How to get connected to DHHS and other services:

A wide variety of services for children, families and parents are available in Humboldt County. Family Resource Centers and Head Start link families to a number of available resources, including DHHS, other government agencies, non-profit and for profit businesses.

Family and Community Resource Centers connect families with services, partner with programs and services to bring them into communities, and sometimes offer direct services. The focus is on prevention and early intervention. Family Resource Centers are an excellent option for families that have multiple needs and for families that prefer a very local community-based resource.

Head Start provides focused assistance to parents of children five and under in securing resources for families in areas such as food security, safe and adequate housing, family counseling, and the many other challenges that parents face in creating a healthy and nurturing environment for their children.

The Humboldt Community Switchboard (2-1-1) is a resource for those who prefer a more self-directed approach to seeking resources. Callers speak to a highly-skilled specialist who links them to the right telephone numbers for real help. An online database is also available.

First Five Humboldt promotes the community building process with the numerous programs it collaborates with and funds. Partners include the Family Resources Centers and The Humboldt Community Switchboard.

Preventative Measures and Services Offered Directly by DHHS include:

**Parenting Support**

- Nurse Family Partnership: First time, low income mothers are partnered with a registered nurse during their pregnancy, and are provided support from birth through the child’s second birthday.
- SafeCare: Trained home visitors work with families who have children ages 0-5. SafeCare is well-suited to address child neglect, the most common form of maltreatment.
- Incredible Years: a parenting program for families with children ages 3 to 8. The program is designed to enhance parenting skills and build supportive networks among parents.
- Healthy Moms: an alcohol and drug addiction treatment program. Its goals are to assist women in treating their addictions and to support them to become healthy, productive women and mothers. Child care provided on site for children under the age of 6.
- Children’s Support
- Parent Child Interaction Therapy (PCIT): a clinical approach working one-on-one with parent and child to enhance parenting skills and parent-child relationships. Sessions are conducted by a licensed Mental Health clinician.
- Functional Family Therapy (FFT): a family based therapeutic approach conducted in the family’s home designed to assist parenting and enhance family functioning. Therapy is conducted by specially trained Mental Health staff.
- Trauma-Focused Cognitive Behavioral Therapy: an approach that incorporates trauma sensitive interventions to aid children who are experiencing difficulties due to traumatic events.
Adult Mental Health Services

- Alcohol and Other Drugs (AOD) Treatment: Mental Health provides individual and group treatment for individuals with problems involving alcohol and other drugs.
- Healthy Moms: A specialized AOD treatment program for pregnant and parenting women, focused on parents of children under 5 years of age. The program includes a state of the art child care center and provision of ongoing support for program participants after they have exited the formal program. PCIT is offered as a part of the Healthy Moms program.
- Dual Recovery Program: an Evidence-Based Practice (EBP) focusing on individuals experiencing severe mental illness as well as a co-occurring significant substance abuse disorder. It is designed to provide integrated treatment for both the substance abuse and the psychiatric disorder.

Benefits

- Health Care Coverage: DHHS-Social Services enrolls children and families in the Medi-Cal program and in subsidized insurance through Covered CA, expanding coverage for and access to medical, dental, and behavioral health services.
- CalFresh: Nutritional support for income eligible families.
- CalWORKs: Need-based program administered by Social Services; financial and work supports for families with minor children in the home. Family Stabilization services and the Housing Assistance Program provide robust supports; needs are assessed family by family, and support for temporary and long term housing is a priority.
- The Child Health and Disability Prevention Program (CHDP): a health promotion and disease prevention program serving infants, children and teens. Refers families to health care providers if they do not have established medical homes and to Medi-Cal if they do not have insurance.
- California Children’s Services (CCS): A state program for children with certain diseases or health problems. Through this program, children who have specific disabling conditions up to 21 years old can get the health care and services they need.
- Women & Infants with Children (WIC): The WIC Supplemental Nutrition Program for income-eligible pregnant, breastfeeding and non-breastfeeding women and children under the age of five receive benefits for healthy family eating.

DHHS has available resource listings covering: food; clothing; housing/energy assistance; housing-recovery; child care; drugs and alcohol; employment; family planning; health including dental, medical, optometry, and coverage; Native American services; legal aid; mental health; personal grooming; domestic violence; parenting classes; transportation; breastfeeding support; and more.