



Resources for Families, Parents and Children

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 and Community Resource Centers connect families with services, partner with programs and services to bring them into communities, and may 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 local community-based resource. Head Start provides focused assistance to parents of children five and under in addressing the many other challenges that parents face in creating a healthy and nurturing environment for their children. 2-1-1 Humboldt Information and Resource Center provides callers expert assistance in locating local resources.

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. Safe Care 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: A substance use disorder (SUD) treatment program. Its goals are to assist women in treating their problematic substance use and to support them to become healthy, productive women and mothers. Child care is provided on site for children under the age of 6.
- Smile Humboldt Family: Low income children 0-12 years old with active dental decay and their family are partnered with a dental coach to help navigate to dental care, enhance preventive behaviors, improve nutrition, receive oral hygiene supplies, and raise the importance of oral health as a component of overall health.

Children's Support

- Early Childhood (0-5) services: a clinical approach working one-on-one with parent and child to enhance parenting skills and parent-child relationships..
- Individual Therapy: therapeutic support for children/youth to address a wide variety of mental health concerns, build skills, and improve functioning.
- Family Therapy: a family based therapeutic approach focused on improving relationships and enhancing family functioning. .
- Trauma-Focused Therapy: an approach that incorporates trauma sensitive interventions to aid children who are experiencing difficulties due to traumatic events.
- Adolescent Treatment Program (ATP): ATP offers outpatient treatment for young people ages 12 to 18 with a substance use disorder. Services are created to empower participants to make positive changes in their lives. This program is designed to provide care to clients in their community, home or the office.

Adult Mental Health Services

- Humboldt County Programs for recovery (HCPR): DHHS – Behavioral Health provides assessment, individual and group treatment, and referrals for individuals with problems involving alcohol and other drugs. HCPR also includes dual recovery program that offers mental health and substance use disorder treatment to individuals experiencing mental illness, whether moderate or severe. Therapy groups include (but are not limited to): Men’s Recovery, Women’s Recovery, and Dad’s Program.
- Healthy Moms: A specialized SUD 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.

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. Needs are assessed family by family, and often more supports are available through CalWORKs companion programs.
- 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, and Children (WIC): The WIC Supplemental Nutrition Program is for income-eligible pregnant, breastfeeding and non-breastfeeding women and children under the age of five who receive benefits for healthy family eating.

DHHS has available resource listings covering: food; clothing; housing/energy assistance; child care; substance use disorder; employment; health coverage and services; Native American services; legal aid; mental health; domestic abuse; parenting classes; transportation; breastfeeding support; and more. [You can access our Humboldt Community Resource List at https://humboldt.gov/](https://humboldt.gov/).

<ul style="list-style-type: none">• Humboldt Behavioral Health-<ul style="list-style-type: none">○ Adults (707) 268-2900,○ Children (707) 268-2800• 24 hour crisis line: (707) 268-2915• Humboldt Community Switchboard: 2-1-1• CHDP: (707) 445-6210• Nurse-Family Partnership: (707) 268-2105• Health Care Coverage, CalWORKs & CalFresh: (877) 410-8809 (Eureka)	<ul style="list-style-type: none">• Women, Infants, and Children: (707) 445-6255• California Children’s Services: (707) 445-6212• Incredible years: (707) 441-5056• Healthy Moms: (707) 441-5220• Adolescent Treatment Program: (707) 441-3773
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