Each day, Changing Tides Family Services makes it possible for thousands of families and individuals to enhance their physical, emotional, or developmental well-being. Formerly the Humboldt Child Care Council, Changing Tides Family Services was established in 1975 by local residents with a focus on providing child care services to enable parents to work. Since then, numerous programs have been added to address the unmet needs of families and the community. Some of these include mental health services, nutrition programs, information and referral, and supportive programs for individuals who have developmental disabilities. Changing Tides Family Services is forward thinking and responsive, and will continue to help improve the health and wellness of our community in the years to come.

Our mission:

To increase the health and success of children, youth, families, and individuals
A Message from our Executive Director

Our Board of Directors and staff are proud of this past year’s achievements. Some key accomplishments include:

- Establishing the “Changing Tides Family Services Fund” with the Humboldt Area Foundation
- Diversifying the agency's mental health programs to begin serving adults
- Expanding services at local schools
- Expanding the Supported Parenting Program to Del Norte County
- “Coming in on budget” during tough economic times

In the next year, Changing Tides Family Services will continue to provide high quality services in innovative ways, to children, youth, adults, and families. We sincerely thank the community for its support.

- Carol Hill, Executive Director

Success Stories

- From parents who receive help paying for child care:
  - “Without your help, my child care would be too expensive to afford as a single parent.”
  - “The program helps me afford child care and keep my job.”
  - “Without Changing Tides [Family Services] I would never be able to afford child care.”

- From a grandmother raising her grandson who has received mental health therapy: “He has been coming home from school and going [to school] in a good mood with no serious complaints. I appreciate each and every one of you...”

- From a child care provider who participated in a CalFresh gardening project: “We had a great time yesterday. The kids were talking about it today at group. It did make an impression on them. They were all very pleased to take their parents as they got picked up out to see the herbs that were planted. They [the parents] really appreciated it and so did we.”

Mental Health, Parent Support, and School Support Services

- Individual Therapy
- Group Therapy
- Assessment
- Case Management
- Behavior Coaching
- Therapeutic Behavior Services
- Collaboration among Educators, Students, and Parents
- One-on-One In-Home Behavior Modeling and Parent Education
- Home Visiting Services
- Consultation Services to Educational Personnel

7,100+ hours of service provided to 287 children, youth and adults

Services provided at our offices and community settings throughout Humboldt County, such as:

- Elementary, middle, and high school campuses
- Family Resource Centers
- Head Start sites
- Other community locations
- Clients’ homes
Child Care, Nutrition, and Community Development Services

- Child Care Subsidy Programs: Assistance paying for child care for parents to maintain employment or achieve vocational goals
  - 1,103 families received financial help towards child care expenses

- CalFresh Outreach & Education:
  - 112 hands-on active play, gardening, and cooking activities in child care settings

- Parent Voices Humboldt:
  - Funded through First 5 Humboldt and others, supports parents to directly advocate for their needs for quality, affordable child care

- Child Care Referrals:
  - Free child care referrals for parents and community members
  - 1,175 parents received 20,581 referrals

- Child Care Plus and Skills Acquisition Services:
  - Enhanced respite services and/or home and community-based skills training
  - 15,909 hours of respite plus and skills acquisition services to 45 individuals

- Child Care Food Program:
  - Partial or full reimbursement of meals served in licensed family child care homes
  - 931 children received 283,146 healthy meals/snacks

- Support to Child Care Professionals:
  - Workshops and trainings provided to potential and early educators
  - 15 professional development workshops attended by 107 child care providers

Services to Children, Youth, and Adults Who Have Intellectual/Developmental Disabilities

- In-Home Respite Services:
  - One-on-one supervision of individuals who have intellectual/developmental disabilities to allow parents/guardians a break in their continuous caregiving responsibilities
  - 29,248 hours of in-home respite services to 113 individuals

- Respite Plus and Skills Acquisition Services:
  - Enhanced respite services and/or home and community-based skills training
  - 15,909 hours of respite plus and skills acquisition services to 45 individuals

- Supported Parenting Program:
  - Information, coaching, and support to parents who have developmental disabilities to provide stability and safety for children in the home
  - 3,079 hours of parent coaching and family support services to 28 families
About Changing Tides Family Services

Location: Changing Tides Family Services’ main campus is located in Myrtletown, Eureka and consists of 3 buildings. The main address is 2259 Myrtle Avenue. We also have 1 office co-located with the Humboldt County Department of Health and Human Services CalWORKS, 445 W. Washington Street in Eureka.
Staff: Changing Tides Family Services employed 192 staff in FY 12-13.
Call us at (707) 444-8293 or find us at www.changingtidesfs.org Hablamos español

Source of Funds FY 12-13
- Anthem Blue Cross
- California Department of Developmental Services
- California Department of Education
- California Child Care Resource and Referral Network
- Family Resource Centers Network of California
- First 5 Humboldt
- Garfield School District
- Humboldt Area Foundation
- Humboldt County Department of Health & Human Services
- Humboldt County Office of Education
- Kneeland School District
- Private pay/fees for service
- Redwood Coast Regional Center
- South Bay Union School District
Changing Tides Family Services is audited annually by an independent Certified Public Accounting firm.

Governance
Changing Tides Family Services is governed by a volunteer Board of Directors which oversees policy development and fiscal accountability.
Officers:
- President: Kathy Gaston, IT Manager/Business Analyst, Green Diamond Resource Company
- Vice President: Dr. Jeff Ribordy, Eureka Pediatrics
- Secretary/Treasurer: Deborah Callahan, Human Resources Professional
Members at Large:
- Mark Adams, Retired Secondary School Administrator, HSU Faculty (part-time)
- Susan Hansen, Retired Humboldt State University Administrator
- Jan Paulus, Licensed Educational Psychologist & Speech Pathologist, Private Practice
- Lori Rudebock, Certified Public Accountant, Project Analyst, GHD USA
- Edward Schrock, Family Law Lawyer

Business Donors and Supporters
- Cartrichage Imaging
- Coastal Business Systems
- Dollar Tree Operation Home Front
- Eli Jurkovich/Eureka Floor Company
- Gaynor Telesystems
- Humboldt County Fair Association
- Jackson & Eklund, An Accountancy Corp.
- KEET TV Ready-to-Learn
- Kōkotat
- Mothers of Preschoolers
- Pacific Paper Company
- Patricia Kinsella
- Pierson Building Center
- Redwood Acres Fairgrounds
- Umpqua Bank
- Westside Community Improvement Association

Collaborative/In-Kind Supporters
- Boys and Girls Club Teen Center
- Eureka City Schools
- Fortuna Family Resource Center
- Fortuna Union High School District
- Fortuna Union School District
- Humboldt County Library
- Humboldt County Office of Education
- Loleta Union School District
- Peninsula Union School District
- Marshall Family Resource Center
- McKinleyville Union School District
- Northern Humboldt Union High School District
- Rainbow Junction Preschool
- Sequoia Park Zoo
- South Bay Union School District
- Southern Humboldt Unified School District
- Southern Humboldt Family Resource Center
Additionally, many of our direct funders provide in-kind support

Make a donation...Help a family today!

- Donate directly to Changing Tides Family Services:
  - Visit www.changingtidesfs.org/donations
  - Mail a check to our main address, 2259 Myrtle Avenue, Eureka, CA 95501
- Donate to the Changing Tides Family Services Fund held by the Humboldt Area Foundation:
  - Visit www.hafoundation.org/donations/donations.php
  - Mail a check payable to ‘Humboldt Area Foundation’ and indicate that it is for ‘Changing Tides Family Services’

Your tax-exempt donation will help Changing Tides Family Services expand its work with children, youth, adults, families, and the community. Receipts are provided for donated funds or gifts.