January 2022 through June 2023, First 5 Humboldt served over 5,000 children, parents and caregivers, and service providers through programs, activities, and education workshops throughout Humboldt County.



Fun Fact!

Child-adult relationships that are responsive and attentive—with lots of back and forth interactions—build a strong foundation in a child’s brain for all future learning and development. This is called “serve and return,” and it takes two to play!

Harvard University, Center on the Developing Child



Embedding Family Support

When children and those who love them spend time together in a safe, supportive environment, they build confidence, connection, and community.

From January 2022 through June 2023, First 5 Humboldt offered or funded the following services and programs to Humboldt County families:

- Offered a Story Walk and Free Family Movie Nights during the 2022 Counting on Community Symposium
- Coordinated cultural activities for families enrolled in Road to Resilience, including beargrass braiding and beading
- Provided three Parent Circles in Spring 2022 and three Triple P Positive Parenting classes during Spring 2023
- Funded and supported 24 regional playgroups and provided Family Support Navigation services on 191 visits to families
- Funded the distribution of diaper kits through Redwood Community Action Agency (RCAA), where parents and families were provided free diapers, baby wipes, and resource information
- Offered Infant Massage classes to new community caregivers
- Created an exclusive grant program for the Wiyot Tribe designed to implement programs benefiting children and families within the tribe in acknowledgment of residing on Wiyot Ancestral Land



Thank you to our Playgroup Partners!

City of Arcata
City of Blue Lake
Redwood Discovery Museum
Orick School District
ERV Community Center Foundation
Southern Humboldt Unified School District
Mattole Valley Family Resource Center
Mid Klamath Watershed Council
Westside Community Improvement Agency
St. Joseph Health Northern California / Loleta
Community Resource Center
Redwood Coast Montessori
Mattole Valley Family Resource Center
City of Fortuna
Two Feathers Native American Services
Arcata United Methodist Church
South Bay Family Resource Center
Maple Creek School
Salmon Creek Community School
Hoopa Valley Tribe
McKinleyville Community Services District
Southern Humboldt Community Healthcare
District/SoHum Family Resource Center
St. Joseph Health Northern California / Willow
Creek Community Resource Center

Investing in Quality Child Care

Starting from birth, integrating early health and nutrition with early learning, providing reliable child care and having a developmentally focused program delivered by nurturing teachers and skilled professionals lead to better outcomes.*

"We have appreciated being able to participate in the IMPACT program over the past few years. It has helped us to raise the quality and standards in our large family childcare. IMPACT has also helped us to stay up to date with current practices and trainings in the ECE field." -IMPACT Participant

Number of child care staff participating in Quality Counts programs for the July 2022 program year. Participants in these programs receive trainings, coaching and mentoring, and stipends for professional development.

186

\$4.8 million

Amount of ARPA funds approved by the Humboldt County Board of Supervisors in Spring 2023 to provide child care stabilization and expansion support, child care workforce development and parent child care subsidies over two years. The proposal was approved by the Board of Supervisors for \$4,800,000 through 2026. The proposal was designed by the Humboldt Emergency Child Care Task Force with input from the First 5 Humboldt ECCE Subcommittee and written by First 5 Humboldt in collaboration with Arcata Economic Development Corporation and Changing Tides Family Services.

*Garcia, J. L., Heckman, J. J., Ermini Leaf, D., & Prados, M. (2017). Quantifying the life-cycle benefits of a prototypical early childhood program. SSRN Electronic Journal.



Program Highlights

First 5 Humboldt partners with others who know that by leveraging our resources together, we can start changing Humboldt’s tomorrow. By keeping our focus on creating a healthy future for all of Humboldt County’s residents, we support initiatives that consider the whole child and the whole family.



Program	More Information
<p>Road to Resilience</p>	<p>The Road to Resilience grant places health navigators at United Indian Health Services who has a total of 8 clinics that serve Del Norte and Humboldt County tribal communities. Road to Resilience assists pregnant people and parents with young children who are experiencing Substance Use Disorder (SUD) in accessing cultural and community resources. There are currently four Navigators hired in United Indian Health Services, Inc. each serving four to ten families in Humboldt and Del Norte County. From January 2022 through June 2023, 40 clients were served.</p>
<p>Playgroups and Family Support Navigation</p>	<p>First 5 Humboldt funded and supported 24 free, regularly scheduled playgroups for children 0-5 and their caregivers which provided access to developmentally appropriate play spaces with support by regional playgroup leaders and Family Support Navigators. Navigators visit playgroups and offer support on child development, parenting strategies, and community resources. During this time, playgroups were attended by 1,946 children and 1,980 caregivers.</p>
<p>Trainings and Parent Education</p>	<p>First 5 Humboldt offered 47 trainings and workshops on trauma-informed care, responsive practices, ACEs, the HOPE model, developmental screening, and positive parenting practices to community-based organizations, schools, child care programs, and community members. During this time, Family Support Navigators and staff were trained on additional parent education models, including Triple P Positive Parenting, Abriendo Puertas, and Parents as Teachers.</p>
<p>Quality Counts and Childcare Workforce</p>	<p>Quality Counts California (QCC) is a statewide effort to strengthen California’s early learning and care system to support young children and their families, which includes the coordination of four programs: IMPACT, California State Preschool Programs (CSPP) block grant, QCC grant, and Pathways (which is in coordination with Changing Tides Family Services). It is the final year of the 3-year IMPACT 2020 grant, while each of the other grants are renewed on a yearly basis.</p>

Program	More Information
<p>Home Visiting Coordination</p>	<p>The first Home Visiting Coordination Grant awarded by First 5 California concluded in June 2023. The purpose was to support an integrated system of care between home visiting programs. From January 2022 through June 2023, 5 workgroups and 10 gatherings were facilitated to develop and implement an Action Plan focused on vision setting, stakeholder and family input gathering, and coordination of resources. An Ages and Stages Developmental Screening training was offered to 18 home visitors from 7 programs in March 2023.</p>
<p>Open Door PRACTICE Grant</p>	<p>First 5 Humboldt hired a bilingual Child & Family Health Navigator in October 2022 in coordination with Open Door Community Health Centers through the ACEs Aware PRACTICE grant to support parent education and referral from Open Door pediatrics, ages 2-17, for a Help Me Grow-like support system. The Navigator works with case management to create a supportive plan for families of children birth to five years old, and is currently co-locating at the health center, creating a family space to work with families in person with plans to soon transition into "warm handoffs" from the pediatric office to the family space.</p>
<p>Better Birthing Project</p>	<p>Starting in 2021 parents and leaders from tribal lands in and around Humboldt County and medical practitioners from Providence St. Joseph Hospital have been working to better the birthing experience of Native parents. This work emerged from the hospital's efforts to improve health outcomes for Native people in partnership with that community. They successfully advocated for the passing of AB 2176, worked with local tribal leaders to develop and implement a culturally responsive birth plan, and provided input to the redesign on Providence's Birth Center to be more representative of local birthing families. First 5 Humboldt will continue to support this work by funding the coordination of activities outlined in the Better Birthing Team's priorities for the remainder of 2023.</p>

Special Event Highlight!

Counting on Community Symposium: Nurturing Connections that Build Belonging

In Spring 2022, First 5 Humboldt held a virtual symposium focused on Hope and Healing. It included a keynote by Corey Best, "Who Am I Becoming - What Must Happen First Before Systems Transform?" and showcased many presentations from local leaders on storytelling and building a healthy Humboldt.



On May 19th and 20th 2023, we invited the community to return to our first in-person Symposium since 2019. Over 130 family service providers, health care professionals, early childhood educators, social workers, and community members attended to focus on how we as a community can work together to build belonging for all of Humboldt's children and families through storytelling, movement and learning.

"I am very happy to know this is here for us parents! It's very important for us all to hear these ideas to help us." - Positive Parenting Training Participant

"Having the support of the specialists has helped the youngest make considerable progress with social skills, including singing songs and participating in Circle Time at playgroup. The love that this family has for each other is apparent, and they are a positive force in the playgroup. Playgroup seems to be a benefit to them, apparent in their continuing attendance and by their heartfelt comment on a recent survey: "Thank you! We love playgroup!" - Playgroup Coordinator/Leader

... has helped with so much! My family lives a super busy cultural lifestyle, but we looked forward to making time to see her. We met goals while also expanding our knowledge of the resources we have in our communities. Thank you so much, ..."
- Program Participant

"Our playgroup leaders are also natural community promotoras. They naturally help people in their communities when they see someone struggling. They are really good at keeping the protective factors present when interacting with families. We also get regularly visited by staff from North Coast Children Services including home visitors from the Head Start and Early Head Start programs who are great at supporting our families with protective factors as well. Our playgroup families are well surrounded by supports that help them get through tough times or get celebrated when new milestones happen with their kids. Families also get connected to other local and nearby groups of parents such as baileterapia groups or exercise opportunities that parents and kids can benefit from." - Playgroup Coordinator

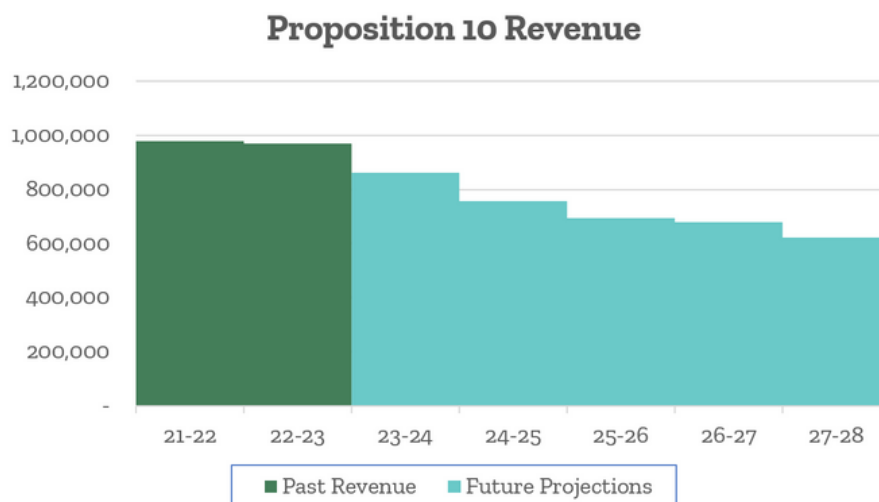
"Being reminded about acknowledging and supporting each child's voice and the value and importance of the everyday interactions between teachers and children."
- Early Childhood Educator Training Participant



Funding and Investments

First 5 Humboldt receives a large portion of its revenue from tobacco sales in California. The 1998 ballot measure, Proposition 10, added a 50-cent tax on each pack of cigarettes sold in California. Twenty percent of that revenue is allocated to First 5 California, and the remaining 80% is allocated to the 58 counties based on each county's birth rate.

This tax approach has helped accomplish two very different and important goals: reducing the use of tobacco and funding local programs to support young children and families. Unfortunately, this approach also created a declining funding source for First 5 Humboldt and our fellow County First 5's statewide, and that decline has now accelerated due to the passage of Prop 31 in November 2022. First 5 Humboldt's annual revenue from Proposition 10 has declined more than 60 percent from its peak in 2000 and is projected to drop another 28 percent over the next four years .



California Department of Finance. (2023) May Revise (MR) 2023-24 Cigarette and Other Tobacco Products Tax Revenue Projections by County for Fiscal Years (FYs) 2023-24 through 2027-28.

In response to declining revenue, First 5 Humboldt has worked to access state and federal grants to bring in outside dollars to support local services to children and their families. Over the last seven years, the organization has moved from being solely funded by tobacco taxes to now relying on grants to fund about 50 percent of its work. While First 5 Humboldt's efforts at grant writing have been mostly successful, grant funding is unpredictable, short term (one to three years), and targeted to very specific projects or programs defined by the funder.

First 5 Humboldt will continue to seek out additional funding as Proposition 10 revenue declines in the coming years and advocate for investments in young children because we understand that supporting the health and wellbeing of our youngest citizens is both the right thing to do for our state's children and families and a prudent investment in our future. Knowing that 90 percent of a child's brain development occurs before age 5, the state needs to find a sustainable solution for providing services and supports to these most vulnerable California residents.

Our First 5 Commission, officially known as the Children and Families Commission of Humboldt County, is made up of community representatives, ensuring that our work is grounded in the well-being of our local families every day.

First 5 Humboldt Commissioners

Lorey Keele

Co-Chair; Community Services Director
Redwood Community Action Agency

Connie Sundberg

Co-Chair; Division Director
Changing Tides Family Services

Michelle Bushnell

Vice Chair; Supervisor, 2nd District
Humboldt County Board of Supervisors

Brian Davis

MPH, retired
Community Representative

Megan Blanchard

Public Health Nursing Director, Public Health Branch
Dept. of Health and Human Services

Wendy Hill

Director, Child Development Center
College of the Redwoods

Michele Stephens

Assistant Director
Dept. of Health and Human Services

Hyun-Kyung You

Professor, Child Development Department
Cal Poly Humboldt

Natalie Arroyo (Alternate)

Supervisor 4th District
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Heidi O'Hanen

Family Support Coordinator

Leticia Padilla Navia

Family Support Navigator

Jennifer Gonzales

Family Support Navigator /
Community Engagement
Coordinator

Danielle Anderson-Reed

Community Engagement
Coordinator

Karina Vazquez-Lopez

Health Education Specialist

Jennifer Mager

Home Visiting Coordination

Community Partners

- 0-8 Mental Health Collaborative
- 23 Playgroup Partnerships (listed on p. 6)
- Arcata Economic Development Corporation
- California Center for Rural Policy at Cal Poly Humboldt
- California Department of Education
- California Surgeon General's Office
- Changing Tides Family Services
- Child Abuse Prevention Coordinating Council
- First 5 Association of California
- First 5 California
- Humboldt Area Foundation
- Humboldt County Board of Supervisors
- Humboldt County Department of Health and Human Services (DHHS)
- Humboldt County Library
- Humboldt County Office of Education
- Humboldt Emergency Child Care Task Force
- Humboldt Network for Family & Community Resource Centers
- Humboldt Independent Practice Association
- Jefferson Community Center
- North Coast Grantmaking Partnership
- North Coast Health Information and Improvement Network
- California Office of Child Abuse Prevention
- Open Door Community Health Centers
- Perinatal Community Coalition of Humboldt County
- Providence St. Joseph Hospital Eureka
- Quality Counts Consortium
- Redwood Community Action Agency
- Redwood Pediatrics
- United Indian Health Services
- Vesper Society



First 5 Humboldt

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