



Charlotte County Healthy Start Coalition Services

Charlotte County Healthy Start Coalition's mission is to improve birth outcomes and optimize child growth and development through community partnerships that nurture women and families. The Charlotte County Healthy Start Coalition is a collaborative effort of doctors, nurses and other area health care professionals who join together to evaluate each pregnancy to help expectant moms have healthier babies, reduce infant mortality, and improve the overall health and development of Charlotte County children. Each mom-to-be and newborn is screened to determine the types of services they might need for baby's healthy start in life.

CARE COORDINATION

Healthy Start Care Coordinators assess mother's needs and provide referral to risk-appropriate services, assist with Medicaid application, provide emotional support and encouragement, and deliver pregnancy and childcare information. Care Coordination is contracted through Charlotte Behavioral Health Care, Inc. *For more information about this or any Healthy Start service - call 941-347-6490.*

PARENTING EDUCATION

Learn to be a positive parent and role model through Healthy Start parenting education. Moms and dads receive parenting guidelines, information on child growth and development, and ways to manage child health problems. Classes are provided free of charge to Healthy Start participants, and are contracted through Charlotte Behavioral Health Care, Inc. *For more information about this or any Healthy Start service - call 941-347-6490.*

BREASTFEEDING EDUCATION/WIC

Breastfeeding is the healthiest choice for your baby, providing all the nutrients your baby needs each day. Through the WIC program, expectant mothers receive breastfeeding education and support. Expectant mothers also learn about good eating habits and receive nutritional supplements that help keep mom and baby healthier. *For more information about this or any Healthy Start service - call 941-347-6490.*

IPO SERVICES

To help pregnant women receive prenatal care early in their pregnancy, Healthy Start partners with the local health department to *improve pregnancy outcomes* (IPO) for Charlotte County women. IPO services include pregnancy testing, Medicaid screening, minimal nursing assessment, distribution of vitamin supplements, delivery of educational pamphlets and referral for nutritional education. *For more information about this or any Healthy Start service - call 941-347-6490.*

PSYCHOSOCIAL COUNSELING

Becoming a new parent can be stressful. Confidential psychosocial counseling can help to cope with the emotional and situational demands of a new baby. These services may include: family screening, assessment interview, individual or group counseling, establishing and planning goals, behavior modification, access to family resources, substance abuse counseling, and/or referrals for other services. Services are contracted by Healthy Start through Charlotte Behavioral Health Care, Inc. *For more information about this or any Healthy Start service - call 941-347-6490.*

SMOKING CESSATION

If you are a mom-to-be who smokes, you need to stop smoking and avoid second-hand smoke to increase the likelihood of having a healthy baby. Healthy Start offers support to help you quit smoking. *For help call a Healthy Start Care Coordinator at 941-764-3500 or the Florida Quitline - 1-877-822.6669*

CHILDBIRTH EDUCATION

Certified Childbirth Educators provide information on preparing for labor and birth, danger signs in pregnancy and symptoms of preterm labor, delivery, bonding, newborn care and safety, immunizations, postpartum care, sibling preparation, family planning and more. *Enroll in Healthy Start to register for these free classes by calling 941-347-6490.*

PRENATAL CARE

Healthy Start prenatal care services, provided by a licensed physician, may be available if you are uninsured, ineligible for Medicaid and cannot otherwise afford prenatal care. *To complete a financial eligibility application, call a Healthy Start Care Coordinator at 941-347-6490.*

MOMCARE

Prenatal women who qualify for pregnancy Medicaid will receive choice counseling for selecting a primary maternity care provider through the Healthy Start MomCare program. Your MomCare Advisor will promote early entry to care, provide information on the importance of Healthy Start screening for your newborn and make referrals for other services you may need. *To start the application process, contact a Charlotte County Health Department Clinic for a pregnancy test, and simplified Medicaid application. Call 941-347-6490 to speak with a MomCare advisor.*

DIABETIC NUTRITIONAL COUNSELING

If you are pregnant and have Type One, Type Two, or gestational diabetes and your insurance does NOT pay for diabetic education, these counseling services are designed to provide education and support. You will learn what diabetes is, how it affects your health and the health of your baby, and how you can modify diet to control blood sugars. *For more information about this or any Healthy Start service - call 941-347-6490.*

To learn more about how the Charlotte County Healthy Start Coalition can support your family, contact us right away. We look forward to working with you.