

2023 Community Needs Assessment

Prepared for Community Action Partnership of Lancaster and Saunders Counties

March 23rd, 2023



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Executive Summary

Community Action Partnership of Lancaster and Saunders Counties (Community Action) partnered with the University of Nebraska Public Policy Center (NUPPC) to conduct a comprehensive 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. To assess the needs and strengths of Lancaster and Saunders Counties 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 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. The NUPPC used a mixed-methods approach to integrate and synthesize this data into the comprehensive 2023 Community Needs Assessment. Key findings are listed below.

Community Strengths

- Community Partnerships. Survey and focus group participants reported that the abundance of
 community partnerships and collaboration in the Community Action service area result in better
 coordinated services for those who need them.
- 2. 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.
- **3. Outdoor Parks, Playgrounds, and Trails.** Survey respondents rated the availability of outdoor parks, playgrounds, and trails in their community highly. Studies show that cities with a greater area of accessible green space tend to have better public health outcomes.¹
- **4. Quality of Colleges and Universities.** Survey respondents rated the quality of colleges and universities in their community highly. Colleges and universities in the Community Action service area include the University of Nebraska-Lincoln, Southeast Community College, Nebraska Wesleyan, Bryan College of Health Science, Union College, Doane University, and John F. Kennedy College.
- **5. Community Safety.** Survey respondents indicated that their community is a safe place to live. Studies show that communities with residents who perceive lower levels of crime in their neighborhood also tend to have higher levels of neighborhood satisfaction.²

Community Needs

1. Transportation Access. Survey and focus group participants identified transportation as a consistent barrier to accessing services, accessing healthy foods, and maintaining employment.

2. 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

¹ 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

² 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

- 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.³
- 3. 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.
- **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. Healthy Food Access.** Cost, transportation, and lack of nutrition 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.
- **6. 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.

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 caregivers reported that the Head Start program strives to meet the needs of the whole family, not just the children enrolled. Caregivers described Head Start staff as "extended family" who can connect them to the social services they need.
- 2. Children's educational and social-emotional needs are met with great satisfaction.

 Participants agree that the educational and social-emotional needs of children and their families 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.
- 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 and caregivers expressed a desire for the Head Start program to offer less processed foods and a wider variety of meal options that accommodate dietary restrictions for the children enrolled.

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

Introduction

Community Action Partnership of Lancaster and Saunders Counties (Community Action) partnered with the University of Nebraska Public Policy Center to conduct a comprehensive 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 2023 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 2023 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, 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.

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 2021 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 2021 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 2021. 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 2021.

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 C. 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 55 community leaders, who include representatives of private, public, community-based, faith-based, and education departments or organizations. It was also sent to 127 Head Start staff and 228 caregivers of children enrolled in Head Start. The survey was distributed on February 21st, 2023, and was made available to participants through the end of the day, February 28th, 2023. A total of 83 responses were collected, of which 76 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 is 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 2023 with each of the following key informant groups: 1) community leaders identified by Community Action, 2) Head Start staff, and 3) caregivers of children currently enrolled in the Head Start program. Individuals were recruited by Community Action. Caregivers of children currently enrolled in the Head Start program who attended the focus group received \$30 Amazon 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 Starteligible children and their families.

Survey and Focus Group Participants

The focus group with community leaders was attended by 12 individuals representing private, public, and non-profit organizations. The focus group with Head Start staff was attended by four individuals employed by the Head Start program. Eight (8) caregivers of children currently enrolled in the Head Start program attended the caregiver focus group, which occurred during a regularly scheduled Policy Council meeting.

A total of 83 survey responses were collected, of which 76 responses met the criteria of inclusion. Of those responses included in the results, 12 participants were community leaders (15.8%), 45 participants were Head Start staff (59.2%), and 22 were caregivers of children currently enrolled in the Head Start program (28.9%; Table 1). Three Head Start staff who completed the survey also had children enrolled in the Head Start program.

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

PARTICIPANT TYPE	SURVEY R	ESPONSES	FOCUS GROUP	PARTICIPATION
	COUNT	COUNT PERCENT		PERCENT
Community Leaders	12	15.8%	12	50.0%
Early Head Start or Head Start Staff	45	59.2%	4	16.7%
Caregivers of Children Enrolled in Early Head Start or Head Start	22	28.9%	8	33.3%
Total	76	100.0%	24	100.0%

Note. Three Head Start staff who completed the survey also had children enrolled in the Head Start program. Therefore, summed counts are higher than the total number of survey responses.

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 76 respondents to the survey, 96.1% reported living in Lancaster County, while 3.9% reported living in Saunders County (Table F 1). Due to the low response from areas outside of Lincoln, responses are presented in aggregate as a proxy for Community Action's service area. The majority of respondents indicated that they were 35 to 44 years old (35.5%), or 25 to 34 years old (26.3%; Table F 2). Most respondents identified as white (67.1%; Table F 3) and as women (78.9%; Table F 4). The majority of respondents had no children (32.9%), two children (27.6%), or one child (21.1%) living in their household (Table F 5).

The feedback received from the community leaders, Head Start staff, and caregivers of children 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 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 community resources are concentrated and who may lack access to those resources. 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.

Service Summary Services Overview



Community Action Partnership of Lancaster and Saunders Counties served 18,156 individuals through a variety of programs in 2022.



18,156 Individuals served in 2022

EARLY CHILDHOOD EDUCATION

1,649



Children, family members, and pregnant people served

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

Early Head Start and Head Start provide quality child development and education services, nutrition, medical, and dental care, and assistance in identifying community support. The Foster Grandparent Program partners with these programs to engage seniors in supporting children's development.

HOMELESSNESS PREVENTION

5,816



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

1,163

Individuals served



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

These programs provide financial education, a 4:1 savings match for qualified purchases, and weatherization services to lower utility bills and improve energy efficiency.

HUNGER RELIEF AND HEALTHY FOOD ACCESS

2,262



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

7,760

Individuals received other services

such as translation and interpretation services through LanguageLinc

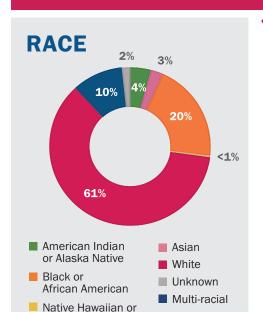


The data for this Service Summary comes from Community Action Partnership of Lancaster and Saunders Counties 2022 Community Service Block Grant (CSBG) Annual Report and the Early Head Start and Head Start 2021-2022 Self-Assessment Report.

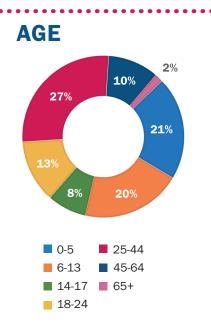


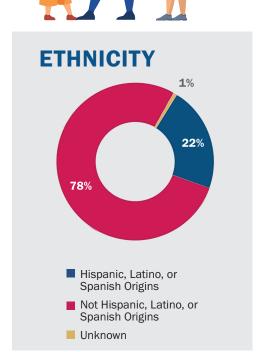
Services Overview (Cont.)

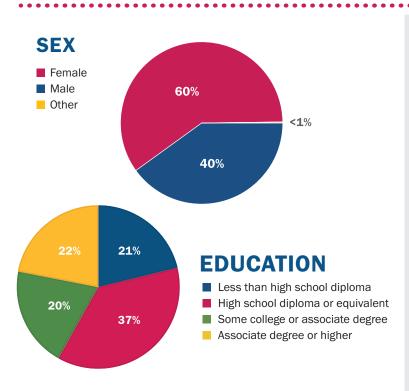
Community Action Partnership of Lancaster and Saunders Counties collects demographic data on participants served through select programs. Demographic data is available for 3,269 individuals out of the 18,156 individuals served in 2022.

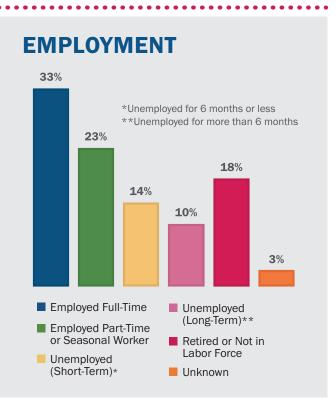


Other Pacific Islander









Early Head Start & Head Start



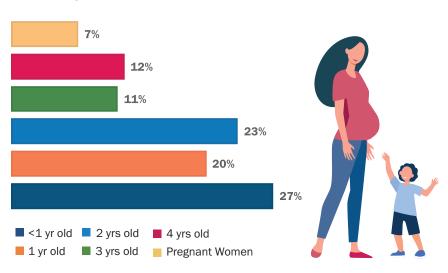
Community Action Partnership of Lancaster and Saunders Counties served 436 children and their families and pregnant women through Early Head Start and Head Start programs during the 2021-2022 school year.

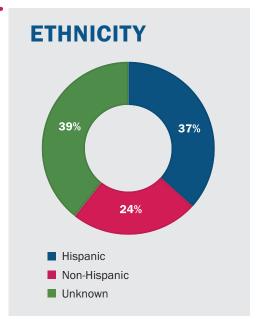


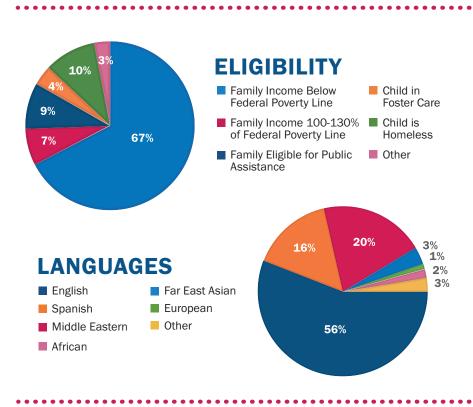
436

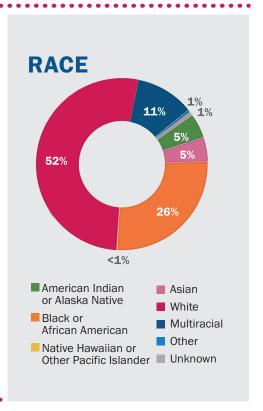
Children and their families and pregnant women served

PARTICIPANT TYPE









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 the following figures may not add to 100% due to rounding.



Community Profiles

Lancaster County



Population and Selected Demographics

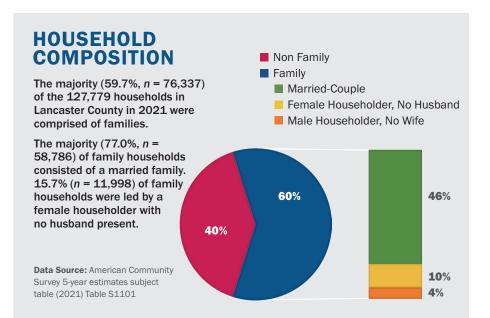
POPULATION

Since 2011, the population of Lancaster County increased by 37,370 individuals or 13.2%.

Data Source: American Community Survey 5-year estimates subject table (2021) Table S0101

320,301





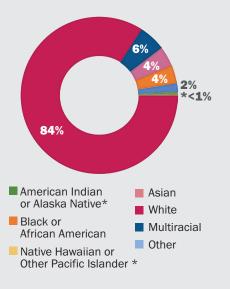
RACE

2011

In 2021, the majority (84.1%, n = 269,516) of Lancaster County residents identified as white. The second and third highest percentages of racial identities identified as two or more races (5.5%, n = 17,699) and Asian (4.2%, n = 13,393).

Data Source: American Community Survey 5-year estimates subject table (2021) Table B02001

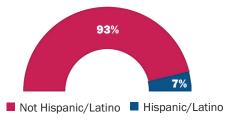
15.9% of Lancaster County residents identified as people of color in 2021



ETHNICITY

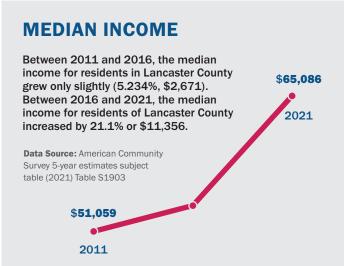
In 2021, 92.5% (n = 296,344) of Lancaster County residents identified as Non-Hispanic or Latino compared to 7.5% of residents who identified as Hispanic or Latino (n = 23,957).

Data Source: American Community Survey 5-year estimates subject table (2021) Table DP05



Lancaster County (cont.)

Income and Employment



UNEMPLOYMENT RATE

Since 2011, the unemployment rate in Lancaster County decreased from 5.9% in 2011 to 3.2% in 2021.

Data Source: American Community Survey 5-year estimates subject table (2021) Table S2301

2021



5.9%

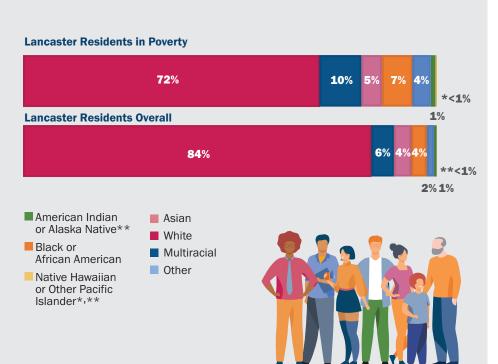
Lancaster County residents (12.0%) lived below the poverty level in 2021

Poverty

RACE

The majority (71.7%, n = 26,439) of individuals in poverty in 2021 identified as white. However, the proportion of individuals who identified as white in poverty is smaller than the proportion of individuals who identified as white in Lancaster County (84.1% of the entire population compared to 71.7% of those in poverty). Black or African American individuals, on the other hand, have a larger proportion of individuals in poverty than the proportion of Black or African American individuals in Lancaster County (3.8% of the entire population compared to 7.4% of those in poverty). This trend was also seen among those who identified as American Indian or Alaska Native, Asian, Native Hawaiian or Other Pacific Islander, some other race, and two or more races.

Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



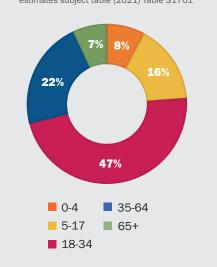
Lancaster County (cont.)



AGE

Nearly half of individuals in poverty were between the ages of 18 and 34 in 2021 (n = 17,403,47.2%). 23.8% (n = 8,787) of those in poverty were younger than 18 years old. Among children younger than 4 years old, 2,848 or 14.8% were below the poverty level.

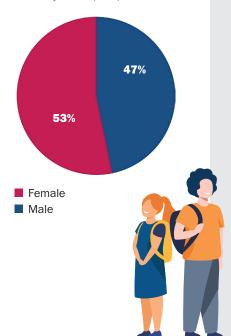
Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



SEX

More individuals in poverty identified as female (n = 19,620,53.2%) than male (n = 17,237,46.8%).

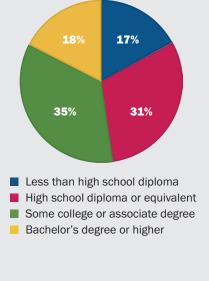
Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



EDUCATION

Most individuals (52.3%, n = 8,029) who were at least 25 years old and in poverty in Lincoln in 2021 (n = 15,360) had at least some college or an associate degree.

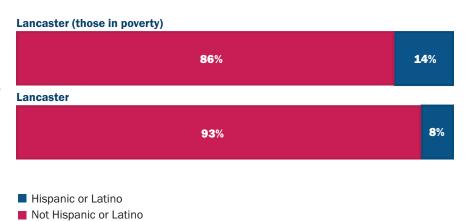
Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



ETHNICITY

In 2021, the majority of individuals in poverty identified as Non-Hispanic or Latino (n = 31,837,86.4%). However, the proportion of individuals who identified as Non-Hispanic or Latino in poverty is smaller than the proportion of individuals who identified as Non-Hispanic or Latino in Lancaster County (92.5% of the entire population compared to 86.4% of those in poverty). The proportion of individuals in poverty who identified as Hispanic or Latino is higher than the proportion of those who identified as Hispanic or Latino in Lancaster County (7.5% of the entire population compared to 13.6% in poverty).

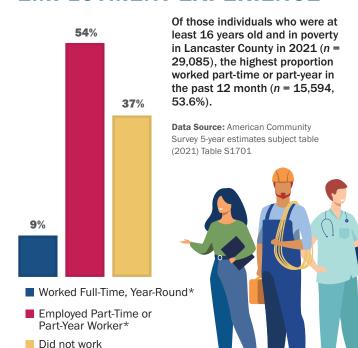
Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



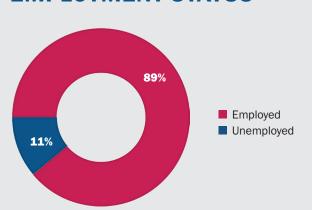
Lancaster County (cont.)

Poverty (cont.)

EMPLOYMENT EXPERIENCE



EMPLOYMENT STATUS



The majority (n = 14,467,88.9%) of individuals who were at least 16 years old in the civilian labor force and in poverty in 2021 (n = 16,268) were employed.

Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701

Additional Statistics

INCIDENTS OF CHILD ABUSE AND NEGLECT

*In the past 12 months



calls of abuse and neglect in 2021

in Lancaster County according to the Nebraska Department of Health and Human Services (2021)

Of those, 47.8% were accepted for assessment/investigation, and 375 cases (5.7% of all calls) were substantiated.

RATE OF LOW-BIRTH WEIGHT BIRTHS



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 2014 to 2020

*Low birth weight is less than 2,500 grams.

TEEN BIRTH RATE



in Lancaster County according to data from the County Health Rankings and Roadmaps (2020) and National Center of Health Statistics from 2014 to 2020

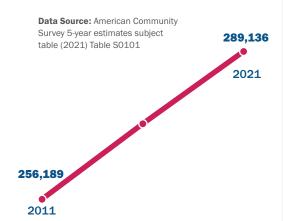
Lancaster County Lincoln

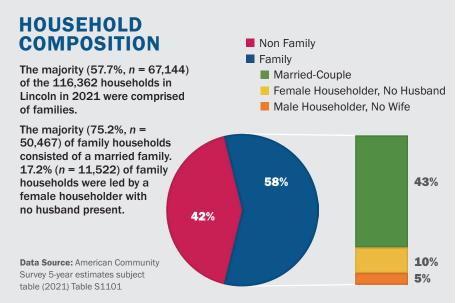


Population and Selected Demographics

POPULATION

Since 2011, Lincoln's population increased by 32,947 individuals or 12.9%.

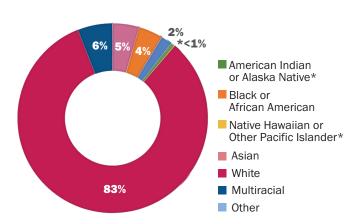




RACE

In 2021, the majority (82.8%, n =239,354) of Lincoln residents identified as white. The second highest percentages of racial identities were two or more races (5.9%, n = 17,080), Asian (4.6%, n = 13,207), and Black or African American (4.1%, n = 11,975).

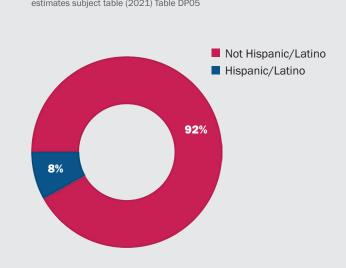
Data Source: American Community Survey 5-year estimates subject table (2021) Table B02001



ETHNICITY

In 2021, 91.9% (n = 265,771) of Lincoln residents identified as Non-Hispanic or Latino compared to 8.1% of residents who identified as Hispanic or Latino (n = 23,365).

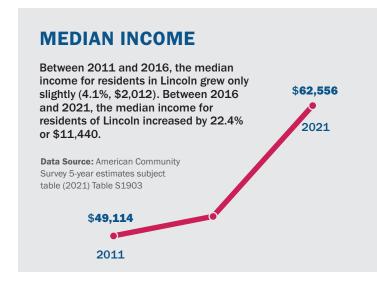
Data Source: American Community Survey 5-year estimates subject table (2021) Table DP05

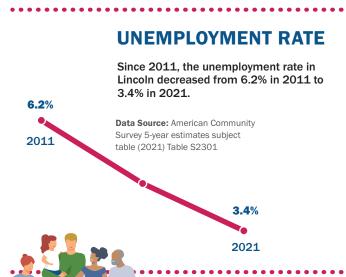


Lancaster County Lincoln (cont.)



Income and Employment





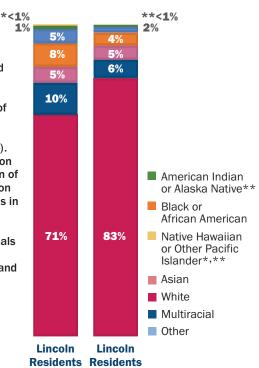
Poverty

Lincoln residents (13.0%) lived below the poverty level in 2021

RACE

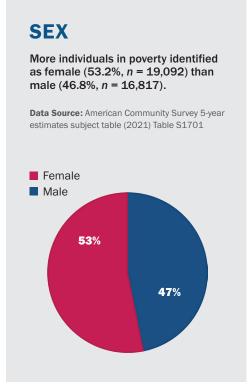
The majority (71.2%, n = 25,563) of individuals in poverty in 2021 identified as white. However, the proportion of individuals who identified as white in poverty is smaller than the proportion of individuals who identified as white in Lincoln (82.8% of the entire population compared to 71.2% of those in poverty). Black or African American individuals, on the other hand, have a larger proportion of individuals in poverty than the proportion of Black or African American individuals in Lincoln (4.1% of the entire population compared to 7.5% of those in poverty). This trend is also seem among individuals who identify as American Indian and Alaska Native, Asian, Native Hawaiian and Other Pacific Islander, some other race alone, and two or more races.

Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



in Poverty

Overall



Lancaster County Lincoln (cont.)



Poverty (cont.)

ETHNICITY

In 2021, the majority of individuals in poverty identified as Non-Hispanic or Latino (n = 30,911, 86.1%). The proportion of individuals in poverty who identified as Hispanic or Latino is higher than the proportion of those who identified as Hispanic or Latino in Lancaster County (8.1% of the entire population compared to 13.9% in poverty).

Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701

Lincoln (those in poverty)

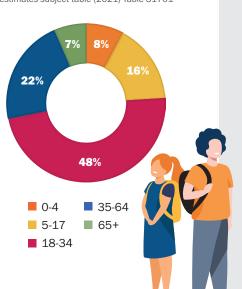


- Hispanic or Latino
- Not Hispanic or Latino

AGE

Nearly half (47.8%, n = 17,171) of those in poverty in 2021 (n = 35,909) were between the ages of 18 and 34 years old. 24.0% (n = 8,619) of those in poverty were younger than 18 years old.

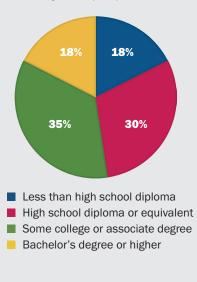
Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



EDUCATION

Most individuals (52.4%, n = 7,694) who were at least 25 years old and in poverty in Lincoln in 2021 (n = 14,683) had at least some college or an associate degree.

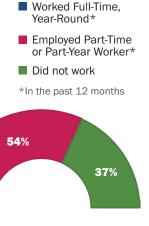
Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



EMPLOYMENT EXPERIENCE

Most individuals (54.2%, *n* = 15,334) who were at least 16 years old and in poverty in 2021 in Lincoln (*n* = 28,302) worked part-time or part-year in the past 12 months.

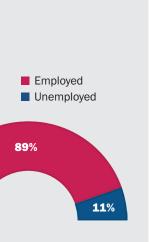
Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



EMPLOYMENT STATUS

The majority of individuals (89.3%, n = 14,241) who were at least 16 years old in Lincoln in the civilian labor force and in poverty in 2021 (n = 15,954) were employed.

Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



Community Profiles

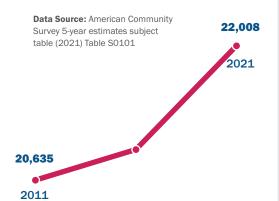


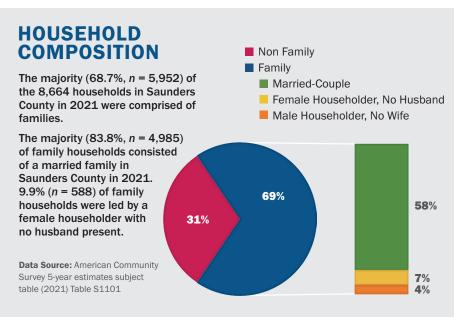
Saunders County

Population and Selected Demographics

POPULATION

Since 2011, the Saunders County population increased by 1,373 individuals or 6.7%.





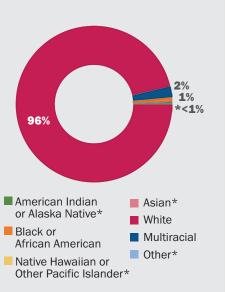
RACE

In 2021, the majority (96.4%, n =21,213) of Saunders County residents identified as white. The second highest percentages of racial identities was two or more races (2.2%, n = 491) and Black or African American (0.9%, n =191).

Data Source: American Community Survey 5-year estimates subject table (2021) Table B02001

96.4%

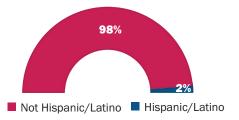
of Saunders County residents identified as white in 2021



ETHNICITY

In 2021, 97.6% (n = 21,470) of Saunders County residents identified as Non-Hispanic or Latino compared to 2.4% of residents who identified as Hispanic or Latino (n = 538).

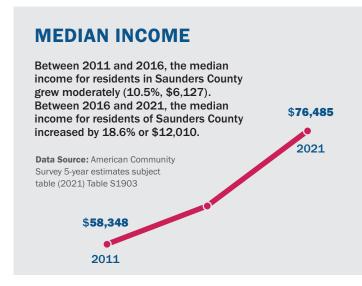
Data Source: American Community Survey 5-year estimates subject table (2021) Table DP05



Saunders County (cont.)



Income and Employment



Since 2011, the unemployment rate in Saunders County decreased from 3.0% in 2011 to 2.4% in 2021. Data Source: American Community Survey 5-year estimates subject table (2021) Table S2301



3.0%

2011

1,441

Saunders County residents (6.6%) lived below the poverty level in 2021

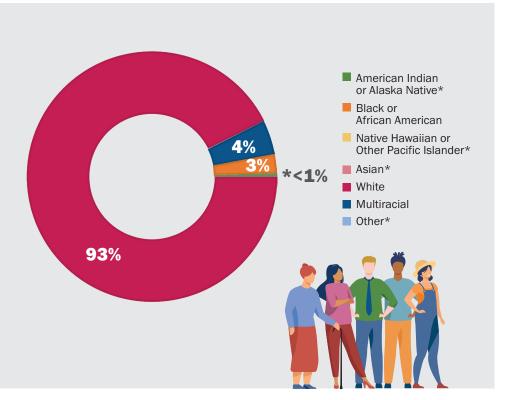
2021

Poverty

RACE

The majority (92.6%, n = 25,563) of individuals in poverty in 2021 identified as white. The low number of people identifying as a race other than white in Saunders County makes comparisons between the proportion of races other than white in poverty to the proportion of races other than white in the entire population unreliable.

Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



Saunders County (cont.)

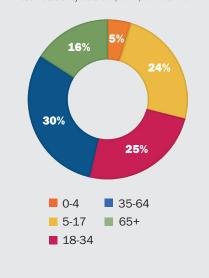


Poverty (cont.)

AGE

The largest proportion of those in poverty in Saunders County in 2021 were between the ages of 35 and 64 years old (30.5%, n = 439). 28.9% (n = 417) of those in poverty were younger than 18 years old.

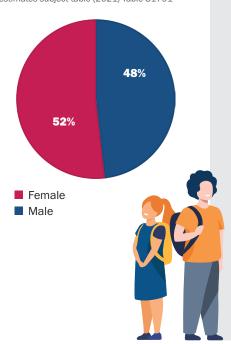
Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



SEX

More individuals in poverty identified as female (51.8%, n = 746) than male (48.2%, n = 695).

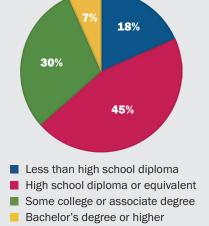
Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



EDUCATION

Of those individuals who were at least 25 years old and in poverty in 2021 in Saunders County (n = 844), the highest proportion had at most a high school education (45.1%, n = 381). 36.5% of individuals who were at least 25 years old and in poverty had at least some college or an associate degree (n = 308).

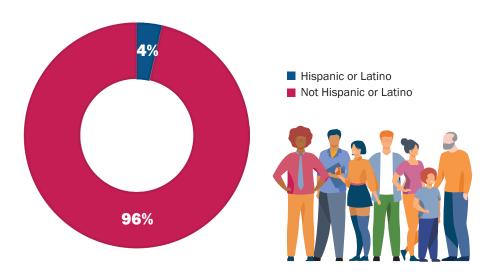
Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



ETHNICITY

The majority (96.4%, n=1,389) of individuals in poverty in 2021 identified as Non-Hispanic or Latino. The low number of people who identify as Hispanic who live in Saunders County makes comparisons between the proportion of those in poverty to the proportion of the entire Hispanic population unreliable.

Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701

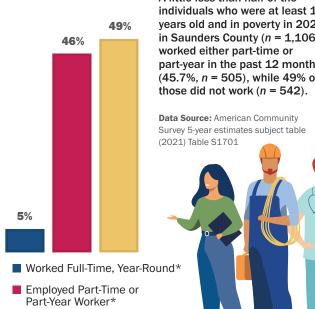


Saunders County (cont.)

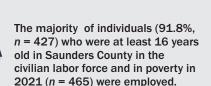


Poverty (cont.)

EMPLOYMENT EXPERIENCE



A little less than half of the individuals who were at least 16 years old and in poverty in 2021 in Saunders County (n = 1,106) part-year in the past 12 months (45.7%, n = 505), while 49% of



8%

EMPLOYMENT STATUS

92%

Employed

Unemployed

Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701

Additional Statistics

INCIDENTS OF CHILD ABUSE AND NEGLECT

Did not work *In the past 12 months



calls of abuse and neglect in 2021

in Saunders County according to the Nebraska Department of Health and Human Services (2021)

Of those, 53.5% were accepted for assessment/investigation, and 17 cases (7.5% of all calls) were substantiated.

RATE OF LOW-BIRTH WEIGHT BIRTHS



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 2014 to 2020

*Low birth weight is less than 2,500 grams.

TEEN BIRTH RATE

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 2014 to 2020

Saunders County Wahoo

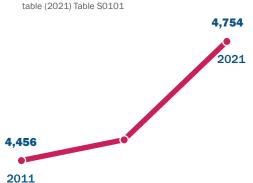


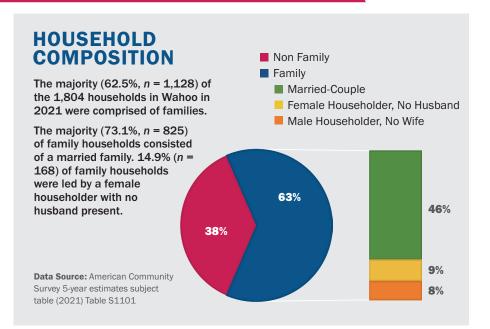
Population and Selected Demographics

POPULATION

In the past 10 years, Wahoo's population increased by 298 individuals or 6.7%.

Data Source: American Community Survey 5-year estimates subject table (2021) Table S0101

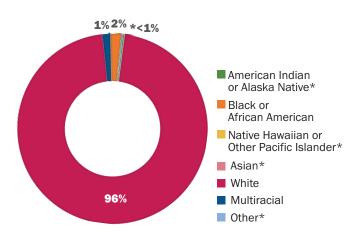




RACE

In 2021, the majority (96.3%, n = 4,576) of Wahoo's residents identified as white. The second highest percentages of racial identities was Black or African American (1.9%, n = 88) and two or more races (1.4%, n = 66).

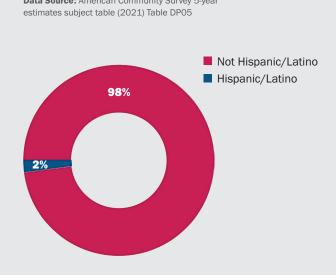
Data Source: American Community Survey 5-year estimates subject table (2021) Table B02001



ETHNICITY

In 2021, 98.0% (n = 4,658) of Wahoo residents identified as Non-Hispanic or Latino compared to 2.0% of residents who identified as Hispanic or Latino (n = 96).

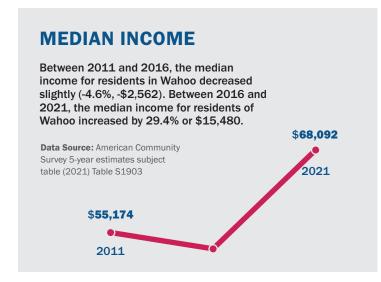
Data Source: American Community Survey 5-year



Saunders County Wahoo (cont.)

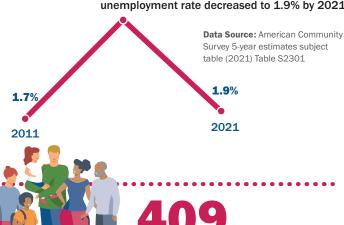


Income and Employment



UNEMPLOYMENT RATE

The unemployment in Wahoo increased from 1.7% in 2011 to 5.2% in 2016. Then, the unemployment rate decreased to 1.9% by 2021.



Poverty

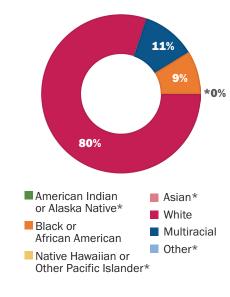
Wahoo residents (8.9%) lived below the poverty level in 2021

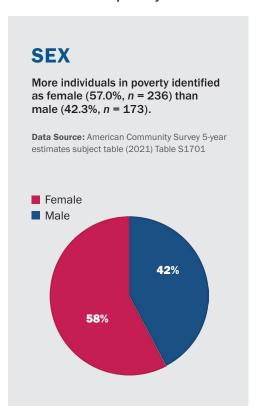
RACE

The majority (80.2%, n = 328) of individuals in poverty in 2021 identified as white. The low number of people identifying as a race other than white in Wahoo make comparisons between the proportion of races other than white in poverty to the proportion of races other than white in the entire population unreliable.

Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701







Saunders County Wahoo (cont.)

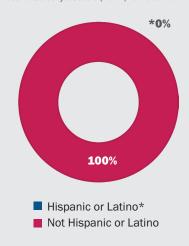


Poverty (cont.)

ETHNICITY

The Census Bureau estimates that every individual in poverty in Wahoo identified as Not Hispanic or Latino in 2021 (100.0%, n = 409).

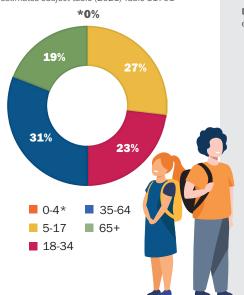
Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



AGE

The largest proportion of those in poverty in Wahoo in 2021 were between the ages of 35 and 64 years old (31.1%, n = 127). 26.9% (n = 110) of those in poverty were younger than 18 years old.

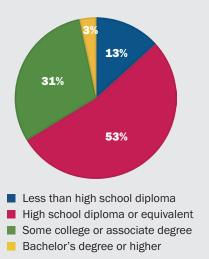
Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



EDUCATION

Of those individuals who were at least 25 years old and in poverty in 2021 in Wahoo (n = 249), over half had at most a high school education (53.0%, n = 132). 33.7% of individuals who were at least 25 years old and in poverty had at least some college or an associate degree (n = 84).

Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



EMPLOYMENT EXPERIENCE

Most individuals (60.2%, n = 180) who were at least 16 years old and in poverty in 2021 in Wahoo (n = 299) did not work in the past 12 months, while 39.8% worked part-time or part-year (n = 119).

Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701

*0%



Worked Full-Time, Year-Round*,**

Did not work

Employed Part-Time or

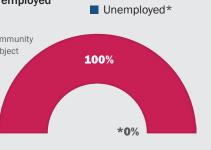
Part-Year Worker**

**In the past 12 months

EMPLOYMENT STATUS

The Census Bureau estimates that every individual who was at least 16 years old in Wahoo in the civilian workforce and in poverty in 2021 was employed (100.0%, n = 119).

Data Source: American Community Survey 5-year estimates subject table (2021) Table S1701



Employed

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 and pregnant people. The number of children with disabilities, the number of children experiencing homelessness, and the number of children in foster care is also provided.

Estimated Geographic Area of Eligible Children and Pregnant People

An estimated 3,470 children across Lancaster and Saunders Counties in 2021 could have been eligible for Head Start based on being under the age of six and below 100% of the poverty line. The majority (97.6%; n = 3,386) of these children resided in Lancaster County (Table 2). Most of the eligible children in Lancaster County resided in Lincoln (97.8%, n = 3,311). None of the children eligible in Saunders County (2.4%, n = 84) resided in Wahoo.

Table 2. Children Under Six Years in Poverty

GEOGRAPHIC AREA	NUMBER OF CHILDREN UNDER SIX IN POVERTY	PERCENT OF CHILDREN UNDER SIX IN POVERTY IN TOTAL SERVICE AREA		
Lancaster County	3,386	97.6%		
Lincoln	3,311	95.4%		
Saunders County	84	2.4%		
Wahoo	0	0.0%		
TOTAL SERVICE AREA	3,470	100.0%		

Source: ACS 5-Year Estimates Detailed Table (2021); Table B17020

It is estimated that 803 pregnant people in 2020 could have been eligible for Head Start services based on being below 100% of the poverty line and giving birth in the last 12 months in 2021 (Table 3). About 20% of women ages 15 to 50 who had given birth in the last 12 months in Lancaster and Saunders Counties lived in poverty in 2021 (19.7%). Most of these women resided in Lancaster County (n = 771, 96.0%).

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 TOTAL WOMEN AGES 15-50 IN POVERTY WHO HAD GIVEN BIRTH IN LAST 12 MONTHS IN TOTAL SERVICE AREA
Lancaster County	771	96.0%
Lincoln	732	91.2%

GEOGRAPHIC AREA	NUMBER OF WOMEN AGES 15-50 IN POVERTY WHO HAD GIVEN BIRTH IN LAST 12 MONTHS	PERCENT OF TOTAL WOMEN AGES 15-50 IN POVERTY WHO HAD GIVEN BIRTH IN LAST 12 MONTHS IN TOTAL SERVICE AREA
Saunders County	32	4.0%
Wahoo	16	2.0%
TOTAL SERVICE AREA	803	100.0%

Source: ACS 5-Year Estimates Detailed Table (2021): B13010

Estimated Race and Ethnicity of Eligible Children and Pregnant People

It is estimated that almost half of the children eligible for Head Start in 2021 in Lancaster and Saunders Counties were children of color (45.6%, n = 3,092; Table 4). Children under the age of six in poverty in Lancaster County were more racially diverse than those in Saunders County. In Lancaster County, nearly 20% of children under the age of six in poverty identified as two or more races (18.8%, n = 637), and slightly over 11% identified as Black or African American (11.3%, n = 382). On the other hand, all children under the age of six in poverty in Saunders County identified as white (n = 84).

Almost 30% of children under the age of six in poverty were Hispanic or Latino in 2021 (28.5%, n = 989; Table 5). Nearly all of these children resided in Lancaster County (99.6%, n = 985).

Table 4. Children Under Six Years in Poverty by Race

		LINCOLN		LINCOLN SAUNDERS COUNTY			WAI	Н00
	#	%	#	%	#	%	#	%
American Indian and Alaska Native	74	2.2%	74	2.2%	0	0.0%	0	-
Asian	221	6.5%	221	6.7%	0	0.0%	0	-
Black or African American	382	11.3%	382	11.5%	0	0.0%	0	-
Native Hawaiian and other Pacific Islander	16	0.5%	16	0.5%	0	0.0%	0	-
White	1,835	54.2%	1,770	53.5%	84	100.0%	0	-
Two or more races	637	18.8%	627	18.9%	0	0.0%	0	-
Some other race	221	6.5%	221	6.7%	0	0.0%	0	-
TOTAL	3,386	100.0%	3,311	100.0%	84	100.0%	0	-

Source: ACS 5-Year Estimates Detailed Tables (2021); B17020A-B17020G

Table 5. Children Under Six Years in Poverty by Ethnicity

	HISPANIC	OR LATINO	NON-HISPAN	IC OR LATINO
GEOGRAPHIC AREA	NUMBER	PERCENT	NUMBER	PERCENT
Lancaster County	985	29.1%	2,401	70.9%
Lincoln	985	29.7%	2,326	70.3%
Saunders County	4	4.8%	80	95.2%
Wahoo	0	-	0	-
TOTAL SERVICE AREA	989	28.5%	2,481	71.5%

Source: American Community Survey 5-year estimates subject table (2021); Table 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 2021, and because it is estimated that there were only 16 women aged 15 to 50 who gave birth within the last 12 months in Wahoo in 2021, estimates on the racial and ethnic identities of pregnant people in Wahoo is not available.

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, it is estimated that 353 Head Start-eligible pregnant people in Lancaster County are people of color (45.8%) and 418 Head Start-eligible pregnant people in Lancaster County identify as white (54.2%; Table 6). In Saunders County, it is estimated that all Head Start-eligible pregnant people identify as white (n = 32).

It is estimated that 226 Head Start-eligible pregnant people in Lancaster and Saunders Counties identify as Hispanic or Latino (28.1%), while 577 do not (71.9%; Table 7). Nearly all Head Start-eligible pregnant people who identify as Hispanic resided in Lancaster County (99.1%, n = 224).

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

	LANCASTER COUNTY		LINCOLN		SAUNDERS COUNTY	
	NUMBER	PERCENT	NUMBER	PERCENT	NUMBER	PERCENT
American Indian and Alaska Native	17	2.2%	16	2.2%	0	-
Asian	50	6.5%	49	6.7%	0	-
Black or African American	87	11.3%	84	11.5%	0	-
Native Hawaiian and other Pacific Islander	4	0.5%	4	0.5%	0	-
White	418	54.2%	391	53.5%	32	100.0%

	LANCASTER COUNTY LINCOLN		LINCOLN		SAUNDER	S COUNTY
	NUMBER	PERCENT NUMBER PERC		PERCENT	NUMBER	PERCENT
Two or more races	145	18.8%	139	18.9%	0	-
Some other race	50	6.5%	49	6.7%	0	-
TOTAL	771	100.0%	732	100.0%	32	100.0%

Note. Estimates calculated using ACS 5-Year Estimates Detailed Table (2021); B17020A-B17020G, B13010. Because it is estimated that there were no children under the age of six in poverty in Wahoo in 2021, and because it is estimated that there were only 16 women aged 15 to 50 who gave birth within the last 12 months in Wahoo in 2021, estimates on the racial identities of Head Start-eligible pregnant people in Wahoo is not available.

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

	HISPANIC	OR LATINO	NON-HISPAN	IC OR LATINO	
GEOGRAPHIC AREA	NUMBER	PERCENT	NUMBER	PERCENT	
Lancaster County	224	29.1%	547	70.9%	
Lincoln	218	29.7%	514	70.3%	
Saunders County	2	4.8%	30	95.2%	
TOTAL SERVICE AREA	226	28.1%	577	71.9%	

Note. Estimates calculated using American Community Survey 5-year estimates subject table (2021); Table B1720, B17020I, B13010. Because it is estimated that there were no children under the age of six in poverty in Wahoo in 2021, and because it is estimated that there were only 16 women aged 15 to 50 who gave birth within the last 12 months in Wahoo in 2021, estimates on the ethnic identities of Head Start-eligible pregnant people in Wahoo is not available.

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.

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

	LANCASTE	R COUNTY	LINCOLN		
	NUMBER	PERCENT	NUMBER	PERCENT	
Spoke only English	32,507	88.1%	31,099	87.7%	
Spoke Spanish	1,365	3.7%	1,365	3.8%	
Spoke other Indo-European	1,726	4.7%	1,726	4.9%	
Spoke Asian and Pacific Islander languages	501	1.4%	493	1.4%	

	LANCASTE	R COUNTY	LINCOLN		
	NUMBER	PERCENT	NUMBER	PERCENT	
Spoke other languages	793	2.1%	793	2.2%	
TOTAL	36,892	100.0%	35,476	100.0%	

Source: ACS 1-Year Estimates Detailed Tables (2021): 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 similar to 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 (88.1%, n = 2,984) and Lincoln (87.7%, n = 2,902; Table 9).

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

	LANCASTE	R COUNTY	LINCOLN		
	NUMBER	PERCENT	NUMBER	PERCENT	
Spoke only English	2,984	88.1%	2,902	87.7%	
Spoke Spanish	125	3.7%	127	3.8%	
Spoke other Indo- European	158	4.7%	161	4.9%	
Spoke Asian and Pacific Islander languages	46	1.4%	46	1.4%	
Spoke other languages	73	2.1%	74	2.2%	
TOTAL	3,386	100.0%	3,311	100.0%	

Note. Estimates calculated using ACS 5-Year Estimates Detailed Table (2021); C16009, B17020

Assuming the proportion of languages spoken in the home for those five 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 (88.1%, n = 679) and Lincoln (87.7%, n = 642; 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

	LANCASTE	R COUNTY	LINCOLN		
	NUMBER	PERCENT	NUMBER	PERCENT	
Spoke only English	679	88.1%	642	87.7%	
Spoke Spanish	29	3.7%	28	3.8%	
Spoke other Indo-European	36	4.7%	36	4.9%	

	LANCASTE	R COUNTY	LINCOLN		
	NUMBER	PERCENT	NUMBER	PERCENT	
Spoke Asian and Pacific Island languages	10	1.4%	10	1.4%	
Spoke other languages	other languages 17 2.1%		16	2.2%	
TOTAL	771	100.0%	732	100.0%	

Note. Estimates calculated using ACS 5-Year Estimates Detailed Table (2021); C16009, B13010

Estimated Household Composition of Eligible Children

Data on the household composition of children under the age of six is not available. However, estimates for household composition of eligible children and families were created using data available on the household composition for children under the age of five who live in poverty (Table 11).

Table 11. Household Composition of Children Under the Age of Five in Poverty Used in Estimates

		ASTER INTY	T I I I I I I I I I I I I I I I I I I I		SAUNDERS COUNTY		WAH00	
	#	%	#	%	#	%	#	%
Married- couple, family household	1,196	42.0%	1,187	42.7%	22	32.4%	0	-
Male householder, no wife present	81	2.8%	68	2.4%	0	0.0%	0	-
Female householder, no husband present	1,571	55.2%	1,524	54.8%	46	67.6%	0	-
TOTAL	2,848	100.0%	2,779	100.0%	68	100.0%	0	-

Source: ACS 5-Year Estimates Detailed Table (2021): B17006

Assuming the proportion of household compositions for children under the age of five in poverty is similar to those of children under the age of six in poverty, it is estimated that most Head Start-eligible children live in households with a female householder with no husband present in Lancaster County (55.2%, n = 1,868; Table 12). It is estimated that Saunders County has a higher proportion of children under the age of six in poverty living in a female household with no husband present (67.6%, n = 57) than Lancaster County.

Table 12: Estimated Household Composition of Children Under Age Six in Poverty

	LANCASTER COUNTY		LINCOLN		SAUNDERS COUNTY		WAHOO	
	#	%	#	%	#	%	#	%
Married-couple, family household	1,422	42.0%	1,414	42.7%	27	32.4%	0	-
Male householder, no wife present	96	2.8%	81	2.4%	0	0.0%	0	-
Female householder, no husband present	1,868	55.2%	1,816	54.8%	57	67.6%	0	-
TOTAL	3,386	100.0%	3,311	100.0%	84	100.0%	0	-

Note. Estimates calculated using ACS 5-Year Estimates Detailed Table (2021); B17006, B17020

Children with Disabilities

The highest proportion of individuals under the age of 18 years with disabilities in all geographic areas had a cognitive disability. The table below summarizes the number of individuals under the age of 18 with disabilities in 2021 (Table 13). 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	WAH00
Hearing Difficulty	439	393	14	14
Vision Difficulty	495	467	41	0
Cognitive Difficulty	2,173	1,989	263	55
Ambulatory Difficulty	361	331	34	16
Self-Care Difficulty	471	446	28	0

Source: ACS 5-Year Estimates Subject Table (2018); Table S1810

Children in Foster Care

According to the Nebraska Foster Care Review Office, on December 31, 2022:4

554

Children in Lancaster County were in out-of-home care or trial home visit.

34

Children in Saunders County were in out-of-home care or trial home visit.

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 Development (HUD) and is only available for the state of Nebraska and Lincoln. According to the 2022 point-in-time count as published by HUD:⁵

Unaccompanied youth were homeless on a given night in Lincoln.

146

People in families (households with at least one adult and one child) were homeless on a given night in Lincoln.

Unaccompanied youth were homeless on a given night in Nebraska.

574

People in families (households with at least one adult and one child) were homeless on a given night in Nebraska.

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 enrolled in school districts across the country. For Community Action's service area, only Lincoln Public Schools (LPS) data is reported due to too small of sample sizes in other districts in the service area. For the 2019–2020 school year, LPS reported the following:⁶



91

LPS students who experienced homelessness resided in a shelter.

236 LPS students experienced homelessness.

102

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

⁴ Nebraska Foster Care Review Office. (March 2023). *March 2023 Quarterly Report*. https://fcro.nebraska.gov/pdf/FCRO-Reports/2023-q1-quarterly-report.pdf

⁵ U.S. Department of Housing and Urban Development. (2022). *HUD 2022 continuum of care homeless assistance programs homeless populations and subpopulations*. NE-502 Lincoln COC; Nebraska.

⁶ Nebraska Department of Education. (2021). *Homeless student enrollment data by local education agency SY 2019-2020*. EDFacts Data Documentation, Version 1.0.

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 outdoor parks, playgrounds, and trails, the overall quality of colleges and universities, and community safety.

1. Community Partnerships

Community leaders and Head Start staff who participated in the focus group identified community partnerships as a key community strength. Although Lincoln is a diverse community, participants reported that a common community identity encourages collaboration towards a shared vision. Partnerships in the community allow for a robust referral network and more coordinated services and for those who need them.

"When I've seen great things happen in this community... it's almost always done because of a partnership. I'm really amazed at how organizations, agencies, entities, partner together to achieve good things for the community."

"My sense is that people think of Lincoln as one Lincoln. There are many different neighborhoods and communities, and they have their own identity, but ultimately the goal or the identity of our community is unified. That identity lends itself to people seeing that they are in a partnership together, where it makes sense to collaborate on issues, where they can see that vision of helping this organization helps my organization, helps the city at large. That framework is what helps make those connections work."

2. 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 variety of community resources are available to those in need, particularly in Lincoln.

"I think we are rich with resources. Housing, food, transportation, medical. All sorts of services."

"I feel like every place you go, for any struggle, there is a social worker who help you find your way to solve your problem or helping you... We have a lot of resources."

Survey respondents were asked several questions related to the county in which they live. Interestingly, survey respondents indicated that *The availability of social services to meet basic needs (i.e., food, shelter, clothing)* is *Neither good nor bad (Mean* = 3.4, *S.D.* = 1.2; 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?	n	Mean	S.D.
The availability of social services to meet basic needs (i.e., food, shelter, clothing)	76	3.4	1.2

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

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 = 4.1, S.D. = 0.9; Table 15). The mean rating aligns with the "Good" response option. Studies show that cities with a greater area of accessible green space tend to have better public health outcomes.⁷

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

How would you rate the following in your county?	n	Mean	S.D.
The availability of outdoor parks, playgrounds, and trails	76	4.1	0.9

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 Colleges and Universities

Survey respondents rated *The quality of the colleges and universities* (*Mean* = 3.9, *S.D.* = 0.9) in their county highly (Table 16). The mean rating closely aligns with the "Good" response option. Colleges and universities in the Community Action service area include the University of Nebraska Lincoln, Southeast Community College, Nebraska Wesleyan, Bryan College of Health Science, Union College, Doane University, and John F. Kennedy College.

Table 16. Mean Rating of "The Overall Quality of the Colleges and Universities" Survey Item

	e the following in your unty?	n	Mean	S.D.
The overall quality of the	e colleges and universities	76	3.9	0.7

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 = 3.9, S.D. = 0.9) was most closely aligned with the "Good" response

⁷ 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

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.⁸

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	76	3.9	0.9

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.

1. Transportation Access

Community leaders, Head Start staff, and caregivers of children enrolled in Head Start who participated in the focus groups identified transportation as a consistent barrier to accessing services, accessing healthy foods, and maintaining employment.

"When you do find a resource, if you don't have transportation, it's a problem if you are at work. Are there community resources? Absolutely. Can you access them if you are working full-time? Not much. If you are working full-time and you do not have a car, that's really difficult because a lot of them are drive through. A lot of them are big boxes, which is great. But how do you get it home?"

"I lost my job literally due to transportation and not being able to access food and my rent because I had to miss work for this stuff. And it was a great job with benefits."

Survey respondents rated *The availability of public transportation* as "neither good nor bad" (Mean = 3.0; S.D. = 1.2; Table 18). Focus group participants noted that the limited hours of public transportation decrease accessibility to certain community services.

Table 18. Mean Rating of "The Availability of Public Transportation" Survey Item

How would you rate the following in your county?	n	Mean	S.D.
The availability of public transportation	76	3.0	1.2

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

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

Secondary Data: Means of Transportation

Most workers ages 16 and older in all geographic areas commuted to work via car, truck, or van in 2021 (Table 19).

Table 19. Percentage of Types of Transportation to Work for Residents Overall

	LANCASTER COUNTY (n = 171,537)	LINCOLN (n = 155,907)	SAUNDERS COUNTY (<i>n</i> = 11 ,402)	WAH00 (n = 2,254)
Car, truck, or van	87.3%	87.2%	90.7%	90.40%
Worked at home	7.3%	7.0%	7.0%	7.80%
Walked	3.1%	3.3%	1.9%	1.10%
Taxicab, motorcycle, or other means	0.7%	0.7%	0.4%	0.70%
Public transportation (excluding taxicab)	0.9%	1.0%	0.0%	0.0%
Bicycle	0.7%	0.8%	0.0%	0.0%

Source: ACS 5-Year Estimates Subject Table (2021); Table S0801

Individuals living below 100% of the poverty level relied, on average, less on cars, trucks, and vans to travel to work. These individuals tended to rely more on walking in Lincoln and Lancaster County, and on taxicab, motorcycle, bicycle or other means in Wahoo and Saunders County (Table 20).

Table 20. Means of Transportation to Work for Individuals in Poverty

	LANCASTER COUNTY (n = 13,924)	LINCOLN (n = 13,710)	SAUNDERS COUNTY (n = 395)	WAH00 (n = 109)
Car, truck, or van	74.1%	73.9%	86.8%	91.7%
Worked at home	4.0%	4.0%	4.6%	0.0%
Walked	6.6%	6.7%	0.5%	0.0%
Taxicab, motorcycle, or other means	1.8%	1.9%	2.3%	8.3%
Public transportation (excluding taxicab)	1.8%	1.8%	0.0%	0.0%
Bicycle	74.1%	73.9%	86.8%	91.7%

Source: ACS 5-Year Estimates Subject Table (2018); 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 (56.9%). Less than half of workers aged 16 and older living in Wahoo traveled outside of Saunders County for work (Table 21).

Table 21. Workers Working Outside County of Residence

GEOGRAPHIC AREA	NUMBER	PERCENT
Lancaster County	8,405	4.9%
Lincoln	7,172	4.6%
Saunders County	6,488	56.9%
Wahoo	911	40.4%

Source: ACS 5-Year Estimates Subject Table (2021); Table S0801

The average commute time for workers at least 16 years old who worked outside their home ranged from a minimum of 18.4 minutes for Lincoln residents to a maximum of 25.3 minutes for Saunders County residents (Table 22).

Table 22. Average Commute Time to Work

GEOGRAPHIC AREA	COMMUTE TO WORK IN MINUTES
Lancaster County (<i>n</i> = 171,537)	19.4
Lincoln (<i>n</i> = 155,907)	18.9
Saunders County (n = 11,402)	25.3
Wahoo (<i>n</i> = 2,254)	21.4

Source: ACS 5-Year Estimates Subject Table (2018); Table S0801

Secondary Data: Vehicle Availability

Most workers aged 16 and older lived in households that had at least one vehicle available in 2021 (Table 23). Those without a vehicle may experience additional challenges in accessing employment given average commute times.

Table 23. Count and Percent Workers in Households Without at Least One Vehicle

GEOGRAPHIC AREA	NUMBER	PERCENT
Lancaster County	3,700	2.2%
Lincoln	3,662	2.4%
Saunders County	160	1.4%
Wahoo	56	2.5%

Source: ACS 5-Year Estimates Subject Table (2021); Table S0801

2. 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. Community leaders who attended the focus group identified the accessibility of affordable, high-quality childcare as an important community need. Participants 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.

"We have a high number of kids under the age of six that have all parents in the workforce or wanting to get advanced degrees, but yet we don't have a pathway for many people who need childcare to be able to afford it or get to where they feel comfortable leaving their child."

"For children that don't receive [high-quality childcare], that cycle of poverty often continues based on what they did or did not have as a child."

The survey data aligns with the community leader focus group discussion. The availability of affordable childcare was rated among the worst by survey respondents (Mean = 2.3, S.D. = 1.2; Table 24). The mean rating aligns with the "Bad" response option.

Table 24. Mean Rating of "The Availability of Affordable Childcare" Survey Item

How would you rate the following in your county?	n	Mean	S.D.
The availability of affordable childcare	76	2.3	1.2

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

94.2%

Of Nebraska families could not afford continuous infant care in 2019 (based on the U.S. Department of Health and Human Services' affordability standard of 7% of family income)⁹



2021 Average Annual Lancaster County Center-Based Childcare Costs¹⁰

\$12,389

Infant care

\$11,872

Toddler care

\$10,398

Pre-K childcare

\$8,542

School-age childcare

Annual center-based childcare costs for Pre-K children and younger exceeds the annual public in-state tuition at the University of Nebraska-Lincoln (\$9,872).

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 24, 2023, a total of 466 childcare facilities are currently licensed in Lancaster and Saunders Counties. Table 25 provides a summary of the types of childcare facilities by geographic location.

Table 25. Childcare Facilities by Type in Lancaster & Saunders Counties

	LANCASTER COUNTY (n = 430)	LINCOLN (n = 396)	SAUNDERS COUNTY (n = 36)	WAH00 (n = 12)
Child Care Center	180	171	13	5
Family Child Care Home I	172	157	10	1
Family Child Care Home II	67	58	10	4
Preschool	11	10	3	2

Source. Nebraska Department of Health and Human Services' (DHHS) roster of Licensed Child Care and Preschool Programs (2023).

⁹ Economic Policy Institute. (2020). Child care costs in the United States. https://www.epi.org/child-care-costs-inthe-united-states/#/NE

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

Secondary Data: Childcare Facilities That Serve Eligible Children

Exact counts of Head Start-eligible children served by other child development, childcare centers, and family childcare programs are not available at city or county levels. However, estimates of the number of Head Start-eligible children served were created using data on the number of childcare facilities that accepted payments through the Nebraska Department of Health and Human Services Child Care Subsidy Program, a program that assists low-income families with the cost of childcare. The number and type of childcare facilities that accept subsidies from this program are presented in Table 26.

Table 26. Childcare Facilities Accepting Subsidies by Geographic Area & Type

	LANCASTER COUNTY (n = 233)	LINCOLN (n = 222)	SAUNDERS COUNTY (n = 15)	WAH00 (n = 3)
Child Care Center	147	140	10	3
Family Child Care Home I	52	51	3	0
Family Child Care Home II	34	31	2	0
TOTAL	233	222	15	3

Source. Nebraska Department of Health and Human Services' (DHHS) roster of Licensed Child Care and Preschool Programs (2023).

Data obtained from the 2023 Nebraska Child Care Market Rate Survey Report suggests that childcare providers receive subsidy payments for an average of 9.39 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 (9.39), as seen in Table 27.

Table 27. Estimates of Head Start-Eligible Children Served by Childcare Facility Location and Type

	LANCASTER COUNTY (n = 430)	LINCOLN (n = 396)	SAUNDERS COUNTY (n = 36)	WAH00 (n = 12)
Child Care Center	1,380	1,315	94	28
Family Child Care Home I	488	479	28	0
Family Child Care Home II	319	291	19	0
TOTAL	2,188	2,085	141	28

Note. Estimates calculated using data obtained from the Nebraska Department of Health and Human Services' (DHHS) roster of Licensed Child Care and Preschool Programs (2023) and the Nebraska Child Care Market Rate Survey Report (2023).

3. Affordable Housing

Affordable housing was also identified by some community leader focus group participants as a community need. A lack of affordable housing makes it difficult to utilize Section 8 housing vouchers puts low-income families at greater risk of homelessness.

"Housing is always a [challenge]. We always see the housing voucher, but then it's the affordable housing. You have to try to find something that's within the voucher amount...and then it's finding landlords that are willing to deal with what they perceive as a nasty tenant."

The availability of affordable housing was rated among the worst by survey respondents (Mean = 2.3, S.D. = 1.2; Table 28). The mean rating aligns with the "Bad" response option.

Table 28. Mean Rating of "The Availability of Affordable Housing" Survey Item

How would you rate the following in your county?	n	Mean	S.D.
The availability of affordable housing	76	2.3	1.1

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 2022 Point-in-Time count as published by the U.S. Department of Housing and Urban Development, 418 individuals experienced homelessness on any given night in Lincoln and 2,246 individuals experienced homelessness on any given night in Nebraska (Table 29). Homelessness Point-in-Time counts are not available for Lancaster County, Saunders County, or Wahoo.

Table 29. Estimates of Individuals Experiencing Homelessness in 2023

GEOGRAPHIC AREA	TOTAL POPULATION	ESTIMATES OF INDIVIDUALS EXPERIENCING HOMELESSNESS
Lincoln	322,608	418
Nebraska	1,963,692	2,246

Source. U.S. Department of Housing and Urban Development, 2022 Homeless Point-In-Time Count.

[&]quot;Emergency benefits, pick up family displaced and sleeping in their car with young children, nowhere to sleep at night. No money, no vouchers."

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, 40.4% and 43.4% respectively (Table 30).

Table 30. Owner and Renter-Occupied Units

	LANCASTER COUNTY (n = 127,779)	LINCOLN (n = 116,132)	SAUNDERS COUNTY (n = 8664)	WAH00 (n = 1804)
Owner-occupied units	59.6%	56.6%	79.5%	66%
Renter-occupied units	40.4%	43.4%	20.5%	34%

Source: ACS 5-year estimates subject table (2021) Table DP04

The median rent costs were higher in Lincoln (\$920) and Lancaster County (\$921) than Wahoo (\$861) and Saunders County (\$818). Saunders County had the lowest overall median rent (Table 31).

Table 31. Median Rent by Geographic Area

GEOGRAPHIC AREA	MEDIAN RENT
Lancaster County (<i>n</i> = 50,208)	\$921
Lincoln (<i>n</i> = 49,244)	\$920
Saunders County (n = 1,606)	\$818
Wahoo (<i>n</i> = 565)	\$861

Source: ACS 5-year estimates subject table (2021); Table DP04

Secondary Data: Housing Quality and Affordability

In 2019, the percentage of households with at least one severe housing problem (overcrowding, high housing costs, lack of kitchen facilities, or lack of plumbing facilities) was higher in Nebraska overall (12.2%) than Saunders County (8.9%). Almost 14% of households in Lancaster County experienced at least one severe housing problem (13.7%; Table 32).

Table 32: Proportion of Households with at Least One Severe Housing Problem in the Most Recent Year

GEOGRAPHIC AREA	PERCENTAGE
Lancaster County	13.7%
Saunders County	8.9%
Nebraska	12.2%

Source: U.S. Department of Housing and Urban Development, CHAS 5-year estimates (2019)

Nearly half of the households paying rent in Lincoln (44.0%) and Lancaster County (43.8%) spent at least 30% of their income on rent costs. While the proportion of households paying more than 30% of their income for rent was lower in Wahoo and Saunders County, more than 1 in 4 households were paying more than 30% of their income on rent (Table 33).

Table 33. Proportion of households spending more than 30% of income on housing rent costs

GEOGRAPHIC AREA	PERCENTAGE
Lancaster County (<i>n</i> = 49,479)	43.8%
Lincoln (<i>n</i> = 48,515)	44.0%
Saunders County (n = 1,553)	28.7%
Wahoo (<i>n</i> = 518)	25.5%

Source: ACS 5-year estimates subject table (2021) Table DP04

4. Translation and Interpretation Services

Community leaders and Head Start staff identified additional translation and interpretation services as a community need. Participants reported that language can be a barrier to accessing services, including medical care and legal aid. Finding interpreters for the Middle Eastern community in Lincoln is particularly challenging, as many interpreters have personal relationships with those they might provide interpretation services for.

"Getting interpreters is almost getting impossible."

"Language is [a barrier to accessing medical and dental care]. Sometimes they don't follow up with providers because of a language barrier or they don't schedule because of a language barrier."

"We have some case managers who are from the Middle Eastern community, so then they are familiar with all of these other families because it is very intertwined... Most women we are serving are saying, 'No, I don't want any of those people [to interpret]. That person knows this person who knows this person and they are going to report back."

Health and Nutrition Concerns

Survey respondents and focus group participants identified the following health and nutrition concerns in their communities: 1) mental health, 2) accessibility of healthy foods, 3) access to healthcare, mental health care, and dental care, and 4) 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. Participants reported seeing a rise in mental health and social-emotional needs among youth and adults, particularly during and after the COVID-19 pandemic. Participants also expressed concerns about mental health stigma in the community.

"I see a lot of depression. I see a lot of anxiety. I see a lot of adolescent mental health issues that didn't get addressed when they were younger... We do have some suicidal ideations that happen."

"I feel like so many places are shunning people when they speak out about their mental health. It needs to be acceptable to have emotions and feelings...there's not that in our community. I think that is something that can be worked on."

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 (85.0%; Table 34). The frequencies of each health issue option included in this survey question can be found in Appendix F.

Table 34: 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)	75	64	85.0%

Secondary Data: Physical and Mental Health

In 2019, the average number of physically unhealthy days in the last 30 days reported by Lancaster and Saunders Counties residents was 3.1 days, which is consistent with the average number across Nebraska (3.3 days; Table 35). The average number of mentally unhealthy days in the last 30 days in Nebraska in 2019 was 3.8 days. This is similar to the number reported by Lancaster County (3.6 days) and Saunders County (3.8 days) residents.

Table 35. Poor Physical and Mental Health Days

GEOGRAPHIC AREA	POOR PHYSICAL HEALTH DAYS	POOR MENTAL HEALTH DAYS
Lancaster County	3.1	3.6
Saunders County	3.1	3.8
Nebraska	3.3	3.8

Source: County Health Rankings and Roadmaps (2020).

The percentage of adults reporting 14 or more days of poor physical health per month was 10% for Lancaster County, Saunders County, and Nebraska in 2019. The percentage of adults reporting 14 or more days of poor mental health per month was 12% for Lancaster and Saunders Counties in 2019 and 11% in Nebraska (Table 36).

Table 36. Frequent Physical Distress

GEOGRAPHIC AREA	PERCENT REPORTING 14 OR MORE DAYS OF POOR PHYSICAL HEALTH	PERCENT REPORTING 14 OR MORE DAYS OF POOR MENTAL HEALTH
Lancaster County	10%	12%
Saunders County	10%	12%
Nebraska	10%	11%

Source: County Health Rankings and Roadmaps (2020). Data only available rounded at the zero decimal place.

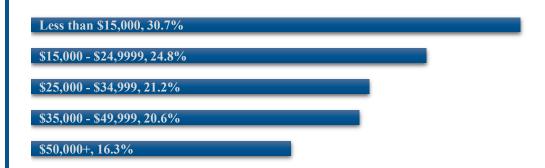
Secondary Data: Mental Illness and Treatment

According to the 2019 National Survey on Drug Use and Mental Health, ¹¹ over the course of 2018 in Nebraska approximately:

- 15% (n = 290,000) of adults had a diagnosable mental, behavioral, or emotional disorder (excluding developmental and substance use disorders).
- 13% (n = 178,000) of adults had received mental health services.

In Nebraska, individuals in households with lower incomes reported being told they have a form of depression at higher rates than those with higher incomes (Figure 1). County-and city-level data is not available for this indicator.

Figure 1. Percentage of Nebraskans Reporting Experiencing Depression by Income Range



Note. Data obtained from BRFSS Prevalence and Trends Data (2020).

2. 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. Having the ability to access culturally appropriate foods and foods that meet dietary restrictions was also identified as a need.

"Right now with all the high costs of groceries, I think definitely that is a bigger concern than it was. And when you don't get to access it regularly, you don't come to enjoy healthy food because everyone else is designed to make you not appreciate healthy food. It's such a privilege to have healthy food and to understand that over time it is medicine, that it will shift how you function."

"We partner with the food bank, but [our Middle Eastern population] does not know what to do with some of the food. So we are trying to come up with unique ways of creating recipes and different things like that to teach people."

Challenges getting healthy and affordable food was the second-most frequently selected health concern by survey respondents (59.0%; Table 37). 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

¹¹ Substance Abuse and Mental Health Services Administration (SAMHSA). (2019). *2019 national survey of drug use and health (NSDUH)*. https://www.samhsa.gov/data/release/2019-national-survey-drug-use-and-health-nsduh-releases

most frequently selected priority was *Access to healthy foods* (59.0%; Table 38). The frequencies of each health priority option included in this survey question can be found in Appendix F.

Table 37. 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	75	44	59.0%

Table 38. 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	75	44	59.0%

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."¹² Though city-level indicators were not available, Table 39 presents the number and percentage of total individuals and children in each county experiencing food insecurity in 2020.

Table 39. Number and Percentage of Individuals Experiencing Food Insecurity

GEOGRAPHIC AREA	INDIVIDUALS EXPERIENCING FOOD INSECURITY		CHILDREN EXPE	
	NUMBER PERCENT		NUMBER	PERCENT
Lancaster County	33,580	10.6%	9,980	13.9%
Saunders County	1,880	8.8%	560	10.9%

Source. Feeding America, Map the Meal Gap Report (2020).

¹² United States Department of Agriculture. (October 2022). *Measurement*. Economic Research Institute. <a href="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.

Secondary Data: SNAP

About 15% of households with children under 18 years old received SNAP benefits in Lincoln and Lancaster County. The proportion of households receiving SNAP benefits in Wahoo and Saunders County was considerably lower at 4.7% and 0.9%, respectively (Table 40).

Table 40. Households Receiving SNAP with Children under 18 Years

GEOGRAPHIC AREA	NUMBER	PERCENT
Lancaster County (<i>n</i> = 37,721)	5,415	14.4%
Lincoln (<i>n</i> = 33,935)	5,388	15.9%
Saunders County (n = 2,705)	127	4.7%
Wahoo (<i>n</i> = 760)	7	0.9%

Source: ACS 5-Year Estimates Subject Table (2018); Table S2201

Secondary Data: Free or Reduced Lunch

Table 41 provides the percentage of students receiving free/reduced lunch benefits by geographic area during the 2021-2022 school year. Thirty-nine percent of students in Lancaster County (39.2%) and 24.3% of students in Saunders County received free/reduced lunch during the 2021-2022 school year.

Table 41. Percentage of Students Receiving Free/Reduced Lunch by Geographic Area

GEOGRAPHIC AREA	NUMBER	PERCENT
Lancaster County (<i>n</i> = 47,787)	18,733	39.2%
Lincoln (<i>n</i> = 41,747)	17,826	42.7%
Saunders County (n = 3,448)	838	24.3%
Wahoo (<i>n</i> = 1,099)	251	22.8%

Source: Nebraska Department of Education 2022-23 Free and Reduced Lunch Count by School Report.

3. Access to Healthcare, Mental Healthcare and Dental Care

Focus group participants expressed concern regarding the barriers to accessing healthcare, mental healthcare, and dental care. Access to dental care was noted as particularly challenging. Participants identified costs, long wait lists, and Medicaid discrimination as barriers to access. Participants also identified the stigma of mental disorders as a barrier to accessing mental healthcare.

"A lot of mental health places here in town have very long waiting lists or they don't accept Medicaid. It is hard to get somebody to open up to you anyways about their mental health struggles. They are saying they need help, but we can't always help in them in the moment."

"In 2014, I missed two appointments. They still won't see me because I missed my initial appointment. So to access [a provider] I need to go all the way to Omaha. So that's ridiculous."

Secondary Data: Resident to Health Care Provider Ratio

Saunders County had higher resident to primary care physician, mental health provider, and dentist provider ratios than Lancaster County and Nebraska overall in 2019 (Table 42). For Lancaster County and Nebraska overall, the resident to primary care physician ratio was higher than the resident to mental health provider and dentist provider ratios. The resident to primary care physician ration for Saunders County, on the other hand, was lower than the resident to mental health provider and dentist provider ratios.

Table 42. Ratios of County Populations to Primary & Mental Health Care Providers

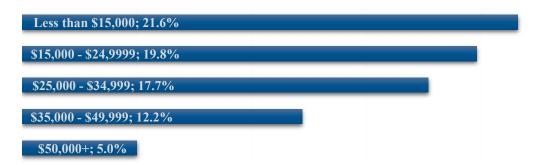
COUNTY	RESIDENT TO PRIMARY CARE PHYSICIAN RATIO	RESIDENT TO MENTAL HEALTH PROVIDER RATIO	RESIDENT TO DENTIST PROVIDER RATIO
Lancaster County	1,380:1	250:1	980:1
Saunders County	2,160:1	3,130:1	3,130:1
Nebraska	1,310:1	340:1	1,260:1

Source: County Health Rankings and Roadmaps (2020).

Secondary Data: Health Care Providers

Throughout Nebraska, households with lower incomes have reported times in the past 12 months when they needed to see a doctor but could not because of cost at a higher rate than those with higher incomes. Though city- and county-level data were not available for this barrier to healthcare, statewide data is presented in Figure 2.

Figure 2. Statewide Percentage of Respondents Indicating Not Seeing Their Doctor Due to Cost



Note. Data obtained from BRFSS Prevalence and Trend Data (2021).

Secondary Data: Uninsured Young Children

In general, 3 out of every 10 children under the age of six had public health insurance in Lancaster County and Lincoln. Around 2 out of every 10 children under the age of six had public health insurance in Saunders County, and 1 out of every 10 children under the age of six had public health insurance in Wahoo. Most children under six years had private health insurance across all geographic areas (Table 43).

Table 43. Insurance Coverage of Children Under Six Years

	CHILDREN WITH PRIVATE HEALTH INSURANCE		CHILDREN WITH PUBLIC HEALTH INSURANCE		CHILDREN HEALTH INS	_
GEOGRAPHIC AREA	COUNT	PERCENT	COUNT PERCENT		COUNT	PERCENT
Lancaster County	15,663	66.0%	7,195	30.3%	878	3.7%
Lincoln	12,801	59.8%	7,968	36.5%	792	3.7%
Saunders County	1,352	78.2%	349	20.2%	28	1.6%
Wahoo	362	88.1%	49	11.9%	0	0.0%

Source: ACS 5-Year Estimates Subject Table (2021); Table B27003

Secondary Data: Uninsured Adults

Individuals whose income was below 100% of the poverty threshold were 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 (18.2%; Table 44).

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

	UNINSURED RESIDENTS OVERALL		UNINSURED F POVI	
GEOGRAPHIC AREA	COUNT	PERCENT	COUNT	PERCENT
Lancaster County	315,461	7.0%	36,803	14.5%
Lincoln	284,529	7.4%	35,855	14.8%
Saunders County	21,649	4.7%	1,441	18.2%
Wahoo	4,579	3.6%	409	14.7%

Source: ACS 5-Year Estimates Subject Table (2018); Table S2701

The number of individuals without insurance was less than 10% in all geographic regions for individuals who were employed. Unemployed individuals were much more likely to not be insured, averaging close to 3 out of every 10 individuals across geographic areas (Table 45).

Table 45. Uninsured Rate for Employed and Unemployed Individuals

GEOGRAPHIC AREA	UNINSURED COUNT FOR UNEMPLOYED	UNINSURED RATE FOR UNEMPLOYED	RATE FOR RATE FOR	
Lancaster County	1,224	24.9%	12,683	8.0%
Lincoln	1,208	26.0%	12,277	8.5%
Saunders County	53	30.1%	562	5.5%
Wahoo	8	29.6%	106	5.2%

Source: ACS 5-Year Estimates Subject Table (2021); Table S2701

4. Discrimination and Harassment

Studies show that discrimination and harassment negatively impact mental and physical health. ¹³ Respondents were asked if they had experienced discrimination or harassment based on socio-economic factors in several settings over the past year (Table 46). Over half of survey respondents indicated they experienced discrimination or harassment in at least one of the following settings (55.7%, n = 39). The most frequently selected settings in which respondents reported experiencing discrimination or

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

harassment was *On the street or in a public setting* (44.8%), *Getting services at a store or restaurant* (25.4%), and *At work* (25.0%).

Table 46. 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?	n	COUNT	PERCENT
On the street or in a public setting?	67	30	44.8%
Getting services at a store or restaurant?	67	17	25.4%
At work?	64	16	25.0%
Getting housing?	56	13	23.2%
At school?	51	10	19.6%
Getting hired/getting a job?	51	9	17.6%
From the police or in the court system?	63	11	17.5%
Getting medical care?	66	10	15.2%
Getting credit, a bank loan, or a mortgage?	55	7	12.7%

Note. The Count column represents the number of respondents who selected the Yes option for each item.

Causes and Conditions of Poverty

The causes and conditions of poverty in the United States are complex and manifold¹⁴. 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 the data collected through the Community Needs and Strengths Assessment focus groups and survey.

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,

¹⁴ 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

participants described being unable to save money or take off work due to illness to pay their bills. One focus group participant pointed out that the number of working poor in Nebraska is among the highest in the county.

"Our unemployment rate is extremely low, but our number of working poor is among the highest in the county. We cannot deny that and pretend like [wages and lack of benefits] is not a factor toward economic and upward mobility."

"It's hard to [think bigger picture] when you are just worried about how am I going to pay rent or how am I going to get my kids to daycare and how am I going to pay my part of daycare? And I don't have enough money for gas, and now you want me to put \$10 in savings? I can't do that. You can't even get to the bigger picture thinking because you are too focused on making sure you have what you need for tomorrow."

2. Inaccessible Social Service Systems

Focus group participants discussed the difficulties in navigating complex social service systems. Although resources and help are often available, accessing those resources was identified as a consistent challenge. Applications are often online, requiring familiarity with technology and internet access. 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 translated materials are not always available. Participants also identified the "benefits cliff" as a barrier to upward mobility. It is often a net loss for an individual to accept a job with a higher wage if that means losing Medicaid and food benefits.

"People are trying to navigate systems to access support, public assistance of any kind. And it's all online. It's all during the daytime hours, Monday through Friday, 8:00 a.m. – 5:00 p.m. So anybody that is working and doesn't have access to technology or internet, they have to take time off work and they have to hope that they can get it. I've worked with people for hours at a time, and then their computer dies and they have to start all over, it's just a mess."

"We [non-profit workers] have a hard time navigating these systems. And if you are not English speaking, it is impossible."

"People in our community need advocacy to help them navigate these systems."

"I am clear out on one side of town. Sometimes things are not as realistic as some places think that they are to get things. If I'm going to be denied, can you just tell me over the phone?"

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 \$10.50 in Nebraska and the minimum income necessary to support oneself and their family in these areas (Table 47).

Table 47. Living Wage & Annual Income by Family Size & Geographic Area

NUMBER OF		LANCASTER COUNTY		SAUNDER	S COUNTY
ADULTS N	NUMBER OF CHILDREN	LIVING WAGE (HOURLY)	REQUIRED PRE-TAX ANNUAL INCOME	LIVING WAGE (HOURLY)	REQUIRED PRE-TAX ANNUAL INCOME
	0 Children	15.78	32,832.00	15.26	31,748.00
1 Adult	1 Child	34.21	71,148.00	32.35	67,283.00
1 Addit	2 Children	44.30	92,138.00	41.35	86,014.00
	3 Children	58.74	122,174.00	53.54	111,356.00
	0 Children	26.09	54,267.00	25.43	52,902.00
2 Adults (1	1 Child	32.55	67,713.00	31.67	65,870.00
Working)	2 Children	37.47	77,937.00	36.58	76,094.00
	3 Children	41.89	87,135.00	40.05	83,311.00
	0 Children	13.05	54,267.00	12.72	52,902.00
2 Adults (2 Working)	1 Child	19.05	79,249.00	18.12	75,387.00
	2 Children	24.30	101,087.00	22.87	95,129.00
N (D (l4)	3 Children	29.36	122,126.00	26.95	112,101.00

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

Head Start-Eligible Children and Families Needs 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 following 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. Caregivers 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, caregivers and Head Start staff reported 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 Head Start staff have seen an increase in social-emotional needs as a result of the pandemic, caregivers and Head Start staff agree that the social-emotional needs of children and families are being met through Second Step curriculum, social-emotional screeners, and referrals to community mental health resources.

Although efforts are made to provide healthy foods to families, some caregivers reported that they often lack access to healthy foods. Some survey and focus group participants expressed a desire for the Head Start program to offer less processed foods and a wider variety of food options that accommodate dietary restrictions for the children enrolled. Some caregivers 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 caregivers who participated in the focus groups felt very positively about the educational services Head Start provides. Caregivers and Head Start staff appreciate the Head Start curriculum and the use of individualized education plans for children. Caregivers reported seeing progress in their children's education as a result of the dedication of Head Start staff.

"[My child's] teacher observes the kids and what they are interested in, and she forms her educational plan for that...When my [child] comes home, he is doing stuff that [other people] didn't think he would be able to do."

"Each kiddo, their developmental needs are tracked through assessments and every individual kiddo has an individual plan in the classroom as far as how we are going to support them and what their educational needs are."

Caregivers 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 between *Somewhat Agree* and *Agree* (*Mean* = 5.6, *S.D.* = 1.8; Table 48).

Table 48. Caregiver Ratings of Head Start Meeting Child's Educational Needs

Please indicate your level of agreement with the following statement:	n	Mean	S.D.
I feel that my child(ren)'s educational needs are being met in the Head Start or Early Head Start program.	21	5.6	1.8

Note. Scale responses were coded as (1) Strongly disagree, (2) Disagree, (3) Somewhat disagree, (4) Neither agree nor disagree, (5) Somewhat agree, (6) Agree, and (7) 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 the *Educational needs of children* and the *Educational needs of caregivers* fell between the *Agree* and *Strongly Agree* response option (Mean = 6.3, S.D. = 0.8; Mean = 5.6, S.D. = 1.4; Table 49). Additional staff comments on meeting caregiver needs indicated that they felt they were doing their best to meet those needs, but that additional staff and/or staffing hours would help better meet those caregiver needs.

Table 49: 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.	n	Mean	S.D.
Educational needs of children	43	6.3	0.8
Educational needs of caregivers	43	5.6	1.4

Note. Scale responses were coded as (1) Strongly disagree, (2) Disagree, (3) Somewhat disagree, (4) Neither agree nor disagree, (5) Somewhat agree, (6) Agree, and (7) Strongly agree.

Social-Emotional Needs

Head Start staff and caregivers who participated in the focus group emphasized the importance of social-emotional learning and felt positively about the social-emotional skill development provided through the Head Start program. However, Head Start staff did report seeing an increase in social-emotional needs since the start of the COVID-19 pandemic.

"[My daughter] has learned a lot in the classroom as far as how to get along with peers. The teachers that she has worked with or that have worked with her have been fabulous."

"The number of kids that we have flagged on our screeners has increased pretty dramatically [since COVID-19]. At least from my perspective, a lot more kiddos that we are seeking referrals to for LPS or early intervention services."

Head Start staff 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* most closely aligned with the *Agree* response option (Mean = 6.1, S.D. = 1.3; Table 50). The mean rating for the *Social-emotional needs of caregivers* fell between the *Somewhat Agree* and *Agree* response option (Mean = 5.6, S.D. = 1.3).

Table 50: 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.	n	Mean	S.D.
Social-emotional needs of children	43	6.1	1.3
Social-emotional needs of caregivers	43	5.6	1.3

Note. Scale responses were coded as (1) Strongly disagree, (2) Disagree, (3) Somewhat disagree, (4) Neither agree nor disagree, (5) Somewhat agree, (6) Agree, and (7) Strongly agree.

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* most closely aligned with the *Agree* response option (*Mean* = 5.7, *S.D.* = 1.5; Table 51). The mean rating for the *Nutritional needs of caregivers* fell between the *Somewhat Agree* and *Agree* response option (*Mean* = 5.5, *S.D.* = 1.4). Additional survey comments from Head Start staff on meeting children's nutritional needs generally focused on the quality of meals provided to the children for breakfast and lunch. Staff felt like offering healthier foods such as fruits, vegetables, and high-quality proteins that the children would like to eat would better meet their nutritional needs.

Table 51: 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.	n	Mean	S.D.
Nutritional needs of children	43	5.7	1.5
Nutritional needs of caregivers	42	5.5	1.4

Note. Scale responses were coded as (1) Strongly disagree, (2) Disagree, (3) Somewhat disagree, (4) Neither agree nor disagree, (5) Somewhat agree, (6) Agree, and (7) 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 caregivers expressed a desire for the Head Start program to offer less processed foods and a wider variety of meal options that accommodate dietary restrictions. Some caregivers described being able to bring some food from home for their child, but others described not being given that option.

"I didn't really like the [Head Start infant food] options, so I was trying to bring my own options because I was trying to keep her away from ultra processed foods. I really didn't like the options before one years old."

"I know it's in their policies and whatnot, but there should be some type of exceptions for [dietary restrictions]."

Caregivers 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. A little over half of respondents indicated that they *Always* (19.0%) or *Most of the time* (33.3%) had access to healthy foods, while a little under half reported that they only *Sometimes* (38.1%) or *Rarely* (9.5%) had access to healthy foods (Table 52). Caregivers were also asked to identify the barriers they faced accessing healthy foods, with most responses indicating that *healthy foods are too expensive* (68.8%) or that caregivers *don't have the time to buy or prepare healthy foods* (31.3%; Table 53).

Table 52: Reported Frequencies of Healthy Food Access

In the past 30 days, how often have you had access to healthy foods (i.e., fresh fruits and vegetables)?	n	COUNT	PERCENT
Always	21	4	19.0%
Most of the time	21	7	33.3%
Sometimes	21	8	38.1%
Rarely	21	2	9.5%
Never	21	0	0.0%

Table 53. Reported Barriers to Access to Healthy Foods for Caregivers and Families

What barriers do you face in getting healthy foods? Please select all that apply.	n	COUNT	PERCENT
Healthy foods are too expensive	16	11	68.8%
I don't have time to buy or prepare healthy foods	16	5	31.3%
I don't know where to go to get healthy foods	16	2	12.5%
There are no healthy foods available near where I live	16	1	6.3%
I'm not sure which foods are actually healthy	16	0	0.0%
Other (please specify):	16	3	18.8%
For me not enough money sometimes. I'm buying healthy food but not all the time			
Healthy organic food is hard to find Nebraska needs to work on stop buying products from big corps and start sustaining our local farmers.			

What barriers do you face in getting healthy foods? Please select all that apply.	n	COUNT	PERCENT
Transportation to store			

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. Participants felt that the Lincoln Fresh truck is an important community resource, but that access to this resource can be limited. It is unavailable during the winter and does not cover the entire Community Action service area. Participants also expressed a desire for additional educational opportunities on how to find and prepare healthy foods.

"The Lincoln Fresh truck comes, but it also does not run between end of November, December, January, February, end of March. And that is where a lot of our families run into that healthy food access close by. And all our families are spread out over Lincoln and usually the resources for those services are in this area, which is great, but they don't always go to South Lincoln or other places. But we have families that are everywhere."

"Another barrier would just be education on what's healthy, how to cook it, how to use it. I feel like I've seen a lot of our nutritional screening, families want more information on just how to eat healthier. So maybe just more education on that."

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 *Agree* response option (Mean = 6.0, S.D. = 1.1; Table 54). The mean rating for the *Physical needs of caregivers* fell between the *Somewhat Agree* and *Agree* response option (Mean = 5.6, S.D. = 1.5).

Table 54: 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.	n	Mean	S.D.
Physical needs of children	43	6.0	1.1
Physical needs of caregivers	43	5.6	1.5

Note. Scale responses were coded as (1) Strongly disagree, (2) Disagree, (3) Somewhat disagree, (4) Neither agree nor disagree, (5) Somewhat agree, (6) Agree, and (7) Strongly agree.

Caregivers who responded to the survey were asked to rate their level of agreement that they were able to get the healthcare services that they need for themselves and their families over the past year. Roughly four-fifths of the respondents indicated that they agreed (80.9%), leaving one-fifth disagreeing (19.1%) that they were able to get the healthcare services they needed. Additionally, as seen in Table 55, respondents were asked to select the barriers they faced accessing healthcare services for themselves and their families. The most frequently selected barriers were *insurance and payment barriers* (35.0%),

barriers finding a provider who is currently accepting patients (25.0%), and transportation barriers (20.0%).

Table 55. Reported Barriers to Health Care Services for Caregivers and Families

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	COUNT	PERCENT
Insurance and payment barriers	20	8	40.0%
I did not face barriers in getting healthcare services that I or my family needed.	20	7	35.0%
Barriers finding a provider who is currently accepting patients	20	5	25.0%
Transportation barriers	20	4	20.0%
Work-related barriers (i.e., unable to take time off of work)	20	3	15.0%
Barriers knowing where to go to get healthcare services	20	3	15.0%
Other (please specify): Unable to go with children	20	1	5.0%
Language barriers	20	0	0.0%

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

Caregivers who responded to the survey were also asked to rate their level of agreement on whether they were able to get the mental healthcare services they needed for themselves and their families over the past year. Over half of the respondents indicated that they agreed (57.1%), leaving one-third disagreeing (33.4%) that they were able to get the healthcare services they needed. Additionally, as seen in Table 56, respondents were asked to select the barriers they faced accessing mental healthcare services for themselves and their families. The most frequently selected barriers were *insurance and payment barriers* (40.0%), *barriers finding a provider who is currently accepting patients* (25.0%), and *barriers knowing where to go to get healthcare services* (20.0%).

Table 56. Reported Barriers to Mental Health Care Services for Caregivers and Families

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	COUNT	PERCENT
I did not face barriers in getting mental healthcare services that I or my family needed.	20	8	40.0%
Insurance and payment barriers	20	6	30.0%

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	COUNT	PERCENT
Barriers finding a provider who is currently accepting patients	20	4	20.0%
Barriers knowing where to go to get healthcare services	20	4	20.0%
Transportation barriers	20	2	10.0%
Work-related barriers (i.e., unable to take time off of work)	20	2	10.0%
Language barriers	20	1	5.0%
Other (please specify):	20	1	5.0%

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

The survey results are consistent with the caregiver focus group discussion. In addition to the barriers discussed in the Community Needs and Strengths Assessment, caregivers identified childcare as a barrier to accessing healthcare services. Dental care was identified as particularly challenging to access.

"Healthcare and dental care just seems to be not attainable."

"I don't have anybody to watch my children if I go [to a doctor's office]. It's a big barrier, especially if there is an emergency with my medical."

Although very few respondents identified language as a barrier to healthcare or mental healthcare services in the survey, it should be noted that the survey was only available in English. Some Head Start staff who participated in the focus group did identify language as a barrier to accessing community resources and indicated that additional interpreters could be helpful.

"I feel like an interpreter would be very helpful in many different scenarios, whether it is just enrollment or helping them with appointments or communicating with the mental health coordinator that we have."

"The only barrier from the classroom perspective that we run into is some families where we don't have an interpreter who speaks the family's home language. So that is a real struggle to navigate that."

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 reported that gas vouchers are not always available to caregivers of children enrolled in Head Start.

"A lot of the time, parents need gas vouchers and stuff like that. We can't always provide them those things or access to healthy food close by that won't take forever to get to."

Caregivers were asked how often they had access to reliable transportation in the past 30 days. Half of respondents indicated they had access to reliable transportation *always* (45.0%) or *most of the time* (5.0%; Table 57). Caregivers were then asked to identify any transportation barriers they had experienced in the last 30 days, with the majority of indicated barriers relating to vehicle mechanical problems (60.0%) and places not being within walking distance (60.0.%; Table 58).

Table 57: Reported Frequency of Reliable Transportation Access Within Past 30 Days

In the past 30 days, how often have you had access to reliable transportation?	n	COUNT	PERCENT
Always	20	9	45.0%
Most of the time	20	1	5.0%
Sometimes	20	6	30.0%
Rarely	20	3	15.0%
Never	20	1	5.0%

Table 58: Reported Transportation Barriers Within Past 30 Days

In the past 30 days, what transportation barriers have you experienced? Please select all that apply.	n	COUNT	PERCENT
My vehicle has mechanical problems	10	6	60.0%
The places I need to go are not within walking distance of my home	10	6	60.0%
The bus does not come when I need it to	10	3	30.0%
There is not a bus stop close enough to my home	10	2	20.0%
Other (please specify):	10	2	20.0%
Bus stops are too far from where I need to go			
Bus schedule hours cut shorter in winter, and can't afford to pay for rideshare services			

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

Financial Needs and Career/Education Goals Support

Roughly half (55.0%) of caregivers reported being currently employed, with the majority of them reporting having earned at least an associate degree (85.0%), and roughly one-third reporting being enrolled in school or a career training course (35.0%; Table 59). Although most caregivers are employed

and have an associate degree or higher, some caregivers who participated in the focus group discussed needing additional financial resources to pay their bills. Some social services or resources, like social security, do not provide enough assistance to meet caregivers' financial needs.

"I think I need to be able to pay my bills better. I still need help being able to pay bills sometimes and can't ask because there's a limit on once every three years or something like that. I get income from social security, and I guess they figure that's supposed to be enough."

Table 59. Reported Caregiver Employment Status

EMPLOYMENT/EDUCATION STATUS	n	COUNT	PERCENT
Employment Status			
I am employed and work 30 or more hours a week	20	7	35.0%
I am employed and work less than 30 hours a week	20	4	20.0%
I am unemployed and looking for work	20	5	25.0%
I am unemployed but not looking for work	20	3	15.0%
No Response	20	1	5.0%
Highest Level of Education			
Some college	20	8	40.0%
Bachelor's degree or higher	20	7	35.0%
Associate degree	20	2	10.0%
High school diploma or equivalent (e.g., GED)	20	2	10.0%
Less than high school diploma or equivalent	20	1	5.0%
Currently enrolled in school or career training?			
No	20	13	65.0%
Yes	20	7	35.0%

Respondents were asked whether they felt they had enough money to pay for essential goods and services in the past 30 days. Only one caregiver reported *Always* (4.8%) having enough money to pay for essential goods and services in the past 30 days, while the majority of caregivers reported *Most of the time* (33.3%) or *Sometimes* (28.6%; Table 60).

Table 60: Reported Frequencies of Having Enough Money to Pay For Things Respondents Really Need

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	COUNT	PERCENT
Always	21	1	4.8%
Most of the time	21	7	33.3%
Sometimes	21	6	28.6%
Rarely	21	5	23.8%
Never	21	2	9.5%

When asked if they felt that they had the support and resources necessary to achieve their educational or career goals, caregivers generally agreed (71.4%), but some others disagreed (19.1%). As a follow-up to that question, caregivers were then asked what types of supports they felt were needed to achieve their educational and career goals (Table 61). Most felt they needed financial support (66.7%), and about half of respondents felt they needed additional childcare support (47.6%).

Table 61. Reported Supports and Resources Needed to Achieve Education & Career Goals for Caregivers

What kinds of supports or resources do you feel like you need to achieve your educational or career goals?	n	COUNT	PERCENT
Financial support	21	14	66.7%
Additional childcare support	21	10	47.6%
Transportation support	21	6	28.6%
Job search support (i.e., help creating resume, job interview prep, etc.)	21	4	19.0%
I do not need any additional support or resources to achieve my educational or career goals.	21	1	4.8%

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

Caregiver Social Support Needs

Some caregivers 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. Head Start staff were described as "extended family." Some caregivers also expressed a desire for additional community events hosted by Community Action to foster social connectedness with other parents and families in the community.

"I went through a really difficult time...so I called my family engagement specialist and right away she gave a number that I could call. I was so thankful because I wouldn't have known what to do."

"It would be nice [for Community Action] to have that community, a little activity or get together. It doesn't have to be all the time. But I mean quarterly, maybe four times a year, just to get together."

Caregivers 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*. Approximately two-thirds of respondents *somewhat agreed*, agreed, or *strongly agreed* (61.9%), while a little more than a quarter who *somewhat disagreed*, disagreed, or *strongly disagreed* (28.6%) that they would have the support of family and friends in a time of crisis (Table 62).

Table 62: Reported Agreement on Whether Caregivers Would Have the Support They Need From Family or Friends

In a crisis, I would have the support I need from family or friends.	n	COUNT	PERCENT
Strongly Agree	21	5	23.8%
Agree	21	2	9.5%
Somewhat Agree	21	6	28.6%
Neither Agree nor Disagree	21	2	9.5%
Somewhat Disagree	21	3	14.3%
Strongly Disagree	21	3	14.3%

Childcare Availability Needs

Caregivers who participated in the focus group appreciated that the Head Start program stays open year-round. This was perceived as providing stability for children, which is particularly important for those with disabilities or developmental delays. Caregivers also appreciated the option for extended care and mentioned that grants are available to pay for extended care if needed.

"I think it's good that Community Action stays open year-round because kids, especially kids with disabilities, kind of need that stability."

"Head Start is more than just a daycare where they just go play. They do have a curriculum. I love the facilities, that they also learn some of the baby sign language, some words, routines, and that they have extended care when needed."

Caregivers were asked to indicate the timeframes in which they most needed childcare services to be available to them (Table 63). *Afternoon* (83.0%) and *morning* (78.0%) were the most frequently selected timeframes that caregivers identified as needed for childcare services. 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 (88.2%) and/or afternoon (82.4%; Table 64).

Table 63. Reported Timeframes Needed for Available Childcare Services

When do you need childcare the most? Please select all that apply.	n	COUNT	PERCENT
Afternoon (Between Noon – 6:00 p.m.)	18	15	83.0%
Morning (Between 6:00 a.m. – Noon)	18	14	78.0%
Evening (Between 6:00 p.m. – Midnight)	18	3	17.0%
Night (Between Midnight – 6:00 a.m.)	18	0	0.0%

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

Table 64. Reported Timeframes Caregivers Typically Go to Work or School

When do you typically work and/or go to school? Please select all that apply.	n	COUNT	PERCENT
Morning (Between 6:00 a.m. – Noon)	17	15	88.2%
Afternoon (Between Noon – 6:00 p.m.)	17	14	82.4%
Evening (Between 6:00 p.m. – Midnight)	17	0	0.0%
Night (Between Midnight – 6:00 a.m.)	17	3	17.6%

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). Although they do not have a physical location in Saunders County, many organizations who serve Lancaster County residents also serve those in Saunders County. This means that many residents, particularly those who live in Saunders County, may have to travel across city and county lines to access community resources. 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.

Additional Resources Bus Passes ■ Child & Family Resources Clothing Assistance Cultural & Community Centers Domestic & Sexual Violence Resources Eye Care Fire & Rescue Food Programs Healthcare Resources Housing, Rent, & Utility Assistance Law Enforcement ■ Legal & Court Resources ■ Mental & Behavioral Health Resources Preventative Care & Flu Shots Public Libraries ■ Sexual & Reproductive Health Shelters Special Populations ■ Transportation Resources

Figure 3: Community Resources for Residents of Lancaster and Saunders Counties

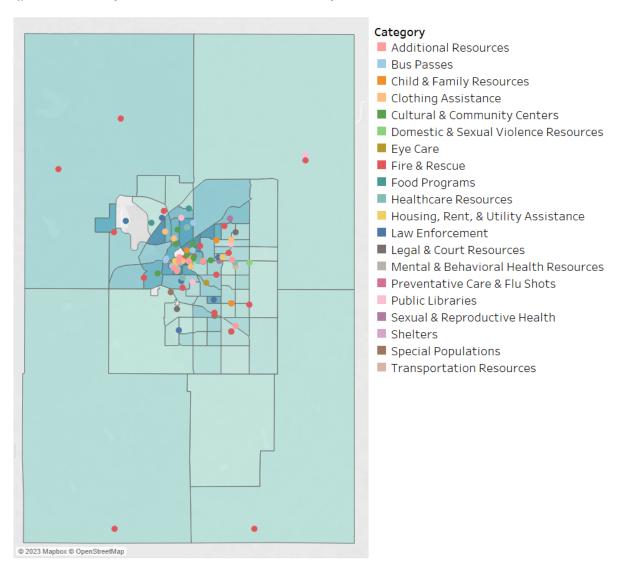
Percent of Families 150% or Below the Poverty Line

1.1%

Lancaster County

There is a higher concentration of resources located in and around areas of Lancaster County with higher concentrations of poverty (Figure 4). A variety of services for many populations are available throughout the county, with most residing within Lincoln city limits (Figure 5).

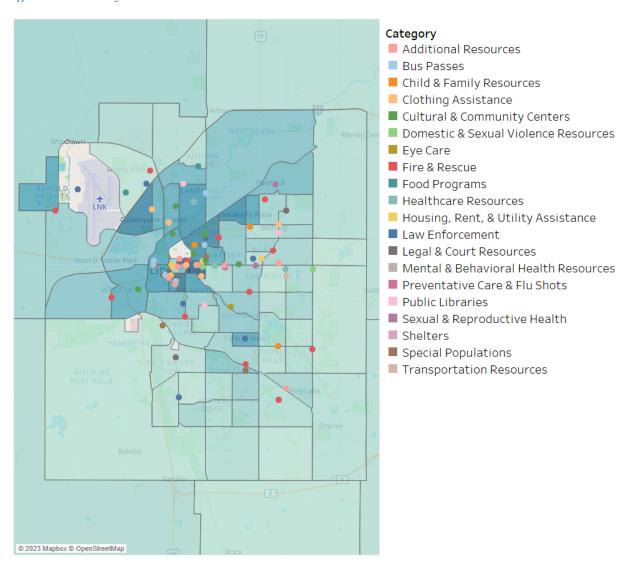
Figure 4: Community Resources Located in Lancaster County



Percent of Families 150% or Below the Poverty Line

1.1%

Figure 5: Community Resources Located in Lincoln



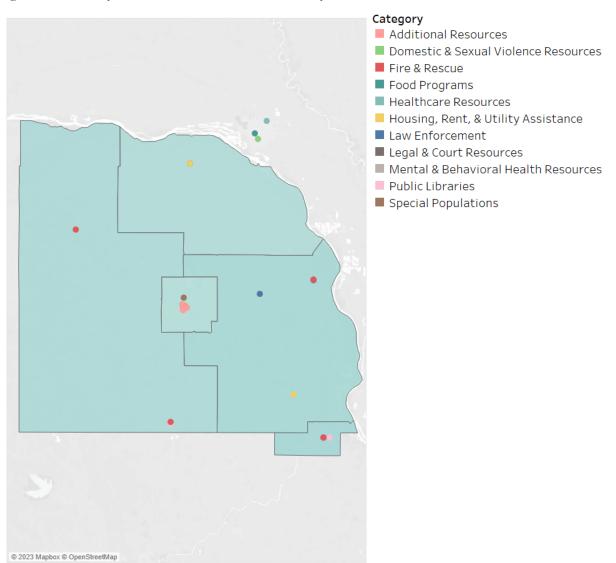
Percent of Families 150% or Below the Poverty Line

1.1%

Saunders County

Saunders County is less populous and has a lower poverty rate than Lancaster County. Many organizations located outside of Saunders County also serve residents in Saunders County. However, this means that Saunders County residents may need to travel to access important services and resources, such as domestic violence shelters and healthcare resources (Figure 6). Many resources available in Saunders County are provided by the county rather than individual nonprofit organizations.

Figure 6: Community Resources Located in Saunders County



Percent of Families 150% or Below the Poverty Line

1.1% 60.8%

Conclusion and Considerations

Overall, the Community Action service area has many strengths and assets available to residents. Strengths include community partnerships, the availability of community resources, outdoor parks, playgrounds and trails, the quality of colleges and universities, and community safety. However, survey and focus group participants also noted areas of need. Identified community needs include transportation access, accessible, affordable, high-quality childcare, affordable housing, and translation and interpretation services. Health and nutrition concerns include mental health, accessibility of healthy foods, access to healthcare, mental health care, and dental care, and discrimination and harassment. In addition to these needs, other factors that contribute to poverty are low wages and lack of benefits and inaccessible social service systems. Head Start-eligible children and families are particularly impacted by these challenges.

In addition to the needs described above, caregivers of children currently enrolled in Head Start and Head Start staff provided more specific feedback on the needs of those currently enrolled in the program. Overall, survey and focus group participants reported that Head Start staff are dedicated to meeting the social service needs of children and their families. Children's educational and social-emotional needs are being met by the program with great satisfaction because of dedicated staff, high-quality curriculum and assessments, and a robust referral network. However, despite Head Start staff agreeing that the nutritional needs of children and their families are being met, some staff and caregivers expressed a desire for the Head Start program to offer less processed foods and a wider variety of meal options that accommodate dietary restrictions for the children enrolled.

Limitations

Users of the 2023 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 survey and focus groups were only conducted in English. Due to project timeline constraints, the NUPPC could not hire focus group interpreters or translate the survey into multiple languages.

Exact data on the demographics of Head Start-eligible children and families are not available. 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 2021 and may not include all individuals who are eligible for Head Start.

Considerations

Based on the key findings from the 2023 Community Needs Assessment, considerations for Community Action program planning include:

- **1.** Consider focusing programming efforts in the rural areas of Saunders County. Of the estimated 84 Head Start-eligible children in Saunders County, none of them reside in Wahoo. This indicates that Head Start-eligible children in Saunders County may reside in the more rural areas of the county.
- 2. Explore strategies to increase availability of translation and interpretation services. Community leaders reported that finding interpreters has become increasingly difficult,

particularly for the Middle Eastern community in Lincoln. Language was identified as a barrier to navigating social service systems, accessing medical care, and receiving legal aid.

- 3. Continue to connect children and families to resources that increase access to transportation, healthy food, and healthcare. These were identified as the most pressing needs of children and families currently enrolled in Head Start. Dental care was identified as a particularly difficult healthcare service to access.
- **4.** Explore strategies to increase meal option flexibility for children enrolled in Head Start. The meals offered by the Head Start program must meet the federal nutrition standards of the Child and Adult Care Food Program (CACFP). However, some Head Start staff and caregivers of children currently enrolled expressed a desire for the Head Start program to offer less processed foods and a wider variety of meal options that accommodate dietary restrictions.

¹⁵ 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 A 1: Where and How Head Start and CSBG Funder Requirements Were Met

REQUIREMENT	HOW REQUIREMENT WAS MET	REPORT SECTION(S)
Head Start Requirements		
The number of eligible infants, toddlers, preschool age children, and expectant mothers, including their geographic location, race, ethnicity, and languages they speak, including: (A) Children experiencing homelessness in collaboration with, to the extent possible, McKinney-Vento Local Education Agency Liaisons (42 U.S.C. 11432 (6)(A)); (B) Children in foster care; and (C) Children with disabilities, including types of disabilities and relevant services and resources provided to these children by community agencies	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: 1. U.S. Census Bureau American Community Survey 2. U.S. Department of Housing and Urban Development Point-in- Time Count 3. Nebraska Foster Care Review Office 2021 Report	Profile of Head Start-Eligible Children and Families (Page 30) Appendix G. Community Resources List (Page 111)
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.	The needs of Head Start-eligible children and their families was assessed through: 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. 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.	Community Needs and Strengths Assessment (Page 38) Head Start-Eligible Children and Families Needs Assessment (Page 60)

REQUIREMENT	HOW REQUIREMENT WAS MET	REPORT SECTION(S)
	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 America, and U.S. Department of Housing and Urban Development. These results were synthesized using a mixed methods	
	approach.	
Typical work, school, and training schedules of parents with eligible children.	Typical schedules of caregivers with eligible children were estimated using data from the Needs and Strengths Assessment survey.	Childcare Availability Needs (Page 70)
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.	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: Nebraska Department of Health and Human Services Nebraska Child Care Market Rate Survey	Secondary Data: Childcare Facilities That Serve Eligible Children (Page 45)
Resources that are available in the community to address the needs of eligible children and their families.	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	Community Resources Appendix G. Community Resources List (Page 111)

REQUIREMENT	HOW REQUIREMENT WAS MET	REPORT SECTION(S)
	Resource Guide, and internet searches.	
Strengths of the community.	The strengths of the community were assessed through: 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. 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. These results were synthesized using a mixed methods approach.	Community Strengths (Page 38)
CSBG Requirements		
Standard 3.2. As part of the community assessment, the organization collects and includes current data specific to poverty and its prevalence related to gender, age, and race/ethnicity for their service area(s).	The prevalence of poverty related to gender, age, and race/ethnicity was assessed by compiling and analyzing existing community data for Lancaster County, Lincoln, Saunders County, and Wahoo.	Community Profiles (Page 15)
Standard 3.3. The organization collects and analyzes both qualitative and quantitative data on its geographic service area(s) in the community assessment.	Qualitative and quantitative data was used in the Community Needs Assessment. Qualitative data includes: • Transcripts and/or notes taken from focus groups conducted with community leaders, Head Start staff, and caregivers of children	Entire report; see Methods (Page 9)

REQUIREMENT	HOW REQUIREMENT WAS MET	REPORT SECTION(S)
	enrolled in the Head Start program. Open ended questions included in the Needs and Strengths Assessment survey. Quantitative data includes: Needs and Strengths Assessment survey item results Existing quantitative community data	
Standard 3.4. The community assessment includes key findings on the causes and conditions of poverty and the needs of the communities assessed.	The causes and conditions of poverty and the needs of the service area communities was assessed through: 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. 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 staff, and caregivers of children enrolled in the Head Start program. 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	Community Needs (Page 40) Causes and Conditions of Poverty (Page 57)

REQUIREMENT	HOW REQUIREMENT WAS MET	REPORT SECTION(S)
	America, and U.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

Each geographic area has increased in population since 2012. Lancaster County and Lincoln saw population increases in excess of 11.0% during this time. Saunders County and Wahoo saw population increases in excess of 6.0% (Table B 1).

Table B 1. Population Trends Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAH00
2021	320,301	289,136	22,008	4,754
2016	301,707	273,018	20,946	4,508
2011	282,931	256,189	20,635	4,456

Source: American Community Survey 5-year Estimates Subject Table (2011, 2016, 2021); Table S0101

White individuals accounted for the highest percentage of the population in each geographic area (Table B 2).

Table B 2. Race Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAH00
White alone	84.1%	82.8%	96.4%	96.3%
Black or African American alone	3.8%	4.1%	0.9%	1.9%
American Indian and Alaska native alone	0.6%	0.7%	0.2%	0.3%
Asian alone	4.2%	4.6%	0.1%	0.0%
Native Hawaiian and Other Pacific Islander alone	0.1%	0.1%	0.0%	0.0%
Some other race alone	1.7%	1.9%	0.2%	0.2%
Two or more races	5.5%	5.9%	2.2%	1.4%

Source: American Community Survey 5-year Estimates Subject Table (2021); Table B02001

Most residents in the geographic areas identified as not Hispanic or Latino. Lancaster County and Lincoln had a higher proportion of residents who identified as Hispanic or Latino than Saunders County or Wahoo (Table B 3).

Table B 3. Ethnicity Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAH00
Not Hispanic or Latino	92.5%	91.9%	97.6%	98.0%
Hispanic or Latino	7.5%	8.1%	2.4%	2.0%

Source: American Community Survey 5-year estimates subject table (2021); Table DP05

Saunders County and Wahoo had a higher proportion of family households compared to Lancaster County and Lincoln (Table B 4).

Table B 4. Household Composition Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAH00
Family	59.7%	57.7%	68.7%	62.5%
Non-Family	40.3%	42.3%	31.3%	37.5%

Source: American Community Survey 5-year estimates subject table (2021); Table S1101

Saunders County had the highest proportion of married-couple family households. Lancaster County, Lincoln, and Wahoo each had about 15.0% of female householders with no husband present (Table B 5).

Table B 5. Family Household Composition Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAH00
Married-couple family household	77.0%	75.2%	83.8%	73.1%
Female householder, no husband present	15.7%	17.2%	9.9%	14.9%
Male householder, no wife present	7.3%	7.7%	6.4%	12.0%

Source: American Community Survey 5-year estimates subject table (2021); Table S1101

The median income in for Lancaster County, Lincoln, and Saunders County has increased since 2011. Income growth was modest from 2011 to 2016. Since 2016, increases in income have accelerated. Wahoo experienced about 30.0% growth in income since 2016. Lancaster County and Lincoln saw income growth in excess of 20.0% since 2016 (Table B 6).

Table B 6. Median Income Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAH00
2021	\$65,086	\$62,566	\$76,485	\$68,092
2016	\$53,730	\$51,126	\$64,475	\$52,612
2011	\$51,059	\$49,114	\$58,348	\$55,174

Source: American Community Survey 5-year estimates subject table (2011, 2016, 2021); Table S1903

For all geographic areas except Wahoo, the unemployment rate has decreased since 2011. In Wahoo, the unemployment rate has decreased since 2016 (Table B 7).

Table B 7. Unemployment Rate Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAH00
2021	3.2%	3.4%	2.4%	1.9%
2016	4.4%	4.6%	2.9%	5.2%
2011	5.9%	6.2%	3.0%	1.7%

Source: American Community Survey 5-year estimates subject table (2011, 2016, 2021); Table S2301

Saunders County had the lowest poverty rate at 6.6%. Lincoln had the highest poverty rate at 13.0% (Table B 8).

Table B 8. Poverty Rate Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAH00
# below poverty level	36,857	35,909	1,441	409
% below poverty level	12.0%	13.0%	6.6%	8.9%

Source: American Community Survey 5-year estimates subject table (2021); Table S1701

A higher proportion of females were identified as in poverty in all geographic regions (Table B 9).

Table B 9. Poverty by Sex Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAH00
Female	53.2%	53.2%	51.8%	57.7%
Male	46.8%	46.8%	48.2%	42.3%

Source: American Community Survey 5-year estimates subject table (2021); Table S1701

Nearly half of the individuals in poverty were between the ages of 18 and 34 in 2021 in Lancaster County and Lincoln. By contrast, the age group with the highest percentage of individuals in poverty in Saunders County and Wahoo was individuals 35 to 64 years old (Table B 10).

Table B 10. Poverty by Age Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAH00
0-4 years	7.7%	7.7%	4.7%	0.0%
5-17 years	16.1%	16.3%	24.2%	26.9%
18-34 years	47.2%	47.8%	24.7%	23.0%
35-64 years	22.0%	21.7%	30.5%	31.1%
65+ years	7.0%	6.5%	15.9%	19.1%

Source: American Community Survey 5-year estimates subject table (2021); Table S1701

Lancaster County and Lincoln have a higher proportion of people of color than Saunders County and Wahoo (Table B 11). As such, Lancaster County and Lincoln also have a higher proportion of people of color who are in poverty.

Table B 11. Poverty by Race Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAHOO
White alone	71.7%	71.2%	92.6%	80.2%
Black or African American alone	7.4%	7.5%	2.5%	8.8%
American Indian and Alaska Native alone	1.1%	1.1%	0.4%	0.0%
Asian alone	5.0%	5.1%	0.0%	0.0%
Native Hawaiian and Other Pacific Islander alone	0.3%	0.4%	0.0%	0.0%
Some other race alone	4.4%	4.5%	0.0%	0.0%
Two or more races	10.1%	10.2%	4.4%	11.0%

Source: American Community Survey 5-year estimates subject table (2021); Table S1701

Educational attainment data is shown for those above the age of 25 who are living in poverty. A higher percentage of those in poverty in Saunders County and Wahoo are high school graduates than Lancaster County or Lincoln (Table B 12).

Table B 12. Poverty by Educational Attainment Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAH00
Less than high school graduate	17.0%	17.5%	18.4%	13.3%
High school graduate	30.7%	30.1%	45.1%	53.0%
Some college, associate degree	34.8%	34.9%	29.9%	30.5%
Bachelor's degree or higher	17.5%	17.5%	6.6%	3.2%

Source: American Community Survey 5-year estimates subject table (2021); Table S1701

Most individuals who are at least 16 years old in the civilian workforce and in poverty in 2021 were employed in all geographic regions (Table B 13).

Table B 13. Poverty by Employment Status Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAH00
Employed	17.0%	17.5%	18.4%	13.3%
Unemployed	30.7%	30.1%	45.1%	53.0%

Source: American Community Survey 5-year estimates subject table (2021); Table S1701

Individuals over the age of 16 and in poverty in Lancaster County and Lincoln generally worked part-time or part-year during the past 12 months. Individuals over the age of 16 and in poverty in Wahoo generally did not work in 2021 (Table B 14).

Table B 14. Poverty by Work Experience Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAH00
Worked full-time, year-round in the past 12 months	9.4%	9.3%	5.3%	0.0%
Worked part-time or part-year in the past 12 months	53.6%	54.2%	45.7%	39.8%
Did not work	37.0%	36.5%	49.0%	60.2%

Source: American Community Survey 5-year estimates subject table (2021); Table S1701

Lancaster County and Lincoln have a higher proportion of people who identify as Hispanic or Latino than Saunders County and Wahoo (Table B 15). As such, Lancaster County and Lincoln also have a higher proportion of people of who identify as Hispanic or Latino who are in poverty.

Table B 15. Poverty by Ethnicity Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAH00
Not Hispanic or Latino	86.4%	86.1%	96.4%	100%
Hispanic or Latino	13.6%	13.9%	3.6%	0.0%

Source: American Community Survey 5-year estimates subject table (2021); Table S1701

Appendix C. Data Source List

Table C 1: 2023 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.
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.
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.

DATA SOURCE	DESCRIPTION
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. 2023 Community Needs and Strengths Assessment Survey

Introduction (all participants were asked to respond to these items)

Thank you for taking the time to complete the Community Needs and Strengths Assessment survey. This survey is being conducted as part of the Community Action Partnership of Lancaster and Saunders Counties Community Needs Assessment. The goal of this survey is to better understand the needs and strengths of your community and help inform Community Action's program planning.

Your responses to this survey will remain anonymous. If you have any questions related to the survey, please contact Alyssa Sloane with the University of Nebraska Public Policy Center at 402-472-4149 or alyssa.sloane@unl.edu.

Which county do you live in?

- Lancaster County
- Saunders County

What city or town do you live in?

(Response options based on selected county)

Are you or your child(ren) enrolled in the Head Start or Early Head Start program?

- Yes
- No

How many children 18 and younger live in your household?

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

- Yes
- No

Community Needs and Strengths – Overall (all participants were asked to respond to these items)

How would you rate the following in your county?

	Very	Bad	Neither Good	Good	Very Good
	Bad		nor Bad		
The availability of outdoor parks,					
playgrounds, and trails					
The general appearance or					
physical environment (i.e.,					
cleanliness, attractiveness)					
The availability of public					
transportation					
Job opportunities					
Overall economy					

	Very Bad	Bad	Neither Good nor Bad	Good	Very Good
The availability of affordable					
housing					
The availability of affordable					
childcare					
The overall quality of the colleges					
and universities					
The availability of affordable,					
healthy foods					
Being a good place to meet people					
and make friends					
The availability and accessibility					
of quality healthcare					
How much people in the					
community care about each other					
Being a safe place to live					
The availability of arts and cultural					
opportunities, such as theater,					
museums, and music					
The availability of social					
community events, such as					
festivals, picnics, parades, and					
street fairs					
The availability of social services					
to meet basic needs (i.e., food,					
shelter, clothing)					

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

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

- 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
- Getting around town safely (driving, walking, and riding)
- Cancer
- Asthma
- Infectious disease (i.e., COVID-19)
- Other (please specify):

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):	-		
tudies show that discrimination and hara	•	•	2 0
lave you personally experienced discrimi			•
f your race, ethnicity, language, migration religion in any of the following situation		tual orientatio	on, socio-economic status
r rengion in any of the following situation			
	Not applicable	Yes	No
At school?			
Getting hired/getting a job?			
At work?			
Getting housing?			
Getting medical care?			
Getting services at a store or restaurant?			
Getting credit, a bank loan, or a mortgage?			
On the street or in a public setting?			
From the police or in the court system?			
		l	I
Canagiyang Duanah (anly thasa yeha idantif	fied as a garagiyar to	a Hood Stout	child wore esteed to
Caregivers Branch (only those who identife espond to these items)	neu as a caregiver it	a meau Start	timu were askeu to
espond to these tems)			

Educational Needs

How many of your children are currently enrolled in the Head Start or Early Head Start program?

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

- Strongly Agree
- Agree
- Somewhat Agree
- Neither Agree nor Disagree
- Somewhat Disagree

- Disagree
- Strongly Disagree

If applicable, please describe any of your child(ren)'s educational needs that you feel are not being met.

Economic Mobility

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.

- Never
- Rarely
- Sometimes
- Most of the time
- Always

Please indicate your level of agreement with the following statement:

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

- Strongly Agree
- Agree
- Somewhat Agree
- Neither Agree nor Disagree
- Somewhat Disagree
- Disagree
- Strongly Disagree

What kinds of support or resources do you need to achieve your education or career goals? Please 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):

Health/Nutrition Needs

Please indicate your level of agreement with the following statement:

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

- Strongly Agree
- Agree
- Somewhat Agree
- Neither Agree nor Disagree
- Somewhat Disagree

- Disagree
- Strongly Disagree

If applicable, what types of barriers have you faced during the past 12 months in getting healthcare services that you or your family needed? Please 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): ______

Please indicate your level of agreement with the following statement:

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

- Strongly Agree
- Agree
- Somewhat Agree
- Neither Agree nor Disagree
- Somewhat Disagree
- Disagree
- Strongly Disagree

If applicable, 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 mental healthcare services
- Other (please specify):

Please indicate your level of agreement with the following statement: In a crisis, I would have the support I need from family or friends.

- Strongly Agree
- Agree
- Somewhat Agree
- Neither Agree nor Disagree
- Somewhat Disagree
- Disagree
- Strongly Disagree

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

- Never
- Rarely
- Sometimes
- Most of the time
- Always

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 healthy
- Other (please specify): ______

Transportation/Schedule

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

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

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

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

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

- Yes
- No

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

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

In the past 30	days, how of	ften have yo	u had access	to reliable t	ransportation	?	
NeverRarelySometiMost oAlways	f the time						
In the past 30	days, what t	ransportatio	on barriers h	ave you exp	erienced? Sel	ect all that	t apply.
AnotheThe buThere iThe plan	or person oftens does not constant a bus states I need to	ome when I n top close eno go are not w	r/truck when	me	my home		
Head Start Stathese items)	off Branch (only those w	ho identified	as Head Sta	art staff were	asked to r	espond to
			r the needs o	f <i>children</i> se	rved by the H	lead Start	and Early
	Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
Educational needs				Disting 100			
Physical health needs Social- emotional							
needs Nutrition needs							
Do you have a	ny comment	s related to	your ratings	for the item	s above?		

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

	Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
Educational							
needs							
Physical							
health							
needs							
Social-							
emotional							
needs							
Nutrition							
needs							

Do you hav	e any comments rela	ted to your ratin	gs for the items	above?	
Is there any survey?	ything else that you w	 vould like to let u	s know about th	he topics that wer	e covered in this

How old are you?

- 19 years old or younger
- 20 to 24 years old
- 25 to 34 years old
- 35 to 44 years old
- 45 to 54 years old
- 55 to 64 years old
- 65 years old or older

Which of the following categories best describes you? Select all that apply.

Demographics (all participants were asked to respond to these items)

- o American Indian or Alaska Native
- o Asian
- o Black or African American
- o Hispanic or Latino/a
- Middle Eastern or North African
- o Native Hawaiian or Other Pacific Islander
- o White
- Another option not listed here (please specify):
- o I prefer not to answer this question

Which of the following categories best describes your gender? Select all that apply.

o Man

- o Woman
- o Transgender
- o Non-Binary
- o Another option not listed here (please specify):

Appendix E. 2023 Community Needs and Strengths Assessment Focus Group Protocol

Focus Group Protocol: Caregivers 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. 2023 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 F 1, of the 76 respondents to the survey, 96.1% reported living in Lancaster County, while 3.9% reported living in Saunders County.

Table F 1. Reported Geographic Area of Residence for Survey Respondents

GEOGRAPHIC AREA	COUNT	PERCENT
Lancaster County	73	96.1%
Lincoln	70	92.1%
Firth	1	1.3%
Hickman	1	1.3%
Waverly	1	1.3%
Saunders County	3	3.9%
Prague	1	1.3%
Valparaiso	1	1.3%
Wahoo	1	1.3%

Respondents were asked for their age, represented by discrete age ranges, as seen in Table F 2. The majority of respondents indicated that they were 35 to 44 years old (35.5%), or 25 to 34 years old (26.3%).

Table F 2. Reported Age Ranges of Survey Respondents

AGE RANGE	COUNT	PERCENT
20 to 24 years old	9	11.8%
25 to 34 years old	20	26.3%
35 to 44 years old	27	35.5%
45 to 54 years old	9	11.8%

AGE RANGE	COUNT	PERCENT
55 to 64 years old	5	6.6%
65 years old or older	2	2.6%

Respondents were asked to indicate their race and ethnicity, with the majority of the respondents identifying as white (67.1%; Table F 3). No respondents identified as an American Indian, Alaska Native, Native Hawaiian, or Pacific Islander, so those categories are excluded from the table below.

Table F 3. Reported Race & Ethnicity of Survey Respondents

RACE/ETHNICITY	COUNT	PERCENT
Asian	3	3.9%
Black/African American	8	10.5%
Hispanic/Latino	8	9.2%
Middle Eastern/North African	3	3.9%
White	51	67.1%
Preferred Not to Answer	4	5.3%
Other	1	1.3%
Brazilian		

Note. Respondents were encouraged to all applicable race/ethnicity options that applied, so the total percents do not sum to 100.

Respondents were asked to indicate the gender with which they identified, with the majority of respondents identifying as women (78.9%; Table F 4). No respondents reported identifying as transgender, so that category is not included in the table below.

Table F 4. Reported Gender Identity of Survey Respondents

GENDER IDENTITY	COUNT	PERCENT
Woman	60	78.9%
Man	8	10.5%
Non-Binary	2	2.6%
No Response	4	5.4%

GENDER IDENTITY	COUNT	PERCENT
Preferred Not to Answer	2	2.6%

Respondents were asked to provide how many children that were under the age of 18 living in their household (Table F 5). The majority of respondents had no children (32.9%), two children (27.6%), or one child (21.1%) living in their household.

Table F 5. Reported Number of Children Under 18 in Household

NUMBER OF CHILDREN	COUNT	PERCENT
0	25	32.9%
1	16	21.1%
2	21	27.6%
3	9	11.8%
4	3	3.9%
5	2	2.6%

Respondents were asked several questions related to the communities in which they live. As seen in Table F 6, ratings of *The availability of outdoor parks, playgrounds, and trails* (Mean = 4.1, S.D. = 0.9), *The overall quality of the colleges and universities* (Mean = 3.9, S.D. = 0.7), and Meing a safe place to live (Mean = 3.9, S.D. = 0.9) were most closely aligned with the "Good" responses option. Ratings for *The availability of affordable housing* (Mean = 2.3, S.D. = 1.1), and *The availability of affordable childcare* (Mean = 2.3, S.D. = 1.2) were most closely aligned with the "Bad" response option. Twenty respondents provided additional comments related to their counties, addressing issues such as affordable health and mental care, affordable housing, accessibility (transportation and language barriers) of social services, and a lack of programs and services that address chronic poverty.

Table F 6. 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^	76	4.1	0.9
The overall quality of the colleges and universities^	76	3.9	0.7
Being a safe place to live^	76	3.9	0.9

How would you rate the following in your county?	n	MEAN	S.D.
The general appearance or physical environment (i.e., cleanliness, attractiveness)	76	3.7	0.9
Job opportunities	76	3.7	1.0
Being a good place to meet people and make friends	76	3.6	0.9
How much people in the community care about each other	76	3.6	0.9
Overall economy	76	3.4	1.0
The availability of arts and cultural opportunities, such as theater, museums, and music	76	3.4	1.1
The availability of social community events, such as festivals, picnics, parades, and street fairs	75	3.4	0.9
The availability of social services to meet basic needs (i.e., food, shelter, clothing)	76	3.4	1.2
The availability and accessibility of quality healthcare	76	3.2	1.2
The availability of public transportation	76	3.0	1.2
The availability of affordable, healthy foods	76	3.0	1.2
The availability of affordable housing	76	2.3	1.1
The availability of affordable childcare	76	2.3	1.2

Note. Scale responses were coded as (1) Very Bad, (2) Bad, (3) Neither good nor bad, (4) Good, and (5) Very good. ^Statistically aligned with the "Good" response option.

Respondents were asked to select their top three issues that they were the most concerned about in their county, with *Mental health* (85.0%), *Challenges getting health and affordable food* (59.0%), and *Alcohol, drug, and tobacco use* (48.0%) as the most selected options (Table F 7). Seven respondents provided additional health concerns, including obesity, affordable housing and healthcare, and the needs of the unhoused in the community.

Table F 7. Reported Top Three County Health Issues

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)	75	64	85.0
Challenges getting healthy and affordable food	75	44	59.0
Alcohol, drug, and tobacco use	75	36	48.0
Getting around town safely (driving, walking, and riding)	75	21	28.0
Getting enough exercise	75	10	13.0
Diabetes	75	9	12.0
Infectious disease (i.e., COVID-19)	75	9	12.0
Cancer	75	8	11.0
Heart disease (i.e., high blood pressure, stroke)	75	6	8.0
Asthma	75	3	4.0
Other (please specify):	75	7	9.0

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, with *Access to healthy foods* (59.0%), *Reduced access to drugs and alcohol* (43.0%), and *Neighborhood connectedness* (41.0%) being the most selected response options (Table F 8). Fourteen respondents provided additional responses, including addressing public policies rooted in racism, training to address opioid addiction, as well as affordable housing, childcare, & mental health services.

Table F 8. Reported Top Three Options for a Healthier County

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	75	44	59.0%
Reduced access to drugs and alcohol	75	32	43.0%
Neighborhood connectedness	75	31	41.0%

What would make your county a healthier place for you or your family? Select your top three priorities.	n	COUNT	PERCENT
Neighborhood safety	75	30	40.0%
Cleaner environment	75	19	25.0%
Traffic safety	75	18	24.0%
More places to exercise	75	16	21.0%
Other (please specify):	75	14	19.0%

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 402-464-2227

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-8:00pm Monday-Thursday, 2:00pm-7:00pm 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://www.facebook.com/NWLincolncoc/

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://www.facebook.com/lincolncommunitybabycloset/

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

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://l-

housing.com/FamilyResourceCenter.html

8:00am-12:00pm, 1:00pm-5:00pm Provides food assistance, clothing, and reducedcost 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 and Friday 9:00am-5:00pm, 6:00pm-9:00pm Tuesday-Thursday 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-8:00pm 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/

9:00am-4:00pm Monday-Thursday 9:00am-12:00pm Friday

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 402-937-7110

https://www.indiancenterinc.org/

Hours are by appointment.

Malone Community Center

2032 U St, Lincoln, NE 68503 402-474-1110

https://malonecenter.org/

7:30am-5:30pm 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 402-437-5437

https://cedarskids.org/

12:00pm-4:00pm Monday, 11:00am-1:00pm, 4:00pm-6:00pm Tuesday- Thursday 10:00am-1:00pm Friday-Saturday A safe place where runaway, homeless, and atrisk 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 nonoffending family members. Community and agency trainings available.

Friendship Home

PO Box 85358, Lincoln, NE 68501 (Physical address is unlisted) 402-434-6353

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 68516 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-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.voicesofhopelincoln.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

5516 Sea Mountain Rd, Lincoln, NE 68521 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-8:00pm 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/thegathering-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/

9:00am-4:00pm Monday-Thursday 9:00pm-12:00pm Friday

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

www.fpclincoln.org/misson-home/jacobs- well/ 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 402-580-1535

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 68501 402-477-4116

https://www.mtko.org/

11:30am-12:30pm and 5:30pm-6:30pm 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

4140 N 60th St, Lincoln, NE 68507 402-471-3700

4:30pm-6:30pm

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

 $\underline{https://centralusa.salvationarmy.org/lincoln/cure-\underline{hunger/}}$

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

301 S. 70th St Ste 340, Lincoln, NE 68516 402-483-4800

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

http://nuihc.com/

8:00am-12:00pm, 1:00pm-4:30pm Monday-Thursday

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/

8:00am-5:00pm Monday-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

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

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 7:00am-12:00pm 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 Clinic3131 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/He alth-Department/Community-Health-Services#section-8

8:30am-3:30pm Monday-Friday STD testing available at free or reduced cost.

Housing, Rent, and Utility Assistance

Aging Partners

1005 O St, Lincoln, NE 68508 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

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

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

555 S. 10th St, Lincoln, NE 68508 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 68501 402-835-6294

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

2230 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 402-875-9353

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 402-441-3600

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 402-441-9480

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 402-441-7481

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 Officer

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

941 O St STE 301, 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 402-342-707

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

941 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/

8:00am-4:30am Monday-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-6:00pm 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 402-786-0248

http://waverlylibrary.org/

1:00pm-3:00pm Monday 10:00am-7:00pm Wednesday-Thursday 10:00am-12:30pm Friday

Williams Branch Library

5000 Mike Scholl St, Lincoln, NE 68524 402-441-8580

https://lincolnlibraries.org/

4:00pm-8:00pm Monday-Thursday 4:00pm-6:00pm Friday 1:00pm-6:00pm Saturday-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

130 S Harrison St, Hallam, NE 68368 402-787-2235

Lincoln Fire & Rescue Fire Station #1

1801 Q St, Lincoln, NE 68508 402-441-8350

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 402-441-8363

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 150 W 2nd, Malcolm, 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

Lincoln Police Department 575 S 10th St, Lincoln, NE 68508 402-441-6000 lpd@cjis.lincoln.ne.gov

LPD Northeast Team Station 5201 R St, Lincoln, NE 68504 402-441-3002

LPD Southeast Team Stations6601 Pine Lake Rd, Lincoln, NE 68516
3800 S 48th St, Lincoln, NE 68506
402-441-7755

LPD Northwest Team Station1501 N 27th St, Lincoln, NE 68503
402-441-6555

*Call 911 for emergencies. All other phone numbers are non-emergency.

LPD Southwest Team Substations

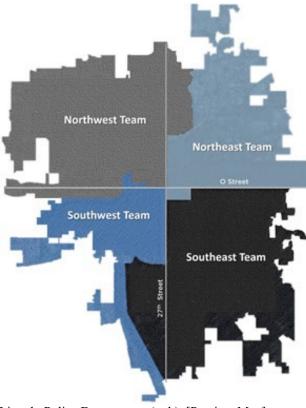
2300 S 16th St, Lincoln, NE 68502 6701 S 14th St, Lincoln, NE 68512 1225 F St, Lincoln, NE 68508 402-441-7751

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. (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 402-436-5437

https://cedarskids.org/

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

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 402-441-7871

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-5:00pm 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

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 and 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

1005 O St, Lincoln, NE 68508 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 68509

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/

8:00am-7:00pm 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 402-489-3802 ex 7842

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 402-440-7040

https://www.nuihc.com/transportation/

8:00am-12:00pm, 1:00pm-5:00pm

Monday-Thursday

8:00am-12:00pm, 1:00pm-4:00pm 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/LT U/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/LT U/StarTran/Paratransit

5:40am-9:50pm Monday-Friday 6:40am-7:35pm 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

https://l-

402-434-2621

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-8:00pm 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-4:00pm Monday-Thursday 10:00am-2:00pm Friday

The HUB

1037 S 12th St, Lincoln, NE 68508 402-471-8526 https://www.hublincoln.org/ 1:00pm-3:00pm 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/LT U/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

745 S 9th St, 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)

1400 R St, 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

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/wester n/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 68509 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-5:00pm 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-

Prague City Hall

income.

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/S EC/Wahoo%20Utilities%7COnline%20Bill%2 0Payment

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

 $\underline{https://www.countyoffice.org/weston-city-hall-weston-ne-d6d/}$

Section 8 housing application assistance.

Legal and Court Resources

Saunders County Public Defender's Office 443 N. Chestnut St, Wahoo, NE 68066 402-443-3815

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/county_court/county_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

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/iuvenile.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, Friday Wednesday hours alternate weekly between 9:00am-5:00pm and 1:00pm-8:00pm Outpatient mental health services and medication management.

*Region V Systems

1645 N St, Lincoln, NE 68508 402-441-4343 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

Mead Public Library

316 S Vine St, Mead, NE 68041 402-624-6605 8:00am-8:00pm Monday-Thursday 8:30am-5:00pm Friday-Saturday 1:00am-5:00pm Sunday

Wahoo Public Library

637 N Maple St, Wahoo, NE 68066 402-443-3871

https://www.wahoo.ne.us/vnews/display.v/S EC/City%20of%20Wahoo%7CLibrary

9:00am-7:00pm Monday-Thursday 9:00am-5:00pm Friday 9:00am-1:00pm Saturday

Yutan Public Library

410 1st St, Yutan, NE 68073 402-625-2111

http://libraries.ne.gov/yutan/

9:00am-3:00pm Monday-Tuesday 9:00am-3:00pm, 4:00pm-7:00pm Wednesday 9:00am-3:00pm, 4:00pm-8:00pm Thursday 9:00am-12:00pm Friday-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

Malmo Volunteer Fire Department

122 Center Ave, Malmo, 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

102 Poplar 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

1005 O St, Lincoln, NE 68508

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/vet

erans_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-12:00pm, 4:00pm-5:00pm Monday-Friday 11:00am-12:00pm, 4:00pm-5:00pm Saturday-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-4:15pm Monday-Friday (van hours) \$1 each way for same town travel. \$2 each way for town-to-town travel. \$4 each way for out-ofcounty 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

 $\frac{https://saunderscounty.ne.gov/webpages/tre}{asurer/treasurer.html}$

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, 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.

Teammates of Saunders County

504 W 8th St, Wahoo, NE 68066 402-443-1029 https://teammates.org/

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 LBGTQ youth.

Veterans Crisis Line

1-800-273-8255

Hotline provides crisis intervention for veterans by Veterans' Affairs staff.