# TABLE OF CONTENTS

Executive Director Message ........................................................................................................... 2

Introduction ..................................................................................................................................... 3

**Focus Area 3: Family, Professional, and Community Capacity** ............................................. 6
   Objective 3.1 ............................................................................................................................... 6
   Objective 3.2 ............................................................................................................................. 13

**Focus Area 4: Health** ............................................................................................................. 37
   Objective 4.1 ............................................................................................................................ 37
   Objective 4.2 ............................................................................................................................ 38
   Objective 4.3 ............................................................................................................................ 39

Unduplicated Numbers Served in First 5 Humboldt Funded Programs 07/17-06/18 ............. 40

Evaluation Recommendations ..................................................................................................... 44

Appendix

   Appendix A: Evaluation Framework ......................................................................................... 45
   Appendix B: First 5 Humboldt Funded Programs (2018) ............................................................ 49
   Appendix C: Methods .................................................................................................................. 53
   Appendix D: Required Essential Practices for Playgroups .......................................................... 56
   Appendix E: 2018 Playgroup Survey ............................................................................................ 58
   Appendix F: 2018 Parent Family Support (PFS) Program Survey ............................................. 62
   Appendix G: Playgroup Survey Samples Sizes for Individual Playgroups ............................... 66
   Appendix H: PFS Program Survey Samples Sizes for Individual ............................................... 67
   Appendix I: 2018 Playgroup Survey Results .............................................................................. 68
   Appendix J: 2018 PFS Program Survey Results ........................................................................ 96
EXECUTIVE DIRECTOR MESSAGE

In November 1998, California voters passed Proposition 10, the Children and Families Act, which provided for the establishment of a Children and Families Commission in each California county, supported by a tax on each pack of cigarettes sold in the state. The 20th anniversary of First 5 provides an opportunity to reflect on what we have accomplished and what still needs to be done.

The first Humboldt County Children and Families Commission took a thoughtful approach to responding to the local needs of children and families. They established a “Sustainability Fund,” knowing that tobacco tax revenues would decline. They interviewed families, professionals and community members and were careful about investing in programs that would address local gaps. We continue to build on that solid foundation. Each year, hundreds of surveys are distributed to local families, asking for their feedback on whether the services we fund are meeting their needs. As revenues continue to decline, the Commission has reevaluated what can be funded, since the Sustainability Fund can no longer augment tobacco taxes. We are in the third year of making significant budget reductions. In many cases, community partners have been able to identify other resources so that services to Humboldt families have not been eliminated. We are fortunate to have amazing community partners who understand and prioritize the needs of our youngest residents.

In the midst of these reductions and significant changes, it is heartening to see that the annual evaluation results still report very positive outcomes. Families participating in First 5 programs report that they feel more supported as parents, know where to get information about needed services, and feel more connected to other families. Our workforce development efforts continue to provide significant support to professionals from multiple disciplines; this work helps our community to be more responsive to the unique needs of children 0-5.

As First 5 Humboldt looks to the next twenty years, we will continue to listen to our local families. We stay committed to being responsive and supportive, so that Humboldt’s young children can reach their full potential.

Respectfully,

Mary Ann Hansen
First 5 Humboldt
February 2019
INTRODUCTION

The structure of this report reflects the Evaluation Framework updated in 2018, found in Appendix A. In order to measure results, the Evaluation Framework maps the relationship between the Vision of First 5 Humboldt and the four Focus Areas defined in the 2016 First 5 Humboldt Strategic Plan. This report presents results for Focus Area 3 – Family, Professional and Community Capacity and Focus Area 4 – Health. A separate report on Focus Area 1 – Fiscal Sustainability and Focus Area 2 – Systems Change was released in March 2019.

This report contains the results of First 5 Humboldt evaluation activities conducted during calendar year 2018. This period includes the last six months of Fiscal Year 2017-18 (January–June 2018) and the first six months of Fiscal Year 2018-19 (July – December 2018).

Evaluation results are presented according to:
- Focus Area,
- the Objective under that Focus Area,
- the Action associated with the Objective, and
- the Indicators related to the Action.

First 5 Humboldt funds a number of programs and activities under Focus Areas 3 and 4 as seen in Figure 1 on page 5. These programs include Playgroups, Family/Community Resource Centers, Library Programs, and Prenatal Care Programs, 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 under these Focus Areas during 2018, please refer to Appendix B.

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.

This report is presented to the Humboldt County Children and Families Commission and to the First 5 Humboldt Program Evaluation Team (PET). In order to make program
recommendations to the Commission, PET members use Evaluation Reports, use additional individual program data and reports, use their knowledge and experience, and use information about the program’s administration and budget. The Commission will use the PET 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.
- Determine funding decreases for existing programs, and the elimination of funding for existing programs.
Figure 1. First 5 Humboldt Strategic Plan Focus Areas

**Focus Area 1**  
Fiscal Sustainability  
*Separate Report Released in March 2019*

**Focus Area 2**  
Systems Change  
*Separate Report Released in March 2019*

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

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

- First 5 Humboldt funded Playgroups
- First 5 Humboldt Playgroup Specialists
- First 5 Humboldt funded Family Resource Centers
- Paso a Paso
- Nurse Family Partnership
- Library Partnership
- 0-8 Mental Health Collaborative
- IMPACT Program
- SEEDS (Social-emotional Early EDucator Supports) Program

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

- Activities related to the promotion of stable, well-educated workforce available to serve and advocate for developmentally-, culturally- and trauma-responsive practices.

**Focus Area 4**  
Health

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

- First 5 Humboldt funded Playgroups
- First 5 Humboldt Playgroup Specialists
- First 5 Humboldt funded Family Resource Centers
- Paso a Paso
- Nurse Family Partnership
- Library Partnership
- Community Health Access Worker
FOCUS AREA 3: FAMILY, PROFESSIONAL, AND COMMUNITY CAPACITY

First 5 Humboldt will promote the optimal development of children with a focus on prevention, in partnership with families, caregivers, and the community.

Objective 3.1: First 5 Humboldt will promote a stable well-educated workforce available to serve and advocate for developmentally-, culturally- and trauma-responsive practices.

Action 3.1.A: Promote and provide training and technical assistance opportunities to families and service providers.

Indicator 1: # of trainings and TA opportunities addressing developmental, cultural, and trauma-responsiveness of services

Indicator 2: # of training attendees

First 5 Humboldt (F5H) regularly funds trainings and provides technical assistance (TA) for its own funded programs, other agencies/groups, and community members. For example, every year multiple Parent and Family Support (PFS) training opportunities are held for the coordinators/facilitators of F5H Playgroups and other F5H-funded PFS programs to help increase their skills and capacity in providing services that are developmentally responsive, culturally responsive, and trauma responsive.

Additionally, F5H-funded Infant Family Early Childhood Mental Health Specialists (“Specialists”), discussed in depth starting on page 28, provide technical assistance to individual Playgroups on a regular basis throughout the year. These Specialists meet with Playgroup leaders and staff on a regular basis 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 the Playgroup staff might need further development and/or staff training. Action Plans are created annually with each Playgroup (in conjunction with Playgroup staff) and TA is provided according to the Action Plans. In 2014-15, the Specialists made it more explicit to programs that the family support work they provide to the Playgroups utilizes their Infant Family and Early Childhood Mental Health certifications/backgrounds. This included becoming more mindful about the tools, theoretical frameworks, skills used when working with families, and continuing with referrals to early intervention programs when appropriate. In 2018, the Specialists provided technical assistance to Playgroups over 300 times.
F5H’s Social-emotional Early Educator Supports Program (SEEDS) was a pilot prevention program in which three Specialists supported 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. Support was provided through trainings and technical assistance meetings. From January until June 2018, five Humboldt County ECE programs, with a total of 15 classrooms/childcare and 25 ECE educators, participated in the SEEDS Program.

Between March 24 and June 9, 2018, F5H provided a four-session training series for Humboldt County foster parents, in order to share strategies for supporting children who have experienced trauma. The training series covered Adverse Childhood Experiences (ACEs) and Resilience core concepts, understanding relationships and supporting attachment, children’s stress response systems, inter-generational trauma, supporting self-regulation, and building resilience. A total of 83 foster parents attended at least one session, and at least 11 families attended all four sessions.

F5H also supports the 0-8 Mental Health Collaborative (0-8 MHC). This collaborative was established with coordination support from First 5 Humboldt in 2010, in order to work toward improving the skills of service providers working to help children meet their developmental potentials. Two of the First 5 Humboldt funded Specialists continue to serve as co-coordinators for this group. A major focus of the 0-8 MHC over the past eight years has been to implement a training plan they developed to help build Early Childhood Mental Health Competencies to better support children in meeting their developmental potentials. In 2018, the 0-8 Mental Health Collaborative hosted or co-hosted trainings, both as part of their Infant Family Early Childhood Mental Health (IFECMH) workforce development efforts, and in response to community requests. In 2018, at least 421 multi-disciplinary participants were enrolled in 16 trainings.
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 who enroll in the program. IMPACT provided program participants 6 trainings and 86 individual technical assistance coaching sessions that focused on increasing the skills and capacity of IMPACT participants in providing services that are developmentally appropriate, culturally responsive, and trauma responsive. In 2018, 84 staff members from 36 child care or Playgroup sites participated in the program.
Over 600 people attended the trainings shown in Figure 2 on page 8 and Figure 3 above. Participant evaluation surveys from 0-8 MHC/F5H Sponsored Trainings and IMPACT Trainings show that attendees found all of these training opportunities valuable and worthwhile as seen in the Provider Voices sections that follow.

**IMPACT Program Trainings for 2018**

- Reflective Practice I - 20 participants
- Reflective Practice II - 20 participants
- ASQ-3/ASQ:SE-2 Training Series – 3 Sessions - 13 participants
- ASQ Spanish Training - 7 participants
- Playgroup Leaders Training - 17 participants
- Professional Learning Community – 2 Sessions - 19 participants
- Professional Learning Community (Coaches) – 4 Sessions - 31 participants
- Professional Learning Community (Playgroup) – 2 Sessions - 28 participants
- iPinwheel Training - 9 participants
- Social Emotional Development and Self-Regulation - 30 participants

**Figure 3**
Provider Voices about 0-8 Mental Health Collaborative/
First 5 Humboldt Trainings

- Thank you for the inspiring presentation. Lots of useful information, validation and encouragement. My batteries are recharged!
- Wonderful! Thank you for continuing in supporting us by providing educators in our community to help us improve.
- I love learning about the legalities and rights of families/students. It really adds to me being able to validate families and empower and advocate for them.
- Very enjoyable. Diversity in knowledge. Thanks.
- It was a beautiful training. Thank you so much for having the translator with me to translate. She is really nice and makes me feel comfortable and helps me understand a lot.
- Very helpful tools to know how to better educate parents and start conversations with families to understand their own and their child’s relationships.
- I felt like I’ve learned a lot and will be able to seriously grow from this.
- Thank you very much for providing this training! I would attend any training led by Dr. Stroud. She provided the much needed and missed education about infant/caregiver relationship…
- Very fun and informative training and the variety of learning activities made it easy to understand the material and gave me many ideas to use with our families. Thanks!
- There is so much to be learned and developed through transdisciplinary interaction, discussion, and exploration. I will now push for team development and use throughout my career in serving others

Provider Voices about 0-8 what they liked best during a particular IMPACT Training

- I like all the resources available and handouts, websites, etc. given - also future e-mails. This will be great to share with families.
- Interacting with other participants and making connections
- The speaker. Great level of respect in the room.
- It was nice to communicate with other Playgroup Leaders about their thoughts and experiences re: ASQ. Good handouts and information shared.
- I liked the strategy information and enjoy the activities.
- Open up my mind of new ideas to help children.
- It was very well organized as far as slides, handouts, and activities. Pace was good, accessible.
**Action 3.1.B:** Annually review available local and state child and family data to assess family and community needs.

**Indicator 1: List of data reviewed**

F5H staff and consultants annually review available local and state child and family data to assess family and community needs. Information gathered from the data sources were used to help guide F5H activities and programming. In 2018, the following data sources were reviewed.

3. California Strong Start Index: [https://strongstartindex.org/map?bt=county&rid=023&z=9&lat=40.73581157695217&lng=-123.94500732421876&zc=95519&reset=1](https://strongstartindex.org/map?bt=county&rid=023&z=9&lat=40.73581157695217&lng=-123.94500732421876&zc=95519&reset=1)
5. Children’s Data Network, USC Suzanne Dworak-Peck School of Social Work
8. Humboldt County Office of Education data on special education referrals, eligible and non-eligible (personal communication of graphs and numbers, August 2018)
14. [As cited on kidsdata.org](https://www.kidsdata.org), U.S. Census Bureau, American Community Survey (Jan. 2018)
17. North Coast Children’s Services http://ncsheadstart.org/locations/
18. North Coast Health Improvement and Information Network, Substance Use, Homelessness, Youth and Early Experiences key informant interviews November 2018
19. Strong Start Index: https://strongstartindex.org/map?bt=county&rid=023&qt=0&z=9&lat=40.73581157695217&lng=-123.94500732421876&zc=95519&reset=1

**Action 3.1.C:** Advocate for early childhood education workforce stability and appropriate compensation.

**Indicator 1:** # of advocacy activities that support early childhood education workforce stability

In 2018, F5H completed two projects in order to advocate for early childhood education workforce stability. The Executive Director wrote letters to two California state committees and four state legislators in support of State Assembly Bill 2292, which passed in the State Budget. AB 2292 increases the state reimbursement rates for infant and toddler care, creates a grant program to fund the start and implementation of new child care facilities, and creates a fund for family child provider recruitment and training. F5H also successfully advocated for the inclusion of the language “childcare workers’ pay” in the Humboldt County 2019 Legislative Platform’s section on INCREASING ACCESS TO AFFORDABLE CHILD CARE (Figure 4).

**INCREASING ACCESS TO AFFORDABLE CHILD CARE**

Rising childcare costs increases poverty and is a barrier to working family success. According to the U.S. House Committee on Education and the Workforce, childcare costs have increased by more than 25 percent over the past decade. Legislation, such as the Childcare for Working Families Act (H.R. 3773), would broaden eligibility and access to high-quality, affordable childcare and early learning programs, and increase childcare workers’ pay and professional development opportunities.

The county supports legislation that increases access to affordable, high-quality childcare and early learning programs.
**Action 3.1.D:** Provide opportunities for families and the workforce to develop advocacy skills.

*Indicator 1:* # of activities related to advocacy education

F5H staff completed various advocacy education presentations to the F5H Parent and Family Support Subcommittee and the Early Childhood Education Subcommittee. These subcommittees are comprised of representatives from the Humboldt County workforce. Presentations were provided on: California and Humboldt County policy agenda, policy gaps, and bills; the California Governor’s Budget proposals; and the federal public charge rule.

**Objective 3.2:** Families have access to community supports that strengthen families’ capacity to promote children’s optimal development in safe and stable communities

*Action 3.2.A:* Support programs that promote the 5 protective factors and family strengthening principles (Center for the Study of Social Policy, 2016) and primary prevention

**Background:** F5H funds Playgroups and other Parent and Family Support Programs that actively promote the Five Protective Factors (see Figure 5 on page 14). The Five Protective Factors are an important part of preventing child abuse and neglect, and as such are important in preventing and mitigating the effects of Adverse Childhood Experiences (ACEs). These F5H-funded programs support children and families in their communities through services and activities such as: parent support and education, home visiting, early learning, social support, socialization, resource and referral assistance, etc. The indicators for this action are used to help measure the effectiveness of these programs and activities, and most indicators are directly related to the Five Protective Factors. Much of the data for these indicators was collected through the 2018 Playgroup Survey (see Appendix E for Instrument and Appendix I for Results) and the 2018 Parent and Family Support (PFS) Program Survey (see Appendix F for Instrument and Appendix J for Results).
What are the Five Protective Factors?

The Five 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.

The survey data for Indicators 1-3 will be presented first for the 2018 Playgroup Survey, followed by the survey data for Indicators 1-3 for the Parent and Family Support (PFS) Program Survey.

First 5 Humboldt 2018 Playgroup Survey (“Playgroup Survey”) Results for Indicators 1 - 3

Nineteen F5H Playgroups listed in Table 1 submitted a total of 325 completed surveys to F5H. Survey sample sizes for individual Playgroups are presented in Appendix G.

<table>
<thead>
<tr>
<th>2018 First 5 Humboldt Playgroups</th>
</tr>
</thead>
<tbody>
<tr>
<td>7. F.U.N Play Center</td>
</tr>
</tbody>
</table>

Table 1
**Indicator 1 (Playgroup Survey Results): % of families feeling more connected to other families**

89.1% of Playgroup Survey respondents reported feeling more connected to other children and adults as a result of playgroup. 10.0% were neutral regarding this statement, 0.6% disagreed with the statement, and 0.3% stated this was not applicable. For more details, see Figure 6.

Further analysis of the 2018 Playgroup Survey data, using Spearman’s Rank Order correlation test, showed that **there was a statistically significant positive correlation between Playgroup attendance and agreement with the statement “As a result of Playgroup, my child and I are more connected to other children and adults.”** \( (r_s (317) = .148, p = .008) \). Thus, an increase in family Playgroup attendance was correlated to an increase in agreement with the statement regarding families feeling more connected to other children and adults.
Indicator 2 (Playgroup Survey Results): % of parents reporting that they have someone they can talk to

82.9% of Playgroup Survey respondents strongly agreed/agreed that they have someone they can talk with about their concerns and frustrations as a result of Playgroup participation. 15.0% were neutral regarding this statement, 0.6% disagreed with the statement, and 1.6% stated this was not applicable. For more details, see Figure 7.

Additional analysis of the 2018 Playgroup Survey data, using Spearman's Rank Order correlation test, showed that there was a statistically significant positive correlation between Playgroup attendance and agreement with the statement “As a result of Playgroup, I have someone I can talk with about my concerns and frustrations.” ($r_s (313) = .193, p = .001$). Thus, an increase in family Playgroup attendance was correlated to an increase in agreement with the statement regarding parents/caregivers having someone they can talk with about their concerns and frustrations.
**Indicator 3 (Playgroup Survey Results):** % of parents who say they feel that they deal better with parenting issues

75.7% of Playgroup Survey respondents strongly agreed/agreed that they deal better with parenting issues because of Playgroup. 20.9% were neutral regarding this statement, 0.9% disagreed with the statement, and 2.5% stated this was not applicable. For more details, see Figure 8.

![F5H Playgroups: Help Parents/Caregivers Deal Better with Parenting Issues](image)

**Figure 8**

Further analysis of the 2018 Playgroup Survey data, using Spearman's Rank Order correlation test, showed that there was a statistically significant positive correlation between Playgroup attendance and agreement with the statement “As a result of Playgroup, I deal better with parenting issues.” ($r_s (310) = .193, p = .001$). Thus, an increase in family Playgroup attendance was correlated to an increase in agreement with the statement regarding parents/caregivers dealing better with parenting issues.
First 5 Humboldt 2018 Parent and Family Support (PFS) Program Survey (“PFS Program Survey”) Results for Indicators 1-3

These surveys were received from “non-Playgroup” Parent and Family Support (PFS) programs. A total of 106 surveys were received from the following five programs: Paso a Paso, Nurse Family Partnership, Mattole Valley Resource Center, Blue Lake Community Resource Center (CRC), and Southern Humboldt Family Resource Center (FRC). Survey sample sizes for individual PFS Programs are presented in Appendix H. It should be noted that a number of the surveys from FRCs/CRCs indicated the respondent was answering from a Playgroup perspective rather than an FRC/CRC perspective. Additionally, just under 50% of these surveys came from just one program (Paso a Paso), with another almost 25% coming from a second program (Nurse Family Partnership).

**Indicator 1 (PFS Survey Results): % of families feeling more connected to other families**

82.1% of the 2018 PFS Program Survey respondents reported feeling more connected to other children and adults as a result of the First 5 Humboldt funded Program in which they participated. 11.3% were neutral regarding this statement and 6.6% stated this was not applicable. For more details, see Figure 9.

![Figure 9](image-url)
**Indicator 2 (PFS Survey Results):** % of parents reporting that they have someone they can talk to

92.5% of the 2018 PFS Program Survey respondents strongly agreed/agreed that they have someone they can talk with about their concerns and frustrations as a result of the First 5 Humboldt funded Program in which they participated. 3.8% were neutral regarding this statement, 0.9% disagreed with the statement, and 2.8% stated this was not applicable. For more details, see Figure 10.

![Figure 10](image-url)
**Indicator 3 (PFS Survey Results): % of parents who say they deal better with parenting issues**

88.7% of the 2018 PFS Program Survey respondents strongly agreed/agreed that they deal better with parenting issues as a result of the First 5 Humboldt funded Program in which they participated. 7.5% were neutral about the statement and 3.8% stated this was not applicable. For more details, see Figure 11.

![Figure 11](image)

**Parent Voices**

*In what ways has the Playgroup/ PFS Program helped you with parenting?*

- I am working on being more patient w/kids, I think Teri is a good example for how to be patient w/kids
- They taught me how to interact with my child
- This is a huge support to parents and a positive experience for children. A much-needed program in our community
- This program is a great support for new moms and gives good information, resources and is very useful for creating connections between families and the community
- Gave me confidence to be a better mom and help get my daughter into other programs!
- We have taken the advice given us to better parent our child
- *Mi ayuda a entender el comportamiento de la niña* // It has helped me understand the girl's behavior.
- This program has been the cornerstone of my parenting
**Indicator 4 (Playgroup and PFS Survey Results): # of programs providing family-friendly services**

First 5 Humboldt works with all the programs it funds to help ensure services are family-friendly. This is done through training and technical assistance provided to programs, as discussed on page 6. Whether or not these trainings and the technical assistance activities contribute to family-friendly services can be gleaned from responses to a series of questions on the 2018 Playgroup Survey and the 2018 PFS Program Survey. In 2018, 89.4%-99.4% of respondents to both 2018 Survey versions strongly agreed or agreed with the statement related to family friendliness of the program in which they participated. Based on these responses, it appears that services at First 5 Humboldt funded programs are, overall, very family friendly. For detailed information about the results related to these statements, please see Question #9 on the 2018 Playgroup Survey in Appendix I and Question #8 on the 2018 PFS Program Survey in Appendix J.

**Indicator 5 (Playgroup and PFS Survey Results): # of programs promoting the 5 Protective Factors**

As discussed above, First 5 Humboldt works with all the programs it funds to help ensure services are family friendly. Additionally, First 5 Humboldt wants to ensure services/programs they support incorporate/promote the Five Protective Factors. As mentioned previously, this is done through training and technical assistance provided to programs as discussed on page 6. Whether or not these trainings and the technical assistance activities contribute to services that incorporate/promote the Five Protective Factors can be determined using responses to a series of questions on the 2018 Playgroup Survey and the 2018 PFS Program Survey. In 2018, 75.7% to 96.2% of respondents to both 2018 Survey versions strongly agreed or agreed with the statements about program effect on them that directly relates to the Five Protective Factors. These statements include:

1. Protective Factor Survey Question Results Related to *Parental Resilience*
   - At least 87.2% of parents/caregivers feel more supported as a parent as a result of participating in Playgroup/PFS Program

2. Protective Factor Survey Question Results Related to *Knowledge of Parenting and Child Development*
   - At least 86.3% of parents/caregivers have discovered new things about their child’s strengths and/or needs as a result of participating in Playgroup/PFS Program

3. Protective Factor Survey Question Results Related to *Social and Emotional Competence of Children*
   - 93.5% of Playgroup parents/caregivers believe their child has learned to feel more comfortable around other children as a result of participating in playgroup (not applicable for other PFS Programs)
4. Protective Factor Survey Question Results Related to Social Connections
   o At least 82.1% of parents/caregivers feel that “My child and I are more connected to other children and adults” as a result of participating in Playgroup/PFS Program

5. Protective Factor Survey Question Results Related to Concrete Support in Times of Need
   o At least 90.7% of Parents/caregivers feel they know “where to get information about services/activities for me/my child/my family” as a result of participating in Playgroup/PFS Program

Overall, based on these results, it appears that services provided at F5H-funded programs do help to incorporate/promote Protective Factors.

For detailed information about the results related to these statements and other related statements, please see Question #9 on the 2018 Playgroup Survey in Appendix I and Question #8 on the 2018 PFS Program Survey in Appendix J.

Additional analysis of the 2018 Playgroup Survey data, using Spearman's Rank Order correlation test, showed that there was a statistically significant positive correlation between playgroup attendance and agreement with the following statements:

- **As a result of Playgroup, my child and I are connected to other children and adults** $(r_s(317) = .148, p = .008)$
- **As a result of Playgroup, I know where to get information about services and activities for me/my child/my family** $(r_s(318) = .155, p = .005)$
- **As a result of Playgroup, I have discovered new things about my child’s strengths and/or needs** $(r_s(317) = .115, p = .040)$
- **As a result of Playgroup, I have learned more about what skills/behaviors are typical for my child’s age** $(r_s(317) = .202, p = 2.87 \times 10^{-4})$
- **As a result of Playgroup, I feel less stress** $(r_s(311) = .161, p = .004)$
- **As a result of Playgroup, I deal better with parenting issues** $(r_s(310) = .193, p = .001)$
- **As a result of Playgroup, I feel more supported as a parent** $(r_s(311) = .218, p = 1.04 \times 10^{-4})$
- **As a result of Playgroup, I have someone I can talk with about my concerns and frustrations** $(r_s(313) = .193, p = .001)$
- **As a result of Playgroup, my child has learned to feel more comfortable around other children** $(r_s(318) = .149, p = .008)$

Thus, an increase in family playgroup attendance was correlated to an increase in agreement with the above Protective Factor related statements (see Figure 12 on page 24).
Figure 12
**Parent Voices**

What positive effect has the Playgroup/PFS Program had on you, your child, and/or family?

- This playgroup is an awesome resource for my daughter. She’s able to play and socialize with her peers in a fun, safe environment
- Both of my kids thrive because of the foundation we built together at playgroup
- She has opened up tremendously and it has been a resource for me to connect and learn
- I love it! My little guy has fun, gets socialized, interacts in new situations. I get help from Omi, chat and meet new parents
- The educational activities and spaces are amazing and have allowed for valuable play with peers. Also love the craft and snack time has provided time to eat with other kids and learn from them. Promotes independence
- 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
- Aprendemos el valor de pasar momentos juntos como familia y compartir ideas con amigos//We learned the value of spending time together as a family and sharing ideas with friends
- Postnatal exercise program has vastly helped me/my family in body, mind, and spirit! It is such an essential service for supporting strong and healthy and connected mothers
- My children benefit greatly from the services. They have learned new songs, participate in wonderful art and craft projects
- This program is a great support for new moms and gives good information, resources and is very useful for creating connections between families and the community
- Getting out of the house in the morning to interact with other families and play in a relaxed setting has improved our overall mental health

**Indicator 6: % of children who are ready for school**

In 2012, the Humboldt County Office of Education (HCOE) developed the Kindergarten Screening Tool (KST) to screen incoming Kindergarteners regarding their readiness for school. The KST measures children’s readiness for school in four domains: Language/Literacy, Mathematics, Social-Emotional, and Self-Portrait. In 2018, a total of 1,356 Transitional-Kindergartners and Kindergartners were screened using the KST. Teachers reported that, as best they knew, 254 (18.7%) of the students screened in 2018 had attended
Playgroup at some point before starting school. As seen in Table 2, from 2012-2018, the average score for those that attended Playgroup was higher than for those not attending Playgroup.

<table>
<thead>
<tr>
<th></th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Playgroup Attendees Total KST Score</td>
<td>77%</td>
<td>80%</td>
<td>77%</td>
<td>77%</td>
<td>75%</td>
<td>79%</td>
<td>78%</td>
</tr>
<tr>
<td>Playgroup Non-Attendees Total KST Score</td>
<td>70%</td>
<td>72%</td>
<td>72%</td>
<td>71%</td>
<td>70%</td>
<td>69%</td>
<td>67%</td>
</tr>
</tbody>
</table>

Table 2

Additionally, HCOE reported that for children that attended preschool, the average 2018 score was 74%, and for children that attended both Preschool and Playgroup, the average 2018 score rose to 79%. For details on 2018 KST scores for Playgroup and Preschool attendees as compared to non-attendees, see Figures 13 below and Figure 14 on the following page.
In 2018, in an effort to ensure equity, First 5 Humboldt began funding Playgroups via a grant process. In 2018, First 5 Humboldt funded nineteen Playgroups located throughout Humboldt County through this grant process. These F5H Playgroups provide free play opportunities for 0-5 age children and their parents/caregivers, including: activities for fine and gross motor skill development; structured activities and learning opportunities such as literacy activities, music, arts and crafts; parent/caregiver support and social connections with other parents/caregivers; and provide parents/caregivers with information about other available supports and services. The F5H Playgroups also have regularly scheduled visits from First 5 Humboldt Specialists to provide parents the opportunity for additional support for themselves, their child, and their families (see Indicator 8 below for more details). Activities at Playgroups support and promote the Five Protective Factors.

Unduplicated counts for children and parents/caregivers attending Playgroups are available for fiscal year 2017/2018 (July 2017 – June 2018) for each Playgroup. These counts show that a minimum of 4,578 children ages 0-5, and 3,098 parents/caregivers, attended a First 5 playgroup during that time. Please note that counts are unduplicated within a playgroup but may be duplicated across Playgroups.
Counts of F5H Playgroup visits are also collected. These counts show the number of visits by parents/caregivers and children to Playgroups and are considered “duplicated counts.” In fiscal year 17/18, there were at least: 12,562 parent/caregiver Playgroup visits, and 15,156 Playgroup visits by children age 0-5, at 981 Playgroup events (Figure 15).

**Figure 15**

**Indicator 8: #/% of families interacting with Specialists at Playgroups**

First 5 Humboldt allocates funding for Infant Family Early Childhood Mental Health Specialists (“Specialists”) to provide direct support to families at F5H Playgroups. Two of these Specialists work through the Humboldt County Office of Education. In addition, through Measure S monies provided to First 5 Humboldt from the County of Humboldt, First 5 Humboldt added two more part-time Specialists to provide additional support to Playgroups in outlying areas, for part of the 2017-2018 fiscal year and all of the 2018-2019 fiscal year. All four Specialists have Infant Family Early Childhood Mental Health certification. At Playgroup, Specialists provide support to parents and caregivers through activities such as: answering questions parents/caregivers have about their child’s development and behavior; conducting informal screenings of children’s behavior; providing resource and referral assistance; and conducting temperament assessments at the request of parents/caregivers. More intensive support is provided to families on an as-needed basis via office and/or home visits, and can include providing assessments, infant massage, addressing sleep issues, and other individualized support.
According to the 2018 Playgroup Survey, a minimum of 69% of respondents had spoken to a Specialist at Playgroup. For those attending Playgroup from 0-3 months, at least 57.1% had spoken with a Specialist, and for those attending from 10-12 months, the figure jumped to at least 85.7%.

Between January and December 2018, the Specialists made 318 separate visits to Playgroups. These visits included a variety of contacts described in Table 3. In 2018, the Specialists began tracking contacts using new categories in order to align with the Protective Factors previously described on page 14.

<table>
<thead>
<tr>
<th>Contact Category</th>
<th>Description/Example of Contact Activity</th>
<th>Number of Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent Resilience</td>
<td>Parent Mental Health related support activities; providing information on preventive and supportive mental health practices; discussions about family functioning such as transitioning to work, preparing for second child, and dealing with relatives coming for holidays</td>
<td>1,207</td>
</tr>
<tr>
<td>Social Connections</td>
<td>Introducing families to one another; providing referrals or resource information on MotherWoman support groups, library programs, family resource center services, and other supports; promoting social connections for children at Playgroup</td>
<td>454</td>
</tr>
<tr>
<td>Concrete Support in Times of Need</td>
<td>Helping families navigate crisis events; providing referrals or resource information on the food bank, housing support, Redwood Coast Regional Center, speech therapists, and mental health providers, Women Infant Children program, Head Start</td>
<td>374</td>
</tr>
<tr>
<td>Parent and Child Typical Development</td>
<td>Addressing questions and concerns about typical child development and parenting</td>
<td>1,343</td>
</tr>
<tr>
<td>Parent and Child Atypical Development</td>
<td>Addressing questions and concerns about atypical child development and parenting</td>
<td>171</td>
</tr>
<tr>
<td>Support Healthy Social Emotional Development</td>
<td>Providing parent education and coaching on mindfulness, neurodevelopmental, and trauma informed approaches; supporting children and families with special needs and/or challenging behaviors to help them be successful in social interactions at Playgroup and beyond</td>
<td>992</td>
</tr>
</tbody>
</table>

Table 3

The analysis of results for the 2018 Playgroup Surveys show that the work of the Specialists is making a difference for those parents/caregivers with whom they interact. Results from the two-tailed Fisher-Freeman-Halton Exact test applied to the 2018 Playgroup Survey data show that the proportions of parents/caregivers who “strongly agree” with the statements listed below were significantly higher when they had talked with a Specialist at Playgroup.

- **As a result of Playgroup, my child and I are connected to other children and adults** \( (p=2.50 \times 10^{-13}) \)
- **As a result of Playgroup, I know where to get information about services and activities for me/my child/my family** \( (p=5.53 \times 10^{-23}) \)
- **As a result of Playgroup, I have discovered new things about my child’s strengths and/or needs** \( (p=8.59 \times 10^{-25}) \)
• As a result of Playgroup, I have learned more about what skills/behaviors are typical for my child’s age \((p=1.69 \times 10^{-34})\)
• As a result of Playgroup, I feel less stress \((p=5.56 \times 10^{-18})\)
• As a result of Playgroup, I deal better with parenting issues \((p=1.27 \times 10^{-33})\)
• As a result of Playgroup, I feel more supported as a parent \((p=2.08 \times 10^{-24})\)
• As a result of Playgroup, I have someone I can talk with about my concerns and frustrations \((p=1.16 \times 10^{-21})\)
• As a result of Playgroup, my child has learned to feel more comfortable around other children \((p=3.32 \times 10^{-14})\)
• As a result of Playgroup, my child and I engage in play together more often \((p=3.59 \times 10^{-11})\)

These results indicate that parents/caregivers who had talked with a Specialist at a F5H Playgroup feel that they and their children are more connected to other children and adults, and that:
• they know more about where to get information about services/activities,
• they have discovered more new things about their children’s strengths and/or needs,
• they have learned more about what behaviors are typical for their child’s age,
• they feel less stress
• they deal better with parenting issues
• they feel more supported as a parent,
• they were more likely to have someone to talk with about their concerns and frustrations, and
• their child has learned to feel more comfortable around other children than those parents/caregivers that had not talked with a Specialist at Playgroup.
**Indicator 9 (Playgroup and PFS Survey Results):** Frequency with which parents/caregivers play music/sing songs with their 0-5 age children

First 5 Humboldt 2018 Playgroup Survey results related to music/singing showed 81% of respondents stated they sing songs/listen to music with their 0-5 age child every day, down very slightly from 81.4% in 2017. 78.4% of 2018 PFS Program Survey respondents stated the same, up quite a bit from 61% in 2017. Per the California Health Interview Survey (Humboldt County data was pooled for 2012-2017 in order to have statistically stable data), in Humboldt County 75.6% of parents reported singing songs/listening to music every day with their 0-5 age child and for California, this figure was 72.5% in 2017.

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**Parent Voices**

**Comments About Playgroup Specialists**

- [I talk with Omi] every time I see her. I could fill a book with all the advice and guidance I've gotten at playgroup. I am a better parent because of their help. Love you, Omi!
- We have received SO much help from the Specialists re: adjusting to a new town, school, separation anxiety, etc for our 6 yr old and social skills for our 3 yr old
- Beth and Omi have given essential tools and information during these first two years. I depend on them for empathetic advice and guidance. Love them!
- Beth is so great and so helpful w/child development and overall parenting support
- Katie is excellent at giving child development info and always so friendly
- Omi is wonderful when I’m worried or concerned about new behavioral issues with my 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!
- They’re great! They’ve been super helpful and have a lot of good resources
- These ladies are amazing and are a valuable resource
- Very helpful and generous with their time. Always offer practical and helpful advice
Further analysis of the 2018 Playgroup Survey data, using Spearman’s Rank Order correlation test, was completed to determine the relationship between amount of family Playgroup participation, and how many days a parent or any other family member played music or sang songs with their child. There was a statistically significant positive correlation between the two variables ($r_s (319) = .154, p = .006$), meaning an increase in family Playgroup participation was correlated to an increase in the number of days a parent or any other family member played music or sang songs with their child (Figure 16).

**Figure 16**

**Indicator 10:** Frequency with which parents/caregivers read to/with their 0-5 age children

First 5 Humboldt 2018 Playgroup Survey and 2018 PFS Survey Program Results, and California Health Interview Survey Results Related to Reading Frequency

84.7% of 2018 Playgroup Survey respondents stated they read to/with their 0-5 age child every day, down from 86% in 2017. 61.8% of 2018 PFS Program Survey respondents stated they read to their 0-5 age child daily, up from 56.5% in 2017. Per the California Health Interview Survey (Humboldt County data was pooled for 2011-2017 in order to have statistically stable data), in Humboldt County, 72.4% of parents reported reading to/with their 0-5 age child every day and for California, this figure was 65.7% in 2017.

Further analysis of the 2018 Playgroup Survey data, using Spearman’s Rank Order correlation test, was completed to determine the relationship between the amount of family Playgroup participation, and how many days a parent or any other family member read stories or looked at picture books with her/his child. There was not a statistically significant correlation between family Playgroup participation and the number of days a parent or any other family member read stories or looked at picture books with her/his child. This is the first time since 2011 that there has not been a positive correlation between the two variables.

First 5 Humboldt 2018 Leap Into Literacy Provider Evaluation Results Related to Reading to Children

The Library’s Leap Into Literacy Program provides and delivers book bins and theme bags to child care and other early education programs (19 participating sites during 1/18-6/18 and 18 sites during 7/18-12/18) throughout Humboldt County. Approximately 1,152 children were served throughout 2018. 3,825 books, 57 theme bags, 106 Big Books, and 24 book/cassette
kits were distributed to these programs in 2018. Sixty-seven separate deliveries were made to programs in locations ranging from the “Humboldt Bay area” to Hoopa, Orleans, Ke’pel, Bridgeville, Redway, and Rio Dell. In 2018, 9 Early Childhood Educators participating in the Leap Into Literacy Program completed an evaluation survey. Results show that educators feel the program helps increase the amount of time they read to/with children and is a positive addition to their program.

**Early Childhood Educator Voices about the Leap into Literacy Program**

- The children love seeing the bins come knowing there are new books inside which helps some of the more squirmy kids
- The extra support is nice
- [The themed bags] always contain materials that make learning exciting for the children and myself
- [Without Leap Into Literacy] we would have a smaller selection of literacy materials to share with the children in our program
- Helps keeps books to “live” longer and encourage reading
- We use [book bin books] for reading buddies, rest time, and quiet read times
- [The children have] access to high-quality, relevant, modern reading/literacy materials

**Indicator 11: #/\% parents/caregivers reporting the library is family-friendly**

The support of First 5 Humboldt allows the Humboldt County Library to purchase a much wider array of books and other materials for young children and their parents and caregivers, and it also allows the library to offer a far greater variety and number of activities for young children and their families. In 2018, these activities included: Storytime in Hoopa; weekly/monthly Storytime using theme boxes and other materials at Arcata, Blue Lake, McKinleyville, Garberville, Rio Dell and Trinidad libraries; Baby Sign Workshops; Baby Read and Grow which was offered at the Eureka branch and at Book Time for Babies in Arcata; and Family Literacy Nights, Family Fun Nights, and special programs that were offered numerous times throughout the year and included performances/activities by Baba Jamal Koram, Madre a Madre tour, Humboldt Light Opera Company among others.
In 2018, the Library reported an attendance of 11,022 children and adults at 584 programs, activities, and workshops sponsored by First 5 Humboldt. In 2017, these numbers were 8,124 children and adults at 380 programs, activities, and workshops sponsored by First 5 Humboldt. In 2016, these numbers were 4,960 children and adults at 244 programs, activities, and workshops sponsored by First 5 Humboldt. All numbers may be duplicated.

First 5 Humboldt 2018 Playgroup Survey and 2018 PFS Program Survey Results Related to Family Friendliness of the Library

The 2018 Playgroup Survey and the 2018 PFS Program Survey included questions related to family-friendliness of the library. Results show that:

- 74.9% of the 2018 Playgroup Survey respondents strongly agreed/agreed that the library is a family friendly place, 20.5% were neutral, and 4.6% disagreed/strongly disagreed with the statement.
- 75.5% of the 2018 PFS Program Survey respondents strongly agreed/agreed that the library is a family friendly place, 20.2% were neutral, and 4.6% disagreed/strongly disagreed with the statement.
Given First 5 Humboldt's interest in improving library services for families with young children, and increasing access to the library for Spanish speaking families and for American Indian/Native American families, it is important to look at the responses to questions about the library for these groups. The following tables present data regarding perceived family friendliness of the library for Spanish Speakers, American Indian/Native Americans, and all respondents for the 2018 Playgroup Survey and the 2018 PFS Program Survey.

### Table 4. 2018 Playgroup Survey respondents

<table>
<thead>
<tr>
<th>The library is a family friendly place for families with young children</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spanish speakers</td>
<td>33.3%</td>
<td>11.1%</td>
<td>50%</td>
<td>5.6%</td>
<td>0</td>
<td>3.72</td>
</tr>
<tr>
<td>English speakers</td>
<td>46.8%</td>
<td>29.6%</td>
<td>18.7%</td>
<td>3.7%</td>
<td>1.1%</td>
<td>4.17</td>
</tr>
<tr>
<td>American Indian/Native American</td>
<td>36.8%</td>
<td>36.8%</td>
<td>15.8%</td>
<td>10.5%</td>
<td>0</td>
<td>4.0</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>38.5%</td>
<td>19.2%</td>
<td>30.8%</td>
<td>0</td>
<td>11.5%</td>
<td>3.73</td>
</tr>
<tr>
<td>All respondents</td>
<td>45.6%</td>
<td>29.3%</td>
<td>20.5%</td>
<td>3.6%</td>
<td>1%</td>
<td>4.15</td>
</tr>
</tbody>
</table>

### Table 5. 2018 PFS Program Survey respondents

<table>
<thead>
<tr>
<th>The library is a family friendly place for families with young children</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spanish speakers</td>
<td>63.9%</td>
<td>11.1%</td>
<td>22.2%</td>
<td>0</td>
<td>2.8%</td>
<td>4.33</td>
</tr>
<tr>
<td>English speakers</td>
<td>46.4%</td>
<td>30.4%</td>
<td>17.9%</td>
<td>5.4%</td>
<td>0%</td>
<td>4.18</td>
</tr>
<tr>
<td>American Indian/Native American*</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>61.4%</td>
<td>13.6%</td>
<td>22.7%</td>
<td>0</td>
<td>2.3%</td>
<td>4.32</td>
</tr>
<tr>
<td>All respondents</td>
<td>53.2%</td>
<td>22.3%</td>
<td>20.2%</td>
<td>3.2%</td>
<td>1.1%</td>
<td>4.23</td>
</tr>
</tbody>
</table>

*sample size was too small for meaningful data
All groups report general agreement regarding the library being a family friendly place for families with young children.

**Parent Voices**  
*Comments About The Humboldt County Library*

- The library is wonderful for us because we have access to thousands of books, more than we could possibly afford to buy for ourselves. It isn’t just the books that we read that are important—it’s the choice of books to read…
- The floor puzzles at the library are my son’s favorites. And the arts and crafts are great
- We love that the McKinleyville library has activities periodically
- We love our library. We love reading to a dog friend on Wednesdays
- Eventos de música Sr. José mis hijos bailaron mucho y participaron en lo que hizo el Sr. José. Les gusta porque pueden escoger sus propios libros para leerlos en casa // Music events with Sr. Jose my kids danced a lot and participated in everything Sr. Jose did. They like it because they can pick their own books and read them at home.
- We love the library and Storytime. We love the children’s area as well.
- I think having all of the libraries interconnected makes for an outstanding program and really increases inventory choices. The staff is always friendly and helpful
- Appreciate the friendly library staff and safety the children’s section provides our community!
- As a Grandparent I wanted somewhere safe to bring my Grandson other than the park. I am very pleased with our libraries!
- Our first outings when “A” was a baby were to the Baby Read and Grow program at the Eureka Library. That was his first introduction to other babies, and my introduction to other parents as a parent myself
FOCUS AREA 4: HEALTH

First 5 Humboldt will support the health and well-being of young children and their families through the promotion of prevention and early intervention activities

Objective 4.1: First 5 Humboldt will encourage communities to facilitate the total wellness of children.

Action 4.1.A: Facilitate child and family referrals to appropriate programs and services.

Indicator 1: # % of families and caregivers that know where they can get information about family services and activities

First 5 Humboldt 2018 Playgroup Survey and 2018 PFS Program Survey Results
At least 90.7% of parents/caregivers responding to the combined 2018 Surveys strongly agreed/agreed that they “know where to get information about services/activities for me/my child/my family” as a result of taking part in a F5H Playgroup/PFS Program.

Indicator 2: # of programs that help participants learn about services and opportunities in the community

First 5 Humboldt 2018 Playgroup Survey and 2018 PFS Program Survey Results
At least 88.6% of the combined 2018 Survey respondents strongly agreed/agreed that “Staff [at Playgroup/PFS Program] help me to learn about services, resources, &opportunities that are available in the community”

Indicator 3: # of referrals to specialized services

F5H Programs facilitate child and family referrals to programs and services. F5H Playgroup Specialists provide referral assistance as part of their support to families in and out of F5H Playgroups. In 2018, the Specialists made at least 242 referrals (182 referrals to Playgroup families, 60 referrals to families outside of Playgroup) to specialized services such as Children’s Mental Health Services, Changing Tides Family Services, and Women Infant and Children.

Humboldt County’s Nurse Family Partnership (NFP) Program is an evidence-based program that provides first time pregnant mothers with the support and care they need to have a healthy pregnancy. Each woman served by NFP is partnered with a registered nurse early in her pregnancy and receives ongoing nurse home visits that continue until the child’s second birthday. The program works with new mothers on getting prenatal care, improving diet,
reducing drug/tobacco/alcohol use, improving child health and development by helping parents provide competent care, and improving economic self-sufficiency of the family. In 2018, NFP made 178 referrals to services such as Temporary Assistance for Needy Families (TANF); mental health services; primary care providers; early childhood intervention, dental services; Women, Infants, and Children (WIC); and lactation support.

Healthy Kids Humboldt (HKH) is a program of St. Joseph Health that assists families in finding affordable health insurance, and refers families to qualifying social programs. F5H funds a Health Access Worker position in HKH. In 2018, the Health Access Worker made approximately 885 referrals to health services, social services, family strengthening services (Paso a Paso, Playgroup), and other types of services (i.e., food bank, legal service, tax preparation).

**Objective 4.2: First 5 will encourage communities to offer developmentally appropriate services/activities.**

**Action 4.2.A:** Promote developmental screenings for all children.

*Indicator 1: List of activities related to universal developmental screenings*

In 2018, F5H Programs completed activities related to the promotion of developmental screenings for all children. The Specialists offered Ages and Stages Questionnaire (ASQ) screenings to families at a minimum of five of the Playgroups. Specialists also met with Arcata Playgroup staff to provide technical assistance in preparation for their Arcata Community ASQ Developmental Fair. In addition, IMPACT participants completed an ASQ training as part of their professional development requirements.

**Action 4.2.B:** Promote access to developmentally appropriate services for children.

*Indicator 1: List of activities related to promotion of access to services*

F5H staff and F5H-funded programs regularly conduct various activities focused on promoting access to developmentally appropriate services for children. This is accomplished through advocacy and systems-change activities, or through direct referral of families. All funded programs refer children and families to other developmentally appropriate services and activities throughout Humboldt County. Some examples of these activities related to promotion of access to developmentally appropriate services include:

- First 5 Humboldt Specialist meeting with Special Education Local Plan Area (SELPA) Services Coordinator regarding mental health support service for children ages 0-5
- First 5 Humboldt staff and Specialist meetings with the Humboldt Alliance for Infant Mental Health regarding primary prevention for local children ages 0-5 and their families
- First 5 Humboldt staff and Specialist presentations to local agencies on ACEs and Resilience Primer
• Playgroup leaders refer families to other Playgroups, and to services such as those provided by Redwood Coast Regional Center, Head Start/Early Head Start, Changing Tides, WIC, etc.
• The Nurse Family Partnership Program and Paso a Paso regularly refer clients to F5H Playgroups, and to library activities such as Baby Read and Grow

**Action 4.2.B:** Promote access to developmentally appropriate services for children.

*Indicator 1: List of activities related to promotion of access to services*

**Objective 4.3:** First 5 will encourage communities to promote family wellness for pregnant women and children 0-5

**Action 4.3.A:** Work with community organizations and groups to promote healthy pregnancies and family wellness.

*Indicator 1: List of activities related to the promotion of healthy pregnancies and family wellness*

Throughout 2018, F5H Programs worked to promote healthy pregnancies and family wellness. The F5H staff and Specialists completed the following activities:

- Bringing Home Baby Classes for local families
- Participation in the Humboldt Pregnancy and Postpartum Support Network
- Participation in the Humboldt County Perinatal Task Force
- Coordination of the Arcata, Hoopa, and Southern Humboldt ACEs/Upstream Project Community Strengths and Needs Assessments and Action Planning Sessions

Paso a Paso is a prenatal and family support program serving Latino families in Eureka and Fortuna. 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.

The Health Access Worker at Healthy Kids Humboldt (HKH) assists families with obtaining health insurance; refers families to programs such as Paso a Paso, Playgroups, NFP, Public Health Services, and Head Start; as well as provides nutrition assistance in order to promote healthy pregnancies and/or family wellness.

As mentioned previously, Nurse Family Partnership provides support to first time pregnant mothers. Each NFP client is paired with a registered nurse early in her pregnancy, and receives ongoing nurse home visits that continue until the child’s second birthday. The program works with new mothers on getting prenatal care, improving diet, reducing drug/tobacco/alcohol use, improving child health and development by helping parents provide competent care, and improving economic self-sufficiency of the family.
**Unduplicated Numbers Served in First 5 Humboldt Funded Programs**

*07/17 – 06/18*

Table 6 presents the number of children and adults served by First 5 Humboldt. *Within programs*, these are unduplicated counts. *Across programs*, counts can be duplicated.

<table>
<thead>
<tr>
<th><strong>Children 0-5</strong></th>
<th><strong>Parents/ Caregivers/Other Family Members/Providers</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>8,671</td>
<td>7,103</td>
</tr>
</tbody>
</table>

*Table 6*

Table 7 presents the number of children and parents/caregivers served by ethnicity.

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>American Indian/ Native American</th>
<th>Asian</th>
<th>African American</th>
<th>Latino</th>
<th>Pacific Islander</th>
<th>White</th>
<th>Multi-racial</th>
<th>Other</th>
<th>Unknown</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Children 0-5</strong></td>
<td>796</td>
<td>177</td>
<td>118</td>
<td>1060</td>
<td>21</td>
<td>3,281</td>
<td>317</td>
<td>13</td>
<td>2,888</td>
<td>8,671</td>
</tr>
<tr>
<td><strong>Parents/ Caregivers</strong></td>
<td>510</td>
<td>77</td>
<td>66</td>
<td>968</td>
<td>17</td>
<td>1,948</td>
<td>179</td>
<td>4</td>
<td>2,262</td>
<td>6,031</td>
</tr>
</tbody>
</table>

*Table 7*

In the 2017-2018 fiscal year, First 5 Humboldt PFS Programs and Playgroups served 6,244 children. Figure 17 on the following page displays the percentage of children served by ethnicity. Figure 18 on the next page shows 2010 U.S. Census data on race and ethnicity for 0-5 age children in Humboldt County.¹

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¹ 2010 U.S Census data was found in the 2011 Humboldt County Demographic Profile prepared by the Stanford Center on Longevity for the Humboldt County Library
Percentage of Children Served by Ethnicity through First 5 Humboldt Playgroups and Parent Family Support

- White, Non-Hispanic, 61.3%
- Hispanic or Latino, 18.4%
- Some Other Race, 0.3%
- Two or More Races, 8.1%
- Native Hawaiian & Pacific Islander, 0.4%
- Asian, Non-Hispanic, 2.3%
- Black, Non-Hispanic, 1.0%
- American Indian & Alaska Native, 8.2%
- Unknown, 21.7%
- Multiracial, 5.0%
- Other, 0.5%
- Pacific Islander, 0.4%
- Asian, 1.9%
- African American, 1.6%
- American Indian/Native American, 9.0%
- Other, 0.5%
- Multiracial, 5.0%

Figure 17

Race and Ethnicity of 0-5 Age Children in Humboldt County 2010 Census

- White, Non-Hispanic, 61.3%
- Hispanic or Latino, 18.4%
- Some Other Race, 0.3%
- Two or More Races, 8.1%
- Native Hawaiian & Pacific Islander, 0.4%
- Asian, Non-Hispanic, 2.3%
- Black, Non-Hispanic, 1.0%
- American Indian & Alaska Native, 8.2%

Figure 18
106 parents/caregivers receiving services through First 5 Humboldt PFS Programs completed the 2018 PFS Program Survey. 104 survey respondents provided ethnicity data. Figure 19 presents ethnicity data for these parents/caregivers. Figure 20 shows 2010 U.S. Census data on race and ethnicity for adults 19 and over in Humboldt County.²

² 2010 U.S Census data was found in the 2011 Humboldt County Demographic Profile prepared by the Stanford Center on Longevity for the Humboldt County Library
325 parents/caregivers receiving services through First 5 Humboldt Playgroups completed the 2018 Playgroup Survey. 306 survey respondents provided ethnicity data. Figure 21 presents ethnicity data for these parents/caregivers. Figure 22 shows 2010 U.S. Census data on race and ethnicity for adults 19 and over in Humboldt County.  

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3 2010 U.S Census data was found in the 2011 Humboldt County Demographic Profile prepared by the Stanford Center on Longevity for the Humboldt County Library
EVALUATION RECOMMENDATIONS

Programmatic:
1. Continue to provide program specific recommendations though the Program Evaluation Team process each spring.
2. 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. 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.

Evaluation Process:
1. Revise and update Evaluation Framework, Actions, and Indicators to ensure consistency and relevance between Actions and Indicators and all F5H-funded programs.
2. Continue to work on how best to evaluate First 5 Humboldt’s collaborative partnerships, including developing appropriate indicators to better measure partnership/collaboration, and meet the goals of the strategic plan.
3. Continue to work with other community groups/agencies to develop appropriate methods to share relevant data.
4. Continue to work with Humboldt County Office of Education and individual school districts to better collect data on Playgroups and preschool for Kindergarten Assessments.
5. Continue to explore additional methods of evaluating First 5 Humboldt Playgroups to better examine the impact of First 5 Humboldt 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.