



# Annual Community Report 2016

Strengthening Children, Families and Community

## A Message from Our Executive Director

This report to our Humboldt community describes the work that First 5 Humboldt and our partners have been doing to nurture young children and their families during the last year. Our county is rich in people and agencies that are committed to helping children and families be healthy and successful. Humboldt County also faces unique challenges.

Many Humboldt County residents are affected by historical and intergenerational trauma. With Mendocino County, Humboldt has the highest percentage of residents with Adverse Childhood Experiences. These experiences are associated with serious lifetime health outcomes, as well as life success indicators such as incarceration and unemployment.

Likewise, we have the highest percentage of children in California with identified special needs, and a child abuse or neglect report rate that is 50% higher than California's rate.

Resilience is the ability to “bounce back” from adversity. First 5 Humboldt invests in programs and services that focus on prevention and on fostering resilience. We support families and services by promoting the Five Protective Factors, which are associated with resilience and healthy children and families.

In 2016, with input from the community, First 5 Humboldt developed a new strategic plan. The plan addresses our significantly declining revenues. It shifts the focus of our work away from being a funder to being a catalyst for change. First 5 Humboldt has always emphasized prevention work and changing systems to better serve families. With the new plan, First 5 Humboldt is working even harder to make sure that early prevention is a priority and that young children are considered in all policy decisions. Join us in working with policy makers and community partners to make healthy children who reach their full potential our priority, now and for our future.

Respectfully,

Marv Ann Hansen

## Our Vision

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



## Protective Factors

Research supports that when the Five Protective Factors are present they create healthy environments for the optimal development of all children. The Five Protective Factors include:

1. Parent Resilience
2. Concrete Support in Times of Need
3. Social and Emotional Competence of Children
4. Knowledge of Parenting and Child Development
5. Social Connections

Evidence also shows that these are the factors that diminish the likelihood of abuse and neglect. First 5 Humboldt supports these protective factors through many programs. Throughout this report, the symbol below will indicate program information that is related to the protective factors.



**"Stimulating for my kids,  
reaffirming for me. Great  
social and educational benefit  
for us. Thanks."**

**-Parent comment about  
First 5 Humboldt  
Playgroup**



# Programs & Services

First 5 Humboldt's mission is to work with families and community organizations to promote comprehensive and integrated systems of services for early childhood development in order to foster secure, healthy and loving children eager to learn and develop their full potential. In 2016, First 5 Humboldt funded programs, including playgroups, which provided services in the focus areas of children's health, family support, and early education. There were 8,785 children 5 years old or under in Humboldt in 2016.

# 26

## First 5 Humboldt Funded Programs

# 2016

Unduplicated  
Numbers  
Served\*

## 5,400

Children



## 7,467

Parents, Caregivers, Other  
Family Members & Providers

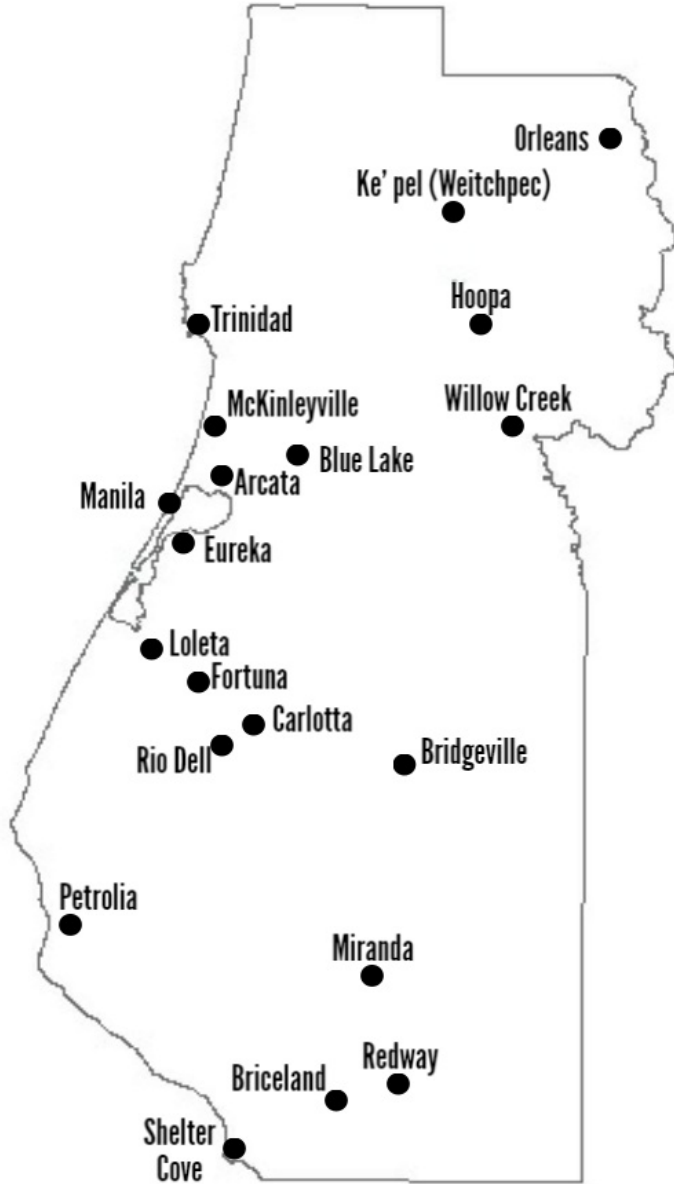


**"I feel that the help this service provides along with the warm welcome is great on someone's self-esteem..."**

- Parent/Caregiver

\*Participant counts are unduplicated within programs. Across programs, counts can be duplicated

# Programs & Services Continued



**20**  
Humboldt  
County  
Communities  
served in  
2016

**94%**

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

# Children's Health

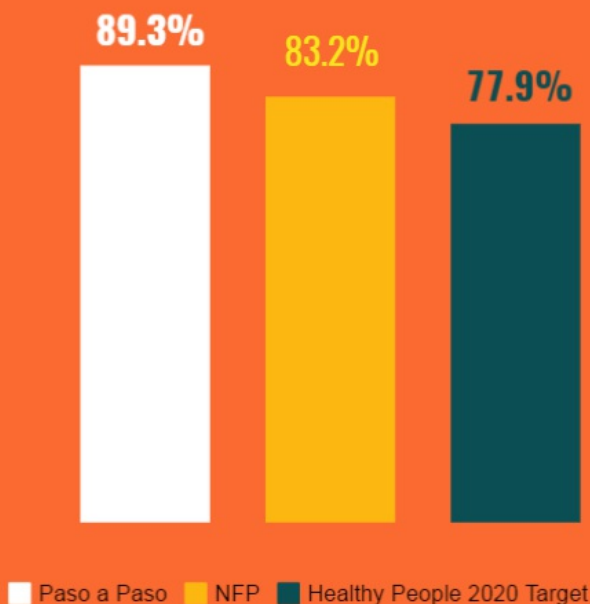
For First 5 Humboldt, health means more than the physical body being free of disease. Health also includes emotional stability and a sense of well-being, positive connections to other people, and enough financial and other resources to meet physical, emotional and social needs. Because of this understanding,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

## Prenatal Care

First 5 Humboldt provides funding to the Paso a Paso Program and Nurse Family Partnership (NFP). Both programs work with pregnant women to get early prenatal care.



### Percentage of Clients Who Received Early Prenatal Care



# Family Support

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



**In 2016, First 5 Humboldt partnered with the following organizations to support families.**

Blue Lake Family Community Resource Center

Manila Family Resource Center

McKinleyville Family Resource Center

Willow Creek Community Resource Center

Humboldt County Office of Education

Betty Kwan Chinn Day Center/  
Catholic Charities

Women and Children's Fund

**18**  
**First 5  
Humboldt  
Playgroups**

**2016  
Number of  
Playgroup  
Visits**

**"My daughter has gained so many skills; sharing, communicating, and she gets real enrichment-music, building/trying new things"**

**-Playgroup Parent  
describing positive  
effects of Playgroup**



**13,775**

Children 0-5

**11,818**

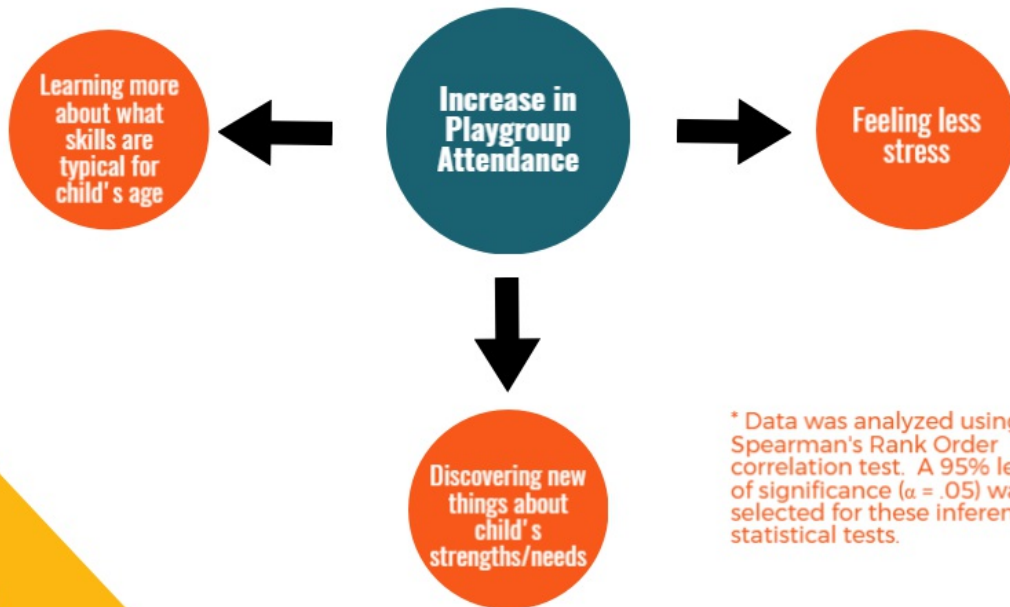
Parents/Caregivers



# Family Support Continued

## Playgroup Participation and Parenting

2016 survey data collected from parents and caregivers who attend First 5 Humboldt Humboldt Playgroups showed that playgroup attendance is significantly related to improvements in parenting capacity\*.



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

What are you doing differently as a family because of your participation in playgroup?



"We've become more engaged with our child and started incorporating reading books as part of our activities."

-Playgroup Parent

"Teaching me to teach him to problem solve with other children when an adults isn't available to help."

-Playgroup Parent

"We widened our circle of friends and community. Playgroup is invaluable."

-Playgroup Parent



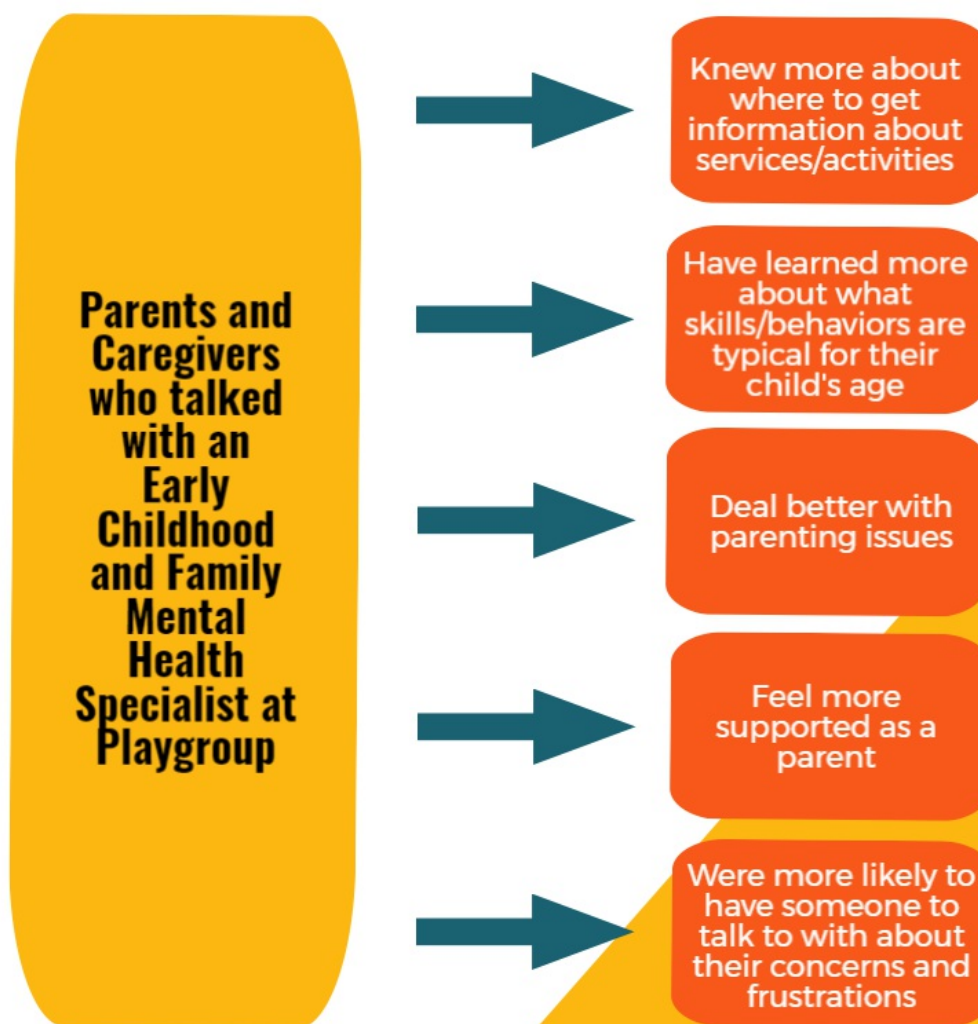


## Family Support Continued

# Early Childhood and Family Specialists Support for Parents



Parents and caregivers have the opportunity to talk with Early Childhood and Family Specialists during playgroup about any concerns they have regarding child development, family functioning, and other topics. 2016 survey data showed that parents and caregivers who consulted with a Specialist at playgroup had better outcomes.

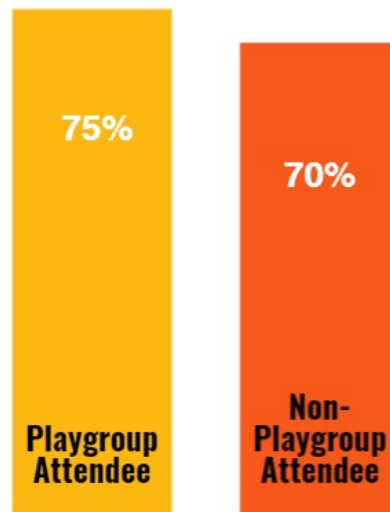


\* Data was analyzed using a Fisher-Freeman-Halton Exact Test. A 95% level of significance ( $\alpha = .05$ ) was selected for these inferential statistical tests.

# Early Education

The need for high quality early education opportunities has been a consistent concern and focus for First 5 Humboldt throughout the years.

## 2016 Kindergarten Screening Tool (KST) Results



The Humboldt County Office of Education (HCOE) developed the Kindergarten Screening Tool (KST) in 2012 to screen incoming Kindergartners regarding their readiness for school. The KST measures children's readiness in four domains: Language/Literacy, Mathematics, Social Emotional, and Self-Portrait. In 2016, 1,444 Kindergartners and Transitional-Kindergartners were screened using this tool. Playgroup attendees scored higher than those students who did not attend playgroup

2016 Program Participant Survey for Playgroups Statistically Significant Results Related to Reading



# Early Education Continued



"The books give us a resource to extend the learning and inspire a love of reading with the children"

-Early Childhood Educator

The Leap Into Literacy Program provides and delivers book bins and theme bags to child care and other early education programs throughout Humboldt County

- 600** Children Served
- 20** Child Care & Other Early Education Programs
- 5,300** Books
- 143** Theme Bags
- 159** Big Books
- 95** Separate Deliveries

## IMPACT

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

**10**  
Family  
Child Care  
Homes

**9**  
First 5  
Humboldt  
Playgroups

**244**  
Programs &  
Workshops

**Library  
Partnership**

**4,960**  
Children &  
Adults  
Attendees





# Integration of Support Systems

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

## 0-8 Mental Health Collaborative



The 0-8 MHC 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. In 2014, the Collaborative's Infant Family Early Childhood Mental Health (IFECMH) workgroup began supporting a cohort of multi-disciplinary Humboldt County service providers in their pursuit of the California IFECMH Endorsement. There are now 8 service providers in Humboldt County with this endorsement.

### Collaborative Partnerships, Linkages and Forums

First 5 Humboldt also partnered with California Senator Mike McGuire's office to provide a community forum to explore service gaps and partnership opportunities. More than 200 people attended the forum to discuss the well-being of young children in Humboldt County. Many attendees signed commitment cards demonstrating their on-going interest in improving services for children and families in our County.



# Investments & Funding

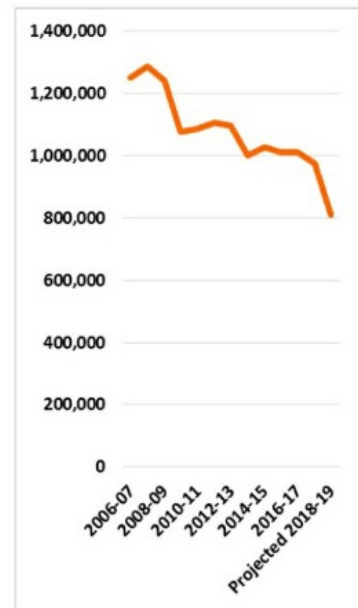
## Explanation of Tobacco Tax Revenue Decline

First 5 Humboldt receives its revenue from tobacco sales in California. The 1998 ballot measure, Proposition 10, added a 50-cent tax on each pack of cigarettes sold in California. Twenty-percent of that revenue is allocated to First 5 California, and the remaining 80% is allocated to the 58 counties based on each county's birth rate. This revenue has been declining 3 to 5% each year.

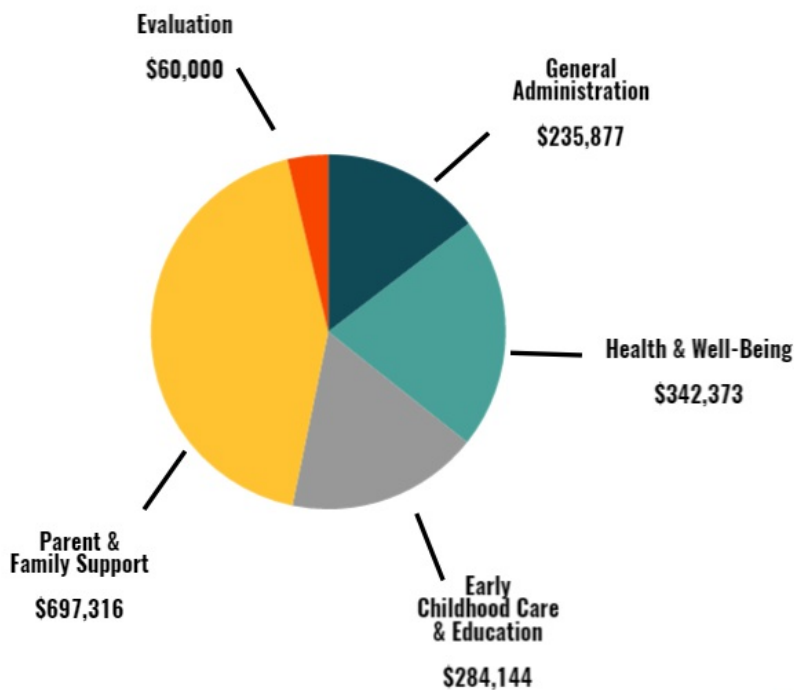
In 2016, voters approved Prop 56, which increased the tobacco tax to \$2 per pack (which includes the 50-cents previously approved), and included e-cigarettes as taxable. The new funds are designated for Medi-Cal improvements and research. A primary argument for this increase was that higher cigarette taxes are linked with decreased use. In light of this, the measure includes "back-fill" language. When the tax results in decreased sales, funds will be directed to First 5s to "back-fill" the loss. This means that First 5s will see a dramatic drop in revenue in 2018-19, but then the fund will stabilize to the 3 to 5% yearly decrease after the back-fill kicks in.

First 5s will also see a decrease in revenue due to the increase in smoking age from 18 to 21, which occurred in June, 2016. Overall, fiscal experts agree that the backfill and other changes will result in no net additional revenue for First 5 counties, and revenues will continue to see a decline.

## Tobacco Tax Revenue Fiscal Years 2006-2016



## First 5 Humboldt Budget Fiscal Year 2016-2017



## Commissioners & Staff

### Megan Blanchard

Humboldt County  
Department of Health & Human Services  
Public Health Branch

### Jessica Callahan

Community Member

### Sberi Graham-Whitt

Humboldt State University  
Community Counseling Clinic

### Sydney Fisher Larson

Community Member

### Veronica Meggerson

Humboldt County  
Department of Health & Human Services  
Social Services Branch

### Cameron Mull

Parks & Recreation  
City of Blue Lake

### Dian Pecora

Community Member

### Connie Sundberg

Changing Tides Family Services

### Mike Wilson

Board of Supervisors, District 3

### Mary Ann Hansen

Executive Director  
First 5 Humboldt

### Andrea Sousa

Executive Secretary  
First 5 Humboldt

### Jennifer Gonzales

IMPACT Coordinator  
First 5 Humboldt

### Star Mohatt

QRIS Coordinator  
First 5 Humboldt

### Celia Haro

Special Projects Coordinator  
First 5 Humboldt

This report to the community provides an overview of First 5 Humboldt programs and services plus results presented in the 2015 First 5 Humboldt Local Evaluation Report. For detailed information, please visit [www.humkids.org](http://www.humkids.org)



Humboldt County Children & Families Commission

First 5 Humboldt  
1012 Second Street  
Eureka, CA 95501  
Phone: (707) 445-7389  
Fax: (707) 445-7349  
[www.humkids.org](http://www.humkids.org)

## Community Partners

Arcata United  
Methodist Church

Betty Kwan Chinn Day  
Center/Catholic Charities

City of Arcata

City of Eureka

Humboldt County Library

Discovery Museum

Eureka First Church  
of the Nazarene

Fortuna Elementary School  
District

Humboldt Community  
Access & Resource Center

Humboldt County  
Office of Education

Humboldt County  
Public Health Branch

KEET-TV

Lost Coast Camp

Manila Community Services  
District/Redwood Coast  
Montessori

McKinleyville Commu-  
ty Services District

McKinleyville Family  
Resource Center

Mid-Klamath Watershed  
Council

Redwood Community Action  
Agency

St. Joseph Health

Southern Humboldt  
Unified School District

Trinidad Union School District

## Playgroups

### Arcata Playcenter

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

### Arcata Tiny Tots Playgroup

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

### Blue Lake Playgroup

Prasch Hall/Perigot Park  
312 South Railroad, Blue Lake  
(707) 668-4261

### Discovery Museum Playgroup

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

### Fortuna Playgroup

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

### F.U.N. Play Center

Adomi Recreation Center  
1011 W. Waterfront Drive, Eureka  
(707) 441-4248

### Loleta Playgroup

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

### Manila Playgroup

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

### Mattole Valley Playgroup

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

### McKinleyville Playgroup

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

### Orleans Playgroup

Panamint Building, Orleans  
(530) 627-3202

### Rio Dell Playgroup

Early Head Start Site  
95 Center Street Rio Dell  
(707) 764-5239

### Miranda/So. Humboldt Playgroup

Osprey Learning Center/South Fork East  
Room 4, 159 Orchard Lane, Miranda  
(707) 923-1147

### Redway/So. Humboldt Playgroup

Redway School  
344 Humboldt Avenue, Redway  
(707) 923-1147

### Shelter Cove/So. Humboldt Playgroup

At Golf Links, Community Center  
Downstairs, Suite B, Shelter Cove  
(707) 923-1147

### Weott/So. Humboldt Playgroup

Agnes Johnson School  
73 School Road, Weott  
(707) 923-1147

### Trinidad Playgroup

Trinidad Town Hall  
409 Trinity Street, Trinidad  
(707) 677-3631

### Willow Creek Playgroup

VFW - Willow Creek Veterans Hall #9561  
20 Kimtu Road, Willow Creek  
(530) 629-3141