



2023 Community Needs Assessment

Prepared for Community Action Partnership of Lancaster and Saunders Counties

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Secondary data updated February 13, 2024 by Alexis Cruz,
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February 2024

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Table of Contents

Executive Summary	7
Community Strengths.....	7
Community Needs.....	7
Needs of Head Start-Eligible Children and Families	8
Introduction.....	9
Methods.....	9
Compilation and Analysis of Existing Community Data.....	9
Needs and Strengths Assessment Survey.....	10
Needs and Strengths Assessment Focus Groups.....	10
Survey and Focus Group Participants	10
Compilation and Mapping of Community Resources.....	11
Community Action Service Summary	12
Community Profiles	15
Profile of Head Start-Eligible Children and Families.....	30
Estimated Geographic Area of Eligible Children and Pregnant People.....	30
Estimated Race and Ethnicity of Eligible Children and Pregnant People.....	31
Estimated Languages Spoken by Eligible Children and Pregnant People	33
Estimated Household Composition of Eligible Children.....	35
Children in Foster Care	36
Children Experiencing Homelessness.....	37
Children with Disabilities.....	36
Community Needs and Strengths Assessment.....	38
Community Strengths.....	38
1. Community Partnerships	38
2. Availability of Community Resources.....	38
3. Outdoor Parks, Playgrounds, and Trails	39
4. Quality of Colleges and Universities	39
5. Community Safety.....	39
Community Needs.....	40

1. Transportation Access	40
2. Accessible, Affordable, High-Quality Childcare	43
3. Affordable Housing.....	43
4. Translation and Interpretation Services.....	48
Health and Nutrition Concerns.....	49
1. Mental Health.....	49
2. Accessibility of Healthy Foods	51
3. Access to Healthcare, Mental Healthcare and Dental Care	54
4. Discrimination and Harassment	56
Causes and Conditions of Poverty	57
1. Low Wages and Lack of Benefits	57
2. Inaccessible Social Service Systems	58
Head Start-Eligible Children and Families Needs Assessment	60
Educational Needs	60
Social-Emotional Needs	61
Nutritional Needs	62
Healthcare, Mental Healthcare, and Dental Care Needs	64
Transportation Needs	66
Financial Needs and Career/Education Goals Support	67
Caregiver Social Support Needs	69
Childcare Availability Needs	70
Community Resources	72
Lancaster County.....	73
Saunders County	75
Conclusion and Considerations.....	76
Limitations	76
Considerations.....	76
Appendix A. Head Start and CSBG Funder Requirements	78
Appendix B. Comparison of Community Profile Characteristics Across Service Areas	83
Appendix C. Data Source List	89
Appendix D. 2023 Community Needs and Strengths Assessment Survey.....	91

.....

Appendix E. 2023 Community Needs and Strengths Assessment Focus Group Protocol	100
Appendix F. 2023 Needs and Strengths Assessment Survey Respondent Demographics and Complete Response Frequencies for Community Needs and Strengths Matrix Questions.....	105
Appendix G. Community Resources List	111
Lancaster County Resources	111
Saunders County Resources	129

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

1. **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.lincolnvitalisigns.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 2022 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 2022 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 2022. 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 2022.

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 Start-eligible 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 RESPONSES		FOCUS GROUP PARTICIPATION	
	COUNT	PERCENT	COUNT	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 17,743 individuals through a variety of programs in 2023.



17,743

Individuals served in 2023

EARLY CHILDHOOD EDUCATION

1,426



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

6,050



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

539



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

2,275



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

8,590

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 2023 Community Service Block Grant (CSBG) Annual Report and the Early Head Start and Head Start 2022-2023 Self-Assessment Report.

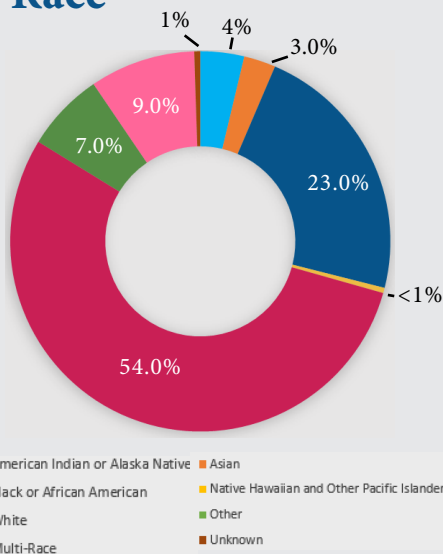
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Services Overview (Cont.)

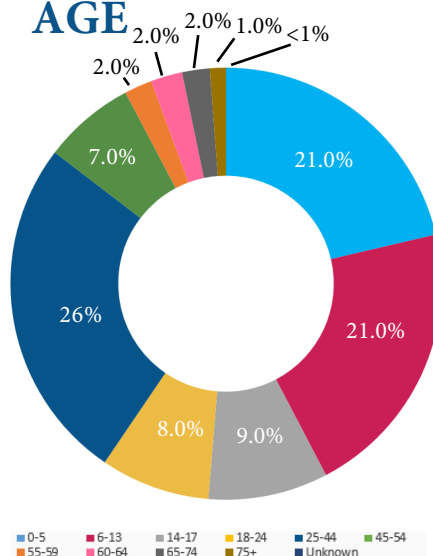


Community Action Partnership of Lancaster and Saunders Counties collects demographic data on participants served through select programs. Demographic data is available for 3,328 individuals out of the 18,156 individuals served in 2023.

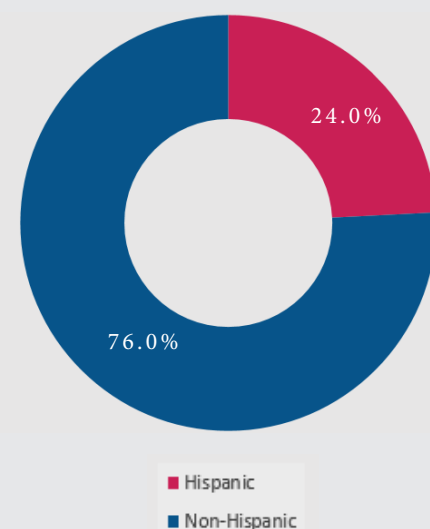
Race



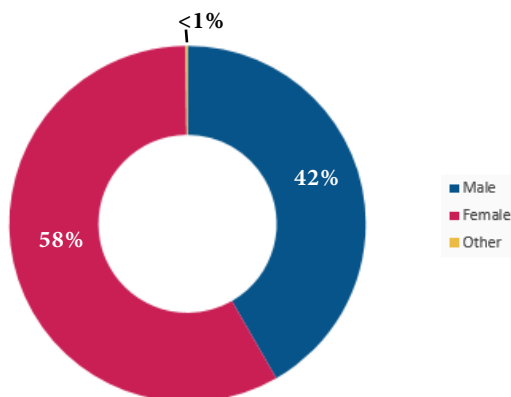
AGE



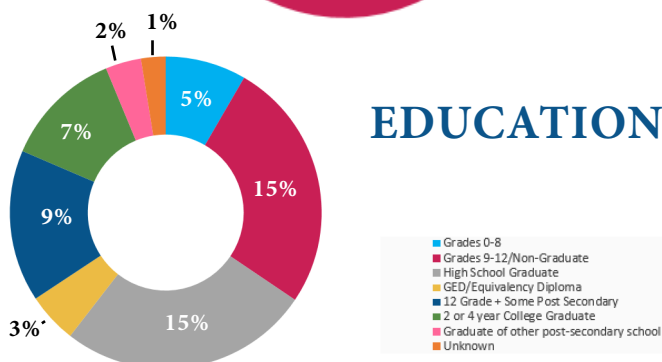
ETHNICITY



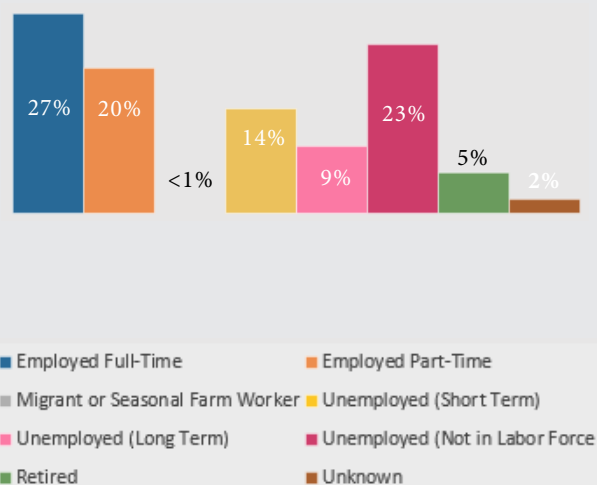
SEX



EDUCATION



EMPLOYMENT



Early Head Start & Head Start



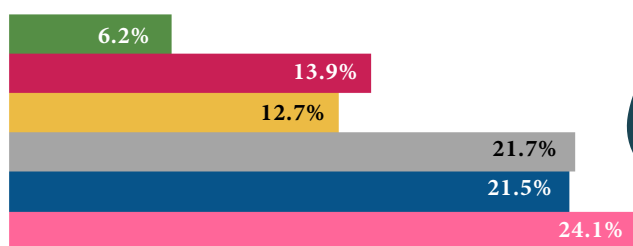
Community Action Partnership of Lancaster and Saunders Counties served 439 children and their families and pregnant women through Early Head Start and Head Start programs during the 2023-2022 school year.



439

Children and their families and pregnant women served

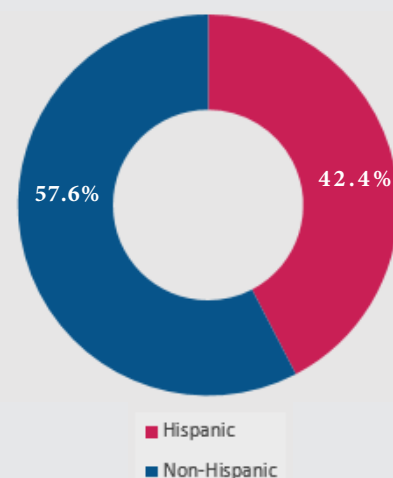
PARTICIPANT TYPE



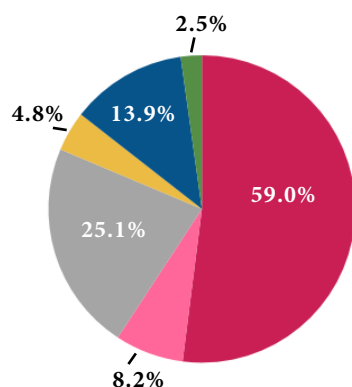
■ Pregnant Women
■ 3 yrs old
■ 1 yrs old
■ 4 yrs old
■ 2 yrs old
■ <1 yr old



ETHNICITY



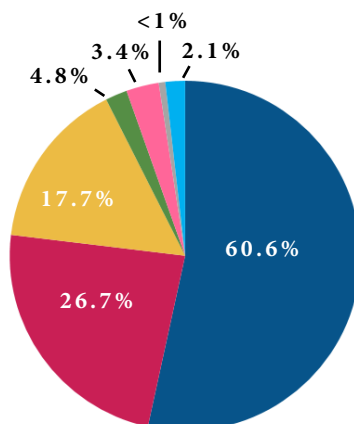
ELIGIBILITY



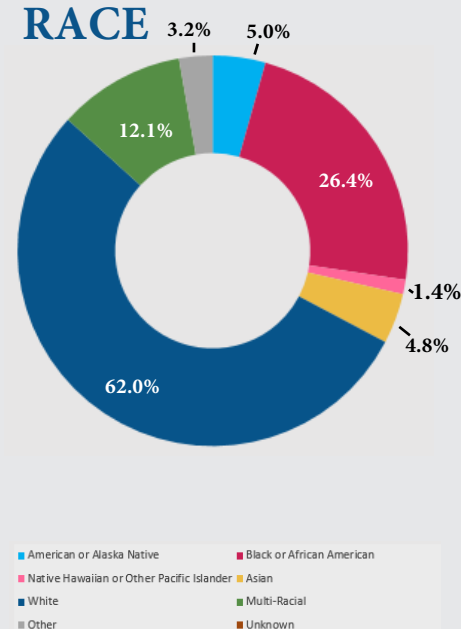
LANGUAGES

■ English
■ Middle Eastern
■ East Asian
■ Other
■ Spanish
■ African
■ European

■ Family Income below federal poverty line
■ Family Income 100-130% of Federal Poverty Line
■ Family Eligible for Public Assistance
■ Child in Foster Care
■ Child is Homeless
■ Other



RACE



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.

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Community Profiles

Lancaster County

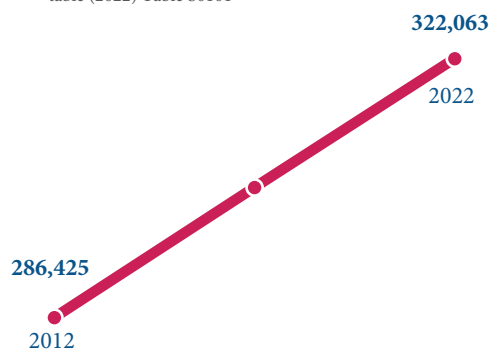


Population and Selected Demographics

POPULATION

Since 2012, the population of Lancaster County increased by 35,637 individuals or 12.4%.

Data Source: American Community Survey 5-year estimates subject table (2022) Table S0101

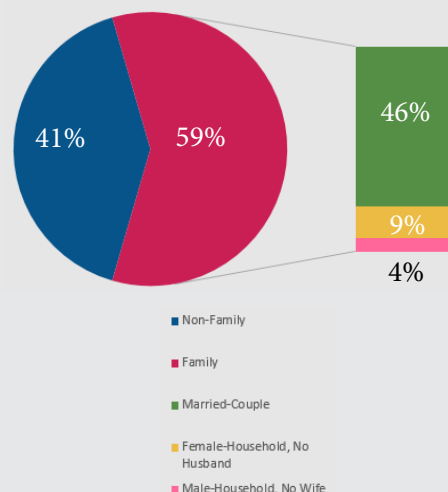


HOUSEHOLD COMPOSITION

The majority (59.1%, $n = 76,741$) of the 129,869 households in Lancaster County in 2022 were comprised of families.

The majority (46%, $n = 59,168$) of family households consisted of a married family. 9.2% ($n = 11,943$) of family households were led by a female householder with no husband present.

Data Source: American Community Survey 5-year estimates subject table (2022) Table S1101



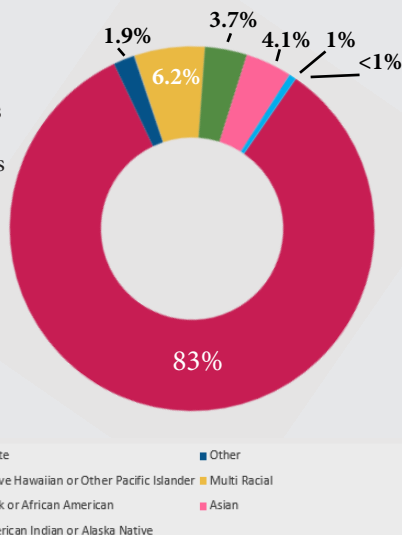
RACE

In 2022, the majority (83.3%, $n = 268,359$) of Lancaster County residents identified as white. The second and third highest percentages of racial identities identified as two or more races (3.2%, $n = 20,058$) and Asian (4.1%, $n = 13,278$).

Data Source: American Community Survey 5-year estimates subject table (2022) Table B02001

16.7%

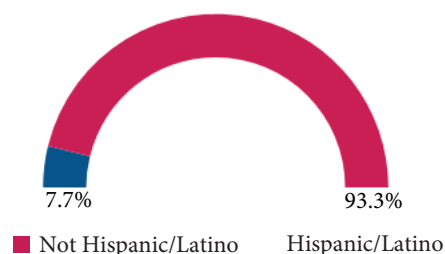
of Lancaster County residents identified as people of color in 2022



ETHNICITY

In 2022, 92.3% ($n = 297,273$) of Lancaster County residents identified as Non-Hispanic or Latino compared to 7.7% of residents who identified as Hispanic or Latino ($n = 24,790$).

Data Source: American Community Survey 5-year estimates subject table (2022) Table DP05



Lancaster County (cont.)

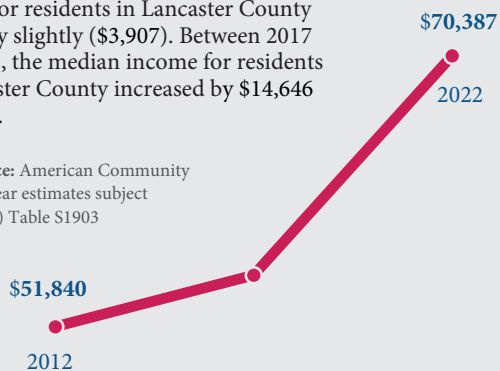


Income and Employment

MEDIAN INCOME

Between 2012 and 2017, the median income for residents in Lancaster County grew only slightly (\$3,907). Between 2017 and 2022, the median income for residents of Lancaster County increased by \$14,646 or 26.3%.

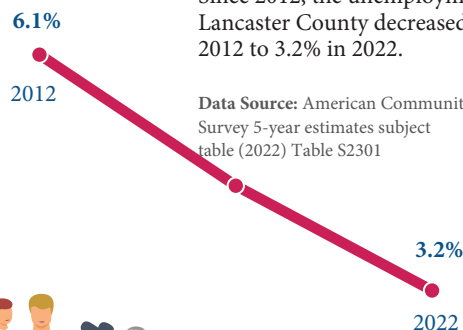
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1903



UNEMPLOYMENT RATE

Since 2012, the unemployment rate in Lancaster County decreased from 6.1% in 2012 to 3.2% in 2022.

Data Source: American Community Survey 5-year estimates subject table (2022) Table S2301



Poverty



36,483

Lancaster County residents (11.8%) lived below the poverty level in 2022

RACE

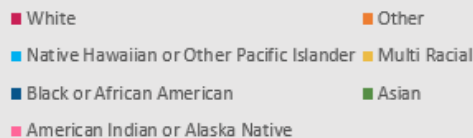
The majority (73%, $n = 26,643$) of individuals in poverty in 2022 identified as white. However, the proportion of individuals who identified as white in poverty is smaller than the proportion of individuals who identified as white in Lancaster County (83.3% of the entire population compared to 73% of 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 (4.3% of the entire population compared to 7.3% 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 (2022) Table S1701

Lancaster Residents in Poverty



Lancaster Residents Overall



Lancaster County (cont.)

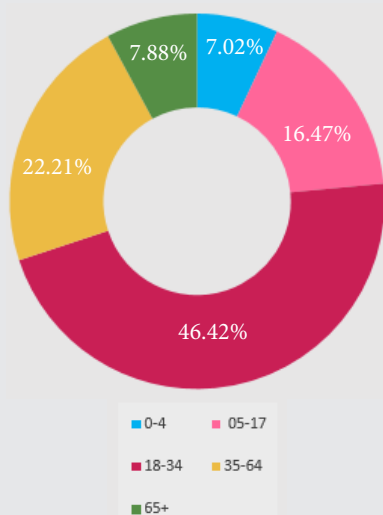


Poverty (cont.)

AGE

Nearly half of individuals in poverty were between the ages of 18 and 34 in 2022 ($n = 16,934$, 46.4%). 23.4% ($n = 8,570$) of those in poverty were younger than 18 years old. Among children younger than 4 years old, 2,560 or 7% were below the poverty level.

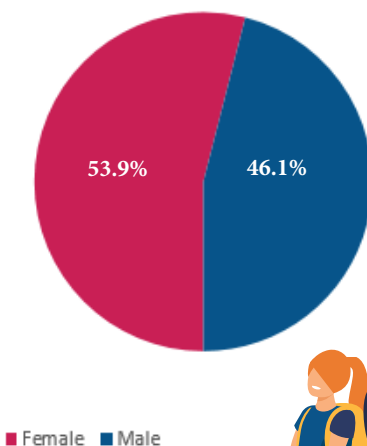
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



SEX

More individuals in poverty identified as female ($n = 19,696$, 53.9%) than male ($n = 16,787$, 46.1%).

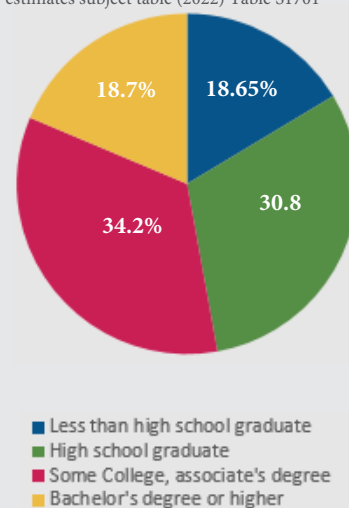
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



EDUCATION

Most individuals (34.2%, $n = 5,375$) who were at least 25 years old and in poverty in Lincoln in 2022 ($n = 15,719$) had at least some college or an associate degree.

Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701

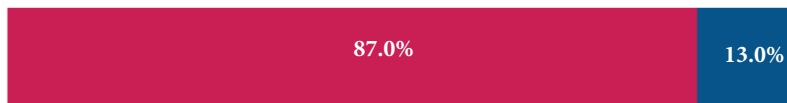


ETHNICITY

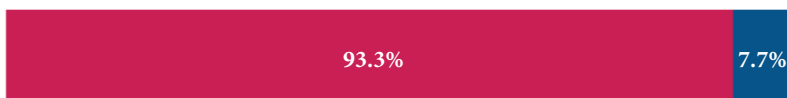
In 2022, the majority of individuals in poverty identified as Non-Hispanic or Latino ($n = 31,744$, 87%). However, the proportion of individuals who identified as Non-Hispanic or Latino in poverty is smaller than the proportion of individuals who identified as Non-Hispanic or Latino in Lancaster County (93.3% of the entire population compared to 87.0% 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 (7.7% of the entire population compared to 13.0% in poverty).

Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701

Lancaster (those in poverty)



Lancaster



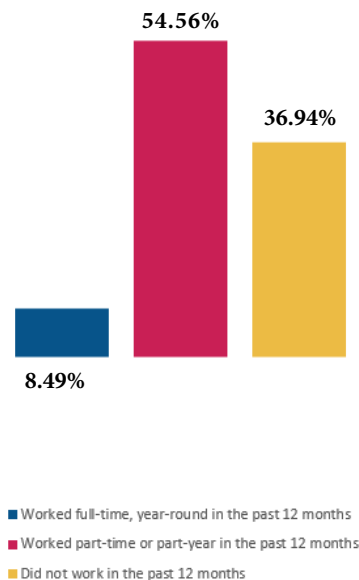
■ Non-Hispanic ■ Hispanic

Lancaster County (cont.)



Poverty (cont.)

EMPLOYMENT EXPERIENCE

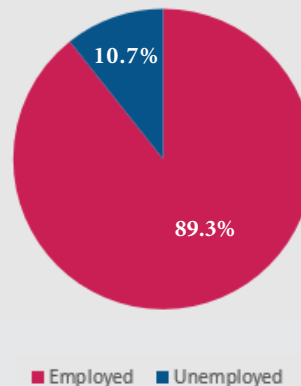


Of those individuals who were at least 16 years old and in poverty in Lancaster County in 2022 ($n = 28,885$), the highest proportion worked part-time or part-year in the past 12 month ($n = 15,761$, 54.6%).

Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



EMPLOYMENT STATUS



The majority ($n = 14,124$, 89.3%) of individuals who were at least 16 years old in the civilian labor force and in poverty in 2021 ($n = 15,817$) were employed.

Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



Additional Statistics

INCIDENTS OF CHILD ABUSE AND NEGLECT

6,588

calls of abuse and neglect in 2021

in Lancaster County according to the Nebraska Department of Health and Human Services (2022)

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

7%

of babies born had low birth weights*

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

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



TEEN BIRTH RATE

14

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

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



Lancaster County Lincoln

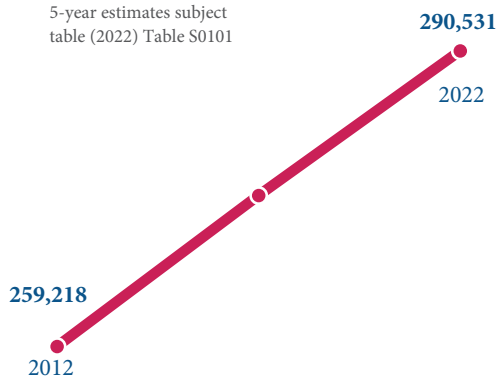


Population and Selected Demographics

POPULATION

Since 2012, Lincoln's population increased by 31,313 individuals or 12.1%.

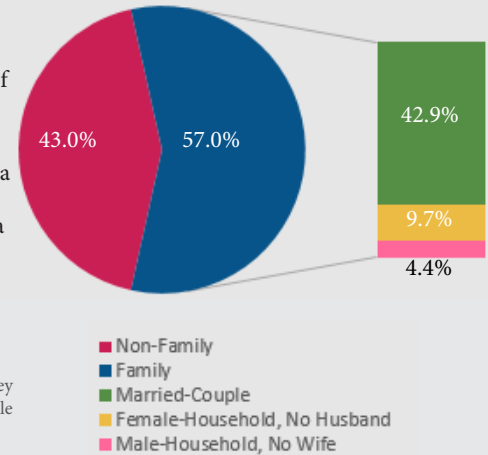
Data Source: American Community Survey 5-year estimates subject table (2022) Table S0101



HOUSEHOLD COMPOSITION

The majority (57.0%, $n = 67,409$) of the 118,332 households in Lincoln in 2022 were comprised of families.

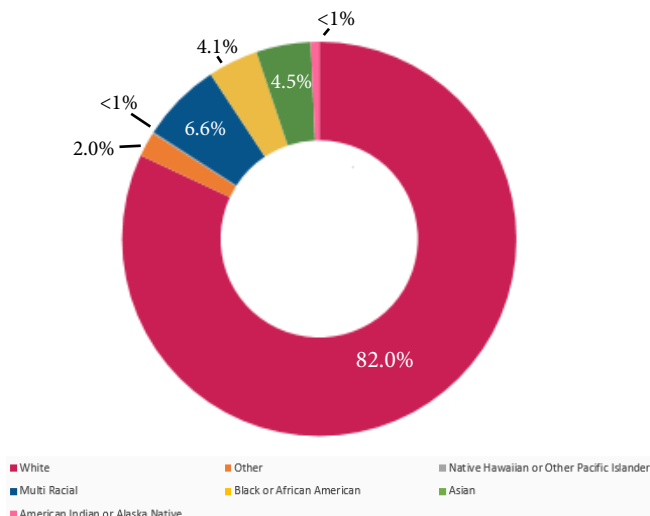
The majority (42.9%, $n = 50,792$) of family households consisted of a married family. 9.7% ($n = 11,424$) of family households were led by a female householder with no husband present.



RACE

In 2022, the majority (82%, $n = 238,130$) of Lincoln residents identified as white. The second highest percentages of racial identities were two or more races (6.6%, $n = 19,253$), Asian (4.5%, $n = 13,043$), and Black or African American (4.1%, $n = 11,978$).

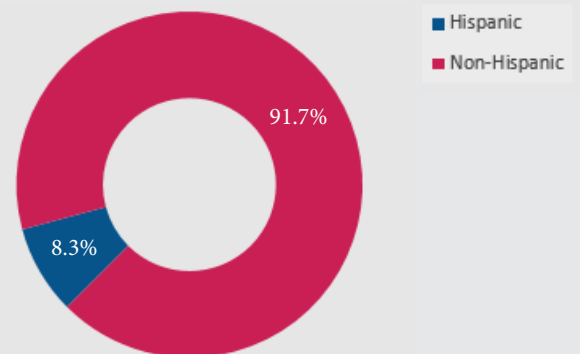
Data Source: American Community Survey 5-year estimates subject table (2022) Table B02001



ETHNICITY

In 2022, 91.7% ($n = 266,335$) of Lincoln residents identified as Non-Hispanic or Latino compared to 8.3% of residents who identified as Hispanic or Latino ($n = 24,196$).

Data Source: American Community Survey 5-year estimates subject table (2022) Table DP05



Lancaster County Lincoln (cont.)

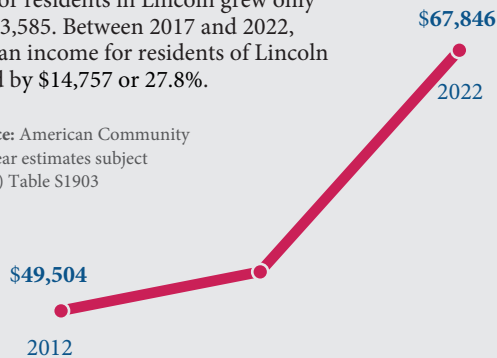


Income and Employment

MEDIAN INCOME

Between 2012 and 2017, the median income for residents in Lincoln grew only slightly \$3,585. Between 2017 and 2022, the median income for residents of Lincoln increased by \$14,757 or 27.8%.

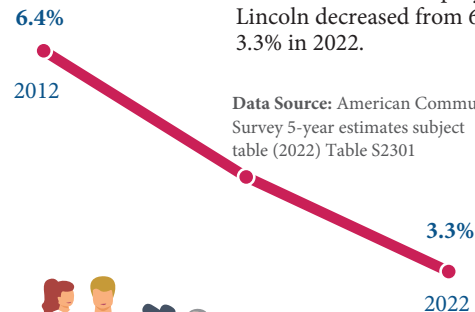
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1903



UNEMPLOYMENT RATE

Since 2012, the unemployment rate in Lincoln decreased from 6.4% in 2012 to 3.3% in 2022.

Data Source: American Community Survey 5-year estimates subject table (2022) Table S2301



Poverty



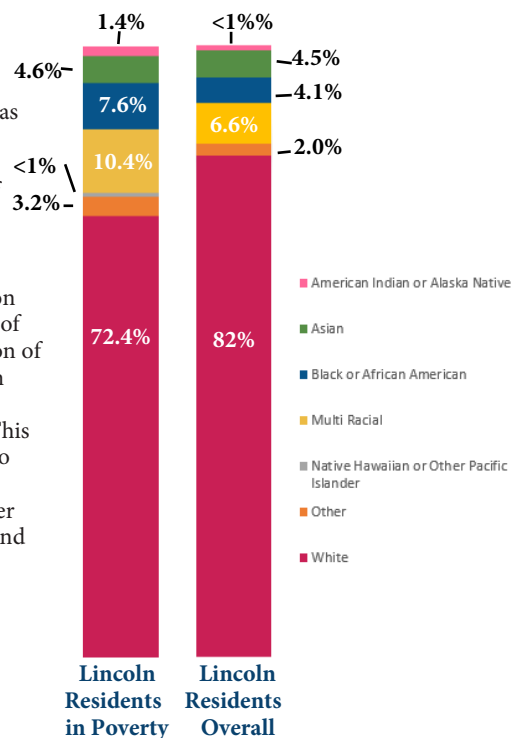
39,138

Lincoln residents (14.0%) lived below the poverty level in 2022

RACE

The majority (78.7.0%, $n = 30,812$) of individuals in poverty in 2022 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 (81.0% of the entire population compared to 78.7% 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 Lincoln (3.8% of the entire population compared to 5.9% of those in poverty). This trend is also seen 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.

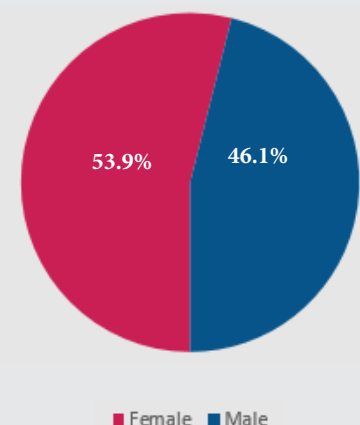
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



SEX

More individuals in poverty identified as female (53.9%, $n = 19,122$) than male (46.1%, $n = 16,328$).

Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



Lancaster County Lincoln (cont.)

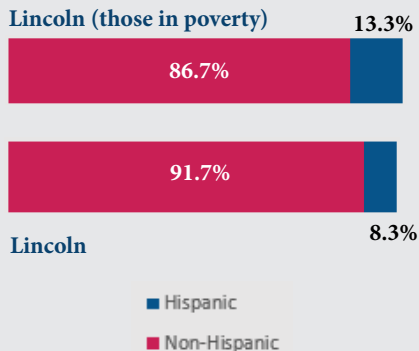


Poverty (cont.)

ETHNICITY

In 2022, the majority of individuals in poverty identified as Non-Hispanic or Latino ($n = 34,010$, 86.7%). 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 (8.3% of the entire population compared to 13.3% in poverty).

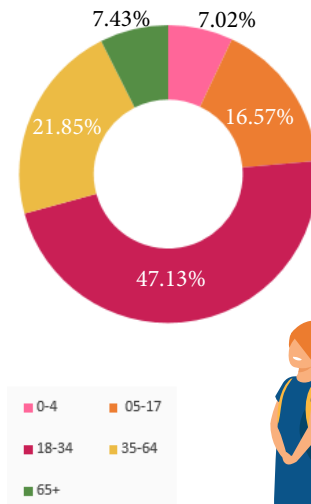
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



AGE

38.3%, ($n = 39,138$) of those in poverty in 2022 ($n = 14,994$) were between the ages of 18 and 34 years old. 25.8% ($n = 10,105$) of those in poverty were younger than 18 years old.

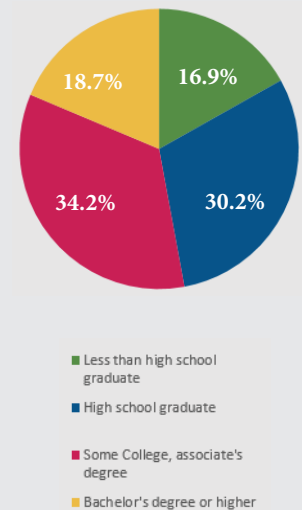
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



EDUCATION

Some individuals (52.5%, $n = 9,857$) who were at least 25 years old and in poverty in Lincoln in 2022 ($n = 18,781$) had at least some college or an associate degree.

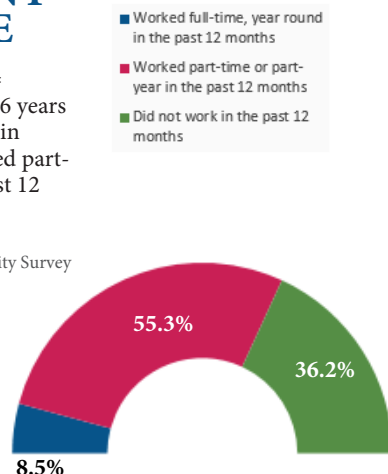
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



EMPLOYMENT EXPERIENCE

Most individuals (50%, $n = 14,890$) who were at least 16 years old and in poverty in 2022 in Lincoln ($n = 29,979$) worked part-time or part-year in the past 12 months.

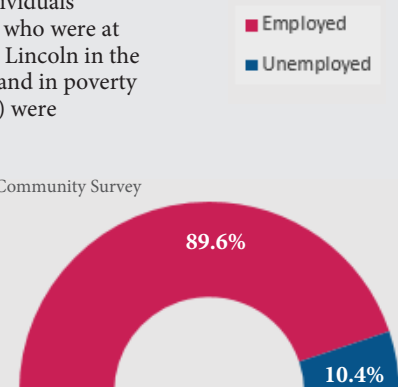
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



EMPLOYMENT STATUS

The majority of individuals (59.2%, $n = 17,737$) who were at least 16 years old in Lincoln in the civilian labor force and in poverty in 2022 ($n = 29,979$) were employed.

Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



Community Profiles

Saunders County

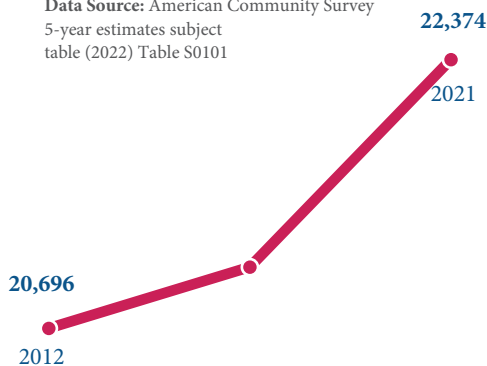


Population and Selected Demographics

POPULATION

Since 2012, the Saunders County population increased by 1,678 individuals or 8.1%.

Data Source: American Community Survey 5-year estimates subject table (2022) Table S0101

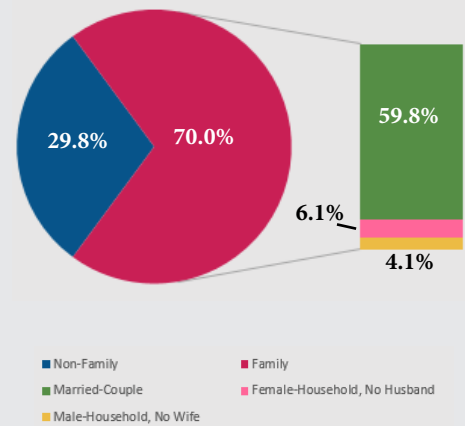


HOUSEHOLD COMPOSITION

The majority (70.2%, $n = 6,168$) of the 8,789 households in Saunders County in 2022 were comprised of families.

The majority (59.9%, $n = 5,263$) of family households consisted of a married family in Saunders County in 2022. 6.2% ($n = 543$) of family households were led by a female householder with no husband present.

Data Source: American Community Survey 5-year estimates subject table (2022) Table S1101



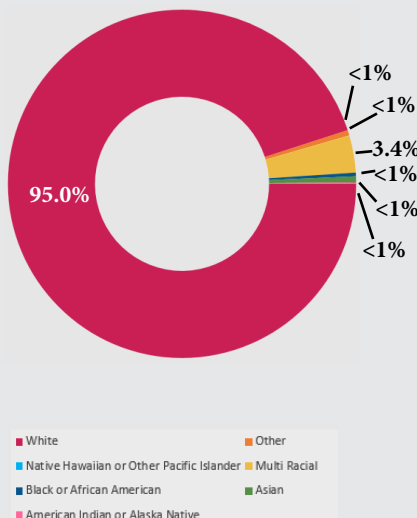
RACE

In 2022, the majority (95.0%, $n = 21,258$) of Saunders County residents identified as white. The second highest percentages of racial identities was two or more races (3.4%, $n = 767$) and Asian (0.6%, $n = 127$).

Data Source: American Community Survey 5-year estimates subject table (2022) Table B02001

95.0%

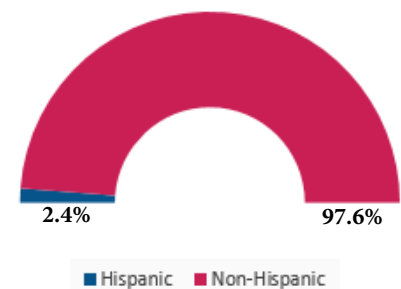
of Saunders County residents identified as white in 2022



ETHNICITY

In 2022, 97.6% ($n = 21,833$) of Saunders County residents identified as Non-Hispanic or Latino compared to 2.4% of residents who identified as Hispanic or Latino ($n = 541$).

Data Source: American Community Survey 5-year estimates subject table (2022) Table DP05



Saunders County (cont.)

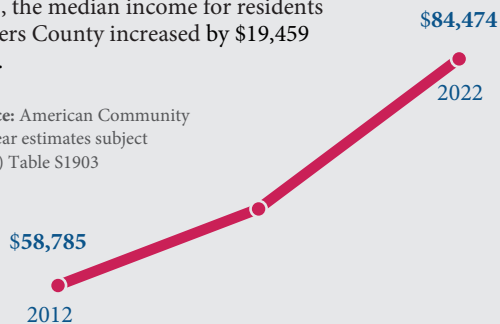


Income and Employment

MEDIAN INCOME

Between 2012 and 2017, the median income for residents in Saunders County grew moderately (6,230). Between 2017 and 2021, the median income for residents of Saunders County increased by \$19,459 or 29.9%.

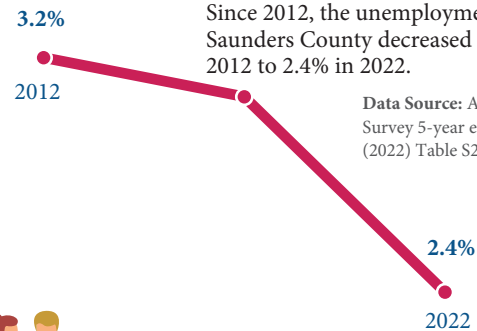
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1903



UNEMPLOYMENT RATE

Since 2012, the unemployment rate in Saunders County decreased from 3.2% in 2012 to 2.4% in 2022.

Data Source: American Community Survey 5-year estimates subject table (2022) Table S2301



1,471

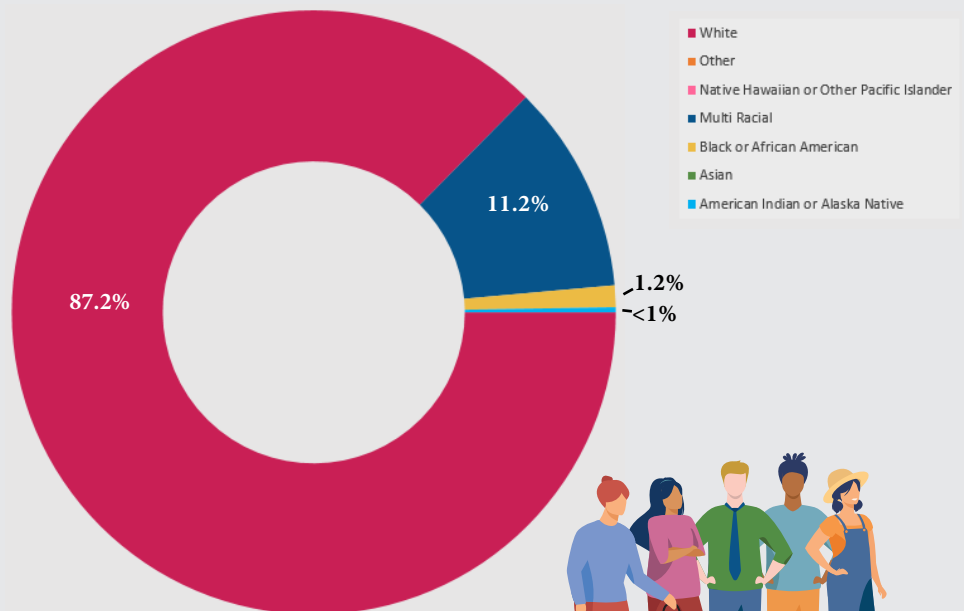
Saunders County residents (6.7%) lived below the poverty level in 2022

Poverty

RACE

The majority (87.2%, $n = 1,282$) of individuals in poverty in 2022 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. There are no estimates for Asian, Native Hawaiian and Pacific Islander, and Other identifying race.

Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



Saunders County (cont.)

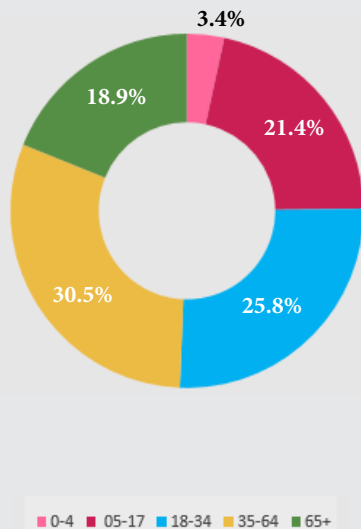


Poverty (cont.)

AGE

The largest proportion of those in poverty in Saunders County in 2022 were between the ages of 35 and 64 years old (30.5%, $n = 448$). 24.8% ($n = 365$) of those in poverty were younger than 18 years old.

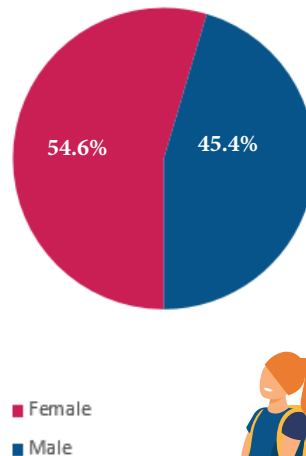
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



SEX

More individuals in poverty identified as female (54.6%, $n = 8903$) than male (45.4%, $n = 668$).

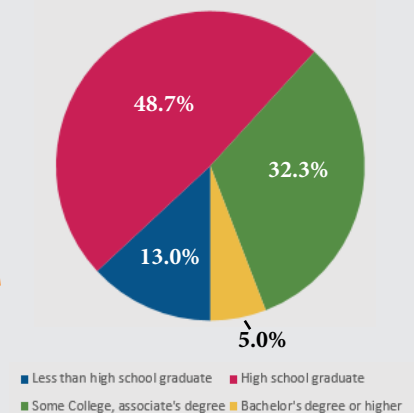
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



EDUCATION

Of those individuals who were at least 25 years old and in poverty in 2022 in Saunders County ($n = 924$), the highest proportion had at most a high school education (48.7%, $n = 459$). 38.2% of individuals who were at least 25 years old and in poverty had at least some college or an associate degree ($n = 353$).

Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701

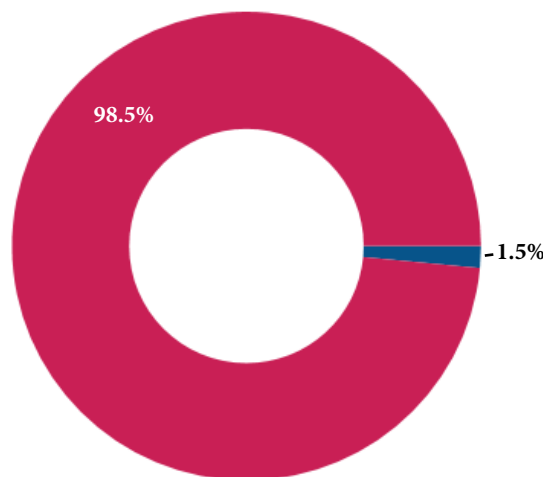


■ Less than high school graduate ■ High school graduate
■ Some College, associate's degree ■ Bachelor's degree or higher

ETHNICITY

The majority (98.5%, $n = 1,449$) of individuals in poverty in 2022 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 (2022) Table S1701



Saunders County (cont.)



Poverty (cont.)

EMPLOYMENT EXPERIENCE



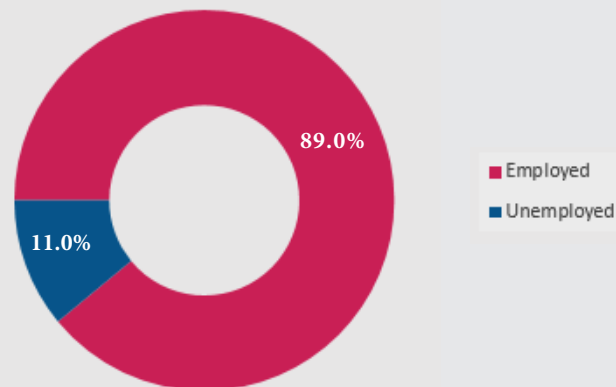
Less than half of the individuals who were at least 16 years old and in poverty in 2022 in Saunders County ($n = 1,155$) worked either part-time or part-year in the past 12 months (38.7%, $n = 447$), while 52.7% of those did not work ($n = 609$).

Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701

- Worked full-time, year round in the past 12 months
- Worked part-time or part-year in the past 12 months
- Did not work in the past 12 months

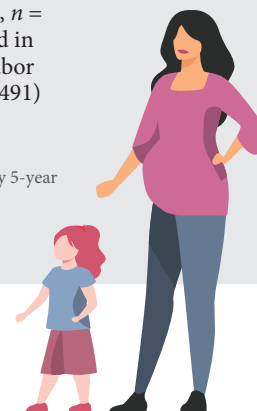


EMPLOYMENT STATUS



The majority of individuals (89%, $n = 437$) who were at least 16 years old in Saunders County in the civilian labor force and in poverty in 2022 ($n = 491$) were employed.

Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



Additional Statistics

INCIDENTS OF CHILD ABUSE AND NEGLECT

228

calls of abuse and neglect in 2021*

in Saunders County according to the Nebraska Department of Health and Human Services (2022)



*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

7%

of babies born had low birth weights*

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



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

TEEN BIRTH RATE

7

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

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



Saunders County Wahoo

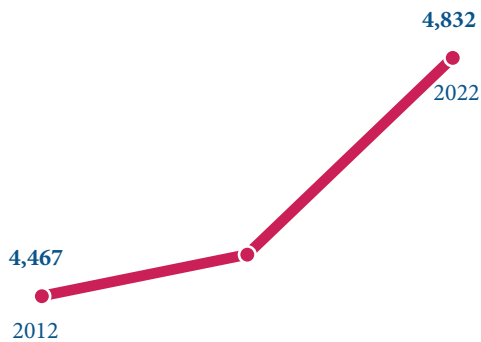


Population and Selected Demographics

POPULATION

In the past 10 years, Wahoo's population increased by 365 individuals or 8.2%.

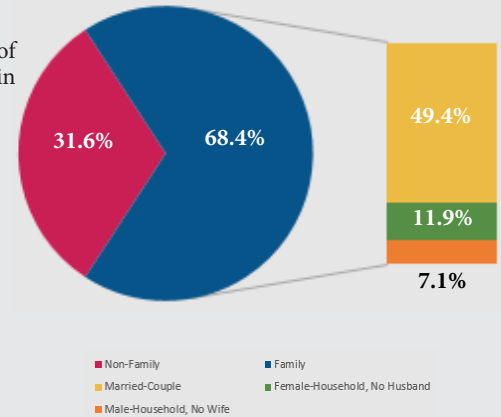
Data Source: American Community Survey 5-year estimates subject table (2022) Table S0101



HOUSEHOLD COMPOSITION

The majority (68.4%, $n = 1,265$) of the 1,850 households in Wahoo in 2022 were comprised of families.

The majority (49.4%, $n = 914$) of family households consisted of a married family. 11.9% ($n = 220$) of family households were led by a female householder with no husband present.

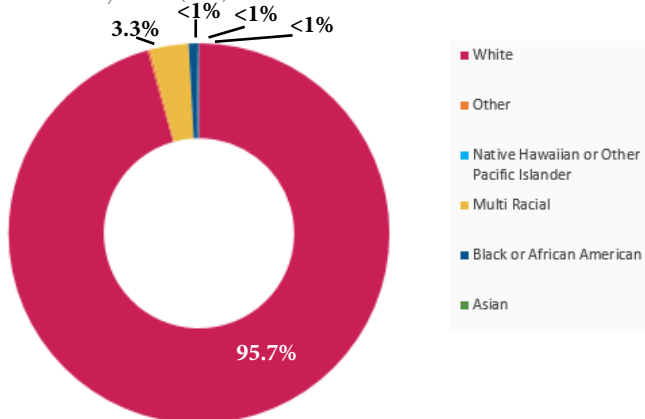


Data Source: American Community Survey 5-year estimates subject table (2022) Table S1101

RACE

In 2021, the majority (95.7%, $n = 4,622$) of Wahoo's residents identified as white. The second highest percentages of racial identities was Black or African American (0.7%, $n = 32$) and two or more races (3.3%, $n = 158$). There are no estimates for Asian or Native Hawaiian and Pacific Islander racial identities.

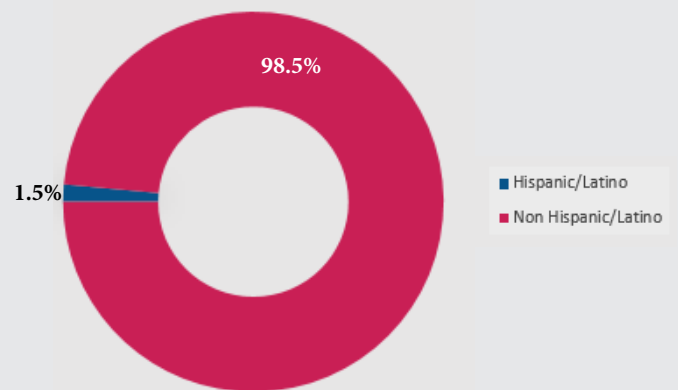
Data Source: American Community Survey 5-year estimates subject table (2022) Table B02001



ETHNICITY

In 2021, 98.5% ($n = 4,761$) of Wahoo residents identified as Non-Hispanic or Latino compared to 1.5% of residents who identified as Hispanic or Latino ($n = 71$).

Data Source: American Community Survey 5-year estimates subject table (2022) Table DP05



Saunders County Wahoo (cont.)



Income and Employment

MEDIAN INCOME

Between 2012 and 2017, the median income for residents in Wahoo increased slightly (\$1,913). Between 2016 and 2021, the median income for residents of Wahoo increased by \$21,075 or 60.1%.

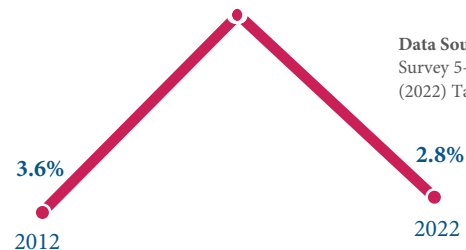
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1903



UNEMPLOYMENT RATE

The unemployment in Wahoo increased from 3.6% in 2012 to 3.9% in 2017. Then, the unemployment rate decreased to 2.8% by 2022.

Data Source: American Community Survey 5-year estimates subject table (2022) Table S2301



481

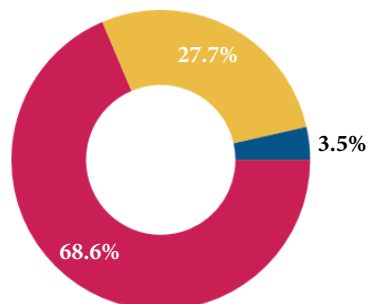
Wahoo residents (10.4%) lived below the poverty level in 2022

Poverty

RACE

The majority (68.6%, $n = 330$) of individuals in poverty in 2022 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. There are no estimates for the following racial identities: Other, Native Hawaiian and Pacific Islander, Asian, or American Indian Alaska Native.

Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



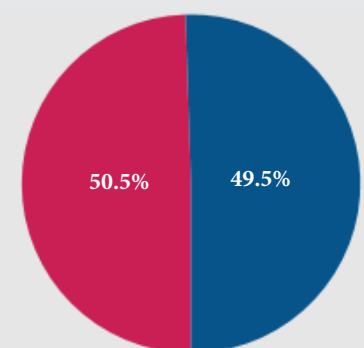
■ White ■ Other
■ Native Hawaiian or Other Pacific Islander ■ Multi Racial
■ Black or African American ■ Asian
■ American Indian or Alaska Native



SEX

Slightly more individuals in poverty identified as female (50.5%, $n = 243$) than male (49.5%, $n = 238$).

Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



■ Female ■ Male

Saunders County Wahoo (cont.)

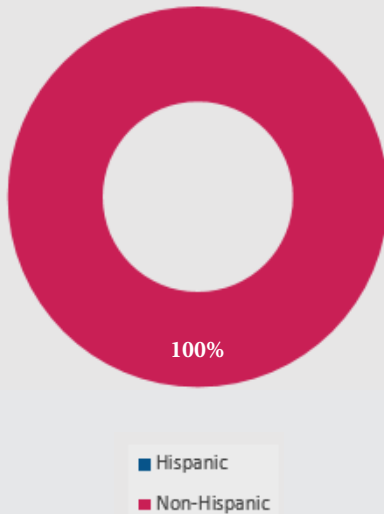


Poverty (cont.)

ETHNICITY

The Census Bureau estimates that every individual in poverty in Wahoo identified as Not Hispanic or Latino in 2022 (100.0%, $n = 481$).

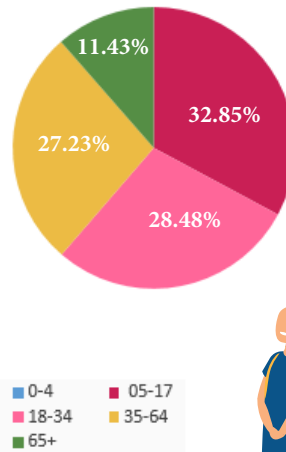
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



AGE

The largest proportion of those in poverty in Wahoo in 2022 were between the ages of 5 to 17 years old (32.9%, $n = 158$). The Census Bureau estimates those 0-4 years old are not in poverty.

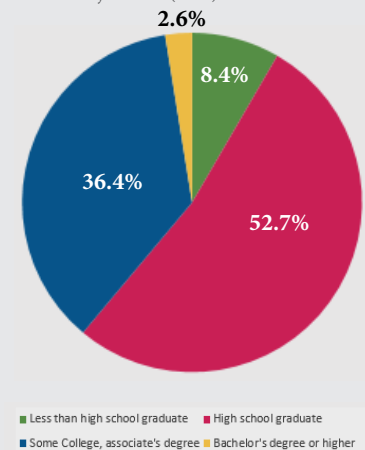
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



EDUCATION

Of those individuals who were at least 25 years old and in poverty in 2022 in Wahoo ($n = 275$), over half had at most a high school education (52.7%, $n = 145$). 38.9% of individuals who were at least 25 years old and in poverty had at least some college or an associate degree ($n = 107$).

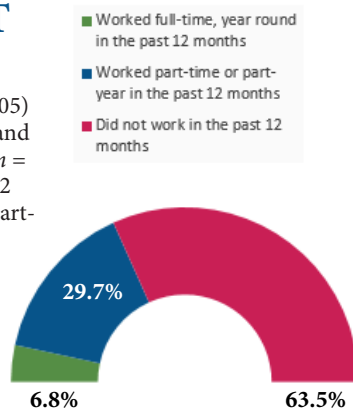
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



EMPLOYMENT EXPERIENCE

Most individuals (64.5%, $n = 205$) who were at least 16 years old and in poverty in 2022 in Wahoo ($n = 323$) did not work in the past 12 months, while 29.7% worked part-time or part-year in the past 12 months ($n = 96$).

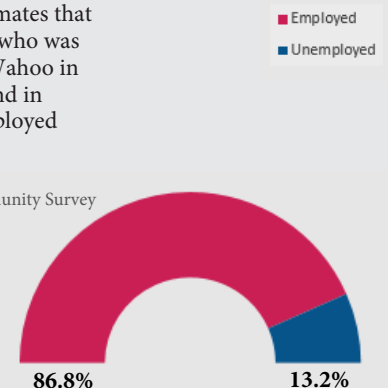
Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



EMPLOYMENT STATUS

The Census Bureau estimates that almost every individual who was at least 16 years old in Wahoo in the civilian workforce and in poverty in 2022 was employed (86.8%, $n = 118$).

Data Source: American Community Survey 5-year estimates subject table (2022) Table S1701



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 3167, children across Lancaster and Saunders Counties in 2022 could have been eligible for Head Start based on being under the age of six and below 100% of the poverty line. The majority (98.0%; $n = 3,105$) of these children resided in Lancaster County (Table 2). Most of the eligible children in Lancaster County resided in Lincoln (95.6%, $n = 3,027$). None of the children eligible in Saunders County (2.0%, $n = 62$) 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	3,105	98.0%
Lincoln	3,027	95.6%
Saunders County	62	2.0%
Wahoo	0	0.0%
TOTAL SERVICE AREA	3,167	100.0%

Source: ACS 5-Year Estimates Detailed Table (2022) Table B17020

It is estimated that 645 pregnant people in 2023 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 2022 (Table 3). About 17% of women ages 15 to 50 who had given birth in the last 12 months in Lancaster and Saunders Counties lived in poverty in 2022 (17.0%). Most of these women resided in Lancaster County ($n = 645$, 17.2%).

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 MONTHS	PERCENT OF TOTAL WOMEN AGES 15-50 IN POVERTY WHO HAD GIVEN BIRTH IN LAST 12 MONTHS IN TOTAL SERVICE AREA
Lancaster County	645	96.8%
Lincoln	600	90.1%

GEOGRAPHIC AREA	NUMBER OF WOMEN AGES 15-50 IN POVERTY WHO HAD GIVEN BIRTH IN LAST MONTHS	PERCENT OF TOTAL WOMEN AGES 15-50 IN POVERTY WHO HAD GIVEN BIRTH IN LAST 12 MONTHS IN TOTAL SERVICE AREA
Saunders County	21	3.2%
Wahoo	6	1.0%
TOTAL SERVICE AREA	666	100%

Source: ACS 5-Year Estimates Detailed Table (202): B13010

Estimated Race and Ethnicity of Eligible Children and Pregnant People

It is estimated that over a third of the children eligible for Head Start in 2022 in Lancaster and Saunders Counties were children of color (39.7%, $n = 1,570$; 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 16% of children under the age of six in poverty identified as two or more races (15.9%, $n = 593$), and slightly over 8% identified as Asian (8.5%, $n = 319$). On the other hand, the majority of children under the age of six in poverty in Saunders County identified as white ($n = 60$).

Almost 30% of children under the age of six in poverty were Hispanic or Latino in 2022 (27.5%, $n = 871$; Table 5). Nearly all of these children resided in Lancaster County (99.6%, $n = 868$).

Table 4. Children Under Six Years in Poverty by Race

	LANCASTER COUNTY		LINCOLN		SAUNDERS COUNTY		WAHOO	
	#	%	#	%	#	%	#	%
American Indian and Alaska Native	81	2.2%	81	2.6%	0	0.0%	0	-
Asian	319	8.5%	319	10.2%	0	0.0%	0	-
Black or African American	315	8.4%	315	10.0%	0	0.0%	0	-
Native Hawaiian and other Pacific Islander	27	0.7%	27	0.7%	0	0.0%	0	-
White	2,228	59.6%	1,627	51.9%	60	96.8%	0	-
Two or more races	593	15.9%	593	18.9%	2	3.2%	0	-
Some other race	173	4.6%	173	5.5%	0	0.0%	0	-
TOTAL	3,736	100.0%	3,135	100.0%	62	100.0%	0	-

Source: ACS 5-Year Estimates Detailed Tables (2022); B17020A-B17020G

Table 5. Children Under Six Years in Poverty by Ethnicity

GEOGRAPHIC AREA	HISPANIC OR LATINO		NON-HISPANIC OR LATINO	
	NUMBER	PERCENT	NUMBER	PERCENT
Lancaster County	1,019	32.8%	2,086	67.2%
Lincoln	1,019	33.7%	2,008	66.3%
Saunders County	3	0.09%	59	1.9%
Wahoo	0	-	0	-
TOTAL SERVICE AREA	1,022	32.3%	2,145	67.7%

Source: American Community Survey 5-year estimates subject table (2022); 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 2022, 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 2022, 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 262 Head Start-eligible pregnant people in Lancaster County are people of color (39.3%) and 404 Head Start-eligible pregnant people in Lancaster County identify as white (60.7%; Table 6). In Saunders County, it is estimated that almost all Head Start-eligible pregnant people identify as white ($n = 20$).

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	14	2.2%	16	2.6%	0	-
Asian	55	8.5%	61	10.2%	0	-
Black or African American	54	8.4%	60	10.0%	0	-
Native Hawaiian and other Pacific Islander	5	0.7%	5	0.7%	0	-
White	384	59.6%	312	51.9%	20	96.8%

	LANCASTER COUNTY		LINCOLN		SAUNDERS COUNTY	
	NUMBER	PERCENT	NUMBER	PERCENT	NUMBER	PERCENT
Two or more races	103	15.9%	113	18.9%	1	3.2%
Some other race	30	4.6%	33	5.5%	0	-
TOTAL	645	100.0%	600	100.0%	21	100.0%

Note. Estimates calculated using ACS 5-Year Estimates Detailed Table (2022); B17020A-B17020G, B13010. Because it is estimated that there were no children under the age of six in poverty in Wahoo in 2022 and because it is estimated that there were only 21 women aged 15 to 50 who gave birth within the last 12 months in Wahoo in 2022, 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-HISPANIC OR LATINO	
GEOGRAPHIC AREA	NUMBER	PERCENT	NUMBER	PERCENT
Lancaster County	211	32.8%	434	67.2%
Lincoln	202	33.7%	398	66.3%
Saunders County	1	0.09%	20	1.9%
TOTAL SERVICE AREA	212	31.8%	454	68.2%

Note. Estimates calculated using American Community Survey 5-year estimates subject table (2022); Table B1720, B17020I, B13010. Because it is estimated that there were no children under the age of six in poverty in Wahoo in 2022, and because it is estimated that there were only 21 women aged 15 to 50 who gave birth within the last 12 months in Wahoo in 2022, 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

	LANCASTER COUNTY		LINCOLN	
	NUMBER	PERCENT	NUMBER	PERCENT
Spoke only English	31,413	82.7%	30,510	82.5%
Spoke Spanish	3,014	7.9%	2,982	8.1%
Spoke other Indo-European	1,610	4.2%	1,562	4.2%
Spoke Asian and Pacific Islander languages	669	1.7%	661	1.8%

	LANCASTER COUNTY		LINCOLN	
	NUMBER	PERCENT	NUMBER	PERCENT
Spoke other languages	1,282	3.4%	1,282	3.5%
TOTAL	37,988	100.0%	36,997	100.0%

Source: ACS 1-Year Estimates Detailed Tables (2022): 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 (82.7%, $n = 2,567$) and Lincoln (82.5%, $n = 2,498$; Table 9).

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

	LANCASTER COUNTY		LINCOLN	
	NUMBER	PERCENT	NUMBER	PERCENT
Spoke only English	2,567	82.7%	2,498	82.5%
Spoke Spanish	246	7.9%	246	8.1%
Spoke other Indo-European	130	4.2%	128	4.2%
Spoke Asian and Pacific Islander languages	56	1.8%	52	1.7%
Spoke other languages	106	3.5%	103	3.4%
TOTAL	3,105	100.0%	3,027	100.0%

Note. Estimates calculated using ACS 5-Year Estimates Detailed Table (2022); 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 (82.7%, $n = 533$) and Lincoln (82.5%, $n = 495$ 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

	LANCASTER COUNTY		LINCOLN	
	NUMBER	PERCENT	NUMBER	PERCENT
Spoke only English	533	82.7%	495	82.5%
Spoke Spanish	51	7.9%	49	8.1%
Spoke other Indo-European	27	4.2%	25	4.2%

	LANCASTER COUNTY		LINCOLN	
	NUMBER	PERCENT	NUMBER	PERCENT
Spoke Asian and Pacific Island languages	12	1.8%	10	1.7%
Spoke other languages	22	3.5%	21	3.4%
TOTAL	645	100.0%	600	100.0%

Note. Estimates calculated using ACS 5-Year Estimates Detailed Table (2022); 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

	LANCASTER COUNTY		LINCOLN		SAUNDERS COUNTY		WAHOO	
	#	%	#	%	#	%	#	%
Married-couple, family household	1,124	44.0%	1,105	44.4%	8	16.0%	0	-
Male householder, no wife present	67	2.6%	67	2.7%	10	20.0%	0	-
Female householder, no husband present	1,369	53.4%	1,316	52.9%	32	64.0%	0	-
TOTAL	2,560	100.0%	2,488	100.0%	50	100.0%	0	-

Source: ACS 5-Year Estimates Detailed Table (2022): 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 (53.4%, $n = 1,868$; 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 (64.0%, $n = 49$) 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	44.0%	1,344	44.4%	10	16.0%	0	-
Male householder, no wife present	96	2.6%	82	2.7%	12	20.0%	0	-
Female householder, no husband present	1,868	53.4%	1601	52.9%	40	64.0%	0	-
TOTAL	3,105	100.0%	3,027	100.0%	62	100.0%	0	-

Note. Estimates calculated using ACS 5-Year Estimates Detailed Table (2022); 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	WAHOO
Hearing Difficulty	313	267	17	14
Vision Difficulty	480	456	32	0
Cognitive Difficulty	2,087	1,938	293	96
Ambulatory Difficulty	246	222	40	29
Self-Care Difficulty	415	397	31	0

Source: ACS 5-Year Estimates Subject Table (2022); Table S1810

Children in Foster Care

According to the Nebraska Foster Care Review Office, on September 30, 2023:⁴

538

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

27

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 2023 point-in-time count as published by HUD:⁵

26

Unaccompanied youth were
homeless on a given night
in **Lincoln**.

142

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

149

Unaccompanied youth were
homeless on a given night in
Nebraska.

629

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 2022-2023 school year, LPS reported the following:⁶



457

LPS students experienced
homelessness.

243

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

135

LPS students who experienced homelessness
resided in a shelter.

79

LPS students who experienced homelessness
were resided in a hotel or motel.

⁴ Nebraska Foster Care Review Office. (September 2023). *September 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 Count data request*.

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?	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
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?	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
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

How would you rate the following in your county?	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
The overall quality of the 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?	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
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?	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
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 2022 (Table 19).

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

	LANCASTER COUNTY (n = 173,171)	LINCOLN (n = 157,701)	SAUNDERS COUNTY (n = 11,676)	WAHOO (n = 2,354)
Car, truck, or van	85.7%	85.5%	89.1%	89.8%
Worked at home	9.0%	8.9%	7.9%	8.3%
Walked	3.0%	3.2%	2.2%	1.7%
Taxicab, motorcycle, or other means	0.7%	0.7%	0.4%	0.3%
Public transportation (excluding taxicab)	0.8%	0.9%	0.4%	0.0%
Bicycle	0.7%	0.8%	0.0%	0.0%

Source: ACS 5-Year Estimates Subject Table (2022); 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 = 13,611)	LINCOLN (n = 13,393)	SAUNDERS COUNTY (n = 406)	WAHOO (n = 106)
Car, truck, or van	82.7%	82.5%	91.9%	100%
Worked at home	5.2%	5.0%	4.2%	0.0%
Walked	7.7%	8.0%	0.7%	0.0%
Taxicab, motorcycle, bicycle, or other means	2.4%	2.4%	0.0%	0.0%
Public transportation (excluding taxicab)	2.0%	2%	3.2%	0.0%

Source: ACS 5-Year Estimates Subject Table (2012); 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 (57.4%). 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	9,005	5.2%
Lincoln	7,570	4.8%
Saunders County	6,702	57.4%
Wahoo	892	37.9%

Source: ACS 5-Year Estimates Subject Table (2022); Table S0801

The average commute time for workers at least 16 years old who worked outside their home ranged from a minimum of 18.6 minutes for Lincoln residents to a maximum of 25.4 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> = 173,171)	19.0
Lincoln (<i>n</i> = 157,701)	18.6
Saunders County (<i>n</i> = 11,676)	25.4
Wahoo (<i>n</i> = 2,354)	20.7

Source: ACS 5-Year Estimates Subject Table (2022); Table S0801

Secondary Data: Vehicle Availability

Most workers aged 16 and older lived in households that had at least one vehicle available in 2022 (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	3,810	2.2%
Lincoln	3,627	2.3%
Saunders County	187	1.6%
Wahoo	564	2.3%

Source: ACS 5-Year Estimates Subject Table (2022); 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?	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
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 = 401)	SAUNDERS COUNTY (n = 36)	WAHOO (n = 13)
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-in-the-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 = 340)	LINCOLN (n = 309)	SAUNDERS COUNTY (n = 27)	WAHOO (n = 10)
Child Care Center	116	110	8	5
Family Child Care Home I	164	147	9	1
Family Child Care Home II	60	52	10	4
TOTAL	340	309	27	10

Source. Nebraska Department of Health and Human Services' (DHHS) roster of Licensed Child Care and Preschool Programs (2024).

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 = 340)	LINCOLN (n = 309)	SAUNDERS COUNTY (n = 27)	WAHOO (n = 10)
Child Care Center	1,089	1,032	75	46
Family Child Care Home I	1,539	1,380	84	9
Family Child Care Home II	563	488	93	38
TOTAL	3,191	2,900	252	93

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.”

“Emergency benefits, pick up family displaced and sleeping in their car with young children, nowhere to sleep at night. No money, no vouchers.”

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?	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
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, 429 individuals experienced homelessness on any given night in Lincoln and 2,462 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	290,531	429
Nebraska	1,961,504	2,462

Source. U.S. Department of Housing and Urban Development, 2023 Homeless Point-In-Time Count.

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, 40.7% and 43.7% respectively (Table 30).

Table 30. Owner and Renter-Occupied Units

	LANCASTER COUNTY (<i>n</i> = 129,869)	LINCOLN (<i>n</i> = 118,332)	SAUNDERS COUNTY (<i>n</i> = 8,789)	WAHOO (<i>n</i> = 1,850)
Owner-occupied units	59.3%	56.3%	80.6%	67.3%
Renter-occupied units	40.7%	43.7%	19.4%	32.7%

Source: ACS 5-year estimates subject table (2022) Table DP04

The median rent costs were higher in Lincoln (\$998) and Lancaster County (\$997) than Wahoo (\$924) and Saunders County (\$892). 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> = 51,501)	\$997
Lincoln (<i>n</i> = 50,435)	\$998
Saunders County (<i>n</i> = 1,582)	\$892
Wahoo (<i>n</i> = 590)	\$924

Source: ACS 5-year estimates subject table (2022); Table DP04

Secondary Data: Housing Quality and Affordability

In 2022, 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 (17.2%) than Saunders County (6.4%). 7.2% of households in Lancaster County experienced at least one severe housing problem (Table 32).

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

GEOGRAPHIC AREA	PERCENTAGE
Lancaster County	7.2%
Saunders County	6.4%
Nebraska	17.2%

Source: U.S. Department of Housing and Urban Development, CHAS 5-year estimates (2020)

Nearly half of the households paying rent in Lincoln (44.4%) and Lancaster County (44.3%) 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 3 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> = 50,852)	44.3%
Lincoln (<i>n</i> = 49,786)	44.4%
Saunders County (<i>n</i> = 1,552)	31.7%
Wahoo (<i>n</i> = 562)	31.3%

Source: ACS 5-year estimates subject table (2022) 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 2022, the average number of physically unhealthy days in the last 30 days reported by Lancaster and Saunders Counties residents was 2.5 and 2.4 days, which is consistent with the average number across Nebraska (2.5 days; Table 35). The average number of mentally unhealthy days in the last 30 days in Nebraska in 2023 was 4.4 days. This is similar to the number reported by Lancaster County (4.3 days) and Saunders County (3.6 days) residents.

Table 35. Poor Physical and Mental Health Days

GEOGRAPHIC AREA	POOR PHYSICAL HEALTH DAYS	POOR MENTAL HEALTH DAYS
Lancaster County	2.5	4.3
Saunders County	2.4	3.6
Nebraska	2.5	4.4

Source: County Health Rankings and Roadmaps (2023).

The percentage of adults reporting 14 or more days of poor physical health per month was 8% for Lancaster County, Saunders County, and Nebraska in 2023. The percentage of adults reporting 14 or more days of poor mental health per month was 12% for Lancaster and Saunders Counties in 2023 and 12% 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	8%	12%
Saunders County	8%	12%
Nebraska	8%	12%

Source: County Health Rankings and Roadmaps (2023). Data only available rounded at the zero decimal place.

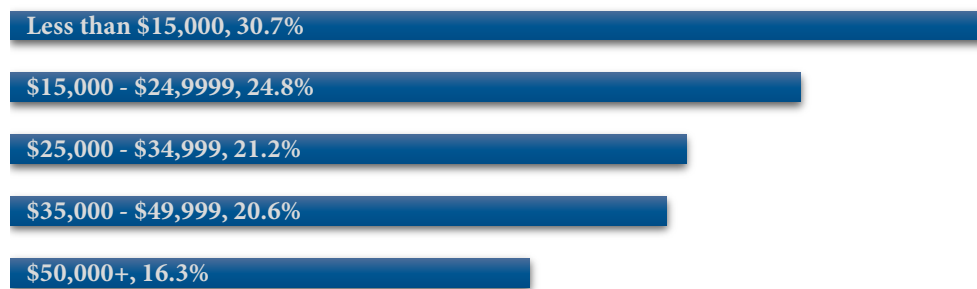
Secondary Data: Mental Illness and Treatment

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 2023.

Table 39. Number and Percentage of Individuals Experiencing Food Insecurity

GEOGRAPHIC AREA	INDIVIDUALS EXPERIENCING FOOD INSECURITY		CHILDREN EXPERIENCING FOOD INSECURITY	
	NUMBER	PERCENT	NUMBER	PERCENT
Lancaster County	32,320	10.1%	8,610	11.8%
Saunders County	1,840	8.4%	520	9.4%

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

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

Secondary Data: SNAP

About 13% and 15% of households with children under 18 years old received SNAP benefits respectively in Lincoln and Lancaster County. The proportion of households receiving SNAP benefits in Wahoo and Saunders County was considerably lower at 4.7% and 4.2%, respectively (Table 40).

Table 40. Households Receiving SNAP with Children under 18 Years

GEOGRAPHIC AREA	NUMBER	PERCENT
Lancaster County (<i>n</i> = 37,692)	5,491	14.6%
Lincoln (<i>n</i> = 30,580)	3,934	12.9%
Saunders County (<i>n</i> = 2,875)	135	4.7%
Wahoo (<i>n</i> = 758)	32	4.2%

Source: ACS 5-Year Estimates Subject Table (2022); 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 2022-2023 school year. Thirty-six percent of students in Lancaster County (36.0%) and 26.3% of students in Saunders County received free/reduced lunch during the 2022-2023 school year.

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

GEOGRAPHIC AREA	NUMBER	PERCENT
Lancaster County (<i>n</i> = 54,238)	19,475	36.0%
Lincoln (<i>n</i> = 48,214)	22,062	45.8%
Saunders County (<i>n</i> = 4,086)	1,075	26.3%
Wahoo (<i>n</i> = 1,349)	367	27.2%

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 2023 (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 ratio 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	1,390:1	250:1	970:1
Saunders County	2,190:1	3,260:1	3,260:1
Nebraska	1,300:1	330:1	1,240:1

Source: County Health Rankings and Roadmaps (2023).

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

GEOGRAPHIC AREA	CHILDREN WITH PRIVATE HEALTH INSURANCE		CHILDREN WITH PUBLIC HEALTH INSURANCE		CHILDREN WITH NO HEALTH INSURANCE	
	COUNT	PERCENT	COUNT	PERCENT	COUNT	PERCENT
Lancaster County	8,643	73.0%	3,564	30.1%	367	3.1%
Lincoln	7,389	68.7%	3,395	31.6%	363	3.4%
Saunders County	905	88.5%	108	11.9%	5	0.5%
Wahoo	157	89.2%	19	10.8%	0	0.0%

Source: ACS 5-Year Estimates Subject Table (2022); Table B27001, Table B27002, 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

GEOGRAPHIC AREA	UNINSURED RESIDENTS OVERALL		UNINSURED RESIDENTS IN POVERTY	
	COUNT	PERCENT	COUNT	PERCENT
Lancaster County	21,059	6.6%	4,891	13.4%
Lincoln	20,140	7.0%	4,865	13.7%
Saunders County	964	4.4%	263	17.9%
Wahoo	167	3.6%	78	16.2%

Source: ACS 5-Year Estimates Subject Table (2022); 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	UNINSURED RATE FOR EMPLOYED	UNINSURED RATE FOR EMPLOYED
Lancaster County	1,222	23.7%	12,121	7.6%
Lincoln	1,108	24.7%	11,740	8.0%
Saunders County	55	28.5%	580	5.5%
Wahoo	0	0.0%	120	5.8%

Source: ACS 5-Year Estimates Subject Table (2022); 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?	<i>n</i>	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 country.

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

Note. Data obtained from the MIT Living Wage Calculator (2024).

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:	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
I feel that my child(ren)'s educational needs are being met in the Head Start or Early Head Start program.	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.	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
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.	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
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.	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
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)?	<i>n</i>	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.	<i>n</i>	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.	<i>n</i>	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.	<i>n</i>	<i>Mean</i>	<i>S.D.</i>
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?	<i>n</i>	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?	<i>n</i>	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?	<i>n</i>	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?	<i>n</i>	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.	<i>n</i>	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	<i>n</i>	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.	<i>n</i>	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?	<i>n</i>	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.	<i>n</i>	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.	<i>n</i>	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

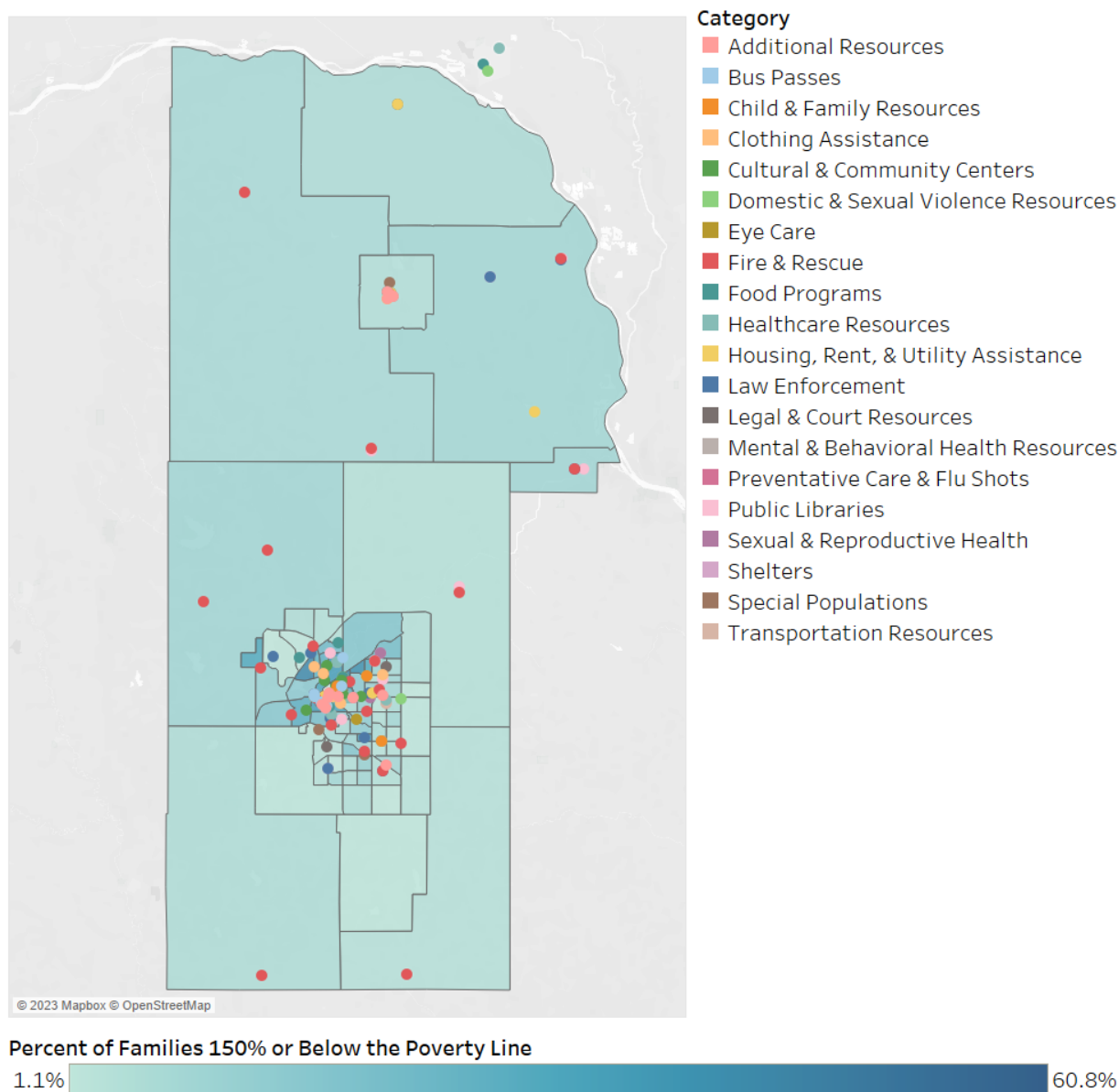
When do you typically work and/or go to school? Please select all that apply.	<i>n</i>	COUNT	PERCENT
Morning (Between 6:00 a.m. – Noon)	17	15	88.2%
Afternoon (Between Noon – 6:00 p.m.)	17	14	82.4%
Evening (Between 6:00 p.m. – Midnight)	17	0	0.0%
Night (Between Midnight – 6:00 a.m.)	17	3	17.6%

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.

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



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

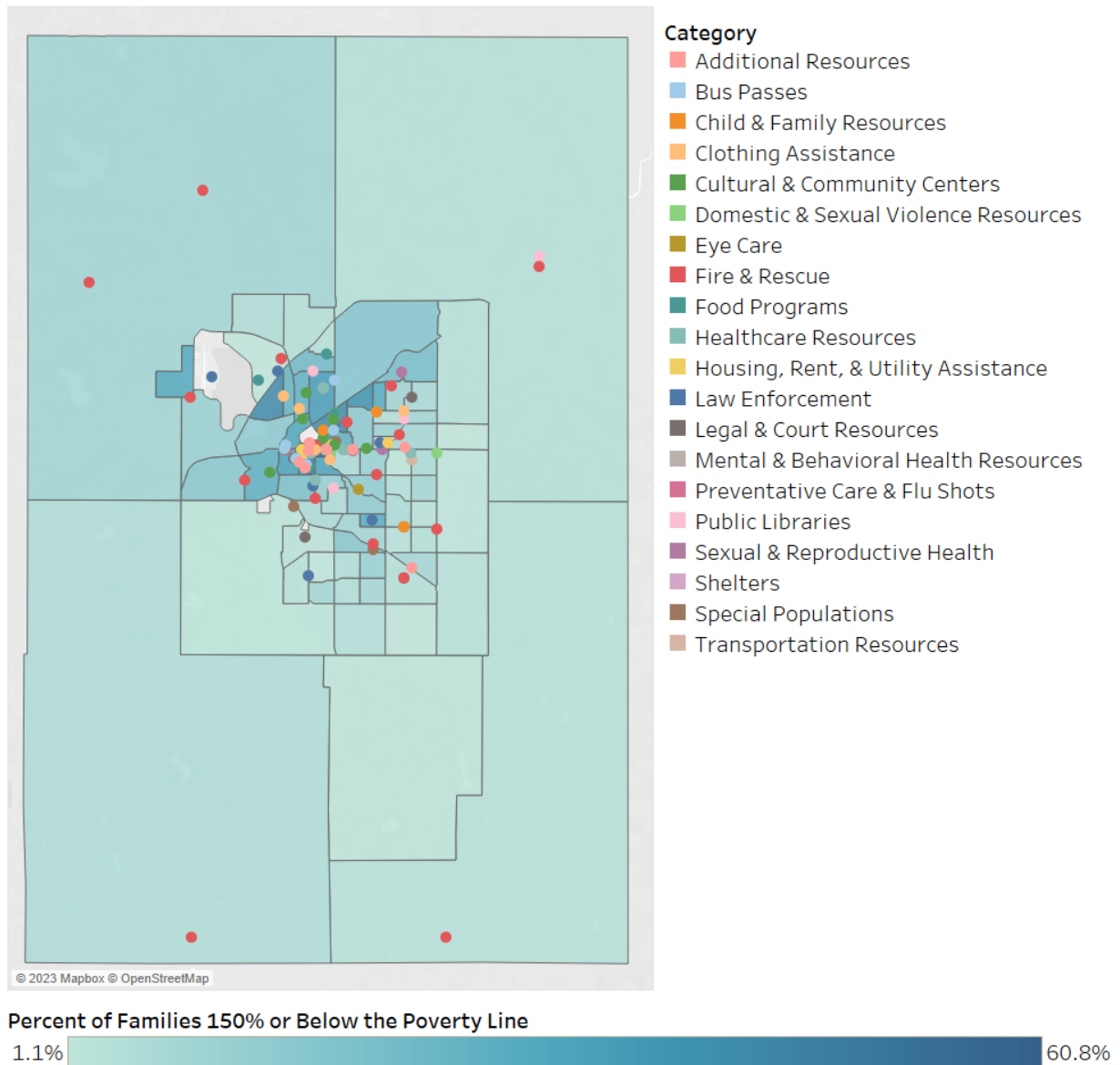
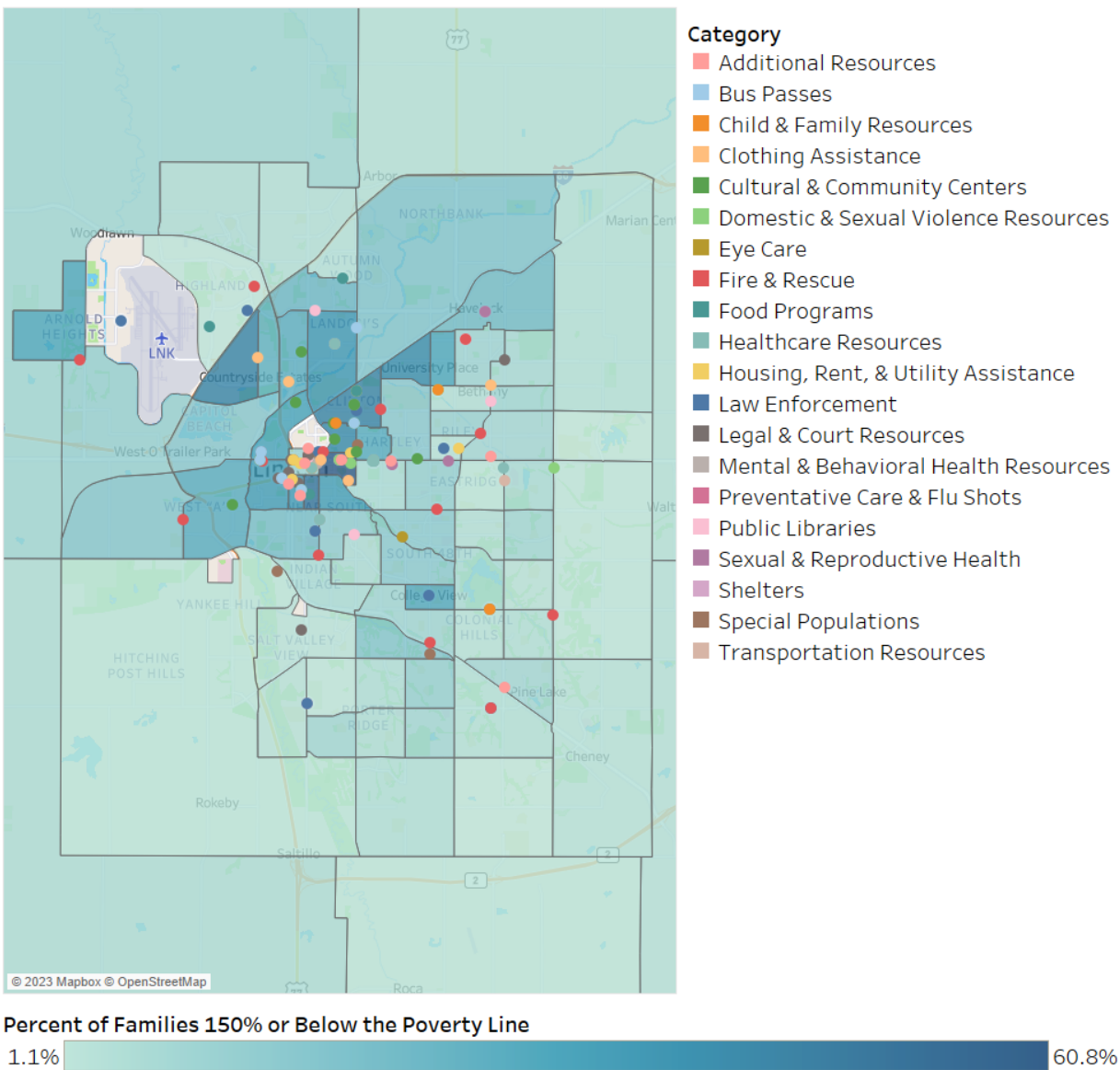


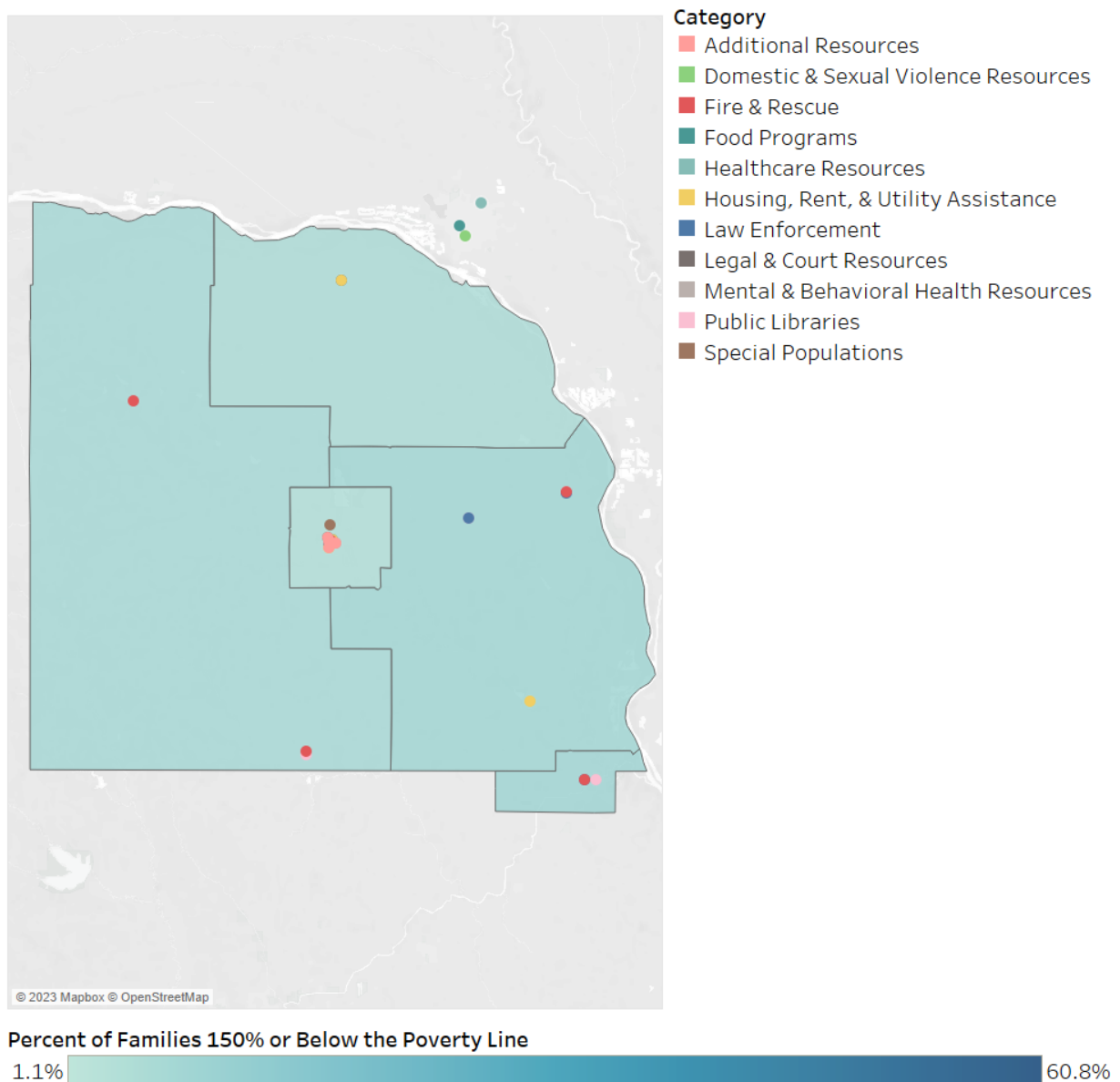
Figure 5: Community Resources Located in Lincoln



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



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).¹⁵ 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)
	<p>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.</p> <p>These results were synthesized using a mixed methods approach.</p>	
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.	<p>The number of child development, childcare centers, and family childcare programs that serve eligible children and an estimate of eligible children served were estimated using sources such as:</p> <ul style="list-style-type: none"> 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.	<p>The strengths of the community were assessed through:</p> <ol style="list-style-type: none"> 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. <p>These results were synthesized using a mixed methods approach.</p>	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.	<p>Qualitative and quantitative data was used in the Community Needs Assessment.</p> <p>Qualitative data includes:</p> <ul style="list-style-type: none"> • 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)
	<p>enrolled in the Head Start program.</p> <ul style="list-style-type: none"> Open ended questions included in the Needs and Strengths Assessment survey. <p>Quantitative data includes:</p> <ul style="list-style-type: none"> 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.	<p>The causes and conditions of poverty and the needs of the service area communities was assessed through:</p> <ol style="list-style-type: none"> 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. 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. 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 	<p>Community Needs (Page 40)</p> <p>Causes and Conditions of Poverty (Page 57)</p>

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 12.0% during this time. Saunders County and Wahoo saw population increases in excess of 7.0% (Table B 1).

Table B 1. Population Trends Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAHOO
2022	322,063	290,531	22,374	4,754
2017	306,357	277,315	20,953	4,491
2012	286,425	259,218	20,696	4,456

Source: American Community Survey 5-year Estimates Subject Table (2012, 2017, 2022); 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	WAHOO
White alone	83.3%%	82.0%	95.0%	95.7%
Black or African American alone	3.7%	4.1%	0.3%	0.6%
American Indian and Alaska native alone	0.7%	0.7%	0.1%	0.2%
Asian alone	4.1%	4.5%	0.5%	0.0%
Native Hawaiian and Other Pacific Islander alone	0.07%	0.07%	0.02%	0.0%
Some other race alone	1.9%	2.0%	0.5%	0.2%
Two or more races	6.2%	6.6%	5.0%	3.2%

Source: American Community Survey 5-year Estimates Subject Table (2022); 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	WAHOO
Not Hispanic or Latino	92.3%	91.7%	97.6%	98.6%
Hispanic or Latino	7.7%	8.3%	2.4%	1.4%

Source: American Community Survey 5-year estimates subject table (2022); 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	WAHOO
Family	59.1%	57.0%	70.2%	68.4%
Non-Family	40.9%	43.0%	29.8%	31.6%

Source: American Community Survey 5-year estimates subject table (2022); 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	WAHOO
Married-couple family household	77.1%	75.4%	85.3%	72.3%
Female householder, no husband present	15.6%	16.9%	8.8%	17.3%
Male householder, no wife present	7.3%	7.7%	5.7%	10.4%

Source: American Community Survey 5-year estimates subject table (2022); Table S1101

The median income in for Lancaster County, Lincoln, and Saunders County has increased since 2011. Income growth was modest from 2012 to 2017. Since 2017, increases in income have accelerated. Wahoo experienced about 30.0% growth in income since 2017. Lancaster County and Lincoln saw income growth in excess of 20.0% since 2017 (Table B 6).

Table B 6. Median Income Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAHOO
2022	\$65,086	\$62,566	\$76,485	\$75,052
2017	\$53,730	\$51,126	\$64,475	\$53,977
2012	\$51,059	\$49,114	\$58,348	\$52,064

Source: American Community Survey 5-year estimates subject table (2012, 2017, 2022); 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	WAHOO
2022	3.2%	3.3%	2.4%	1.9%
2017	3.9%	4.1%	2.2%	3.9%
2012	6.1%	6.4%	3.2%	3.6%

Source: American Community Survey 5-year estimates subject table (2012, 2017, 2022); Table S2301

Saunders County had the lowest poverty rate at 6.7%. Lincoln had the highest poverty rate at 12.8% (Table B 8).

Table B 8. Poverty Rate Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAHOO
# below poverty level	36,483	35,450	1,471	481
% below poverty level	11.8%	12.8%	6.7%	10.4%

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	WAHOO
Female	54.0%	53.9%	54.6%	50.5%
Male	46.0%	46.1%	45.4%	49.5%

Source: American Community Survey 5-year estimates subject table (2022); 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	WAHOO
0-4 years	7.0%	7.0%	3.4%	0.0%
5-17 years	16.5%	16.6%	21.4%	32.9%
18-34 years	46.4%	47.1%	25.8%	28.5%
35-64 years	22.2%	21.9%	30.5%	27.2%
65+ years	7.9%	7.4%	18.9%	11.4%

Source: American Community Survey 5-year estimates subject table (2022); 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	73.0%	72.4%	87.2%	68.6%
Black or African American alone	7.3%	7.5%	1.2%	3.5%
American Indian and Alaska Native alone	1.4%	1.4%	0.3%	0.0%
Asian alone	4.5%	4.6%	0.0%	0.0%
Native Hawaiian and Other Pacific Islander alone	0.4%	0.4%	0.0%	0.0%
Some other race alone	3.1%	3.2%	0.0%	0.0%
Two or more races	10.3%	10.4%	11.4%	27.9%

Source: American Community Survey 5-year estimates subject table (2022); 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	WAHOO
Less than high school graduate	16.4%	16.9%	13.1%	8.4%
High school graduate	30.8%	30.2%	48.7%	52.7%
Some college, associate degree	34.2%	34.2%	32.4%	36.4%
Bachelor's degree or higher	18.6%	18.7%	5.8%	2.5%

Source: American Community Survey 5-year estimates subject table (2022); Table S1701

Most individuals who are at least 16 years old in the civilian workforce and in poverty in 2022 were employed in all geographic regions (Table B 13).

Table B 13. Poverty by Employment Status Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAHOO
Employed	89.3%	89.6%	89.0%	86.8%
Unemployed	10.7%	10.4%	11.0%	13.2%

Source: American Community Survey 5-year estimates subject table (2022); 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 2022 (Table B 14).

Table B 14. Poverty by Work Experience Across Service Areas

	LANCASTER COUNTY	LINCOLN	SAUNDERS COUNTY	WAHOO
Worked full-time, year-round in the past 12 months	8.5%	8.4%	8.6%	6.8%
Worked part-time or part-year in the past 12 months	54.6%	55.3%	38.7%	29.7%
Did not work	36.9%	36.2%	52.7%	63.5%

Source: American Community Survey 5-year estimates subject table (2022); 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	WAHOO
Not Hispanic or Latino	87.0%	86.7%	98.4%	100%
Hispanic or Latino	13.0%	13.3%	1.5%	0.0%

Source: American Community Survey 5-year estimates subject table (2022); 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	Bad	Neither Good nor Bad	Good	Very Good
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): _____

Studies show that discrimination and harassment negatively impact mental and physical health. Have you personally experienced discrimination or harassment during the past 12 months because of your race, ethnicity, language, migration status, gender, sexual orientation, socio-economic status or religion in any of the following situations in your county?

	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?			

Caregivers Branch (only those who identified as a caregiver to a Head Start child were asked to respond to these items)

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.

- Morning (Between 6:00am – Noon)
- Afternoon (Between Noon – 6:00pm)
- 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.

- 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 often have you had access to reliable transportation?

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

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

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

Head Start Staff Branch (only those who identified as Head Start staff were asked to respond to these items)

In which county is the Head Start building where you work located? Select all that apply.

- Lancaster County
- Saunders County

Please rate your agreement on whether the needs of *children* 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 have any comments related to your ratings for the items 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 have any comments related to your ratings for the items above?

Is there anything else that you would like to let us know about the topics that were covered in this survey?

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

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.

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

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

- ☐ Man

- 
- Woman
 - Transgender
 - Non-Binary
 - 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 *Being 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?	<i>n</i>	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?	<i>n</i>	<i>MEAN</i>	<i>S.D.</i>
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.	<i>n</i>	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.	<i>n</i>	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.	<i>n</i>	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/NWLincolncc/>
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 reduced-cost bus passes.

El Centro de las Américas
210 O St, Lincoln, NE 68508
402-474-3950
<http://www.elcentrone.org/>
9:00am-5:00pm Monday 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 at-risk youth can drop in for a hot meal, laundry, personal hygiene items, emergency shelter, employment or housing applications, and group programs.

BraveBe Child Advocacy Center
5025 Garland St, Lincoln, NE 68504
402-476-3200
<https://www.bravebe.org/>
8:30am-5:00pm Monday-Friday
Forensic interviews, advocacy services, medical services, and case coordination for victims/survivors of child abuse and their non-offending family members. Community and agency trainings available.

Friendship Home
PO Box 85358, Lincoln, NE 68501 (Physical address is unlisted)
402-434-6353
<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.voicesofhopelincn.org/>
9:00am-4:00pm Monday, Tuesday, Thursday 12:30pm-4:00pm Wednesday
9:00am-12:30pm Friday
Crisis intervention services, parent/child advocacy, support and educational groups, legal advocacy and referrals, and training.

Food Programs

Community Action Partnership of Lancaster and Saunders Counties
210 O St, Lincoln, NE 68508
402-471-4515
<https://www.communityactionatwork.org/>
8:30am-5:00pm Monday-Friday
Healthy Food Access Program provides hot, healthy meals to children in Lincoln's lowest income neighborhoods.

Food Bank of Lincoln
1221 Kingbird Rd, Lincoln, NE 68521
402-466-8170
<https://www.lincolnfoodbank.org/>
8:00am-4:30pm Monday-Friday Manages food distribution in Lincoln area M-Sat. Child Hunger Programs including the Backpack Program, School Food Markets & Pantries, LPS Emergency Pantry, and Summer Meals & Food Service Program.

FoodNet, Inc
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/the-gathering-place-soup-kitchen.html>
5:00pm-6:00pm Monday-Sunday
Free evening meals, free little pantry.

Good Neighbor Community Center
2617 Y St, Lincoln, NE 68503
402-477-4173
<https://www.gncclincoln.org/>
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/mission-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
<https://centralusa.salvationarmy.org/lincoln/cure-hunger/>
9:00am-4:00pm Monday, Wednesday-Thursday
9:00am-3:00pm Tuesday, Friday
Food pantry is open 9:00am-4:00pm M,W-Th;
9:00am-3:00pm Tu & F. Produce and bread distribution T & F from 10:00am-11:00am.

Healthcare Resources

Clinic with a Heart

1701 S 17th St Ste 4G, Lincoln, NE 68502

402-421-2924

<https://www.clinicwithaheart.org>

4:00pm-7:30pm Tuesday and Thursday

Free medical, dental, chiropractic, vision, hearing, mental health, and urgent care. Clinics for orthopedic, physical therapy, extraction, dermatology, and hypertension offered with a referral. Call in after 2:00pm Monday-Thursday to reserve a spot.

Lincoln-Lancaster County Health Department

3131 O St, Lincoln, NE 68510

402-441-8000

<https://www.lincoln.ne.gov/City/Departments/Health-Department/Community-Health-Services#section-9>

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/>
Lincoln 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 Clinic
3131 O St, Lincoln, NE 68510
402-441-8065

1:00pm-3:00pm Tuesday, 5:00-7:00 Thursday
STD testing and treatment available at free or
reduced cost.

Lincoln-Lancaster County Health
Department – Express STD Clinic
3131 O St, Lincoln, NE 68510
402-441-8065
<https://www.lincoln.ne.gov/City/Departments/Health-Department/Community-Health-Services#section-8>

8:30am-3:30pm 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 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.casa4lanaster.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://cliane.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 Office 633 S
9th St STE 100, Lincoln, NE 68508 402-441-7631

<https://www.lancaster.ne.gov/556/Public-Defender>

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

Lancaster County Youth Services Center 1200
Radcliff St, Lincoln, NE 68512
402-441-7090

<https://www.lancaster.ne.gov/243/Youth-Services-Center>

24 hours

Youth detention center.

Legal Aid of Nebraska
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 Stations
6601 Pine Lake Rd, Lincoln, NE 68516
3800 S 48th St, Lincoln, NE 68506
402-441-7755

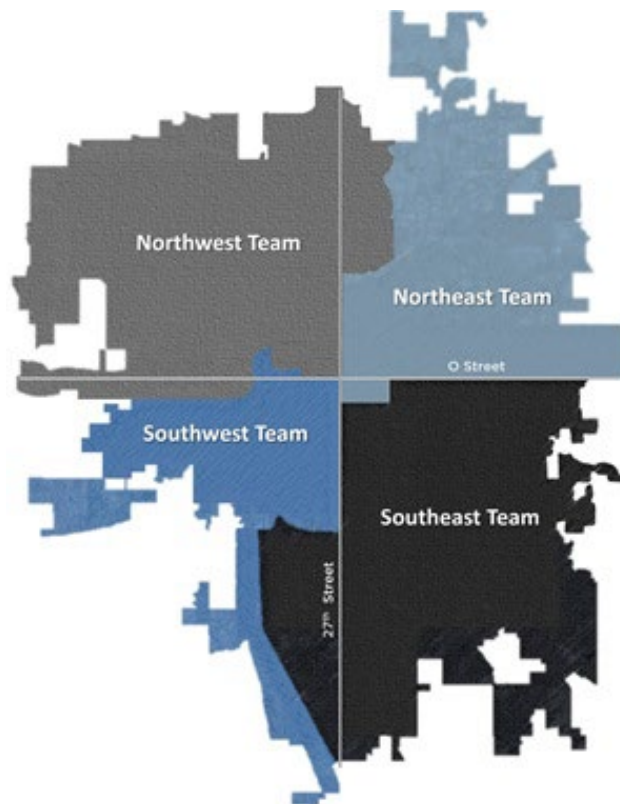
LPD Northwest Team Station
1501 N 27th St, Lincoln, NE 68503
402-441-6555

*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.csssus.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://freshstarhome.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://na-meetings.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-v-a-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/LTU/StarTran>
8:00am-4:30pm Monday-Friday
Single ride, daily, and monthly passes available.
Low-income rate is available.

StarTran Paratransit
402-441-7109
<https://www.lincoln.ne.gov/City/Departments/LTU/StarTran/Paratransit>
5:40am-9:50pm Monday-Friday
6:40am-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
402-434-2621
<https://l-housing.com/FamilyResourceCenter.html>
8:00am-12:00pm, 1:00pm-5:00pm Monday-Friday

Center For People in Need
3901 N 27th St, Lincoln, NE 68521
402-476-4357
<https://www.cfpin.org/>
9:00am-3:00pm Monday-Friday

Community Action Partnership of Lancaster and Saunders Counties
210 O St, Lincoln, NE 68508
402-471-4515
<https://www.communityactionatwork.org/>
2:00pm-5:00pm Monday-Thursday

F Street Community Center Community 1225 F St, Lincoln, NE 68508
402-441-7951
<https://www.lincoln.ne.gov/City/Departments/Parks-and-Recreation/Parks-Facilities/Recreation-Centers/FstRecCenter>
8:00am-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/LTU/StarTran/Low-Income>
8:00am-4:00pm Monday-Friday

Additional Resources

Capital Humane Society Pieloch Pet Adoption Center
6500 S 70th St, Lincoln, NE 68516
402-441-4488 ext. 1
<https://www.capitalhumanesociety.org/>
11:30am-7:30pm Tuesday-Friday
12:00pm-5:00pm Saturday and Sunday Animal shelter.

The Cat House
3633 O St, Lincoln, NE 68510
402-441-9593
<https://thecathouse.org/>
6:00pm-8:00pm Tuesday and Thursday
1:30pm-4:00pm Sunday
Cat shelter.

The HUB
1037 S 12th St, Lincoln, NE 68508
402-471-8526
<https://www.hublincoln.org/>
9:00am-4:00pm Monday-Friday
9:00am-3:00pm during LPS breaks
General Education Development classes, job readiness, and case management for youth aging out of foster care.

Lincoln Literacy
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/western/safe-t/>
8:00am-5:00pm Monday-Friday
Emergency or long-term housing, food, clothing, emotional support and counseling, healthcare, drug and alcohol treatment, childcare, transportation, help navigating the immigration system, education and employment opportunities, legal assistance, and help setting goals.

Food Programs

Bethlehem Lutheran Church – Wahoo Backpack Program
504 W 8th St, Wahoo, NE 68066
402-433-3160
<https://www.bethlehemlutheranwahoo.org/>
8:30am-4:00pm Monday, Wednesday, Friday
8:30am-12:00pm Tuesday, Thursday
Food baskets for children enrolled in Wahoo public and private schools. Contact for enrollment.

*LifeHouse Care Corps
723 N Broad St, Fremont, NE 68025
402-721-3125
<https://www.facebook.com/CareCorpsLifeHouse/>
10:00am-2:00pm Tuesday 5:00pm-7:00pm Thursday
Food pantry. Bring ID and mail with current residence received within the last 30 days.

Healthcare Resources

*Every Woman Matters
301 Centennial Mall South, PO Box 94817, Lincoln, Nebraska 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.nechildrevisions.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-income.

Prague City Hall
401 Center Ave, Prague, NE 68050
402-663-5235
<https://www.countyoffice.org/prague-city-hall-prague-ne-fd2/>
Section 8 housing application assistance.

Wahoo City Hall
605 N Broadway St, Wahoo, NE 68066
402-443-3222
<https://www.countyoffice.org/wahoo-city-hall-wahoo-ne-cab/>
Section 8 housing application assistance.

Wahoo Utilities Department
605 N Broadway St, Wahoo, NE 68066
402-443-3222
https://www.wahoo.ne.us/vnews/display.v/S_EC/Wahoo%20Utilities%7COnline%20Bill%20Payment
Will assist families in utilizing a payment plan to
keep services on after receiving a disconnect
notice. Must pay full bill to start services if
disconnected.

Weston City Hall
140 Pike St, Weston, NE 68070
402-642-5496
<https://www.countyoffice.org/weston-city-hall-weston-ne-d6d/>
Section 8 housing application assistance.

Legal and Court Resources

Saunders County Public Defender's Office 443
N. Chestnut St, Wahoo, NE 68066
402-443-3815
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/courthouse/court/court.html>
8:00am-4:30pm Monday-Friday

Saunders County District Court
387 N Chestnut St STE 6, Wahoo, NE 68066
402-443-8113
https://saunderscounty.ne.gov/webpages/district_court/district_court.html
8:00am-4:30pm Monday-Friday

Saunders County Youth Services
403 N Chestnut St STE 103, Wahoo, NE 68066
402-443-8107
<https://saunderscounty.ne.gov/webpages/juvenile/juvenile.html>
8:00am-4:30pm Monday-Friday

Mental Health Resources

This is a partial list of mental healthcare providers; a complete list is available through insurance providers, including contact information. Ask for in-network mental health providers. Call the provider for information on eligibility and costs.

Blue Valley Behavioral Health
355 E 4th St, Wahoo, NE 68066
402-443-4414
<http://bvbh.net/>
9:00am-5:00pm Tuesday, Thursday, 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/veterans_services/veterans_services.html

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

Additional Resources

Community Action Partnership of Lancaster and Saunders Counties

365 W. 1st St, Wahoo, NE 68066

402-277-7330

<https://www.communityactionatwork.org/>

8:30am-5:00pm Monday-Friday

Early Head Start, Head Start, and home learning resources.

Nebraska Department of Health and Human Services

355 E 4th St, Wahoo, NE 68066 402-443-4252

<http://dhhs.ne.gov/Pages/default.aspx> Medicaid, SNAP, and welfare offices and assistance.

Saunders County Lost Pets - Pet Rescue 226 W
5th St, Wahoo, NE 68066
402-432-2814
<http://www.saunderscountylostpets.com/>
8:00am-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-of-
county travel. A charge of \$1 applies for each
additional stop. No fee for transportation to the
Saunders Medical Center. Schedule 24 hours in
advance.

Saunders County Treasurer's Office
433 N Chestnut St, STE 201, Wahoo, NE 68066
402-443-8128
<https://saunderscounty.ne.gov/webpages/treasurer/treasurer.html>
8:00am-4:30pm Monday-Friday
Driver's license and vehicle registration services.
Driver's license exams are provided Monday and
Tuesday from 8:00am-12:00pm,
12:30pm-4:00pm.

*American Job Center
1330 N St, 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/>
Mentoring for youth.

Hotlines

Crisis Text Line
Text HOME to 741741
Text line provides support for anyone who is
experiencing a crisis.

Economic Assistance
1-800-383-4278
Helpline for those applying for economic
assistance through ACCESSNebraska.

Homeless Veterans Hotline
1-877-424-3838
Hotline provides resources, information, and
referrals to veterans by Veterans' Affairs staff.

Medicaid Assistance
1-855-632-7633
Helpline for those applying for Medicaid
assistance through ACCESSNebraska.

National Domestic Violence Hotline
1-800-799-7233
TTY: 1-800-787-3224
Chat online: <https://www.thehotline.org/help/>
Hotline provides support, resources, and
information to those experiencing domestic
and/or sexual violence. Over 200 languages
available.

National Runaway Safeline
1-800-786-2929
Chat online: <https://www.1800runaway.org/>
Hotline provides crisis counseling for youth
runaways as well as parents and guardians of
youth runaways.

National Teen Dating Abuse Hotline
1-866-331-9474
TTY: 1-866-331-8453
Text loveis to 22522
Chat online: <https://www.loveisrespect.org/>
Hotline provides support, resources, and
information about healthy relationships to
teens experiencing dating violence.

Nebraska Adult Protective Services and Elder Abuse Hotline
1-800-254-4202
Hotline receives reports about suspected abuse to elders and adults with vulnerabilities.

Nebraska Child Abuse and Neglect Hotline
1-800-652-1999
Hotline receives reports about suspected child abuse and neglect in Nebraska.

Nebraska Family Helpline
1-888-866-8660
Hotline provides recommendations and referrals to appropriate resources. Hotline assesses for safety immediate needs and level of behavioral health crisis.

Need2text
Text TALK to 38255
Chat online: <https://need2text.com/>
Textline provides support for teenagers experiencing depression, anxiety, relationship issues, and more.

Postpartum Depression Hotline
1-800-773-6667
Hotline provides support for mothers experiencing postpartum depression from mothers who previously experienced postpartum depression.

Rape, Abuse, and Incest National Network
1-800-656-4673
<https://rainn.org/>
Hotline provides confidential support from a trained staff member, referrals to local services, information about the laws in the community.
*The information cannot be kept confidential if the victim/survivor is a child.

988 Suicide and Crisis Lifeline
988
TTY: 1-800-799-4889
Chat online: <https://suicidepreventionlifeline.org/chat/>
Hotline provides immediate and confidential emotional support to those in suicidal or emotional crisis.

988 Suicide and Crisis Lifeline (Spanish)
1-888-628-9454
Hotline provides immediate and confidential emotional support to those in suicidal or emotional crisis.

The Trevor Project
1-866-488-7386
Text START to 678678
Chat online: <https://www.thetrevorproject.org/> Hotline for suicide prevention and crisis intervention for LGBTQ youth.

Veterans Crisis Line
1-800-273-8255
Hotline provides crisis intervention for veterans by Veterans' Affairs staff.