



# 2026 Community Needs Assessment

Prepared for Community Action Partnership of  
Lancaster and Saunders Counties

March 2026

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March 2026

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### **Acknowledgements**

We thank Dr. Janell Walther for her expertise provided throughout the assessment process. We thank University of Nebraska-Lincoln Undergraduate Research Assistants Amany Al-Barakat, Reem Ahmed, and Ruth Bailey for their assistance in resource compilation, data preparation, and copyediting. Special thanks to Taylor St. Cin and Dr. Stacie Kotschwar, who designed the infographics included in this report.



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# Executive Summary

Community Action Partnership of Lancaster and Saunders Counties (Community Action) collaborated with the University of Nebraska Public Policy Center (NUPPC) to complete a comprehensive Community Needs Assessment. The purpose of this assessment is to identify and contextualize community needs, strengths, and assets in alignment with the requirements of Early Head Start and Head Start (Head Start) as well as the Community Services Block Grant (CSBG) funding guidelines.

To evaluate the needs and assets of Lancaster and Saunders Counties – and to better understand the specific needs of children and families eligible for Head Start – NUPPC implemented several data collection and analysis activities. These included: (1) compiling and analyzing existing secondary data relevant to the assessment; (2) designing and administering a Needs and Strengths Assessment survey to community leaders, Head Start staff, and caregivers of children currently enrolled in Head Start; (3) facilitating Needs and Strengths Assessment focus groups with community members; and (4) identifying and mapping available community resources. The NUPPC used this same process in the development of the 2023 needs assessment, and, as such, particular attention was paid to changes within community needs between these assessments.

Using a mixed-methods framework, NUPPC integrated quantitative and qualitative data sources to develop the 2026 Community Needs Assessment. Key findings from this assessment are summarized below.

## Community Strengths

- 1. Availability of Community Resources.** A variety of community resources are available to those in need, particularly in Lincoln. This allows for a robust referral network. Resources located in Lancaster County also often serve Saunders County residents. Focus group participants reported that a wide variety of community resources are available to those in need combined with people available to help them connect with the resources they need.
- 2. Community Partnerships.** Community leaders and Head Start staff who participated in the focus group identified community partnerships as a key community strength as groups work together to connect residents to the resources they need.
- 3. Outdoor Parks, Playgrounds, and Trails.** Survey respondents and focus group participants rated the availability of outdoor parks, playgrounds, and trails in their community highly. They also discussed how Lincoln is very clean with low levels of environmental pollution compared to other cities. Studies show that cities with a greater area of accessible green space tend to have better public health outcomes.<sup>1</sup>
- 4. Quality of Educational Opportunities.** Focus group participants discussed the area schools as among the greatest strengths in the community for their quality and dedication to serving students' and families' needs. They reported that the K-12 schools and community college system are working together to provide an “on-ramp” towards upward economic mobility, while also connecting families with needed resources.
- 5. Community Safety.** Survey respondents and focus group participants discussed how the area is a safe place to live and that most people have a good relationship with police and firefighters.

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<sup>1</sup> Lee, A.C.K. & Maheswaran, R. (2011). The health benefits of urban green spaces: A review of the evidence. *Journal of Public Health*, 33(2), 212-222. <https://doi.org/10.1093/pubmed/fdq068>

Studies show that communities with residents who perceive lower levels of crime in their neighborhood also tend to have higher levels of neighborhood satisfaction.<sup>2</sup>

## Community Needs

- 1. Accessible, Affordable, High-Quality Childcare.** Although the Head Start Program is an affordable, high-quality childcare program, many families in Lancaster and Saunders Counties must pay private childcare providers. The lack of affordable and accessible childcare was identified as a barrier to career and education advancement for parents and caregivers. Annual center-based early childcare costs in Lancaster County exceed the annual public in-state tuition and fees at the University of Nebraska-Lincoln.<sup>3</sup>
- 2. Affordable Housing.** The lack of affordable housing, particularly in Lincoln and Lancaster County, was identified as a community need. A little under half of households in Lancaster County spend more than 30% of their income on housing (43.8%) compared to 28.7% of households in Saunders County. A lack of affordable housing puts low-income families at greater risk of homelessness.
- 3. Transportation Access.** Survey and focus group participants identified transportation as a consistent barrier to accessing services, accessing healthy foods, and maintaining employment.
- 4. Translation and Interpretation Services.** Focus group participants identified the need for a greater number of interpreters in the Community Action service area. Language was identified as a barrier to navigating social service systems, accessing medical care, and receiving legal aid.
- 5. Healthcare, Mental Healthcare, and Dental Care Access.** Cost, long wait lists, and Medicaid discrimination were identified as barriers to accessing healthcare, mental healthcare, and dental care. Dental care was identified as being particularly inaccessible for low-income families.
- 6. Healthy Food Access.** Cost, transportation, and lack of nutritional education were identified as barriers to accessing healthy foods. Increased access to culturally appropriate foods and foods that meet dietary restrictions was also identified as a need.

## Needs of Head Start-Eligible Children and Families

As members of the community, the needs listed above apply to Head Start-eligible children and families. Key findings gathered from the more specific feedback received from Head Start staff and caregivers of children currently enrolled in Head Start are listed below.

- 1. Head Start meets the needs of the whole family.** Head Start staff, and parents and guardians reported that the Head Start program strives to meet the needs of the whole family, not just the children enrolled. Parents and guardians commended the efforts of Head Start staff who work to connect them to the social services they need.
- 2. Children's educational and social-emotional needs are met with great satisfaction.** Participants agreed that the educational and social-emotional needs of children

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<sup>2</sup> Hipp, J. (2009). Specifying the determinants of neighborhood satisfaction: A robust assessment in 24 metropolitan areas. *Social Forces*, 88(1), 395-424. <https://journals.sagepub.com/doi/pdf/10.1177/0002716295539001003>

<sup>3</sup> University of Nebraska Public Policy Center. (2023). *Childcare costs*. Lincoln Vital Signs. <https://www.lincolnvitalisigns.org/economy-and-workforce/childcare-costs/>

are met through the Head Start program. Participants attribute this to dedicated staff, individualized education plans, Second Step curriculum, social-emotional screeners, and referrals to community mental health resources. Efforts to such as Parent Place were discussed as resources serving the social-emotional needs of parents and guardians.

- 3. Suggestions were made to increase meal options available to children enrolled to better meet nutritional needs.** Although Head Start staff agree that the nutritional needs of children and their families are being met, some staff, parents, and guardians expressed a desire for the Head Start program to offer less processed foods with lower sugar.

## Introduction

Community Action Partnership of Lancaster and Saunders Counties (Community Action) partnered with the University of Nebraska Public Policy Center (NUPPC) to conduct a comprehensive 2026 Community Needs Assessment. This assessment outlines and contextualizes community needs, strengths, and assets in accordance with Early Head Start and Head Start (Head Start) and Community Service Block Grant (CSBG) funder requirements. A description of how each requirement was met is included in Appendix A. The 2026 Community Needs Assessment includes the following components:

1. Community Action Service Summary
2. Community Profiles of Lancaster County, Saunders County, Lincoln, and Wahoo
3. Profile of Head Start-Eligible Children and Families
4. Community Needs and Strengths Assessment
5. Head Start-Eligible Children and Families Needs Assessment
6. Community Resource Map and List

## Methods

To assess the needs, strengths, and assets of Community Action's service area and the specific needs of Head Start-eligible children and families, the NUPPC conducted the following activities: 1) compiled and analyzed existing community data relevant to the assessment, 2) developed and administered a Needs and Strengths Assessment survey to key informants, including community leaders, Head Start staff, and caregivers of children currently enrolled in the Head Start program, 3) conducted Needs and Strengths Assessment focus groups with the same key informants, and 4) compiled and mapped community resources available to Lancaster and Saunders Counties residents. The NUPPC used a mixed-methods approach to integrate and synthesize this data into the comprehensive 2026 Community Needs Assessment.

### Compilation and Analysis of Existing Community Data

Existing community data relevant to the assessment came from reliable and publicly available sources such as the U.S. Census Bureau, U.S. Department of Housing and Urban Development, Nebraska Department of Health and Human Services, University of Nebraska Medical Center, and Nebraska Department of Education. The full list of data sources used in this assessment can be found in Appendix B. This data was used to create the Community Profiles and Profile of Head Start-Eligible Children and Families estimates. It was also used as secondary data for the Community Needs and Strengths Assessment.

Methods used in the 2023 Community Action Needs Assessment were used for the 2026 needs assessment. For most estimates in the Profile of Head Start-Eligible Children and Families section, the number of children under the age of six who were in poverty in 2026 was used to estimate the number and demographics of children eligible for the Head Start program in Lancaster County, Lincoln, Saunders County, and Wahoo. The number of women ages 15 to 50 who had given birth in the past 12 months and lived below 100% of the poverty line in 2026 was used to estimate the number and demographics of pregnant people. Calculations were performed to estimate the household composition of Head Start-eligible children using household composition data for children under the age of five who were in poverty in 2026. Calculations were also performed to estimate the languages spoken by Head Start-eligible

children and pregnant people using data on the languages spoken by individuals ages five and older who were in poverty in 2026.

## **Needs and Strengths Assessment Survey**

The purpose of the Needs and Strengths Assessment Survey is to gather quantitative data on perceptions of 1) the strengths of the community; 2) the causes and conditions of poverty and the needs of the community; 3) the education, health, nutrition, and social service needs of Head Start-eligible children and their families; and 4) typical work, school, and training schedules of parents with Head Start-eligible children. The questions included in the survey, as well as which group of participants were asked to respond to each section can be found in Appendix D. The results of this survey were used to inform the Community Needs and Strengths Assessment and the Head Start-Eligible Children and Families Needs Assessment.

The Needs and Strengths Assessment Survey was distributed to three key informant groups by Community Action via email: 1) community leaders identified by Community Action, 2) Head Start staff, and 3) caregivers of children currently enrolled in the Head Start program. The survey was sent to 60 community leaders, who include representatives of private, public, community-based, faith-based, and education departments or organizations. It was also sent to 135 Head Start staff and 526 caregivers of children enrolled in Head Start. The survey was distributed on February 4, 2026, and was made available to participants through the end of the day, February 11, 2026. A total of 96 responses were collected, of which 90 responses met the criteria of inclusion. Inclusion in the survey results required response to at least one non-demographic item throughout the survey.

## **Needs and Strengths Assessment Focus Groups**

The purpose of the Needs and Strengths Assessment focus groups was to gather in-depth qualitative data that compliments the quantitative data collected in the Needs and Strengths Assessment survey. Three focus groups were conducted in February 2026 with each of the following key informant groups: 1) community leaders identified by Community Action, 2) Head Start staff, and 3) parents or guardians of children currently enrolled in the Head Start program. Individuals were recruited by Community Action. Parents or guardians of children currently enrolled in the Head Start program who attended the focus group received \$30 Walmart gift cards as compensation for their time and expertise. These focus groups followed a semi-structured format and lasted no longer than one hour. The focus group protocol is included in Appendix E.

Each focus group was recorded and transcribed. Transcripts and focus group notes were analyzed for themes related to 1) the strengths of the community; 2) the needs of the community; 3) the causes and conditions of poverty; and 4) the education, health, nutrition, and social service needs of Head Start-eligible children and their families.

## **Survey and Focus Group Participants**

The focus group with community leaders was attended by nine individuals representing private, public, and non-profit organizations. The focus group with Head Start staff was attended by eight individuals employed by the Head Start program. Five caregivers of children currently enrolled in the Head Start program attended the caregiver focus group.

A total of 96 survey responses were collected, of which 90 responses met the criteria of inclusion. Of those responses included in the results, 31 participants were invited community leaders (34.4%), 39

participants were Head Start staff (43.3%), and 20 were caregivers of children currently enrolled in the Head Start program (22.2%; Table 1).

*Table 1. Survey Respondents and Focus Group Participants by Participant Type*


Participant Type	Survey Responses		Focus Group Participation	
	Count	Percent	Count	Percent
Community Leaders	31	34.4	9	40.9
Early Head Start or Head Start Staff	39	43.3	8	36.4
Parents or Guardians of Children Enrolled in Early Head Start or Head Start	20	22.2	5	22.7
Total	90	100.0	22	100.0

Respondents were also asked to indicate their city or town of residence, age, race and ethnicity, gender, and the number of children under 18 living in their household (Appendix F). Of the 90 respondents to the survey, 89.9% reported living in Lancaster County, while 10.9% reported living in Saunders County (Table F 1). Due to the low number of responses from areas outside of Lincoln, survey responses are presented in aggregate as a proxy for Community Action’s service area. Most respondents were working age adults, with most represented age ranges being 25 to 34 years old (21.1%), 35 to 44 years old (31.1%), 45 to 54 years old (22.2%; Table F 2). Most respondents identified as white (72.2%; Table F 3) and as women (83.0%; Table F 4). 11.1% of respondents identified as Hispanic or Latino/Latina. Nearly two-thirds of respondents (65.5%; Table F 5) reported at least one child living in their household.

The feedback received from the community leaders, Head Start staff, and of parents or guardians currently enrolled in Head Start through the survey and focus groups were used in the Community Needs and Strengths Assessment. As members of the community, the needs discussed in the Community Needs and Strengths Assessment all apply to Head Start-eligible children and families in Lancaster and Saunders Counties. The Head Start-Eligible Children and Families Needs Assessment section discusses more specific feedback received from Head Start staff and caregivers of children currently enrolled in Head Start through the survey and focus groups.

## **Compilation and Mapping of Community Resources**

A list of community resources available in Lancaster and Saunders Counties that address the needs of Head Start-eligible children and families was originally compiled in February and March 2023 by utilizing the MyLNK app, the Lancaster County Resource Guide, and internet searches. The address, contact information, and category of each resource was compiled into an Excel spreadsheet and organized by county and resource category before being transferred to the Community Resource List (Appendix G). Once compiled, the community resources were mapped to identify areas where those resources are concentrated and who may lack access to them. This was done by overlaying the addresses of community



resources onto a Census Tract map detailing the concentration of families living below 150% of the federal poverty level.

These resources were reviewed and updated in January and February 2026 for changes in service offerings, hours of operations, or location information. New resources in the geographic areas of interest were added to the resource lists, mapped, and added to Appendix G, as appropriate.

# Service Summary

## Services Overview



Community Action Partnership of Lancaster and Saunders Counties provided 150,523 services through a variety of programs during 2025.



# 18,575

Individuals served in 2025

### EARLY CHILDHOOD EDUCATION

# 1,629



Children, family members, and pregnant people served

through Early Head Start, Head Start, and Foster Grandparent programs

Through these programs, individuals receive child development and education services, nutrition, medical and dental care, and assistance in identifying community support.

### HOMELESSNESS PREVENTION

# 8,306



Individuals served

through Emergency Services, Supportive Housing, Tenant Support Services and Affordable Housing programming

These programs provide rent, utility, and deposit assistance; rapid-rehousing services; eviction prevention support; and affordable housing through low-income tax credit financed rental properties.

### FINANCIAL AND FAMILY WELLBEING

# 566



Individuals served

through Free to Save Matched Savings, Financial Coaching, Community Response, and Weatherization programs

These programs provide financial education, a 4:1 savings match for qualified purchases, connections to resources needed to prevent entry into the child welfare system, and weatherization services to lower utility bills and improve energy efficiency.

### HUNGER RELIEF AND HEALTHY FOOD ACCESS

# 3,499



Individuals served

through Healthy Food Access, Gathering Place Soup Kitchen, and FEAST Wellness programs.

These programs provide increased access to healthy meals and fresh produce in addition to nutrition education services.

### OTHER SERVICES

# 7,127

Individuals received other services

such as translation and interpretation services through LanguageLinc.



The data for this Service Summary was provided by Community Action Partnership of Lancaster and Saunders Counties.

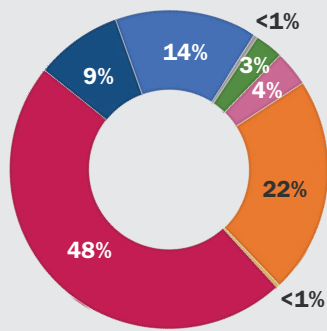
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# Services Overview (Cont.)



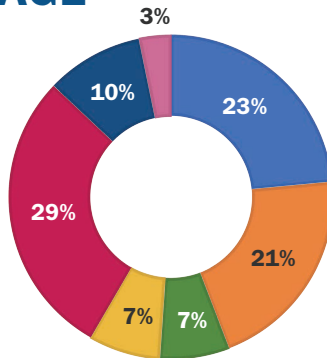
Community Action Partnership of Lancaster and Saunders Counties collects demographic data on participants served through select programs. Demographic data is available for 3,235 individuals out of the 18,575 individuals (17.4%) served during the 2025 federal fiscal year.

## RACE



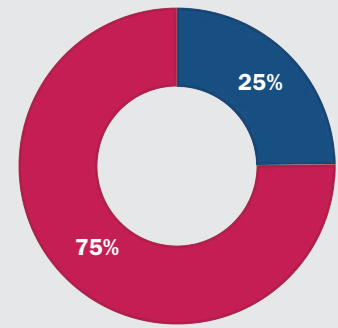
- American Indian or Alaska Native
- Black or African American
- Native Hawaiian or Other Pacific Islander
- Asian
- White
- Multiracial
- Other
- Unknown

## AGE



- 0-5
- 6-13
- 14-17
- 18-24
- 25-44
- 45-64
- 65+

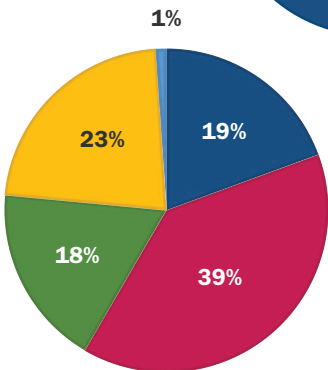
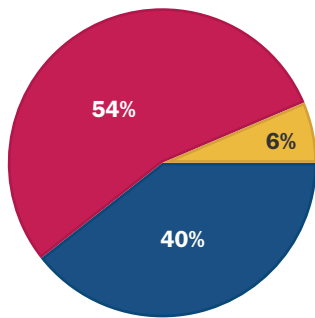
## ETHNICITY



- Hispanic, Latino, or Spanish Origins
- Not Hispanic, Latino, or Spanish Origins

## SEX

- Female
- Male
- Other

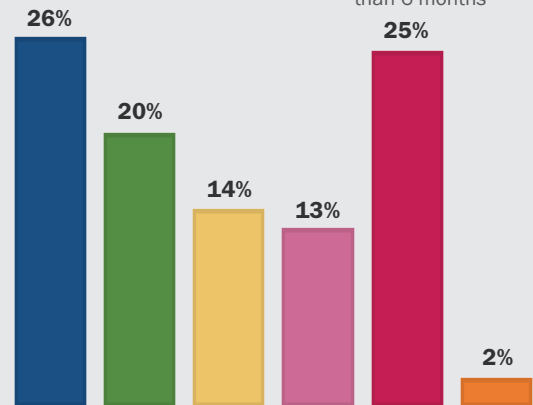


## EDUCATION

- Less than high school diploma
- High school diploma or equivalent
- Some college or associate degree
- Associate degree or higher
- Unknown

## EMPLOYMENT

\*Unemployed for 6 months or less  
\*\*Unemployed for more than 6 months

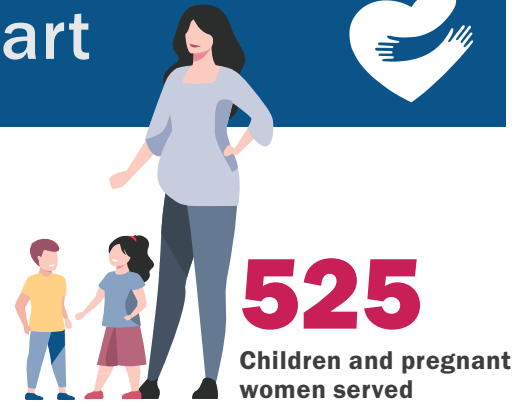


- Employed Full-Time
- Employed Part-Time or Seasonal Worker
- Unemployed (Short-Term)\*
- Unemployed (Long-Term)\*\*
- Retired or Not in Labor Force
- Unknown

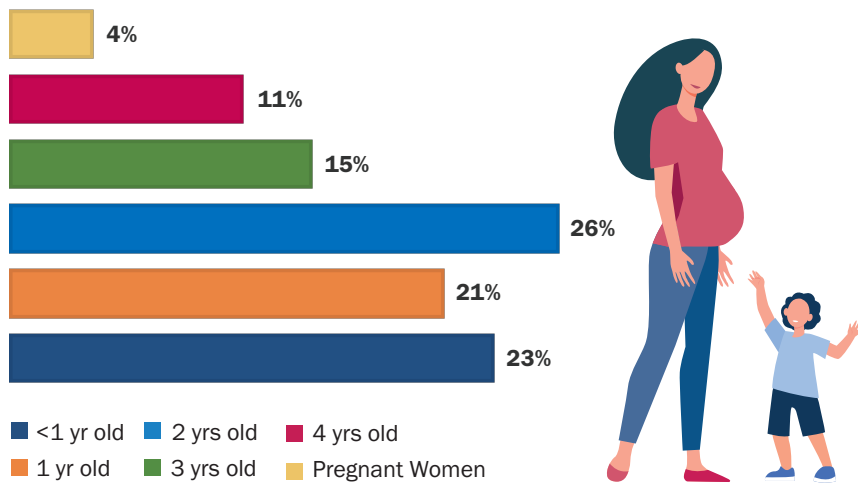
# Early Head Start & Head Start



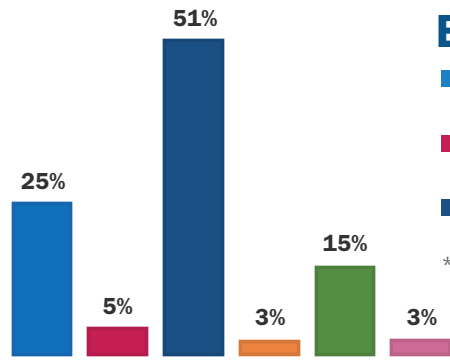
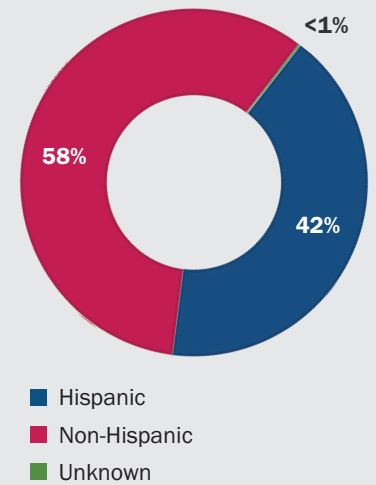
Community Action Partnership of Lancaster and Saunders Counties served 525 children and pregnant women through Early Head Start and Head Start programs during the 2024-2025 school year.



## PARTICIPANT TYPE



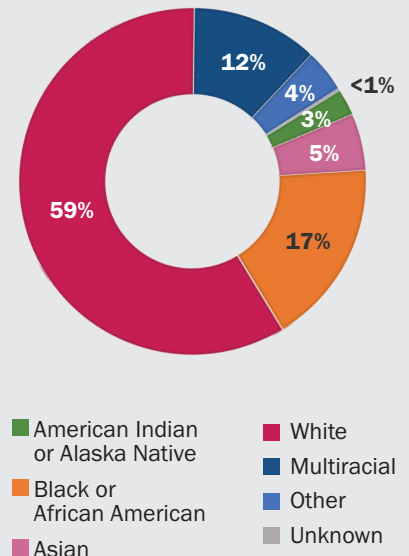
## ETHNICITY



## ELIGIBILITY

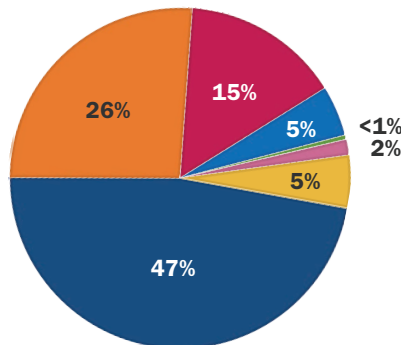
\*Percentages do not sum to 100% due to rounding

## RACE



## LANGUAGES

English	Far East Asian
Spanish	European or Slavic
Middle Eastern	Other
African	



# Community Profiles Overview



## Lancaster County | Lincoln Saunders County | Wahoo

The purpose of the community profiles on the following pages is to provide an overview of each of Community Action’s service areas, Lancaster and Saunders Counties, as well as the main city in which Community Action provides services in each county: Lincoln (Lancaster) and Wahoo (Saunders).



### COMMUNITY PROFILES INCLUDE:

- Population trends
- Racial identity
- Ethnic identity
- Household composition
- Median income
- Unemployment rate
- Poverty rate
- Sex of those in poverty\*
- Age of those in poverty\*
- Racial identity of those in poverty\*\*
- Educational attainment of those in poverty
- Employment status of those in poverty
- Work experience of those in poverty
- Child abuse and neglect\*\*
- Rate of low-birth weight births\*\*
- Teen birth rate\*\*

While data is presented separately for each geographic area, a comparison across areas for the information provided can be found in Appendix B.

\* indicates data required by CSGB  
\*\* indicates data only available at the county level

Please note that percentages shown in some figures may not add to 100% due to rounding. Percentages shown on poverty-related figures do not sum to 100% because they represent the proportion of each population group experiencing poverty, not the distribution of the total population.

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# Community Profiles

## Lancaster County

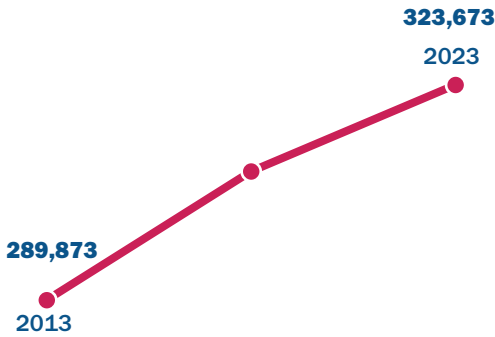


### Population and Selected Demographics

#### POPULATION

Since 2013, the population of Lancaster County increased by 33,800 individuals or 11.7%.

Data Source: American Community Survey 5-year estimates subject table (2023) Table S0101

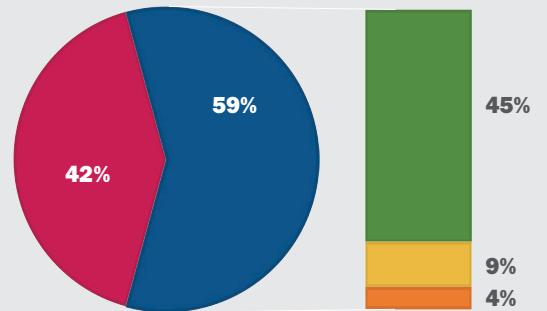


#### HOUSEHOLD COMPOSITION

The total number of households in Lancaster County increased by 3.4% (an increase of 4,383 households) from 2021 to 2023. During this period, non-family households grew at a faster rate (6.7%) than family households (1.2%); however, family households continued to comprise the majority of households in the county (58.5%,  $n = 77,258$ ).

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1101

- Non Family
- Family
  - Married-Couple
  - Female Householder, No Husband
  - Male Householder, No Wife

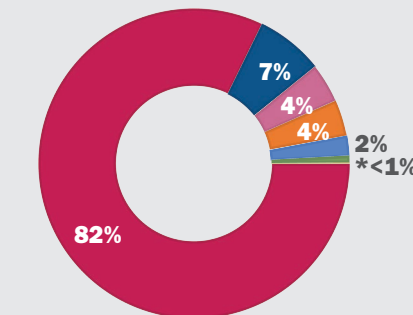


#### RACE

In 2023, the majority (82.3%,  $n = 266,343$ ) of Lancaster County residents identified as White. The second and third highest percentages of racial identities identified as two or more races (7.0%,  $n = 22,676$ ) and Asian (4.1%,  $n = 13,154$ ). From 2021 to 2023, the population identifying as two or more races increased by 28.1% (an increase of 4,977 individuals), representing the largest growth among all racial categories.

Data Source: American Community Survey 5-year estimates subject table (2023) Table B02001

**82.3%**  
of Lancaster County residents identified as White in 2023

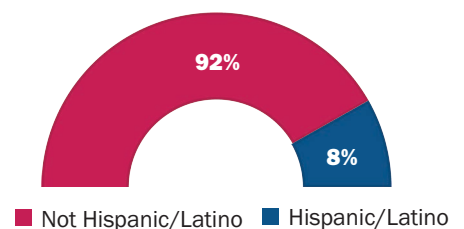


- American Indian or Alaska Native\*
- Black or African American
- Native Hawaiian or Other Pacific Islander\*
- Asian
- White
- Multiracial
- Other

#### ETHNICITY

In 2023, the majority (91.8%,  $n = 297,003$ ) of Lancaster County residents identified as Non-Hispanic or Latino compared to 8.2% of residents who identified as Hispanic or Latino ( $n = 26,670$ ). Since 2021, the Hispanic/Latino population has increased by 11.3% or 2,713 residents.

Data Source: American Community Survey 5-year estimates subject table (2023) Table DP05



# Lancaster County (cont.)

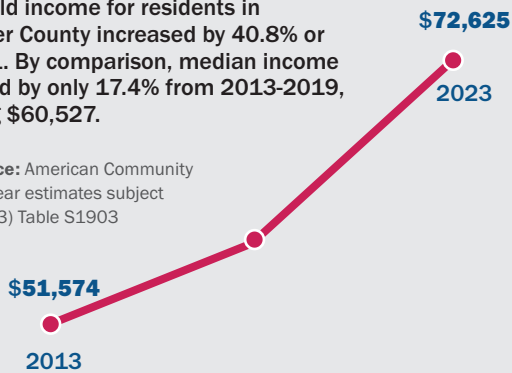


## Income and Employment

### MEDIAN INCOME

Between 2013 and 2023, the median household income for residents in Lancaster County increased by 40.8% or \$21,051. By comparison, median income increased by only 17.4% from 2013-2019, reaching \$60,527.

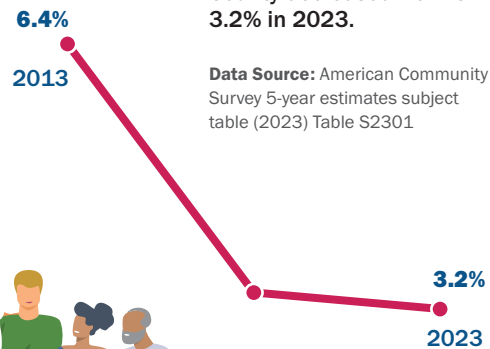
**Data Source:** American Community Survey 5-year estimates subject table (2023) Table S1903



### UNEMPLOYMENT RATE

The unemployment rate in Lancaster County decreased from 6.4% in 2013 to 3.2% in 2023.

**Data Source:** American Community Survey 5-year estimates subject table (2023) Table S2301



# 36,271

Lancaster County residents (11.7%) lived below the poverty level in 2023

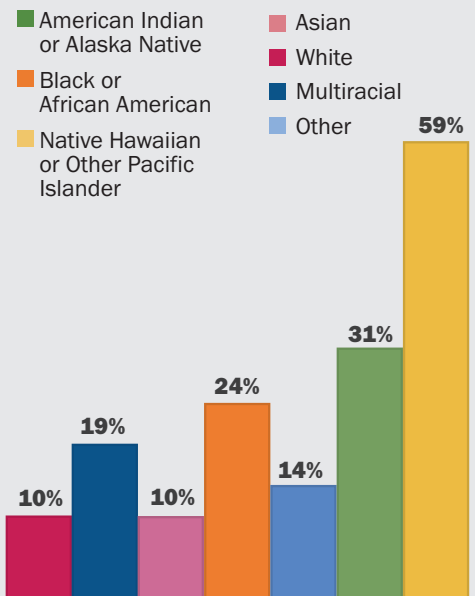
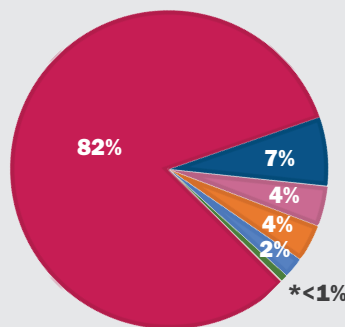
## Poverty

### RACE

Although Native Hawaiian and Other Pacific Islander residents accounted for a small proportion of the Lancaster County residents for whom poverty status was determined, more than half lived below the poverty threshold (58.8%,  $n = 107$ ). The largest percentage increase in residents living below the poverty threshold occurred among American Indian and Alaska Native residents, whose numbers increased by 55.2%, from 395 in 2021 to 613 in 2023. The number of White individuals below the poverty threshold held relatively steady with 26,498 individuals below the threshold, or 10.3% of the White residents.

**Data Source:** American Community Survey 5-year estimates subject table (2023) Table S1701

Lancaster Residents Overall



Lancaster Residents in Poverty



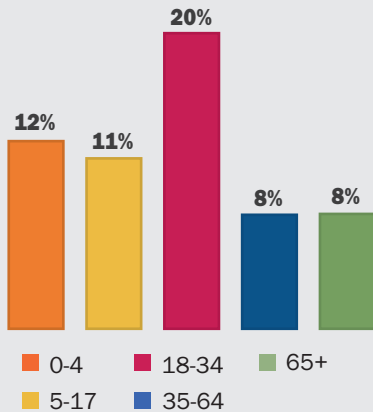
# Lancaster County (cont.)



## Poverty (cont.)

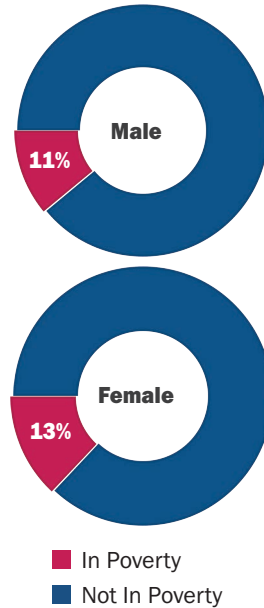
### AGE

In 2023, nearly one in five Lancaster County residents aged 18 to 34 lived below the poverty level (19.6%,  $n = 16,114$ ), or a 7.4% decrease compared to 2021. The number of children under age five living below the poverty threshold decreased by 18.9%, from 2,848 in 2021 to 2,311 in 2023. The number of adults aged 65 and older living below the poverty threshold increased by 41.1%, rising from 2,562 in 2021 to 3,614 in 2023.



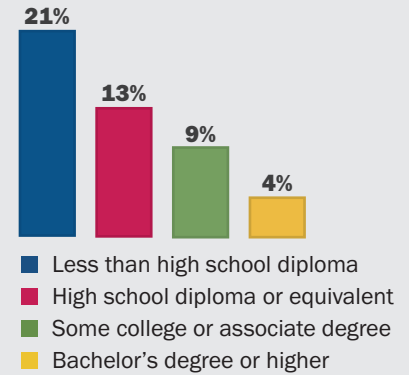
### SEX

In Lancaster County, 12.7% of female residents for whom poverty status was determined lived below the poverty level ( $n = 19,633$ ), compared to 10.7% of male residents ( $n = 16,638$ ).



### EDUCATION

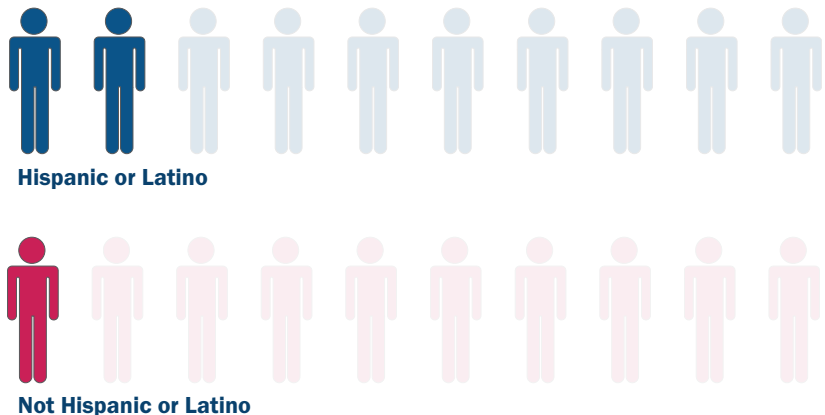
Educational attainment was inversely correlated with the likelihood of living below the poverty threshold. Among individuals aged 25 and older, 20.5% of those with less than a high school diploma and 12.5% of high school graduates were living below the poverty threshold. However, the number of individuals with a bachelor's degree or higher who were living below the poverty threshold increased by 21.7%, from 2,683 in 2021 to 3,264 in 2023.



Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701

### ETHNICITY

In 2023, nearly one in five Hispanic residents in Lancaster County were below the poverty threshold in 2023 (18.6%,  $n = 4,728$ ), a decrease of 5.8% from the 5,020 Hispanic residents reported in 2021.



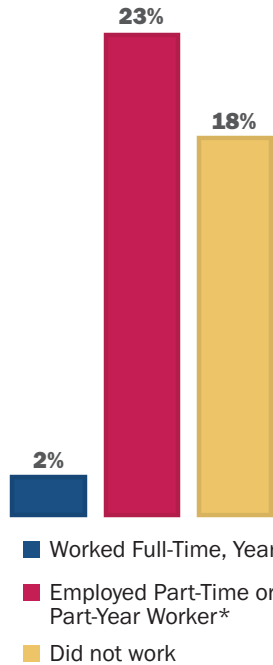
Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701

# Lancaster County (cont.)



## Poverty (cont.)

### EMPLOYMENT EXPERIENCE



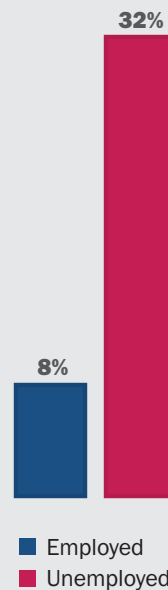
Of individuals who were at least 16 years old working part-time or part-year in the past 12 months, roughly one in four were below the poverty threshold (23.4%,  $n = 15,207$ ). Of those who did not work, 18.4% were below the poverty threshold ( $n = 11,230$ ).

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701



\*In the past 12 months

### EMPLOYMENT STATUS



One in three unemployed individuals who were at least 16 years old was below the poverty threshold in 2023 (32.3%,  $n = 1,608$ ).

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701



\*In the past 12 months

## Additional Statistics

### INCIDENTS OF CHILD ABUSE AND NEGLECT

**9,061**  
calls of abuse and neglect in 2023



in Lancaster County according to the Nebraska Department of Health and Human Services (2023).

Of those, 37.5% were accepted for assessment/investigation, and 378 cases (11.1% of investigated calls) and 485 unique victims were substantiated.

### RATE OF LOW-BIRTH WEIGHT BIRTHS

**7%**  
of babies born had low birth weights\*



in Lancaster County according to data from the County Health Rankings and Roadmaps (2020) and National Center of Health Statistics from 2017 to 2023.

\*Low birth weight is less than 5 pounds, 8 ounces, or 2,500 grams.

### TEEN BIRTH RATE

**11**  
births per 1,000 females aged 15 to 19 years old



in Lancaster County according to data from the County Health Rankings and Roadmaps (2020) and National Center of Health Statistics from 2017 to 2023.

# Lancaster County - Lincoln

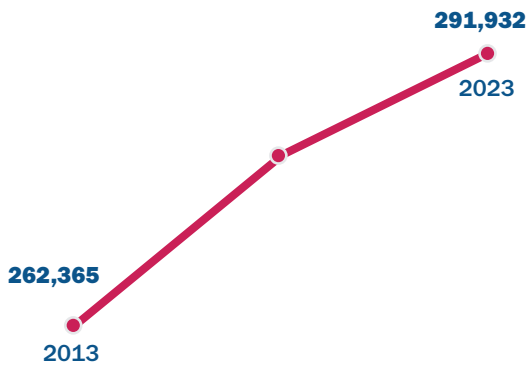


## Population and Selected Demographics

### POPULATION

Since 2013, Lincoln's population increased by 29,567 individuals or 11.3%.

Data Source: American Community Survey 5-year estimates subject table (2023) Table S0101



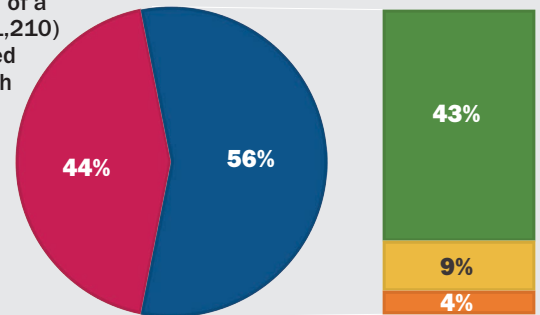
### HOUSEHOLD COMPOSITION

The majority (56.2%,  $n = 67,888$ ) of the 116,362 households in Lincoln in 2023 were comprised of families.

The majority of family households (43%,  $n = 51,565$ ) consisted of a married family. 9.3% ( $n = 11,210$ ) of family households were led by a female householder with no husband present, while 4.2% ( $n = 5,113$ ) of family households were led by a male householder.

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1101

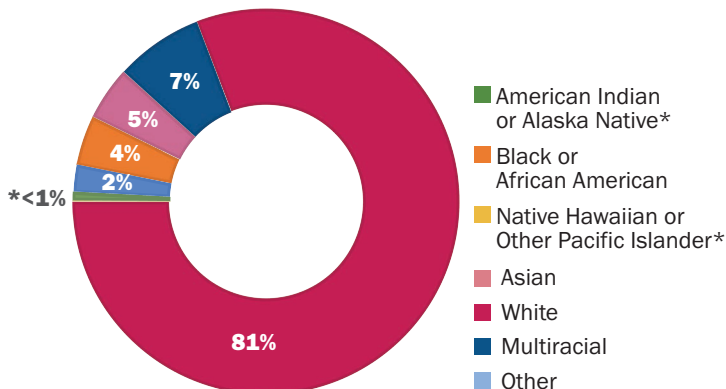
- Non Family
- Family
- Married-Couple
- Female Householder, No Husband
- Male Householder, No Wife



### RACE

In 2023, the majority (80.9%,  $n = 236,090$ ) of Lincoln residents identified as White, followed by individuals identifying as two or more races (7.4%,  $n = 21,653$ ). From 2021 to 2023, the population identifying as two or more races increased by 26.8% (an increase of 4,573 individuals).

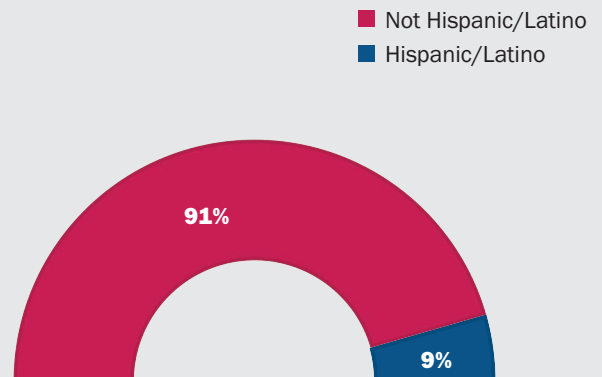
Data Source: American Community Survey 5-year estimates subject table (2023) Table B02001



### ETHNICITY

Most Lincoln residents identified as Non-Hispanic or Latino (91.2%,  $n = 266,166$ ), while 8.8% identified as Hispanic or Latino ( $n = 25,766$ ). Since the full needs assessment was last completed in 2021, the Hispanic or Latino population increased by 10.3% or 2,401 residents.

Data Source: American Community Survey 5-year estimates subject table (2023) Table DP05



# Lancaster County - Lincoln (cont.)

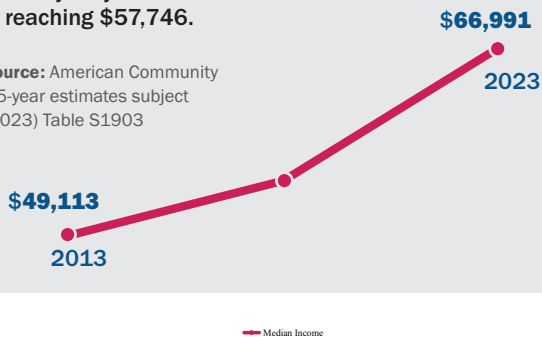


## Income and Employment

### MEDIAN INCOME

Between 2013 and 2023, median household income in Lincoln increased by 42.5%, rising from \$49,113 to \$69,991. By comparison, the median income in Lincoln increased by only 17.6% from 2013 to 2019, reaching \$57,746.

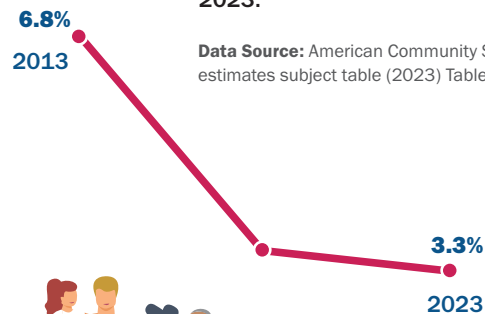
Data Source: American Community Survey 5-year estimates subject table (2023) Table S1903



### UNEMPLOYMENT RATE

Since 2013, the unemployment rate in Lincoln decreased from 6.8% to 3.3% in 2023.

Data Source: American Community Survey 5-year estimates subject table (2023) Table S2301



# 35,242

Lincoln residents (13%) lived below the poverty level in 2023

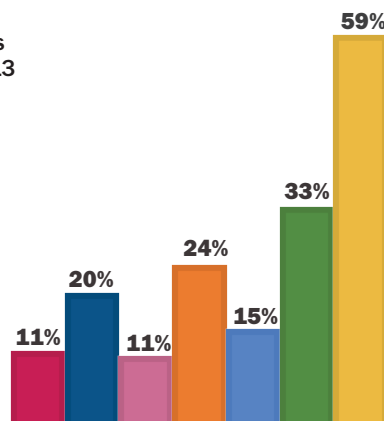
## Poverty

### RACE

Although Native Hawaiian and Other Pacific Islander residents accounted for a small proportion of Lincoln residents for whom poverty status was determined, more than half lived below the poverty threshold (58.8%,  $n = 107$ ). The largest percentage increase in Lincoln residents living below the poverty threshold occurred among American Indian and Alaska Native residents, whose numbers increased by 55.2%, from 395 in 2021 to 613 in 2023. The number of White individuals below the poverty threshold held relatively steady with 25,520 individuals below the threshold, or 11.3% of the White residents.

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701

- American Indian or Alaska Native
- Black or African American
- Native Hawaiian or Other Pacific Islander
- Asian
- White
- Multiracial
- Other



### ETHNICITY

Nearly one in five Hispanic residents in Lincoln were below the poverty threshold in 2023 (19.1%,  $n = 4,696$ ), a decrease of 6.0% from the 4,998 Hispanic residents reported in 2021.



Hispanic or Latino



Not Hispanic or Latino

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701

# Lancaster County - Lincoln (cont.)

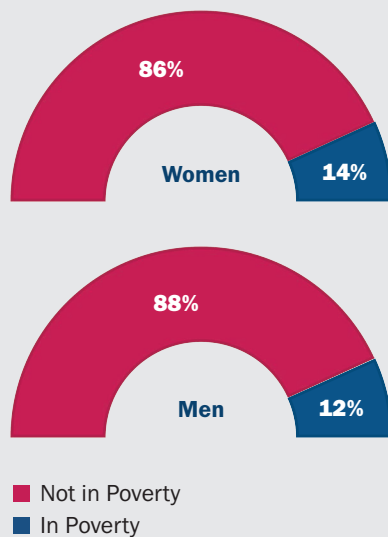


## Poverty (cont.)

### SEX

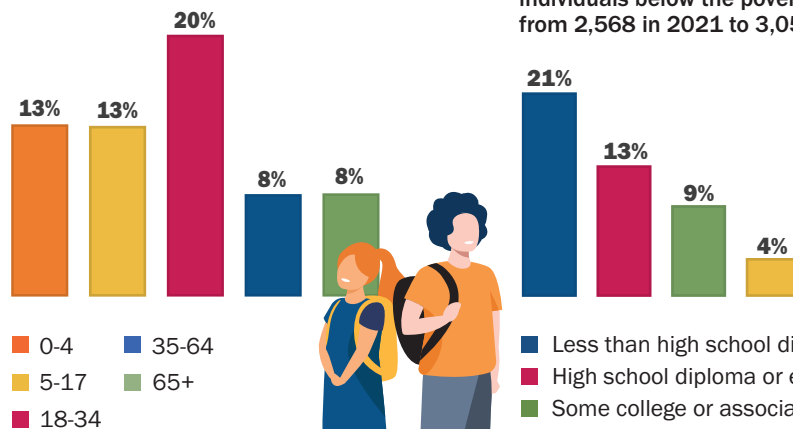
In Lincoln, 13.6% of female residents for whom poverty status was determined lived below the poverty level ( $n = 19,050$ ), compared to 11.67% of male residents ( $n = 16,192$ ).

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701



### AGE

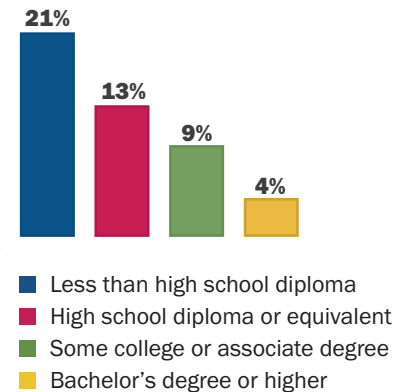
Slightly over one in five Lincoln residents aged 18 to 34 lived below the poverty level (20.4%,  $n = 15,922$ ). The number of children under age five living below the poverty threshold decreased by 19.4%, from 2,779 in 2021 to 2,240 in 2023. In contrast, the number of adults aged 65 and older living below the poverty threshold increased by 41.4%, rising from 2,334 in 2021 to 3,301 in 2023.



Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701

### EDUCATION

Educational attainment was inversely correlated the percentage of individuals living below the poverty threshold. As such, 20.9% individuals who were at least 25 years old and in poverty with less than a high school degree and 13.3% of high school graduates were below the poverty threshold. However, individuals with a Bachelor's degree or higher saw a 18.8% increase in the number of individuals below the poverty threshold from 2,568 in 2021 to 3,052 in 2023.



Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701

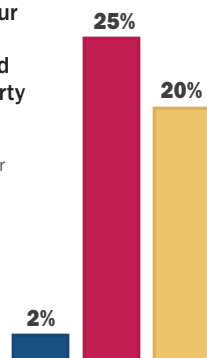
### EMPLOYMENT EXPERIENCE

Of individuals who were at least 16 years old working part-time, one in four were below the poverty threshold (24.9%,  $n = 14,986$ ). Of those who did not work, 19.6% were below the poverty threshold ( $n = 10,656$ ).

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701

- Worked Full-Time, Year-Round\*
- Employed Part-Time or Part-Year Worker\*
- Did not work

\*In the past 12 months



### EMPLOYMENT STATUS

Nearly one in three unemployed Lincoln residents who were at least 16 years old was below the poverty threshold in 2023 (32.5%,  $n = 1,527$ ).

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701

- Employed
- Unemployed



# Community Profiles

## Saunders County

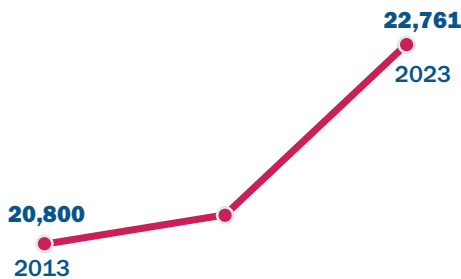


### Population and Selected Demographics

#### POPULATION

Since 2013, the population of Saunders County increased by 1,961 individuals or 9.4%.

**Data Source:** American Community Survey 5-year estimates subject table (2023) Table S0101



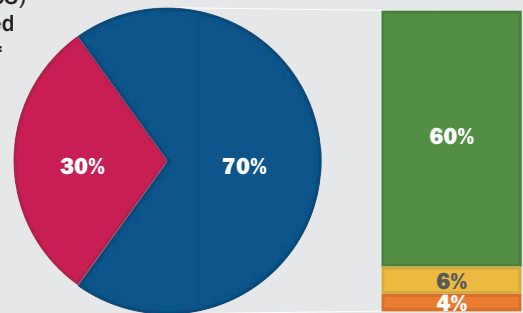
#### HOUSEHOLD COMPOSITION

The majority (69.8%,  $n = 6,157$ ) of the 8,820 households in Saunders County in 2023 were comprised of families.

The majority (59.6%,  $n = 5,263$ ) of family households consisted of a married family. 6.2% ( $n = 550$ ) of family households were led by a female householder with no husband present, while 3.9% ( $n = 344$ ) were led by a male householder.

**Data Source:** American Community Survey 5-year estimates subject table (2023) Table S1101

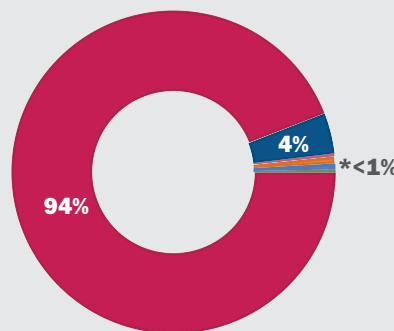
- Non Family
- Family
  - Married-Couple
  - Female Householder, No Husband
  - Male Householder, No Wife



#### RACE

In 2023, the majority (94.1%,  $n = 21,411$ ) of Saunders County residents identified as White. The second highest percentages of racial identities was two or more races (4.1%,  $n = 936$ ) and Black or African American (0.7%,  $n = 153$ ).

**Data Source:** American Community Survey 5-year estimates subject table (2023) Table B02001

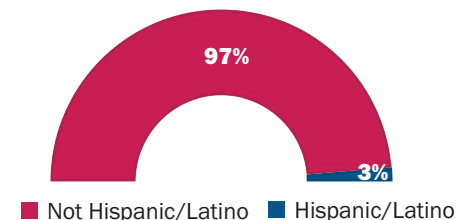


**94.1%**  
of Saunders County residents identified as White in 2023

- American Indian or Alaska Native\*
- Black or African American\*
- Native Hawaiian or Other Pacific Islander\*
- Asian\*
- White
- Multiracial
- Other\*

#### ETHNICITY

In 2023, the majority of Saunders County residents identified as Non-Hispanic or Latino (97.3%,  $n = 22,144$ ), while 2.7% identified as Hispanic or Latino ( $n = 617$ ). Since the full needs assessment was last completed in 2021, the Hispanic or Latino population increased by 14.7% or 79 residents.



**Data Source:** American Community Survey 5-year estimates subject table (2023) Table DP05

# Saunders County (cont.)



## Income and Employment

### MEDIAN INCOME

Between 2013 and 2023, median household income in Saunders County increased by 49.3%, rising from \$59,870 to \$89,385. By comparison, median income increased by only 14.7% from 2013 to 2019, reaching \$68,682.

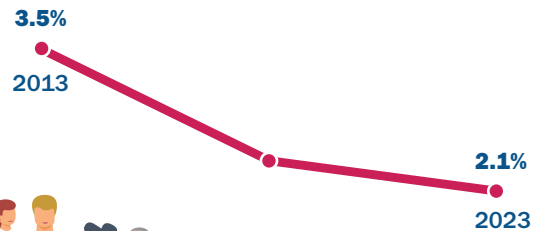
**Data Source:** American Community Survey 5-year estimates subject table (2023) Table S1903



### UNEMPLOYMENT RATE

The unemployment rate in Saunders County decreased from 3.5% in 2013 to 2.1% in 2023.

**Data Source:** American Community Survey 5-year estimates subject table (2023) Table S2301



# 1,442

Saunders County residents (6.4%) lived below the poverty level in 2023

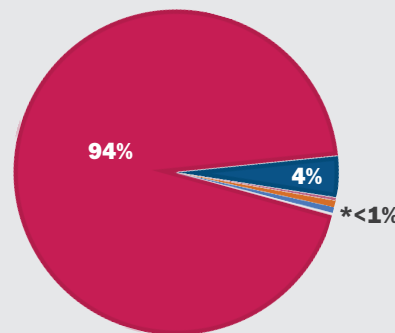
## Poverty

### RACE

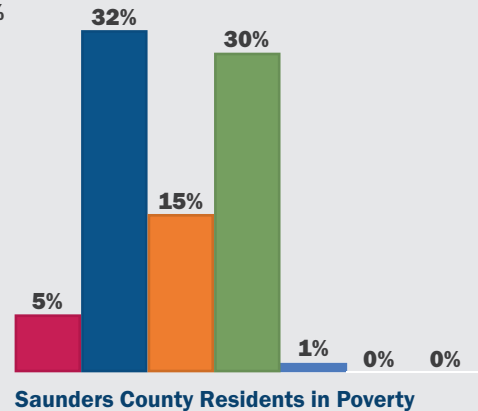
The number of White Saunders County residents living below the poverty threshold decreased by 16.6%, from 1,335 in 2021 to 1,114 in 2023. The largest percentage decrease occurred among Black or African American residents, whose number living below the poverty threshold declined by 41.7%, from 36 in 2021 to 21 in 2023. In contrast, the number of residents identifying as two or more races who were living below the poverty threshold increased by 364.1%, rising from 64 in 2021 to 297 in 2023.

**Data Source:** American Community Survey 5-year estimates subject table (2023) Table S1701

Saunders County Residents Overall



- American Indian or Alaska Native\*
- Black or African American\*
- Native Hawaiian or Other Pacific Islander\*
- Asian\*
- White
- Multiracial
- Other\*



Saunders County Residents in Poverty

# Saunders County (cont.)

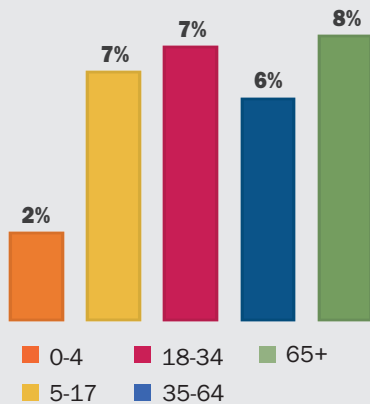


## Poverty (cont.)

### AGE

From 2021 to 2023, the number of Saunders County residents living below the poverty threshold increased by 23.0% among those aged 35 to 64 and by 35.4% among those aged 65 and older. In contrast, the number of residents living below the poverty threshold decreased by 50.0% among children under age five and by 21.5% among those aged 5 to 17 during the same period.

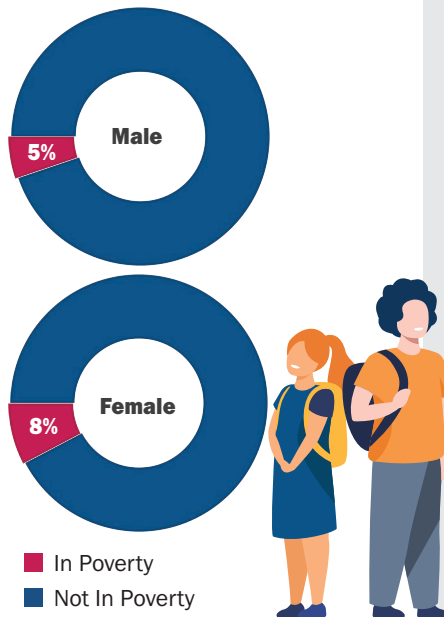
Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701



### SEX

In Saunders County, 7.7% of female residents for whom poverty status was determined lived below the poverty level ( $n = 844$ ), compared to 5.2% of male residents ( $n = 598$ ).

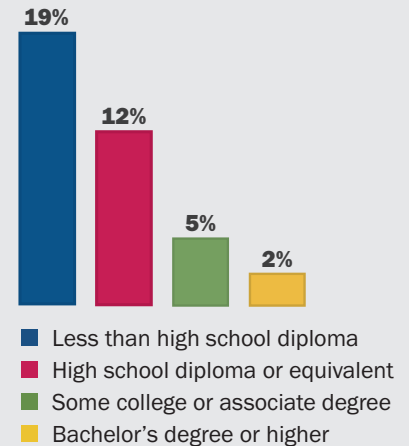
Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701



### EDUCATION

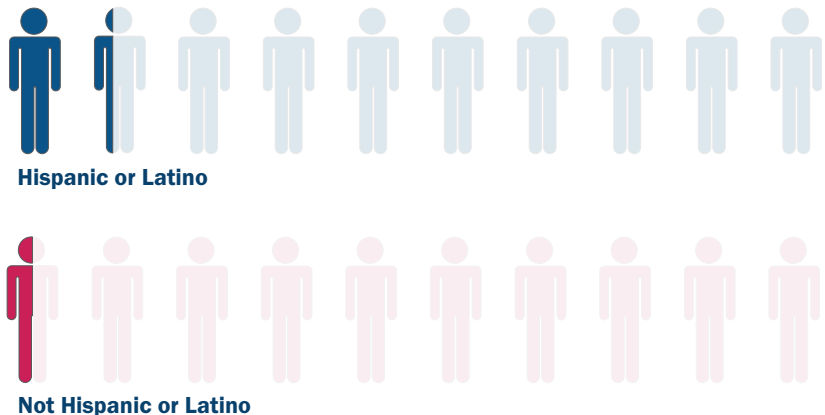
Among individuals aged 25 and older, 18.7% of those with less than a high school diploma and 12.1% of high school graduates were living below the poverty threshold. However, the number of individuals with a bachelor's degree or higher who were living below the poverty threshold increased by 89.3%, from 56 in 2021 to 106 in 2023.

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701



## ETHNICITY

The number of Saunders County residents identifying as Hispanic who were living below the poverty threshold increased by 48.1%, from 52 in 2021 to 77 in 2023. Approximately 13.9% of individuals identifying as Hispanic or Latino live below the poverty line.



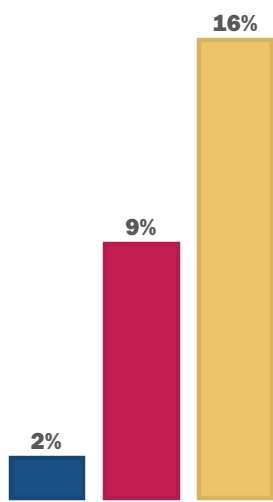
Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701

# Saunders County (cont.)



## Poverty (cont.)

### EMPLOYMENT EXPERIENCE



Individuals aged 16 and older with no previous work experience in the previous 12 months had the highest percentage of living below the poverty threshold (15.9%,  $n = 694$ ). However, the number of individuals who worked full-time, year-round during the past 12 months and were living below the poverty threshold increased by 130.5%, from 59 in 2021 to 136 in 2023.



- Worked Full-Time, Year-Round\*
  - Employed Part-Time or Part-Year Worker\*
  - Did not work
- \*In the past 12 months

### EMPLOYMENT STATUS



Unemployed individuals (15.1%,  $n = 38$ ) were more likely to be living below the poverty threshold in Saunders County than employed individuals (3.7%,  $n = 441$ ).

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701

- Employed
- Unemployed



## Additional Statistics

### INCIDENTS OF CHILD ABUSE AND NEGLECT

**4,317**  
calls of abuse and neglect in 2023



in Saunders County according to the Nebraska Department of Health and Human Services (2023).

Of those, 49.6% were accepted for assessment/investigation, and 307 cases (14.3% of all calls) and 421 unique victims were substantiated.

### RATE OF LOW-BIRTH WEIGHT BIRTHS

**7%**  
of babies born had low birth weights\*



in Saunders County according to data from the County Health Rankings and Roadmaps (2020) and National Center of Health Statistics from 2017 to 2023.

\*Low birth weight is less than 5 pounds, 8 ounces (or 2,500 grams).

### TEEN BIRTH RATE

**7**  
births per 1,000 females aged 15 to 19 years old



in Saunders County according to data from the County Health Rankings and Roadmaps (2020) and National Center of Health Statistics from 2017 to 2023.

# Saunders County - Wahoo

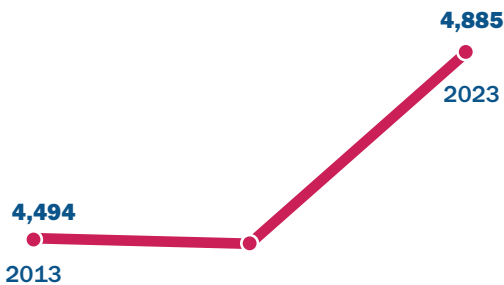


## Population and Selected Demographics

### POPULATION

In the past 10 years, Wahoo's population increased by 391 individuals or 8.7%.

Data Source: American Community Survey 5-year estimates subject table (2023) Table S0101



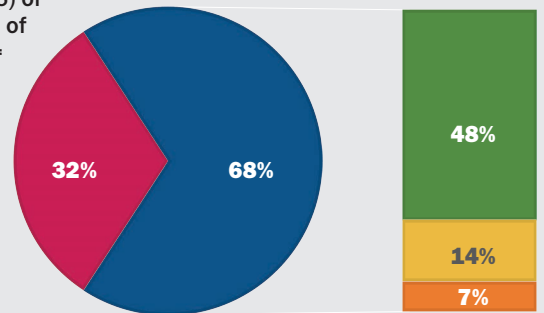
### HOUSEHOLD COMPOSITION

The majority (68.4%,  $n = 1,229$ ) of the 1,797 households in Wahoo in 2023 were comprised of families.

The majority (47.6%,  $n = 856$ ) of family households consisted of a married family. 13.9% ( $n = 251$ ) of family households were led by a female householder with no husband present.

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1101

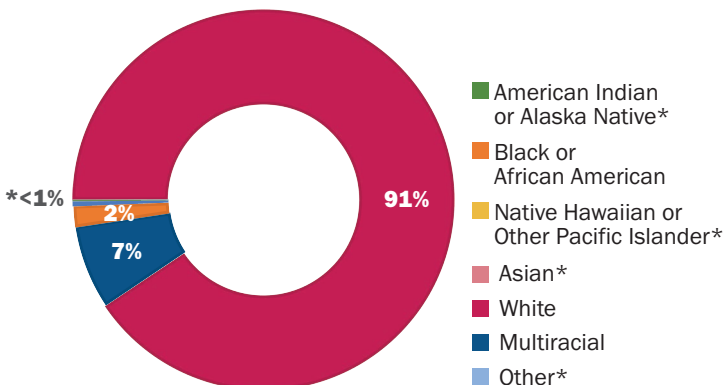
- Non Family
- Family
- Married-Couple
- Female Householder, No Husband
- Male Householder, No Wife



### RACE

In 2023, the majority (90.6%,  $n = 4,425$ ) of Wahoo's residents identified as white. The second highest percentage of racial identities was two or more races (7.1%,  $n = 345$ ), representing a 422.7% increase from 66 residents identifying as two or more races in 2021.

Data Source: American Community Survey 5-year estimates subject table (2023) Table B02001

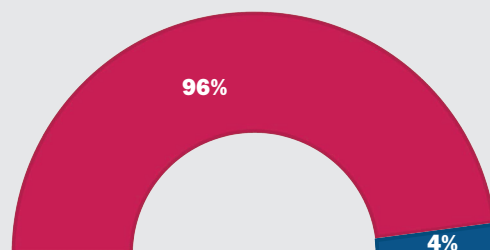


### ETHNICITY

In 2023, the majority of Wahoo residents identified as Non-Hispanic or Latino (95.9%,  $n = 4,687$ ), while 4.1% identified as Hispanic or Latino ( $n = 198$ ). Since the full needs assessment was last completed in 2021, the Hispanic or Latino population increased by 106.3% or 102 residents.

Data Source: American Community Survey 5-year estimates subject table (2023) Table DP05

- Not Hispanic/Latino
- Hispanic/Latino



# Saunders County - Wahoo (cont.)

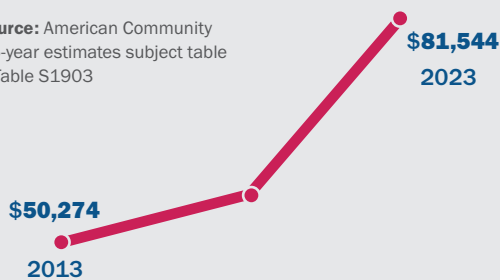


## Income and Employment

### MEDIAN INCOME

Between 2013 and 2023, median household income in Wahoo increased by 62.2%, rising from \$50,274 to \$81,544. By comparison, median income increased by only 13.2% from 2013 to 2019, reaching \$56,907.

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1903



### UNEMPLOYMENT RATE

The unemployment in Wahoo decreased from 4.3% in 2013 to 3.5% in 2023.

Data Source: American Community Survey 5-year estimates subject table (2023) Table S2301



# 578

Wahoo residents (12.3%) lived below the poverty level in 2023

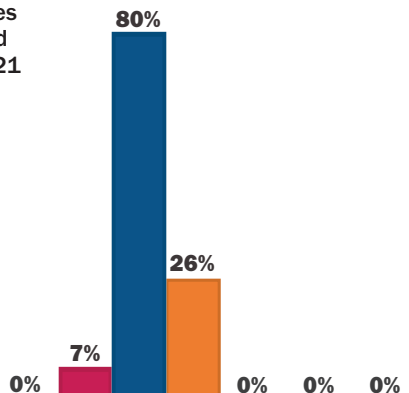
## Poverty

### RACE

The number of White Wahoo residents living below the poverty threshold decreased by 12.5%, from 238 in 2021 to 287 in 2023. The largest percentage decrease occurred among Black or African American residents, whose number living below the poverty threshold declined by 41.7%, from 36 in 2021 to 21 in 2023. In contrast, the number of residents identifying as two or more races who were living below the poverty threshold increased by 500.0%, rising from 45 in 2021 to 270 in 2023.

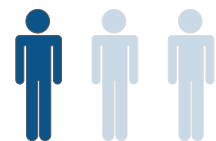
Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701

- American Indian or Alaska Native
- Black or African American
- Native Hawaiian or Other Pacific Islander
- Asian
- White
- Multiracial
- Other

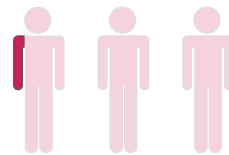


### ETHNICITY

In 2023, nearly one in three Hispanic residents in Wahoo lived below the poverty threshold (32.7%,  $n = 55$ ), compared to zero reported in 2021.



Hispanic or Latino



Not Hispanic or Latino

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701

# Saunders County - Wahoo (cont.)

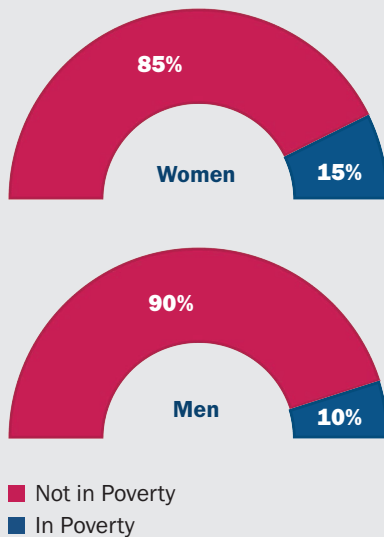


## Poverty (cont.)

### SEX

In Wahoo, 14.6% of female residents for whom poverty status was determined lived below the poverty level ( $n = 362$ ), compared to 9.7% of male residents ( $n = 216$ ).

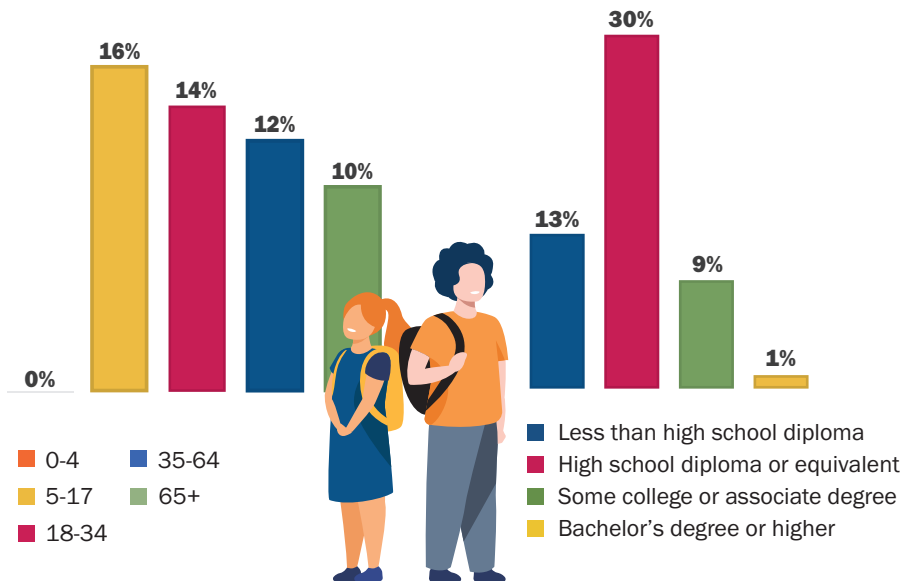
Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701



### AGE

The number of youth aged 5 to 17 living below the poverty threshold increased by 63.6%, from 110 in 2021 to 180 in 2023. Adults aged 35 to 64 experienced a 61.4% increase in the number living below the poverty threshold, rising from 127 individuals in 2021 to 205 in 2023.

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701



### EDUCATION

Of Wahoo residents with a high school diploma, 30.0% ( $n = 244$ ) live below the poverty threshold, an 84.8% increase from 2021. The number of Wahoo residents with less than a high school diploma decreased 72.7% from 33 in 2021 to 9 in 2023.

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701

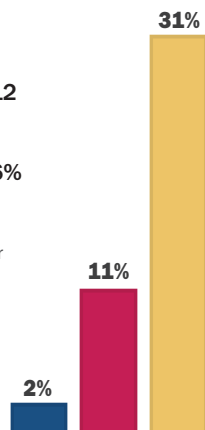
### EMPLOYMENT EXPERIENCE

Individuals aged 16 and older with no work experience during the previous 12 months had the highest percentage living below the poverty threshold (30.8%,  $n = 280$ ), representing a 55.6% increase from 2021.

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701

- Worked Full-Time, Year-Round\*
- Employed Part-Time or Part-Year Worker\*
- Did not work

\*In the past 12 months



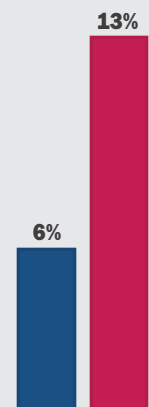
### EMPLOYMENT STATUS

Unemployed individuals at least 16 years of age (13.1%,  $n = 11$ ) were more likely to be living below the poverty threshold in Wahoo than employed individuals (5.7%,  $n = 130$ ).

Data Source: American Community Survey 5-year estimates subject table (2023) Table S1701

- Employed
- Unemployed\*

\*In the past 12 months



## Profile of Head Start-Eligible Children and Families

The purpose of the Profile of Head Start-Eligible Children and Families section is to provide estimates of the number of children and pregnant people eligible for the Head Start program and their demographics. This includes the geographic location, race, ethnicity, household composition, and languages spoken by eligible children, women between 15 and 50 who had given birth in the past 12 months, and pregnant people. The number of children with disabilities, the number of children experiencing homelessness, and the number of children in foster care are also provided.

### Estimated Geographic Area of Eligible Children and Pregnant People

Between 2021 and 2023, the number of children under age six living at or below 100% of the federal poverty level in Lancaster and Saunders Counties declined by 16.7%, decreasing from 3,470 to 2,892. Most of these children live in Lancaster County ( $n = 2,856$ ; 98.8%), with most residing within the city of Lincoln ( $n = 2,782$ ). In Saunders County, the number of children under age six at or below the poverty threshold dropped sharply, falling 57.1% from 84 in 2021 to 36 in 2023; none of these children lived in Wahoo. See Table 2 for details.

Table 2. Children Under Six Years of Age in Poverty

Geographic Area	Number of Children Under Six in Poverty	Percent of Children Under Six in Poverty
Lancaster County	2,856	15.0
Lincoln	2,782	16.1
Saunders County	36	2.5
Wahoo	0	0.0
<b>Total Service Area</b>	<b>2,892</b>	<b>14.1</b>

Source: ACS 5-Year Estimates Detailed Table (2023); Table B17020

Of the 3,663 women aged 15 to 50 who had given birth in the past 12 months in Lancaster or Saunders County, 558 (15.2%) were living below the poverty threshold. This reflects a 30.5% decrease in the number of women who had given birth and were living below the poverty threshold, declining from 803 in 2021. A higher proportion of these women resided in Lancaster County ( $n = 551$ , 16.0%) compared to Saunders County ( $n = 7$ , 3.2%). Additional details are in Table 3.

Table 3. Women Ages 15-50 in Poverty Who Had Given Birth in the Last 12 Months

Geographic Area	Number of Women Ages 15-50 in Poverty Who Had Given Birth in Last 12 Months	Percent of Women Ages 15-50 in Poverty Who Had Given Birth in Last 12 Months
Lancaster County	551	16.0%
Lincoln	495	15.6%

Geographic Area	Number of Women Ages 15-50 in Poverty Who Had Given Birth in Last 12 Months	Percent of Women Ages 15-50 in Poverty Who Had Given Birth in Last 12 Months
Saunders County	7	3.2%
Wahoo	0	0.0%
<b>Total Service Area</b>	558	15.2%

Source: ACS 5-Year Estimates Detailed Table (2023): Table B13010

### Estimated Race and Ethnicity of Eligible Children and Pregnant People

About half of Head Start-eligible children in Lancaster County were White ( $n = 1,430$ ; 49.2%). Nearly one-quarter were of two or more races ( $n = 703$ ; 24.2%), followed by Black or African American children ( $n = 311$ ; 10.7%). Similar racial and ethnic patterns were observed in Lincoln. In contrast, Head Start-eligible children in Saunders County were overwhelmingly White ( $n = 34$ ; 94.4%), and no Head Start-eligible children were identified in Wahoo. See Table 4 for additional details.

Almost half of children under the age of six in poverty were Hispanic or Latino in 2023 in Lancaster County (46.2%,  $n = 975$ ; Table 5). All these children resided in the city of Lincoln.

Table 4. Children Under Six Years in Poverty by Race

Race	Lancaster County		Lincoln		Saunders County		Wahoo	
	#	%	#	%	#	%	#	%
American Indian and Alaska Native	103	3.5	103	3.7	0	0.0	0	0.0
Asian	199	6.8	149	5.4	0	0.0	0	0.0
Black or African American	311	10.7	311	11.2	0	0.0	0	0.0
Native Hawaiian and other Pacific Islander	13	0.4	13	0.5	0	0.0	0	0.0
White	1,430	49.2	1,362	49.0	34	94.4	0	0.0
Two or more races	703	24.2	697	25.1	2	5.6	0	0.0
Some other race	147	5.1	147	5.3	0	0.0	0	0.0
<b>Total</b>	2,906	N/A	2,782	N/A	36	N/A	0	N/A

Source: ACS 5-Year Estimates Detailed Tables (2023); Tables B17020A-B17020G

Table 5. Children Under Six Years in Poverty by Ethnicity

Geographic Area	Hispanic or Latino		Non-Hispanic or Latino	
	Number	Percent	Number	Percent
Lancaster County	975	46.2	1,136	53.8
Lincoln	975	47.7	1,068	52.3
Saunders County	0	0.0	34	100.0
Wahoo	0	0	0	0
<b>Total</b>	975	N/A	1,170	N/A

Source: ACS 5-year Estimates Subject Table (2023); Tables B1720, B17020I

Data on the racial and ethnic identities of women aged 15 to 50 who gave birth within the last 12 months in poverty is not available. However, estimates for the racial and ethnic identities of pregnant people were created using data available on the racial and ethnic identities of children under the age of six in poverty (Table 4; Table 5). Because it is estimated that there were no children under the age of six in poverty in Wahoo in 2023, and because it is estimated that there were also zero women aged 15 to 50 who gave birth within the last 12 months in Wahoo in 2023, estimates on the racial and ethnic identities of pregnant people in Wahoo is not available. Because these numbers will be estimates, they will be rounded to one decimal place.

Assuming the proportion of racial identities for children under the age of six in poverty is similar to those of women aged 15 to 50 who gave birth within the last 12 months in poverty, that roughly one half women between 15 and 50 years of age in poverty who had given birth in the last 12 months in Lancaster County were White in 2023 ( $n = 271.1$ , 49.2%). This percentage jumped to 94.4% in Saunders County ( $n = 6.6$ ). See Table 6 for additional details.

It is estimated that slightly less than half of the Head Start-eligible pregnant people in Lancaster County identify as Hispanic or Latino ( $n = 254.5$ , 46.2%; Table 7). Nearly all Head Start-eligible pregnant people who identify as Hispanic resided in Lincoln ( $n = 236.2$ ). Decimals are included due to estimation and rounding.

Table 6. Estimated Racial Identities of Women Ages 15-50 in Poverty Who Had Given Birth in the Last 12 Months

Race	Lancaster County		Lincoln		Saunders County	
	Estimated Number	Percent	Estimated Number	Percent	Estimated Number	Percent
American Indian and Alaska Native	19.5	3.5%	17.5	3.5%	0	0.0%
Asian	37.7	6.8%	33.9	6.8%	0	0.0%
Black or African American	59.0	10.7%	53.0	10.7%	0	0.0%

Race	Lancaster County		Lincoln		Saunders County	
	Estimated Number	Percent	Estimated Number	Percent	Estimated Number	Percent
Native Hawaiian and other Pacific Islander	2.5	0.4%	2.2	0.4%	0	0.0%
White	271.1	49.2%	243.6	49.2%	6.6	94.4%
Two or more races	133.3	24.2%	119.7	24.2%	0.4	5.6%
Some other race	27.9	5.1%	25.0	5.1%	0	0.0%
<b>Total</b>	551	N/A	495	N/A	7	N/A

Note. Estimates calculated using ACS 5-Year Estimates Detailed Table (2023); Tables B17020A-B17020G, B13010. Additionally, due to rounding, percentages may not sum to 100.0%.

Table 7. Estimated Ethnic Identities of Women Ages 15-50 in Poverty Who Had Given Birth in the Last 12 Months

Geographic Area	Hispanic or Latino		Non-Hispanic or Latino	
	Number	Percent	Number	Percent
Lancaster County	254.5	46.2%	296.5	53.8%
Lincoln	236.2	47.7%	258.8	52.3%
Saunders County	0.0	0.0%	7.0	100.0%
<b>Total</b>	255	N/A	297	N/A

Note. Estimates calculated using ACS 5-year Estimates Subject Tables (2023); Tables B1720, B17020I, B13010.

## Estimated Languages Spoken by Eligible Children and Pregnant People

Data on the languages spoken in the home for children under the age of six and for women aged 15 to 50 who gave birth within the last 12 months in poverty is not available. However, estimates for languages spoken by eligible children and pregnant people were created using data available on the languages spoken in the home for individuals ages five and older who live in poverty (Table 8). This data is only available for Lancaster County and Lincoln using ACS one-year estimate detailed tables.

Table 8. Languages Spoken in Home by Individuals Five and Older in Poverty (Used in Table 9 Estimates)

Language Spoken at Home	Lancaster County		Lincoln	
	Number	Percent	Number	Percent
Spoke only English	28,902	84.9%	28,009	84.5%
Spoke Spanish	1,404	4.1%	1,394	4.2%
Spoke other Indo-European	2,355	6.9%	2,355	7.1%
Spoke Asian and Pacific Islander languages	652	1.9%	652	2.0%

Language Spoken at Home	Lancaster County		Lincoln	
	Number	Percent	Number	Percent
Spoke other languages	724	2.1%	724	2.2%
<b>Total</b>	34,037	N/A	33,134	N/A

Source: ACS 1-Year Estimates Detailed Tables (2023): Table C16009

Note. Data about language(s) spoken at home by individuals ages five and older who live in poverty was only available for Lancaster County and Lincoln.

Assuming the proportion of languages spoken in the home for those five and older in poverty is like those of individuals under the age of six in poverty, it is estimated that most eligible children speak English in the home in Lancaster County (84.9%,  $n = 2,425.1$ ) and Lincoln (84.5%,  $n = 2,351.7$ ). This is followed by *other Indo-European* languages then *Spanish* in both Lancaster County and Lincoln. See Table 9 for additional details.

Table 9. Estimated Languages Spoken in Home for Children Under Age Six in Poverty

Language Spoken at Home	Lancaster County		Lincoln	
	Number	Percent	Number	Percent
Spoke only English	2,425.1	84.9%	2,351.7	84.5%
Spoke Spanish	117.8	4.1%	117.0	4.2%
Spoke other Indo-European	197.6	6.9%	197.7	7.1%
Spoke Asian and Pacific Islander languages	54.7	1.9%	54.7	2.0%
Spoke other languages	60.7	2.1%	60.8	2.2%
<b>Total</b>	2,856	N/A	2,782	N/A

Note. Estimates calculated using ACS 5-Year Estimates Detailed Table (2023); Tables C16009, B17020; Due to rounding, percentages may not sum to 100.0%.

If an additional assumption that the proportion of languages spoken in the home for those five years of age and older in poverty is similar to those of women aged 15 to 50 in poverty who gave birth within the last 12 months, it is estimated that most Head Start-eligible pregnant people speak English in the home in Lancaster County (84.9%,  $n = 467.9$ ) and Lincoln (84.5%,  $n = 418.4$ ; Table 10).

Table 10. Estimated Languages Spoken in Home for Women Aged 15 to 50 in Poverty Who Gave Birth Within the Last 12 Months

Language Spoken at Home	Lancaster County		Lincoln	
	Number	Percent	Number	Percent
Spoke only English	467.9	84.9%	418.4	84.5%
Spoke Spanish	22.7	4.1%	20.8	4.2%
Spoke other Indo-European	38.1	6.9%	35.2	7.1%
Spoke Asian and Pacific Island languages	10.6	1.9%	9.7	2.0%
Spoke other languages	11.7	2.1%	10.8	2.2%
<b>Total</b>	551	N/A	495	N/A

Note. Estimates calculated using ACS 5-Year Estimates Detailed Table (2023); Tables C16009, B13010

### Estimated Household Composition of Eligible Children

Table 11 and Table 12 present the total number of households by household type, the number of children under age six living in poverty within each household type, and the corresponding number of children under age six in poverty per 100 households for Lancaster County, Lincoln, Saunders County, and Wahoo in 2023. In both Lincoln and Lancaster County, the ratio of children under the age of six in poverty to the total number of female households was 12.1 children to total households, which was the highest of any such ratio. Female householder also represented the highest total number of any household type for the number of children under six in poverty in Lancaster County and Lincoln. See Table 11 for additional details.

Table 11. Household Composition of Children Under the Age of Six in Poverty as a Percentage of All Households, by Location

Household Type	Lancaster County			Lincoln		
	Total Households	Number of Children Under 6 in Poverty	Per 100 Households	Total Households	Number of Children Under 6 in Poverty	Per 100 Households
Married-couple, family household	59,980	1,315	2.2	51,565	1,300	2.5
Male householder no wife present	5,549	120	2.2	5,113	120	2.3

Household Type	Lancaster County			Lincoln		
	Total Households	Number of Children Under 6 in Poverty	Per 100 Households	Total Households	Number of Children Under 6 in Poverty	Per 100 Households
Female householder no husband present	11,729	1,421	12.1	11,210	1,362	12.1
<b>Total</b>	77,258	2,856	3.7	67,888	2,782	4.1

Source: ACS 5-Year Estimates Detailed Table (2023): Tables S1101 and B17006; due to rounding, some percentages may not sum to 100.0%.

In Saunders County, the highest number of children under the age of six in poverty were living in households with a female caregiver ( $n = 19$ ). However, the ratio of number of children under the age of six in poverty to total households by type was highest for male caregiver households at 4.4 children under the age of six in poverty per 100 households. See Table 12 for additional details.

Table 12. Household Composition of Children Under the Age of Six in Poverty as a Percentage of All Households, by Location

Household Type	Saunders County			Wahoo		
	Total Households	Number of Children Under 6 in Poverty	Per 100 Households	Total Households	Number of Children Under 6 in Poverty	Per 100 Households
Married-couple, family household	5,263	2	0.0	856	0	0.0
Male householder no wife present	344	15	4.4	122	0	0.0
Female householder no husband present	550	19	3.5	251	0	0.0
<b>Total</b>	6,157	36	0.6	1,229	0	0.0

Source: ACS 5-Year Estimates Detailed Table (2023): Tables S1101 and B17006; due to rounding, some percentages may not sum to 100.0%.

## Children with Disabilities

Table 13 shows the number of individuals under the age of 18 with a known disability within Lancaster County, Lincoln, Saunders County, and Wahoo. These categories are not mutually exclusive, meaning that an individual may experience more than one disability. Within each location, the highest number of individuals experienced cognitive disabilities. Relevant resources and services provided to these children can be found in Appendix G.

Table 13. Number of Individuals Under 18 Years with Disabilities

Disability	Lancaster County	Lincoln	Saunders County	Wahoo
Hearing Difficulty	310	250	20	13
Vision Difficulty	373	264	23	0
Cognitive Difficulty	2,711	2,537	249	107
Ambulatory Difficulty	201	181	66	61
Self-Care Difficulty	515	503	12	0

Source: ACS 5-Year Estimates Subject Table (2023); Table S1810

## Children in Foster Care

According to the Nebraska Foster Care Review Office’s December 2025 quarterly report, the number of children in out-of-home care through the child welfare system decreased 4.3% from 3,426 in September 2024 to 3,280 in September 2025. These decreases were more pronounced in Lancaster County (16.2%) and Saunders County (61.8%) during the same period.<sup>4</sup>

**464**

Children in **Lancaster County** were in out-of-home care or trial home visit on September 30, 2025.

**13**

Children in **Saunders County** were in out-of-home care or trial home visit on September 30, 2025.

## Children Experiencing Homelessness

The exact number of children experiencing homelessness is difficult to determine. The best available data on homelessness comes from point-in-time counts by the U.S. Department of Housing and Urban

<sup>4</sup> Nebraska Foster Care Review Office. (December 2025). *December 2025 Quarterly Report*. <https://fcro.nebraska.gov/pdf/FCRO-Reports/FCRO%20December%202025%20Quarterly%20Report%20-%20Final.pdf>

Development (HUD) and is only available for the state of Nebraska and Lincoln. According to the 2024 point-in-time count as published by HUD:<sup>5</sup>

**30**

Unaccompanied youth (under 25) were homeless on a given night in **Lincoln**, an increase from 28 in 2023.

**154**

Unaccompanied youth (under 25) were homeless on a given night in **Nebraska**, an increase from 149 in 2023.

**181**

Overall people in families who were homeless on a given night in **Lincoln**, an increase from 142 in 2023.

**700**

Overall people in families who were homeless on a given night in **Nebraska**, an increase from 629 in 2023.

The U.S. Department of Education provides a second source of data on the number of homeless youth by collecting information on the number of students experiencing homelessness and receiving McKinney-Vento-related support via school districts across the country. For Community Action’s service area, only Lincoln Public Schools (LPS) data is reported due to too small sample sizes in other districts in the service area. For the 2022-2023 school year, LPS reported the following:<sup>6</sup>



**134**

LPS students who experienced homelessness resided in a shelter.

**458**

LPS students experienced homelessness.

**242**

LPS students who experienced homelessness were “doubled-up.” Doubled-up means sharing housing of other persons due to loss of housing.

## Community Needs and Strengths Assessment

The Community Needs and Strengths Assessment is organized into four sections: 1) Community Strengths, 2) Community Needs, 3) Health and Nutrition Concerns, and 4) Causes and Conditions of Poverty.

### Community Strengths

Focus group and survey data indicate that community strengths include partnerships, the availability of community resources, the availability of community resources, the availability of outdoors parks, playgrounds, and trails, the overall quality of educational opportunities, and community safety.

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<sup>5</sup> U.S. Department of Housing and Urban Development. (2024). *HUD 2024 continuum of care homeless assistance programs homeless populations and subpopulations*. NE-502 Lincoln COC; Nebraska.

<sup>6</sup> Nebraska Department of Education. (2024). *Homeless Enrolled Students by State SY 2022-2023*. ED Data Express. <https://eddataexpress.ed.gov/dashboard/homeless/2022-2023?sy=2955&s=800>

## 1. Availability of Community Resources

Community leaders, Head Start staff, and caregivers of children enrolled in Head Start who participated in the focus group reported that a wide variety of community resources are available to those in need combined with people available to help connect with the resources they need.

*“I saw a statistic that there's over 600 nonprofits in Lincoln, Nebraska. Lincoln, Nebraska's a town of 300,000, barely.”*

*“We look for a resource if the parent is needing a particular thing, we look for resources within the community that can help. So we have a lot of ones that we go to... where we know that they can get services if they just need to get connected to them.”*

*“If you ask literally your family engagement specialist for any resource, they're going to find it. It might not be the greatest help, whatever they find, but they're going to find whatever is available.”*

Head Start staff and parents/guardians said that Community Action staff has been instrumental in connecting people to resources; however, they discussed how greater assistance with navigating the array of resources would be helpful for families, as acquiring assistance from many agencies can be time-consuming and frustrating.

*“we have it so spread out to get any kind of services, between getting transportation help to utility help to mental health help, to doctor's help. And I think sometimes it frustrates... Or especially children that have disabilities, they might have to contact 22 people just to get that support...It's so cumbersome for them...the time.”*

Survey respondents were asked several questions related to the county in which they live. The mean rating respondents rated *The availability of social services to meet basic needs (i.e., food, shelter, clothing)* just below *Good* (Mean = 3.8, S.D. = 1.0; Table 14). This may suggest that while resources are available, they could be improved to better meet basic needs. Ratings for all county characteristics included in the survey can be found in Appendix F.

*Table 14. Mean Rating of "The Availability of Social Services to Meet Basic Needs (i.e., Food, Shelter, Clothing)" Survey Item*

How would you rate the following in your county?	<i>n</i>	Mean	S.D.
The availability of social services to meet basic needs (i.e., food, shelter, clothing)	67	3.8	1.0

*Note.* Scale responses were coded as (1) Very Bad, (2) Bad, (3) Neither good nor bad, (4) Good, and (5) Very good.

## 2. Community Partnerships

Community leaders and Head Start staff who participated in the focus group identified community partnerships as a key community strength, as groups work together to connect residents to the resources they need. They described how existing area networks provide connections and collaboration across different sectors in the community.

*“What's really cool is that in my world, serving new Americans, we have what's called the New Americans Task Force convened by the mayor, has been for 30 years. That meets monthly. The Homeless Coalition brings together all the people serving the homeless or preventing homeless.”*

*Same thing with juvenile justice, same thing with mental health. So you have all these different coalitions that bring people together, so I think what's working well is not any one particular service, but the fact that they all, like, communicate with each other... And Community Action being a part of literally all those coalitions.”*

*“This community is one where you can pick up the phone, something's going awry, or hey, we feel like we need to do this service, and you pick up the phone and ask somebody, what about this? Should we start this? Oh, somebody else is already doing that, and it's that collaboration and those relationships that have already been built that allow that, conversation to happen, and just ensure that we have great services in the community.”*

### 3. Outdoor Parks, Playgrounds, and Trails

Survey respondents rated *The availability of outdoor parks, playgrounds, and trails* higher than any other county characteristic included in the survey (*Mean = 4.4, S.D. = 0.5*; Table 15). The mean rating falls between the *Good* and *Very good* response options. Studies show that cities with a greater area of accessible green space tend to have better public health outcomes.<sup>7</sup>

Focus group participants also discussed the quality of the Lincoln area’s parks and clean environment.

*“We've got nice parks, and it's quiet and we don't have a lot of industry or pollution ... compared to other cities...we keep up things in Lincoln. We're pretty clean, clean streets, clean sidewalks, stuff like that.”*

*Table 15. Mean Rating of "The Availability of Outdoor Parks, Playgrounds, And Trails" Survey Item*

How would you rate the following in your county?	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
The availability of outdoor parks, playgrounds, and trails	78	4.4	0.5

*Note.* Scale responses were coded as (1) Very Bad, (2) Bad, (3) Neither good nor bad, (4) Good, and (5) Very good.

### 4. Quality of Educational Opportunities

Survey respondents also rated *The overall quality of educational opportunities* in their county (*Mean = 4.1, S.D. = 0.8*) (Table 16). The mean rating closely aligns with the *Good* response option.

Focus group participants discussed Lincoln Public Schools as one of the greatest strengths in the community for its quality and dedication to serving families’ needs. They also felt that the K-12 schools and community college system are working together to provide an “on-ramp” towards upward economic mobility, while also connecting families with needed resources.

*“LPS. I'm so glad that my children... get to...go [to school] here, and [as] someone who's lived in other places in the United States, there's no better educational... we're just so glad that that educational system exists.”*

<sup>7</sup> Lee, A.C.K. & Maheswaran, R. (2011). The health benefits of urban green spaces: A review of the evidence. *Journal of Public Health, 33*(2), 212-222. <https://doi.org/10.1093/pubmed/fdq068>

*“I know for my time in Lincoln Public Schools, there's many amazing individuals there. They're really aware of resources and help coordinate that...in the event that there's a family in crisis, or students whose needs are not being met.*

Table 16. Mean Rating of " The Overall Quality of the Educational Opportunities " Survey Item

How would you rate the following in your county?	n	Mean	S.D.
The overall quality of the educational opportunities	66	4.1	0.8

Note. Scale responses were coded as (1) Very Bad, (2) Bad, (3) Neither good nor bad, (4) Good, and (5) Very good.

## 5. Community Safety

Survey respondents also indicated that their county is a safe place to live (Table 17). The mean rating of *Being a safe place to live* (Mean = 4.3, S.D. = 0.6) was slightly above the *Good* response option. Studies show that communities with residents who perceive lower levels of crime in their neighborhood also tend to have higher levels of neighborhood satisfaction.<sup>8</sup>

Parents, guardians, Head Start staff, and community leaders who participated in focus groups discussed how the Lincoln area is a safe place to live and that most people have a good relationship with police and fire fighters.

*“I think a lot of us, have maintained good relationships with the police department, which I think is really important right now, thinking about the families that I serve. LPD has been, I think, very helpful in how ... they communicate with us quite a bit, so, that makes a big difference to have people feel secure to come to our classes, which are provided at 9 different community sites around town.”*

*“We have a pretty safe community... most people have a really good relationship with the police and the firefighters and everybody else, and are friendly.”*

Table 17. Mean Rating of “Being a Safe Place to Live” Survey Item

How would you rate the following in your county?	n	Mean	S.D.
Being a safe place to live	74	4.3	0.6

Note. Scale responses were coded as (1) Very Bad, (2) Bad, (3) Neither good nor bad, (4) Good, and (5) Very good.

## Community Needs

Community needs identified by survey respondents and focus group participants include transportation, accessible, affordable, high-quality childcare, affordable housing, and translation/interpretation services.

<sup>8</sup> Hipp, J. (2009). Specifying the determinants of neighborhood satisfaction: A robust assessment in 24 metropolitan areas. *Social Forces*, 88(1), 395-424.

## 1. Accessible, Affordable, High-Quality Childcare

Although the Head Start Program is an affordable, high-quality childcare program, it is limited by resources in the number of children it can serve. Many families in Lancaster and Saunders Counties must pay private childcare providers. Parents and guardian of children enrolled in Head Start and program staff who attended the focus groups said that there is a waitlist for Head Start enrollment, and that not all children will be able to enroll. Therefore, they said there is a need for greater Head Start capacity to serve more children because of the high cost of childcare.

*“but the other thing that's really missing [in Lincoln] is daycare centers or other Head Starts for the other kids on the waitlist.”*

Parents also said that childcare for children with special needs can be hard to find. One parent said Head Start has accommodated their child with autism well and that they cannot take their child elsewhere.

*“They accommodate so much with the therapist...They accommodate so well with that. It's the main reason why I refuse to take her to any other daycare. I moved closer to come to be closer to here so it's not a 30-minute drive anymore...They know her so well.”*

*“I've lost three jobs because my autistic daughter, I wouldn't say that they can't handle her here, but sometimes I can't handle her. So I have to come pick her up and then take her home and then I'm out for the day.”*

Community leaders who attended the focus group identified the accessibility of affordable, high-quality childcare as an important community need and a barrier to upward mobility and employment. Parents and guardians also discussed lack of affordable and accessible childcare as a barrier to career and education advancement for parents and caregivers. They also discussed the importance of high-quality childcare on childhood development and its role in breaking the generational cycle of poverty.

The survey data aligns with the focus group discussions. Respondents' ratings of the availability of affordable childcare were among the worst measured ( $Mean = 2.5$ ,  $S.D. = 1.3$ ; Table 18). The mean rating aligns between the *Bad* to *Neither good nor bad* response options.

Table 18. Mean Rating of "The Availability of Affordable Childcare" Survey Item

How would you rate the following in your county?	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
The availability of quality, affordable childcare	60	2.5	1.3

Note. Scale responses were coded as (1) Very Bad, (2) Bad, (3) Neither good nor bad, (4) Good, and (5) Very good.

**Secondary Data: Childcare Affordability**

**85.7%**

of Nebraska families could not afford continuous infant care in 2025 (based on the U.S. Department of Health and Human Services' affordability standard of 7% of family income)<sup>9</sup>



**2023 Average Annual Lancaster County Center-Based Childcare Costs<sup>10</sup>**

<b>\$12,915</b>	Infant care
<b>\$12,196</b>	Toddler care
<b>\$10,912</b>	Pre-K childcare
<b>\$9,211</b>	School-age childcare

**Annual infant childcare costs in Nebraska exceed the annual public in-state tuition for four-year public college by \$2,807.**

<sup>9</sup> Economic Policy Institute. (2026). *Child care costs in the United States*. <https://www.epi.org/child-care-costs-in-the-united-states/#/NE>

<sup>10</sup> University of Nebraska Public Policy Center. (2023). *Childcare costs*. Lincoln Vital Signs. <https://www.lincolnvitalisigns.org/economy-and-workforce/childcare-costs/>

### Secondary Data: Childcare Availability

Based on the Nebraska Department of Health and Human Services' (DHHS) roster of Licensed Child Care and Preschool Programs available on February 6, 2026, a total of 411 childcare facilities are currently licensed in Lancaster and Saunders Counties. Table 19 summarizes the distribution of licensed childcare facilities by type and geographic location, including facilities located in the cities of Lincoln and Wahoo.

Table 19. Childcare Facilities by Type in Lancaster & Saunders Counties

Childcare Facility	Lancaster County	Lincoln	Saunders County	Wahoo
Child Care Center	174	164	12	5
Family Child Care Home I	134	121	8	0
Family Child Care Home II	60	52	12	4
Preschool	9	8	2	1
<b>Total</b>	<b>377</b>	<b>345</b>	<b>34</b>	<b>10</b>

Source. Nebraska Department of Health and Human Services' (DHHS) roster of Licensed Child Care and Preschool Programs (2026).

### Secondary Data: Childcare Facilities That Serve Eligible Children

Data on the number of Head Start-eligible children enrolled in child development centers, childcare centers, and family childcare programs are not available at the city or county level. However, estimates can be made using data on childcare facilities that accept payments through the Nebraska Department of Health and Human Services Child Care Subsidy Program, which assists low-income families with the cost of childcare. The number and types of childcare facilities that accept subsidies through this program are presented in Table 20.

Table 20. Childcare Facilities Accepting Subsidies by Geographic Area & Type

Childcare Facility	Lancaster County	Lincoln	Saunders County	Wahoo
Child Care Center	109	100	8	3
Family Child Care Home I	52	51	1	0
Family Child Care Home II	34	31	4	0
Preschool	0	0	0	0
<b>Total</b>	195	182	13	3

Source: Nebraska Department of Health and Human Services, Division of Public Health (2026). Roster of licensed child care and preschool programs in Nebraska.  
<https://dhhs.ne.gov/licensure/Documents/ChildCareRoster.pdf>

Data obtained from the 2025 Nebraska Child Care Market Rate Survey Report suggests that childcare providers receive subsidy payments for an average of 10.47 children per facility. To estimate the number of Head Start-eligible children served, the number of childcare facilities was multiplied by the average number of children for which facilities receive subsidies (10.47), as seen in Table 21.

Table 21. Estimates of Head Start-Eligible Children Served by Childcare Facility Location and Type

Childcare Facility	Lancaster County	Lincoln	Saunders County	Wahoo
Child Care Center	1,141	1,047	84	31
Family Child Care Home I	544	534	10	0
Family Child Care Home II	356	325	42	0
<b>Total</b>	2,041	1,906	136	31

Note. Estimates (rounded to the nearest whole number) were calculated using data obtained from Nebraska Department of Health and Human Services, Division of Public Health (2026) Roster of licensed child care and preschool programs in Nebraska and Daro, Alexandra (2025) Nebraska Child Care Market Rate Survey Report.

## 2. Affordable Housing

Affordable housing was also identified by focus group participants as a community need. The low availability of affordable housing puts low-income families at greater risk of homelessness and eviction.

*“some of my neighbors are already on the verge [of homelessness], so all it takes is that, you know, extra car payment, or even if they don't have a car payment, let's say a car needs fixing, or a child gets sick, or whatever”*

*“a significant majority of our neighbors are spending 45% of their income on housing-related issues, then you're already behind.... if you're at 45% of your income towards housing... you're never gonna make it. It doesn't matter how much money you make.”*

*“During the pandemic, we had really wonderful, rent prevention funding, where we could pay people's rent. There was the tenant assistance program, which was Community Action, the university, some other folks, and that funding really kept people housed, through the pandemic and prevented a lot of homelessness. That money's gone now, and Community Action can speak much more better to this than I can, but evictions are up, there's less protections.”*

The availability of affordable housing was among issues rated the lowest by survey respondents (Mean = 2.3, S.D. = 1.3; Table 22). The mean rating aligns with the *Bad* response option.

Table 22. Mean Rating of "The Availability of Affordable Housing" Survey Item

How would you rate the following in your county?	<i>n</i>	Mean	S.D.
The availability of affordable housing	63	2.3	1.3

Note. Scale responses were coded as (1) Very Bad, (2) Bad, (3) Neither good nor bad, (4) Good, and (5) Very good.

### Secondary Data: Homelessness

According to the 2024 Point-in-Time count as published by the U.S. Department of Housing and Urban Development, 499 individuals experienced homelessness on any given night in Lincoln and 2,720 individuals experienced homelessness on any given night in Nebraska (Table 23). Both were increased from the Point-in-Time counts published in 2022. Homelessness Point-in-Time counts are not available for Lancaster County, Saunders County, or Wahoo.

Table 23. Estimates of Individuals Experiencing Homelessness in 2022 and 2024

Geographic Area	Estimates of Individuals Experiencing Homelessness in 2024	Estimates of Individuals Experiencing Homelessness in 2022
Lincoln	499	418
Nebraska	2,720	2,246

Source: U.S. Department of Housing and Urban Development, 2024 Homeless Point-In-Time Count.

Note. Count includes sheltered and unsheltered individuals

### Secondary Data: Housing

The majority of housing units in all geographic areas were owner-occupied units. Lancaster County and Lincoln had the highest proportion of renter-occupied units, 41.2% and 44.2% respectively (Table 24).

Table 24. Percentage of Owner and Renter-Occupied Units

Type of Housing Unit	Lancaster County (n = 132,162)	Lincoln (n = 120,698)	Saunders County (n = 8,820)	Wahoo (n = 1,880)
Owner-occupied units	58.8%	55.8%	81.7%	68.0%
Renter-occupied units	41.2%	44.2%	18.3%	32.0%

Source: ACS 5-year Estimates Subject Table (2023); Table DP04

The median rent costs were higher in Lincoln and Lancaster County (\$1,045) than Saunders County (\$930) and Wahoo (\$913), which had the lowest overall median rent (Table 25).

Table 25. Median Rent by Geographic Area

Geographic Area	Median Rent
Lancaster County (n = 52,859)	\$ 1,045.00
Lincoln (n = 51,996)	\$ 1,045.00
Saunders County (n = 1,499)	\$ 930.00
Wahoo (n = 575)	\$ 913.00

Source: ACS 5-year Estimates Subject Table (2023); Table DP04

### Secondary Data: Housing Quality and Affordability

Nearly every house in the geographic area had complete plumbing and kitchen facilities. The highest percentage of houses lacking complete kitchen facilities was in Lincoln (0.8%). See Table 26 for additional details.

Table 26: Proportion of Households with at Least One Severe Housing Problem in the Most Recent Year

Geographic Area	Percentage of Houses Lacking Complete Plumbing Facilities	Percentage of Houses Lacking Complete Kitchen Facilities
Lancaster County	0.1%	0.7%
Lincoln	0.1%	0.8%
Saunders County	0.0%	0.2%
Wahoo	0.0%	0.0%

Source: ACS 5-year Estimates Subject Table (2023); Table DP04

Nearly half of renter households in Lincoln (45.5%) and Lancaster County (45.3%) were housing cost burdened, meaning they spent more than 30% of their income on housing. In Saunders County, slightly over one-third of renters (36.8%) were considered cost burdened.

Housing cost burden was less common among homeowners. The highest prevalence among homeowners with a mortgage was observed in Lancaster County (21.3%), followed closely by Lincoln (21.1%). Among homeowners without a mortgage, 17.4% of residents in Wahoo experienced housing cost burden – a higher percentage than those with a mortgage in the same community (Table 27).

Table 27. Proportion of households spending more than 30% of income on housing rent costs

Geographic Area	Housing Cost Burden (>30% of income)		
	Renters	Homeowners with Mortgage	Homeowners with No Mortgage
Lancaster County (n = 49,479)	45.3%	21.3%	10.6%
Lincoln (n = 48,515)	45.5%	21.1%	9.8%
Saunders County (n = 1,553)	36.8%	18.6%	16.5%
Wahoo (n = 518)	43.7%	12.2%	17.4%

Source: ACS 5-year Estimates Subject Table (2023); Table DP04

### 3. Transportation Access

Community leaders, Head Start staff, and parents and guardians of children enrolled in Head Start who participated in the focus groups identified transportation as a consistent barrier to accessing services, accessing healthy foods, taking children to childcare or school, maintaining employment, and finding a path out of poverty.

*“It’s a significant problem in our neighborhood. Cars are expensive, insurance for cars is expensive, the bus system’s not great, and so I think it’s just a significant barrier. For the folks that I see. Again, most of our neighborhoods are working people often in, you know, extra shifts, 2 jobs, 3 jobs, and so I think I will have to say in the room that transportation’s still a significant issue.”*

*“[Transportation] also help parents work because a lot of parents stay home with their children. They want them to be in childcare but they can’t get their kids in childcare. And oftentimes those communities apply for public assistance, like Title 20, but the caveat is you have to be working or going to school to get accepted, and that doesn’t make sense to me. If you can’t get care for your kids, how can you go work?”*

Focus group participants also discussed that the costs associated with maintaining and repairing an automobile are too high for many low-income families.

*“We have a lot of families that will miss a couple of weeks or a month of school or work because their car broke down. They have a vehicle but something’s wrong with it. They can’t drive it. They miss a lot of opportunities during that time. There’s not really an easy way to get their car fixed. It’s too expensive. There’s no funds to help with getting your car fixed.”*

*“The [auto repair services] we do refer to, they do great things. We have Charity Auto, which is basically if the parent buys the part, and it’s a minor repair, then they can do that for a labor donation of \$20 or something. And then Chariots of Hope, which is based out of Omaha, but those are legitimately the only two. And then Free To Save isn’t an immediate... None of those are immediate solutions. So I feel like we need more immediate solutions for repairs.”*

Furthermore, Head Start staff discuss the greater transportation difficulties faced by parents or guardians of children living with disabilities.

*“I know there’s no resources to help them get the right vehicle for the child they transport on the regular for themselves. And the child, when they’re little, they’re going in a car seat, but as they age and grow, that child gets bigger and mom can’t necessarily lift that child in and out anymore. And the car’s maybe not big enough, but she’s still got to do it because she doesn’t have funds to get a van. She got to lift her in and out of some contraption into her car, but the child is too big to be lifting.”*

Survey respondents rated *The availability of public transportation* as *Neither good nor bad* (Mean = 3.0; S.D. = 1.4; Table 28). Focus group participants noted that the limited hours of public transportation decrease accessibility to community services, places of employment, and schools.

Table 28. Mean Rating of “The Availability of Public Transportation” Survey Item

How would you rate the following in your county?	n	Mean	S.D.
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The availability of public transportation	59	3.0	1.4
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*Note.* Scale responses were coded as (1) Very Bad, (2) Bad, (3) Neither good nor bad, (4) Good, and (5) Very good.

### Secondary Data: Means of Transportation

Most workers ages 16 and older in all geographic areas commuted to work via car, truck, or van in 2023, which was the same as 2021 (Table 29).

Table 29. Percentage of Types of Transportation to Work for Residents Overall

Transportation Type	Lancaster County (n = 172,245)	Lincoln (n = 156,772)	Saunders County (n = 11,885)	Wahoo (n = 2,278)
Car, truck, or van	84.6%	84.3%	86.3%	84.3%
Worked at home	10.1%	10.0%	9.0%	10.0%
Walked	3.0%	3.2%	3.1%	5.0%
Taxicab, motorcycle, or other means	1.5%	1.7%	0.9%	0.6%
Public transportation (excluding taxicab)	0.8%	0.9%	0.7%	0.0%

Source: ACS 5-Year Estimates Subject Table (2023); Table S0801

Note. Columns may not add to 100.0% due to rounding.

Individuals living below 100% of the poverty level tended to work from home less often in each geographic area. Additionally, they tended to rely less on cars, trucks, and vans to travel to work. In Lancaster County, Lincoln, and Wahoo, individuals below 100% of the federal poverty limit tended to rely more heavily on walking to work. In Saunders County, residents tended to use public transportation, excluding taxicab (Table 30).

Table 30. Percentage of Types of Transportation to Work for Residents in Poverty

Transportation Type	Lancaster County (n = 13,087)	Lincoln (n = 12,908)	Saunders County (n = 427)	Wahoo (n = 130)
Car, truck, or van	81.7%	81.5%	85.5%	84.6%
Worked at home	7.0%	7.0%	1.6%	0.0%
Walked	6.7%	6.8%	4.7%	15.4%
Taxicab, motorcycle, bicycle, or other means	2.9%	2.9%	0.0%	0.0%
Public transportation (excluding taxicab)	1.7%	1.8%	8.2%	0.0%

Source: ACS 5-Year Estimates Subject Table (2023); Table B08122

### Secondary Data: Commutes to Work

More than half of workers aged 16 or older living in Saunders County reported working outside of the county (56.1%), which is roughly the same percentage that reported working outside the county in 2021 (56.9%). In contrast, only 39.5% Wahoo residents reported working outside of Saunders County. Roughly 5% of the residents of Lancaster County and Lincoln report working outside of the county. Most residents report working within Nebraska. See Table 31 for additional details.

Table 31. Percent of Residents Working Outside County and State of Residence

Geographic Area	Percent Working Outside the County of Residence	Percent Working Outside the State of Residence
Lancaster County	5.5%	0.4%
Lincoln	5.1%	0.4%
Saunders County	56.1%	0.4%
Wahoo	39.5%	0.8%

Source: ACS 5-Year Estimates Subject Table (2023); Table S0801

The average commute time for workers at least 16 years old who worked outside their home ranged from a minimum of 18.3 minutes for Lincoln residents to a maximum of 26.2 minutes for Saunders County residents (Table 32).

Table 32. Average Commute Time to Work

Geographic Area	Commute to Work in Minutes
Lancaster County ( <i>n</i> = 154,906)	18.9
Lincoln ( <i>n</i> = 141,159)	18.3
Saunders County ( <i>n</i> = 10,820)	26.2
Wahoo ( <i>n</i> = 2,050)	23.1

Source: ACS 5-Year Estimates Subject Table (2023); Table S0801

### Secondary Data: Vehicle Availability

Workers aged 16 and older residing in households without any vehicles available may experience additional challenges in accessing employment opportunities. However, most households within each geographic area have at least one vehicle available. The highest number of workers in households without at least one vehicle available was in Wahoo (3.7%), impacting 84 workers. Slightly over 4,000 workers in Lancaster County do not have access to at least one vehicle in their household (Table 33).

Table 33. Count and Percent Workers in Households Without at Least One Vehicle

Geographic Area	Number	Percent
Lancaster County	4,049	2.4%
Lincoln	3,985	2.6%
Saunders County	261	2.2%
Wahoo	84	3.7%

Source: ACS 5-Year Estimates Subject Table (2023); Table S0801

## 4. Translation and Interpretation Services

Head Start parents, community leaders, and Head Start staff identified additional translation and interpretation services as a community need in both the focus groups and survey. Parents and guardians were asked how often in the past month they access to language interpretation services when they were needed (Table 34). Nearly half (47.1%) of parents and guardians said that these services were available *Always* or *Most of the time*. The was the same proportion of parents and guardians (47.1%) that said translation services were only *Sometimes* or *Never* available.

Table 34. In the past 30 days, how often have you had access to language interpretation services when you needed it? (n=17)

In the past 30 days, how often have you had access to language interpretation services when you needed it?	n	Percent
Always	6	35.3
Most of the time	2	11.8
About half the time	1	5.9
Sometimes	1	5.9
Never	7	41.2

## Health and Nutrition Concerns

Survey respondents and focus group participants identified the following health and nutrition concerns in their communities: 1) mental health, 2) access to safe, affordable housing, 3) accessibility of healthy foods, 4) access to healthcare, mental health care, and dental care, and 5) discrimination and harassment.

### 1. Mental Health

Community leaders, Head Start staff, and caregivers of children enrolled in Head Start expressed concerns about mental health in their communities. Focus group participants reported concern regarding mental health and social-emotional needs among youth and adults, and that poverty exacerbates and limits access to resources to address these needs. They also felt that preventative mental health resources for low-income families were limited, leading to mental health issues to not be addressed until there is a problem.

*“At the risk of oversimplifying, the biggest barrier to health is poverty, right? Is the time and space and wherewithal to care for your health. I think navigating the mental health system is another major barrier. Knowing how to get what you need when you need it, at the moment you need it, and then having a health insurance product or capacity to pay for it, is a big deal.”*

*“I feel like when it comes to solutions for mental health, it's like, ‘We're not going to tackle that until... We can't accept you until it's a problem.’ So we need more of that preventative work and funding for that versus... And same with, I feel like I've seen that with domestic violence too, it's like, ‘Okay, we can't do that until this happens.’ Same with mental health...So just providing those resources before that becomes a problem.”*

Survey respondents were asked to select their top three issues that they were the most concerned about in their county. Mental health was the most frequently selected option (76.5%;Table 35). The frequencies of each health issue option included in this survey question can be found in Appendix F.

Table 35: Frequency of Mental Health (i.e., Depression, Anxiety, Post-Traumatic Stress, Suicide) Survey Item

Please select the top three health issues you are most concerned about in your county.	N	Count	Percent
Mental health (i.e., depression, anxiety, post-traumatic stress, suicide)	81	62	76.5

### Secondary Data: Physical and Mental Health

In 2022, respondents to the Nebraska Behavioral Risk Factor Surveillance System (BRFSS) in the Lincoln Lancaster County Health Department, including Lancaster County, reported an average of 3.6 days in the past 30 days when their physical health was not good. These residents reported a slightly higher average, 4.0 days in the past 30 days, where their mental health was not good.

Residents of the Three Rivers Public Health Department, which includes Saunders County and Wahoo, reported an average of 3.1 days in the past 30 days in which their physical health was not good on the BRFSS in 2022. These residents reported 3.4 days where their mental health was not good in the past 30 days as well.

The average number physically unhealthy days in the last 30 days in Nebraska in 2022 was 3.5 days, which is similar to the Lincoln Lancaster County Health Department. Residents in Nebraska reported, on average, 4.1 days in the past 30 days in which their mental health was not good, which is higher than both geographical areas. See Table 36 for details.

*Table 36. Poor Physical and Mental Health Days*

Geographic Area	Poor Physical Health Days	Poor Mental Health Days
Lincoln Lancaster County Health Department	3.6	4.0
Three Rivers Public Health Department	3.1	3.4
Nebraska	3.5	4.1

Source: Nebraska Behavioral Risk Factor Surveillance System Dashboard, 2022

The percentage of adults reporting 14 or more days of poor physical health per month was less than the Nebraska average of 10.3% for both residents of the Lincoln Lancaster County Health Department (9.7%) and residents of the Three Rivers Public Health Department (9.8%). Similarly, the percentage of adults reporting 14 or more days of poor mental health per month was less than the Nebraska average of 12.1% for both residents of the Lincoln Lancaster County Health Department (10.4%) and residents of the Three Rivers Public Health Department (10.1%) (Table 37).

*Table 37. Frequent Physical and Mental Distress*

Geographic Area	Percent Reporting 14 or More Days of Poor Physical Health	Percent Reporting 14 or More Days of Poor Mental Health
Lincoln Lancaster County Health Department	9.7%	10.4%
Three Rivers Public Health Department	9.8%	10.1%

Nebraska

10.3%

12.1%

*Source:* Nebraska Behavioral Risk Factor Surveillance System Dashboard, 2022

## Secondary Data: Mental Illness and Treatment

According to the 2022-2023 National Survey on Drug Use and Mental Health (NSDUH)<sup>11</sup>, among adults aged 18 or older in Nebraska:

- 25.7% received mental health treatment in the past year.
- 24.4% had a diagnosable mental, behavioral, or emotional disorder (excluding developmental and substance use disorders).
- 10.1% experienced a major depressive episode in the past year.
- 6.7% had a serious mental illness.
- 5.7% had serious thoughts of suicide in the past year.
- 1.6% made suicide plans in the past year.
- 0.6% attempted suicide in the past year.

Tenth grade and 12<sup>th</sup> grade students completed the Nebraska Risk and Protective Factor Student Survey (NRPFS), which reports aggregate behavioral health needs of students by local health department. About one-third of the 12<sup>th</sup> grade students (32.2%) in the Lincoln Lancaster County Health Department (HD) and nearly half of the 12<sup>th</sup> grade students from the Three Rivers Public HD reported being depressed in the last 12 months. About 30% of students reported poor mental health in the last 12 months in the Three Rivers Public HD. Concerningly, about 18% of 10<sup>th</sup> grade students and 15% of 12<sup>th</sup> grade students in both the Lincoln Lancaster County HD and the Three Rivers Public HD reported that they considered attempting suicide in the last 12 months. See Table 38 for details.

Table 38. Youth Mental Health Needs by Health Department

Geographic Area	Depressed in last 12 months (% Yes)		Poor mental health in last 12 months (% Yes)		Considered attempting suicide in last 12 months (% Yes)	
	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
Lincoln Lancaster County HD (n=391, n=296)*	32.4%	32.2%	-	-	18.8%	15.6%
Three Rivers Public HD (n=541, n=282)	39.3%	44.7%	31.3%	29.4%	18.4%	15.7%

Source: Nebraska Risk and Protective Factor Student Survey, 2018 and 2023

The sample size displayed is the largest sample size across these questions. Because each question is asked individually, the sample size may vary. The first number is for 10<sup>th</sup> graders and the second is for 12<sup>th</sup> graders

\*Lincoln Lancaster County HD's most recent data is from 2018

- Data is not available

<sup>11</sup> Substance Abuse and Mental Health Services Administration (SAMHSA). (2025). *Interactive NSDUH State Estimates: 2022-2023*. <https://datatools.samhsa.gov/saes/state>

## 2. Access to Safe, Affordable Housing

Both survey respondents and focus group participants identified access to safe, affordable housing as one of the largest health issues that they are concerned about in their county. Survey respondents' mean rating of the availability of safe, affordable housing in their county was an average of 2.3 or *Bad* (Table F6 in appendix) – the second lowest surveyed issue. Furthermore, when survey respondents were asked to select the top three health issues in their county, access to safe affordable housing availability was selected the second most selected from the list of issues by 65.4% of respondents (Table 39).

Table 39. Frequency of “Access to Safe, Affordable Housing” Survey Item

Please select the top three health issues you are most concerned about in your county.	N	Count	Percent
Access to safe, affordable housing	81	53	65.4

Community leader focus group participants discussed how it has become more challenging after the pandemic-era funding ended.

*“Throughout the pandemic, all this money got dropped in...and proved that we could keep people housed, and keep them in their homes, and prevent evictions, but funding is always the biggest part... how do we figure out that piece and keep funds available to keep folks in their homes?”*

## 3. Access to Affordable Healthcare and Dental Care

Survey respondents and focus group participants expressed concern regarding the barriers to accessing healthcare and dental care. *Access to affordable healthcare* was the third-most selected issue by survey respondents when asked to identify the top three health issues in their county (63.0%; Table 40).

Table 40. Frequency of “Access to Affordable Healthcare” Survey Item

Please select the top three health issues you are most concerned about in your county.	N	Count	Percent
Access to affordable healthcare	81	51	63.0

Focus group participants identified difficulty finding care that is available, costs, long wait lists, and few providers accepting Medicaid patients as barriers to accessing needed care.

*“There is an issue with access to healthcare, but again, it's awareness...what programs are available or sliding-scale fees and stuff like that. Sometimes that's kind of what will stop people who fear whatever the cost of either the insurance or not having insurance. They're both effects. I know I've seen, even well-paying insurance, I've been like, well, I don't know if I want to pay all this for that.”*

*“I think I'll also mention Medicaid, because a lot of our neighbors around us live in these group homes, whether it's for severe mental illness, you know, or cognitive... adults with cognitive disabilities, and many of these folks, are on Medicaid, and so any cut to Medicaid, it's gonna affect these folk. Like, where are they gonna go?”*

### Secondary Data: Resident to Health Care Provider Ratio

The ratio of residents to primary care physicians was higher in both Lancaster County (1,420:1) and Saunders County (1,320:1) than in Nebraska overall (1,320:1). The resident to mental health provider ratio for Lancaster County (210:1) was lower than Nebraska's (280:1). However, the ratio for residents to mental health providers in Saunders County was much higher (2,130:1). A similar trend was seen regarding dentist providers, where the ratio of residents to dentists was higher for Saunders County (2,930:1) than Nebraska (1,190:1). See Table 41 for details.

*Table 41. Ratios of County Populations to Primary Care Physicians, Mental Health Care Providers, and Dentists by Location*

Geographic Area	Resident to Primary Care Physician Ratio	Resident to Mental Health Provider Ratio	Resident to Dentist Ratio
Lancaster County	1,420:1	210:1	920:1
Saunders County	2,100:1	2,130:1	2,930:1
Nebraska	1,320:1	280:1	1,190:1

Source: County Health Rankings, 2025

### Secondary Data: Health Care Affordability

According to BRFSS data, about 10% of Nebraskans, including Nebraskans in the included geographic area, needed to see a doctor but could not afford it in the past year. Additionally, between 72% and 73% of adults 18 years and older had a routine checkup in the past year. See Table 42 for details.

*Table 42. Healthcare Affordability for Adults 18 and Older in the Past Year*

Geographic Area	Needed to See a Doctor but Could Not Afford it in Past Year	Had a Routine Checkup in Past Year
Lincoln Lancaster County Health Department	10.2%	72.5%
Three Rivers Public Health Department	9.4%	72.9%
Nebraska	10.2%	74.7%

Source: Nebraska Behavioral Risk Factor Surveillance System Dashboard, 2022

### Secondary Data: Uninsured Young Children

In general, about 30% under the age of six had public health insurance in Lancaster County (31.9%) and Lincoln (33.7%). A smaller percentage of children under the age of six had public health insurance in Saunders County (14.9%) and Wahoo (8.7%). The number of children under the age of six without any insurance was highest in Lancaster County and Lincoln at 3.7% (Table 43).

Table 43. Insurance Coverage of Children Under Six Years

Geographic Area	Children with Private Health Insurance		Children with Public Health Insurance		Children with No Health Insurance	
	Count	Percent	Count	Percent	Count	Percent
Lancaster County	14,642	64.4%	7,240	31.9%	838	3.7%
Lincoln	12,898	62.6%	6,938	33.7%	756	3.7%
Saunders County	1,517	83.7%	270	14.9%	25	1.4%
Wahoo	389	91.3%	37	8.7%	0	0.0%

Source: ACS 5-Year Estimates Subject Table (2023); Table B27003

### Secondary Data: Uninsured Adults

Individuals whose income was below 100% of the poverty threshold were considerably more likely to be uninsured in Lancaster and Saunders Counties. Saunders County had the highest rate of uninsured individuals below 100% of the poverty threshold (19.3%). Wahoo had the lowest percentage of uninsured residents overall (3.6%), but the second highest percentage of uninsured residents in poverty (15.2%; Table 44).

Table 44. Percent of Uninsured Residents Overall and Residents in Poverty

Geographic Area	Uninsured Residents Overall		Uninsured Residents in Poverty	
	Count	Percent	Count	Percent
Lancaster County	20,176	6.3%	4,178	11.5%
Lincoln	19,394	6.8%	4,159	11.8%
Saunders County	939	4.2%	278	19.3%
Wahoo	171	3.6%	88	15.2%

Source: ACS 5-Year Estimates Subject Table (2023); Table S2701

In Lancaster County, Lincoln, and Saunders County, unemployed residents were the most likely to be uninsured followed by residents working part-time. Across all geographic areas, working full-time was associated with the smallest percentage of residents being uninsured (Table 45).

Table 45. Uninsured Rate for Employed and Unemployed Individuals

Geographic Area	Residents Uninsured and Unemployed		Residents Uninsured and Employed Part-Time		Residents Uninsured and Employed Full-Time	
	Count	Percent	Count	Percent	Count	Percent
Lancaster County	3,284	14.5%	6,921	12.5%	6,756	5.9%
Lincoln	3,191	15.4%	6,643	12.7%	6,542	6.3%
Saunders County	169	12.8%	269	10.0%	390	4.6%
Wahoo	24	7.7%	57	10.4%	81	5.2%

Source: ACS 5-Year Estimates Subject Table (2023); Table S2701

#### 4. Accessibility of Healthy Foods

Community leaders, Head Start staff, and caregivers of children enrolled in Head Start who participated in the focus groups identified cost, transportation, and lack of nutrition education as challenges to accessing healthy foods.

*“I think that principal thing is economical because everything lays the price. But I think for me, people not have much access. But we have some support, food bank, many places. I think that people need education because what they feed is cereal, easy food, but not healthy food.”*

*“There's food stamps eligible and people that are barely just making it ... they're usually working, maybe working two jobs... so they have to decide if they're going to miss work or if they're going to go get the fresh fruits or the fresh vegetables. There's not a lot of different option times.”*

*“I think that people need education because what they feed is cereal, easy food, but not healthy food. And the healthy food they put away.... And when I [ask], ‘Why you not use that?’ Try to explain, ‘Oh, yeah, I don't know what I do.’ ... I try to explain, ‘Look at ingredients here. It's better for your kids.’ And they, ‘Okay, but I not have time.’ Or always is some reason or skills... parents need education.”*

Challenges getting healthy and affordable food was the fourth-most frequently selected health concern by survey respondents (34.6%; Table 46). Respondents were also asked to select their top three priorities related to what they thought would make their county a healthier place for them and their families. The most frequently selected priority was *Access to healthy foods* (45.7%; Table 47). The frequencies of every health priority option included in this survey question can be found in Appendix F.

Table 46. Frequency of “Challenges Getting Healthy and Affordable Food” Survey Item

Please select the top three health issues you are most concerned about in your county.	N	Count	Percent
Challenges getting healthy and affordable food	81	28	34.6

Table 47. Frequency of “Access to Healthy Foods” Survey Item

What would make your county a healthier place for you or your family? Select your top three priorities.	N	Count	Percent
Access to healthy foods	81	37	45.7

## Secondary Data: Food Insecurity

Food insecurity is defined as “the limited or uncertain availability of nutritionally adequate and safe foods, or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.”<sup>12</sup>

Feeding America estimated the percentage of Lancaster County’s population experiencing food insecurity was 14.6% or 47,380 individuals. Of these individuals, 47.0% were considered above the SNAP threshold. The percentage of Saunders County residents experiencing food insecurity was 12.1% or 2,750 individuals. Of these individuals, 63.0% were considered above the SNAP threshold.

The annual food budget shortfall is defined as the total annualized additional dollar amount that food-insecure individuals report needing, on average, to purchase just enough food to meet their food needs. This amount is based on responses in the Current Population Survey and the USDA assumption that individuals in households that are food insecure experience food insecurity, on average, seven months out of the year. This amount has been adjusted to reflect local food prices and relevant taxes. Across both geographic areas, this sums to more than \$35 million dollars. See Table 48 for more details.

Table 48. Number and Percentage of Individuals Experiencing Food Insecurity

Geographic Area	Individuals Experiencing Food Insecurity		Estimated Program Eligibility		Annual Food Budget Shortfall
	Number	Percent	Above SNAP Threshold	Below SNAP Threshold of 165%	
Lancaster County	47,380	14.6%	47.0%	53.0%	\$33,579,000
Saunders County	2,750	12.1%	63.0%	38.0%	\$1,994,000

Source: Feeding America, Map the Meal Gap Report (2023).

## Secondary Data: SNAP

The highest number and percentage of households receiving SNAP benefits are in Lincoln ( $n = 10,802$ , 8.9%) and Lancaster County ( $n = 11,086$ , 8.4%). Of the households receiving SNAP benefits, over half of them had at least one child under the age of 18 in the home in Wahoo ( $n = 58$ , 59.8%). Slightly under half of the households receiving SNAP benefits in both Lancaster County ( $n = 5,152$ , 46.5%) and Lincoln ( $n = 5,063$ , 46.9%) had at least one child in the home. See Table 49 for additional details.

<sup>12</sup> United States Department of Agriculture. (October 2022). *Measurement*. Economic Research Institute. <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/measurement/#:~:text=Food%20insecurity%20is%20the%20limited,foods%20in%20socially%20acceptable%20ways>.

Table 49. Households Receiving SNAP with Children Under 18 Years

Geographic Area	Number of Households	Number of Households Receiving SNAP		Households Receiving SNAP with Children Under 18	
		Number	Percent	Number	Percent
Lancaster County	132,162	11,086	8.4%	5,152	46.5%
Lincoln	120,698	10,802	8.9%	5,063	46.9%
Saunders County	8,820	392	4.4%	147	37.5%
Wahoo	1,797	97	5.4%	58	59.8%

Source: ACS 5-Year Estimates Subject Table (2023); Table S2201

### Secondary Data: Free or Reduced Lunch

Table 41 provides the percentage of students receiving free or reduced lunch benefits by geographic area during the 2025-2026 school year. Over 45% of the students in Lancaster County received free or reduced lunch. At the building level, the percentage of students receiving free or reduced lunch ranged widely, from 3.2% to 97.9% in Lancaster County. In Saunders County, 19.5% of the students received free or reduced lunch. At the building level, the percentage of students receiving free or reduced lunch ranged widely, from 7.2% to 40.0% in Saunders County. See Table 50 for details.

Table 50. Percentage of Students Receiving Free or Reduced Lunch by Geographic Area

Geographic Area	Number	Percent
Lancaster County (n = 54,331)	24,759*	45.6%*
Lincoln (n = 48,418)	23,142*	47.8%*
Saunders County (n = 4,132)	804	19.5%
Wahoo (n = 1,103)	276	25.0%

Source: Nebraska Department of Education 2025-26 Free and Reduced Lunch Count by School Report.

\*Several school districts masked their free/reduced lunch data due to potentially identifying information. As a result, numbers and percentages are under representative of the actual numbers.

## 5. Discrimination and Harassment

Research shows that discrimination and harassment negatively impact mental and physical health.<sup>13</sup> Survey respondents were asked if they had experienced discrimination or harassment based on demographic factors in several settings over the past year (Table 51). The most frequently selected settings in which respondents reported experiencing discrimination or harassment was *On the street or in a public setting* (9.3%), *At work* (6.7%), *Getting hired/getting a job* (5.6%), *Getting medical care* (5.6%), *Getting housing*, and *Getting services at a store or restaurant* (5.3%).

Table 51. Reported Personal Discrimination/Harassment in the Last Year

Have you personally experienced discrimination or harassment during the past 12 months because of your race, ethnicity, language, migration status, gender, sexual orientation, socio-economic status, or religion in any of the following situations in your county?	<i>n</i>	Count	Percent
On the street or in a public setting?	75	7	9.3
At work?	75	5	6.7
Getting hired/getting a job?	54	3	5.6
Getting medical care?	72	4	5.6
Getting housing?	57	3	5.3
Getting services at a store or restaurant?	75	4	5.3
At school?	48	2	4.2
From the police or in the court system?	61	1	1.6
Getting credit, a bank loan, or a mortgage?	66	1	1.5

Note. The Count column represents the number of respondents who selected the *Yes* option for each item. Percent was calculated from the number of respondents who answered the question *Yes* or *No*, and does not include those who selected *N/A*.

## Causes and Conditions of Poverty

The causes and conditions of poverty in the United States are complex and manifold.<sup>14</sup> For the purposes of this assessment, the causes and conditions of poverty in Lancaster and Saunders Counties described in this section are those that are supported by data collected through the Community Needs and Strengths Assessment focus groups and survey.

<sup>13</sup> American Psychological Association. (2016). *Stress in America: The impact of discrimination*. Stress in America Survey.

<sup>14</sup> Brady, D. (2019). Theories of the causes of poverty. *Annual Review of Sociology*, 45, 155-175. <https://doi.org/10.1146/annurev-soc-073018-022550>

In addition to the community needs described above, including lack of access to transportation, accessible, affordable, high-quality childcare, affordable housing, translation/interpretation services, healthcare, healthy foods, and the persistence of discrimination, focus group participants described low wages, lack of employment benefits, and inaccessible social service systems as contributing to poverty in Lancaster and Saunders Counties.

## **1. Low Wages and Lack of Benefits**

Focus group participants noted that it is incredibly difficult for individuals who currently make less than a living wage and do not receive employment benefits to achieve upward mobility. For example, participants described being unable to save money or take off work due to illness to pay their bills.

*“People are not able to afford the basic things needed to survive daily life anymore, even with one or two children. Imagine having several children, or other family members to support. Imagine being unemployed, or childcare to pay for. Imagine not being able to find child care. Imagine not having health care. It's become so difficult to afford anything, or the ability to save money for anything.”*

## **2. Difficulty Navigating the Social Service Systems**

Focus group participants discussed the difficulties in navigating social service systems and know that what types of assistance can be found where. Although resources and help are often available, accessing those resources was identified as a consistent challenge. Services are typically only open during regular business hours, which requires people to take off work and secure transportation to access those services. It is even more difficult for those who do not speak English because translators or translated materials are not always available. Participants also identified the “benefits cliff” as a barrier to upward mobility in which working more hours would leave them without health benefits or food assistance for their families.

*“We have it so spread out to get any kind of services, between getting transportation help to utility help to mental health help, to doctor's help. And I think sometimes it frustrates... Or especially children that have disabilities, they might have to contact 22 people just to get that support.”*

*“At least give navigators... Because some of it is very difficult and if you have a child that might be on the spectrum that has some health issues, even applying for, it's so cumbersome for them. The time.”*

*“Lincoln doesn't have anything like that...if you have transportation, income and language barriers, then it is [difficult to navigate the available services]. That's a long ways away where you have other children that get out of school at a certain time, you have to pick them up.”*

**Secondary Data: Living Wage Gap**

Current estimates of what constitutes a living wage for Lancaster and Saunders Counties highlights the disparity between the current minimum wage of \$13.50 in Nebraska and the minimum income necessary to support oneself and their family in these areas. Cost of living expenses also continue to grow since 2023 (Table 52).

*Table 52. Living Wage & Annual Income by Family Size & Geographic Area*

Number of Adults (Working Adults)	Number of Children	Lancaster County Required Hourly Living Wage		Saunders County Required Hourly Living Wage	
		2023	2025	2023	2025
1 Adult	0 Children	\$15.78	\$20.46	\$15.26	\$21.78
	1 Child	\$34.21	\$36.92	\$32.35	\$36.12
	2 Children	\$44.30	\$47.53	\$41.35	\$45.47
	3 Children	\$58.74	\$61.16	\$53.54	\$57.32
2 Adults (1 Working)	0 Children	\$26.09	\$28.98	\$25.43	\$30.44
	1 Child	\$32.55	\$34.59	\$31.67	\$35.93
	2 Children	\$37.47	\$38.51	\$36.58	\$40.18
	3 Children	\$41.89	\$44.92	\$40.05	\$45.35
2 Adults (2 Working)	0 Children	\$13.05	\$14.49	\$12.72	\$15.22
	1 Child	\$19.05	\$21.00	\$18.12	\$20.83
	2 Children	\$24.30	\$26.34	\$22.87	\$25.60
	3 Children	\$29.36	\$32.15	\$26.95	\$30.38

*Note.* Data obtained from the MIT Living Wage Calculator (2023).

## Head Start-Eligible Children and Families Needs Assessment

The following section discusses more specific feedback received from Head Start staff and parents and guardians of children currently enrolled in Head Start through the survey and focus groups. Parents, guardians, and Head Start staff were asked to identify the needs of children and families enrolled in the Head Start program related to education, social-emotional supports, nutrition, healthcare and mental healthcare, transportation, finances and career/educational goals, social support, and childcare availability.

Overall, they strongly believe that the Head Start program strives to meet the needs of the whole family. Those who participated in the survey and focus groups agreed that the educational needs of children and their families are being met through the program.

Although efforts are made to provide healthy foods to families, some parents and guardians reported that they often lack access to healthy foods, and some parents report concerns about the nutritional value of foods provided for their children. Some survey and focus group participants expressed a desire for the Head Start program to offer less processed foods with less sugar. Some parents and guardians also reported an ongoing need for transportation assistance and increased access to healthcare, mental healthcare, and dental care.

### Educational Needs

Overall, Head Start staff and parents and guardians who participated in the focus groups felt very positively about the educational services Head Start provides. They appreciate the Head Start curriculum and the use of individualized education plans for children. Parents and guardians reported seeing progress in their children's education because of the dedication of Head Start staff.

*"We do a lot of individualization to kids' needs, where I feel like maybe as they get older there's maybe a little bit less of that...they're really focused on giving kids what they need individually to meet where they're at...very on top of noticing if they maybe have delays in certain areas and need some additional supports...not even just the kid who gets additional supports, but parents too, and helping them meet those needs".*

*"If we're seeing delays, and we try to address them and practice those skills with the family, and work on that, have the family maybe go back and work with their doctors and practice that skill. But if it continues to be an ongoing concern then we'll go ahead and set up the referral with Early Development Network or Lincoln Public Schools, and make sure that those services are followed up, that the referral is followed up, and then that the services are being provided."*

Parents and guardians of children currently enrolled in the Head Start program who responded to the survey were asked whether they felt their children's educational needs are being met through program. The mean rating fell near *Strongly Agree* (Mean = 4.9, S.D. = 0.3; Table 53).

Table 53. Parent and Guardian Ratings of Head Start Meeting Child’s Educational Needs

Please indicate your level of agreement with the following statement:	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
I feel that my child(ren)’s educational needs are being met in the Head Start or Early Head Start program.	17	4.9	0.3

Note. Scale responses were coded as (1) Strongly disagree, (2) Somewhat Disagree, (3) Neither agree nor disagree, (4) Somewhat agree, (5) Strongly agree.

Head Start staff were also asked to rate their agreement on whether the educational needs of children and their families served by the Head Start program were being met. The mean rating for both the *Educational needs of children* and the *Educational needs of caregivers* was near the *Strongly Agree* response option (*Mean* = 4.9, *S.D.* = 0.3; *Mean* = 4.6, *S.D.* = 0.7; Table 54).

Table 54: Head Start Staff Agreement on Whether the Educational Needs of Children and Caregivers are Being Met

Please rate your agreement on whether the following needs of children/caregivers served by the Head Start and Early Head Start program are being met.	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
Educational needs of children	31	4.9	0.3
Educational needs of caregivers	27	4.6	0.7

Note. Scale responses were coded as (1) Strongly disagree, (2) Somewhat Disagree, (3) Neither agree nor disagree, (4) Somewhat agree, (5) Strongly agree.

## Social-Emotional Needs

Staff members were also asked to rate their agreement on whether the social-emotional needs of children and their families served by the Head Start program were being met. The mean rating for the *Social-emotional needs of children* is closest to the *Strongly Agree* response option (*Mean* = 4.7, *S.D.* = 0.4; Table 55). The mean rating for the *Social-emotional needs of caregivers* fell near the *Somewhat Agree* response option (*Mean* = 3.9, *S.D.* = 1.1).

Table 55: Head Start Staff Agreement on Whether the Social-Emotional Needs of Children and Caregivers are Being Met

Please rate your agreement on whether the following needs of children/caregivers served by the Head Start and Early Head Start program are being met.	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
Social-emotional needs of children	31	4.7	0.4
Social-emotional needs of caregivers	31	3.9	1.1

Note. Scale responses were coded as (1) Strongly disagree, (2) Somewhat Disagree, (3) Neither agree nor disagree, (4) Somewhat agree, (5) Strongly agree.

Head Start staff who participated in focus groups also mentioned that attending to the social-emotional needs of parents and guardians could be an area of improvement.

*“Of course, I think there are many things we can do to continue to improve even though I strongly agree in all of these areas. The biggest thing I’ve seen is social-emotional needs of families as a whole.”*

## Nutritional Needs

Head Start staff were also asked to rate their agreement on whether the nutritional needs of children and their families served by the Head Start program were being met. The mean rating for the *Nutritional needs of children* was between *Somewhat Agree* and the *Strongly Agree* response options (Mean = 4.6, S.D. = 0.7; Table 56). The mean rating for the *Nutritional needs of caregivers* also fell between the *Somewhat Agree* and *Agree* response options (Mean = 4.4, S.D. = 0.7).

Table 56: Head Start Staff Agreement on Whether the Nutritional Needs of Children and Caregivers are Being Met

Please rate your agreement on whether the following needs of children/caregivers served by the Head Start and Early Head Start program are being met.	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
Nutritional needs of children	31	4.6	0.7
Nutritional needs of caregivers	24	4.4	0.7

Note. Scale responses were coded as (1) Strongly disagree, (2) Somewhat Disagree, (3) Neither agree nor disagree, (4) Somewhat agree, (5) Strongly agree.

The survey comments related to the quality of meals provided by the Head Start program is consistent with the feedback received from caregivers who participated in the focus group. Some parents and Head Start staff expressed a desire for the Head Start program to offer less processed foods with lower sugar.

*“We give juice. How much? They say a hundred percent juice. But how much sugar have the dentist can say that you can drink? And what we say as parents, okay, give half that juice and water because it’s not healthy for the teeth and everything. Too much sugar.”*

*“I feel that breakfast has too many sweet items and that we don’t serve enough fresh fruit and vegetables. The portions of carbs are too big compared to the portions of fruit and vegetables.”*

Parents and guardians of children enrolled in Head Start who responded to the survey were asked how often they have had access to healthy foods such as fruits and vegetables in the past 30 days. Over half of respondents indicated that they either *Always* (35.3%) or *Most of the time* (29.4%) had access to healthy foods, while a 29.4% reported that they only *Sometimes* (38.1%) or *Rarely* (9.5%) had access to healthy foods (Table 57). Caregivers were also asked to identify the barriers they faced accessing healthy foods, with nearly all responses indicating that *healthy foods are too expensive* (90.0%; Table 58).

Table 57: Reported Frequencies of Healthy Food Access (n = 17)

In the past 30 days, how often have you had access to healthy foods (i.e., fresh fruits and vegetables)?	n	Percent
Always	6	35.3
Most of the time	5	29.4
About half the time	3	17.6
Sometimes	2	11.8
Rarely	0	0.0
Never	1	5.9

Table 58. Reported Barriers to Access to Healthy Foods for Caregivers and Families (n = 10)

What barriers do you face in getting healthy foods? Please select all that apply.	n	Percent
Healthy foods are too expensive	9	90.0
I don't know where to go to get healthy foods	2	20.0
I don't have time to buy or prepare healthy foods	1	10.0
There are no healthy foods available near where I live	1	10.0
Availability of food benefits	1	10.0
Other (please specify):	2	20.0

Note. Respondents were provided the opportunity to select all options that applied.

This is consistent with the feedback received from Head Start staff and caregivers who participated in the focus group. Staff also felt lack of transportation can be a barrier to families accessing healthy food especially as the Lincoln grows. Staff were also concerned that changes to food assistance program could leave many people in the community without enough to eat. Participants also expressed a desire for additional educational opportunities on how to find and prepare healthy foods.

*“The housing developments moved out... there's nothing over there. So it keeps getting further [from food distribution] so that transportation becomes [more important] ... And we're still in the same location where we're providing the food sites.... I mean they couldn't even walk if they wanted to... it's almost like we need a delivery service for people that really do struggle for that, but it's not there.”*

“SNAP and EBT is the most primary way for them to get food. But we just seen recently where funds weren't available for that and people were in a frenzy. They didn't know how they were going to get food, and food banks were running out of food. .... So any of those resources can be exhausted pretty quickly if SNAP isn't available.

“I know some of those requirements for SNAP are supposedly changing here soon ... we could see that affecting families, especially some immigrant families are probably going to be impacted by a lot of that. A lot of immigrant families are scared to even go get other resources because of some of the things going on right now.”

Participants also expressed a desire for additional educational opportunities on how to find and prepare healthy foods.

“I think what I see with the families I work in this time is need a lot of education in healthy food. How [do] you feed your kids healthy? Because parents say no, he likes [unhealthy foods]... [but who buys that?...Okay, but you have to teach.”

### Healthcare, Mental Healthcare, and Dental Care Needs

Head Start staff were also asked to rate their agreement on whether the physical needs of children and their families served by the Head Start program were being met. The mean rating for the *Physical needs of children* most closely aligned with the *Strongly Agree* response option (*Mean* = 4.8, *S.D.* = 0.4; Table 59). The mean rating for the *Physical needs of caregivers* fell between the *Somewhat Agree* and *Strongly Agree* response options (*Mean* = 4.3, *S.D.* = 0.8).

Table 59: Head Start Staff Agreement on Whether the Physical Needs of Children and Caregivers are Being Met

Please rate your agreement on whether the following needs of children/caregivers served by the Head Start and Early Head Start program are being met.	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
Physical needs of children	32	4.8	0.4
Physical needs of caregivers	26	4.3	0.8

Note. Scale responses were coded as (1) Strongly disagree, (2) Somewhat Disagree, (3) Neither agree nor disagree, (4) Somewhat agree, (5) Strongly agree.

Parents and guardians who responded to the survey were asked to rate how often they were able to get the healthcare services that they need for themselves and their families over the past year (Table 60). Roughly four out of five respondents indicated that they were always or most of the time able to access health care (82.4%). 11.2% said they were able to get the health care they or their family needed about half the time and 5.9% said they were only sometime able to get care.

Table 60. During the past 12 months I was able to get the healthcare services I needed for myself and my family

During the past 12 months I was able to get the healthcare services I needed for myself and my family.	<i>n</i>	Percent
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Always	7	41.2
Most of the time	7	41.2
About half the time	2	11.8
Sometimes	1	5.9
Never	0	0.0

Parents and guardians answering the survey were also asked to select the barriers they faced accessing healthcare services for themselves and their families (Table 61). The most frequently selected barriers were *insurance and payment barriers* (40.0%), *language barriers* (30.0%), and *work-related barriers* (20.0%), and *transportation barriers* (20.0%). Not knowing where to get health care services and transportation barriers were also selected.

Table 61. Reported Barriers to Health Care Services for Caregivers and Families (n = 10)

If applicable, what types of barriers have you faced during the past 12 months in getting healthcare services that you or your family needed?	n	Percent
Insurance and payment barriers	4	40.0
Language barriers	3	30.0
Work-related barriers (i.e., unable to take time off of work)	2	20.0
Barriers knowing where to go to get healthcare services	1	10.0
Transportation barriers	1	10.0
Other (please specify):	2	20.0

Note. Respondents were provided the opportunity to select all options that applied.

Parents and guardians who responded to the survey were also asked to rate how often they were able to get the mental healthcare services they needed for themselves and their families over the past year (Table 62). Over half of the respondents indicated that they were able to access mental health care always or most of the time (58.8%). However, 41.2 % of respondents said they were never able to access the mental health services they or their family needed in the past year.

Table 62. During the past 12 months I was able to get the mental healthcare services I needed for myself and my family (n=17)

During the past 12 months I was able to get the mental	n	Percent
--	---	---------

healthcare services I needed for myself and my family.		
Always	7	41.2
Most of the time	3	17.6
About half the time	0	0.0
Sometimes	0	0.0
Never	7	41.2

Respondents were then asked to select the barriers they faced accessing mental healthcare services for themselves and their families (Table 63). The most frequently selected barriers were *insurance and payment barriers* (22.2%), *knowing where to go to get healthcare services* (22.2%), and *language barriers* (22.2%). *Transportation barriers* and *Work-related barriers* were also selected by at least one respondent.

Table 63. Reported Barriers to Mental Health Care Services for Caregivers and Families (n = 9)

If applicable, what types of barriers have you faced during the past 12 months in getting mental healthcare services that you or your family needed?	n	Percent
Barriers knowing where to go to get healthcare services	2	22.2
Insurance and payment barriers	2	22.2
Language barriers	2	22.2
Transportation barriers	1	11.1
Work-related barriers (i.e., unable to take time off of work)	1	11.1
Other (please specify):	4	44.4

Note. Respondents were provided the opportunity to select all options that applied.

Parents and guardians discussed the difficulty of balancing sick children and employer expectations. Access to dental care was noted as particularly challenging in the parent and guardian focus group.

*“My kid gets sick, I’m out for as long as she’s sick, and then if I get sick because I’ve been caring for her, so then I’m out and then two weeks go by and I’m out of a job. So it’s like there’s really no understanding that life happens.”*

*“I go to the Lincoln Health Department for dental appointments. Sometimes I have to wait forever.... a month just to be seen to the point that I’d rather go pay out of pocket. Right now, I*

*have to do some kind of savings plan for it with a private dental office just because I need to be seen right away.”*

*“I go to [across town] because I grind my teeth, I needed to be fitted for a night guard like ASAP and they were like, “When can you come in today?” ... they are kind of far [but] they take Medicaid.”*

Participants reported that language can be a barrier to accessing health care and mental health services. 30% of parents or guardian responding a survey item asking them to identify barriers to healthcare services for their family selected language barriers, and another 22.2% said that language was a barrier to mental health services (Table 61 and Table 63). This was also discussed by focus group participants who said there is a need for mental health services in different languages, because translators can be difficult to find and people may not be comfortable discussing their personal lives through a translator, and that this barrier to mental health services affects children at home.

*“We need mental health in Spanish. I have many families, and they can't have help because they can't find the translator. They say sometimes they have a translator, but they say, ‘No, I don't feeling comfortable talking with other person about my problems.’”*

*“Language becomes a huge barrier and translation services over the phone are just not as helpful when you're dealing with medical issues as a person, as a human being.”*

## **Transportation Needs**

As discussed in the Community Needs and Strengths Assessment, caregivers who participated in the focus group identified transportation as a consistent barrier to accessing services, accessing healthy foods, and maintaining employment. Head Start staff and parents and guardians reported that gas vouchers are not always available and are sometimes needed when their budgets are tight to get to work or healthcare appointments. They also discussed the difficulty of finding the money to cover the cost of auto repairs. Head Start staff discussed how public transportation is difficult for families trying to transport young children and emergency transportation assistance would help parents and guardians find employment.

*“We had a family who was taking one of their children to 26th Street and they lived in Air Park, so they're going to get on the bus in Air Park, ride it over here to West O, and then stand there and wait for the transfer bus to go all the way down O Street to 26th. I mean they did for a long time, but it takes over an hour just ... to get their child to childcare”*

*“[Transportation] help parents work because a lot of parents stay home with their children. They want them to be in childcare but they can't get their kids in childcare.”*

*“Maybe it could look like some passes for zTrip. Or what's the other one? The that you use the mobile app [for] the phone... But a certain amount of dollars towards that while you're in an active job search.”*

Parents and guardian were asked how often they had access to reliable transportation in the past 30 days. Most respondents indicated they *always* (52.9%) had access to reliable transportation or did *most of the time* (41.2%; Table 64). They were then asked to identify any transportation barriers they had experienced in the last 30 days, with most indicating barriers relating to vehicle mechanical problems (75.0%). Other people using the vehicle, places they need to go are too far to walk, and “too many bus stops” to make it to the destination on time were also selected or mentioned (Table 65).

Table 64: Reported Frequency of Reliable Transportation Access Within Past 30 Days (n = 17)

In the past 30 days, how often have you had access to reliable transportation?	n	Percent
Always	9	52.9
Most of the time	7	41.2
About half the time	0	0.0
Sometimes	1	5.9
Rarely	0	0.0
Never	0	0.0

Table 65: Reported Transportation Barriers Within Past 30 Days (n = 8)

In the past 30 days, what transportation barriers have you experienced? Please select all that apply.	n	Percent
My vehicle has mechanical problems	6	75.0
Another person often uses my car/truck when I need it	1	12.5
The places I need to go are not within walking distance of my home	1	12.5
Other (please specify):	3	37.5

Note. Respondents were provided the opportunity to select all options that applied (n = 8).

## Financial Needs and Career/Education Goals Support

Most Head Start parents or guardians reported being currently employed (70.6%), with the majority reporting having earned at least an associate degree (68.8%), and almost one-third reporting being enrolled in school or a career training course (29.4%; Table 66).

Head start staff also discussed need for greater wraparound services for families.

*“People are not able to afford the basic things needed to survive daily life anymore, even with one or two children. Imagine having several children, or other family members to support. Imagine being unemployed, or childcare to pay for. Imagine not being able to find child care. Imagine not having health care. It's become so difficult to afford anything, or the ability to save money for anything. Our children can't even get a decent minimum wage anymore. The super-rich get tax breaks! It's like the entire system is set up to suppress instead of support and grow.”*

*“Over the years, I have wished that CA could provide more wrap-around services within it's existing programs for participants. What if a Head Start parent could more easily get rent/utility assistance and at the same time work with a Financial Wellbeing coach on spending and budgeting? The impact would be so much greater for the family!”*

*“Internally, I think that it would be great if Family Engagement Specialists could refer families that need rent or utility assistance to our own program here, but that's not how it works. If you have a family on your case that needs help with rent or utilities, they need to call, the same as everyone else in the community, at 8 a.m. on Monday and leave their message. And it just seems like we should be able to do more work together, more internally, to support the families already in our program rather than making them spend their resources outside of what we can offer...Refer people easier throughout our programs and wrap around them.”*

Table 66. Reported Parent/Guardian Employment Status and Educational Attainment

EMPLOYMENT/EDUCATION STATUS	n	Count	Percent
<b>Employment Status</b>			
I am employed and work 30 or more hours a week	17	4	23.5
I am employed and work less than 30 hours a week	17	8	47.1
I am unemployed and looking for work	17	3	17.6
I am unemployed but not looking for work	17	2	11.8
<b>Highest Level of Education</b>			
Less than high school diploma or equivalent	16	3	18.8
High school diploma or equivalent (e.g., GED)	16	2	12.5
Some college or associate's degree	16	5	31.3
Bachelor's degree or higher	16	6	37.5
<b>Currently enrolled in school or career training?</b>			
Yes	17	5	29.4
No	17	12	70.6

Note. Totals may not sum to 100.0% due to rounding

Parents and guardians were also asked whether they felt they had enough money to pay for essential goods and services in the past 30 days. The most frequent response was *About half the time* (35.3%). Only

two parents or guardians reported *Always* (4.8%) five reported *Most of the time* (29.4%), three said *Sometimes*, and one reported *Never* (5.9%; Table 67).

Table 67: Reported Frequencies of Having Enough Money to Pay For Things Respondents Really Need (n = 17)

During the past 30 days, I feel I've had enough money to pay for the things I really need, such as food, clothing, housing, and medicine.	n	Percent
Always	2	11.8
Most of the time	5	29.4
About half the time	6	35.3
Sometimes	3	17.6
Never	1	5.9

When asked if they felt that they had the support and resources necessary to achieve their educational or career goals, 52.9% *somewhat or strongly agreed*, but nearly half were either *unsure* (41.2%) or *somewhat disagreed* (5.9%; Table 68).

Table 68. Reported frequencies from parents' or guardians for I feel I have the support and resources I need to achieve my education or career goals (n = 17)

I feel I have the support and resources I need to achieve my education or career goals.	n	Percent
Strongly agree	5	29.4
Somewhat agree	4	23.5
Neither agree nor disagree	7	41.2
Somewhat disagree	1	5.9
Strongly disagree	0	0.0

## Caregiver Social Support Needs

Some parents and guardians or children enrolled in Head Start who attended the focus group discussed the difficulty of not having social supports like friends and family. However, caregivers emphasized and appreciated that the Head Start program supports caregivers and parents in addition to their children enrolled through services like Parent Place and family engagement specialists.

Parents and guardians of enrolled children were asked to indicate their level of agreement with the statement *In a crisis, I would have the support I need from family or friends*. Nearly two-thirds of respondents *somewhat agreed* or *strongly agreed* (64.7%), while less than one in five *somewhat*

*disagreed or strongly disagreed (17.7%) that they would have the support of family and friends in a time of crisis (Table 69).*

*Table 69: Reported Agreement on Whether Parents and Guardians Would Have the Support They Need from Family or Friends (n = 17)*

In a crisis, I would have the support I need from family or friends.	n	Percent
Strongly Agree	7	41.2
Somewhat Agree	4	23.5
Neither Agree nor Disagree	3	17.6
Somewhat Disagree	2	11.8
Strongly Disagree	1	5.9

Parents and guardians of children enrolled in Head Start said Community Action provides supports for them through Parent Place and family engagement specialists who help connect them to the available resources.

*“The Parent Place is, it's just down the hall where they have a little room. They have some snacks. They have two, I guess I want to say family engagement specialists in there where any parent can just come have a coffee, they can lounge there, take a nap if they want to, the kids can play. I've used it as therapy before, so I just went in there and just went to it and they were open and supportive of that.”*

*“I have met some other parents there. It's been kind of like a support group for us.”*

*“My engagement specialist ... helped me with evictions. She's helped me from getting my lights cut off. She's helped me when it was the food stamp situation. The whole center gave grocery gift cards or grocery vouchers... I can only get that type of support from here. You go to [other organizations] and they want everything but your Social Security and DNA to get help from them. There's really no other place in Lincoln that supports me and my situation.”*

## **Childcare Availability Needs**

Parents and guardians of children enrolled in Head Start and program staff who attended the focus groups said that there is a waitlist for Head Start enrollment, and that not all children will be able to enroll. Therefore, they said there is a need for greater Head Start capacity to serve more children because of the high cost of childcare. A need for emergency drop-off childcare was discussed to accommodate health and mental health appointments for parents and guardians.

*“There's always families waiting to get into our program [Head Start]... some families are waiting years. So it's like I might apply today, but then there might be five other families that apply tomorrow that have a higher need and they're higher up on the list. So I mean I might not ever get in. Personally I think I applied for my son when he was one. I never ever got a call to get him in because my need wasn't high enough.”*

“It’s like you either qualify for Head Start or you have to pay daycare, but there’s no in-between. If there was an in-between, I’d rather pay that and give this spot to somebody who needs it more. But there is not an in-between. You’re either free or so expensive that it’s like a mortgage at that point.”

“It would be really cool if sometimes that included emergency, not as a regular thing, but, ‘Oh, my car broke down and I really need to get my kids into child care because I have a mental health appointment today and I have no people that I know that can help me.’ That type of thing. And I do oftentimes see parents putting themselves in risky situations, or things like that, with people that might not be the safest, in order to have those needs met.”

Caregivers were asked to indicate the days and timeframes in which they most needed childcare services to be available to them (Table 70 and Table 71). Almost all parents or guardians responding to the survey said the need childcare every weekday, while 20% said they need care on weekends. *Morning* (100.0%) and *Afternoon* (71.4%) were the most frequently selected timeframes that caregivers identified as needed for childcare services.

Table 70. Which days of the week do you need childcare? Select all that apply (n=15)

Which days of the week do you need childcare? Select all that apply.	n	Percent
Sunday	3	20.0
Monday	15	100.0
Tuesday	15	100.0
Wednesday	14	93.3
Thursday	15	100.0
Friday	15	100.0
Saturday	3	20.0

Table 71. Reported Timeframes Needed for Available Childcare Services (n = 14)

When do you need childcare the most? Please select all that apply.	n	Percent
Morning (Between 6:00 a.m. – Noon)	14	100.0
Afternoon (Between Noon – 6:00 p.m.)	10	71.4
Evening (Between 6:00 p.m. – Midnight)	0	0.0

Night (Between Midnight – 6:00 a.m.)	0	0.0
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*Note.* Respondents were provided the opportunity to select all options that applied.

Caregivers were also asked about the timeframes in which they were typically at work or school, with the majority indicating that they were at work or school during the *morning* (92.3%) and/or *afternoon* (69.2%; Table 72).

*Table 72. Reported Timeframes Parents and Guardians Typically Go to Work or School (n = 13)*

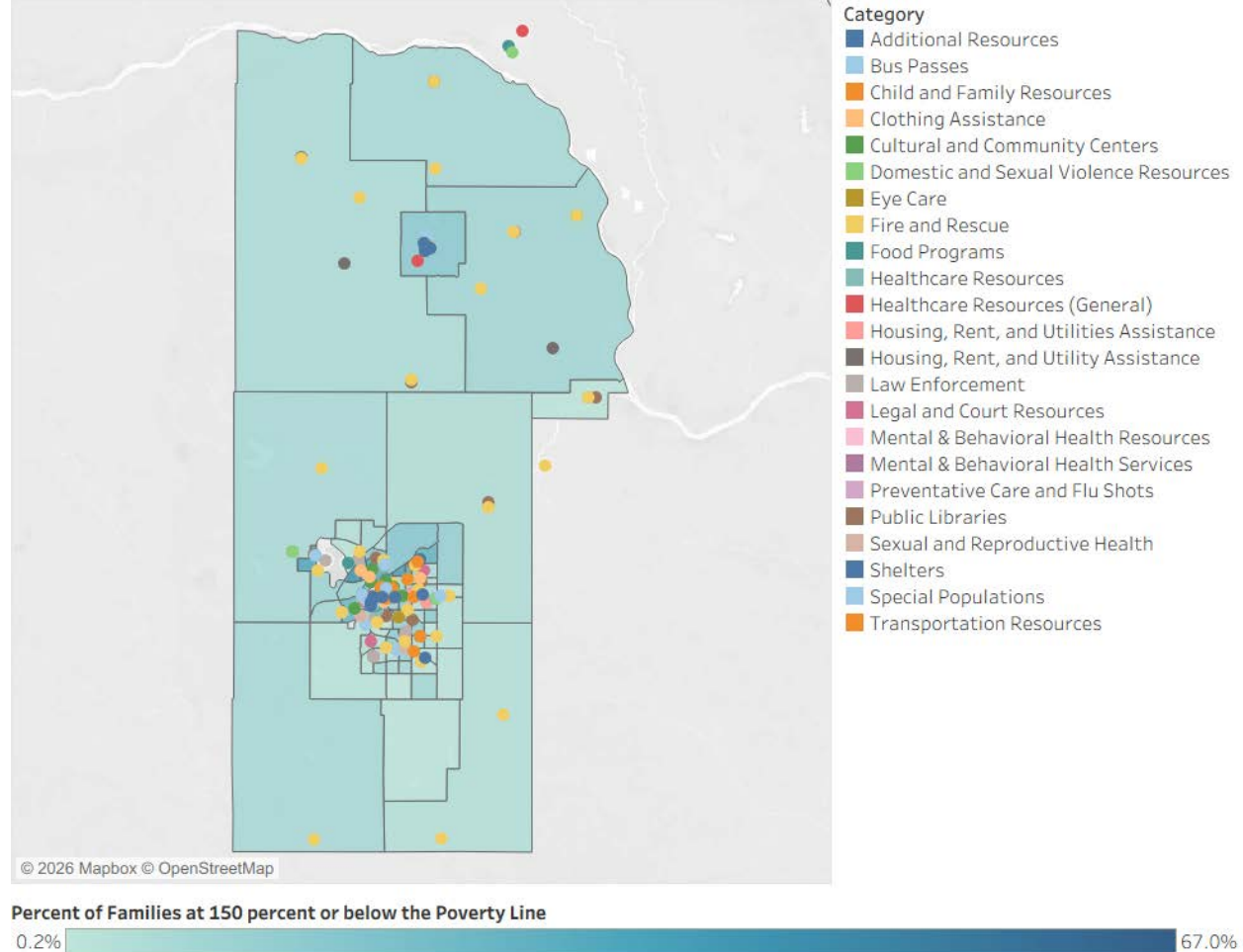
<b>When do you typically work and/or go to school? Please select all that apply.</b>	<b><i>n</i></b>	<b>Percent</b>
Morning (Between 6:00 a.m. – Noon)	12	92.3
Afternoon (Between Noon – 6:00 p.m.)	9	69.2
Evening (Between 6:00 p.m. – Midnight)	1	7.7
Night (Between Midnight – 6:00 a.m.)	1	7.7

*Note.* Respondents were provided the opportunity to select all options that applied.

# Community Resources

A variety of community resources are available to residents of Lancaster and Saunders Counties (Figure 3). Many organizations with physical locations in Lancaster County will serve residents of both Lancaster and Saunders Counties. However, this often results in the residents of Saunders County having to travel to access these resources. Consistent with the previous needs assessment, the least common resources available in Lancaster and Saunders Counties are emergency housing programs, re-entry programs after incarceration, and programs providing emergency funds. The full list of community resources can be found in Appendix G.

Figure 1: Community Resources for Residents of Lancaster and Saunders Counties



## Lancaster County

There is a higher concentration of resources in Lincoln's census tracts with greater levels of poverty (Figure 2). A variety of services for a multitude of needs is available countywide, though the majority are located within the Lincoln city limits (Figure 3).

Figure 2: Community Resources Located in Lincoln

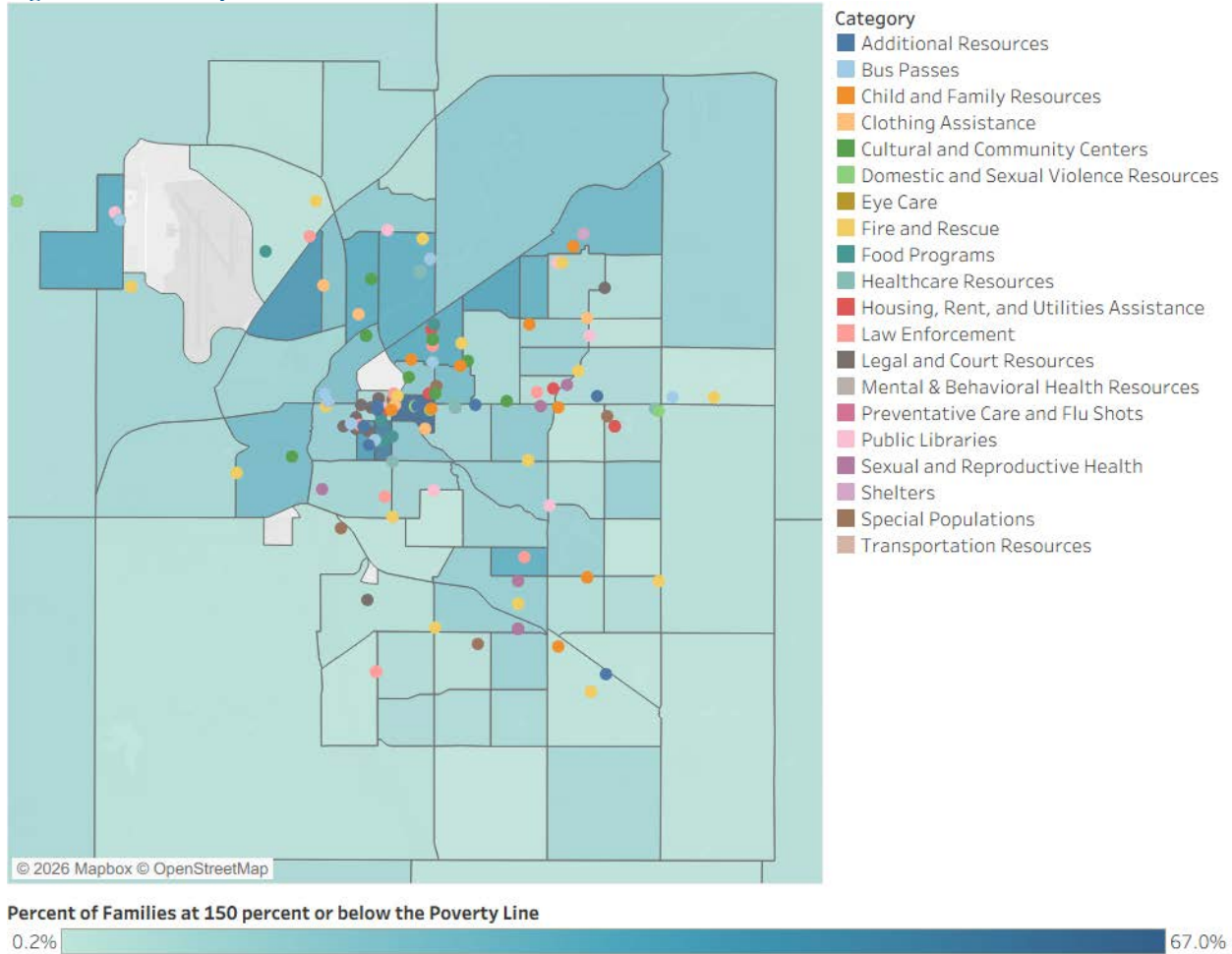
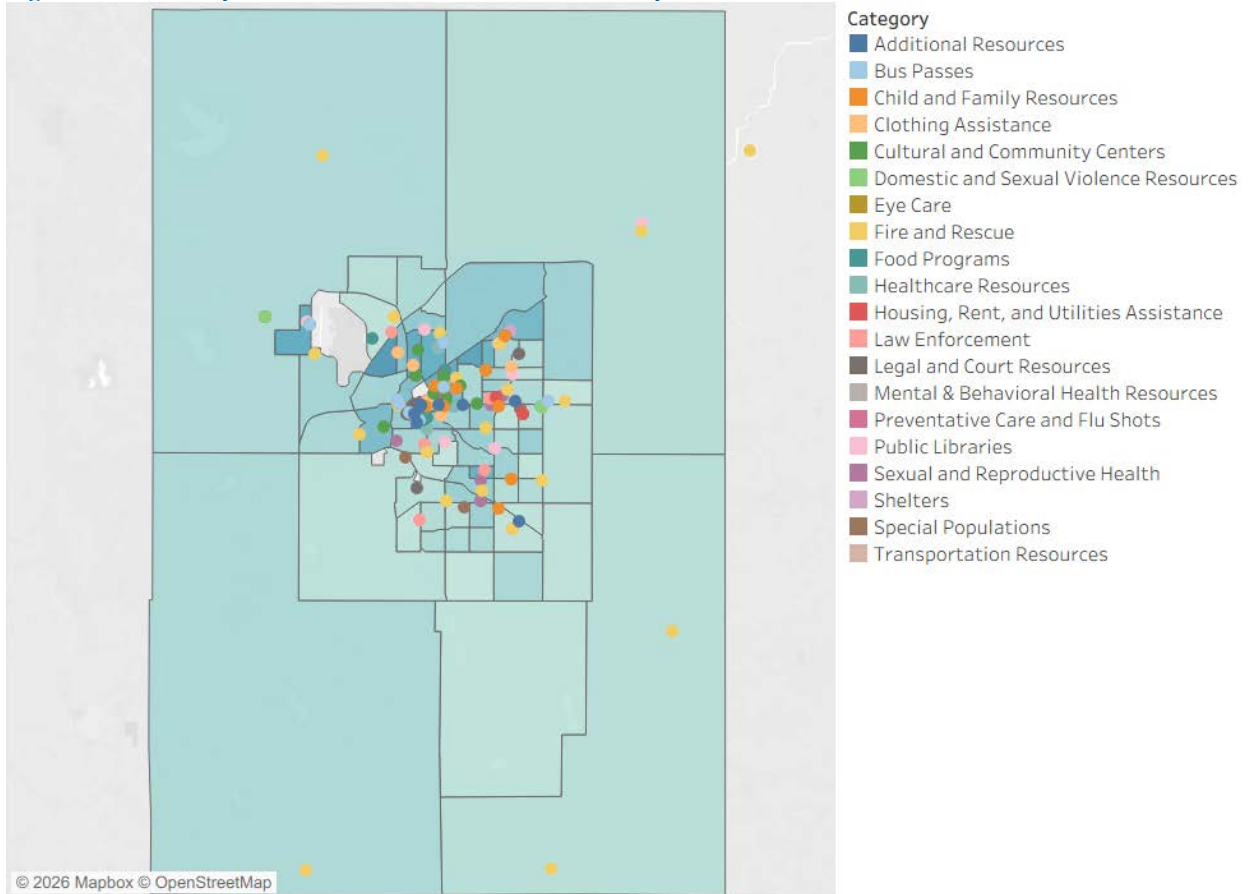


Figure 3: Community Resources Located in Lancaster County



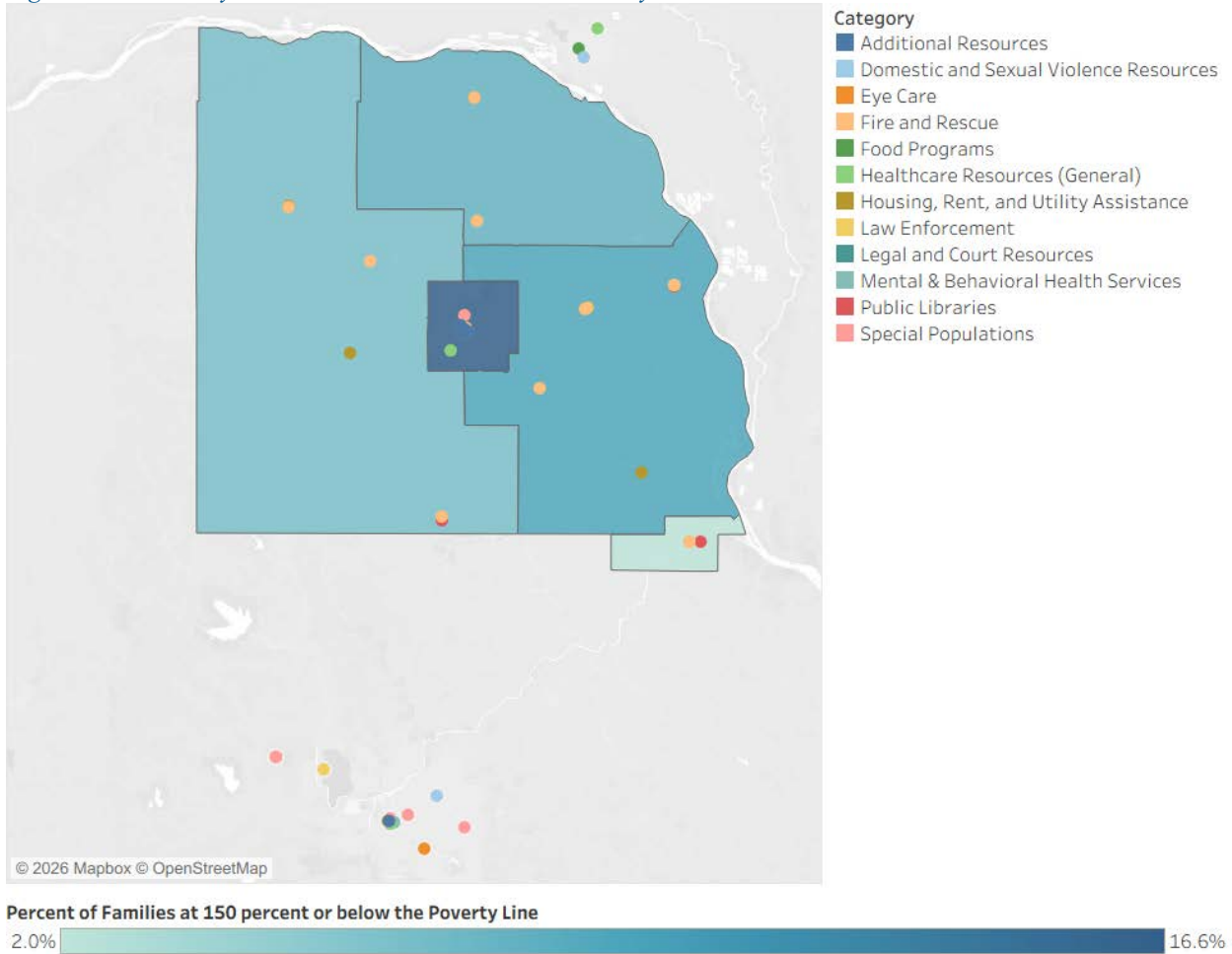
Percent of Families at 150 percent or below the Poverty Line



## Saunders County

Fewer resources are available via nonprofit organizations in Saunders County. Generally, resources and services in Saunders County tended to be provided by nonprofit entities without a physical location in county, resulting in residents having to travel to access resources or via the county itself. Some resources are available within the county, as shown in Figure 4.

Figure 4: Community Resources Located in Saunders County



## Conclusion and Considerations

The findings of the 2026 Community Needs Assessment for the Community Action Partnership of Lancaster and Saunders County identified a range of community strengths, existing assets, and priority needs within their service areas. Community data demonstrated steadily increasing population bases, rising annual incomes, and decreasing unemployment throughout the service area. Key community strengths identified by residents and community partners highlighted the availability of community resources and partnerships to support those in need. Ample community spaces, educational opportunities, and community safety were also noted to be community strengths.

Some areas of need continue to be of concern, consistent with the 2023 Community Needs Assessment findings. First, affordability of both high-quality childcare and housing are out of reach for many individuals within the service area. The lack of affordable childcare hampers the ability for adults to pursue employment opportunities outside the home, and many households are experiencing housing cost burden. Transportation services continue to be an issue for individuals, especially for individuals in rural areas or residing off normal bus routes in Lincoln. Insufficient insurance coverage and accessing timely and affordable mental healthcare, physical healthcare, and dental care were noted to be of concern.

Beyond community needs referenced above, specific feedback regarding Head Start programs was gathered. This information demonstrated a commitment among current Head Start staff members towards meeting the needs of an entire family unit, not only the child enrolled in services. This is instrumental in assisting families connect to social service programs and supports they need. Further, children in Head Start are having their education and socio-emotional needs met. Similarly to the 2023 Needs Assessment, respondents noted a desire to have less processed food served to Head Start students.

### Limitations

Users of the 2026 Community Needs Assessment should consider the following limitations when interpreting the results. Because a convenience sample was used for the survey and focus groups, the assessment results should not be considered generalizable. Lancaster County residents were heavily overrepresented in the survey and focus group sample. However, the results do provide insight into the strengths and needs of the community and Head Start-eligible children and families as perceived by survey and focus group participants. Furthermore, the focus groups were only conducted in English. The survey was translated in the Spanish and Arabic, receiving five and two responses in each, respectively. Due to project timeline constraints, the NUPPC could not hire focus group interpreters.

Exact data on the demographics of Head Start-eligible children and families were not available in several instances. Estimates rely on the most recent data available from the U.S. Census Bureau on populations that best approximate Head Start-eligible children and families. However, these estimates rely on data collected in 2023 and may not include all individuals who are eligible for Head Start.

### Considerations

Based on the key findings from the 2026 Community Needs Assessment, considerations for Community Action program planning include:

- 1. Explore strategies to increase nutritional value of meals for children enrolled in Head Start.** This goal is consistent with the 2023 Community Needs Assessment and continues to be of relevance. The meals offered by the Head Start program must

meet the federal nutrition standards of the Child and Adult Care Food Program (CACFP).<sup>15</sup> Findings in the 2026 focus groups renewed an expressed desire for the Head Start program to offer less processed foods with less sugar content.

- 2. Special consideration for ongoing affordability concerns related to housing, childcare, and insurance among client base.** Moving forward, a particular area of concern for families supported by community data, and feedback from the survey and focus groups, is the issue of affordability related to these topics. Understanding these concerns and connecting families to applicable resources may be an area Community Action chooses to place additional emphasis.
- 3. Consider focusing programming efforts in Lincoln and the rural areas of Saunders County.** Of the 2,892 Head Start-eligible children in the service area, most reside in Lincoln ( $n = 2,782$ , 96.2%). However, none of the estimated 36 Head Start-eligible children in Saunders County reside in Wahoo. This indicates that Head Start-eligible children in Saunders County may reside in the more rural areas of the county.
- 4. Continue to connect children and families to resources that increase access to transportation.** Reliable transportation is key in accessing services, healthy foods, obtaining and maintaining employment. Current barriers include individuals residing in primarily rural communities, residing off regular bus routes, needing transportation outside of normal hours or operation, or those needing assistance to learn to use public transportation.

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<sup>15</sup> United States Department of Agriculture. (2023). *Nutrition standards for CACFP meals and snacks*. Food and Nutrition Service. <https://www.fns.usda.gov/cacfp/meals-and-snacks>


# Appendix A. Head Start and CSBG Funder Requirements

Table A1: Where and How Head Start and CSBG Funder Requirements Were Met

Requirement	How Requirement was Meet	Report Section(s)
<b>Head Start Requirements</b>		
<p>The number of eligible infants, toddlers, preschool age children, and expectant mothers, including their geographic location, race, ethnicity, and languages they speak, including:</p> <p>(A) Children experiencing homelessness in collaboration with, to the extent possible, McKinney-Vento Local Education Agency Liaisons (42 U.S.C. 11432 (6)(A));</p> <p>(B) Children in foster care; and</p> <p>(C) Children with disabilities, including types of disabilities and relevant services and resources provided to these children by community agencies</p>	<p>Demographic of Head Start-eligible children and pregnant people were estimated by compiling and analyzing existing community data. Data sources include, but are not limited to:</p> <ol style="list-style-type: none"> <li>1. U.S. Census Bureau American Community Survey</li> <li>2. U.S. Department of Housing and Urban Development Point-in-Time Count</li> <li>3. Nebraska Foster Care Review Office 2021 Report</li> </ol>	<p>Profile of Head Start-Eligible Children and Families</p> <p>Appendix G. Community Resources List</p>
<p>The education, health, nutrition, and social service needs of eligible children and their families, including prevalent social or economic factors that impact their well-being.</p>	<p>The needs of Head Start-eligible children and their families were assessed through:</p> <ol style="list-style-type: none"> <li>1. The development and analysis of a Needs and Strengths Assessment survey completed by Head Start staff and caregivers of children enrolled in the Head Start program.</li> <li>2. The execution of a Needs and Strengths Assessment focus group with Head Start staff and caregivers of children enrolled in the Head Start program.</li> <li>3. Compilation and analysis of existing community data related to needs identified in survey and focus group findings. Data sources include but are not limited to the U.S. Census Bureau American Community Survey, Feeding</li> </ol>	<p>Community Needs and Strengths Assessment</p> <p>Head Start-Eligible Children and Families Needs Assessment</p>

Requirement	How Requirement was Meet	Report Section(s)
	<p>America, and U.S. Department of Housing and Urban Development.</p> <p>These results were synthesized using a mixed methods approach.</p>	
<p>Typical work, school, and training schedules of parents with eligible children.</p>	<p>Typical schedules of caregivers with eligible children were estimated using data from the Needs and Strengths Assessment survey.</p>	<p>Childcare Availability Needs</p>
<p>Other child development, childcare centers, and family childcare programs that serve eligible children, including home visiting, publicly funded state and local preschools, and the approximate number of eligible children served.</p>	<p>The number of child development, childcare centers, and family childcare programs that serve eligible children and an estimate of eligible children served were estimated using sources such as:</p> <ul style="list-style-type: none"> <li>• Nebraska Department of Health and Human Services</li> <li>• Nebraska Child Care Market Rate Survey</li> </ul>	<p>Secondary Data: Childcare Facilities That Serve Eligible Children</p>
<p>Resources that are available in the community to address the needs of eligible children and their families.</p>	<p>A list of available resources that address the needs of eligible children and families in Lancaster County and Saunders County were compiled and mapped by utilizing the MyLNK app, the Lancaster County Resource Guide, and internet searches.</p>	<p>Community Resources Appendix G. Community Resources List</p>
<p>Strengths of the community.</p>	<p>The strengths of the community were assessed through:</p> <ol style="list-style-type: none"> <li>1. The development and analysis of a Needs and Strengths Assessment survey completed by community leaders, Head Start staff, and caregivers of children enrolled in the Head Start program.</li> <li>2. The execution of Needs and Strengths Assessment focus groups with community leaders, Head Start staff, and caregivers of children enrolled in the Head Start program.</li> </ol> <p>These results were synthesized using a mixed methods approach.</p>	<p>Community Strengths</p>
<p>CSBG Requirements</p>		
<p>Standard 3.2. As part of the community assessment, the</p>	<p>The prevalence of poverty related to gender, age, and race/ethnicity was assessed by</p>	<p>Community Profiles</p>

Requirement	How Requirement was Meet	Report Section(s)
organization collects and includes current data specific to poverty and its prevalence related to gender, age, and race/ethnicity for their service area(s).	compiling and analyzing existing community data for Lancaster County, Lincoln, Saunders County, and Wahoo.	
Standard 3.3. The organization collects and analyzes both qualitative and quantitative data on its geographic service area(s) in the community assessment.	<p>Qualitative and quantitative data was used in the Community Needs Assessment.</p> <p>Qualitative data includes:</p> <ul style="list-style-type: none"> <li>• Transcripts and/or notes taken from focus groups conducted with community leaders, Head Start staff, and caregivers of children enrolled in the Head Start program.</li> <li>• Open-ended questions included in the Needs and Strengths Assessment survey.</li> </ul> <p>Quantitative data includes:</p> <ul style="list-style-type: none"> <li>• Needs and Strengths Assessment survey item results</li> <li>• Existing quantitative community data</li> </ul>	Entire report; see Methods
Standard 3.4. The community assessment includes key findings on the causes and conditions of poverty and the needs of the communities assessed.	<p>The causes and conditions of poverty and the needs of the service area communities were assessed through:</p> <ol style="list-style-type: none"> <li>1. The development and analysis of a Needs and Strengths Assessment survey completed by community leaders, Head Start staff, and caregivers of children enrolled in the Head Start program.</li> <li>2. The execution of Needs and Strengths Assessment focus groups with community leaders, Head Start staff, and caregivers of children enrolled in the Head Start program.</li> <li>3. Compilation and analysis of existing community data related to survey and focus group findings. Data sources include but are not limited to the U.S. Census Bureau American Community Survey, Feeding America, and U.S.</li> </ol>	<p>Community Needs</p> <p>Causes and Conditions of Poverty</p>



Requirement	How Requirement was Meet	Report Section(s)
	Department of Housing and Urban Development. Key findings on the causes and conditions of poverty and community needs were synthesized using a mixed methods approach.	

## Appendix B. Comparison of Community Profile Characteristics Across Service Areas

The population of Lancaster County had the largest percentage increase (11.7%) from 289,873 residents in 2013 to 323,673 residents in 2023. Wahoo had the largest percentage increase (8.7%) from 4,494 residents in 2013 to 4,885 in 2023 (Table B1).

Table B1. Population Trends Across Service Areas

	Lancaster County	Lincoln	Saunders County	Wahoo
2023	323,673	291,932	22,761	4,885
2022	322,063	290,531	22,374	4,832
2021	320,301	289,136	22,008	4,754
2020	315,976	286,388	21,356	4,520
2019	313,158	283,839	21,165	4,502
2018	310,094	280,849	21,024	4,487
2017	306,357	277,315	20,953	4,491
2016	301,707	273,018	20,946	4,508
2015	298,080	269,726	20,913	4,505
2014	293,726	265,811	20,867	4,500
2013	289,873	262,365	20,800	4,494
% increase 2013 to 2023	11.7%	11.3%	9.4%	8.7%

Source: ACS 5-year Estimates Subject Table (2013-2023); Table S0101

White residents accounted for about 80% of the resident population in both Lancaster County and Lincoln in 2023, which was relative consistent from the percentage of the population of these geographic regions in 2021. The number of Black or African American, American Indian and Alaska Native, some other race alone, two or more races, and Hispanic or Latino residents all increased in both Lancaster County and Lincoln from 2021 to 2023. See Table B2 for additional details.

Table B2. Race Across Service Areas

Race and Ethnicity	Lancaster County			Lincoln		
	2023 Population		Percent Change from 2021	2023 Population		Percent Change from 2021
	Number	Percent		Number	Percent	

White alone	266,343	82.3%	-1.2%	236,090	80.9%	-1.4%
Black or African American alone	12,203	3.8%	1.2%	12,149	4.2%	1.5%
American Indian and Alaska Native alone	2,228	0.7%	12.4%	2,126	0.7%	9.3%
Asian alone	13,154	4.1%	-1.8%	13,006	4.5%	-1.5%
Native Hawaiian and Other Pacific Islander alone	189	0.1%	-6.0%	189	0.1%	-4.1%
Some other race alone	6,880	2.1%	26.2%	6,719	2.3%	24.9%
Two or more races	22,676	7.0%	28.1%	21,653	7.4%	26.8%
Hispanic or Latino	26,670	8.2%	11.3%	25,766	8.8%	10.3%

Source: ACS 5-year Estimates Subject Table (2021, 2023); Table B02001 & ACS 5-year Estimates Subject Table (2021, 2023); Table DP05

White residents comprised over 90% of the population in both Saunders County and Wahoo in 2023. The proportion of White residents remained relatively stable in Saunders County, while Wahoo experienced a slight decline compared to 2021.

Saunders County saw notable growth among several racial groups between 2021 and 2023. The number of Asian residents increased substantially (508.3%), rising from 12 to 73. Residents identifying as some other race increased by 170.4%, from 54 to 146, and those identifying as two or more races increased by 90.6%, from 491 to 936.

In Wahoo, the largest percentage increase occurred among residents identifying as two or more races, which rose by 422.7% from 66 in 2021 to 345 in 2023. This was followed by an increase among residents identifying as Hispanic or Latino, which grew by 106.3%, from 96 to 198 over the same period. See Table B3 for details.

Table B3. Race Across Service Areas

Race and Ethnicity	Saunders County			Wahoo		
	2023 Population		Percent Change	2023 Population		Percent Change
	Number	Percent		Number	Percent	
White alone	21,411	94.1%	0.9%	4,425	90.6%	-3.3%
Black or African American alone	153	0.7%	-19.9%	90	1.8%	2.3%
American Indian and Alaska native alone	36	0.2%	-12.2%	6	0.1%	-57.1%

Asian alone	73	0.3%	508.3%	0	0.0%	*
Native Hawaiian and Other Pacific Islander alone	6	0.0%	0.0%	0	0.0%	*
Some other race alone	146	0.6%	170.4%	19	0.4%	90.0%
Two or more races	936	4.1%	90.6%	345	7.1%	422.7%
Hispanic or Latino	617	2.7%	14.7%	198	4.1%	106.3%

Source: ACS 5-year Estimates Subject Table (2021, 2023); Table B02001 & ACS 5-year Estimates Subject Table (2021, 2023); Table DP05

\*Zero residents in this population subgroup in 2021

Saunders County and Wahoo had a higher proportion of family households compared to Lancaster County and Lincoln. Lancaster County and Lincoln also had a slight increase in the number of non-family households from 2021 to 2023, while Saunders County and Wahoo had a decrease over this same period (Table B4).

Table B4. Household Composition Across Service Areas

Household Composition	Lancaster County			Lincoln		
	2023 Population		Percent Change from 2021	2023 Population		Percent Change from 2021
	Number	Percent		Number	Percent	
Family	77,258	58.46%	1.21%	67,888	56.2%	1.1%
Non-Family	54,904	41.54%	6.73%	52,810	43.8%	7.3%
Total	132,162		3.43%	120,698		3.73%
Household Composition	Saunders County			Wahoo		
	2023 Population		Percent Change from 2021	2023 Population		Percent Change from 2021
	Number	Percent		Number	Percent	
Family	6,157	69.8%	3.4%	1,229	68.4%	9.0%
Non-Family	2,663	30.2%	-1.8%	568	31.6%	-16.0%
Total	8,820		1.8%	1,797		-0.4%

Source: ACS 5-year Estimates Subject Table (2021, 2023); Table S1101

Among family households, Saunders County had the highest percentage of married-couple family households in 2023 (85.5%). The total number of married-couple family households also increased by the largest amount (5.6%) from 4,985 in 2021 to 5,263 in 2023 in Saunders County. The percentage of married-couple family households was lowest in Wahoo at 69.7%. Here, female householders with no

husband present comprised 20.4% of family households. The total number of female householders with no husband present increased 49.4% from 168 in 2021 to 251 in 2023 in Wahoo. In both Lancaster County and Lincoln, about three-quarters of the households were married-couple family households. See Table B5 for additional detail.

Table B5. Family Household Composition Across Service Areas

Household Type	Lancaster County			Lincoln		
	2023 Population		Percent Change from 2021	2023 Population		Percent Change from 2021
	Number	Percent		Number	Percent	
Married-couple family household	59,980	77.6%	2.0%	51,565	76.0%	2.2%
Female householder, no husband present	11,729	15.2%	-2.2%	11,210	16.5%	-2.7%
Male householder, no wife present	5,549	7.2%	-0.1%	5,113	7.5%	-0.8%
Total	77,258		1.2%	67888		1.1%
Household Type	Saunders County			Wahoo		
	2023 Population		Percent Change from 2021	2023 Population		Percent Change from 2021
	Number	Percent		Number	Percent	
Married-couple family household	5,263	85.5%	5.6%	856	69.7%	3.8%
Female householder, no husband present	550	8.9%	-6.5%	251	20.4%	49.4%
Male householder, no wife present	344	5.6%	-9.2%	122	9.9%	-9.6%
Total	6,157		3.4%	1,229		9.0%

Source: ACS 5-year Estimates Subject Table (2021, 2023); Table S1101

The median income in Lancaster County, Lincoln, and Saunders County has increased since 2013. Income growth was modest from 2013 to 2016. Since 2020, increases in income have accelerated. Wahoo experienced about 30.1% growth in income from 2020 to 2023. Saunders County had a 26.9% growth in income over the same period (Table B6).

Table B6. Median Income Across Service Areas

Year	Lancaster County	Lincoln	Saunders County	Wahoo
2023	\$ 72,625.00	\$ 69,991.00	\$ 89,385.00	\$ 81,544.00
2022	\$ 70,387.00	\$ 67,846.00	\$ 84,474.00	\$ 75,052.00
2021	\$ 65,086.00	\$ 62,566.00	\$ 76,485.00	\$ 68,092.00
2020	\$ 62,484.00	\$ 60,063.00	\$ 70,414.00	\$ 62,689.00
2019	\$ 60,527.00	\$ 57,746.00	\$ 68,682.00	\$ 56,907.00
2018	\$ 58,009.00	\$ 55,224.00	\$ 66,718.00	\$ 55,544.00
2017	\$ 55,747.00	\$ 53,089.00	\$ 65,015.00	\$ 53,997.00
2016	\$ 53,730.00	\$ 51,126.00	\$ 64,475.00	\$ 52,612.00
2015	\$ 51,830.00	\$ 49,840.00	\$ 60,854.00	\$ 51,028.00
2014	\$ 51,916.00	\$ 49,794.00	\$ 60,487.00	\$ 50,069.00
2013	\$ 51,574.00	\$ 49,113.00	\$ 59,870.00	\$ 50,274.00
% change from 2013 to 2023	40.8%	42.5%	49.3%	62.2%
% change from 2013 to 2019	17.4%	17.6%	14.7%	13.2%
% change from 2020 to 2023	16.2%	16.5%	26.9%	30.1%

Source: ACS 5-year Estimates Subject Table (2013-2023); Table S1903

The unemployment rate has declined across all geographic areas since 2013. The most substantial decreases occurred in Lancaster County and Lincoln, where the unemployment rate in 2023 was approximately half of its 2013 level (Table B7).

Table B7. Unemployment Rate Across Service Areas

Year	Lancaster County	Lincoln	Saunders County	Wahoo
2023	3.2%	3.3%	2.1%	3.5%
2022	3.2%	3.3%	2.4%	2.8%
2021	3.2%	3.4%	2.4%	1.9%
2020	3.4%	3.5%	2.0%	0.9%
2019	3.2%	3.4%	2.3%	2.9%
2018	3.4%	3.6%	2.4%	3.5%

2017	3.9%	4.1%	2.2%	3.9%
2016	4.4%	4.6%	2.9%	5.2%
2015	5.1%	5.3%	3.5%	5.5%
2014	6.0%	6.3%	3.6%	4.2%
2013	6.4%	6.8%	3.5%	4.3%
% change from 2013 to 2023	-50.0%	-51.5%	-40.0%	-18.6%

Source: ACS 5-year Estimates Subject Table (2013-2023); Table S2301

In 2023, Saunders County had the lowest percentage of residents living below the poverty level (6.4%), and Lincoln had the highest (12.6%). Wahoo, however, experienced a 41.3% increase in the number of residents below the 100% poverty level from 409 in 2021 to 578 in 2023 (Table B 8).

Table B 8. Poverty Rate Across Service Areas

	Lancaster County	Lincoln	Saunders County	Wahoo
Residents below 100% poverty level in 2023	36,271	35,242	1,442	578
Percentage of residents below poverty level in 2023	11.7%	12.6%	6.4%	12.3%
Percent change in number of residents below the poverty level from 2021 to 2023	-1.6%	-1.9%	0.1%	41.3%

Source: ACS 5-year Estimates Subject Table (2021, 2023); Table S1701

A higher proportion of females were identified as in poverty in all geographic regions compared to males (Table B9).

Table B9. Poverty by Sex Across Service Areas

Sex	Lancaster County		Lincoln	
	Number	Percent	Number	Percent
Female	19,633	12.7%	19,050	13.6%
Male	16,638	10.7%	16,192	11.6%
Sex	Saunders County		Wahoo	
	Number	Percent	Number	Percent
Female	844	7.7%	362	14.6%
Male	598	5.2%	216	9.7%

Source: ACS 5-year Estimates Subject Table (2021, 2023); Table S1701

In both Lancaster County and Lincoln, the highest percentage of residents are between 18 and 34 years of age were experiencing poverty (19.6%) compared to other age groups. In Saunders County, the age group with the highest percentage of residents experiencing poverty was individuals 65 years of age and older (7.7%). In Wahoo, residents between the ages of five and 17 were most likely to be experiencing poverty (16% of all residents in this age group). See Table B10 for details.

Table B10. Poverty by Age Group Across Service Areas

Age Group	Lancaster County		Lincoln	
	Number	Percent	Number	Percent
0-4 years	2,311	12.4%	2,240	13.2%
5-17 years	6,058	11.3%	5,952	12.9%
18-34 years	16,114	19.6%	15,922	20.4%
35-64 years	8,174	7.5%	7,827	8.1%
65+ years	3,614	7.6%	3,301	8.0%
Age Group	Saunders County		Wahoo	
	Number	Percent	Number	Percent
0-4 years	34	2.4%	0	0.0%
5-17 years	274	6.5%	180	16.0%
18-34 years	284	7.4%	112	14.0%
35-64 years	540	6.0%	205	12.4%
65+ years	310	7.7%	81	10.2%

Source: ACS 5-year Estimates Subject Table (2021, 2023); Table S1701

Over half of the Native Hawaiian and Other Pacific Islander residents of both Lancaster County and Lincoln were experiencing poverty (58.8%). This was followed by American Indian and Alaska Native then Black or African American residents for both locations (Table B 11).

In Saunders County, approximately 30% of residents identifying as American Indian or Alaska Native and those identifying as two or more races were living in poverty. In Wahoo, more than 80% of residents identifying as two or more races were experiencing poverty, and over 30% of residents identifying as Hispanic or Latino were living in poverty (Table B11).

Table B11. Poverty by Race and Ethnicity Across Service Areas

Race and Ethnicity	Lancaster County		Lincoln	
	Number	Percent	Number	Percent
White alone	26,498	10.3%	25,520	11.3%
Black or African American alone	2,616	24.2%	2,594	24.1%
American Indian and Alaska Native alone	613	31.1%	613	32.8%
Asian alone	1,336	10.4%	1,334	10.5%
Native Hawaiian and Other Pacific Islander alone	107	58.8%	107	58.8%
Some other race alone	909	14.4%	899	14.6%
Two or more races	4,192	19.0%	4,175	19.9%
Hispanic or Latino	4,728	18.6%	4,696	19.1%
Race and Ethnicity	Saunders County		Wahoo	
	Number	Percent	Number	Percent
White alone	1,114	5.3%	287	6.7%
Black or African American alone	21	14.7%	21	26.3%
American Indian and Alaska Native alone	9	30.0%	0	0.0%
Asian alone	0	0.0%	0	0.0%
Native Hawaiian and Other Pacific Islander alone	0	0.0%	0	0.0%
Some other race alone	1	0.8%	0	0.0%
Two or more races	297	32.0%	270	80.4%
Hispanic or Latino	77	13.9%	55	32.7%

Source: ACS 5-year Estimates Subject Table (2021, 2023); Table S1701

\*Zero residents in category were reported in 2021

Note. Categories are not mutually exclusive

Educational attainment data are presented for individuals aged 25 and older who were living in poverty. In Lancaster County, Saunders County, and Lincoln, educational attainment was inversely associated with poverty rates. Individuals with higher levels of educational attainment experienced lower rates of poverty, while those with less than a high school diploma experienced the highest poverty rates. In Wahoo, high school graduates experienced the highest percentage of individuals living in poverty (30.0%) (Table B12).

Table B12. Poverty by Educational Attainment Across Service Areas

Educational Attainment	Lancaster County		Lincoln	
	Number	Percent	Number	Percent
Less than high school graduate	2,537	20.5%	2,459	20.9%
High school graduate	4,984	12.5%	4,716	13.3%
Some college, associate degree	5,552	8.7%	5,320	9.4%
Bachelor's degree or higher	3,264	3.9%	3,052	4.1%
Educational Attainment	Saunders County		Wahoo	
	Number	Percent	Number	Percent
Less than high school graduate	107	18.7%	9	12.9%
High school graduate	546	12.1%	244	30.0%
Some college, associate degree	260	4.7%	95	9.1%
Bachelor's degree or higher	106	2.3%	8	0.8%

Source: ACS 5-year Estimates Subject Table (2023); Table S1701

Most individuals who are at least 16 years old in the civilian workforce and in poverty in 2023 were unemployed in all geographic regions (Table B13).

Table B13. Poverty by Employment Status Across Service Areas

Employment Status	Lancaster County		Lincoln	
	Number	Percent	Number	Percent
Employed	13,592	8.0%	13,413	8.6%
Unemployed	1,608	32.3%	1,527	32.5%
Employment Status	Saunders County		Wahoo	

	Number	Percent	Number	Percent
Employed	441	3.7%	130	5.7%
Unemployed	38	15.1%	11	13.1%

Source: ACS 5-year Estimates Subject Table (2021, 2023); Table S1701

Among residents of all geographic regions, a higher percentage of residents who worked either part-time or did not work in the past 12 months experienced poverty than those who worked full time (Table B14).

Table B14. Poverty by Work Experience Across Service Areas (Residents Over the Age of 16)

Educational Attainment	Lancaster County		Lincoln	
	Number	Percent	Number	Percent
Worked full-time, year-round in the past 12 months	2,428	2.0%	2,370	2.2%
Worked part-time or part-year in the past 12 months	15,207	23.4%	14,986	24.9%
Did not work	11,230	18.4%	10,656	19.6%
Educational Attainment	Saunders County		Wahoo	
	Number	Percent	Number	Percent
Worked full-time, year-round in the past 12 months	136	1.5%	41	2.4%
Worked part-time or part-year in the past 12 months	354	8.9%	89	11.2%
Did not work	694	15.9%	280	30.8%

Source: ACS 5-year Estimates Subject Table (2021, 2023); Table S1701

## Appendix C. Data Source List

Table C1: 2026 Community Needs Assessment Data Sources

Data Source	Description
Community Health Rankings (CHR)	The County Health Rankings provide a snapshot of a community's health and a starting point for investigating and discussing ways to improve health. Information from CHR originates from many sources but are cited from their original source in this report.
BCHEN dashboard	The Nebraska Behavioral Health Workforce Dashboard is a tool to help policy makers, employers, and behavioral health care stakeholders understand the state of the behavioral health workforce and make decisions that impact its future.
Child abuse and neglect report	The Child Abuse and Neglect Annual Data Report from the Nebraska Department of Health and Human Services provides a comprehensive overview of child abuse and neglect cases reported in Nebraska. The report includes data on the number of reports categorized as accepted or screened out, substantiated incidents, and closed cases without findings. It is extracted annually and reflects the severity and definition of child abuse and neglect.
BRFSS dashboard	The BRFSS is a telephone health survey that collects data on health behaviors, conditions, and the use of preventive health services. This dashboard provides BRFSS results from 2011 to the most recent available year.
Economic Policy Institute (EPI)	Data includes Child Care costs in the United States, broken down by state, including Nebraska data last updated October 2020. Economic Policy Institute is an independent, nonprofit think tank that researches the impacts of economic trends and policies on working people in the United States.
Feeding America	The most recent data reflects 2020 estimates of food insecurity for the overall population and children at multiple geographic levels, including counties, food bank service areas, congressional districts, and states.
Lincoln Vital Signs	The Lincoln Vital Signs report includes indicators on the strength and health of the Lincoln community. Annual estimates of center-based childcare costs were used in this report.
Living Wage Calculator	The living wage calculator estimates the living wage needed to support families of 12 different compositions: one and two adult families with 0-3 dependent children. As calculated, the living wage estimate accounts for the basic needs of a family.

Data Source	Description
Nebraska Behavioral Risk Factor Surveillance System (NBRFSS)	A comprehensive, annual health survey of adults aged 18 and older on risk factors for many areas impacting public health. This survey was most recently conducted in 2020, though some items are not asked every year. Items from previous years are cited with the latest year for which data is available.
Nebraska Department of Education (NDE)	Data contained in Nebraska's annual State of the Schools Report, including graduation and dropout rates, student characteristics, and student achievement scores.
Nebraska Department of Health and Human Services, Roster of Licensed Childcare and Preschool Programs 2023	The Nebraska Department of Health and Human Services provides a roster for licensed childcare and preschool programs in Nebraska. The number of licensed childcare and preschool programs in Lancaster and Saunders Counties who participate in the Child Care Subsidy Program are used in this report.
Nebraska Foster Care Review Office, Quarterly Report	Data contained in the Nebraska Foster Care Review Office March 2023 Quarterly Report, including the total number of children in out-of-home placements.
U.S. Census Bureau - American Community Survey (ACS)	U.S. Census Bureau estimates on demographic elements such as population, age, race/ethnicity, household income, poverty, health insurance, and educational attainment. Annual estimates available through the ACS (2011, 2016, 2021) were used for this report.
U.S. Department of Education Homeless Student Enrollment Data	The U.S. Department of Education provides data on the number of homeless youths by collecting information on the number of students experiencing homelessness enrolled in school districts across the country. This data represents the 2019-2020 school year.
U.S. Department of Housing and Urban Development	The U.S. Department of Housing and Urban Development publishes homelessness Point-in-Time Counts annually. They also provide data on the number of households who have severe housing problems.

Appendix D. 2026 Community Needs and Strengths  
Assessment Survey

# 2026 Community Needs and Strengths Assessment Survey

Q2 How old are you?

- Under 18
- 18-24 years old
- 25-34 years old
- 35-44 years old
- 45-54 years old
- 55-64 years old
- 65+ years old

Q3 Choose one or more races that you consider yourself to be

- White of Caucasian
- Black or African American
- American Indian/Native American or Alaska Native
- Asian
- Native Hawaiian or Other Pacific Islander
- Other
- Prefer not to say

Q4 Are you of Spanish, Hispanic, or Latino origin?

- Yes
- No

Q5 Which of the following categories describes your biological sex?

- Female
- Male

Q6 Which county do you live in?

- Lancaster County
- Saunders County

Display this question:

If Which county do you live in? = Lancaster County

Q7 In which city or town do you live?

- Lincoln
- Bennet
- Davey
- Denton
- Firth
- Hallam
- Hickman
- Malcolm
- Panama
- Raymond
- Roca
- Sprague
- Waverly

Display this question:

If Which county do you live in? = Saunders County

Q8 In which city or town do you live? Please select from the dropdown box below.

- Ashland
- Cedar Bluffs
- Ceresco
- Colon
- Ithaca
- Leshara
- Malmo
- Mead
- Memphis
- Morse Bluff
- Prague
- Valparaiso
- Weston
- Wahoo
- Yutan

Q9 Do you have a child enrolled in the Head Start or Early Head Start program?

Yes

No

Q10 How many children aged 18 and younger live in your household?

---

Q11 Are you a staff member of the Head Start or Early Head Start program?

Yes

No

Q 12 How would you rate the following in your county?

	Very good	Good	Neither Good nor Bad	Bad	Very Bad
The availability of outdoor parks, playgrounds, and trails	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The general appearance or physical environment (i.e., cleanliness, attractiveness)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The availability of public transportation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Job opportunities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall economy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The availability of safe, affordable housing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The availability of quality, affordable childcare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The overall quality of the educational opportunities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The availability of affordable, healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being a good place to meet people and make friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The availability and accessibility of quality healthcare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How much people in the community care about each other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being a safe place to live	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The availability of arts and cultural opportunities, such as theater, museums, and music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The availability of social community events, such as festivals, picnics, parades, and street fairs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The availability of social services to meet basic needs (i.e., food, shelter, clothing)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q13 Do you have any comments related to your ratings for the items above?

---

Q14 Please select the top three health issues you are most concerned about in your county.

- Access to affordable healthcare
- Mental health (i.e., depression, anxiety, post-traumatic stress, suicide)
- Alcohol, drug, and tobacco use
- Heart disease (i.e., high blood pressure, stroke)
- Getting enough exercise
- Challenges getting healthy and affordable food
- Diabetes
- Cancer
- Asthma
- Infectious disease (i.e., COVID-19)
- Getting around town safely (driving, walking, and riding)
- Access to safe, affordable housing
- Other (please specify):

Q15 What would make your county a healthier place for you or your family? Select your top three priorities.

- More places to exercise
  - Cleaner environment
  - Traffic safety
  - Neighborhood safety
  - Access to healthy foods
  - Neighborhood connectedness
  - Reduced access to drugs and alcohol
  - Other (please specify):
-

Q16

Studies show that discrimination and harassment negatively impact mental and physical health.

Have you personally experienced discrimination or harassment during the past 12 months because of your race, ethnicity, language, socio-economic status, or religion in any of the following situations in your county?

	Yes	No	Not applicable
At school?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting hired/getting a job?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At work?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting housing?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting medical care?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting services at a store or restaurant?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Getting credit, a bank loan, or a mortgage?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On the street or in a public setting?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
From the police or in the court system?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Start of Block: Parent / Guardians Branch

*Display this question:*

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q17 How many children do you have enrolled in the Head Start or Early Head Start program?

---

*Display this question:*

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q18 I feel that my child(ren)'s educational needs are being met in the Head Start or Early Head Start program.

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree

*Display this question:*

*If I feel that my child(ren)'s educational needs are being met in the Head Start or Early Head Start... = Somewhat disagree*

*Or I feel that my child(ren)'s educational needs are being met in the Head Start or Early Head Start... = Strongly disagree*

Q19 You responded that you disagree that your child(ren)'s educational needs are being met. Please describe any educational needs that you feel are not currently being met.

---

*Display this question:*

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q20 During the past 30 days I feel I've had enough money to pay for the things I really need, such as food, clothing, housing, and medicine.

- Always
- Most of the time
- About half the time
- Sometimes
- Never

*Display this question:*

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q21 I feel I have the support and resources I need to achieve my education or career goals.

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree

Display this question:

*If I feel I have the support and resources I need to achieve my education or career goals. = Somewhat disagree*

*Or I feel I have the support and resources I need to achieve my education or career goals. = Strongly disagree*

Q22 What kinds of support or resources do you need to achieve your education or career goals? Select all that apply.

Additional childcare support

Transportation support

Financial support

Job search support (i.e., help with creating resume, job interview prep)

Other (please specify):

---

*Display this question:*

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q23 During the past 12 months I was able to get the healthcare services I needed for myself and my family.

- Always
- Most of the time
- About half the time
- Sometimes
- Never

Display this question:

*If During the past 12 months I was able to get the healthcare services I needed for myself and my fa... = Most of the time*

*Or During the past 12 months I was able to get the healthcare services I needed for myself and my fa... = About half the time*

*Or During the past 12 months I was able to get the healthcare services I needed for myself and my fa... = Sometimes*

*Or During the past 12 months I was able to get the healthcare services I needed for myself and my fa... = Never*

Q24 What barriers did you face during the past 12 months in getting healthcare services you or your family needed? Select all that apply.

- Insurance and payment barriers
- Transportation barriers
- Work-related barriers (i.e., unable to take time off work)
- Language barriers
- I can't find a provider who is currently accepting patients
- I'm not sure where to go to get healthcare services
- Other (please specify):

*Display this question:*

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q25 During the past 12 months I was able to get the mental healthcare services I needed for myself and my family.

- Always
- Most of the time
- About half the time
- Sometimes
- Never

Display this question:

*If During the past 12 months I was able to get the mental healthcare services I needed for myself an... = Most of the time*

*Or During the past 12 months I was able to get the mental healthcare services I needed for myself an... = About half the time*

*Or During the past 12 months I was able to get the mental healthcare services I needed for myself an... = Sometimes*

*Or During the past 12 months I was able to get the mental healthcare services I needed for myself an... = Never*

Q26 What barriers did you face during the past 12 months in getting mental healthcare services you or your family needed? Select all that apply.

- Insurance and payment barriers
  - Transportation barriers
  - Work-related barriers (i.e., unable to take time off work)
  - Language barriers
  - I can't find a provider who is currently accepting patients
  - I'm not sure where to go to get healthcare services
  - Other (please specify):
-

Display this question:

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q27 In the past 30 days, how often have you had access to healthy foods (i.e., fresh fruits and vegetables)?

- Always
- Most of the time
- About half the time
- Sometimes
- Never

Display this question:

*If In the past 30 days, how often have you had access to healthy foods (i.e., fresh fruits and veget... = Most of the time*

*Or In the past 30 days, how often have you had access to healthy foods (i.e., fresh fruits and veget... = About half the time*

*Or In the past 30 days, how often have you had access to healthy foods (i.e., fresh fruits and veget... = Sometimes*

*Or In the past 30 days, how often have you had access to healthy foods (i.e., fresh fruits and veget... = Never*

Q28 What barriers do you face in getting healthy foods? Select all that apply.

- Healthy foods are too expensive
- I don't know where to go to get healthy foods
- There are no healthy foods near where I live
- I don't have time to buy or prepare healthy foods
- I'm not sure which foods are actually health
- Availability of food benefits
- Other (please specify): \_\_\_\_\_

*Display this question:*

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q29 In a crisis, I would have the support I need from family or friends.

- Strongly agree
- Somewhat agree
- Neither agree nor disagree
- Somewhat disagree
- Strongly disagree

*Display this question:*

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q30 What is your employment status?

- I am employed and work 30 or more hours a week
- I am employed and work less than 30 hours a week
- I am unemployed and looking for work
- I am unemployed but not looking for work

*Display this question:*

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q31 What is your highest level of education?

- Less than high school diploma or equivalency (e.g., GED)
- High school diploma or equivalent (e.g., GED)
- Some college or associate's degree
- Bachelor's degree or higher

*Display this question:*

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q32 Are you currently enrolled in school or a career training program?

Yes

No

*Display this question:*

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q33 Which days of the week do you need childcare? Select all that apply.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*Display this question:*

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q34 When do you need childcare the most? Select all that apply.

- Morning (Between 6:00am – Noon)
- Afternoon (Between Noon – 6:00pm)
- Evening (Between 6:00pm – Midnight)
- Night (Between Midnight – 6:00am)

*Display this question:*

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q35 When do you typically work and/or go to school? Select all that apply.

- Morning (Between 6:00am – Noon)
- Afternoon (Between Noon – 6:00pm)
- Evening (Between 6:00pm – Midnight)
- Night (Between Midnight – 6:00am)

*Display this question:*

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q36 In the past 30 days, how often have you had access to reliable transportation?

- Always
- Most of the time
- About half the time
- Sometimes
- Never

*Display this question:*

*If In the past 30 days, how often have you had access to reliable transportation? = Most of the time*

*Or In the past 30 days, how often have you had access to reliable transportation? = About half the time*

*Or In the past 30 days, how often have you had access to reliable transportation? = Sometimes*

*Or In the past 30 days, how often have you had access to reliable transportation? = Never*

Q37 In the past 30 days, what transportation barriers have you experienced? Select all that apply.

- My car/truck has mechanical problems
- Another person often uses my car/truck when I need it
- The bus does not come when I need it to
- There is not a bus stop close enough to my home
- The places I need to go are not within walking distance of my home
- Other (please specify):  
\_\_\_\_\_

Display this question:

*If Do you have a child enrolled in the Head Start or Early Head Start program? = Yes*

Q38 In the past 30 days, how often have you had access to language interpretation services when you needed it?

- Always
- Most of the time
- About half the time
- Sometimes
- Never

End of Block: Parents/Guardians Branch

---

Start of Block: Head Start Staff Branch

Display this question:

If Are you a staff member of the Head Start or Early Head Start program? = Yes

Q39 Where is the Head Start building where you work located? Select all that apply.

Lancaster County

Saunders County

Display this question:

If Are you a staff member of the Head Start or Early Head Start program? = Yes

Q40 Please rate your agreement on whether the needs of children served by the Head Start and Early Head Start program are being met.

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
Educational needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical health needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social-emotional needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Display this question:

If Are you a staff member of the Head Start or Early Head Start program? = Yes

Q41 Do you have any comments related to your ratings for the items above?

---

Display this question:

If Are you a staff member of the Head Start or Early Head Start program? = Yes

Q42 Please rate your agreement on whether the needs of caregivers served by the Head Start and Early Head Start program are being met.

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
Educational needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical health needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social-emotional needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Display this question:

If Are you a staff member of the Head Start or Early Head Start program? = Yes

Q43 Do you have any comments related to your ratings for the items above?

---

Q44 What else do you want us to know?

---

# Appendix E. 2026 Community Needs and Strengths Assessment Focus Group Protocol

## Focus Group Protocol: Parents and Guardians of Children Enrolled in Head Start

Hello, and thank you for participating in this focus group. My name is \_\_\_\_ with the University of Nebraska Public Policy Center, and I'll be leading our discussion today. Also here from our team is \_\_\_\_, who will assist with questions and taking notes throughout our discussion.

The goal of this discussion is to better understand the strengths and needs of our community and for you to share your experience with Head Start services. We will ask about the education, health, and nutrition needs of the community as well as resources that are or are not available to help meet these needs. Ultimately the results of this discussion will help Community Action in its program planning.

This discussion will last no longer than an hour. Anything you share here will be anonymous in our report. We might pull quotes from this conversation, but we will not associate them with any individual person. You will also be compensated for your time today with a \$30 gift card that we will distribute after our discussion. Do you have any questions before I get started?

Is it okay for me to record this conversation to help with note-taking?

### Introductions

1. Introductions: Name and say how long you or your child has been in the Head Start program.

### Educational Needs


2. I know that one of the goals of the Head Start program is to promote school readiness and offer child development services. What support and resources have been most helpful in meeting your child or children's educational needs?

3. What additional support or services do you need to ensure your child's educational needs are met?

### Community Strengths

4. I also want to get your insight on the needs and strengths of the community more broadly. I always like to start with strengths first. What do you like best about your community or the city of Lincoln/Wahoo?

5. We talked a bit about support and resources you have found helpful in meeting your children's educational needs. Are there any other community support or resources that are provided outside of Head Start that has helped you or others in the community more broadly?

- 
- a. Some examples of support or resources could be childcare, transportation, or financial assistance you get from your friends, families, or neighbors. Or any other public program that provides housing or nutrition assistance like SNAP.
  - b. What about community support or resources to help achieve adult education or career goals? Are those available?

#### Health/Nutrition Needs

6. What is the most serious health concern facing your community?
  - a. From your perspective, what might be some of the reasons for the health issues you see in your community?
7. What barriers are there to accessing healthy foods in your community?
8. What does a healthy community look like to you?
9. Is there anything else that you would like me to know?

#### Ask If Time:

1. Do you feel that people in your community have the support and resources they need to achieve their education or career goals?
2. What could help people achieve their education or career goals?
3. What are the mental health needs of your community? Are these needs being addressed?
4. If you needed help or assistance, where or who would you go to for help?
5. Where do you get information about community resources?
6. Where can people go to get healthy foods?

.....

## Focus Group Protocol: Head Start Staff

Hello, and thank you for participating in this focus group. My name is \_\_\_\_ with the University of Nebraska Public Policy Center, and I'll be leading our discussion today. Also here from our team is \_\_\_\_, who will assist with questions and taking notes throughout our discussion.

The goal of this discussion is to better understand your perspective on the needs of children and families enrolled in Head Start, as well as the strengths and needs of our community more broadly. We will ask about the education, health, and nutrition needs of the families you are serving as well as resources that are or are not available to help meet these needs. Ultimately the results of this discussion will help Community Action in its program planning.

This discussion will last no longer than an hour. Anything you share here will be anonymous in our report. We might pull quotes from this conversation, but we will not associate them with any individual person. Do you have any questions before I get started?

Is it okay for me to record this conversation to help with note-taking?

### Introductions

1. Introductions: Name, Position/Role in Head Start, and how long you have worked here.

### Educational Needs

2. I know that some of the goals of the Head Start and Early Head Start programs are to promote school readiness and provide health, nutrition, and development services. From your perspective, which Head Start resources or supports are most helpful in meeting children's educational needs?

- a. It seems like you also provide education services for parents and caregivers. Can you talk more about that? What resources or support are most helpful in meeting the educational needs of caregivers?

3. What do you wish was available, either through Community Action or the community, to help meet the educational needs of children and their families?

### Health/Nutrition Needs

4. I would also like to ask you some questions specifically about the health and nutrition needs of children and their families. From your perspective, what is the most serious health concern facing this population?

- a. From your perspective, what might be some of the reasons for the health issues you see in the community?

5. What barriers are there to accessing healthy foods in your community?

6. What does a healthy community look like to you?

Community Strengths

7. I also want to get your insight on the strengths of the community more broadly. What do you like best about your community or the city of Lincoln/Wahoo?

8. We talked a bit about the support and resources that Head Start provides to children and families. What other community support or resources help these families or others in the community more broadly?

a. What about community support or resources to help achieve adult education or career goals? Are those available?

9. Is there anything else that you would like me to know?

Ask If Time:

1. Do you feel that people in your community have the support and resources they need to achieve their education or career goals?

2. What could help people achieve their education or career goals?

3. What are the mental health needs of your community? Are these needs being addressed?

4. How do you share information about community resources with parents and caregivers?

5. Where can families go to get healthy foods?

## Focus Group Protocol: Community Leaders

Hello, and thank you for participating in this focus group. My name is \_\_\_\_ with the University of Nebraska Public Policy Center, and I'll be leading our discussion today. Also here from our team is \_\_\_\_, who will assist with questions and taking notes throughout our discussion.

The goal of this discussion is to better understand the strengths and needs of our community. We will ask questions about the economic, health, and nutrition needs of the community as well resources that are or are not available to help meet these needs. Ultimately the results of this discussion will help Community Action in its program planning.

This discussion will last no longer than an hour. Anything you share here will be anonymous in our report. We might pull quotes from this conversation, but we will not associate them with any individual person. Do you have any questions before I get started?

Is it okay for me to record this conversation to help with note-taking?

### Introductions


1. Introductions: Name, Position, Organization, Location/Service Area (Saunders or Lancaster County)

### Community Strengths

2. I want to get your insight on the needs and strengths of your community. I always like to start with strengths first. What do you like best about your community or the city of Lincoln/Wahoo?
3. What community support or resources do you feel are most effective at meeting the needs of the community?

### Economic Mobility

4. I would also like to have a conversation about economic mobility in our community. What services or support have you seen that have helped people achieve upward mobility or reduced poverty?
5. What barriers do community members face in achieving upward mobility? Are there gaps in services?
  - a. Do you feel that people in our community have the support and resources they need to achieve their education or career goals?
6. What other factors contribute to the prevalence of poverty in Lancaster/Saunders county?



Health/Nutrition Needs

7. I would also like to ask you some questions specifically about your community's health and nutrition needs. What is the most serious health concern facing your community?
  - a. From your perspective, what might be some of the reasons for the health issues you see in your community?
  
8. What barriers are there to accessing healthy foods in your community?
  
9. What does a healthy community look like to you?
  
10. Is there anything else that you would like me to know?

Ask If Time

1. What are the mental health needs of your community? Are these needs being addressed?

## Appendix F. 2026 Needs and Strengths Assessment Survey Respondent Demographics and Complete Response Frequencies for Community Needs and Strengths Matrix Questions

Respondents who completed the Needs and Strengths Assessment Survey were asked several demographic questions. As seen in Table F1, of the 89 respondents to the survey question, 89.9% reported living in Lancaster County, while 10.1% reported living in Saunders County.

*Table F1. Reported Geographic Area of Residence for Survey Respondents (n = 89)*

Geographic Area	Count	Percent
<b>Lancaster County</b>	<b>80</b>	<b>89.9</b>
Lincoln	75	84.3
Firth	1	1.1
Hickman	2	2.2
Waverly	1	1.1
<b>Saunders County</b>	<b>9</b>	<b>10.1</b>
Ashland	2	2.2
Ceresco	1	1.1
Prague	1	1.1
Weston	1	1.1
Wahoo	4	4.5

The distribution of survey respondents across the 25- to 34-year-old, 35- to 44-year-old, and 45- to 54-year-old age ranges was relatively consistent, around 20% to 30% of all survey respondents. Additional details are available in Table F2. The largest age ranges of respondents were 35 to 44 years old (31.1%), 45 to 54 years old (22.2%) and 25 to 34 years old (21.1%).

*Table F2. Reported Age Ranges of Survey Respondents (n = 90)*

Age Range	Count	Percent
18 to 24 years old	6	6.7

Age Range	Count	Percent
25 to 34 years old	19	21.1
35 to 44 years old	28	31.1
45 to 54 years old	20	22.2
55 to 64 years old	15	16.7
65 years old or older	2	2.2

Respondents were asked to indicate their race and ethnicity, with the majority of the respondents identifying as white (72.2%; Table F3). One in nine survey respondents identified as Hispanic or Latino/Latina (11.1%; Table F3).

*Table F3. Reported Race & Ethnicity of Survey Respondents (n = 90)*

Race and Ethnicity	Count	Percent
White or Caucasian	65	72.2
Black or African American	11	12.2
American Indian/Native American or Alaska Native	1	1.1
Asian	3	3.3
Black/African American	11	12.2
Hispanic/Latino/Latina	10	11.1
White or Caucasian	65	72.2
Other	9	10.0
Preferred Not to Answer	1	1.1

*Note. Respondents were encouraged to all applicable race/ethnicity options that applied, so the total percents do not sum to 100.*

Most survey respondents were female (n = 73, 83.0%; Table F4).

*Table F4. Reported Sex of Survey Respondents (n = 88)*

Sex	Count	Percent
Female	73	83.0

Sex	Count	Percent
Male	15	17.0

Respondents were asked if they have a child enrolled in the Head Start or Early Head Start program, and about one quarter of survey respondents indicated that they did (n = 20, 22.5%). Respondents were also asked to provide how many children that were under the age of 18 living in their household (Table F5). Most respondents had no children (n = 29, 34.5%), two children (n = 24, 28.6%), or one child (n = 21, 25.0%) living in their household.

Table F5. Reported Number of Children Under 18 in Household (n = 84)

Number of Children	Count	Percent
0	29	34.5
1	21	25.0
2	24	28.6
3	8	9.5
4	1	1.2
5	1	1.2

Respondents were asked several questions related to the communities in which they live. As seen in Table F6, the mean ratings of the responses are displayed in decreasing order – meaning the highest ratings are at the top. *The availability of outdoor parks, playgrounds, and trails* (Mean = 4.4, S.D. = 0.5) was scored the highest followed closely by *being a safe place to live* (Mean = 4.3, S.D. = 0.6). Six other response options scored either a 4.0 or higher, meaning that the averaged at least “good” among survey respondents. *The availability of affordable housing* (Mean = 2.3, S.D. = 1.3), and *the availability of affordable childcare* (Mean = 2.5, S.D. = 1.3) were scored the lowest and were most closely aligned with the *Bad* response option. Several economic and affordability indicators had mean scores at or below the scale midpoint; see Table F6 for additional detail.

Survey respondents were asked to provide additional insights regarding these community characteristics. Respondents frequently highlighted affordability concerns related to childcare, housing, and food. While respondents acknowledged support is available to some individuals, these supports do not always extend to everyone in need. This can result in some individuals having to make sacrifices, being unable to meet their basic needs, or not able to fully support their families.

*“I don’t think most average single people make enough money to support themselves and family as in food housing clothing medical care. most people have to sacrifice one or the other of these things.”*

*“I know others don't have family in town or around and it makes it hard when someone apparently makes too much money to qualify for assistance but makes just enough to barely make it or is struggling to make it in this economy.”*

*“There is not enough affordable housing, resources (basic needs), affordable quality childcare, or transportation options.”*

Contrary to the statements expressed above one respondent expressed that adequate resources are currently available within the service area. However, additional educational resources about the available resources are needed.

*“I'm in the industry and recognize all the events, human service agencies, collaborative entities that are addressing housing, healthcare, childcare, employment training, tenant education, food pantries and food nets. To me, we are looking good. To the average Lincoln resident, I could see them not knowing what Lincoln has to offer.”*

Table F6. Mean Respondent Ratings of County Characteristics

How would you rate the following in your county?	n	Mean	S.D.
The availability of outdoor parks, playgrounds, and trails	78	4.4	0.5
Being a safe place to live	74	4.3	0.6
The general appearance or physical environment (i.e., cleanliness, attractiveness)	72	4.2	0.6
Being a good place to meet people and make friends	68	4.1	0.7
How much people in the community care about each other	61	4.1	0.8
The overall quality of the educational opportunities	66	4.1	0.8
The availability of arts and cultural opportunities, such as theater, museums, and music	66	4.0	0.8
The availability of social community events, such as festivals, picnics, parades, and street fairs	66	4.0	0.8
The availability of social services to meet basic needs (i.e., food, shelter, clothing)	67	3.8	1.0
Job opportunities	51	3.7	1.0

How would you rate the following in your county?	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
Overall economy	56	3.5	1.1
The availability and accessibility of quality healthcare	66	3.5	1.2
The availability of affordable, healthy foods	57	3.4	1.2
The availability of public transportation	59	3.0	1.4
The availability of quality, affordable childcare	60	2.5	1.3
The availability of safe, affordable housing	63	2.3	1.3

*Note.* Scale responses were coded as (1) Very Bad, (2) Bad, (3) Neither good nor bad, (4) Good, and (5) Very good.

Respondents were asked to select their top three issues that they were the most concerned about in their county. *Mental health* was among the top three county health issues identified for over three-quarters of respondents ( $n = 62$ , 76.5%). Over half of the respondents also identified *access to safe, affordable housing* ( $n = 53$ , 65.4%) and *access to affordable healthcare* ( $n = 51$ , 63.0%) as leading health issues. See Table F7 for additional details.

*Table F7. Reported Top Three County Health Issues (n = 81)*

Please select the top three health issues you are most concerned about in your county.	<i>n</i>	Percent
Mental health (i.e., depression, anxiety, post-traumatic stress, suicide)	62	76.5
Access to safe, affordable housing	53	65.4
Access to affordable healthcare	51	63.0
Challenges getting healthy and affordable food	28	34.6
Alcohol, drug, and tobacco use	21	25.9
Getting around town safely (driving, walking, and riding)	14	17.3
Getting enough exercise	8	9.9
Diabetes	7	8.6
Infectious disease (i.e., COVID-19)	6	7.4
Cancer	4	4.9

Please select the top three health issues you are most concerned about in your county.	<i>n</i>	Percent
Asthma	2	2.5
Other	2	2.5
Heart disease (i.e., high blood pressure, stroke)	1	1.2

Respondents were asked to select their top three options related to what they thought would make their county a healthier place for them and their families. *Neighborhood connectedness* was selected by over half of the respondents ( $n = 41, 50.6\%$ ). Nearly half of the respondents selected *reduced access to drugs and alcohol* ( $n = 39, 48.1\%$ ) and *access to healthy foods* ( $n = 37, 45.7\%$ ). Eleven respondents selected other options. These included affordable housing, health insurance, reductions in homelessness, improved community spaces and cultural opportunities, and expanded mental health access. See Table F8 for details.

Table F8. Reported Top Three Options for a Healthier County ( $n = 81$ )

What would make your county a healthier place for you or your family? Select your top three priorities.	<i>n</i>	Percent
Neighborhood connectedness	41	50.6
Reduced access to drugs and alcohol	39	48.1
Access to healthy foods	37	45.7
Neighborhood safety	28	34.6
Traffic safety	28	34.6
More places to exercise	18	22.2
Cleaner environment	12	14.8
Other (please specify)	11	13.6

## Appendix G. Community Resources List

Some community resources are available to residents from multiple geographic areas. These resources are listed in each geographic area section to ensure they are easily located by report users.

### Lancaster County Resources

#### Child and Family Resources

##### Big Brothers Big Sisters

2124 Y St., Flat 210 Lincoln, NE 68503  
402-330-2449

<https://bbbslincoln.org/>

Mentoring for youth.

##### Cedars

6601 Pioneers Blvd, Lincoln, NE 68506  
402-434-5437

<https://cedarskids.org>

8:00am-5:00pm Monday-Friday  
Parenting support and resources. Trainings for families, community members, and professionals. Clinical services and youth intervention. Transitional housing and emergency shelter.

##### BraveBe Child Advocacy Center

5025 Garland St, Lincoln, NE 68504  
402-476-3200

<https://www.bravebe.org/>

8:30am-5:00pm Monday-Friday  
Forensic interviews, advocacy services, medical services, and case coordination for victims/survivors of child abuse and their non-offending family members. Community and agency trainings available.

##### City Impact

1035 N 33rd St, Lincoln, NE 68503  
402-477-8080

<https://cityimpact.org/>

10:00am-3:00pm Monday-Friday Youth success mentoring, faith academy, and children's literacy program serving K-5 students in Lincoln.

##### Community Action Partnership of Lancaster and Saunders Counties

210 O St, Lincoln, NE 68508  
402-471-4515

<https://www.communityactionatwork.org/>

8:30am-5:00pm Monday-Friday  
Early Head Start, Head Start, and home learning resources.

##### Lighthouse

2601 N St, Lincoln, NE 68510  
402-475-3220

<https://lincolnlighthouse.org/>

2:00pm-7:00pm Monday-Friday  
Free programs for middle and high school students. Indoor gym, computers, games, tutoring, snacks, and evening meals.

##### MilkWorks

5930 S 58th St, Lincoln, NE 68516  
402-423-6402

<https://milkworks.org/>

9:00am-5:00pm Monday-Saturday,  
9:00am-6:00pm Tuesday  
Breast pumps for a reduced price or through insurance, new mother support groups, and other baby products.

##### Northeast Family Center

6220 Logan Ave, Lincoln, NE 68506  
402-471-3700

<https://nfclincoln.org/>

Early Learning Center, family support, and youth development. Before, after, and summer school programs.

### **Teammates of Lancaster County**

5905 E O St, Lincoln, NE 68510

402-436-1990

<https://lincolnteammates.org/>

Mentoring for youth.

### **Clothing Assistance**

#### **Barnabas Community**

931 Saunders Ave, Lincoln, NE 68521

402-742-0035

<https://barnabascommunity.org/>

12:00pm-3:00pm Tuesday, 9:00am-12:00pm and

6:00pm-8:00pm Thursday 10:00am-2:00pm

Saturday

Free clothing, books, toys, and household goods.

Must have a Clarity card or other identification.

#### **Foster CARE Closet**

643 S 25th St Ste. 8, Lincoln, NE 68510

402-853-9990

<https://fostercarecloset.org>

9:00am-6:00pm Monday-Thursday, 9:00am-

2:00pm Saturday

Clothing for foster children. Essential items for those who have recently aged out of foster care.

#### **Northwest Lincoln Church of Christ**

3110 N 1st St, Lincoln, NE 68521

402-475-3313

<https://nwlincolncoc.us/home>

9:00am-12:00pm

Free clothing, shoes, and totes the first Saturday of month.

#### **Lincoln Community Baby Closet**

2311 N. Cotner Blvd Ste H, Lincoln, NE 68507

[https://communitybabycloset.wixsite.c](https://communitybabycloset.wixsite.com/lincolncommunitybaby/programs)

[om/lincolncommunitybaby/programs](https://communitybabycloset.wixsite.com/lincolncommunitybaby/programs)

5:00pm-7:00pm First Monday; 9:30am- 11:00am

Second Saturday; 9:00am-10:30am Third

Wednesday; 1:30pm-3:00pm Fourth Sunday

Free store for expectant and nursing mothers and babies 3 to 24 months of age.

### **YWCA Job Outfitters**

1731 O St, Lincoln, NE 68508 (M-W only)

5631 S. 48th St Ste. 410, Lincoln, NE 68516

402-434-3494

[https://www.ywcalincoln.org/programs\\_services/job-outfitters.html](https://www.ywcalincoln.org/programs_services/job-outfitters.html)

1:00pm-2:00pm Monday-Friday

For individuals actively seeking employment or working who need work-appropriate clothing.

Vouchers can be used at any Lincoln Goodwill.

### **Cultural and Community Centers**

#### **Asian Community and Cultural Center**

144 N 44th St, Ste A, Lincoln, NE 68503

402-477-3446

<https://www.lincolnasiancenter.org/>

9:00am-5:00pm Monday-Friday

ELL classes, citizenship classes, women's group, senior programs, youth programs, and cultural education.

#### **The Bay**

2005 Y St, Lincoln, NE 68503

402-310-5215

<https://www.thebay.org/>

3:00am-8:00pm Tuesday-Thursday, 3:00pm-

10:00pm Friday, 1:00pm-10:00pm Saturday,

1:00pm-8:00pm Sunday

Youth-only indoor skatepark and cultural programming.

#### **Belmont Community Center**

3335 N 12th St, Lincoln, NE 68521

402-477-8854

<http://belmontcommunitycenter.org/>

6:30am-5:45pm Monday-Friday

Before and after school programs, full day and half day preschool and summer programs.

Meeting rooms and gym available for rental or community use.

**Carol M. Yoakum Family Resource Center**

4621 NW 48th St, Lincoln, NE 68524

402-434-2621

<https://lhousing.com/FamilyResourceCenter.html>

8:00am-12:00pm, 1:00pm-5:00pm

Provides food assistance, clothing, and reduced-cost bus passes.

**El Centro de las Américas**

210 O St, Lincoln, NE 68508

402-474-3950

<http://www.elcentrone.org/>

9:00am-5:00pm Monday-Friday

Assistance with applying for government supports, crisis assistance and prevention, health education and outreach, domestic violence support groups, Latino Leadership Youth Program, and adult education.

**F Street Community Center Community**

1225 F St, Lincoln, NE 68508

402-441-7951

<https://www.lincoln.ne.gov/City/Departments/Parks-and-Recreation/Parks-Facilities/Recreation-Centers/FstRecCenter>

8:00am-7:00pm Monday-Friday 10:00am-

5:00pm Saturday 1:00pm-5:00pm Sunday

Youth activities, computer lab, sports, and free dinner for those 2 to 18 years old (Monday-Friday at 4:30pm).

**Good Neighbor Community Center**

2617 Y St, Lincoln, NE 68503

402-477-4173

<https://www.gncclincoln.org/>

10:00am-12:00pm, 1:00-4:00pm Monday-

Thursday 10:00am-12:00pm Friday 3:00pm-

4:00pm Sunday

Basic and emergency assistance program, perishable and non-perishable food distribution program, English/Citizenship classes, and low-income bus pass sales.

**Indian Center, Inc.**

1100 Military Rd, Lincoln, NE 68508

531-500-3069

<https://www.indiancenterinc.org/>

Hours are by appointment.

**Malone Community Center**

2032 U St, Lincoln, NE 68503

402-474-1110

<https://malonecenter.org/>

8:00am-5:00pm Monday-Friday

Food assistance, wellness programs, leadership programs, and after school programs.

**The Salvation Army**

2625 Potter St, Lincoln, NE 68503

402-474-6263

<https://centralusa.salvationarmy.org/lincoln>

9:00am-4:00pm Monday-Friday

Utility, food, clothing assistance, summer youth programs, and after school programs.

**Willard Community Center**

1245 S Folsom St, Lincoln, NE 68522

402-475-0805

<https://www.willardcommunitycenter.org/>

6:30am-5:30pm Monday-Friday

Before and after school programs and early childhood programs.

**Yazda-Yazidi Cultural Center**

300 N 27th St, STE C, Lincoln, NE 68503

531-289-7132

<https://yazda.org/>

8:30am-5:00pm Monday-Friday

Education, legal, and psychosocial supports to the Yazidi community.

**Domestic and Sexual Violence Resources**

**Catholic Social Services**

2241 O St, Lincoln, NE 68510

402-474-1600

<https://www.cssisus.org/>

9:00am-12:00pm, 1:00pm-4:00pm

Monday-Thursday

9:00am-12:00pm Friday

24 apartment units for victims/survivors of domestic and sexual violence. Accepts all faiths but will not make referrals or recommendations contrary to the Catholic faith.

### **Cedars Youth Opportunity Center**

6601 Pioneers Blvd, Lincoln, NE 68508

402-437-8850

<https://cedarskids.org/>

12:00pm-6:00pm Monday-Thursday 10:00am-4:00pm Friday

A safe place where runaway, homeless, and at-risk youth can drop in for a hot meal, laundry, personal hygiene items, emergency shelter, employment or housing applications, and group programs.

### **BraveBe Child Advocacy Center**

5025 Garland St, Lincoln, NE 68504

402-476-3200

<https://www.bravebe.org/>

8:30am-5:00pm Monday-Friday

Forensic interviews, advocacy services, medical services, and case coordination for victims/survivors of child abuse and their non-offending family members. Community and agency trainings available.

### **Friendship Home**

PO Box 85358, Lincoln, NE 68501 (Physical address is unlisted)

402-434-6353

Crisis Phone Number: 402-437-9302

<https://friendshiphome.org/>

24 hours support hotline, pre-shelter services, confidential shelter, strengths-based case management, advocacy, support groups, financial education, children services, and education and outreach for victims/survivors of domestic violence and sexual violence.

### **I've Got a Name**

PO Box 6181, Lincoln, NE 68506

<https://ivegotaname.org/>

Street outreach, training, and community awareness.

### **Nebraska Coalition to End Sexual and Domestic Violence**

245 S 84th St, Lincoln, NE 68510

402-476-6256

<https://www.nebraskacoalition.org/>

8:00am-5:00pm Monday-Thursday 8:00am-12:00pm Friday

24-hour crisis line, legal referrals and

assistance with protection orders, emergency shelter, ongoing support and information, transportation, education and prevention programs, and medical advocacy and referrals.

### **Voices of Hope**

2545 N St, Lincoln, NE 68510

402-476-2110 (Office), 402-475-7273

(Crisis)

<https://www.voicesofhopelincn.org/>

9:00am-4:00pm Monday, Tuesday, Thursday 12:30pm-4:00pm Wednesday 9:00am-12:30pm Friday

Crisis intervention services, parent/child advocacy, support and educational groups, legal advocacy and referrals, and training.

### **Food Programs**

#### **Community Action Partnership of Lancaster and Saunders Counties**

210 O St, Lincoln, NE 68508

402-471-4515

<https://www.communityactionatwork.org/>

8:30am-5:00pm Monday-Friday

Healthy Food Access Program provides hot, healthy meals to children in Lincoln's lowest income neighborhoods.

#### **Food Bank of Lincoln**

1221 Kingbird Rd, Lincoln, NE 68521

402-466-8170

<https://www.lincolnfoodbank.org/>

8:00am-4:30pm Monday-Friday Manages food distribution in Lincoln area M-Sat. Child Hunger Programs including the Backpack Program, School Food Markets & Pantries, LPS Emergency Pantry, and Summer Meals & Food Service Program.

#### **FoodNet, Inc**

1420 K St, Lincoln, NE 68508

402-416-6197

<http://foodnetlincoln.org/sites/>

Distribution at different sites 7 days a week.

**F Street Community Center**

1225 F St, Lincoln, NE 68508  
402-441-7951

<https://www.lincoln.ne.gov/City/Departments/Parks-and-Recreation/Parks-Facilities/Recreation-Centers/FstRecCenter>

8:00am-7:00pm Monday-Friday 10:00am-5:00pm Saturday 1:00pm-5:00pm Sunday  
Free dinner is served Monday-Friday at 4:30pm for children ages 2-18 years old.

**Community Action's Gathering Place**

1448 E St, Lincoln, NE 68508  
402-476-7398

<https://www.communityactionatwork.org/programs/hunger-relief-healthy-food-access/the-gathering-place-soup-kitchen.html>

5:00pm-6:00pm Monday-Sunday  
Free evening meals, free little pantry.

**Good Neighbor Community Center**

2617 Y St, Lincoln, NE 68503  
402-477-4173

<https://www.gncclincoln.org/>

10:00am-12:00pm, 1:00-4:00pm Monday-Thursday 10:00am-12:00pm Friday 3:00pm-4:00pm Sunday  
Perishable food distribution starting at 10:00am each Monday and Wednesday. Good Neighbor Community Center Clarity or ID card required.

**Jacob's Well First Presbyterian Church**

840 S 17th St, Lincoln, NE 68508  
402-477-6037

<https://fpclincoln.org/>

8:30am-4:30pm Monday-Thursday 8:30-11:30 Friday 10:00am-11:30am first and third Saturday of the month  
Groceries for families in need.

**Indian Center Senior Lunch Program**

1100 Military Rd, Lincoln, NE 68508  
531-500-1047

[www.indiancenterinc.org](http://www.indiancenterinc.org)

11:30am-12:30pm Monday- Friday  
Lunch for seniors from 11:30am-12:30pm Monday-Friday. Food pantry available Tuesdays at 1:00pm and Thursdays at 10:00am.  
Commodity Supplemental Food Program available once a month.

**Matt Talbot Kitchen and Outreach**

2121 N 27th St, Lincoln, NE 68503  
402-477-4116

<https://www.mtko.org/>

8:30am-6:30pm Monday-Wednesday, Friday  
Thursday 8:30am-1:00pm, 5:00-6:30pm  
11:30am-12:30pm, 5:30pm-6:30pm Saturday and Sunday  
Free meals served seven days a week. No ID required. Special mealtimes on Thanksgiving, Christmas Eve, and Christmas day. Quarterly nutrition classes offered.

**Northeast Family Center at Havelock UMC**

6220 Logan Ave, Lincoln, NE 68507  
402-471-3700

6:00am-6:00pm Monday-Friday  
Perishable and non-perishables foods on Tuesdays. Commodities Supplemental Food Program on the fourth Tuesday of each month.

**People's City Mission**

110 Q St, Lincoln, NE 68508  
402-475-1303

<https://pcmlincoln.org/>

Mealtimes for men are 5:30am, 12:30pm, and 6:00pm. Mealtimes for families and women are 6:45am, 11:15am, and 4:45pm. Sack lunches are available if you are not able to make a mealtime due to work or appointment, as supplies allow. Food baskets for Thanksgiving and Christmas available with advanced sign up.

**The Salvation Army**

2625 Potter St, Lincoln, NE 68503  
402-474-6263

<https://centralusa.salvationarmy.org/lincoln/cure-hunger/>

9:00am-4:00pm Monday, Wednesday-Thursday  
9:00am-3:00pm Tuesday, Friday  
Food pantry is open 9:00am-4:00pm M,W-Th;  
9:00am-3:00pm Tu & F. Produce and bread distribution T & F from 10:00am-11:00am.

## Healthcare Resources

### Clinic with a Heart

1701 S 17th St Ste 4G, Lincoln, NE 68502  
402-421-2924

<https://www.clinicwithaheart.org>

4:00pm-7:30pm Tuesday and Thursday  
Free medical, dental, chiropractic, vision, hearing, mental health, and urgent care. Clinics for orthopedic, physical therapy, extraction, dermatology, and hypertension offered with a referral. Call in after 2:00pm Monday-Thursday to reserve a spot.

### Lincoln-Lancaster County Health Department

3131 O St, Lincoln, NE 68510  
402-441-8000

<https://www.lincoln.ne.gov/City/Departments/Health-Department>

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

### \*Community Health Services

402-441-8065

<https://www.lincoln.ne.gov/City/Departments/Health-Department/Community-Health-Services#section-1>

8:00am-4:30pm Monday-Friday Individuals may call to speak with a nurse regarding health concerns or services including referrals to medical homes.

### \*Adult Health Services

402-441-8065

<https://www.lincoln.ne.gov/City/Departments/Health-Department/Community-Health-Services#section-2>

Include the provision of needed vaccines, laboratory tests, and nursing services to assist uninsured or underinsured adults. When necessary, staff will help you find the appropriate medical resources.

### \*Healthy Families America Home Visitation Services

402-441-4103

<https://www.lincoln.ne.gov/City/Departments/Health-Department/Community-Health-Services#section-3>

Home visiting model designed to work with overburdened families. Designed to work with

families who may have histories of trauma, intimate partner violence, mental health and/or substance use issues.

### \*HIV Walk-In Clinic

402-441-8065

<https://www.lincoln.ne.gov/City/Departments/Health-Department/Community-Health-Services#section-9>

8:00am-4:30pm Monday-Wednesday, Friday

8:00am-7:00pm Thursday

### \*Vaccine Clinic

402-441-8065

<https://www.lincoln.ne.gov/City/Departments/Health-Department/Community-Health-Services#section-8>

8:00am-3:30pm Monday-Wednesday, Friday

8:00am-5:00pm Thursday

### \*Presumptive Eligibility Medicaid for Pregnant Women

402-441-8065

<https://www.lincoln.ne.gov/City/Departments/Health-Department/Community-Health-Services#section-4>

8:00am-3:30pm Monday-Wednesday

Free prenatal care while Medicaid benefits are pending.

### \*Refugee Health Clinic

402-441-8065

<https://www.lincoln.ne.gov/City/Departments/Health-Department/Community-Health-Services#section-6>

8:00am-4:30pm Monday-Friday Health exams, immunizations, and lab screenings during the first 13 months after entering the United States.

\*Located at the Lincoln-Lancaster County Health Department

### **Lancaster County Medical Society**

8230 Beechwood Dr, Lincoln, NE 68510

402-483-4800

9:00am-4:00pm Monday-Thursday, 9:00am-

12:00pm Friday

<https://lcmsne.org/>

Referrals to health care professionals based on medical needs and insurance.

### **Nebraska Urban Indian Health Coalition**

2331 Fairfield St STE 1, Lincoln, NE 68521

402-434-7177

8:00am-5:00pm Monday-Thursday 8:00am-

4:00pm Friday

<http://nuihc.com/>

8:00am-12:00pm and 1:00pm-3:30pm Friday

Primary health care for people with private insurance, Medicaid/Medicare, or no insurance.

## **Eye Care**

### **See to Learn**

1-800-960-3937

<https://seetolearn.com/find-a-doctor/>

Optometrists provide free vision assessment for any 3-year-old, regardless of economic status.

Use link to locate participating optometrists.

### **InfantSEE**

1-888-396-3937

<https://infantsee.org/>

Optometrists provide free vision assessments for any child 6-12 months in age, regardless of economic status. Use link to locate participating optometrists.

## **Preventative Care and Flu Shots**

### **Center For People In Need**

3901 N 27th St, Lincoln, NE 68521

402-476-4357

<https://www.cfpin.org/>

8:30am-4:30pm Monday-Thursday 8:30-

12:00pm Friday

Flu shots during winter months.

### **Every Woman Matters**

301 Centennial Mall South, Lincoln, Nebraska

68509

402-471-0929

<https://dhhs.ne.gov/Pages/Every-Woman->

[Matters.aspx](#)

8:00am-5:00pm Monday-Friday

Federally funded program that pays for Pap tests, pelvic exams, clinical breast exams, and lab fees. Age-appropriate mammography is covered.

### **Lincoln-Lancaster County Health Department**

3131 O St, Lincoln, NE 68510

402-441-8000

<https://lincoln.ne.gov/city/health/>

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

Flu shots for children 6 months to 18 years old and adults with low income or no insurance.

Suggested fees for services but no one will be denied service if they cannot pay.

### **Matt Talbot Kitchen and Outreach**

2121 N 27th St, Lincoln, NE 68503

402-477-4116

[info@mtko.org](mailto:info@mtko.org)

8:30am-6:30pm Monday-Wednesday, Friday

Thursday 8:30am-1:00pm, 5:00-6:30pm

11:30am-12:30pm, 5:30pm-6:30pm Saturday

and Sunday

<https://www.mtko.org/>

Nurses provide free flu shots and other immunizations during winter months.

### **Nebraska Colon Cancer Screening Program**

301 Centennial Mall South, Lincoln, NE 68509

1-800-532-2227

<http://dhhs.ne.gov/Pages/Nebraska-Colon-Cancer-Screening-Program.aspx>

8:00am-5:00pm Monday-Friday Preventative colon cancer screening and education for adults 45 to 74 years old.

## **Sexual and Reproductive Health**

### **Birthright of Lincoln**

4770 Linden St, Lincoln, NE 68516

402-466-2609

12:00pm-2:00pm Monday-Thursday, Saturday

10:00am-12:00pm Friday

<https://birthright.org/lincolnne>

Crisis pregnancy center offering free or low-cost pregnancy tests, prenatal care, and counseling.

**Family Health Services Inc.**

630 N Cotner Blvd STE 204, Lincoln, NE 68505  
402-466-1012

<https://fhsi.org/>

8:00am-6:00pm Monday 8:00am-4:00pm  
Tuesday-Thursday 7:30am-12:30pm Friday  
STD testing, annual exams, birth control, and  
pregnancy testing at a reduced price.

**Nebraska AIDS Project**

127 S. 37th St Ste A, Lincoln, NE 68508  
402-476-7000

<https://www.nap.org/>

8:30am-5:00pm Monday-Thursday  
9:00am-3:00pm Friday  
STD testing by appointment, condom  
distribution, case management, therapy, and  
other referrals for those living with HIV and  
AIDS.

**Planned Parenthood**

5631 S 48th St, Lincoln, NE 68516  
877-859-0587

<https://www.plannedparenthood.org/health-center/nebraska/lincoln/68516/lincoln-south-health-center-4062-90720>

9:00am-5:00pm Monday, Tuesday, Thursday  
11:00am-7:00pm Wednesday 9:00am-4:00pm  
Friday

Abortion services, birth control, emergency  
contraception, general health care, HIV services,  
LGBT services, pregnancy testing and services,  
STD testing and treatment, and cancer  
screenings.

**Pregnancy Center**

111 Piazza Terrace, Lincoln, NE 68510  
402-483-4247

<http://pregnancycenterlincoln.org/>

10:00-5:00pm Monday-Thursday 10:00am-  
1:00pm Friday

Crisis pregnancy center offering free pregnancy  
tests, ultrasounds, counseling, and relationship  
education.

**Lincoln-Lancaster County Health  
Department - Sexual Health Clinic**

3131 O St, Lincoln, NE 68510  
402-441-8065

1:00pm-3:00pm Tuesday, 5:00-7:00 Thursday

STD testing and treatment available at free or  
reduced cost.

**Lincoln-Lancaster County Health  
Department - Express STD Clinic**

3131 O St, Lincoln, NE 68510  
402-441-8065

<https://www.lincoln.ne.gov/City/Departments/Health-Department/Community-Health-Services#section-8>

8:30am-3:30pm Tuesday, Wednesday 11:00am-  
7:00pm Thursday

STD testing available at free or reduced cost.

**Housing, Rent, and Utility Assistance**

**Aging Partners**

600 S 70<sup>th</sup> St, Lincoln, NE 68510  
402-441-7070

<https://www.lincoln.ne.gov/City/Departments/Aging-Partners>

Listings of subsidized and retirement housing.

**Housing.NE.gov**

1-877-428-8844

[www.housing.ne.gov](http://www.housing.ne.gov)

Free online or phone service to list and find  
rental housing and housing services in Nebraska.

**Community Action Partnership of Lancaster  
and Saunders Counties**

210 O St, Lincoln, NE 68508  
402-471-4515

(Rural Lancaster County: 531-289-8777)

<https://www.communityactionatwork.org/programs/homelessness-prevention/rent-utility-deposit-assistance.html>

8:30am-5:00pm Monday-Friday Emergency  
Services Program provides  
emergency financial assistance with past-due  
rent, deposit, and utility bills (including  
propane) for those that qualify.  
Weatherization services available to reduce  
energy costs.

**Lincoln Electric System**

402-475-4211

<https://www.les.com/payment-options/financial-assistance>

8:00am-5:00pm Monday-Friday

Will assist families in utilizing a payment plan to keep services on after receiving a disconnect notice. Must pay full bill to start services if disconnected.

### **Lincoln Housing Authority**

5700 R St, Lincoln, NE 68505

402-434-5500

<http://www.l-housing.com/>

7:30am-5:30pm Monday-Thursday 8:00am-

5:00pm Friday

Section 8 housing assistance and RentWise classes.

### **Lincoln Water System**

2021 N 27<sup>th</sup> St, Lincoln, NE 68503

402-441-7533

<https://www.lincoln.ne.gov/city/ltu/water/customer/>

7:30am-4:00pm Monday-Friday

Will assist families in utilizing a payment plan to keep services on after receiving a disconnect or late payment notice.

### **The Low Income Home Energy Assistance Program (LIHEAP)**

301 Centennial Mall S, Lincoln, NE 68509

402-471-3121

<http://dhhs.ne.gov/Pages/Energy-Assistance.aspx>

24 hours

Heating and cooling assistance, year-round crisis assistance, emergency furnace repair and replacement, fan program, and weatherization services for eligible Nebraska households.

### **Matt Talbot Kitchen and Outreach**

2121 N 27th St, Lincoln, NE 68503

402-477-4116

[https://www.mtko.org/you\\_can\\_help/programs/rentwise.html](https://www.mtko.org/you_can_help/programs/rentwise.html)

11:00am-1:00pm Monday-Sunday

RentWise classes and assistance in finding affordable housing.

### **Nebraska Telephone Assistance Program**

PO Box 94927, Lincoln, NE 68509

402-471-3101 (Lincoln)

1-800-526-0017 (Nebraska)

<https://psc.nebraska.gov/telecommunication/s/nebraska-telephone-assistance-programlifeline>

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

Reduces the cost of local telephone service by up to \$12.75 per month on one landline or wireless phone bill for families with low income.

### **NeighborWorks Lincoln**

2530 Q St, Lincoln, NE 68503

402-477-7181

<https://nwlincoln.org/>

9:00am-5:00pm Monday-Friday

Home ownership program, mortgage counseling and assistance, foreclosure prevention.

### **The Salvation Army**

2625 Potter St, Lincoln, NE 68503

402-474-6263

<https://centralusa.salvationarmy.org/lincoln/overcome-poverty/>

9:00am-4:00pm Monday-Friday

Utilities and rent assistance. Heat Share program.

### **St. Vincent de Paul**

402-435-7968

<https://www.lincolnsvdpcouncil.org/>

10:00am-12:00pm Monday-Tuesday, Thursday-Friday

5:30pm-7:30pm Wednesday

Provides assistance to residents of Lincoln. May be able to assist or refer to another program.

## **Legal and Court Resources**

### **CASA (Court Appointed Special Advocates) for Lancaster County**

1141 H St STE C, Lincoln, NE 68508

402-474-5161 / 402-474-5188

<https://www.casa4lancaster.org/>

9:00am-5:00pm Monday-Friday

Volunteers provide court advocacy for abused and neglected children in the court system.

### **Center for Legal Immigration Assistance**

3047 N 70th St, Lincoln, NE 68507

402-471-1777

<https://clianeb.org/>

8:00am-5:00pm Monday-Friday

Affordable legal assistance. Staff composed of both immigration attorneys and Department of

Justice Accredited Representatives and offer services in Spanish. Must have an appointment to meet with an attorney.

**Nebraska Child Support Payment Ctr.**

421 S 9th St STE 137, Lincoln, NE 68508  
1-877-631-9973

<https://childsupport.nebraska.gov/>

8:00am-5:00pm Monday-Friday

Pay or receive child support through the Nebraska Child Support Payment Center or with self-service kiosk locations where payments can be made.

**Community Justice Center**

211 N 14th St Ste 314, Lincoln, NE 68508  
402-429-1050

<https://communityjusticecenter.org/>

Restorative justice program to address the harm suffered by the victim and hold offenders accountable.

**Community Action Partnership of Lancaster and Saunders Counties**

210 O St, Lincoln, NE 68508  
402-471-4515

<https://www.communityactionatwork.org/>

8:30am-5:00pm Monday-Friday

Eviction prevention through landlord/tenant mediation and information on tenant rights.

**Lancaster County Adult Drug Court**

605 S 10th St Ste B131, Lincoln, NE 68508  
402-441-3612

<https://www.lancaster.ne.gov/193/Adult-Drug-Court>

8:00am-5:00pm Monday-Friday

Support and rehabilitation through individualized substance use and mental health treatment. Other services include family support, education/employment services, housing, transportation, and referrals to community resources.

**Lancaster County Adult Probation**

605 S 10th St STE 1163, Lincoln, NE 68508  
402-441-7777

<https://www.lancaster.ne.gov/1072/Adult-Probation>

5:00am-7:00pm Monday-Friday

**Lancaster County Attorney's Office**

575 S 10th St, Lincoln, NE 68508  
402-441-7321

<https://www.lancaster.ne.gov/179/County-Attorney>

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

**Lancaster County Court Clerk**

575 S 10th St, Lincoln, NE 68508  
402-441-7271

<https://www.lancaster.ne.gov/376/County-Court>

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

**Lancaster County District Court**

575 S 10th St, Lincoln, NE 68508  
402-441-7328

<https://www.lancaster.ne.gov/216/District-Court>

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

**Lancaster County Juvenile Court**

575 S 10th St, Lincoln, NE 68508  
402-441-6928

<https://www.lancaster.ne.gov/366/Juvenile-Court>

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

**Lancaster County Public Defender's Office**

633 S 9th St STE 100, Lincoln, NE 68508  
402-441-7631

<https://www.lancaster.ne.gov/556/Public-Defender>

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

**Lancaster County Youth Services Center**

1200 Radcliff St, Lincoln, NE 68512  
402-441-7090

<https://www.lancaster.ne.gov/243/Youth-Services-Center>

24 hours

Youth detention center.

**Legal Aid of Nebraska**

1241 N St #200, Lincoln, NE 68508  
402-435-2161

<https://www.legalaidofnebraska.org/>

1:00pm-4:00pm Monday-Wednesday

Legal services in the areas of children and families, debt and finances, housing, and income and benefits for families with low- income.

### **Lutheran Family Services**

2301 O St, Lincoln, NE 68510

402-441-7940

<https://www.onelfs.org/new-americans/immigration-legal-services/>

8:00am-5:00pm Monday-Friday

Immigration and legal services for refugees, immigrants, and asylees. Minimal fees on a sliding scale.

### **Nebraska Appleseed**

947 O St STE 401, Lincoln, NE 68508

402-438-8853

<https://neappleseed.org/>

9:00am-5:00pm Monday-Friday

Legal support and advocacy in the areas of economic justice, immigration, health care, and child welfare.

### **The Mediation Center**

610 J St STE 100, Lincoln, NE 68508

402-441-5740

<http://www.themediationcenter.org/>

9:00am-5:00pm Monday-Friday

Mediation for divorce, parenting plans, elder issues, landlord/tenant concerns, legal matters, medical and health, and small claims courts.

## **Mental Health Resources**

This is a partial list of mental healthcare providers. A complete list is available through insurance providers.

### **Bryan West Campus Mental Health**

#### **Emergency Department**

2300 S 16th St, Lincoln, NE 68502

402-481-5142

<https://www.bryanhealth.com/services/counseling-mental-health/>

24 hours

Provide emergency mental health care/crisis assessments to determine if hospitalization is needed.

### **Bryan Counseling Center**

2300 S 16th St, Lincoln, NE 68502

402-481-5991

<https://www.bryanhealth.com/services/counseling-mental-health/>

8:00am-8:30pm Monday-Friday

Must schedule a counseling appointment.

### **Clinic with a Heart**

1701 S 17th St Ste 4G, Lincoln, NE 68502

402-421-2924

<https://www.clinicwithaheart.org>

4:00pm-7:30pm Tuesday and Thursday

Free mental health screenings and referrals.

\*Call in on clinic days after 2:00pm to reserve a spot.

### **Region V Systems**

1645 N St, Lincoln, NE 68508

402-441-4343

<https://region5systems.net/>

9:00am-5:00pm Monday-Thursday, 9:00am-12:00pm Friday

Call or visit website to find mental health providers.

## **Public Libraries**

### **Anderson Branch Library**

3635 Touzalin Ave, Lincoln, NE 68507

402-441-8540

<https://lincolnlibraries.org/>

10:00am-8:00pm Monday-Thursday 10:00am-6:00pm Friday-Saturday 12:00pm-8:00pm Sunday

### **Bennett Martin Public Library**

136 S 14th St, Lincoln, NE 68508

402-441-8500

<https://lincolnlibraries.org/>

10:00am-8:00pm Monday-Thursday 10:00am-6:00pm Friday-Saturday 12:00pm-6:00pm Sunday

### **Bethany Branch Library**

1810 N Cotner Blvd, Lincoln, NE 68505

402-441-8550

<https://lincolnlibraries.org/>

10:00am-6:00pm Monday-Saturday

### **Eiseley Branch Library**

1530 Superior St, Lincoln, NE 68521

402-441-4250

<https://lincolnlibraries.org/>

10:00am-8:00pm Monday-Thursday 10:00am-

6:00pm Friday-Saturday 12:00pm-8:00pm  
Sunday

**Gere Branch Library**

2400 S 56th St, Lincoln, NE 68506  
402-441-8560

<https://lincolnlibraries.org/>

10:00am-8:00pm Monday-Thursday 10:00am-  
6:00pm Friday-Saturday 12:00pm-8:00pm  
Sunday

**South Branch Library**

2675 South St, Lincoln, NE 68502  
402-441-8570

<https://lincolnlibraries.org/>

10:00am-8:00pm Monday-Thursday 10:00am-  
6:00pm Friday-Saturday 12:00pm-8:00pm  
Sunday

**Walt Branch Library**

6701 S 14th St, Lincoln, NE 68512  
402-441-4460

<https://lincolnlibraries.org/>

10:00am-8:00pm Monday-Thursday 10:00am-  
6:00pm Friday-Saturday 12:00pm-8:00pm  
Sunday

**Waverly Community Library**

11120 N 141st St, Waverly, NE 68462  
402-786-2555

<http://waverlylibrary.org/>

1:00pm-3:00pm Monday 10:00am-7:00pm  
Wednesday-Thursday 10:00am-12:30pm Friday

**Williams Branch Library**

4900 Mike Scholl St, Lincoln, NE 68524  
402-441-8580

<https://lincolnlibraries.org/>

4:00pm-8:00pm Monday, Tuesday 10:00am-  
6:00pm Wednesday, Thursday 1:00pm-6:00pm  
Friday-Sunday

**Fire and Rescue\***

**Emergency Fire, Police, and Medical**  
911

**Bennet Fire & Rescue**

480 Fir St, Bennet, NE 68317  
402-782-6195

**Firth Fire Department**

8900 Firth Rd, Firth, NE 68358  
402-890-8406

**Hallam Volunteer Fire Department**

4200 W Hallam Rd, Hallam NE 68368  
402-787-2235

**Lincoln Fire & Rescue Fire Station #1**

1801 Q St, Lincoln, NE 68508  
402-441-8360

Provides up to two smoke detectors per  
residence at no cost for families with low  
income (must own the property unless deaf or  
hard of hearing alarm).

**Lincoln Fire & Rescue Fire Station #2**

1545 N 33rd St, Lincoln, NE 68503  
402-441-8372

**Lincoln Fire & Rescue Fire Station #3**

121 S 2nd St, Lincoln, NE 68508  
402-441-8373

**Lincoln Fire & Rescue Fire Station #4**

5600 S 27th St, Lincoln, NE 68512  
402-441-8374

**Lincoln Fire & Rescue Fire Station #5**

3640 Touzalin Ave, Lincoln, NE 68507  
402-441-8375

\*Call 911 for emergencies. All other phone  
numbers are non-emergency.

**Lincoln Fire & Rescue Fire Station #6**

5051 S 48th St, Lincoln, NE 68516  
402-441-8376

**Lincoln Fire & Rescue Fire Station #7**

1344 S Cotner Blvd, Lincoln, NE 68510 4  
02-441-8377

**Lincoln Fire & Rescue Fire Station #8**

2760 S 17th St, Lincoln, NE 68502  
402-441-8378  
Under construction, temporarily combined with  
Station #1.

**Lincoln Fire & Rescue Fire Station #9**

901 N Cotner Blvd, Lincoln, NE 68505  
402-441-8368

**Lincoln Fire & Rescue Fire Station #10**

4421 N 24th St, Lincoln, NE 68521  
402-441-8380

**Lincoln Fire & Rescue Fire Station #11**

4600 W Adams St, Lincoln, NE 68524  
402-441-8381

**Lincoln Fire & Rescue Fire Station #12**

4405 S 84th St, Lincoln, NE 68516  
402-441-8392

**Lincoln Fire & Rescue Fire Station #13**

1700 S Coddington Ave, Lincoln, NE 68522  
402-441-8393

**Lincoln Fire & Rescue Fire Station #14**

5435 NW 1st St, Lincoln, NE 68521  
402-441-8494

**Lincoln Fire & Rescue Fire Station #15**

6601 Pine Lake Rd, NE 68516  
402-441-1915

**Lincoln Fire & Rescue Fire Station #16**

9765 Boathouse Rd, Lincoln, NE 68527  
402-441-8366

**Malcolm Fire and Rescue**

200 W 2<sup>nd</sup>, Malcom, NE 68402  
402-796-2490

**Raymond Volunteer Fire & Rescue**

4210 W Raymond Rd, Raymond, NE 68428  
402-783-3251

**Waverly Fire & Rescue**

10530 N 141st St, Waverly, NE 68462  
402-786-3055

**Law Enforcement\***

**Emergency Fire, Police, and Medical**

911

**Lancaster County Sheriff's Office**

575 S 10th St, Lincoln, NE 68508  
402-441-6500  
lso@lancaster.ne.gov

**Nebraska State Patrol**

4600 Innovation Dr, Lincoln, NE 68521  
402-471-4545  
<https://statepatrol.nebraska.gov/>

**UNL Police Department**

300 N 17th St, Lincoln, NE 68588  
402-472-2222  
<https://police.unl.edu/>

**Lincoln Police Department (LPD)**

575 S 10th St, Lincoln, NE 68508  
402-441-6000  
lpd@cjis.lincoln.ne.gov

\*Call 911 for emergencies. All other phone numbers are non-emergency.

### LPD Northeast Team Station

5201 R St, Lincoln, NE 68504  
402-441-3002

### LPD Southeast Team Stations

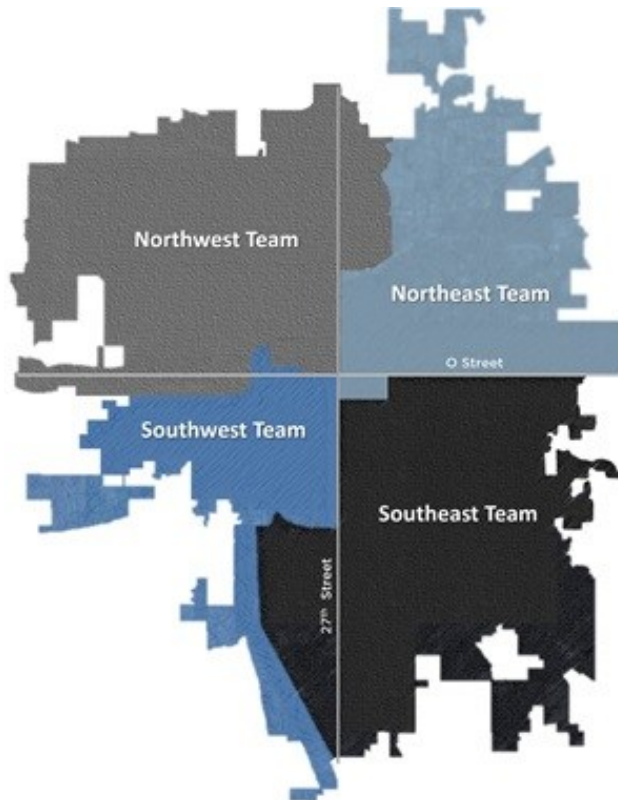
6601 Pine Lake Rd, Lincoln, NE 68516  
3800 S 48th St, Lincoln, NE 68506  
402-441-7755

### LPD Northwest Team Station

1501 N 27th St, Lincoln, NE 68503  
402-441-6555

### LPD Southwest Team Substations

2300 S 16th St, Lincoln, NE 68502  
6701 S 14th St, Lincoln, NE 68512  
1225 F St, Lincoln, NE 68508  
402-441-7751



Lincoln Police Department. (n.d.). [Precinct Map].  
<https://www.lincoln.ne.gov/City/Departments/Police/Departments/Community-Police-Teams>

## Shelters

### Catholic Social Services

2241 O St, Lincoln, NE 68510  
402-474-1600

<https://www.cssisus.org/>

9:00am-12:00pm, 1:00pm-4:00pm

Monday-Thursday 9:00am-12:00pm Friday

24 apartment units for victims/survivors of domestic and sexual violence. Accepts all faiths but will not make referrals or recommendations contrary to the Catholic faith.

### CEDARS Emergency Shelter

6601 Pioneers Blvd, Lincoln, NE 68506

402-434-5437

\*Call 911 for emergencies. All other phone numbers are non-emergency.  
<https://cedarskids.org/>

8:00am-4:00pm Monday-Friday

Short-term care for youth ages 12 to 19, who do not have immediate access to a safe or more appropriate living arrangement.

### Fresh Start

6433 Havelock Ave, Lincoln, NE 68507

402-475-7777

<https://freshstarthome.org/>

Safe, structured, alcohol and drug-free environment for women invested in attaining self-sufficiency. Services are offered to women ages 19 years and older. They can be homeless for any reason but must be homeless in order to be eligible for services.

### Friendship Home

PO Box 85358, Lincoln, NE 68501

(Physical address is unlisted)

402-434-6353

402-437-9302 (Crisis)

<https://friendshiphome.org/>

24 hours

Support hotline, pre-shelter services, confidential shelter, strengths-based case management, advocacy, support groups, financial education, children services, and education and outreach for victims/survivors of domestic violence and sexual violence.

### **People's City Mission**

110 Q St, Lincoln, NE 68508

402-475-1303

<https://pcmlincoln.org/>

24 hours

The Family Shelter has community and single-family rooms to accommodate single women, single- and two-parent families, and families that include teenage boys. The Men's Shelter is for homeless men. Provides three meals a day, personal hygiene items, employment assistance, mail services and telephone, personal counselling, Life Skills curriculum, access to legal advice, transportation assistance, case management, referral services and drug testing when necessary.

### **Special Populations**

#### **Resources for Persons with Disabilities**

##### **League of Human Dignity**

1701 P St, Lincoln, NE 68508

402-441-4343

<http://leagueofhumandignity.com/>

8:00am-5:00pm Monday-Friday

Peer support and referrals to programs for senior and disabled citizens.

##### **Region V Services**

3600 Union Dr, Lincoln, NE 68516

402-471-6000

<https://region5services.com/>

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

Vocational and residential services for those with developmental disabilities

#### **Resources for Persons Formerly Incarcerated**

##### **Bridges to Hope**

3107 S 6th St STE 107, Lincoln, NE 68502

402-420-5696

<https://www.bridgestohopene.org/>

1:00pm-4:00pm Monday and Tuesday 9:00am-

12:00pm Wednesday, Thursday, and

Saturday

Basic household items, clothing, hygiene products at no cost for men and women released from incarceration.

### **Community Justice Center**

211 N 14th St Ste 314, Lincoln, NE 68508

402-429-1050

9:00am-5:00pm Monday-Friday

<https://communityjusticecenter.org/>

Victim Impact and Empathy Program to assist incarcerated and formerly incarcerated individuals re-enter the community.

#### **Resources for Those Recovering from Substance Use Disorders**

##### **Al-Anon and Alateen**

402-477-9662

<https://al-anon.org/>

[Locate A Meeting](#)

Al-Anon meetings, Alateen meetings, education, and support for those affected by a loved one's alcohol use.

##### **Alcoholics Anonymous**

2748 S St, Lincoln, NE 68503

402-438-5214

<http://lincaa.org/>

[Online Meeting List](#)

[In Person Meeting List](#)

9:00am-5:00pm Tuesday-Thursday 9:00am-

1:00pm Friday and Saturday

AA meetings, education, and support for those addicted to alcohol.

##### **Narcotics Anonymous**

PO Box 80902, Lincoln, NE 68501

888-347-4446

<https://www.na.org/>

NA meetings, education, and support for those addicted to narcotics.

#### **Resources for the LGBTQIA+ Community**

##### **OutNebraska**

211 N 14th St, Lincoln, NE 68508

402-488-1130

<https://outnebraska.org/>

Referrals to inclusive agencies and other community programming. A LGBTQ+-owned and gay-friendly resource list available on the website.

### **PFLAG**

P.O. Box 82034, Lincoln, NE 68501  
402-219-3923  
<https://pflaglincoln.org/>  
Peer-to-peer support, education, and advocacy.

### **Planned Parenthood**

5631 S 48th St, Lincoln, NE 68516  
877-859-0587  
<https://www.plannedparenthood.org>  
9:00am-5:00pm Monday, Tuesday, Thursday  
11:00pm-7:00pm Wednesday 9:00am-4:00pm Friday  
Offers hormone replacement therapy, sex education programs for all sexual orientations and gender identities, and STD testing and treatment.

### **Resources for the Senior Community**

#### **Aging Partners**

600 S 70<sup>th</sup> St, Lincoln, NE 68510  
402-441-7070  
<https://www.lincoln.ne.gov/City/Departments/Aging-Partners>  
8:00am-4:00pm Monday-Friday  
Assistance with health, living at home, staying involved, transportation, and referrals for senior citizens.

#### **League of Human Dignity**

1701 P St, Lincoln, NE 68508  
402-441-7871  
<http://leagueofhumandignity.com/>  
8:00am-5:00pm Monday-Friday  
Peer support and referrals to programs for senior and disabled citizens.

### **Resources for Veterans**

#### **Nebraska Department of Veterans' Affairs**

301 Centennial Mall South, 4th Floor, Lincoln, NE 68508  
402-471-2458  
<https://veterans.nebraska.gov/>  
8:00am-5:00pm Monday-Friday Employment and benefits assistance.

#### **Veterans' Affairs Nebraska-Western Iowa Health Care System**

420 Victory Park Dr, Lincoln, NE 68510  
402-489-3802  
<https://www.va.gov/nebraska-western-iowa-health-care/locations/lincoln-va-clinic/>  
7:30am-4:30pm Monday-Friday  
Primary healthcare for veterans in Lincoln area. Therapy services available.

### **Transportation Resources**

#### **Disabled American Veterans Volunteer Transportation Network**

600 S 70th St, Lincoln, NE 68510  
402-486-7842  
7:30am-1:30pm  
<https://www.va.gov/nebraska-western-iowa-health-care/dav-vans-transportation-for-veterans/>  
Provides transportation to VA Medical Center only. Not wheelchair accessible.

#### **Lancaster County Rural Transit**

402-441-7031  
7:30am- 5:30pm Monday-Friday  
Door-to-door transportation serving the Lancaster County area. One-way fare: \$2 Round Trip Fare: \$4.

#### **Nebraska Urban Indian Health Coalition**

2331 Fairfield St STE 1, Lincoln, NE 68521  
402-434-7177  
<https://www.nuihc.com/transportation/>  
8:00am-5:00pm Monday-Friday  
For Native Americans with no other transportation to medical or dental appointments. Call 24 hours in advance to schedule.

#### **Road to Recovery Transport (American Cancer Society)**

1-800-227-2345  
<https://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html>  
8:30-5:00pm Monday-Friday  
Free transportation to medical appointments related to cancer treatment Not wheelchair accessible. Call 72 hours in advance to schedule.

**StarTran Bus Service**

710 J St, Lincoln, NE 68508

402-441-7185

<https://www.lincoln.ne.gov/City/Departments/LTU/StarTran>

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

Single ride, daily, and monthly passes available.

Low-income rate is available.

**StarTran Paratransit**

402-441-7109

<https://www.lincoln.ne.gov/City/Departments/LTU/StarTran/Paratransit>

5:40am-9:50pm Monday-Friday

6:40am-6:30pm Saturday

Eligible individuals with a disability must register and be approved by the League of Human Dignity. Provides door-to-door transportation within Lincoln city limits. Wheelchair accessible. Must call 1 week in advance. Fare is \$2.50 each way.

**Transportation Plus of Lincoln**

P.O. Box 85026, Lincoln, NE 68501

402-805-7975

9:00am-4:30pm Monday-Friday

Transportation service for children, elderly, visually impaired, or disabled individuals.

Wheelchair accessible. Can transport anywhere in NE as long as trip begins/ends in Lancaster County. Appointment-based services, must call in advance to schedule.

**Bus Passes**

31-day low-income bus passes (\$8) and 31-day low-income Paratransit passes (\$16) can be purchased at any of these locations. Must present photo ID with birth date.

**Carol M. Yoakum Family Resource Center**

4621 NW 48th St, Lincoln, NE 68524

402-434-2621

<https://l-housing.com/FamilyResourceCenter.html>

8:00am-12:00pm, 1:00pm-5:00pm Monday-Friday

**Center For People in Need**

3901 N 27th St, Lincoln, NE 68521

402-476-4357

<https://www.cfpin.org/>

9:00am-3:00pm Monday-Friday

**Community Action Partnership of Lancaster and Saunders Counties**

210 O St, Lincoln, NE 68508

402-471-4515

<https://www.communityactionatwork.org/>

2:00pm-5:00pm Monday-Thursday

**F Street Community Center Community**

1225 F St, Lincoln, NE 68508

402-441-7951

<https://www.lincoln.ne.gov/City/Departments/Parks-and-Recreation/Parks-Facilities/Recreation-Centers/FstRecCenter>

8:00am-7:00pm Monday-Friday

10:00am-5:00pm Saturday

1:00pm-5:00pm Sunday

**Good Neighbor Community Center**

2617 Y St, Lincoln, NE 68503

402-477-4173

<https://www.gncclincoln.org/>

10:00am-12:00pm, 1:00-4:00pm Monday-

Thursday 10:00am-12:00pm Friday 3:00pm-

4:00pm Sunday

**The HUB**

1037 S 12th St, Lincoln, NE 68508

402-471-8526

<https://www.hublincoln.org/>

9:00am-4:00pm Monday-Friday

**People's City Mission**

110 Q St, Lincoln, NE 68508

402-475-1303

<https://pcmlincoln.org/>

9:00am-4:30pm Monday-Friday

**Southeast Community College**

8800 O St, Lincoln, NE 68520

402-437-2564

8:00am-5:00pm Monday-Friday

**StarTran Bus Service**

710 J St, Lincoln, NE 68508

402-476-1234

<https://www.lincoln.ne.gov/City/Departments/LTU/StarTran/Low-Income>

8:00am-4:00pm Monday-Friday

### **Additional Resources**

#### **Capital Humane Society Pieloch Pet Adoption Center**

6500 S 70th St, Lincoln, NE 68516  
402-441-4488 ext. 1

<https://www.capitalhumanesociety.org/>

11:30am-7:30pm Tuesday-Friday 12:00pm-5:00pm Saturday and Sunday Animal shelter.

#### **The Cat House**

3633 O St, Lincoln, NE 68510  
402-441-9593

<https://thecathouse.org/>

6:00pm-8:00pm Tuesday and Thursday 1:30pm-4:00pm Sunday  
Cat shelter.

#### **The HUB**

1037 S 12th St, Lincoln, NE 68508  
402-471-8526

<https://www.hublincoln.org/>

9:00am-4:00pm Monday-Friday  
9:00am-3:00pm during LPS breaks  
General Education Development classes, job readiness, and case management for youth aging out of foster care.

#### **Lincoln Literacy**

1023 Lincoln Mall #104 Lincoln, NE 68508  
402-476-7323

<https://www.lincolnliteracy.org/>

9:00am-5:00pm Monday-Friday and by appointment  
English education classes. General Education Development classes, certified nursing assistant prep class, and other adult education classes.

#### **Lutheran Family Services**

2301 O St, Lincoln, NE 68510  
402-441-7940

<https://www.onelfs.org/>

8:00am-5:00pm Monday-Friday  
Therapy, interpretation services, immigration legal services, and refugee education, employment, and placement.

#### **People's City Mission Help Center**

6800 P St, Lincoln, NE 68505  
402-475-6888

<https://pcmlincoln.org/help-center/>

8:00am-4:00pm Monday-Friday Furniture, baby formula, and hygiene products at a reduced price.

#### **American Job Center**

1330 N St, Lincoln, NE 68508  
402-441-1640

<https://ajc.lincoln.ne.gov/>

7:00am-6:00pm Monday-Tuesday  
8:00am-5:00pm Wednesday-Friday  
Workforce development and job seeking assistance provided at no cost to job seekers and employers. Unemployment assistance available.

#### **Tax Credit Alliance of Nebraska (TCAN)**

206 S 13<sup>th</sup> #1000 Lincoln, NE 68588  
402-472-0857

<https://vita.unl.edu/>

Provides free tax credit clinics and preparation for federal and state income taxes for underserved populations.

## Saunders County Resources

### Domestic and Sexual Violence Resources

#### \*The Bridge

141 S Union St, Fremont, NE 68025  
402-721-4340 (Office) 402-727-7777 (Crisis)  
<http://www.bridgefromviolence.com/>  
8:00am-4:00pm Monday-Friday  
Safety planning, emergency shelter, support groups, medical and criminal support, and community education.

#### \*BraveBe Child Advocacy Center

5025 Garland St, Lincoln, NE 68504  
402-476-3200  
[https://www.bravebe.org/about\\_us/location.html](https://www.bravebe.org/about_us/location.html)  
8:30am-5:00pm Monday-Friday  
Forensic interviews, advocacy services, medical services, and case coordination for victims/survivors of child abuse.

#### The Salvation Army (Safe-T)

402-898-6060  
Quinceola.cook@usc.salvationarmy.org  
Jennifer.alvarez@usc.salvationarmy.org  
<https://centralusa.salvationarmy.org/western/safe-t/>  
8:00am-5:00pm Monday-Friday  
Emergency or long-term housing, food, clothing, emotional support and counseling, healthcare, drug and alcohol treatment, childcare, transportation, help navigating the immigration system, education and employment opportunities, legal assistance, and help setting goals.

### Food Programs

#### Bethlehem Lutheran Church – Wahoo Backpack Program

504 W 8th St, Wahoo, NE 68066  
402-433-3160  
<https://www.bethlehemlutheranwahoo.org/>  
8:30am-4:00pm Monday, Wednesday, Friday  
8:30am-12:00pm Tuesday, Thursday  
Food baskets for children enrolled in Wahoo public and private schools. Contact for enrollment.

#### \*LifeHouse Care Corps

723 N Broad St, Fremont, NE 68025  
402-721-3125  
<https://www.facebook.com/CareCorpsLifeHouse/>  
10:00am-2:00pm Tuesday 5:00pm-7:00pm Thursday  
Food pantry. Bring ID and mail with current residence received within the last 30 days.

### Healthcare Resources

#### \*Every Woman Matters

301 Centennial Mall South, PO Box 94817, Lincoln, Nebraska 68508  
402-471-0929  
<http://dhhs.ne.gov/Pages/Every-Woman-Matters.aspx>  
8:00am-5:00pm Monday-Friday  
Federally funded program that pays for Pap tests, pelvic exams, clinical breast exams, and lab fees. For adults 40 to 74 years old.

#### Eye Care Council, Inc.

3901 Normal Blvd Ste 100, Lincoln, NE 68506  
402-474-7716  
<http://www.nechildrensvision.org/>  
See to Learn Program provides free vision assessment for any 3-year-old in Nebraska. Visit website or call to find participating locations.

#### InfantSEE

1-888-396-3937  
<https://infantsee.org/>  
Eye exam screenings for children 6 to 12 months old at no cost. Visit website or call to find participating locations.

#### \*Nebraska Colon Cancer Screening Program

301 Centennial Mall S, Lincoln, NE 68509  
1-800-532-2227  
<http://dhhs.ne.gov/Pages/Nebraska-Colon-Cancer-Screening-Program.aspx>  
8:00am-5:00pm Monday-Friday  
Preventative colon cancer screening and education to men and women 50 to 74 years old.

### **Saunders Medical Center**

1760 County Road J, Wahoo, NE 68066  
402-443-4191  
<https://saundersmedicalcenter.com/>  
7:30am-6:30pm Monday and Wednesday  
7:30am-5:30pm Tuesday and Thursday 7:30am-4:30pm Friday  
8:00am-12:00pm Saturday  
Emergency room is open 24 hours.  
Hospital, family clinic, and nursing home.

### **\*Three Rivers Public Health Department**

2400 N Lincoln Ave, Fremont, NE 68025  
402-727-5396  
<https://threeriverspublichealth.org/>  
7:00am-4:30pm Monday-Wednesday  
7:30am-7:00pm Thursday  
8:00am-4:00pm Friday  
Reproductive health services and immunizations at a low cost.

## **Housing, Rent, and Utilities Assistance**

### **Cedar Bluffs City Hall**

101 S 1st St, Cedar Bluffs, NE 68015  
402-628-3115  
<https://www.facebook.com/people/Village-of-Cedar-Bluffs/100064749007524/>  
8:00am-12:00pm / 1:00pm-4:30pm Monday, Wednesday, Friday  
Section 8 housing application assistance.

### **Community Action Partnership of Lancaster and Saunders Counties**

365 W. 1st St, Wahoo, NE 68066  
402-277-7330  
<https://www.communityactionatwork.org/>  
8:30am-5:00pm Monday-Friday  
Emergency Services Program provides emergency financial assistance with past-due rent, deposit and utility bills (including propane) for those that qualify.  
Weatherization services available to reduce energy costs.

### **The Low Income Home Energy Assistance Program (LIHEAP)**

301 Centennial Mall S, Lincoln, NE 68509  
402-471-3121

<http://dhhs.ne.gov/Pages/Energy-Assistance.aspx>

24 hours  
Heating and cooling assistance, year-round crisis assistance, emergency furnace repair and replacement, fan program, and weatherization services for eligible Nebraska households.

### **Memphis Town Hall**

203 Natchez St, Memphis NE 68042  
402-994-2283  
<https://www.countyoffice.org/memphis-town-hall-memphis-ne-fc7/>  
Section 8 housing application assistance.

### **\*Nebraska Telephone Assistance Program**

1200 N St Ste 300, Lincoln, NE 68508  
402-471-3101  
<https://psc.nebraska.gov/telecommunication/s/nebraska-telephone-assistance-programlifeline>  
8:00am-4:30pm Monday-Friday  
Reduces the cost of local telephone service by up to \$12.75 per month on one landline or wireless phone bill for families with low-income.

### **Prague City Hall**

401 Center Ave, Prague, NE 68050  
402-663-5235  
<https://www.countyoffice.org/prague-city-hall-prague-ne-fd2/>  
Section 8 housing application assistance.

### **Wahoo City Hall**

605 N Broadway St, Wahoo, NE 68066  
402-443-3222  
<https://www.countyoffice.org/wahoo-city-hall-wahoo-ne-cab/>  
Section 8 housing application assistance.

### **Wahoo Utilities Department**

605 N Broadway St, Wahoo, NE 68066  
402-443-3222  
<https://www.wahoo.ne.us/vnews/display.v/SEC/Wahoo%20Utilities%7COnline%20Bill%20Payment>  
Will assist families in utilizing a payment plan to keep services on after receiving a disconnect notice. Must pay full bill to start services if disconnected.

### **Weston City Hall**

140 Pike St, Weston, NE 68070

402-642-5496

<https://www.countyoffice.org/weston-city-hall-weston-ne-d6d/>

Section 8 housing application assistance.

### **Legal and Court Resources**

#### **Saunders County Public Defender's Office**

443 N. Chestnut St, Wahoo, NE 68066

402-443-5613

[https://saunderscounty.ne.gov/webpages/public\\_defender/public\\_defender.html](https://saunderscounty.ne.gov/webpages/public_defender/public_defender.html)

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

#### **Saunders County Attorney's Office**

387 N Chestnut St STE 1, Wahoo, NE 68066

402-443-8151

<https://saunderscounty.ne.gov/webpages/attorney/attorney.html>

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

#### **Saunders County Court**

387 N Chestnut St STE 5, Wahoo, NE 68066

402-443-8119

<https://saunderscounty.ne.gov/webpages/court/court.html>

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

#### **Saunders County District Court**

387 N Chestnut St STE 6, Wahoo, NE 68066

402-443-8113

[https://saunderscounty.ne.gov/webpages/district\\_court/district\\_court.html](https://saunderscounty.ne.gov/webpages/district_court/district_court.html)

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

#### **Saunders County Youth Services**

403 N Chestnut St STE 103, Wahoo, NE 68066

402-443-8107

<https://saunderscounty.ne.gov/webpages/juvenile/juvenile.html>

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

### **Mental Health Resources**

This is a partial list of mental healthcare providers; a complete list is available through insurance providers, including contact information. Ask for in-network mental health providers. Call the provider for information on eligibility and costs.

#### **Blue Valley Behavioral Health**

355 E 4th St, Wahoo, NE 68066

402-443-4414

<http://bvbh.net/>

9:00am-5:00pm Tuesday-Thursday 9:00am-4:00pm Friday

Outpatient mental health services and medication management.

#### **\*Region V Systems**

1645 N St, Lincoln, NE 68508

402-441-4343

[info@region5systems.net](mailto:info@region5systems.net)

<https://region5systems.net/>

8:00am-4:30am Monday-Friday

Call or visit website to find mental health providers.

### **Public Libraries**

#### **Ashland Public Library**

1324 Silver St, Ashland, NE 68003

402-521-2012

<http://libraries.ne.gov/ashland/>

10:00am-7:00pm Monday-Thursday

12:00pm-5:00pm Friday

10:00am-3:00pm Saturday

#### **Ceresco Village Community Library**

425 S 2nd St, Ceresco, NE 68017

402-665-2112

<https://www.cerescone.com/vnews/display.v/SEC/Ceresco%20Library>

10:00am-12:00pm, 2:30pm-7:00pm Tuesday-

Thursday 10:00am-3:00pm Saturday

**Mead Public Library**

316 S Vine St, Mead, NE 68041 402-624-6605  
4:00pm-8:00pm Monday, Thursday  
8:00am-11:00am, 4:00-7:00pm Tuesday  
3:30-5:30pm Wednesday 8:00am-12:00pm  
Friday 9:00am-12:00pm Saturday  
6:00pm-8:00pm Sunday

**Wahoo Public Library**

637 N Maple St, Wahoo, NE 68066  
402-443-3871  
<https://www.wahoo.ne.us/vnews/display.v/SEC/City%20of%20Wahoo%7CLibrary>  
9:00am-7:50pm Monday-Wednesday  
9:00am-6:50pm Thursday 9:00am-4:50pm  
Friday 9:00am-12:50pm Saturday

**Yutan Public Library**

410 1st St, Yutan, NE 68073  
402-625-2111  
<http://libraries.ne.gov/yutan/>  
8:00am-3:00pm Monday, Wednesday, Friday  
12:00pm-3:00pm Tuesday 8:00am-8:00pm  
Thursday 9:00am-1:00pm Saturday

**Fire and Rescue**

**Emergency Fire, Police, and Medical**  
911

**Ashland Fire Department**

2304 Silver St, Ashland, NE 68003  
402-944-7004

**Cedar Bluffs Fire and Rescue Department**

13 E Main St, Cedar Bluffs, NE 68015  
402-628-5495

**Ceresco Volunteer Fire Department**

217 S 2nd St, Ceresco, NE 68017  
402-665-2227

**Colon Community Fire & Rescue**

124 Spruce St, Colon, NE 68018  
402-647-4455

**Ithaca Volunteer Fire Department**

1296 County Rd H, Ithaca, NE 68033  
402-623-4323

**Malmö Volunteer Fire Department**

122 Center Ave, Malmö, NE 68040  
402-642-5658  
mvfd@nntc.net

**Mead Fire Department**

220 4th St, Mead, NE 68041  
402-624-3610

**Prague Fire Department**

109 Railway St, Prague, NE 68050  
402-663-4844

**Wahoo Fire & Rescue**

158 W 6th St, Wahoo, NE 68066  
402-443-1520

**Yutan Volunteer Fire Department**

401 1<sup>st</sup> St. Yutan, NE 68073  
402-625-2273

**Law Enforcement**

**Emergency Fire, Police, and Medical**  
911

**Nebraska State Patrol**

4130 NW 37th St, Lincoln, NE 68524  
402-471-4680

**Saunders County Sheriff Department**

387 N Chestnut St STE 3, Wahoo, NE 68066  
402-443-1000

**Saunders County Crime Stoppers**

387 N Chestnut St STE 3, Wahoo, NE 68066  
402-443-3718

**Ashland Police Department**

2304 Silver St STE 3, Ashland, NE 68003  
402-944-2222

## Special Populations

### Resources for the Disabled Communities

#### Region V Services

1910 N Chestnut St, Wahoo, NE 68066  
402-443-4694

<https://region5services.com/>

Vocational and residential services for those with developmental disabilities.

### Resources for Addiction/Recovery Community

#### Al-Anon and Alateen

402-477-9662

<https://al-anon.org/>

#### Locate A Meeting

Al-Anon meetings, Alateen meetings, education, and support for those affected by a loved one's alcohol use.

#### \*Alcoholics Anonymous

2748 S St, Lincoln, NE 68503  
402-438-5214

<http://lincaa.org/>

#### Online Meeting List

#### In Person Meeting List

9:00am-5:00pm Monday-Thursday

9:00am-1:00pm Friday and Saturday

AA meetings, education, and support for those addicted to alcohol.

#### \*Narcotics Anonymous

PO Box 80902, Lincoln, NE 68501  
402-474-0405

publicinformation@sena-na.net

<https://www.na.org/>

Meeting List (updated December 2019)

NA meetings, education, and support for those addicted to narcotics.

### Resources for the LGBTQ+ Community

#### \*OutNebraska

211 N 14th St, Lincoln, NE 68508  
402-488-1130

<https://outnebraska.org/>

Referrals to inclusive agencies and other community programming. A LGBTQ+ owned and gay-friendly resource list available on the website.

#### \*PFLAG

402-219-3923

board@pflagcornhusker.org

<https://pflaglincoln.org/>

Peer-to-peer support, education, and advocacy.

### Resources for the Senior Community

#### \*Aging Partners

600 S 70<sup>th</sup> St, Lincoln, NE 68510

402-441-7070

agingpartners@lincoln.ne.gov

<https://lincoln.ne.gov/city/mayor/aging/>

8:00am-4:00pm Monday-Friday

Assistance with health, living at home, staying involved, transportation, and referrals for senior citizens.

### Resources for the Veteran Community

#### Saunders County Veterans Services

426 N Broadway St, Wahoo, NE 68066  
402-443-8137

mpace@co.saunders.ne.us

[https://saunderscounty.ne.gov/webpages/veterans\\_services/veterans\\_services.html](https://saunderscounty.ne.gov/webpages/veterans_services/veterans_services.html)

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

## Additional Resources

### Community Action Partnership of Lancaster and Saunders Counties

365 W. 1st St, Wahoo, NE 68066  
402-277-7330

<https://www.communityactionatwork.org/>

8:30am-5:00pm Monday-Friday

Early Head Start, Head Start, and home learning resources.

### Nebraska Department of Health and Human Services

355 E 4th St, Wahoo, NE 68066 402-443-4252

<http://dhhs.ne.gov/Pages/default.aspx>

Medicaid, SNAP, and welfare offices and assistance.

### **Saunders County Lost Pets - Pet Rescue**

226 W 5th St, Wahoo, NE 68066

402-432-2814

<http://www.saunderscountylostpets.com/>

8:00am-9:00am, 11:00am-12:00pm, 4:00-5:00pm Monday-Saturday, 11:00am-12:00pm, 4:00-5:00pm Sunday

Animal shelter

### **Saunders County Public Transportation**

426 N Broadway St, Wahoo, NE 68066

402-443-8168

<https://saunderscounty.ne.gov/webpages/transportation/transportation.html>

8:00am-12:00pm Monday-Friday (office)

8:00am-4:30pm Monday-Friday (van hours)

\$1 each way for same town travel. \$2 each way for town-to-town travel. \$4 each way for out-of-county travel. A charge of \$1 applies for each additional stop. No fee for transportation to the Saunders Medical Center. Schedule 24 hours in advance.

### **Saunders County Treasurer's Office**

433 N Chestnut St, STE 201, Wahoo, NE 68066

402-443-8128

<https://saunderscounty.ne.gov/webpages/treasurer/treasurer.html>

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

Driver's license and vehicle registration services. Driver's license exams are provided Monday and Tuesday from 8:00am-12:00pm, 12:30pm-4:00pm.

### **\*American Job Center**

1330 N St Suite A, Lincoln, NE 68508

402-441-1640

<https://ajc.lincoln.ne.gov/>

8:00am-5:00pm Monday-Friday

Workforce development and job seeking assistance provided at no cost to job seekers and employers. Unemployment assistance available.

### **Teammates of Saunders County**

504 W 8th St, Wahoo, NE 68066

402-443-1029

<https://teammates.org/>

Mentoring for youth.

## **Hotlines**

### **Crisis Text Line**

Text HOME to 741741

Text line provides support for anyone who is experiencing a crisis.

### **Economic Assistance**

1-800-383-4278

Helpline for those applying for economic assistance through ACCESSNebraska.

### **Homeless Veterans Hotline**

1-877-424-3838

Hotline provides resources, information, and referrals to veterans by Veterans' Affairs staff.

### **Medicaid Assistance**

1-855--632-7633

Helpline for those applying for Medicaid assistance through ACCESSNebraska.

### **National Domestic Violence Hotline**

1-800-799-7233

TTY: 1-800-787-3224

Chat online: <https://www.thehotline.org/help/>

Hotline provides support, resources, and information to those experiencing domestic and/or sexual violence. Over 200 languages available.

### **National Runaway Safeline**

1-800-786-2929

Chat online: <https://www.1800runaway.org/>

Hotline provides crisis counseling for youth runaways as well as parents and guardians of youth runaways.

### **National Teen Dating Abuse Hotline**

1-866-331-9474

TTY: 1-866-331-8453

Text loveis to 22522

Chat online: <https://www.loveisrespect.org/>

Hotline provides support, resources, and information about healthy relationships to teens experiencing dating violence.

**Nebraska Adult Protective Services and Elder Abuse Hotline**

1-800-254-4202

Hotline receives reports about suspected abuse to elders and adults with vulnerabilities.

**Nebraska Child Abuse and Neglect Hotline**

1-800-652-1999

Hotline receives reports about suspected child abuse and neglect in Nebraska.

**Nebraska Family Helpline**

1-888-866-8660

Hotline provides recommendations and referrals to appropriate resources. Hotline assesses for safety immediate needs and level of behavioral health crisis.

**Need2text**

Text TALK to 38255

Chat online: <https://need2text.com/>

Textline provides support for teenagers experiencing depression, anxiety, relationship issues, and more.

**Postpartum Depression Hotline**

1-800-773-6667

Hotline provides support for mothers experiencing postpartum depression from mothers who previously experienced postpartum depression.

**Rape, Abuse, and Incest National Network**

1-800-656-4673

<https://rainn.org/>

Hotline provides confidential support from a trained staff member, referrals to local services, information about the laws in the community.

\*The information cannot be kept confidential if the victim/survivor is a child.

**988 Suicide and Crisis Lifeline**

988

TTY: 1-800-799-4889

Chat online:

<https://suicidepreventionlifeline.org/chat/>

Hotline provides immediate and confidential emotional support to those in suicidal or emotional crisis.

**988 Suicide and Crisis Lifeline (Spanish)**

1-888-628-9454

Hotline provides immediate and confidential emotional support to those in suicidal or emotional crisis.

**The Trevor Project**

1-866-488-7386

Text START to 678678

Chat online: <https://www.thetrevorproject.org/>

Hotline for suicide prevention and crisis intervention for LGBTQ youth.

**Veterans Crisis Line**

1-800-273-8255

Hotline provides crisis intervention for veterans by Veterans' Affairs staff.