

CHANGING TIDES FAMILY SERVICES



changing tides
family services

Our mission:

*To increase the health and success
of children, youth,
families, and individuals*



2019 Annual Report

Changing Tides Family Services is a dynamic family resource agency dedicated to increasing the health and success of children, youth, families, and individuals in Humboldt County. Established in 1975 as the Humboldt Child Care Council, Changing Tides Family Services has grown to employ over 200 full and part time staff who cover more than 4,000 square miles in providing an array of behavioral health, child care, special needs, and other family services. Changing Tides Family Services staff provide quality, community-based services which demonstrate the agency's values of respect, integrity, excellence, health and wellness, flexibility, and fiscal responsibility.



Celebrating more than four decades of promoting a healthy, happy, and resilient community in 2020



For 45 years Changing Tides Family Services has had the privilege of seeing multiple generations pass through our doors as customers, partners, employees, and friends.

Our passion for the wellbeing and success of children and families has been the root of our work, and we are proud of our knowledgeable and caring staff – some with over two decades in our organization – and of the wide range of services we provide to thousands of people in our community.

But most of all, as we look back on our accomplishments and embrace the years to come, we are grateful for the continuing support and trust of the community that allows us to work hard at making a difference every day.

Kerry Venegas, Executive Director



Behavioral Health, Parent and School Support , and Supervised Visitation Services

- Individual Therapy
- Group Therapy
- Assessment
- Case Management
- Intensive Home Based Services
- Therapeutic Behavioral Services

“Our whole family changed through my child’s experience at Changing Tides.”

Two of our staff are
**Certified in
Theraplay**

Community Service Locations: 44 schools & 19 community locations in 22 Humboldt County communities

10,372 hours of service provided to children, youth, and adults

“I love how nurturing Theraplay is. It is how I naturally want to be as a parent.”

Supervised Visitation: 2,849 hours of service provided to 83 families

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

760 families received financial help toward child care expenses

CalFresh outreach and application assistance, and healthy lifestyles education to the child care community

1,023 children participated in hands-on active play, gardening, and cooking activities in child care settings

Child Care Referrals: Free child care referrals for parents and community members

725 parents received 6,982 referrals



Support to Child Care Professionals: Workshops and trainings provided to potential and early educators

20 professional development workshops attended by 363 child care providers

Child Care Food Program: Partial or full reimbursement of meals served in licensed family child care homes

1,294 children received healthy meals/snacks

Foster Bridge: Resource families who accept emergency foster placements can receive assistance finding and paying for child care:

58 foster families received immediate assistance finding child care

Agency engagement and participation in 19 community task forces

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

In-Home Respite Services : One-on-one supervision of individuals who have developmental disabilities to allow parents/guardians a break in their continuous caregiving responsibilities

24,890 hours of in-home respite services to 144 Individuals



Early Start Early Start Plus Services: Parent-to-parent support, information dissemination and referrals, public awareness, family-professional collaboration, and transition assistance for all families.

125 families connected to resources

Supported Parenting Program: Information, coaching, and support to parents who have developmental disabilities to provide stability and safety for children in the home

3,625 hours of parent coaching and family support services to 37 families

Respite Plus and Skills Acquisition Services: Enhanced respite services and/or home and community-based skills training

13,473 hours of respite plus and skills acquisition services to 48 individuals

About Changing Tides Family Services

Location: Changing Tides Family Services' main campus is located in Myrtle town, Eureka and consists of 4 buildings. The main address is 2259 Myrtle Avenue. We also have an office co-located with the Humboldt County Department of Health and Human Services CalWORKs, 445 W. Washington Street in Eureka.



Source of Funds FY 18-19

- California Department of Developmental Services
- California Department of Education
- Humboldt County Department of Health and Human Services
- Humboldt County Office of Education
- California Child Care Resource and Referral Network
- The Redwood Coast Regional Center
- St Joseph Hospital's Care for the Poor
- California Department of Social Services
- Changing Tides Family Services is audited annually by an independent Certified Public Accounting firm.

Governance FY 18-19

- President: Kathy Gaston
- Vice President: John McGuire
- Secretary/Treasurer: Mark Adams
- Jacob Smith
- Diana Hight,
- Everett Flores
- Keta Paulson

For 45 years, our volunteer Board of Directors has provided guidance and support for the meaningful work we do every day. They represent a diversity of experience from almost every public and private sector of Humboldt County, including private business, K-12 education, legal services, mental health, higher education, and healthcare.

A Few Success Stories...

From parents who receive help paying for child care:

- *"I am able to work full time because of this program. Having three school aged children and not needing to worry about how I am going to pay for child care is a huge stress off my mind [...]"*
- *"Changing Tides child care subsidy has been an amazing resource for me and my family. I am able to continue my education by providing my children with quality child care."*

From child care providers who have attended program trainings:

- *"Thank you for making this training so relevant and pertinent to the ages and ranges of kids we work with."— from a provider who attended CARE training*
- *"Thank you, Changing Tides Family Services, for presenting this training on 'Healthy Eating and Active Play'. I learned new ways to encourage better eating habits for the children in my care. It is good for the children to allow them to eat and explore foods for themselves."*

From the parent of a child participating in our Early Head Start-Child Care Partnership program:

- *"The EHS-CCP services have helped me tremendously! I am able to go to work feeling that my foster daughter is being well taken care of. In addition, I am grateful that there are extra sets of eyes monitoring her development— it has been a long time since I have had an infant— I don't need to worry that something is being missed developmentally."*

Make a donation

- Donate directly to Changing Tides Family Services: Visit www.changingtidesfs.org/donations
- Donate to the Changing Tides Family Services Fund held by the Humboldt Area Foundation: Visit www.hafoundation.org/donations/donations.php

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.