Annual Community Report 2018

Strengthening Children, Families and Community
A Message from Our Executive Director

First 5 Humboldt’s Annual Community Report is one of the most important documents we produce each year. It represents our accountability to you, our community. The tobacco tax dollars First 5 Humboldt receives are allocated to us based on the County’s birthrate. The Humboldt Children and Families Commission distributes those dollars based on feedback they receive from five community advisory committees, feedback from the hundreds of annual surveys we distribute, from public comments during Commission meetings, and other messages we receive from community members. The surveys are statistically analyzed, so that along with the comments we receive, we can better understand how programs are having a positive impact—and also so that we know what isn’t working well, so that we can make changes. For detailed survey results and information on First 5 Humboldt programs, please see the First 5 Humboldt Local Evaluation Report 2018 available on our website - www.first5humboldt.org.

This year, we acknowledge the number of visits by children to First 5 Humboldt Playgroup continues to rise over the last several years. In our 2018 First 5 Humboldt Local Evaluation Report, we also note that for the first time ever, more Playgroup visits are not associated with more reading to children at home, and we are taking steps so that reading is emphasized in Playgroup. Being read to or hearing oral stories is a key indicator of later success for young children. We celebrate the impact of our Early Childhood Mental Health Specialists that work with parents and children at Playgroup. Statistical analysis of these results show that talking with a Specialist is strongly correlated with positive parent outcomes, such as feeling less stress and knowing where to access resources. Thanks to funding from the County of Humboldt (originally from Measure S funds, now designated from the County General Fund), we have been able to greatly increase the number of hours Specialists spend in Eastern and Southern Humboldt.

As First 5 Humboldt is responding to both a declining birthrate, which determines our funding, and an overall steep decline in Proposition 10 revenue, we have had to cut programs that have provided valuable services in our County. In many cases, other funding has been found; in others, gaps remain. Through it all, we have amazing partners who are working with us to meet the needs of Humboldt’s youngest residents. This fiscal year is the 20th anniversary of the passage of Proposition 10 in November, 1998, a statute that tasked us with focusing on the whole child and empowered us to coordinate across sectors. We celebrate 20 years of parents, families and community members who’ve joined us in treasuring our youngest children and the promise that they hold for a healthy, thriving future Humboldt.

Respectfully,
Mary Ann Hansen
Executive Director

Our Vision

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

Protective Factors are strengths and supports that allow children to succeed despite many risk factors. Research supports that when the Protective Factors are present they create healthy environments for the optimal development of children. Examples of Protective Factors include:

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

Evidence also shows that these are the factors that diminish the likelihood of abuse and neglect. First 5 Humboldt funds programs and activities that promote the Protective Factors. For more details about the Protective Factors, please see the First 5 Humboldt Evaluation Report 2018 (Focus Area 3: Family, Professional, and Community Capacity; Focus Area 4: Health).

Throughout this report, this symbol will indicate program information that is related to the Protective Factors.

"A playgroup such as this has a huge impact on young children. A great place for children (and parents) to experience play with other children in a friendly and positive environment"

-Parent comment about First 5 Humboldt Playgroup
Programs & Services

First 5 Humboldt's mission is to work with families and community organizations to promote comprehensive and integrated systems of services for early childhood development in order to foster secure, healthy, and loving children eager to learn and develop their full potential. In 2019, First 5 Humboldt funded programs, including playgroups, which provided services in the focus areas of family support, early education, and children's health. Based on California Department of Finance estimates, the number of children 5 years old or under in Humboldt in 2018 was 9,052.

2018

Unduplicated Numbers Served by First 5 Humboldt Programs*

7,103 Children Ages 0-5

8,671 Parents, Caregivers, Other Family Members or Providers

31 First 5 Humboldt Funded Programs

*Participant counts are unduplicated within programs. Across programs, counts can be duplicated.
27 Humboldt County Communities Served in 2018

Parents/Caregivers participating in First 5 Humboldt Programs who believe the program has had a POSITIVE EFFECT on their child or family.
Family Support

Funding parent and family support programs is a priority for First 5 Humboldt. Research shows that social support networks and other informal supports reduce social isolation and are associated with improved parenting skills, greater knowledge of child development, and improved family relations. First 5 Humboldt Playgroups are a major source of support to parents and families in Humboldt County.

19 First 5 Humboldt Playgroups

Fiscal Year 2017-2018
Number of Playgroup Visits*

15,156 Children Ages 0-5

12,562 Parents/Caregivers

* First 5 California requires that First 5 Humboldt submits data based on the fiscal year.
Family Support Continued

Playgroup Participation and Parenting

2018 survey data collected from parents and caregivers who attend First 5 Humboldt Playgroups showed that playgroup attendance is significantly related to improvements in parenting capacity*. 

What happens when parents and caregivers attend Playgroup more often?

Parents and caregivers who go to Playgroup more often are more likely to think that they

- Deal better with parenting issues
- Feel more supported as a parent
- Feel less stress
- Have someone to talk with about concerns and frustrations
- Have learned more about what skills/behaviors are typical for their child's age
- Have discovered new things about their child's strengths or needs
- Feel that their family is more connected to other children and adults
- Engage in play more often with their child
- Have a child who is more comfortable around other children

There are definitely benefits to attending Playgroup. How do I get Playgroup information?

Turn to the back cover of this report or go to www.first5humboldt.org

* Data was analyzed using a Spearman's Rank Order correlation test. A 95% level of significance (α = .05) was selected for these inferential statistical tests.

"It is awesome. It has helped me build confidence as a parent, I've made friends. My child is learning sharing, proper interaction, and confidence"

-Parent comment about First 5 Humboldt Playgroup
Prevention of Adverse Childhood Experiences (ACEs) and Promotion of Resilience

First 5 Humboldt has continuously focused on preventing early childhood trauma and building resilience by promoting the Protective Factors through its funded programs, services, and activities. In 2018, with the generous support of the Vesper Society, First 5 Humboldt established new partnerships and enhanced existing ones in order to strengthen Humboldt County's capacity to address and prevent ACEs as well as build resilience among young children and their families. Funding from the Humboldt County General Fund contributed to the implementation of key First 5 Humboldt resilience promoting projects through First 5 Humboldt activities and through the First 5 Humboldt and Humboldt Department of Health and Human Services ACEs Collaborative Partnership.

First 5 Humboldt ACEs/Resilience Project Milestones

Humboldt County Community Town Hall

In partnership with California State Senator Mike McGuire, First 5 Humboldt hosted the Humboldt County Community Town Hall on ACEs and Resilience on April 27, 2018. The goals of the forum were strengthening community partnerships, increasing awareness of ACEs, and sharing the services provided by the multitude of public and private service providers.

Expansion of Early Childhood Mental Health Support to Outlying Playgroups

As a result of the ACEs Collaborative Partnership, First 5 Humboldt hired two additional part-time Early Childhood Mental Health Specialists to provide additional support to outlying First 5 Playgroups in Southern and Eastern Humboldt. One of these Specialists also provided assistance to bilingual First 5 Humboldt Playgroups. At Playgroup, they answered questions parents/caregivers had about their child's development and behavior, conducted informal screenings of children's behavior, provided resource and referral assistance, and conducted temperament assessments at the request of parents/caregivers.

SEEDS Program

First 5 Humboldt’s Social-emotional Early Educator Supports Program (SEEDS) was a pilot prevention program. Three Specialists provided trainings and technical assistance to educators at Early Childhood Education (ECE) programs to better understand the social-emotional needs, and to promote the healthy growth and development of children in their care. From January until June 2018, five Humboldt County ECE programs, primarily in outlying areas, with a total of 15 classrooms/childcare and 25 ECE educators, participated in the SEEDS Program.

Humboldt County Foster Parent Training

Between March 24, 2018 and June 9, 2018, First 5 Humboldt provided an ACEs and Resilience training series for Humboldt County foster parents in order to share strategies for supporting children who have experienced trauma. A total of 83 foster parents attended at least one of four sessions. Based on feedback from training participants, First 5 Humboldt continues to offer foster parent training opportunities as well as support from a licensed clinician during the 2018-2019 fiscal year.

“I believe we all need continued education on our influence of building resilience/providing ‘support’ for children in our care. These courses should be made available for family [families] caring for our foster children.”

-Foster Parent Training Participant
Prevention of Adverse Childhood Experiences (ACEs) and Promotion of Resilience Continued

First 5 Humboldt and the Humboldt County Department of Health and Human Services
ACEs Collaborative Partnership

In 2017, the Humboldt County Board of Supervisors recognized the key role that prevention and early intervention play in addressing many of our local public health challenges. The Board voted to use a portion of Humboldt County General Fund monies to support activities focused on young children and their families during fiscal year 2017-2018, through the First 5 Humboldt and Humboldt County Department of Health and Human Services ACEs Collaborative Partnership. In 2018, the Humboldt County Board of Supervisors decided that the Partnership would continue to be funded through the County General Fund on an ongoing basis.

Summary of Findings for Fiscal Year 2017-2018

For additional detailed results, please see the report titled *Adverse Childhood Experiences (ACEs) Collaborative Report - Finding and Recommendations*

- At least 2,591 children ages 0-8 were served
- Projects included parent/caregiver classes, professional development trainings, and community awareness campaigns
- Projects based on research-informed models led to positive project results

19 ACEs Collaborative Partnership NEW Grant Projects funded for Fiscal Year 2018-2019
Prenatal Care

In 2018, First 5 Humboldt provided funding to the St. Joseph Health Paso a Paso Program and the Humboldt County Department of Health and Human Services, Public Health Branch, Nurse Family Partnership (NFP). Both programs work with pregnant women to get early prenatal care.

Percentage of Clients Who Received Early Prenatal Care

In 2018, both the Paso a Paso Program and NFP were above the national Healthy People 2020 objective for this health priority.

Children's Health

For First 5 Humboldt, health means more than the physical body being free of disease. Health also includes emotional stability and a sense of well-being, positive connections to other people, and enough financial and other resources to meet physical, emotional, and social needs. Because of this understanding, First 5 Humboldt funds and supports programs that positively affect the physical, emotional, social, and economic health of young children and pregnant women.

83.5%  
NFP Clients enrolled between July 2009 - June 30, 2018

92.6%  
2018 Paso a Paso Clients

77.9%  
2020 Healthy People Target
Children's Health Continued

Early Childhood Mental Health Support for Families

Parents and caregivers have the opportunity to talk with Early Childhood Mental Health Specialists during playgroup about any questions or concerns they have regarding child development, family functioning, and other topics. 2018 survey data showed that parents and caregivers who consulted with a Specialist at playgroup had better outcomes than those who did not speak with a Specialist*.

Parents and Caregivers who talked with an Early Childhood Mental Health Specialist at Playgroup reported that they...

- Deal better with parenting issues
- Feel more supported as a parent
- Feel less stress
- Have someone to talk with about my concerns and frustrations
- Have learned more about what skills/behaviors are typical for my child's age
- Have discovered new things about my child's strengths/needs
- Know where to get information about services and activities for my family
- Feel their family is more connected to other children and adults
- Engage in play with their child more often
- Have child who has learned to feel more comfortable around other children

"The Specialist is wonderful when I'm worried or concerned about new behavioral issues with the little one. She talks me through what is happening, she has always been right. She has given me confidence as a parent, reassurance and knowledge. Love her!

-Parent comments about First 5 Humboldt Playgroup Specialists

* Data was analyzed using a Fisher-Freeman-Halton Exact Test. A 95% level of significance ($\alpha = .05$) was selected for these inferential statistical tests.
Early Education
The need for high quality early education opportunities has been a consistent concern and focus for First 5 Humboldt throughout the years.

Library Partnership

8,124 Children & Adults Attendees
380 Programs, Activities & Workshops

2018 Participant Survey Comments About the Library

- Love storytime especially w/movement and songs added. Yoga storytime at library (Arcata) was fun, too
- Tienen libros para todos las edades y Ponen una sección libros gratis eso me gusta (They have books for all ages and they have a free book section that I like)
- The floor puzzles at the library are my son’s favorites. And the arts and crafts are great
- We love the library and Storytime. We love the children’s area as well.
Early Education Continued

2018 Kindergarten Screening Tool (KST) Results

The Humboldt County Office of Education (HCOE) developed the Kindergarten Screening Tool (KST) in 2012 to screen incoming Kindergartners regarding their readiness for school. The KST measures children's readiness in four domains: Language/Literacy, Mathematics, Social Emotional, and Self-Portrait. In 2018, 1,356 Kindergarteners and Transitional-Kindergarteners were screened using this tool. Playgroup attendees scored higher than those students who did not attend playgroup.

**KST Total Score (School Readiness)**

- **78%**
  - Playgroup Attendees

- **67%**
  - Non-Playgroup Attendees

**2017 KST Results Comparing Kindergarteners Who Participated in First 5 Humboldt Playgroups and Those Who Did Not**

<table>
<thead>
<tr>
<th>Total KST Score</th>
<th>Playgroup</th>
<th>Preschool</th>
<th>Both</th>
<th>None</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017 KST Score</td>
<td>78%</td>
<td>74%</td>
<td>81%</td>
<td>67%</td>
</tr>
</tbody>
</table>

Playgroup Attendees scored higher than those students who did not attend playgroup.
Integration of Support Systems

First 5 Humboldt recognizes the importance of integrating the systems that support pregnant women and young children and their families. It is essential to collaborate across systems in order to provide primary prevention and early intervention services to Humboldt County children and families.

**IMPACT**

The IMPACT (Improve and Maximize Programs so All Children Thrive) Program is a partnership with First 5 California which focuses on supporting a network of local quality improvement systems to better coordinate, assess, and improve the quality of early learning settings. The program consists of providing professional development training to Family Child Care and First 5 Humboldt Playgroup staff as well as establishing a system to monitor quality improvement. In 2018, 84 staff members from 36 child care or Playgroup sites participated in IMPACT.

| Trainings | 6 |
| Training Participants | 194 |
| Technical Assistance Coaching Sessions | 86 |

**0-8 Mental Health Collaborative**

The 0 to 8 Mental Health Collaborative (0-8 MHC) is composed of organizations working together to develop a transdisciplinary, responsive system capable of supporting the mental wellness of all expectant parents, young children, and their families within the context of their communities. The Collaborative is funded by First 5 Humboldt in partnership with the Humboldt County Office of Education. In 2014, the Collaborative's Infant Family Early Childhood Mental Health (IFECMH) workgroup began supporting a cohort of multi-disciplinary Humboldt County service providers in their pursuit of the California IFECMH Endorsement. In 2017, the 0-8 MHC launched the Foundational Level of the Humboldt County IFECMH Certificate Program with 19 participants. In 2018, 17 of the Foundational Level participants along with 7 additional applicants were admitted into the Advanced Level of the certificate program.

| Partners | 10 |
| Trainings | 16 |
| Training Participants | 421 |
Investments & Funding

Explanation of Tobacco Tax Revenue Decline

First 5 Humboldt receives 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 revenue had been declining 3 to 5% each year. In 2016, voters approved Proposition 56, which increased the tobacco tax to $2 per pack (which includes the 50-cents previously approved), and included e-cigarettes as taxable. The new funds are designated for Medi-Cal improvements and research. A primary argument for this increase was that higher cigarette taxes are linked with decreased use. In light of this, the measure included "back-fill" language to direct funds to First 5’s to preserve the 3-5% rate of decline. As expected, the tax has resulted in decreased sales. Sales were further reduced because the tobacco purchase age increased from 18 to 21 in June, 2016. These changes will result in a healthier California. However, the anticipated back-fill has not met expectations, and the decline to cigarette tax revenues is steeper than previously anticipated. Overall, Prop 56 resulted in steeper declines in revenue for First 5 counties, which is a trend that will continue.

First 5 Humboldt Prop 10 Revenues

Notes:

1) The dip in FY 2018-2019 revenue was due to the lag before implementation of Prop 56 back-fill, which was supposed to stabilize F5 revenue declines to the pre-Prop 56 trajectory of 3-5% reduction each year. The first year of Prop 56 back-fill was only half of the projected amount, however.

2) The projected decline between 2020-2021 to 2021-2022 is more than $57,000. On average, First 5 Humboldt is projected to experience an average decline in revenues of $25,000 per year for the next 10 years. Unless the California Legislature or voters come up with another revenue source for First 5s, the task of the Commission will be to cut that much from each year’s budget, resulting in loss of services to area programs. First 5 Humboldt continues to look for alternative, sustainable funding streams.
Commissioners & Staff

Megan Blanchard
Humboldt County
Department of Health & Human Services
Public Health Branch

Sydney Fisher Larson
Community Member

Rose Gibbens
Yurok Head Start

Lorey Keele
Redwood Community Action Agency

Sheryl Lyons
Humboldt County
Department of Health & Human Services
Social Services Branch

Dian Pecora
Community Member

Maya Stuart
Parent Representative

Connie Sundberg
Changing Tides Family Services

Mike Wilson
Humboldt County Board of Supervisors
District 3

Mary Ann Hansen
Executive Director
First 5 Humboldt

Nina Diehl
Fiscal Analyst
First 5 Humboldt

Danielle Anderson
ACES/Resilience Project Coordinator
First 5 Humboldt

Star Mohatt
IMPACT/ORIS Coordinator
First 5 Humboldt

Community Partners

Arcata United Methodist Church
Blue Lake Community Resource Center
Boys and Girls Club of Eureka
City of Arcata
Discovery Museum
Eel River Valley Multigenerational Center
Humboldt County Department of Health and Human Services
Humboldt County Library
Humboldt County Office of Education
Jefferson Community Center
Loleta Community Resource Center

Manila Family Resource Center
Mattole Valley Family Resource Center
McKinleyville Community Services District
McKinleyville Family Resource Center
Mid-Klamath Watershed Council
North Coast Grantmaking Partnership
Redwood Coast Montessori
St. Joseph Health
Southern Humboldt
Unified School District
Vesper Society
Willow Creek Community Resource Center

Playgroups

Arcata Play Center
D Street Community Center
14th & D Streets, Arcata
(707) 822-7091

Arcata Tiny Tots Playgroup
Arcata United Methodist Church
1762 11th Street, Arcata
(707) 822-1963

Blue Lake Playgroup
Prasch Hall/Perigot Park
312 South Railroad, Blue Lake
(707) 668-4281

Boys and Girls Club of the Redwoods Playgroup
3117 Prospect Avenue, Eureka
(707) 441-1030

Discovery Museum Playgroup
612 G Street
Suite 102, Eureka
(707) 443-9694

Fortuna Playgroup
Eel River Multigenerational Center
2280 Newburg Road, Fortuna
(707) 725-3300

F.U.N. Play Center
Adorni Recreation Center
1011 W. Waterfront Drive, Eureka
(707) 441-4248

Jefferson Playgroup
1000 B Street, Eureka
(707) 497-6280

Loleta Playgroup
Loleta Church
228 Church Street, Loleta
(707) 733-5239

Manila Playgroup
Manila Community Resource Center
1611 Peninsula Drive, Manila
(707) 444-9771

Mattole Valley Playgroup
Mattole Valley Community Center
29230 Mattole Road, Petrolia
(707) 629-3348

McKinleyville Playgroup
McKinleyville Activity Center
1705 Gwin Road, McKinleyville
(707) 839-9003

Pine Hill Pandas Playgroup
5230 Vance Avenue, Eureka
(707) 445-5933

Casterlin/So. Humboldt Playgroup
Casterlin School, Room 5
24790 Alderpoint Road, Bloomsburg
(707) 923-1147

Redway/So. Humboldt Playgroup
Redway School
344 Humboldt Avenue, Redway
(707) 923-1147

Shelter Cove/So. Humboldt Playgroup
At Golf Links, Community Center
Downstairs, Suite B, Shelter Cove
(707) 923-1147

Willow Creek Playgroup
Headstart site (730 Highway 96)
Creekside park (inside for winter/outside for summer), Willow Creek
(530) 629-3141

This report to the community provides an overview of First 5 Humboldt programs and services plus results presented in the First 5 Humboldt Local Evaluation Report 2018. For detailed information, please visit www.first5humboldt.org

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