

Caring for Yourself and Your Children



Good Work: The Family Resource Centers By Michael Kraft

**Child Abuse Prevention Coordinating Council of Humboldt County
www.capcchumboldt.org
P.O. Box 854, Eureka, CA 95502**

Humboldt County benefits from the work of 15 family resource centers, situated throughout the county, with programs tailored to the diverse needs of those local communities. Services include things like food distribution and navigating the processes that go with government services such as MediCal, CalFresh, and CalWORKs. This all supports the simple and powerful mission of the centers, strengthening “child, family, and community health and well-being.”

I spoke with Amy Terrones, of the Southern Humboldt center, who chairs the Humboldt Family Resource Center Network. Amy says that the easiest way to think of the centers is that they are regional centers supporting the most basic needs of Humboldt’s families.

Each center is unique and there are different fiscal sponsors, organizations like school districts, Providence/St. Joseph’s, and community centers. The services, broadly speaking, tend to be similar, but delivery methods likely vary. For example, community centers, such as the one at the Jefferson Community Center in Eureka, are able to serve people returning to society from the criminal justice system while being housed on the Redway Elementary School site with the restrictions that come with that, the SoHum center cannot. There are trade-offs, Amy says, but she loves being on a school campus. The McKinleyville operation cohabitates with the county’s Department of Health and Human Services, so at that site someone can walk in and immediately connect with an eligibility counselor. In SoHum, it’s more like a warm handoff to the social services agencies.



Amy Terrones (HNFRC Chair, and Coordinator of the So Hum FRC) and Candy Stockton (Humboldt County Health Officer) at the 2025 Service Provider Roundtable, which is co-hosted by the Humboldt Network of Family Resource Centers.

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I asked Amy how she came to be involved. After a short pause, she said, “I didn’t know what I was getting myself into.” She moved from Eureka to SoHum, where the health care district hosts the center. In looking for work, she found a job description didn’t actually seem to fit her, seemingly pretty medical. “Much to my delight, the position was with the Family Resource Center.” Marianne Pennekamp, the late- and formidable- godmother of family resource centers nudged Amy toward family resource centers, some 11 years ago. “I love the work we do. And if you talk to other FRC coordinators, you’d hear similar things.”

When asked how community members might become involved, Amy related that it ideally starts with participating in the centers’ activities. Again, the specific centers vary. Amy says to check with your local center. She also suggests responding to invitations to participate in surveys and listening sessions. Most sites engage with Food For People, and donations to FFP earmarked for use by a family resource center is another excellent way to help.

I inquired about the budgetary situation, Amy replied “I’m a pretty incurable optimistic.”

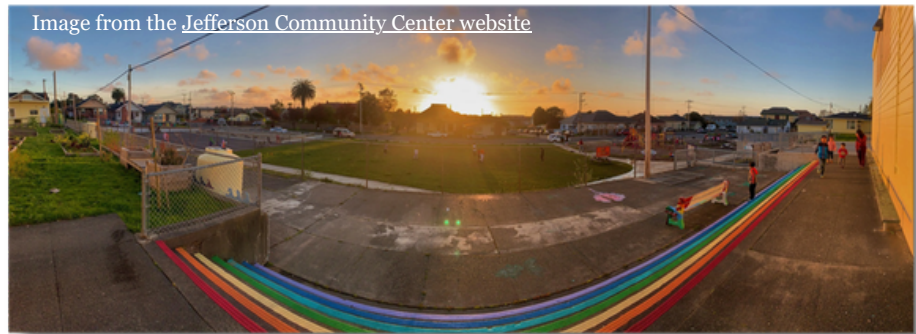


Image from the [Jefferson Community Center website](#)

She noted that centers took a 5% cut to their CalFresh (supplemental nutrition) allotments. However, Humboldt County, and SoHum specifically, are very supportive and shine the brightest during crisis. The Humboldt Area Foundation stepped up significantly in 2025 to backfill some funding cuts. The government shutdown caused stress and anxiety to figure out “what we can do, and how we could do it. Again, we received a beautiful amount of communications from the community on how to help.”

Food For People also doubled down on food distributions in Alder Point and Myers Flat. With the shutdown, the SoHum Family Resource Center doubled their frequency of distributions during the shutdown. Community First Credit Union reached out to provide extra distributions for the holidays. Other organizations also chipped in. So, while they took that cut to CalFresh, donations in SoHum more than offset that.

While the work of all of the centers deserves to be uplifted,

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we're not able to cover them all here. You can, however, find the full list and their contact information at <https://www.hnfrc.org/>.

Amy wanted particularly to salute the vision and leadership of the McKinleyville Family Resource Center. "What they have done in McKinleyville

has been a game-changer. They're really paving the way. There's still more work to do, but the McKinleyville center represents a dream come true. On a smaller scale, I feel the same way about SoHum. We created a wellness center at South Fork High School, rehabbing a run-down building...a place where kids could come, decompress, get a snack and access services. We worked with HCOE to get wellness coaches. We have a prop 64-funded drug and alcohol prevention position. That wellness center is just popping!"



"I really want to make sure folks know that we have services that aren't based on their income level. If you're a human experiencing an issue, we may not have all the answers but there is nothing that is too unique to a person to take it up with their local Family Resource Center."

In the end, Amy Terrones wants to normalize building supportive communities. And if that's not good work, I don't know what is.

Michael Kraft writes the Good Work series, volunteering on behalf of the Northern California Association of Nonprofits (NorCAN). NorCAN supports connections between people and organizations that work every day to keep our communities healthy and strong by offering professional development, board support, networking connections and more. Learn more at <https://norcal-nonprofits.com/>. To nominate a deserving nonprofit organization to be profiled, email michael@kraftconsultants.com.



<https://www.hnfrc.org>



Getting to Know: Your Local Humboldt County Library

Humboldt County Library locations in Trinidad, McKinleyville, Arcata, Blue Lake, Willow Creek, Hoopa, Eureka (Main Library), Fortuna, Ferndale, Rio Dell and Garberville, along with a Bookmobile. At several locations we offer weekly or monthly preschool Storytime and in Arcata & Eureka there are programs for babies. There are Lego Clubs, crafts, special events, and more designed for families. The mission of the Humboldt County Library is to strengthen our community by educating, inspiring, and connecting people. Our vision is a welcoming, healthy, and prosperous community where there are abundant opportunities for learning and creativity. Library cards and programs are free and you can find the full schedule at www.HumLib.org. Check out our public library today!



Humboldt County Library Locations

Arcata Branch Library

500 7th St., Arcata, CA 95531
707-822-5954

Blue Lake Branch Library

111 Greenwood Ave., Blue Lake, CA 95525
707-668-4207

Bookmobile

707-267-9933

Eureka Main Library

1313 3rd St.,
Eureka CA 95501
707-269-1915

Ferndale Branch Library

807 Main St., Ferndale, CA 95536
707-786-9559

Fortuna Branch Library

753 14th St., Fortuna, CA 95540
707-725-3460

Garberville Branch Library

715 Cedar Street, Garberville CA, 95542
707-923-2230

Kim Yerton Memorial Library

370 Loop Road, Hoopa, CA 95546
530-625-5082

McKinleyville Branch Library

1606 Pickett Road, McKinleyville, CA 95519
707-839-4459

Rio Dell Branch Library

715 Wildwood Ave., Rio Dell, CA 95562
707-764-3333

Trinidad Branch Library

380 Janis Court, Trinidad, CA 95570
707-677-0227

Willow Creek Branch Library

Corner of Highways 299 & 96, Willow Creek, CA 95573
530-629-2146

Understanding Secondary Trauma in Helping Professions

By Leticia Padilla Navia



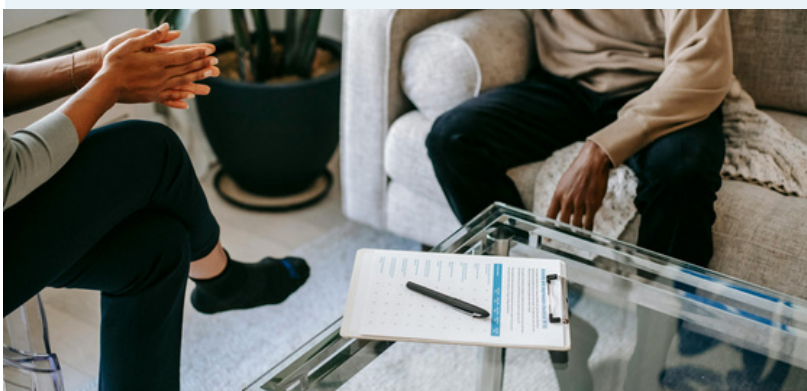
Every day, across the country, countless social workers, therapists, healthcare providers, case managers, educators, dedicate their lives to helping others to heal. But what happens when the act of caring becomes a source of emotional injury?

A growing body of research on Secondary Traumatic Stress—also known as compassion fatigue or vicarious trauma—reveals a sobering truth: the emotional fallout from helping others can be just as damaging as direct trauma. Secondary traumatic stress (STS) is the emotional residue left behind when professionals are exposed to the suffering of others. Though they may not have lived through the trauma themselves, those who listen to and absorb stories of pain often experience symptoms nearly identical to post-traumatic stress disorder. These may include intrusive thoughts, sleep disturbances, emotional exhaustion, and even physical ailments such as headaches, stomach problems, or chronic fatigue.

Unlike burnout, which develops gradually through overwork, STS can occur suddenly—sometimes after a single particularly painful case. It often creeps in when helpers empathize deeply and absorb the sorrow of the individuals they serve, carrying that invisible weight into their personal lives. Anyone working closely with trauma survivors, especially children, is vulnerable. Those with high empathy or unresolved personal trauma face even



greater risk. In today's political climate and amidst ongoing financial cuts, many providers are overwhelmed with caseloads they can't adequately support. On one hand, essential resources are lacking; on the other, existing services are saturated and unable to take on more clients. This reality deepens providers' own experiences of stress, hopelessness, and grief, as they face the painful gap between the needs they witness and the support they can offer. ...continued on page 6



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The signs of STS are often mistaken for everyday stress—irritability, lack of motivation, emotional detachment, or fatigue. But when ignored, these symptoms can lead to job dissatisfaction, absenteeism, high turnover, and mental health crises. Some professionals begin to withdraw, missing appointments or avoiding certain clients altogether. Others may carry guilt for feeling drained or needing time off. The impact isn't limited to the individual.



Secondary trauma can seep into entire organizations, lowering morale, straining teams, and ultimately compromising the quality of care provided to the very children and families most in need of stability and support.

Fortunately, there are ways to protect and restore those who care for others. Experts emphasize that the first step is naming the problem. Recognizing that secondary trauma is a common occupational hazard helps reduce stigma and encourages open dialogue. Supportive supervision models—particularly reflective supervision—give professionals a safe space to process their emotional responses to challenging work. Practices such as the “Pause–Reset–Nourish” framework can also help caregivers check in with themselves, regulate stress, and reconnect with joy, purpose, and resilience. This daily habit might include breathing exercises, grounding routines, movement, humor, or simply pausing to remember a meaningful moment at work.



Self-care is essential, not indulgent. Whether it's journaling, getting adequate sleep, spending time with loved ones, engaging in spiritual practices, or setting healthy boundaries, these acts are vital to preserving long-term wellbeing. At the organizational level, policies must reflect a trauma-informed culture. This means manageable caseloads, flexibility, peer support, and space for decompression after crisis events. The health of those who care for others must be seen as a priority, not an afterthought.

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One of the most amazing things in life is that when we genuinely support others, we also end up helping ourselves. But for those who help today, that compensation must be intentional, supported, and protected. The cost of caregiving is real, but so is the power of collective compassion. If we want to continue healing the wounded, if we are to continue healing the wounded, we must start by healing the healers.

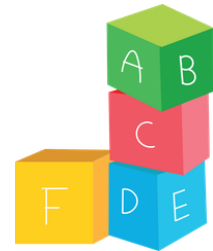
First 5 Humboldt

Address

325 Second Street,
Ste. 201
Eureka, CA 95501
(P) 707- 445-7389
(F) 707-445-7349

Hours

Monday through
Thursday
9:00 am – 5:00 pm
Fridays, 9:00-noon
or by appointment



@first5humboldt

<https://www.first5humboldt.org>

Humboldt County Probation Department and The Parent Project®

Since 2024, Humboldt County Probation Department (HCPD) has utilized Family First Prevention Services Act (FFPSA) grant funding to bring in-home skill-based parenting classes to the community of Humboldt County, in the form of The Parent Project®.

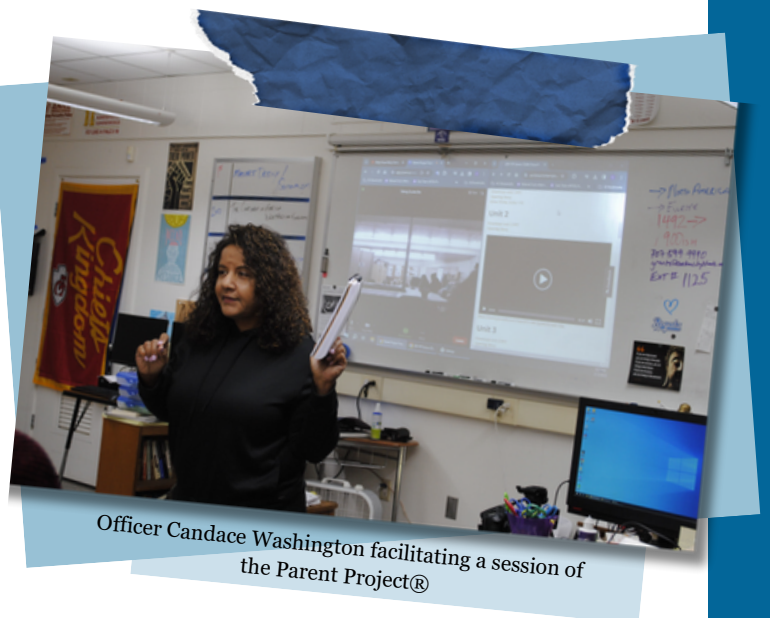
The Parent Project®, is a 10 to 16-week course for youth ages 10 and up, written by law enforcement officer Ralph Fry and

psychologist Roger Morgan, Psy. D., in 1987. The goal was to teach parents and caregivers both prevention and intervention skills for destructive behaviors in youth (like chronic truancy, conflict, social media influence, drug use, bullying), allowing them to support their child in making positive behavior changes, setting them up for success in the future. Over the years, more than 500,000 parents of high-risk youth have helped design this program through the questions they brought forward about raising their kids.¹

For HCPD, determining how to implement their share of FFPSA dollars began when Juvenile Services Director, Megan Gotcher, wanted to address barriers to accessing prevention services and eliminate gaps in how those services are delivered.

The department sponsored Parent Project training for Southern Humboldt Family Resource Center (FRC) staff, Rio Dell Community Resource Center (CRC) staff, and a Teen Court staff member. Once trained, the department piloted a hybrid version of the course, in partnership with Southern Humboldt FRC and Rio Dell CRC. The County Prevention Plan paid for zoom licenses at all FRC sites to allow for access to services in remote

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communities and virtual participation. The department distributed stipends in the amount of \$2,000 to cover material fees and allow for sites to address barriers specific to their community. Some examples included providing meals, transportation costs, childcare needs, and whatever else they saw fit.

Participants met in person at their resource center and joined HCPD's session facilitated by Officer Candace Washington at Zane Middle



Hosted by Humboldt County Probation

CALLING ALL PARENTS AND CAREGIVERS!

The Parent Project

Empowering Parents Transforming Teens

- Learn how to never argue with your child again!
- Improve school attendance and performance!
- Explore concrete solutions for media issues!
- Prevent or intervene in alcohol or drug use!

Free 10 Week Course!
 Questions? Call Candace at (707) 268-3338.
 March 10 - May 19
 Tuesdays, 6-8:00 PM at Zane Middle School
 Dinner and childcare provided!

Scan the QR code to register!

School via zoom, allowing collaboration between multiple sites, and then broke out into smaller sessions to do in-person activities and build relationship with their local peers.

Since then, HCPD and these centers have continued to host sessions of The Parent Project®, sometimes with more than 40 participants, expanding prevention efforts in our communities and removing barriers to access and participation.

HCPD offers The Parent Project® twice a year, at Zane and Winship Middle Schools. You can find more offerings of the course at <https://parentproject.com/parent-classes/>, by looking at your local Resource Center's website <https://www.hnfr.org/>, or checking out various social media pages in the community.

Humboldt County Probation Department

Address

2002 Harrison Ave.
Eureka, CA 95501
(P) 707-445-7401
(F) 707-445-1627

Hours

Monday - Friday
8:00 am - Noon
1:00 pm - 4:30 pm




[@humboldt_county_probation](https://humboldt_county_probation)

<https://humboldt.gov/145/Probation-Department>

SPRING INTO WELLBEING

Family Activity Calendar

Click on the words to view resources and activities.

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|--|--|---|--|---|--|---|
| Food for People  First 5 Humboldt | Humboldt Family Resource Centers | 211 Humboldt RAISING KIDS WHO THRIVE | MyFamily - California Women, Infants & Children Program | BenefitsCal - Apply for CalWORKs, CalFresh, Medi-Cal | Certified Farmer's Market Locations  | California State Parks Pass |
| National Alliance on Mental Illness (NAMI) California | GET INVOLVED When We Care Together, Families Thrive  | Stories and advice on raising kind, caring and resilient children | TOGETHER TIME Family Activities to Strengthen Your Connection | How to Talk to Kids about Tough Topics  | TIPS FOR DAD Strong Families, Safe Futures | TALK ABOUT IT How Can We Communicate Better? |
| CO-CREATE A SNACK Homemade Nutritious Snacks & Treats | BEDTIME ROUTINE FOR BETTER SLEEP 10 do's & don'ts | Tips to limit screen time and being present with your child | Mastering the Zones of Regulation | Supporting neurodivergent children with personal care  | POPULAR VIDEOS TO GET KIDS MOVING Danny Go! Go Noodle Koo Koo | These are the best healthy snacks I give my 4 kids from Costco  |
| COOL-4-DADS Introducing kids to a new sport from a father's perspective | Essentials for parenting toddlers and preschoolers  | PASSENGER SAFETY Ultimate Car Seat Guide | Helpline for Child Passenger Safety: 800-745-SAFE (English) | KITCHEN SAFETY Kitchen Safety: 10 Tips for Families With Young Children | FIRE SAFETY Fire Safety: Planning Saves Lives | POISON PREVENTION Childproofing Your Home for Poisons |
| Poison Control at 1-800-222-1222  | PARENTING TEENS Essentials for Parenting Teens | FAMILY EVENTS  #seeCalifornia | Ages & Stages: Activities 1 year Activities 2 years | Ages & Stages: Activities 3 years Activities 4 years 5 years | YEAR OF PLAY MONTH BY MONTH Year of play month by month | CONNECT, TALK AND PLAY How every child can thrive by five |
| MAGIC TRICKS 10 magic tricks kids can do using school supplies | Changing Tides Family Services  | Humboldt Maternal, Child & Adolescent Health | Smile Humboldt Family  | The Youth Service Bureau | CAPCC Roundtable, May 22nd, 2026 9 am-4:30 pm | CAPCC Humboldt Family First  |

CHILD ABUSE PREVENTION COORDINATING COUNCIL
OF HUMBOLDT COUNTY 2026 ROUNDTABLE

BUILDING BRIDGES: COMMUNITY PARTNERSHIPS AND CHILD & FAMILY SAFETY

**SAVE
THE DATE**

Free event

Pastries & lunch provided

Networking opportunities

SB 119 - January 2025

Catering by McKinleyville High
School

More to come!



Fortuna River Lodge | 1800 Riverwalk Dr Fortuna, CA 95540

MAY | 22ND | 2026



<https://2026Roundtable.eventbrite.com>

The event location is ADA compliant. For more information or to request additional
access needs email capcchumboldt1@outlook.com



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The Child Abuse Prevention Coordinating Council of Humboldt County is a broad-based non profit advocacy organization that works to eliminate child abuse and neglect in our community through (1) striving to assure coordinated services and policies for the prevention, intervention and treatment of child abuse among agencies and organizations, (2) actively promoting and supporting high-quality programs that successfully reduce child abuse and neglect and (3) increasing public awareness of resources to help prevent child abuse and decrease family stress.

CAPCC Mission

Strengthening community connections to promote safe, healthy, resilient children & families in Humboldt County.



[@capcchumboldt](https://www.instagram.com/capcchumboldt)



Special Thanks to:

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Michael Kraft
Megan Gotcher
Sarah Gross

Newsletter Edited by:

Lauren Dahl
For feedback or questions
contact Lauren at
coordinator@capcchumboldt.org
707-601-4105



Please consider joining us to create a safer community for our children and fill out a general membership application, a short process and completely free. It is available on our website: www.capcchumboldt.org.