

Every April CAPCC honors individuals and/or organizations that are doing exceptional work in the field of child abuse prevention and intervention. The following are our 2024 Children First recipients.

April 2024 Children First Award Recipients

Humboldt Independent Practice Association School Based Wellness Programs

The Humboldt Independent Practice Association School Based Wellness Programs has expanded in the last four years to now support 13 schools. The Wellness Centers are safe spaces for students during school hours that may need social emotional support, but they're also hubs of support for entire families. The team within the Wellness Centers work to support the entire family through a holistic approach.

Families work closely with the SBWP to create their own goals. This empowering approach works to uplift families to meet their unique needs. The SBWP has helped families secure long term housing, mental health support, become secure with food resources, etc. Specifically, at the Peninsula Wellness Center we have developed "Family Nights." Every month our families come together for dinner and discuss a topic they have selected. For example, "How to Talk with Youth about Substances." A record number of families have been attending each month to explore some difficult topics.

In addition, to create family nights the School Based Wellness Centers are uniquely poised to offer prevention/intervention services. Students are referred to the Wellness Center for anger management, anti-racist interventions, brief interventions, self-harm interventions, etc. Students meet with the Wellness Centers Youth Intervention Specialists to explore a variety of interventions that work to help improve the school climate.

The School Based Wellness Programs also offer Empowerment Groups throughout Humboldt County. These groups are voluntary, peer support groups that explore topics around: anxiety, body image, depression, emotional development, healthy relationships, sexuality, substance use, and so much more. Students select the topics they would like covered in their affinity group. (Girls Group, Multicultural Group, Young Men's Council, and Pride.) For example, in Pride group students discuss how to "come out" to their families. In the Young Men's Council, they explore "healthy competition" and so much more. These groups also work to uplift students by hiring them as Peer Educators. In these positions students are trained to co facilitate empowerment groups and support their peers as they explore their own identities.

The Humboldt IPA School Based Wellness Programs are a perfect example of prevention and intervention work within the Humboldt Community. They work with over 1000 youth, and their families to support them in reaching their full potential.

[The Humboldt Independent Practice Association School Based Wellness Programs – Humboldt IPA](#)

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Haydee Hopkins, MSW – Paso a Paso (Step by Step), Community Health Investment Social Worker

Ms. Hopkins works as a social worker for Paso a Paso Program part of the Community Health Investment Department at Providence St Joseph Hospital. Before starting to work there she worked for Northcoast Children Services for the Early Head Start Program as a home visitor.

She is an immigrant from Central America who came to Humboldt in 1998 after living in the Bay Area for a few years. Following her mom's steps she grew a passion for helping others. This passion and love for children took her to study child development and social work.

As part of her job, she has the opportunity to connect Spanish-speaking families in the county with resources available in the community according to each individual needs.

Ms. Hopkins provides parents the opportunity to meet via Zoom for a parenting support group once a week. This is a safe space where parents can share their experiences and struggles while they learn about child development, health, wellness, safety, trauma, among many other topics parents would like to know more about.

Last year, parents participated in a series of classes called Attachment Vitamins. During these classes, parents learned about communicating with their children, the development of fears in children, the impact of trauma, and moments of connection.

Another series of classes presented to parents was Abriendo Puertas, which was coordinated with First 5. This a series of 10 classes focus on Latino families living in the USA. Some of the topics covered in these series are: early reading and math, good health, social and emotional well-being, media and technology, transition to kindergarten, and advocacy for children.

This year Ms. Hopkins was able to coordinate a series of First Aid Mental Health Services focused on parents of preadolescents and adolescents in the Ama tu Vecindad Program from McKinleyville Family Resources Center.

Ms. Hopkins also coordinates with the DHHS to provide Child Passenger Safety Classes for Spanish-speaking families in the county.

In addition, Ms. Hopkins coordinates with Daisy Ambris-Perez from Friends of the Dunes and other community programs to provide families with a chance to visit new places through field trips. This way families can interact with each other in person. This is another way for them to relax and have a good time with their families.

When families have questions and need individual support, they reach Ms. Hopkins for guidance. She has supported many families through difficult and joyful times. She feels blessed to have the opportunity to be able to support parents in their journey to raise their children.

[Paso a Paso \(Step by Step\) | Providence](#)

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Carolyn Albee, MA, PPS - Humboldt Bridges to Success Supervising Mental Health Coordinator



Carolyn Albee is a true gift to our community, dedicating an admirable 30 years to tirelessly serving children, youth, and parents on various fronts. Her unwavering commitment and exceptional contributions make her the perfect recipient for this year's Children First Award.

In her early years, Carolyn played a pivotal role in a Child Welfare Services (CWS) home visiting program, working tirelessly with families to provide stability and prevent children from being placed in foster care. Her compassionate approach and dedication led her to a supervisory role, where she mentored young social workers, modeling kindness and empathy for families in need of support. Carolyn's visionary leadership played a key role in establishing the TAY division, a one-stop safe haven for system-impacted young people aged 16-25.

Transitioning to Eureka City Schools, Carolyn continued her impactful work by coordinating a family resource center. Here, she facilitated parent support and training classes, ensuring families had access to essential resources and support services. Carolyn's ability to engage both students' families and school staff proved invaluable as she advocated for the most marginalized groups—students in the foster care system and those experiencing homelessness. Her efforts helped these young individuals develop a sense of belonging within their school community.

For the past six years, Carolyn has been a driving force behind the integration of mental health services into the school system through the Humboldt Bridges to Success program. Under her leadership, the program provided critical mental health support to students across the county, spanning from Garberville to Orick.

Carolyn's open heart, deep understanding of the challenges faced by children, youth, and families in Humboldt County, and her unwavering desire to give make her a standout leader in our community. There is no one more deserving of the Children First Award this year than Carolyn Albee. Her impact on the lives of countless individuals has been profound, and her legacy of compassion and service is truly remarkable youth he works with directly.

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Officer Jayme Clark - Mental Health Officer, Community Safety Engagement Team (CSET) Eureka Police Department

Officer Jayme Clark from the Eureka Police Department is a champion of children and families. She is the current Mental Health officer for Eureka PD's Community Safety Engagement Team and goes above and beyond her job description when it comes to children.

Her capacity to work with grace on the front lines, at times in crisis situations or with people in difficult emotional circumstances, is exceptional. People of all ages know she will treat them with dignity, respect, and authenticity. We acknowledge you for your kindness and compassion, and all that you do each day for our community.

[Community Safety Engagement Team \(CSET\) | Eureka, CA \(eurekaca.gov\)](#)

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