



CHANGING TIDES FAMILY SERVICES

Annual Impact Report

2023



changing tides
family services

Our Mission:
To increase the health and
success of children, youth,
families, and individuals

ABOUT OUR AGENCY

Changing Tides Family Services is a dynamic family resource agency that provides an array of behavioral health, child care, special needs, and other family services. Our over 150 full and part time staff provide quality, community-based services which demonstrate the agency's values of respect, integrity, excellence, health and wellness, flexibility, and fiscal responsibility.

A MESSAGE FROM OUR EXECUTIVE DIRECTOR

When you are a good neighbor...

You keep an eye out for each other, take care of the things you share, respect each other, listen even when you don't see things the same way, and pull together through good times and bad. Whether it was coming out of a worldwide pandemic or rebuilding after the destruction of the 2022 earthquake, the past year challenged our community and challenged us as an agency to step forward and step into being the best neighbors we possibly could be.

And we rose to the challenge, helping almost twice as many children and families as the year before, increasing our early childhood mental health consultation, establishing new ways of delivering family and parent supports by working with the Betty Chinn Center and Eureka City Schools, and lending a hand as part of the Humboldt Eel River Valley Long Term Recovery Group in providing Disaster Case Management in collaboration with Arcata House Partnership.

I am always incredibly proud of our agency and the good work we do in our community, but I am even prouder of how we show up as good neighbors every day for each other and for the families and the partners who rely on us. Thank you for taking the time to read this report and share this experience with us.

In partnership and
gratitude,

Kerry Venegas
Executive Director



BEHAVIORAL AND FAMILY EMPOWERMENT SERVICES

Family Empowerment Services



- Behavioral Health Support Services
- Early Childhood Mental Health Services
- Intensive Care Coordination
- Therapeutic Behavioral Services
- Intensive Home Based Services
- Supervised Visitation Services

Special Needs Services



- Supported Parenting Program
- In-Home Respite Services
- Respite Plus & Skills Acquisition Services
- Early Start Family Resource Center

EARLY LEARNING AND CARE

Child Care Services



- Alternative Payment
- CalWORKs Stages 1, 2, and 3
- Family Child Care Home Education Network
- Emergency Foster Bridge Child Care
- Early Head Start-Child Care Partnership

Resource and Referral Services



- Free Child Care Referrals
- Capacity Building & Professional Development for Child Care Providers
- Quality Counts California
- CalFresh
- Parent Services
- Child Care Food Program

FAMILY EMPOWERMENT SERVICES



The [Family Empowerment Services](#) team prides themselves in providing an array of strength-based outpatient behavioral health services to Humboldt County children and youth, ages birth through twenty, through a trauma-informed resilience-oriented lens. Staff strive to meet the needs of families and youth through relational support in the home, school, community, and office settings.

[Behavioral Health and Support Services](#) are provided to children, youth, and their families throughout Humboldt County. Services may include individual or group therapy, case management linkage and brokerage, intensive care coordination, and 1:1 behavior coaching and support.

[Therapeutic Behavioral Services \(TBS\)](#) are intensive, 1:1 short-term behavioral coaching and support services for children, youth and their parents/caregivers designed to manage specific identified behaviors. TBS services are provided in the home, school, and community with the parent and/or caregiver present.

5,683 hours
of service provided
to **100** children
across all mental
health and behavior
programs

[Early Childhood Mental Health Services](#) for children birth to five and their caregivers are provided under our [BEARS Program](#). Evidence-based practices under BEARS includes Theraplay and Child-Parent Psychotherapy.

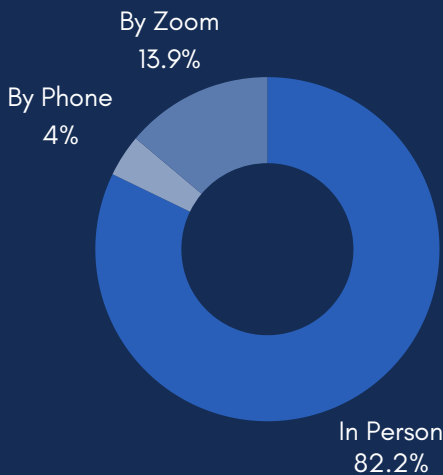
[Intensive Home Based Services \(IHBS\)](#) are intensive, individualized and strength-based, needs-driven intervention activities that support the engagement and participation of the child/youth and their significant support persons to develop skills and achieve the goals and objectives of their treatment plan.

[Intensive Care Coordination Services \(ICC\)](#) are intended to ensure that all service providers working with children/youth with higher levels of need are in alignment with one another, the child or youth, and their parent or primary caregiver.

Staff provided services in **34** different locations across the county and attended **113** trainings and certification courses

During this year, our agency supported multiple student interns and enhanced the pathway for students to become licensed mental health providers in the community. Building on our existing framework of supervision and support, we expanded our outreach and partnership with local professors and department heads at Cal Poly, along with various online institutions of higher education, including National University, Lesley University and Walden University. Students were able to plan their time and monitor their progress using the structured timeline reflected in our training outline for student interns. Training, clinical supervision, and clinical oversight was provided according to University and Board of Behavioral Science guidelines, with additional support available as needed.

MENTAL HEALTH SERVICES CONTACTS BY TYPE



Supervised Visitation Services provided in collaboration with the Humboldt County Superior Court (HCSC) and funded through the Access to Visitation Grant Program with the goal of ensuring accessible supervised visitation services to low-income non-custodial parents with custody and visitation issues currently or previously before the family courts. In this year, HCSC generously supported this program by adding additional materials, supplies, and equipment to the visitation rooms, including new books and a comfortable reading nook.

384 hours of visitation provided to **19** families

SPECIAL NEEDS SERVICES

The [Special Needs Services](#) team is proud to offer support to families who have a family member with a developmental disability. We serve parents with disabilities, children/youth with disabilities, and families with infants/young children who may have a disability. These relationship-based, people-first, trauma-informed services are primarily provided in home and community settings.



27,112 hours of
In-Home Respite
Care to **116**
individuals

[In-Home Respite Services](#) provides one-on-one care to children and adults with developmental disabilities in the client's home in order to give parents and caregivers a break from their continuous caregiving duties, reduce parental stress, prevent out of home placement, and support families to remain intact.

[Respite Plus and Skills Acquisition](#) are more intensive and structured services designed to empower clients and their families to improve their skills in the areas of communication and daily living needs by using positive behavior supports.

13,031 hours of
Respite+ and
Skills Acquisition
to **38** individuals



“*Respite is essential to my mental health! Thank you so much for all you do for us!*”
-Respite Parent

85 families
connected to
resources
through Early
Start

“*Thank you for helping
me and my partner
navigate parenting,
step-parenting, and
healthy relationships.*
-SPP Parent”

Early Start Family Resource Center offers parent-to-parent support, information and referrals, public awareness, and family-professional collaboration for families with children ages 0-36 months who have or are at risk of having a developmental disability, giving families the building blocks needed to help their child grow.



Supported Parenting provides in-home, one-on-one support to families in which one of the parents has a developmental disability. Activities include home visits, parent education, community resource linkage, and life skills education.

“*Thank you for always
being there when I need
to talk, and for
supporting me at my
prenatal appointments!*
-SPP Parent”

3,597 hours of
parent support
services
provided to **32**
families

CHILD CARE SERVICES

Child Care Services staff members are committed to supporting families by reimbursing child care providers through a variety of subsidy programs. Staff also assist families in finding the right child care provider to fit their needs and offer support and supplies to the child care providers when they need it. For many families, affordable child care is necessary in order to seek and maintain employment, expand education, and many other reasons that are vital to a healthy community. It is also a great way for children to learn socialization skills and start their early education journey.

CalWORKS Stage 1 is a parent choice program which supports families to choose from a variety of child care options: center-based, licensed family child care, or family/friend/neighbor care. Funded by DHHS - Welfare to Work, this program assists families to become self-sufficient. Once stable, these families can transition to Stage 2 or 3.



Alternative Payment and CalWORKs Stage 2 and 3 are parent choice programs funded by California Department of Social Services and support families to select from centers, licensed family care, and family/friend/neighbor.

This year, Child Care Services assisted:

“*Your services allowed me to find kind, amazing, and dedicated care for my child* --Parent”

1,902
Children

952
Families

396
Child Care Providers

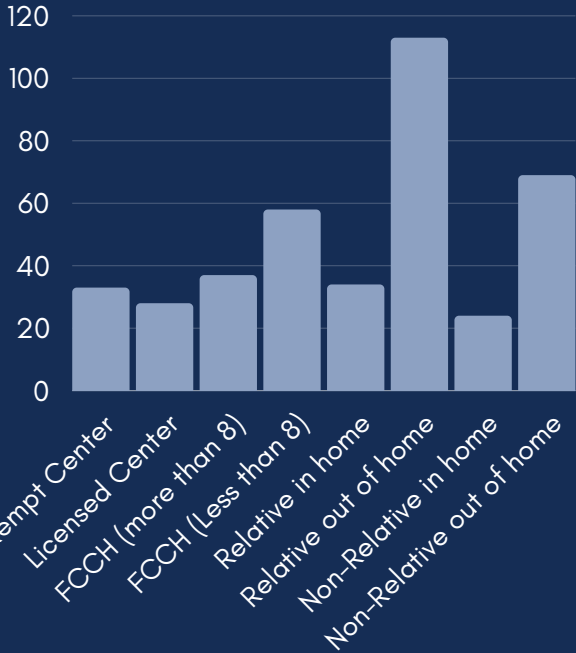
\$7,036,670
payments to providers to support families with the cost of child care

\$961,002
additional stipends to child care providers



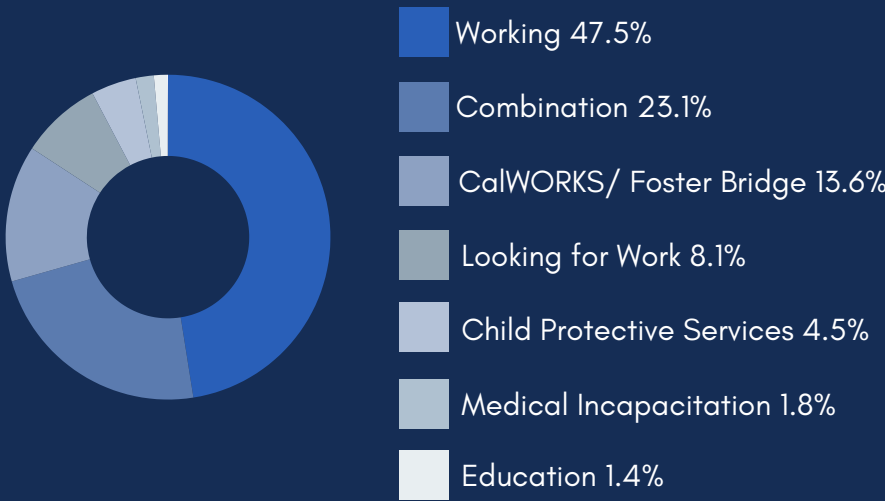
The [Foster Bridge](#) program provides emergency child care for families who may be asked to take in a child at a moment's notice and still be able to work. This program assists with finding a child care provider and supports paying for child care.

Foster Bridge supported **12** families and **16** children with child care



The providers in the [Family Child Care Home Education Network \(FCCHEN\)](#) offer enhanced services for children 0-13 years old, including developmental assessments of children in care, education curriculum, and nutritious meals at no cost.

PRIMARY REASON FOR CHILD CARE



Early Head Start - Child Care

[Partnership \(EHS-CCP\)](#) is a program for children age 0 to 4 years whose family is also under the federal poverty line and enrolled in FCCHEN full time. These providers assist enrolled children in their journey to school readiness.

Supportive Services for **EHS-CCP** Providers:



36 hours of Mental Health Consultation

156 boxes of diapers provided

\$82,653 to support child care health and safety

RESOURCE & REFERRAL SERVICES

Resource and Referral (R&R) Services play a vital role in the community, offering individualized support to parents, guardians, child care providers, and local organizations. During emergencies, including the recent pandemic, R&R staff are on the front lines, coordinating with local partners, supporting the resiliency of families and child care providers, and advocating for state and federal resources. From free referrals for child care and other services, to parenting classes, food and nutrition, supplies, hot meals, and technical assistance, our team is dedicated to meeting the needs of our community.

Our Parent Services team supports parents and guardians to ensure children are able to thrive. In our community, something as small as providing dinner for a family, offering parenting classes, or providing a space for parents to come together to share thoughts and ideas can make a world of difference in a family's journey.

6,431
referrals for
child care

32 hours of
parenting classes
supporting
resiliency



121 community
resource bags
given to
families

930 meals
provided to
families in the
community through
10 Pop Up events

Capacity Building & Professional Development

provides child care business owners and other caregivers with trainings, technical assistance, and collaborative support groups to expand care opportunities, advance knowledge of child development, and improve the quality of care. Our goal is to help increase the availability and sustainability of early education in our area. Trainings include trauma informed care, preventive health & safety, gender diversity, fire safety, business practices, and more.



30 CalFresh educational activities with **183** child participants

66 professional development trainings with a combined total of **412** early childhood education participants

CalFresh Outreach and Nutrition

Services offers CalFresh

application assistance to anyone in the community. Staff also host demonstrations and activities for children to promote a healthy and nutritious lifestyle.



Child Care Food Program supports participating licensed family child care home and TrustLine cleared providers in ensuring children have healthy meals and snacks. Providers are reimbursed per USDA guidelines. This past year, **\$353,993.61** was reimbursed to providers to support healthy meals for the children in their care.

“ I think this training was fantastic, I loved it, even more, I learned a lot, and I am pretty sure that it will help me, to help children for a better future... I will be willing to keep preparing myself to encourage children for the future, but even more for a better life...
--CCIP Participant”

GOVERNANCE FY 22-23

For more than four decades, 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.

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Vice President
Diana Hight
Secretary/Treasurer
Keta Paulson
Members at Large
Kira Norton
Brooke Epperly
Jim Rizza
Kim Grabo
Kayla Corder

SOURCE OF FUNDING FY 22-23

- California Department of Developmental Services
- California Department of Education
- Humboldt County Department of Health and Human Services
- Humboldt County Office of Education
- Redwood Coast Regional Center
- California Department of Social Services
- Child Care Resource Center
- California Child Care Resource and Referral Network
- Superior Court of Humboldt County

Changing Tides Family Services is audited annually by an independent Certified Public Accounting firm.

THANK YOU TO OUR FY 22-23 DONORS

Throughout the year, we received monetary donations along with COVID supplies and test kits that were used to help keep families and child care providers safe. All support is greatly appreciated and helps our agency do more in the community.

O&M Industries
My Walgreens
DHHS Public Health

MAKE A DONATION

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 and gifts.

Donate directly to Changing Tides Family Services: www.changingtidesfs.org/donations
Donate to the Changing Tides Family Services Fund held by the Humboldt Area Foundation: <https://hafoundation.org/ways-to-support/give-now/>

Changing Tides Family Services is located at 2259 Myrtle Avenue in Eureka, CA
Call us at 707-444-8293 or 800-795-3554 or find us at www.changingtidesfs.org
Hablamos Español

