

FIRST 5 HUMBOLDT
LOCAL EVALUATION REPORT
July 2023 - June 2024



Prepared by
First 5 Humboldt Evaluation Staff

October 2024



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EVALUATION COMMITTEE MESSAGE

Our underlying mission to improve the lives of children and their families in Humboldt County remains constant, but the programs and strategies we employ must continually adapt to meet the changing needs of families, and the evolving fiscal, political, and social landscape of our community. This Evaluation Report provides a comprehensive review of our work over the last fiscal year, with a focus on our efforts to assess the effectiveness of our programs and the current needs of children and families, so that we can continue to adapt and improve our work in a rapidly changing world.

A significant and likely permanent decline in our 'core' Proposition 10 funding is one of the changes First 5 Humboldt is adapting to as tobacco use in California continues to decline. An increasing proportion of our revenue and our programs are from the award of competitive grants, including the Home Visiting Coordination Project that is helping address barriers in home-visiting systems, the PRACTICE grant that has built a new level of coordination between First 5 Humboldt and Open Door for referrals and ACES screening, Triple P Positive Parenting classes, and the Road to Resilience Project, which has been extended and expanded to include a universal Welcome Baby program in coming years. In conjunction with many of these projects, we are steadily working towards adapting our direct services so that some of our work can be reimbursable through Medi-Cal /CalAIM for qualifying families.

Along with these exciting new programs, we are thrilled to see that families continue to report great benefits from some of our longest running programs: First 5 Playgroups and our partnership with the Humboldt County Library. The incredible staff of the Humboldt County Library provided hundreds of events for families such as Storytime, Family Literacy Parties, and Leap Into Literacy book deliveries to early childhood programs. Twenty-three Playgroups received funding and support from First 5 Humboldt, covering the far corners of the County from Orick to Shelter Cove and Orleans to Casterlin, with over 1,000 playgroup meetings and over 15,500 child visits to Playgroups. Parent surveys (275) show that Playgroups are succeeding in providing the connection, support, referrals, and community that parents need.

First 5 Humboldt will continue to assess and re-evaluate the effectiveness of our programs as we navigate our agency's changing fiscal landscape. Our annual parent surveys, funded partner reports, focus groups, and listening opportunities will continue to help us respond to the evolving needs of our county's youngest residents.

With deep appreciation for the many volunteers that make up our community advisory committees and First 5 Humboldt Commission, and the community partners that make our programs possible,

First 5 Humboldt Fiscal and Evaluation Committee

Brian Davis
Nancy Frost
Lorey Keele
Michele Stephens
Jeanne Vidad

INTRODUCTION

First 5 Humboldt's Vision:

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

This report summarizes First 5 (F5) Humboldt's work and progress towards implementing goals outlined in the First 5 Humboldt Strategic Plan. The structure of this report is guided by an Evaluation Framework (**Appendix A**), which identifies specific indicators associated with F5 Humboldt projects and programs. This report is organized around the four Focus Areas listed below.

- Focus Area 1 - Systems Change**
- Focus Area 2 - Child and Family Well-being**
- Focus Area 3 - Professional Capacity**
- Focus Area 4 - Community Engagement**

This report contains the results of First 5 Humboldt's evaluation activities conducted from July 1, 2023 to June 30, 2024. Evaluation results are presented according to the focus areas, the objectives under each focus area, the actions associated with each objective, and the indicators related to each action.

First 5 Humboldt funds a number of programs and activities as illustrated in Figure 1. These programs include Family Support Navigators, Playgroups, Library Programs, and Adverse Childhood Experiences (ACEs) Collaborative Partnerships, among others. Specific activities and details on every F5 Humboldt funded program are not addressed in the main body of this report. This report focuses on the results of local evaluation activities related to indicators found in the Evaluation Framework, and on related data available from county and statewide sources. Some funded programs track indicators under multiple focus areas. For a brief description of each individual program funded during this time, please refer to **Appendix B**.

Additionally, two cross-cutting issues inform and apply to all the work of First 5 Humboldt:

Preventing and Reducing Adverse Childhood Experiences (ACEs): First 5 Humboldt seeks to prevent and reduce the incidence of ACEs and associated chronic stress in young children and to raise awareness of the long-lasting impacts of trauma in early childhood.



Throughout the report, the symbol to the left will indicate actions that are related to preventing and reducing ACEs.

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



Throughout the report, the symbol to the left will indicate actions that are related to diversity, equity, and inclusion.

Data presented in the report is collected from a variety of sources and data collection processes. For a description of data sources, data collection instruments and protocols, and data analysis procedures, please refer to the Methods section in **Appendix C**.

This report is presented to the Humboldt County Children and Families Commission and to the First 5 Humboldt Strategic Program Review Committee (SPRC). SPRC members use Local Evaluation Reports, individual program data and reports, their knowledge and expertise, and information about the program's administration and budget to make program recommendations to the Commission. The Commission uses the recommendations to:

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

Figure 1. First 5 Humboldt Strategic Plan Focus Areas

<p>Focus Area 1: Systems Change</p>	<p>Focus Area 2: Child and Family Well-Being</p>	<p>Focus Area 3: Professional Capacity</p>	<p>Focus Area 4: Community Engagement</p>
<p>First 5 Humboldt activities that directly impact Focus Area 1 Indicators</p> <ul style="list-style-type: none"> • Activities related to promoting strong, collaborative partnerships • Activities related to work to help ensure policies support young children and families <p>First 5 Humboldt funded programs that directly impact Focus Area 1 indicators</p> <ul style="list-style-type: none"> • Humboldt County DHHS ACEs Collaborative Partnership • Family Support Navigators • Library Partnership • Playgroups • Child and Family Health Navigator • Home Visiting Coordination Grant 	<p>First 5 Humboldt activities that directly impact Focus Area 2 Indicators</p> <ul style="list-style-type: none"> • Activities that support the well-being of young children and their families through prevention and early intervention activities throughout Humboldt <p>First 5 Humboldt funded programs that directly impact Focus Area 2 indicators</p> <ul style="list-style-type: none"> • Playgroups • Family Support Navigators • Library Partnership • IMPACT Program • Road to Resilience • Home Visiting Coordination Grant • Child and Family Health Navigator 	<p>First 5 Humboldt activities that directly impact Focus Area 3 Indicators</p> <ul style="list-style-type: none"> • Activities that build, support, and advocate for a professional workforce with the capacity to provide prevention and early intervention services to young children and their families <p>First 5 Humboldt funded programs that directly impact Focus Area 3 indicators</p> <ul style="list-style-type: none"> • Family Support Navigators • IMPACT Program • Vesper Programs • ACEs Collaborative Partnership Programs • Home Visiting Coordination Grant 	<p>First 5 Humboldt activities that directly impact Focus Area 4 Indicators</p> <ul style="list-style-type: none"> • Activities related to promoting public awareness of the importance of early childhood • Activities related to engaging community members in the First 5 Humboldt decision making process • Activities related to education the community <p>First 5 Humboldt funded programs that directly impact Focus Area 4 indicators</p> <ul style="list-style-type: none"> • Humboldt County DHHS ACEs Collaborative Partnership • Library Partnership • Playgroups • Family Support Navigators

FOCUS AREA 1: SYSTEMS CHANGE

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

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

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

Indicator 1: Number of community groups, agencies, and initiatives partnered with/supported and activities undertaken.

From July 2023 through June 2024, First 5 Humboldt partnered with at least (85) agencies, groups, and collaborations to help bring about policy, funding, and system changes to improve the lives of young children and their families. Table 1 presents a list of the major partnerships and collaborations. Below are examples of program partnerships.

Home Visiting Coordination Grant

The Home Visiting Coordination grant from First 5 California was renewed for an additional, final two-year period, 2023 - 2025. The grant has allowed F5H to continue to work with partners to identify and address barriers in home visiting systems coordination and navigate the potential of CalAIM Medi-CAL changes for home visiting funding and the Community Health Worker certification. Between July 2023 and June 2024, the following program activities occurred:

- Participated in an RFP application review with representatives from (5) agencies: First 5 Modoc, First 5 Mendocino, First 5 Sonoma, First 5 Monterey, and First 5 Marin to select a subcontractor to offer trainings and ongoing support for CHWs pursuing certification, 0-5 developmental trainings, lactation support, and trainings for CHW supervisors in our region
- Met with public health to plan for a Live Well Humboldt/Healthy Beginnings Key Leaders meeting and participated in the convening with (19) participants from (14) agencies. The stated intended purpose was to "To build our understanding of the work that is included in this priority area [Healthy Beginnings] and a common vision for how to support the key elements of collective impact."
- Engaged with partners on how to address barriers for agency onboarding, which included an emerging community need from Southern Humboldt (Redwoods Rural Health Center) to integrate an ASQ-3 Screening tool into the CIE platform

- Participated in the PATH Collaborative Planning and Implementation Initiative for the Northwest Region

Open Door PRACTICE Grant

First 5 Humboldt began a Help me Grow like referral system in partnership with Open Door Community Health Center through the ACEs Aware PRACTICE grant in April 2023. This partnership included a bilateral workflow for referrals starting after ACEs screening, connecting with the Navigator for community/parent support referrals and ending with Providers notified of referrals made. Between July 2023 and June 2024, (50) children and (78) parents/caregivers received services from the grant.

- There were two cohorts of (25) families who attended four monthly events where each was provided a bag of fresh local foods and shelf stable essentials. At each pick up, they were given "stress buster" learning activities and fun opportunities for families to connect. Examples of activities include "Taste the Rainbow" where individuals were encouraged to explore different foods, making sleep masks, which invited conversation around healthy sleep habits. Families were also given books selected by First 5 and mental health clinicians at Open Door that were individualized to the needs of each family.
- At the conclusion of the PRACTICE grant in January 2024, Open Door stated they were eager to continue the partnership. They have given the Navigator remote access to their internal referral system and EPIC which allowed her to chart and have closed loop communication with providers.



First 5 Humboldt Family Support Navigator at Playgroup

Table 1. First 5 Humboldt Partnerships and Collaborations July 2023 - June 2024

<ul style="list-style-type: none"> ● o-8 Mental Health Collaborative ● North Edge Business Financing and Community Development ● Arcata United Methodist Church ● Bridgeville Community Center ● California Center for Rural Policy at Cal Poly Humboldt ● Cal Poly Humboldt, Child Development and Family Relationships Department ● Cal Poly Humboldt Children’s Center ● California Department of Education ● California Surgeon General’s Office ● CASA of Humboldt ● Changing Tides Family Services ● Child Abuse Prevention Coordinating Council ● Child Care Champions ● City of Arcata ● City of Blue Lake ● City of Fortuna ● ERV Community Center Foundation ● FFPSA Cross System Collaborative ● First 5 Association of California ● First 5 California ● First 5 Center for Children’s Policy ● First 5 Butte, First 5 Napa, First 5 Shasta, First 5 Sonoma, and First 5 Tehama ● Food for People ● Hoopa Early Head Start ● Hoopa Tribal Education Department ● Humboldt Area Foundation ● Humboldt County Board of Supervisors ● Humboldt County Department of Health and Human Services (DHHS) ● Humboldt County Library (Arcata, Blue Lake, Eureka, Ferndale, Fortuna, Garberville, Hoopa/Kim Yerton Memorial, Rio Dell, Trinidad, and Willow Creek) ● Humboldt County Office of Education ● Humboldt County Public Health Branch ● Humboldt Network for Family & Community Resource Centers ● Jefferson Community Center ● Karuk Tribal Social Services ● K’ima:w Medical Center 	<ul style="list-style-type: none"> ● Little Redwoods Preschool ● LiveWell Humboldt ● Loleta Community Resource Center ● Maple Creek School ● Mattole Valley Family Resource Center ● McKinleyville Community Services District ● McKinleyville Community Collaborative ● North Coast Grantmaking Partnership ● North Coast Health Information and Improvement Network ● California Office of Child Abuse Prevention ● Open Door Community Health Centers ● Orick School District ● Orleans Elementary School ● Paso a Paso ● Providence St. Joseph Hospital Eureka ● Quality Counts Humboldt Consortium ● Queer Humboldt ● Redwood Coast Montessori ● Redwood Community Action Agency ● Redwood Discovery Museum ● Redwoods Rural Health Center ● Salmon Creek Community School ● South Bay Family Resource Center ● Southern Humboldt Community Healthcare District ● Southern Humboldt Family Resource Center ● Southern Humboldt Unified School District ● Southern Humboldt Little League ● The Center in McKinleyville ● Two Feathers Native American Services ● United Indian Health Services ● Vesper Society ● West Ed ● Westside Community Improvement Agency ● Willow Creek Community Resource Center ● Winzler Children’s Center ● Wiyot Tribe ● Yurok Tribe Head Start
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Objective 1.2: First 5 Humboldt collaborates with community partners and stakeholders to advocate for policies that promote the well-being of children and families.

Action 1.2.A: Engage with local governments, Tribal governments, community organizations, and the public to create a F5H policy agenda.

Indicator 1: List of policy makers engaged with, and activities undertaken to align public policies that support the well-being of children and their families.



First 5 Humboldt participated in the following policy and advocacy events:

- Karina Vazquez-Lopez and Genesis Acuna from Open Door prepared a presentation for the Northern California ACEs Collaborative in March 2024 on the Practice Grant and their local work.
- Ashley Villagomes and Danielle Reed prepared a presentation, "Prioritizing Indigenous Perinatal & Postpartum Health: Working alongside tribal partners to improve outcomes for expecting families, infants and young children," for the First 5 California Child Health, Education, and Care Summit in March 2024. The presentation focused on meaningful partnerships with tribal leaders to address community health disparities from a culturally responsive framework, as well as highlight the recent report from First 5 Center for Children's Policy, *Support for Native American Infants, Toddlers and Their Families in California*.

In addition, First 5 Humboldt participated in the following policy and advocacy events between July 2023 and June 2024:

- Met with Assemblymember Wood's (Chair of the Health Committee) legislative director and with Senator McGuire's staff regarding SB 326: the Mental Health Services Modernization Act, to reinstate the 0-25 age set aside and add a call-out for children 0-5.
- Met with Senator McGuire in early October to discuss the decline in First 5 revenue from Prop 10/state tobacco tax. From before the newest limits on tobacco passed in November 2022, First 5 Humboldt's portion of the annual tax revenue will decline from \$970,378 to \$622,000 in 2026-27, a 35% decline.
- Successfully worked with the County's legislative staff to add F5H sustainability to the county's draft legislative platform.
- Due to Vesper's generous support, F5H was able to bring Dr. Manuel Pastor and Dr. Chris Benner to keynote at the Redwood Region Economic Development Summit in Ukiah, which was an event designed to help the region plan and leverage the California's Community Economic Resilience Fund allocation. Within the context of potentially significant wind power projects, Dr. Pastor and Dr. Benner's message around a Solidarity Economy was a fantastic frame to the economic development conference for the region. Due to interactions between F5H and Dr. Pastor earlier in the year, he was able to incorporate data on Indigenous residents in the data they presented as well as information on children under 5.

- F5H published a response in Lost Coast Outpost to the CalMatters article on the revenue decline being experienced by First 5s, and participated in an in-depth interview with Headline Humboldt on the decline.
- In October 2023, a front page [LA Times article](#) was published on First 5 revenue decline.
- In December 2023, F5H staff met with Funding the Next Generation director, Margaret Brodtkin, to discuss possible public funding strategies for children and families locally. We arranged for her to present to the local Child Care Champions group, a private/public stakeholder group working on local solutions for families.
- F5H staff attended the 2024 First 5 Annual Meeting and Advocacy Day February 5 - 7, 2024 in Sacramento and attended meetings with Assemblymember Wood's staff and Senator McGuire.
- IMPACT and QRIS Program Coordinator, Star Mohatt, with Commissioner Wendy Hill, presented to the Board of Supervisors on March 5, 2024 the findings and recommendations of seven listening sessions which convened and checked-in with early care and education providers throughout Humboldt County about their experiences in an industry that has been deeply impacted by the Pandemic. Listening sessions were held in both English and Spanish. Click [here](#) to view the session, beginning at 3:06:36 (See Appendix L).
- AB 2982: Prenatal to Three Workgroup: First 5 Humboldt submitted a letter and the County has also graciously submitted a letter to Assembly Appropriations, asking them to support AB 2982, which would convene a workgroup on prenatal to three services in California, with one goal to examine First 5 funding and services. AB 2982 has been placed in the Appropriations suspense file.
- Worked with our legislators and staff to promote a \$100 million one-time California budget ask to prevent further cuts to local early childhood services. Although the bill found a sponsor, Assemblymember Gail Pellerin, the bill failed to move forward in this very difficult state budget climate.
- Signed on to a joint letter urging a federal waiver to allow for continuous Medi-Cal eligibility for children under 5. Most children lose coverage for "administrative reasons" related to annual recertification, rather than because of a change in eligibility. See Children's Partnership brief [here](#).
- Executive Director Mary Ann Hansen presented to Fortuna Sunrise Rotary on early childhood opportunities in the Eel River Valley on May 22, 2024.
- In May and June 2024, F5H worked with the state organization, Children Now, on persuading the Legislature to reject the Governor's proposal to cut CalWORKs Home Visiting. This would have resulted in a 50% cut to CalWORKs home visiting to Humboldt families. Home visiting is an evidence-based, two generation approach that has demonstrated remarkable long-term health outcomes for families. Through our connections, F5H arranged for two state-wide news outlets to interview local Public Health Department staff on the impacts to families. The legislature submitted a response to the Governor that might cut home visiting in some counties, based on their funding usage, but would leave Humboldt's CalWORKs home visiting funding intact.

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

Indicator 1: Policy agenda be reviewed annually and updated as needed.

A First 5 Humboldt Policy Agenda was drafted and reviewed by the Subcommittees of the Commission. This Policy Agenda was approved by the Commission in 2022.



Representatives from First 5 (including First 5 Humboldt) met with Senator McGuire in Sacramento as part of the 2024 First 5 Annual Meeting and Advocacy Day.

FOCUS AREA 2: CHILD AND FAMILY WELL-BEING

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

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



Action 2.1.A: Support programs that promote protective factors¹, relational health, resilience, family strengthening principles, and primary prevention.

Quantitative data for the following indicators is primarily obtained from the annual playgroup participant survey and the biannual Humboldt County library patron survey. The library patron survey was distributed in Fall 2022 and the playgroup participant survey was distributed during Fall 2023.

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

Similar to the playgroup survey, the library patron survey has questions centered around how frequently parents/caregivers and their children visit the library and attend library programs, including which library locations they visit. It also captures parents’ opinions regarding the quality of library provisions and programs, and how libraries could improve programming and family experiences. Several demographic questions are included, for example, number of children and their age range, and primary language spoken at home. Results from the 2022 library patron survey can be found in the 2022 LER, on the First 5 Humboldt website at <https://www.first5humboldt.org/our-impact/reports/>.

¹ View Figure 2 for a description of the Protective Factors.

Figure 2. Strengthening Families Protective Factors Framework

Strengthening Families™ is a research-informed approach to increase family strengths, enhance child development and reduce the likelihood of child abuse and neglect. It is based on engaging families, programs and communities in building five key protective factors:

Parental resilience

Managing stress and functioning well when faced with challenges, adversity and trauma

Social connections

Positive relationships that provide emotional, informational, instrumental and spiritual support

Knowledge of parenting and child development

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development

Concrete support in times of need

Access to concrete support and services that address a family's needs and help minimize stress caused by challenges

Social and emotional competence of children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships

At its heart, Strengthening Families is about how families are supported to build key protective factors that enable children to thrive. The five protective factors at the foundation of Strengthening Families also offer a framework for changes at the systems, policy and practice level – locally, statewide and nationally.

Center for the Study of Social Policy (2023). Retrieved from <https://cssp.org/our-work/projects/protective-factors-framework/>

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

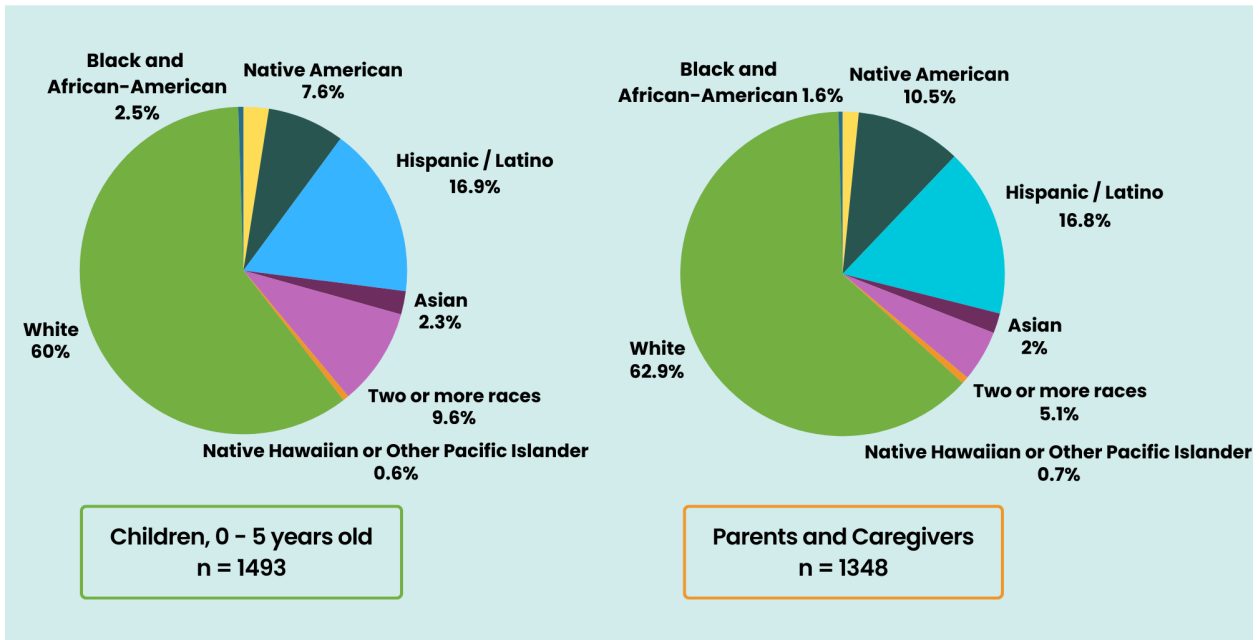
All First 5 Humboldt-funded programs provide family-friendly services. From July 2023 through June 2024, the following nine programs below provided family-friendly services. See Graph 1 and Graph 2 for a breakdown of demographics of caregivers and children 0-5 served.

- ACEs Collaborative Partnership activities (21, concurrent grant years 2022-23, 2023-24)
- First 5 Humboldt Navigator support
- First 5 Humboldt Playgroups (23)
- IMPACT Program
- Library Partnership
- Redwood Community Action Agency (RCAA)
- Road to Resilience
- Vesper Foundation funding for ACEs/Resilience and Community Engagement Coordinator
- Wiyot Tribe children and family grant program

Between July 2023 and June 2024, First 5 Humboldt participated in (11) community events, including the Southern Humboldt Community Baby Shower, the Willow Creek Community Baby Shower, the "Centering our Families" 2024 CAPCC Roundtable, a family event at the Sequoia Zoo, the Community Math Festival, and Eel River and Eureka Fall Family Nights (community school events). At least (425) children 0-5 years old, (345) parents and caregivers, and (200) providers attended these events. Examples of these activities include:

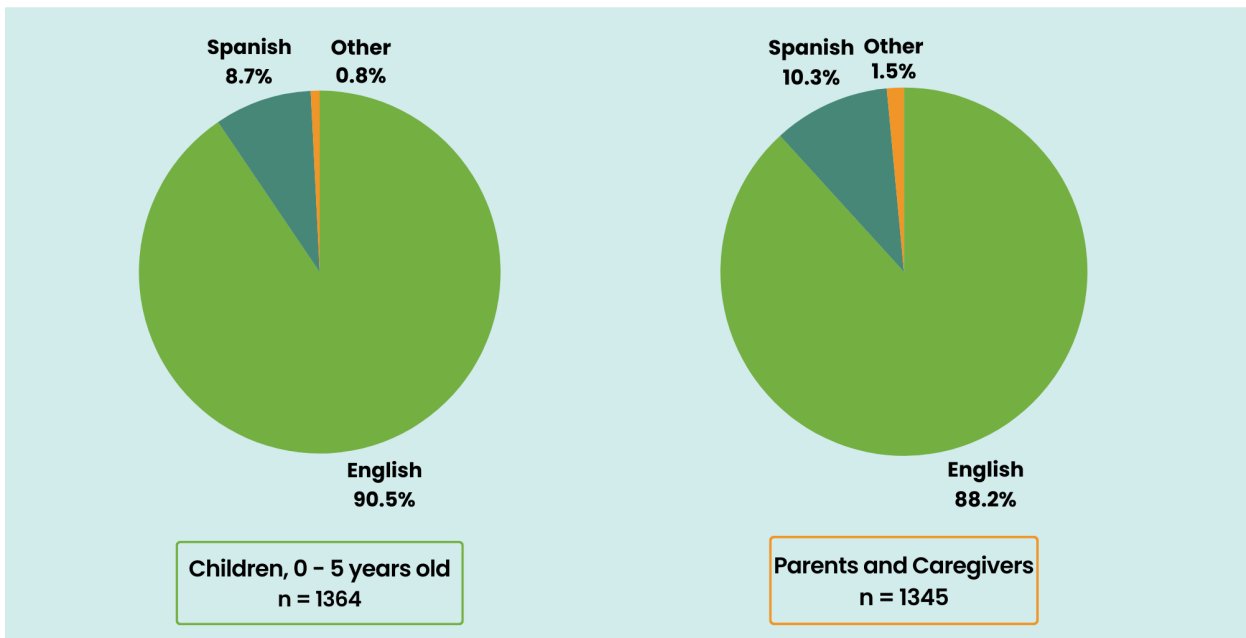
- Hiking Humboldt Kids: Released in June 2023, the fully bilingual, English/Spanish book which features 25 shorter and family friendly hikes, developmentally appropriate activities, and highlights of local flora, fauna, cultural and historical tidbits, was distributed free for Humboldt County families with children five years of age and younger. The book tour traveled through each of the eleven Humboldt County Library branches, all 23 First 5 Humboldt funded playgroups, traveled along with the Bookmobile, shared books with family child care homes, center based preschool programs, transitional kindergarten classrooms, and popped up at community events. By the time of this report about (2500) books have been provided for families. Each Humboldt County Library branch also has copies available for check out.
- As part of the Counting on Community family events, (40) people gathered at Sue-meg Village in September 2023 to connect and hear stories shared by traditional Yurok storyteller, Ernie Albers. After hearing stories, families got to take a culturally interpreted tour of the village, hear songs and more stories from Yurok tribal member, with years of experience interpreting for California State Parks, Skip Lowry.
- F5H coordinated and engaged the community in a bilingual Story Walk (Mariposa) at the Gene Lucas Community Center during October 2023, with (68) books distributed to families with children 0 to 5 years old.
- F5H coordinated a community meet up and family hike at Freshwater Farms Nature Reserve during October 2023, one of the hikes in the Hiking Humboldt Kids book. (10) children, 0-5 years old, and (24) parents/ caregivers attended the hike.

Graph 1. Demographics of Children Under 5 and Caregivers Served



*0.5% indicated "Other" for children, and 0.4% indicated "Other" for parents and caregivers

Graph 2. Language Spoken by Children and Caregivers Served



Indicator 2: Number of programs promoting the Protective Factors.

The following 10 First 5 Humboldt programs promote the Protective Factors:

- ACEs Collaborative Partnership activities (21)
- First 5 Humboldt Navigator support
- First 5 Humboldt Playgroups (23)
- IMPACT Program
- Library Partnership
- RCAA diaper distribution program
- Road to Resilience
- Open Door Community Health Center Child and Family Health Navigator support
- Vesper Foundation funding for ACEs/Resilience Coordinator
- Wiyot Tribe children and family grant program

In addition, First 5 Humboldt provided funding to Redwood Community Action Agency (RCAA) to distribute 30,624 diapers to families between July 2023 and June 2024.

Below are quotes that demonstrate the value that First 5 Humboldt provides in connecting families and promoting protective factors.

Figure 3. Quotes from Caregivers and Program Leaders

“Our twenty-one month old child is much more social! Being born during Covid, socialization was a huge concern and he’s made so many friends from attending Playgroup. Before we started coming he would just observe others and now really feels comfortable talking and interacting with others. He always asks to come to Playgroup!” - Caregiver

“The reflective practice sessions we’ve been having are an essential part of our work. Through the deep and open conversations we have we are able to strategize and connect as a team and we can better serve in our approach to our work with our play center community.” - Playgroup leader

“My postpartum depression has greatly decreased. I am a more peaceful, present and playful parent because of how (the playgroup leaders) exhibit playing on the ground and gently communicating. I aspire to be as peaceful and gentle as them.” - Caregiver

“Today my son, myself, and his three sons (5, 7, 9) hiked the Ma-le'l dunes hike from your new book. Hiking Humboldt Kids. Your book convinced my son the hike was feasible for his boys. All ages loved it. They did not believe me there would be 80 foot dunes that they could climb up to the top. Or that the air would be so fresh and clear and you could see for miles, and then pretend you were on Tatooine. There was some dune rolling, the beach was lovely with shell bits and dead crabs (always a hit). No one was carried, whining and whining were very limited. Humboldt County at its best. However, I call them explorations or adventures as they refuse to go on 'hikes'. So, thank you, we will try more hikes from your book.” - Local Parent

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

Families who participate in First 5 Humboldt programs typically report feeling more connected to other families in the community. Parents/caregivers who gave input through the 2023 annual playgroup survey (n=275) report the following:

- 93% agree or strongly agree that "Playgroup leaders help provide opportunities for me to meet and get to know other families."
- 92% agree or strongly agree that as a result of the services/activities that they have taken part in at playgroup, "My child and I are more connected to other children and adults."
- 92% agree or strongly agree that as a result of the services/activities that they have taken part in at playgroup, "My child has learned to feel more comfortable around other children."
- 97 % agree or strongly agree that, "Overall, this playgroup provides valuable support for me and my family."

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

Families who participate in First 5 Humboldt programs typically report feeling more connected to other families in the community. Parents/caregivers who gave input through the 2023 annual playgroup survey (n=275) report the following:

- 94% agree or strongly agree that "Playgroup leaders are respectful of my cultural traditions and values."
- 97% agree or strongly agree that "Staff members are welcoming and respectful."
- 85% agree or strongly agree that as a result of the services/activities that they have taken part in at playgroup, "I have someone I can talk with about my concerns and frustrations."

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

Families who participate in First 5 Humboldt programs typically report feeling more connected to other families in the community. Parents/caregivers who gave input through the 2023 annual playgroup survey (n=275) report the following:

- 91% agree or strongly agree that "This playgroup helps me understand healthy child and family development."
- 89% agree or strongly agree that as a result of the services/activities that they have taken part in at playgroup, "I have discovered new things about my child's strengths and/or needs."
- 87% agree or strongly agree that as a result of the services/activities that they have taken part in at playgroup, "I have learned more about what skills/behaviors are typical for my child's age."
- 88% agree or strongly agree that as a result of the services/activities that they have taken part in at playgroup, "I feel less stress."
- 79% agree or strongly agree that as a result of the services/activities that they have taken part in at playgroup, "I deal better with parenting issues."
- 90% agree or strongly agree that as a result of the services/activities that they have taken part in at playgroup, "I feel more supported as a parent."

Indicator 6: Number of child/caregiver visits to playgroups

Playgroups served at least 1,569 children and 1,509 parents/caregivers between July 2023 and June 2024². Based on the duplicated counts reported by playgroups during this time, there were at least 15,560 playgroup visits from children, including 12,085 parents/caregivers and other family members, over 1,076 events. Examples of services provided to parents and children include:

- Providing a safe and engaging environment for children 0 - 5 years old
- Providing developmentally appropriate activities, including songs, circle time, library activities, and large motor games
- Providing resource and referral assistance to families as needed
- Providing opportunities for families to build connections with each other
- Providing individual Navigator support to playgroup families for specific needs

Indicator 7: Number of families interacting with Navigators

Navigators provided at least 1,702 instances of direct support with parents/caregivers over 229 events between July 2023 and June 2024.

Navigators provide support to families in all five areas of the Protective Factors. Examples include:

- Providing guidance to a parent seeking support on healthy eating habits for their child
- Connecting a grandfather experiencing loneliness to the Cal Poly language program and interpretation services
- Supporting a foster relative in navigating referrals for their child
- Providing resources for parents experiencing reentry after incarceration
- Building social connections for families new to the county
- Consulting with caregivers about a child's recent diagnosis
- Responding to concerns of caregivers about child behaviors and development
- Participating in regular online meetings with Navigators and First 5 Humboldt staff to share experiences and ideas and coordinate efforts

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

Of the parents/caregivers who gave input to this question in the 2023 annual playgroup survey (n=269), 78% report that they read/tell stories or look at picture books with their child(ren) every day. 15% report that they read/tell stories or look at picture books with their child(ren) between 3-6 days in a usual week, and 7% report 1-2 days in a usual week.

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

Of the parents/caregivers who gave input to this question in the 2023 annual playgroup survey (n=270), 77% report that they play music or sing songs with their child(ren) every day. 18% report that they play music or sing songs with their child(ren) between 3-6 days in a usual week, and 5% report 1-2 days in a usual week.

² Unduplicated counts account for all families that attend during a fiscal year reporting period.

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

Of the parents/caregivers who gave input to this question in the 2023 annual playgroup survey (n=264), 79% strongly agree or agree that the library is a “family friendly” place for families with young children. 18% report feeling neutral, 2% disagree (n=6), and 1% strongly disagreed (n=2). When asked how often respondents go to the library or book mobile, 17% report going once a week or more, 36% going 1-3 times per month, 14% going every 2-6 months, and 34% going a few times a year or less.

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

The main library branch in Eureka, the bookmobile, and the (10) branches around the county (Hoopa, Willow Creek, Blue Lake, Trinidad, McKinleyville, Arcata, Ferndale, Fortuna, Rio Dell, Garberville) all offer activities focused around 0-5 aged children and their families.

There were (542) events and activities offered through Humboldt County library branches from July 2023 through June 2024, which include:

- 284 Storytimes across all branches with an overall attendance of 4,571 people
- 28 Family Literacy Parties co-hosted with Humboldt Literacy Project across all branches with a total attendance of 858 people
- 67 Outreach events that interacted with a total number of 4,488 people
- 826 Children served through Leap to Literacy delivery service through 56 deliveries to 15 early childhood locations.

Indicator 12: Percentage 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. As was reported in the January - June 2023 LER, in SY 2022-23, a total of 733 Transitional-Kindergartners and Kindergartners were screened using the KST. It was reported that at least 113³ (15.4%) of the students screened in 2022 had attended Playgroup at some point before starting school. As seen in Table 2, from 2012-2023⁴, the average score for those that attended Playgroup was higher than for those not attending Playgroup. Graph 3 shows the disaggregated scores for the 2022 - 2023 school year. The data for 2023 - 2024 was unavailable at the time of reporting and will be reported in the 2024-25 LER.

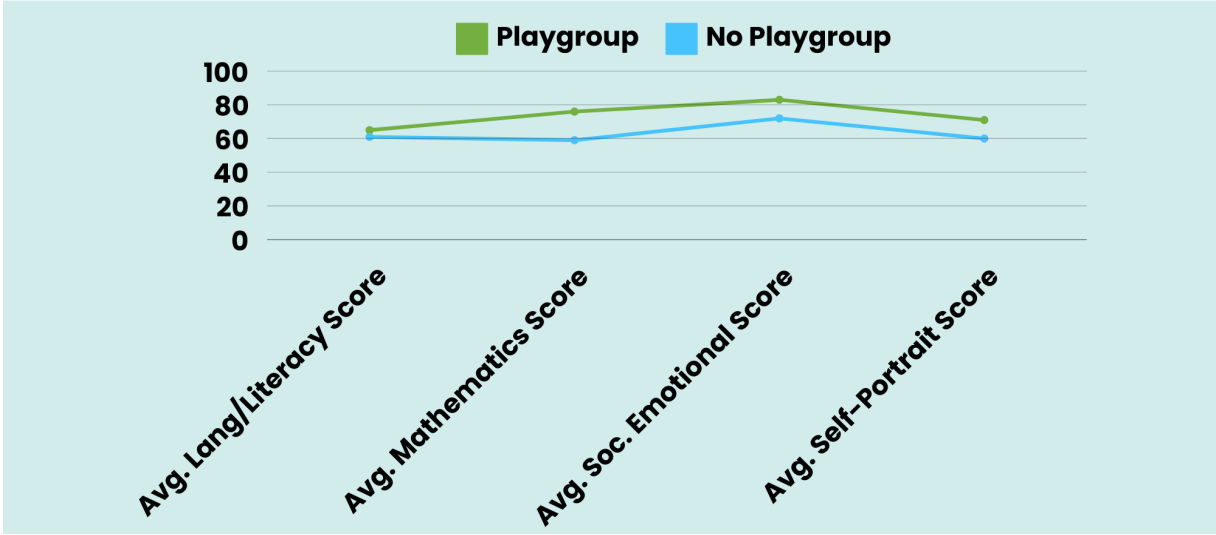
³ Numbers may be impacted by First 5 Humboldt playgroups being closed during the COVID-19 pandemic.

⁴ Data was not collected during the 2020 and 2021 school year due to the COVID-19 pandemic.

Table 2. Comparison of Playgroup Attendance and Kindergarten Screening Tool (KST) Results, 2012 – 2023

	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Average KST Score, Playgroup Attendee	77%	80%	77%	77%	75%	79%	78%	74%	n/a	n/a	74%
Average KST Score, Playgroup Non-Attendee	70%	72%	72%	71%	70%	69%	67%	69%	n/a	n/a	63%

Graph 3. Comparison of Playgroup Attendance and Kindergarten Screening Tool (KST) Results, SY 22-23
n = 733



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



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

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

All funded projects refer children and families to other appropriate programs and services as needed. From July 2023 through June 2024, there were (37) funded projects and programs through First 5 Humboldt. Referrals are encouraged through sharing of resources via meetings, interactions with Navigators, printed materials, and training. First 5 Humboldt programs and projects provided at least 141 referrals for children and families, with these referrals coming from 23 different playgroups, Road to Resilience, and the Open-Door Community Health Center Child and Family Health Navigator.

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

All funded projects promote developmental screening by administering developmental and/or trauma screenings, and/or referring families to programs that administer those screenings. For example, the Road to Resilience program administers the 4P's Screening which screens for impacts of trauma around substance use to all OB (Obstetrician) intake patients at UIHS.

Playgroups promoted developmental and trauma screenings through Navigators. Based on Navigator TA support forms, parents and caregivers expressed concerns about language and speech development, social emotional development and concerns about stressors in the home, regulation strategies, and food insecurity. Navigators provided individual and universal screenings for playgroups. They also referred families to resources for basic needs to programs such as WIC and Family Resource Centers, for further developmental screening and testing to Redwood Coast Regional Center, and for childcare services to agencies such as Changing Tides and Northcoast Children's Services. Events were also coordinated to increase opportunities for positive family experiences, such as music and field trips. Navigators ensured parents and caregivers understood a Navigator's role, and that Navigators would make sure to follow up with parents regarding questions or concerns.

First 5 Humboldt also offered three Ages and Stages Questionnaire (ASQ-3 and ASQ:SE-2) trainings between July 2023 and June 2024 to the following recipients: Hoopa early childhood educators, preschool teachers at Cal Poly Humboldt Child Development Lab, Redwood Community Action Agency playgroup staff for children and families in transitional housing, and Road to Resilience Community Health Workers at United Indian Health Services. A total of (44) individuals were trained on how to use the screening, talk with families about developmental concerns, and refer to community resources. In addition, F5H has been working with North Coast Health Information and Improvement Network through the Home Visiting Coordination Grant on ASQ-3 integration into North Coast Care Connect.

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

Similar to years past, from July 2023 through June 2024, First 5 Humboldt programs worked to promote healthy pregnancies and family wellness.

Road to Resilience Program

Funded by the California Department of Social Services Office of Child Abuse Prevention, the Road to Resilience Program began in July 2019 and ended June 2024. The focus of the program was to provide Health Navigators to (1) Native women who have a substance use disorder (SUD) and are pregnant or have an infant, and (2) Native women who have an infant with Neonatal Abstinence Syndrome (NAS) in Humboldt and Del Norte Counties. As the program came to a close, they prioritized and focused on increasing home visits for enrolled clients. Between July 2023 and June 2024, (45) clients were served.

Rural Counties Opioid Response Project

In September 2023, it was announced that Open Door received a federal grant: Rural Counties Opioid Response Project. The grant is intended to provide supports to respond to infants born with Neonatal Abstinence Syndrome (NAS), a significant challenge in Humboldt County. First 5 Humboldt is one of four grant partners, along with the McKinleyville Center's Guaranteed Income Pilot, Providence's Family Medicine Residency Program, and Cal Poly Humboldt's Social Work program. Most of the grant is designed to educate medical providers on how to respond to NAS. Open Door plans to use the existing case management system, plus the case management services available through the family resource center/McKinleyville Center, to support families with babies with NAS.

During this reporting period, F5H staff engaged in training and planning a 5-session Infant Massage course to families, prioritizing families impacted by substance use disorder. The series will begin October 2024 in both English and Spanish.

Playgroup Family Support Navigation Services

Between July 2023 and June 2024, F5H provided Family Support Navigation services to families with children, 0-5 years old, for (23) playgroup partners throughout Humboldt County. These include family resource centers, parks and recreation programs, schools, and community-based organizations.

FOCUS AREA 3: PROFESSIONAL CAPACITY

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

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



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

First 5 Humboldt funds and coordinates trainings, certification programs, and technical assistance (TA) for service providers to promote a skilled and stable workforce with the capacity to promote the optimal development of children.

Indicator 1: Number of trainings and TA opportunities for professionals/paraprofessionals/ others working with addressing developmental, cultural, and trauma-responsiveness

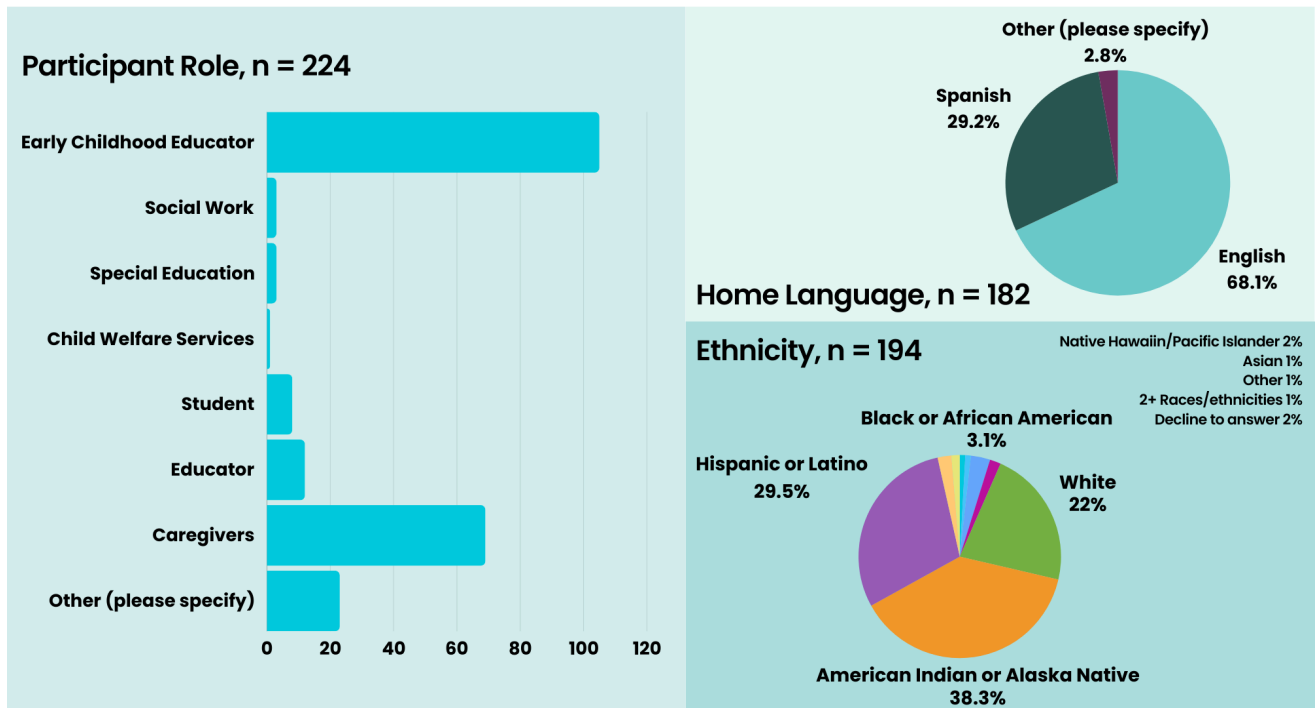
From July 2023 through June 2024, First 5 Humboldt completed 18 training sessions. Examples of training topics include, but are not limited to, the implementation of Ages and Stages developmental screening tools, trauma-informed practice, and the Community Resiliency Model. See Table 3 for a breakdown of trainings. See Graph 4 for participant demographics.

Training Type	Total Trainings	Total Participants⁵
Parent Family Support (PFS) Program Trainings	4	85
IMPACT	10	214
Road to Resilience	1	11
Other F5H-funded Trainings	3	47

⁵ Some providers attended more than one training.

- **Parent & Family Support Trainings:** First 5 Humboldt provided a total of (4) trainings to Parent and Family Support-funded programs with a total of (85) attendees, including (2) Ages and Stages developmental screening trainings to playgroup staff, a fall and spring playgroup leader biannual training, and facilitation of a CPR/First Aid class.
- **IMPACT:** First 5 Humboldt’s Improve and Maximize Programs so All Children Thrive Program (IMPACT) is a quality improvement and professional development program for local childcare providers. A total of (10) IMPACT trainings were held with at least (214) participants.
- **Road to Resilience:** First 5 Humboldt provided an ASQ-3 and ASQ:SE-2 developmental screening training to (11) Community Health Representatives.
- **Other F5-funded Trainings:** (3) trainings were offered by First 5 Humboldt staff: (2) to Hoopa Early Childhood programs - CRM and ASQ-3/ASQ:SE-2 and (1) ASQ-3/ ASQ:SE-2 training to the preschool staff at the Cal Poly Humboldt Child Development Lab, with a total of (47) participants.

Graph 4. Demographics of Training Participants



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

From January 2023 through June 2023, First 5 Humboldt completed (18) workforce training sessions with a duplicated total of at least 357 training participants, and an unduplicated total of at least 169 training participants⁶. See Figures 4 and 5 for participant feedback. See Graph 2 for participant demographics.

IMPACT Legacy, QCC and QRIS-CSPP Grants

Quality Counts California: (QCC) is a statewide effort to strengthen California's early learning and care system to support young children and their families, which includes the coordination of four childcare Quality Improvement programs: the IMPACT Legacy grant, the California State Preschool Programs (CSPP) Quality Ratings & Improvement Systems (QRIS) block grant, the Workforce Pathways grant, and the Quality Counts California (QCC) grant. IMPACT Legacy is funded by First 5 CA and First 5 Humboldt oversees its administration. First 5 Humboldt also houses the Program Coordinator of the CSPP QRIS Block Grant, the IMPACT Legacy Grant, and the QCC grant. Changing Tides Family Services houses the Pathways Grant Advisor and holds the coaching contract for QRIS & QCC coaches. Both agencies work together to support the coaches who work in those grants. Below is a participant summary between July 2023 and June 2024.

- (45) programs participated in QCC Early Childhood Quality Improvement grants. There were (35) individual IMPACT Legacy participants who completed at least 15 hours of Professional Development, with many completing more than the required minimum. In total, 908.5 Professional Development hours were completed by participating childcare providers.
- (19) individuals participated in QCC, who completed a total of 839 Professional Development hours.
- (8) state preschool programs participated in the QRIS-CSPP grant. Of those 8 there are 3 who rated at Tier 4 and 5 who rated at Tier 5. Rating consists of a rigorous program review that looks at assessment scores, program practices and staff qualifications and professional development, and can earn a program as much as \$5000. Participation was down slightly this year but did see the addition of two brand new programs that both rated at Tier 5.

⁶ *The unduplicated count reflects the highest individual count for series events.*

FOCUS AREA 4: COMMUNITY ENGAGEMENT

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

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



Action 4.1.A: Develop a public awareness plan.

Indicator 1: Public awareness plan developed

First 5 Humboldt completed a detailed Communications Plan as part of their recent efforts to develop a new logo, website, and other branding work. That plan is now being implemented, and F5 continues to engage the public and raise awareness of the importance of supporting young children and families throughout the year. First 5 Humboldt utilized social media and local news outlets to reach families.

From July 2023 through June 2024, the work of First 5 was mentioned in at least eight local news stories on five different media sources. Topics included press releases about First 5 Humboldt funding challenges and the work of the Child Care Task Force, a long form interview with the First 5 Humboldt Executive Director, and promotion of multiple local children's events that were sponsored by First 5 Humboldt.

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

First 5 Humboldt strives to use social media to connect families with young children to support services available in the community, as well as educate the community on issues affecting young children and their families. First 5 Humboldt started increasing the use of social media in 2020 and continued that form of outreach through this reporting period.

The First 5 Humboldt Facebook followers increased from 2,098 followers in June 2023 to 2,300 followers in June 2024. During this time period,

- F5 staff published 205 posts,
- the Facebook page received a total of 210 new follows,
- the page was visited 9,439 times, an increase of 29.9% since the previous 12 months, and
- reached a total of 17,591 people, a decrease of 31.6% from the previous 12 months

The First 5 Humboldt Instagram page was opened in March 2024. From March to June 2024, the page acquired 122 followers, reached 322 accounts, and had 3,047 impression (defined as "the number of times your content, whether a post or a story, was shown to users").



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

From July 2023 to June 2024, F5H engaged in planning the 2024 Counting on Community Symposium held in October 2024.

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

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

Indicator 1: Number of community members serving on F5H committees

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

- Early Childhood Evaluation Committee
- Evaluation Committee
- Parent and Family Support Committee
- Fiscal Committee

In total, twenty-four community members served as volunteers on the Commission and its committees at the time of this report and provided valuable outside experience and perspective to First 5 Humboldt decision making.

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

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

First 5 Humboldt provided multiple opportunities for community feedback on First 5 activities, including a Family Survey, BIPOC Caregiver Focus Groups, gathering feedback in preparation for the 2025 - 2023 Strategic Plan, and an Early Childhood Educator Training Survey. Additional data for this indicator is collected through First 5 Humboldt program surveys distributed annually in the fall.

Family Survey

F5H distributed a family survey in English and Spanish during August 2023 and received (399) responses. It asked questions to better understand familiarity with community resources, barriers to accessing resources, childcare need, and what supports caregivers would like to use more often. It also included scales from the Protective Factors survey and demographics.

- Results were collected from 23 zip codes around Humboldt County.
- 67.3% of respondents have attended playgroup in the last 6 months, 55.7% have utilized food or nutrition services, 42.5% have utilized the library story hours, and 13.2% have engaged in family or individual counseling. Less than 10% have participated in home visits (7.9%), parenting education classes (7.3%), or Paso a Paso services (1.4%).

- When asked about main issues limiting access to family supports, the top three issues indicated were time, transportation, and cost.
- When asked if respondents have been able to access childcare when they wanted it, 25.9% stated 'Yes (always)', 32.2% stated 'Yes (most of the time)', 23.1% stated 'Sometimes,' and 18.9% stated 'Rarely' or 'Almost Never.'
- The results from the Protective Factors survey questions indicate that respondents on average, very often (scale 1-7, SD = 1.08) feel that they talk about their problems as a family, listen to one another, pull together things are stressful, and are able to solve their problems. Results overwhelmingly indicate that respondents feel close with their children, feel that they can soothe their children when they're upset, and are happy being with their child.
- When asked about knowledge of resources, 13.8% of respondents stated that they wouldn't know where to turn if my family needed food or housing and 17.61% state that they wouldn't know where to go for help if they had trouble making ends meet.
- One-quarter of the respondents (24.3%) indicate that slightly agree, feel neutral, or disagree when asked if they have others who will listen if they need to, or have people to talk to if they feel lonely or if there is a crisis,
- 29% of respondents indicate that there are many times when they don't know what to do as a parent.

BIPOC Caregiver Focus Groups

First 5 Humboldt held (3) listening sessions in February and March 2024 with BIPOC families and local family service providers who work with BIPOC families to guide the Triple P augmentations, including sessions exclusively in Spanish as well as a separate session for English speakers with interpretation available. There were (8) participants in the listening session held in Spanish, (4) for the session in English, and (3) for the provider listening session.

The sessions with caregivers invited families to share about their past experiences in parenting classes and hopes for what future classes within this grant can look like. The session for providers focused on their experiences and suggestions around parenting classes, creating safe and equitable learning environments and other valuable suggestions. Data collected will inform work moving forward on how F5H can create a feeling of safety and community while addressing cultural values, traditions and following Triple P and Positive Indian Parenting curriculum.

Early Childhood Educator Training Survey

A survey was distributed in English and Spanish to Early Childhood Educators to assess their training needs and interests. Of the (12) training topics provided, the majority of total respondents (n = 36) indicated a strong interest in Trauma-Informed Practice for Early Childhood Educators Modules 100 and 200, with Outdoor Principles and Practices and Strengthening Families also being strongly indicated in Spanish-language surveys.

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



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

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

From July 2023 through June 2024, the following programs offered educational opportunities to the community focused on ACEs, trauma responsive care, and resiliency:

- **Children and Youth Behavioral Health Initiative.** February 2024 marked the beginning of F5H grant work on the Department of Health Care Services, Children and Youth Behavioral Health Initiative (CYBHI). The CYBHI First 5 Humboldt Project: Family Roots: Nurturing Culture and Connection focuses on expanding and augmenting Triple P and Positive Indian Parenting classes for Humboldt families, with plans to augment Triple P material for the Latino and BIPOC communities. As part of the grant, F5H staff plan to expand the number of Triple P classes offered in the county by training staff in partner organizations, such as clinics and family resource centers.
- **Triple P Positive Parenting.** In June 2024, a three-session series of Triple P was offered through the school in the rural community of Orleans. The First 5 Team completed the first Triple P Positive Parenting series under the CYBHI grant in June 2024. This initial series was held at Orleans Elementary school in partnership with Orleans Elementary, Two Feathers Native American Family Services, Junction Elementary, and Karuk Tribal Social Services. Session 1 saw (35) attendees, session 2 had (16) attendees, and session 3 had (27) attendees.
- **Playgroups.** During this time, there were at least 15,560 playgroup visits from children, including 12,085 parents/caregivers and other family members, over 1,076 events. These are all opportunities for caregivers to connect with Family Support Navigators and build resiliency.
- **Abriendo Puertas.** At the start of September 2023, the F5H Family Support Team partnered with Paso a Paso to begin a 10-week parent support series, Abriendo Puertas. This 10-session curriculum promotes school readiness, family well-being, and advocacy by addressing best practices in brain development, key aspects of early childhood development and many other areas of focus. This is the nation's first evidence-informed parent leadership and advocacy curriculum created by and for Latino parents who have children ages 0-5. An average of (20) attendees participated in the 10-week series.

- **The Ripple Effect: An Integrative Framework for Enhancing Trauma-Informed Practice Across Systems:** In September 2023, after years of planning and anticipation, Chandra Ghosh Ippen met with Hoopa Tribal Education staff at the 2023 Counting on Community Symposium, and from there made plans to come to the Hoopa Valley to provide a two-day training to support Hoopa's capacity to be trauma-responsive across systems. The Ripple Effect: An Integrative Framework for Enhancing Trauma-Informed Practice Across Systems was attended by (122) participants over two days (See Figure 4).

Figure 4. Quotes from Ripple Effect: An Integrative Framework for Enhancing Trauma-Informed Practice Across Systems

Source: Participant Surveys

"Amazing knowledge and fundamental skills that I can use personally and professionally."

"I am going to start with myself so I can properly teach it to the children."

"I better understand that there may be something behind a child's reaction to specific things."

"I can better notice triggers in myself and the children in my classroom."

"I will better be able to reset myself and my mindset when I'm upset and understand the people around me and why they do something."

"That poverty does not always mean a child will be lacking. As long as a child is loved and needs are met. Remember to look at the child/family not at what appears. To see what the story is. Listen and be patient."

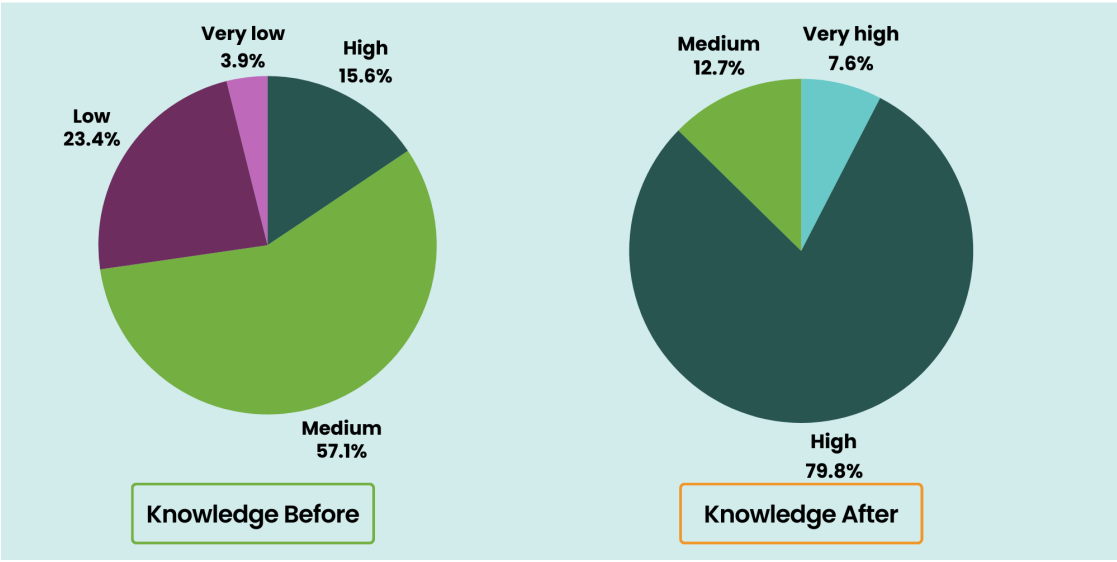
"Knowing that if bad things happen it will ripple down to generations but it can be changed."

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

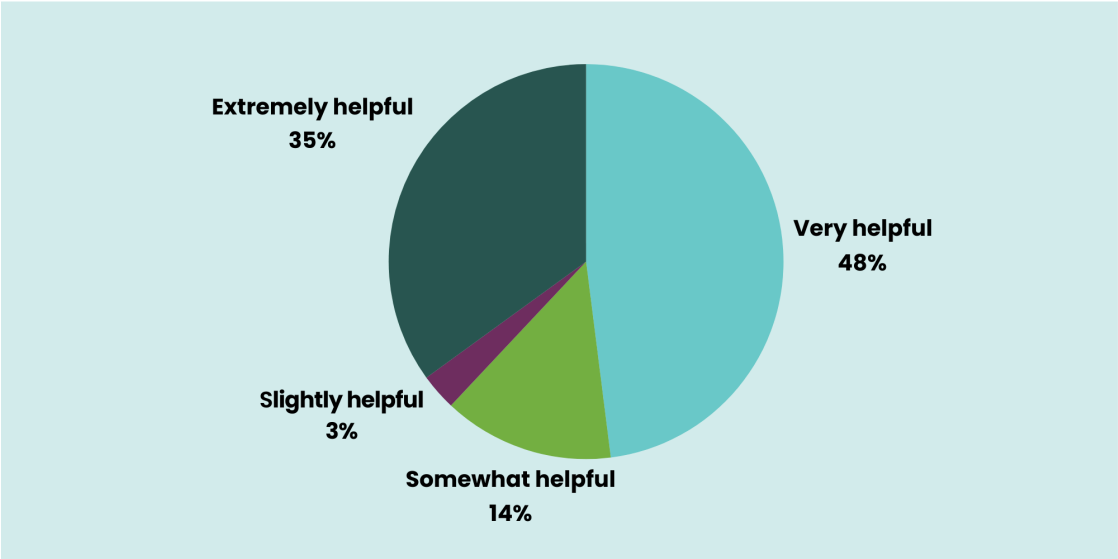
First 5 Humboldt provided many workshop opportunities to the community between July 2023 and June 2024, including trauma-informed practices and resilience, intergenerational grief, ASQ administration, Community Resiliency Model, and positive parenting practices.

Survey evaluation results indicate an increase in knowledge on pre-post training evaluations, see Graph 5. They also show that 83% of attendees found trainings to be extremely or very helpful, 14% somewhat helpful, and 3% slightly helpful, see Graph 6.

Graph 5. Knowledge Before and After Trainings
n = 199 responses



Graph 6. How helpful was the training?
n = 199 responses



EVALUATION RECOMMENDATIONS

Programmatic

1. Continue to provide program specific recommendations through the SPRC process each spring.
2. Continue to work on effective outreach to and inclusion of Spanish speaking families, Native American families, and families with young children from historically marginalized communities. Ensure that outreach, inclusion, and program activities are culturally proficient by providing training and resources to staff, and by gathering input directly from families about their experiences with First 5 Humboldt funded programs.
3. Monitor the demographics of families served by playgroups (and other programs) relative to community wide demographics. Facilitate activities that solicit direct input and concrete data from families served by First 5 Humboldt, such as the playgroup participant and library patron surveys.
4. Monitor attendance counts for playgroups, utilize the first-time attendance form, and provide further evaluation of playgroups with low attendance.
5. Continually evaluate the best methods for collecting attendance data and first-time attendance information, and for gathering user input from playgroups.


Evaluation Process

1. First 5 Humboldt will continue to conduct regular evaluation of Commission funded activities, as well as external grant-funded projects. .
2. Explore simplification strategies for evaluation First 5 Humboldt Playgroups that still allow for the examination of the impact of Playgroups on parents/caregivers and children.
3. Revise and update Evaluation Framework, Actions, and Indicators in alignment with the new Strategic Plan to ensure continuous quality improvement of all First 5 Humboldt-funded programs.
4. Ensure consistent training evaluation and means for aggregation.
5. Continue to collect numbers and ages of participants served through CLIF grants.
6. Continue to work on how best to evaluate First 5 Humboldt's collaborative partnerships, including exploring indicators to better measure partnership/collaboration, and meet the goals of the Strategic Plan.
7. Continue to work with other community groups/agencies to develop appropriate methods to share relevant data.
8. Review reporting guidelines, evaluation instruments, data collection procedures, and revise as appropriate.
9. Continue to incorporate evaluation measures related to the Protective Factors and resiliency.

APPENDIX A: FIRST 5 HUMBOLDT EVALUATION FRAMEWORK (2023)


EVALUATION FRAMEWORK 2023

Two cross-cutting issues inform and apply to all our work:



Preventing and Reducing ACES (Adverse Childhood Experiences)

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



Diversity, Equity, and Inclusion

First 5 Humboldt strives to be an anti-racist organization that actively promotes racial equity in recognition of the structural racism in our society today and our local and national history of racism and genocide.

First 5 Humboldt affirms, welcomes, and values all children, youth, adults, and families in our community, honoring their experiences and identities.

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

Focus Area 1: Systems Change

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

Objective 1.1

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

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

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

Objective 1.2

First 5 Humboldt collaborates with community partners and stakeholders to advocate for policies that promote the well-being of children and families.

Action 1.2.A: Engage with local governments, tribal governments, community organizations, and the public to create a F5H policy agenda.

Indicator 1: List of policy makers engaged with, and activities undertaken to align public policies that support the well-being of children and their families. **F5H**

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

Indicator 1: Policy agenda be reviewed annually and updated as needed. **F5H**

Focus Area 2: Child and Family Well-being

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

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

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

Indicator 1: # of programs providing family-friendly services. **Playgroups (PG), Library Partnership (LP), Practice Grant- Open Door Community Health Centers (PC-ODCHC), Redwood Community Action Agency (RCAA), Navigators**

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

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

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

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

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

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

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

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

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

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

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

Objective 2.2

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

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

Indicator 1: # of programs or projects that facilitate child and family referrals to appropriate programs and services. **PG, PG-ODCHC, Navigators, Road to Resilience (RtR), Impact**

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

Indicator 3: List of organizations/groups worked with and activities undertaken. **PG, RtR, Impact, F5H**

Focus Area 3: Professional Capacity

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

Objective 3.1

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

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

Indicator 1: # of trainings and TA opportunities for professionals/paraprofessionals/others working with addressing developmental-, cultural- and trauma-responsiveness. **F5H trainings, Navigators, Impact, Measure S, QRIS, Vesper, R4R**

Indicator 2: # of other professionals/paraprofessionals/others working with 0-5 age children, pregnant women, and their families attending trainings. **F5H trainings, Navigators, Impact, Measure S, QRIS, Vesper, R4R**

Focus Area 4: Community Engagement

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

Objective 4.1

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

Action 4.1.A: Develop a public awareness plan.

Indicator 1: Public awareness plan developed. **F5H**

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

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

Objective 4.2

First 5 Humboldt engages community members in its decision-making process.

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

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

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

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

Objective 4.3

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

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

Indicator 1: # of educational opportunities provided and # of people/parents taking part. **F5H, Vesper, Triple P, Abriendo Puertas**

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

APPENDIX B: FIRST 5 HUMBOLDT FUNDED PROGRAMS (July 2023 - June 2024)

Organization	Program Name	Description
City of Arcata	Arcata Play Center	Continuation of funding for playgroup activities for children aged 0-5 and their families at the Arcata Play Center.
City of Arcata	Arcata 0-1 Playgroup	Funding for playgroup activities specific to children aged 0-1 and their families.
Providence St. Joseph Hospital- Eureka	Blue Lake Playgroup	Continuation of funding for playgroup activities for children aged 0-5 and their families.
Southern Humboldt Unified School District	Casterlin Playgroup	Continuation of funding to support a playgroup for children aged 0-5 and their families.
Hoopa Tribe	Ch'iwhixiy Na:ya'ne:l-ding Playgroup	Funding for providing playgroup activities for children aged 0-5 and their families in the Hoopa.
Redwood Community Action Agency (RCAA)	Diaper Kit Distribution	Funding for distribution of diaper kits to RCAA programs and family/community resource centers for families with children aged 0-5.
Discovery Museum	Discovery Museum	Continuation of funding for playgroup activities and programming for children aged 0-5 and providing scholarships to children from economically disadvantaged families.
Pine Hill School	Eureka Pine Hill Playgroup	Funding for providing playgroup activities for children aged 0-5 and their families in the community of southern Eureka.
ERV Community Foundation	Fortuna ERV Playgroup	Continuation of funding to support playgroup activities for children aged 0-5 and their families.
City of Fortuna	Fortuna Parks and Recreation Playgroup	Funding for providing playgroup activities for children aged 0-5 and their families.
Mattole Valley Resource Center	Honeydew Playgroup	Funding to support a playgroup for children aged 0-5 and their families in the Honeydew area. Operated with Petrolia Playgroup, not separately.
Westside Community Resource Center	Jefferson Playgroup	Continuation of funding to support a playgroup for children aged 0-5 and their families in Eureka.

County of Humboldt	Library Partnership	Continuation of a partnership with the Humboldt County Library to strengthen the library's existing system for children aged 0-5 and to build its capacity for serving isolated rural residents, families living in poverty, Latino and Native American populations.
Loleta Community Resource Center/St. Joseph Health Humboldt County	Loleta Playgroup	Continuation of funding to support a playgroup for children aged 0-5 and their families in Loleta.
Redwood Coast Montessori	Manila Playgroup	Funding for providing playgroup activities for children aged 0-5 and their families.
Maple Creek School	Maple Creek School Playgroup	Funding for providing playgroup activities for children aged 0-5 and their families.
McKinleyville Community Services District	McKinleyville Playgroup	Continuation of funding to support a playgroup for children aged 0-5 and their families in McKinleyville.
Orick School	Orick Playgroup	Continuation of funding to support a playgroup for children aged 0-5 and their families in Orick.
St. Joseph Health Northern CA LLC	Paso a Paso	Funding to support home visits, parent education and outreach to underserved populations.
Mattole Valley Resource Center	Petrolia Playgroup	Funding to support a playgroup for children aged 0-5 and their families in the Honeydew area. Operated with Honeydew Playgroup, not separately.
Southern Humboldt Community Health Care District	Redway Playgroup and Shelter Cove Playgroup	Continuation of funding to support a playgroup for children aged 0-5 and their families.
United Indian Health Service and First 5 Humboldt	Road to Resilience	Funding to support pregnant and parenting mothers experiencing or at-risk of substance use disorder through health navigation services embedded in Tribal health clinics.
Salmon Creek School	Salmon Creek School Playgroup	Funding for providing playgroup activities for children aged 0-5 and their families.
Two Feathers Native American Family Services	Skuy' soo hue-no-woh Playgroup	Funding for providing playgroup activities for children aged 0-5 and their families.
United Methodist Church of Arcata	Tiny Tots Playgroup	Continuation of funding to support a playgroup for children aged 0-5 and their families.

St. Joseph Health Northern CA LLC	Willow Creek Playgroup	Continuation of funding to support a playgroup for children aged 0-5 and their families.
Wiyot Tribe	Wiyot Tribe Children and Families Grant	Funding to support families and children aged 0-5 in acknowledgement of First 5 work on ancestral land.
Humboldt County Office of Education	0-8 Mental Health Collaborative	The 0 to 8 Mental Health Collaborative provides training to the local workforce and helps coordinate and collaborate on infant family and early childhood mental health.
First 5 Humboldt	ACEs Speakers Bureau	On-site training in trauma-informed practice to schools, medical clinics, community groups.
First 5 Humboldt	Evaluation	Evaluation of First 5 Humboldt funded programs.
First 5 Humboldt	IMPACT Grant	Funding to support quality improvement in early childhood settings.
First 5 Humboldt	Hiking Humboldt Kids Book	Project funded to increase access to outdoor activities for families with children ages 0-5.
First 5 Humboldt	Home Visiting Grant	Promotes the coordination and strengthening of local home visiting systems with a focus on 1) systems coordination and integration, 2) community-informed policies, practices, and resources that center families' lived experiences, and 3) identifying and addressing system inequities.
First 5 Humboldt Initiative	ACEs/Resilience Program	Funding to support professional development for ECE providers, foster parents, community members, and to increase navigator support to playgroups.
First 5 Humboldt Initiative	Child Care Supports & Training Program	Funding to support professional development, retain ECE professionals, and encourage entry into the field.
First 5 Humboldt Initiative	Parent & Family Support Programs Training & Support	Technical assistance to Parent & Family Support Programs; includes training, site visits, materials/equipment, and family friendly events.
First 5 Humboldt Initiative	Program Support Outside	Consultant services ensuring best practices in First 5 Humboldt funded programs.

APPENDIX C: METHODS

Data Collection

Data for the Local Evaluation Report July 2023 - June 2024 was collected through a variety of sources and instruments described below. As applicable, information on data collection implementation is included with the particular data source or instrument.

I. Reports

First 5 Humboldt funded programs submit **Interim and Final progress reports** to First 5 Humboldt. The reports include information on program activities and unduplicated counts of the target population served during that time period. These reports are available for review at the First 5 Humboldt office.

II. Training and Workshop evaluations

Trainings and workshops for professionals and for parents that are funded by First 5 Humboldt are evaluated by participants. In most cases, this is done using a retrospective pre/post format. Quantitative and qualitative data is collected and analyzed.

Data Analysis

I. Data analyses completed include:

- Frequency calculations
- Descriptive statistics
- Content analyses of quantitative data collected through surveys, reports, and data records

II. The following programs used for data analyses include:

- Survey Monkey
- Microsoft Excel