



EVALUATION REPORT 2020

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First 5
HUMBOLDT

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EXECUTIVE DIRECTOR MESSAGE

2020 was an incredibly difficult year for children, parents and families. Stress and anxiety unlike anything we were previously prepared for changed families' daily lives. Uncertainty, unemployment, absence of our usual support systems, loss and grief upended family experiences in 2020. First 5 Humboldt's staff and those of our funded programs were tasked with trying to retool services to provide support to Humboldt's families in new ways. There was not one of our services that was not disrupted and then altered to try to mitigate the social, emotional and health impacts of COVID.

In-person weekly playgroups throughout the County became online playgroup meetings, Zoom singing and dancing family events, resource bag distributions, activity kits, walking parent groups, and virtual parent circles. Face to face parent support with playgroup specialists became phone calls or socially distanced conversations at distribution sites. Rich activities in the libraries shifted to StoryWalks, take-home kits, and curbside pick-ups. Paso a Paso continued prenatal, lactation support and other supportive visits to families in a virtual format, with doorstep drop-off of resources. Programs like Road to Resilience continued and expanded the services offered, while programs like our early childhood educator supports launched new programs for providers whose businesses were hit hard financially. In every case, our community partners made adaptations that, in retrospect, are awe-inspiring--just like Humboldt's families, who continue to weather the impacts of the pandemic with a focus on how to best care for their children and buffer the impacts of the changes and stresses they've faced.

This Local Evaluation Report is our annual effort at examining the data on our effectiveness. Since our usual programs and sources of information were unavailable, our evidence shifted. We didn't have the same robust survey results to rely on, so we asked programs to tell us the stories of their services and families' experiences. This report is shorter than usual, but the picture is still clear: our community partners and First 5 Humboldt programs showed up for children, families and early childhood educators. Humboldt's families kept their children's well-being at the forefront. In the face of stress, caring adults and a connected community are the best supports for our youngest residents. As we look back on 2020, there is great grief for the losses, but my heart is also lifted by the many ways folks have shown up for one another.

Respectfully, with appreciation for Humboldt's caring community,

Mary Ann Hansen
Executive Director
First 5 Humboldt

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.

INTRODUCTION

This report evaluates First 5 Humboldt's efforts in calendar year 2020 to address the four Focus Areas in First 5 Humboldt's Strategic Plan and provides an overview of progress in implementing the first year of a new Strategic Plan. The structure of the report is guided by the Evaluation Framework found in **Appendix A**. The Evaluation Framework identifies the specific indicators used to evaluate progress in implementing the new 2020-2025 First 5 Humboldt Strategic Plan. This report highlights results in all the 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 evaluation activities conducted during calendar year 2020. This period includes the last six months of Fiscal Year 2019-2020 (January–June 2020) and the first six months of Fiscal Year 2020-2021 (July–December 2020). Evaluation results are presented according to Focus Area, the Objectives under that 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 seen in Figure 1. These programs include Infant Family Early Childhood Specialists, Playgroups, Library Programs, ACEs Collaborative Partnership, and a Prenatal Care Program, among others. All the specific activities and every funded program are not addressed in the main body of this report; this report focuses on the results of local evaluation activities related to indicators found in the Evaluation Framework, and on related data available from county and statewide sources. First 5 Humboldt funded programs may be tracking indicators under multiple Focus Areas. For a brief description of each individual First 5 Humboldt program funded during 2020, 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 this report, the following symbol 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 this report, the following symbol will indicate actions that are related to promoting racial equity and working to address disparities.



Data presented in this report is collected from various sources using different 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**. Due to COVID-19, the Annual Participant Survey, a major source of indicator data, was not administered. Additionally, also due to COVID-19, the Library Patron Survey and the Leap into Literacy Survey of early childhood educators were not administered.

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 experience, and information about the program's administration and budget to make program recommendations to the Commission. The Commission uses the recommendations to:

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

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



Figure 1. First 5 Humboldt Strategic Plan Focus Areas

**Focus Area 1
Systems Change**

First 5 Humboldt activities that directly impact Focus Area 1 indicators

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

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

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

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

First 5 Humboldt activities that directly impact Focus Area 2 indicators

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

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

- First 5 Humboldt funded Playgroups
- First 5 Humboldt Playgroup Specialists
- Paso a Paso
- Library Partnership
- 0-8 Mental Health Collaborative
- IMPACT Program
- Road to Resilience
- Home Visiting Grant

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

First 5 Humboldt activities that directly impact Focus Area 3 indicators

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

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

- First 5 Humboldt Playgroup Specialists
- 0-8 Mental Health Collaborative
- IMPACT Program
- Vesper Programs
- ACEs Collaborative Partnership Programs
- Home Visiting Grant

**Focus Area 4
Community Engagement**

First 5 Humboldt activities that directly impact Focus Area 4 indicators

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

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

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

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 (F5H) 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 2020, F5H partnered with 33 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.

Table 1. First 5 Humboldt’s Major Partnerships and Collaborations in 2020

<ul style="list-style-type: none"> • 0-8 Mental Health Collaborative • Changing Tides Family Services • Child Abuse Prevention Coordinating Council • Humboldt Area Foundation • Humboldt Community Health Trust • Humboldt County Board of Supervisors • Humboldt County Department of Health and Human Services (DHHS) • Humboldt County Library • Humboldt County Office of Education • Humboldt Independent Practice Assoc. • Humboldt Network of Family Resource Ctrs • Humboldt State University California Center for Rural Policy • Humboldt State University Child Development Department • McKinleyville Alliance for Racial Equity • Hoopa Valley Tribal Education Association • Jefferson Community Center 	<ul style="list-style-type: none"> • Live Well Humboldt • North Coast Grantmaking Partnership • North Coast Health Information and Improvement Network • Open Door Community Health Centers • Perinatal Community Coalition of Humboldt County • Quality Counts Consortium • Redwood Community Action Agency • St. Joseph’s Health • The Gathering Place • United Indian Health Services • Yurok Social Services • 20 Playgroup Partnerships • Vesper Society • First 5 Association • Humboldt Emergency Child Care Task Force (a COVID response organization) • LiveWell Humboldt
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	<ul style="list-style-type: none"> • Kimaw Medical Center
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The F5H and Department of Health and Human Services (DHHS) Adverse Childhood Experiences (ACEs) Collaborative Partnership resulted in the implementation of new and continued primary prevention projects including:

- Ongoing augmentation of Early Childhood Mental Health Specialist support to outlying F5H Playgroups in Southern and Eastern Humboldt
- Continued implementation of SEEDS program providing trainings to the Early Childhood Education (ECE) workforce in the social emotional development of young children.
- Continued Foster Parent support through individual counseling with a Licensed Therapist.
- Hosting trainings for local organizations in the Community Resilience Model.

F5H pursued multiple community partnerships to help lessen the impact of the COVID-19 pandemic on young children, their families, and their caregivers in Humboldt County. These partnerships included:

- Partnered with Humboldt Area Foundation to provide cash stipends to childcare providers operating safely during the pandemic.
- Worked with SupplyBank.org and First 5 California to increase supplies of free diaper kits distributed through the Humboldt Network of Family Resource Centers
- Collaborated with playgroup hosting agencies, Redwood Community Action Agency, Food for People, and others to distribute resources to families with young children on a monthly basis.

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 worked with County Supervisors and their executive staff to advocate for the inclusion of family focused priorities in Humboldt County’s formal Policy Agenda, and in the statewide CSAC (California State Association of Counties) policy agenda. The County continues to allocate \$200,000 in General Funds annually for the ACES Collaborative Partnership, a program created through the direct advocacy of F5H and partners.
- F5H worked closely with State Assemblyman Jim Wood and State Senator Mike McGuire and their staff on budget and legislative requests throughout the year, especially with regard to COVID response efforts targeted at families with young children and the unique challenges face by child care providers.
- The Executive Director of F5H 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.

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

Progress in working with tribal governments was delayed as a result of the COVID pandemic. This effort will be resumed in 2021 and/or as restrictions are lifted.

Action 1.2.B: Develop Policy Agenda



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

This effort has been delayed as a result of the COVID pandemic. Significant progress was made toward a F5H Racial Equity Policy, and staff and Commission subcommittees began a review of other county’s First 5 Policy Agendas. F5H has continued to advocate for policy and budget decisions consistent with the Strategic Plan and underlying Mission throughout this year. It is anticipated that an overall Policy Agenda will advance through the Commission structure for their approval by 6/30/22.

FOCUS AREA 2: CHILD AND FAMILY WELL-BEING

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

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



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

Quantitative data for the following indicators is primarily obtained from the Annual Participant Survey which was not administered in 2020 due to COVID-19. However, qualitative data is provided for most of the indicators.

Indicator 1: # of programs providing family-friendly services

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



Indicator 2: # of programs promoting the Protective Factors

What are Protective Factors?

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

1. Parental Resilience

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

2. Knowledge of Parenting and Child Development

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

3. Social and Emotional Competence of Children

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

4. Social Connections

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

5. Concrete Support in Times of Need

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

Information adapted from: Strengthening Families, a project of the Center for the Study of Social Policy: www.strengtheningfamilies.net 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

The following First 5 Humboldt programs promote the Protective Factors:

- First 5 Humboldt Specialist activities
- ACEs Collaborative Partnership activities
- Work of the ACEs/Resilience Coordinator funded by the Vesper Foundation
- IMPACT Program
- Road to Resilience Program
- Paso a Paso
- Library Partnership
- First 5 Humboldt Playgroups

Here's an example of how playgroups continued to promote protective factors among families during the pandemic: *"I've [playgroup leader] done a lot of outsourcing to gather families in the community via online. I had a family join the Facebook group back in September. They've never been to an in-person playgroup. They are a family of 5 with three children. The youngest is 3 years old and the others are 12 and 13, respectively. Their primary language is Spanish. The mother was very excited to find my Facebook group. (Found flyer on the Gene Lucas Community Center Facebook page) The family regularly contributes/attends Facebook posts and Facebook playgroup LIVES. I finally got to meet her in October at our first distribution. She shared her gratitude for all the resources I shared via Facebook and the resources she receives on distribution days. Slowly we started building a relationship. I helped her with many resources and referred them. She also let me know how thankful she was that I spoke Spanish. She told me it was hard to receive resources in the community for Spanish speakers. She shared with me that her younger son really enjoys the Facebook playgroup. That they watch as a family sometimes. Her son (3 years old) told her "that's my class". Every interaction I've had with her she expresses how thankful she is for everything the playgroup has provided. At the December distribution, she broke down and just about started crying. I was handing out diapers for the first time. She let me know how thankful she was for everything. She was comfortable enough to share with me that her husband had lost his job, and it was really hard for them. She was thankful to have the resources the playgroup provided."*

Indicator 3: % of families feeling more connected to other families

A number of playgroups provided alternatives to in-person playgroups during the pandemic, including the Arcata 0-1 Playgroup, which provided some COVID-19 safe outdoor activities approved by the Humboldt County Department of Public Health and here's what one parent had to say about it: *"As a new mom I needed to find a way to connect to other mothers during COVID. When I found the outdoor groups, I was so relieved to see other parents and for my baby to see other babies. For many of us in the group our children had never even seen other children before, and just having them see each other in the carriers or crawling around on the beach brought a sense of normalcy we haven't had since our babies were born. We were able to have social connections and learn about other resources our community has to offer through participation in the group. I received support around postpartum depression I was dealing with by talking to other mothers about their experiences and learning about different ways they supported themselves and sought treatment options. I also love being outdoors with my baby. There were moments I will always treasure as part of that experience. I am so grateful for this group for allowing me to create happy memories of times with women who have become my friends, an opportunity I wouldn't have had without this group as a resource. I often look forward to these groups as the best part of my week."*

Indicator 4: % of parents reporting that they have someone they can talk to

No data is available for this indicator.

Indicator 5: % of parents who say they feel that they deal better with parenting issues

Parent Circles were started in late Fall/early Winter 2020 and provided Zoom meetings for parents of 0-5 children with Specialists facilitating. The initial offerings did not have a lot of participants but as word spread, subsequent offerings in early 2021 began having 40 plus participants. In one of the first Parent Circle offerings, 66.7% of the parents stated that the group had provided them with support as a parent and 100% felt the Parent Circle was "extremely or very helpful." One parent stated, "All of the information is super helpful and eye opening!"

Indicator 6: # of child/caregiver visits to playgroups

Although in-person playgroups ceased in March 2020, playgroups came up with many innovative offerings and services for parents and children. Examples include:

- Offering Internet-based opportunities for family support and connection
- Producing and distributing activity kits (Figures 2 and 3)
- Providing resource and referral assistance to families in playgroup as needed
- Distributing essentials including food and diapers and promoting such distribution to playgroup families
- Where approved by Public Health, offering outdoor activities that met all current public health guidance
- Providing individual support and communication with playgroup families via phone, text or online mediums
- Participating in regular online meetings with Specialists and First 5 Humboldt staff to share experiences and ideas and coordinate efforts.

Here's what one parent had to say about the playgroup offerings provided virtually and through activity kits: *"Both the kit and the playgroups provided much needed novelty. The virtual playgroup was a welcome way to allow both my child and myself some time with familiar faces, new songs to sing, and for myself a feeling of comradery with other parents in the community. Seeing the children interact, even in small ways, was welcome; one session a child signed on with underwear on their head and by the end of the group each and every kid had gotten something silly to put on his/her head too. This definitely doesn't compare to in person groups but it mitigated at least some of the grief and guilt I felt at the time, due to everything my daughter was missing out on. The activity kit was fabulous as well! We've spent more time indoors at home recently and my daughter's toys seem to have become a bit stale to her- it was really wonderful to see the creativity (and time! 2 hours of time!) she poured into playing with the kit. The sand and clay were also a convenient reminder that there are sensory experiences outside of playdough (have I mentioned we are deep in a pandemic rut?) and I feel newly motivated to put together small world or sensory bins for her on days we are feeling cabin fevered."*

The playgroup leader in remote Orleans had this story to share: *"One family had just started attending regularly to playgroup right before the pandemic hit. Their 2-year-old [child] was just getting to know the other kids, and branching into relationships other than with [their] siblings. So, when we were not allowed to meet anymore, the child's parents and caregiver were worried for his development. Though when we distributed the first activity kit, [the child's] world lit up. The child thought [they were] receiving a special gift every month, and eagerly looked forward to getting a brown bag from the store (where I was distributing the kits each month). Though [the child's] older siblings are overage to attend playgroup, they helped [the child] understand that this was a special thing just for [the child]. The child's caregiver told us that a magnet board, included in one of the kits, had greatly strengthened [the child's] hand-eye coordination. They will continue to look forward to the interesting and creative ways our playgroup helps families during the pandemic."*



Figure 2. Shapes and Sizes Activity Kit



Figure 3. Distribution at Arcata Play Center

Indicator 7: # of families interacting with Specialists

Specialists attended Playgroup until mid-March of 2020 as well as outdoor Playgroups in the second half of the year. Specialists conducted a total of 74 visits to playgroups before the pandemic.

Due to COVID-19, after playgroups closed to in-person activities in March 2020, families interacted with Specialists either by Zoom, phone, or e-mail. Specialists provided support to families during this time period at least 282 times.

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

This data is unavailable.

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

First 5 Humboldt did provide free on-line music sessions via Zoom with the Northcoast Music Together program. 45 separate sessions were held throughout April, May, and June. At least 274 children attended with at least one parent.

Indicator 10: #/% of parents/caregivers reporting the library is family friendly

The Library adapted to pandemic conditions by providing check-out of library materials through curbside service at all library branches beginning in late May. The first option for patrons was to place holds for specific items to check out. Soon they began offering the option to request a grab bag of items chosen by library staff. Here's what one patron had to say about the grab bags: *"I cannot say enough good things about the Library Grab Bags. The bags are so generously and thoughtfully curated just for my children's interests. We are always so excited to pick them up and my children spend the rest of the day completely immersed in their new books. My kindergartener's reading has really exploded during the pandemic with so many new books at his fingertips."* Additionally, the library reported that they presented 56 live virtual programs reaching 761 people; 60 videos reaching 810 people; and one outdoor Story Walk, reaching 102 people. They also distributed 1,027 kits and activities for children and families to enjoy at home.

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

The main library in Eureka as well as all ten branches (Hoopa, Willow Creek, Blue Lake, Trinidad, McKinleyville, Arcata, Ferndale, Fortuna, Rio Dell, Garberville) and the bookmobile have offered grab bags, take-home kits, and access to recorded video programs to children ages 0-5 and their families. The Arcata and Eureka Libraries have offered live virtual programs as well, such as story time and Family Literacy Parties with music and storytellers.

Indicator 12: % of children who are ready for school

Data for this indicator is collected through the Kindergarten Screening Tool which was not administered in 2020 due to COVID-19. Thus, it is not possible to report on this indicator.

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



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

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

All funded projects refer children and families to other appropriate programs and services as needed. This is encouraged through sharing of resources via meetings, interactions with Specialists, printed materials, and trainings. Throughout the pandemic, Specialists and staff provided support via telephone, through Zoom meetings, parent circles, and through distributions of resources at various program sites and other sites.

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

All funded projects promote developmental screening by administering developmental and/or trauma screenings and/or referring families to programs that administer those screenings. For example, at least one playgroup administers the Ages and Stages Questionnaire to families as necessary. The Road to Resilience program administers the 4P's Screening to all OB intake patients at UIHS, which screens for impacts/trauma around substance use.

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

Throughout 2020, F5H Programs worked to promote healthy pregnancies and family wellness. F5H staff and/or Specialists completed the following activities:

- Bringing Home Baby Program for local families
- Participation in the Perinatal Community Coalition of Humboldt County
- Participation in Humboldt Resilience and Inclusion through Support and Empowerment (RISE)
- Partnered with Food for People, Redwood Community Action Agency's TOOTH program, CAPCC, Redwood Coast Regional Center, Humboldt County Department of Health and Human Services Public Health Branch, and Northcoast Children's Services to share information and materials in free resource bags distributed to families
- Diaper distributions to Family Resource Centers

Other activities:

Funded by the California Department of Social Services Office of Child Abuse Prevention, the Road to Resilience Program began in July 2019 and continued throughout 2020. The focus of the program is to provide Health Navigators to (1) Native women who have a Substance Use Disorder (SUD) and an infant and (2) Native women who have an infant with Neonatal Abstinence Syndrome (NAS) in Humboldt and Del Norte Counties. Between January – December 2020, the follow project activities occurred:

- Road to Resilience has partnered with United Indian Health Services (UIHS) and has two Navigators working with families, and is working on hiring two additional Navigators
- Program Coordinator attended various meetings and trainings in an effort to collaborate and establish relationships with Road to Resilience partner organizations.
- Program Coordinator continued to establish additional partnerships with K’ima:w Medical Center and Karuk Medical Clinic. However, the pandemic shifted capacities and delayed moving those partnerships forward.
- Partnered with UIHS and Yurok Tribe Wellness Coalition to plan a 3-part training series to be held in Spring 2021 called Weaving Wellness focusing on education and supporting perinatal families impacted by substance use.

The Home Visiting Coordination Grant, funded by First 5 California, 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 to promote cross-county, shared learning and capacity-building, resource sharing, and expertise to strengthen local systems change efforts, and rebuild early childhood and family support systems following the pandemic. Between August 2020 - December 2020, the following project activities occurred:

- Program Coordinator collaborated with CCRP to establish goals for the Environmental Scan and workgroup convening
- First home visiting stakeholder workgroup was held
- Program Coordinator attended regional home visiting meetings to support inter-county coordination
- First Home Visiting Coordination Action Plan was submitted

Paso a Paso is a prenatal and family support program serving Latino families in Eureka and Fortuna which is funded in part by F5H. The program’s services related to promoting healthy pregnancies and family wellness include childbirth classes, breastfeeding support groups, car seat classes, new parent classes, and Positive Discipline classes.



FOCUS AREA 3: PROFESSIONAL CAPACITY

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

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



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

First 5 Humboldt (F5H) 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. F5H supported programs that address this Action are:

- **PFS Trainings** (none were held in 2020 due to the pandemic)
- **Infant Family Early Childhood Mental Health Specialists.** F5H funded four Infant Family Early Childhood Mental Health Specialists (“Specialists”), who provided technical assistance to individual Playgroups on a regular basis throughout the year. In non-pandemic years, the Specialists work directly with parents and children at Playgroup as well as meeting with Playgroup leaders and staff to ensure Required and Essential Practices (REPs, see **Appendix D**) are in place. They review practice areas and evaluate, utilizing their observations, survey data, site visit data etc., where Playgroup staff might need further development and/or staff training. During the pandemic in 2020, Specialists met at least monthly via Zoom with Playgroup Leaders to provide group support and also meet individually with leaders as requested.
- **0-8 Mental Health Collaborative.** F5H supports the 0-8 Mental Health Collaborative (0-8 MHC). This collaborative was established with coordination support from First 5 Humboldt in 2010 to improve the skills of service providers working to help children meet their developmental potentials. Two F5H Playgroup Specialists continued to serve as co-coordinators for this group in 2020. A major focus of the 0-8 MHC is the implementation of a training plan to help build Early Childhood Mental Health Competencies to better support children in meeting their developmental potentials. In 2020, the 0-8 Mental Health Collaborative hosted 38 training/sessions, with 326 attendees, as part of their Infant Family Early Childhood Mental Health (IFECMH) workforce development efforts and in response to community requests. Additionally, 18 people received credit toward the in-county IFECMH Certificate in 2020.
- **IMPACT.** F5H’s Improve and Maximize Programs so All Children Thrive Program (IMPACT) is a quality improvement and professional development program for local child care providers and F5H Playgroup staff. 32 ECE sites throughout Humboldt participated in IMPACT in 2020, including three Tribal Childcare sites and 29 Family Childcare sites. 39 individual staff members took part including 15 Spanish speakers.

- **Speaker's Bureau.** First 5 Humboldt continued to coordinate the ACEs/Resilience Speakers' Bureau (Speakers' Bureau) in 2020, in response to community requests for more advanced training on ACEs, trauma, and resilience. The Speakers Bureau is comprised of local presenters who demonstrate an understanding of brain science and development, have either university-level teaching or specialized credentials, and experience conducting community trainings. All of the speakers meet at least one of the following criteria: endorsed by California in Infant Family and Early Childhood Mental Health (IFECMH), have been trained by the international Child Trauma Academy, which is a leader in understanding how children and adults are impacted by trauma and can be supported in their health and well-being, and/or have completed a specialized training program specific to their field of expertise. Community organizations who contact F5H for more advanced training are connected to the most appropriate presenter for their specified needs. In addition, First 5 Humboldt facilitates meetings between Speakers' Bureau presenters in order to discuss training topics, presentation modalities, and training materials. In 2020, there were nine Speakers' Bureau training presentations to organizations in Humboldt County. At least 257 attendees participated in at least one training presentation.

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

In 2020, First 5 Humboldt completed at least 155 trainings or technical assistance opportunities. Examples of training topics include, but are not limited to, Trauma Responsive Strategies, Protective Factors, Community Resilience Model, ACEs/Resilience Primer, Reflective Practice, and Reducing Secondary Trauma.

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

In 2020, at least 1,623 professionals/paraprofessionals/others attended First 5 Humboldt trainings. (This statistic includes duplicated counts). Figure 4 presents quotes from training participants about First 5 Humboldt trainings.

Quotes from First 5 Humboldt Training Attendees

“The self-reflective pieces where the presenter asked us to think of our own experiences with stress and coping helps to really hit the point home and put ourselves in our students’ shoes. Also, the scenarios that were discussed helped us apply the concepts to our real work, not just hypothetical.”

“I enjoyed the ‘Flipping your Lid’ explanation. putting visuals in place I think is something very helpful in understanding complex things like emotions.”

“Quick and practical strategies to help someone get out of a sense of crisis without having to share super personal/deep wounds.”

“I see myself already using the skills when interacting with family and co-workers. I look forward to sharing the tools with different circles in my community, including offering trainings to co-workers (healthcare), local school staff and the ‘tribe’ of my rural neighborhood. I am also looking at ways to offer these skills to parents at home during this time of sheltering in place/home.” “schooling.”

Figure 4

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 early years (0-5) in creating community well-being



Action 4.1.A: Develop a public awareness plan

Indicator 1: *Public Awareness Plan developed by 6/30/21*

- F5H worked throughout 2020 with stakeholders and an outside consultant on a messaging effort that includes updates to the entire public-facing brand including a new logo, updated website, a 'Brand Book', and new language to help F5H better engage with the public and partners. The completion of this work is a critical step in advance of a Public Awareness Plan launch.
- F5H continued to engage the public and raise awareness of the importance of supporting young children and families throughout the year, primarily through expanded social media efforts in light of the COVID pandemic.

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

F5H strives to use social media to connect families with young children to support and services available in the community as well as educate the community on issues affecting young children and their families. F5H increased the use of social media in 2020 to address the lack of in-person outreach opportunities:

- Facebook followers increased 36% during 2020, from 975 to 1,328 followers.
- F5H Facebook page reached a daily average of 529 unique users and an average daily engagement of 40 users.
- The average reach on an individual post was 340 users.

F5H appeared on the Humboldt Healthcast, a podcast hosted by the Humboldt Independent Practice Association, to discuss building community resilience.

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

No community meetings/town halls were held in 2020 due to the challenges of the COVID-19 pandemic.

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

F5H has four standing advisory committees:

- Early Childhood Care and Education
- Evaluation
- Parent and Family Support
- Fiscal

In total, 25 community members serve as volunteers on these committees, providing valuable outside experience and perspective to F5H decision making.



Action 4.2.B: Provide opportunities for community feedback on F5H activities through focus groups, surveys, and similar methods

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

At the start of the COVID-19 pandemic, F5H felt it was important to reach out to parents to see what their most immediate needs and concerns were and find ways, where possible, that F5H could meet those needs and address those concerns. An online survey was developed and advertised via social media and through funded programs and responses were gathered for 4 weeks. 99 parents/caregivers responded to the survey. Table 2 shows activities and information respondents were most interested in.

What resources or information would help you and your family during this time? (Check all that apply)

Resource or information	Percent responding yes
Movement/Dance activities for your children	65.6%

Music activities for your children	61.3%
Outdoor activities for your children	61.3%
Art activities for your children	59.1%
Other indoor activities for your children	54.8%
Reading/language activities for your children	46.2%
Delivery of food or other supplies	45.2%
Information on how to talk to your children about the Coronavirus and social distancing	44.1%
Resources for coping with stress, anxiety, or depression	43.0%
Resources for coping with social distancing	38.7%
Local resources for food	31.2%
Medical information on the Coronavirus (symptoms, local guidelines for testing, treatment)	28%

Table 2

These results helped guide F5H efforts to support families through this challenging year, including expanded online services for parents including parenting circles and child friendly music classes, as well as monthly distributions for families. The results also informed advocacy efforts with local and state partners about family needs during this crisis.

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



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

Indicator 1: Number of educational opportunities provided and number of people taking part

During 2020 F5H hosted 21 educational opportunities to community members. These trainings were attended by a total of 313 people. Trainings included:

- The Ripple Effect, a two-day workshop in February 2020 presenting an integrative framework for enhancing trauma-informed practice across systems. The Ripple Effect was attended by a total of 119 people across the two days.
- Parent Circle began in August 2020, providing a virtual space for F5H specialists to connect with parents in the absence of in person playgroup meetings. Parent Circle is a recurring series of virtual workshops presenting whole brain parenting practices for 0-8 year olds. 13 Parent Circles were held between August and December 2020. Topics were designed to give parents the

opportunity to learn and discuss how a young child’s brain develops and functions, how to help children handle challenges and respond to difficult experiences, and learns strategies that fit with any parenting approach. A total of 167 parents attended across the 13 meetings.

- A virtual support group for new mothers hosted by an IFECMH specialist. 6 Moms Support Groups were held in November and December 2020 with 27 total attendees.

Additionally, in an effort to maintain a connection with families throughout the community in the absence of in person playgroup meetings F5H assembled and distributed resource bags to families through 11 sites across Humboldt County. These bags included education materials on stress and resiliency, sensory materials and books for young children, and ways to connect with other valuable resources in the community. Distributions were held monthly when allowed by Public Health guidelines. Between September and December 2020, 923 family resource bags were distributed to families throughout Humboldt County.

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

The Ripple Effect training evaluations were conducted by the trainer and the results were not shared with F5H. The Parent Circles had training evaluations completed. Overall, attendees reported an increase in knowledge/understanding of key concepts of the Parent Circles. For more information on Parent Circles, please see Action 2.1.A Indicator 5 on page 12.



EVALUATION RECOMMENDATIONS

Programmatic:

1. Continue to provide program specific recommendations through the Program Evaluation Team process each spring.
2. Continue to work on providing more effective outreach and inclusion of Spanish speaking families and Native American families with young children, in all funded programs, and ensure that outreach, inclusion, and program activities are culturally proficient.
3. Monitor the demographics of families served by playgroups (and other programs) relative to community wide demographics.
4. Work on providing technical assistance to F5H Playgroups regarding the importance of daily reading, and methods to assist families in achieving daily reading to/with their child, including having the Library Partnership provide a presentation at a First 5 Humboldt Parent and Family Support Workshop for Playgroup and PFS Program Staff.
5. As necessary, work with programs to establish COVID-19 safe activities that meet guidelines established by the California Department of Public Health and Humboldt County DHHS.

Evaluation Process:

1. Revise and update Evaluation Framework, Actions, and Indicators in alignment with the current Strategic Plan and to ensure consistency and relevance between Actions and Indicators and all F5H-funded programs.
2. Continue to work on how best to evaluate F5H's collaborative partnerships, including developing appropriate indicators to better measure partnership/collaboration, and meet the goals of the Strategic Plan.
3. Continue to work with other community groups/agencies to develop appropriate methods to share relevant data.
4. Continue to work with Humboldt County Office of Education and individual school districts to better collect data on Playgroups and preschool for Kindergarten Assessments.
5. Continue to explore additional methods of evaluating F5H Playgroups to better examine the impact of F5H Playgroups on parents/caregivers and children.
6. Review reporting guidelines, evaluation instruments, data collection procedures, and revise as appropriate.
7. Continue to develop and incorporate evaluation measures related to the Protective Factors and resiliency.
8. Collaborate with fiscal staff to develop and implement data collection and tracking procedures so evaluation and fiscal activities align where possible.
9. Develop and implement alternative evaluation methods to accommodate COVID-19 restrictions as needed.
10. Work with F5H staff and funded programs to adjust evaluation processes to meet the program evaluation needs during the COVID-19 pandemic as needed.

APPENDIX A

EVALUATION FRAMEWORK 2020

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



Preventing and Reducing ACES (Adverse Childhood Experiences)

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

Racial Equity



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

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

Focus Area 1: Systems Change

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

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

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

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

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, Specialists**

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 Policy agenda



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

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

Focus Area 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, Specialists, Library Partnership (LP), Paso a Paso (PaP)**

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

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

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

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

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

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

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

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

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

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

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

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



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

Indicator 1: # of programs or projects that facilitate child and family referrals to appropriate programs and services **Playgroups, Specialists, PaP, Road to Resilience (RtoR), Impact**

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

Indicator 3: List of organizations/groups worked with and activities undertaken **Playgroups, Specialists, PaP, Road to Resilience (RtoR), Impact, F5H**

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

Focus Area 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, Specialists, Impact, Measure S, QRIS, Vesper, Title IV-E**

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, Specialists, Impact, Measure S, QRIS, Vesper, Title IV-E**

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

Focus Area 4: Community Engagement

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

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



Action 4.1.A Develop a public awareness plan

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

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

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

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



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

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

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

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

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



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

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

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

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

APPENDIX B

First 5 Humboldt Funded Programs (2020)

Organization	Program Name	Description
<i>City of Arcata</i>	<i>Arcata Play Center</i>	Continuation of funding for playgroup activities for children age 0-5 and their families at the Arcata Play Center.
<i>City of Arcata</i>	<i>Arcata 0-1 Playgroup</i>	Funding for playgroup activities specific to children age 0-1 and their families
<i>St. Joseph Health Humboldt County</i>	<i>Blue Lake Playgroup</i>	Continuation of funding for playgroup activities for children age 0-5 and their families.
<i>Discovery Museum</i>	<i>Discovery Museum</i>	Continuation of funding for playgroup activities and programming for children age 0-5, and providing scholarships to children from economically disadvantaged families.
<i>Pine Hill School</i>	<i>Eureka Pine Hill Playgroup</i>	Funding for providing playgroup activities for children age 0-5 and their families in the community of southern Eureka
<i>McLean Foundation</i>	<i>Fortuna Playgroup</i>	Continuation of funding for playgroup activities for children age 0-5 and their families.
<i>Westside Community Resource Center</i>	<i>Jefferson Playgroup</i>	Continuation of funding to support a playgroup for children age 0-5 and their families in Eureka.
<i>Mattole Valley Resource Center</i>	<i>Honeydew Playgroup</i>	Funding to support a playgroup for children age 0-5 and their families in the Honeydew area.
<i>Loleta Community Resource Center/St Joseph Health Humboldt County</i>	<i>Loleta Playgroup</i>	Continuation of funding to support a playgroup for children age 0-5 and their families in Loleta.
<i>Redwood Coast Montessori</i>	<i>Manila Playgroup</i>	Funding for providing playgroup activities for children age 0-5 and their families.
<i>Mattole Valley Resource Center</i>	<i>Mattole Playgroup</i>	Continuation of funding to support a playgroup for children age 0-5 and their families in the Mattole Valley.

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

<i>First 5 Humboldt initiative</i>	<i>Child Care Supports & Training Program</i>	<i>Funding to support professional development, retain ECE professionals, and encourage entry into the field.</i>
<i>First 5 Humboldt Initiative</i>	<i>ACES/Resilience Program</i>	<i>Funding to support professional development for ECE providers, foster parents, community members and to increase specialist support to playgroups</i>
<i>First 5 Humboldt</i>	<i>ACES Speakers Bureau</i>	<i>On-site training in trauma-informed practice to schools, medical clinics, community groups</i>
<i>Mission Minded</i>	<i>Brand Development</i>	<i>Development of First 5 Humboldt branding around ACES and communications strategies</i>
<i>First 5 Humboldt</i>	<i>Road to Resilience</i>	<i>Funding to support pregnant and parenting mothers experiencing or at-risk of Substance Use Disorder through navigation services embedded in tribal health clinics</i>
<i>First 5 Humboldt</i>	<i>Foster Parent Support</i>	<i>Mental health clinician coaching support and training to foster parents</i>
<i>First 5 Humboldt</i>	<i>SEEDS</i>	<i>Social Emotional Early Educator Supports; early childhood mental health consultation to child care centers and family child care homes</i>
<i>St. Joseph Health Humboldt County</i>	<i>Rio Dell Playgroup</i>	<i>Continuation of funding to support a playgroup for children age 0-5 and their families. Closed in March 2020 due to the pandemic</i>
<i>First 5 Humboldt</i>	<i>Home Visiting Grant</i>	<i>Promotes the increased coordination & collaboration of home visiting programs to increase cross-agency understanding of local population needs relative to the impacts of COVID-19 on families and services, to embed home visiting into early childhood systems to promote strong family outcomes, & promote cross-county, shared learning and capacity-building, resource sharing, and expertise to strengthen local systems change efforts, & rebuild early childhood and family support systems following the pandemic.</i>
<i>United Methodist Church of Arcata</i>	<i>Tiny Tots Playgroup</i>	<i>Continuation of funding to support a playgroup for children age 0-5 and their families. Closed in March 2020 due to the pandemic</i>
<i>McKinleyville Community Services District</i>	<i>McKinleyville Play Center</i>	<i>Continuation of funding to support a play group for children age 0-5 and their families in McKinleyville. Closed in March 2020 due to the pandemic</i>
<i>Orick School</i>	<i>Orick Playgroup</i>	<i>Continuation of funding to support a play group for children age 0-5 and their families in Orick. Closed in March 2020 due to the pandemic.</i>

APPENDIX C

METHODS

Data Collection

Data for the Local Evaluation Report 2020 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. Surveys

2020 First 5 Humboldt Needs Assessment was conducted in March and April 2020 to determine what sort of assistance First 5 Humboldt could provide around the pandemic and parenting. The Survey instrument had 14 questions and was available in English. This survey was advertised via social media and through funded programs and responses were gathered for 4 weeks. 99 parents/caregivers responded to the survey.

III. Strategic Plan Indicator Tracking Forms

In 2020, First 5 Humboldt Program evaluators tailored the previously developed Strategic Plan Indicator Tracking Form to track indicator activities through the pandemic. First 5 Humboldt staff, including the Executive Director, program staff and consultants updated their forms throughout the reporting period.

IV. Key Informant Interviews, Focus Groups and Observation Activities

First 5 Humboldt Program evaluators, staff collect qualitative data through key informant interviews, focus groups, and observation activities during program site visits. First 5 Humboldt Commissioners and sub-committee members also collect qualitative data when they conduct site visits to funded programs. Site visits were not conducted during the pandemic.

V. 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, key informant interviews, reports, data records, and observations.

II. The following programs used for data analyses included

- Survey Monkey
- Microsoft Excel

APPENDIX D

Required Essential Practices for Playgroups

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

14. In sites where there are multiple staff members, they are spread throughout the room and they are mindful of safety issues such as doors, active play areas and larger groups of children and place themselves to help supervise these areas.				
15. A First Aid kit is readily available at each site and leaders have been trained in basic First Aid				
16. Playgroup staff members have been fingerprinted and have received criminal clearance.				
17. A playgroup staff member provides each new family with an overview of the playgroup policies and schedule i.e. snack time, circle time, clean up, etc. and explains any "off limits" or other special areas.				
18. A playgroup staff member checks with each new family to see if there are any special considerations/needs for the family members i.e. allergies, environmental sensitivities, etc.				
19. Playgroup leaders are in the playgroup space, interacting and building relationships with families the majority of playgroup time. Leaders share community resources with families and provide referrals as needed.				
20. Playgroup staff members are mindful of caregivers and children who are more shy or reserved and make an extra effort to reach out to them and connect them with others.				
21. All playgroup staff members will contact their specialist (Beth, Katie, Laura or Meg) if they and/or the caregiver have concerns about a child or family.				
22. All playgroup staff members will contact their specialist if they need assistance with supporting a family whose primary language is not English.				
23. Family information is confidential. All playgroup staff members will refrain from talking about their concerns about a child or caregiver in front of other parents, caregivers, and children.				
24. All playgroup primary leaders will attend PFS Workshops to further their skills in supporting families.				
25. Playgroup staff members who have children present follow and model all Health and Safety Practices.				