

Pregnant Women & Women with Dependent Children

Charlotte Behavioral Health Care



CHARLOTTE



Behavioral Health Care



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Note:

This program receives federal Substance Abuse Prevention and Treatment Block Grant funds and serves people who inject drugs. This program is therefore federally required to give preference in admitting people into treatment as follows:

- 1. Pregnant injecting drug users*
- 2. Pregnant drug users*
- 3. People who inject drugs*
- 4. All others*

Co-occurring Philosophy

Charlotte Behavioral Health Care, Inc. is dedicated to providing optimal care to all patients requiring mental health and/or substance use treatment. It is our belief that the presence of co-occurring mental health and substance use disorders are the expectation to the rule. As such, we strive to make all patients feel welcome and comfortable to address co-occurring issues with their treatment team without fear of penalty or retribution.

CBHC utilizes evidence-based screening and assessment tools in an effort to identify patients with co-occurring issues as early as possible - from the point of admission and ongoing throughout the course of treatment. Treatment plans are developed to address both mental health and substance issues in an integrated manner, individualized to the needs of the patient.

Services may include detoxification, residential, medication, drug testing, an group or individual counseling. Furthermore, when possible, the treatment team attempts to make referrals and collaborate with community partners such as local 12-step programs.

Clinical Treatment Services

Clinical treatment services to address the medical and biological psychosocial issues associated with addiction may include:

- Outreach and Engagement
- Screening
- Detoxification
- Crisis Intervention
- Assessment
- Treatment Planning
- Case Management
- Substance Abuse Counseling and Education
- Trauma Services
- Medical Care
- Pharmacotherapy/Medication Assisted Treatment
- Mental Health Services
- Drug Monitoring
- Continuing Care

Clinical Support Services

Clinical support services for women to assist in maintaining recovery may include:

- Life skills
- Parenting and child development education
- Family programs
- Educational remediation and support
- Employment readiness services
- Linkage with legal and child welfare systems
- Housing support
- Advocacy
- Recovery community support services



Community Support Services

Community support services are designed to support recovery and may include:

- Recovery management and recovery community support services
- Housing that encourages alcohol-free and drug-free living
- Ongoing family-strengthening services
- Child care
- Transportation
- Temporary assistance for needy families (TANF) linkages
- Recovery support and substance abuse prevention in the workplace
- Vocational and academic education services
- Connections to faith-based organizations as appropriate and desired

Family Safety and Prevention Services

Family safety and prevention services include a variety of programs designed to educate and guide parents in the skills needed for safe home environments with nurturing interactions.

- **Healthy Start** services are dedicated to early prenatal care access, the reduction of infant mortality, and ensuring positive maternal and child health outcomes, to pregnant women and families with children up to three years of age. Care coordination services are free and assess needs, identify risks, and link families to resources and additional community's services with ongoing support by telephone or through home visitation to ensure access to care. Healthy Start wrap around services include psychosocial counseling, short-term parenting help, tobacco cessation, breastfeeding support, childbirth education classes, and nutritional counseling. Every child deserves a healthy start in life.
- **Nurturing Parenting Groups** are short term evening classes, free of charge, in a group format to encourage parents and promote positive parent/child interactions.
- **Parenting Classes** are for voluntary and court ordered/court approved participants. Classes last ten weeks and cover a variety of topics designed to promote positive and effective parenting skills. Individual, in-home classes as well as group classes are available. Parents with children 0-18 years can access these groups.



Nurturing Parenting Program

Charlotte Behavioral Health Care



This research-based 13-week program is designed for all who want to improve their parenting skills!

What you'll learn:

- How to balance work and family
- How to take care of yourself and others
- Relaxation techniques/stress management
- Harmonizing different needs and wants
- Relationship skills
- The Power to Nurture
- Discipline and teamwork
- How to successfully juggle time and family life
- Discipline/punishment/rewards
- Networking skills (how to meet people & socialize)

Location:

Charlotte Behavioral Health Care
1700 Education Avenue, Building A, Punta Gorda

Group program is free, open to the public, and offered several times throughout the year.
Individual classes are offered with a DCF referral or court order.

Call (941) 347-6452 for more information, to check the schedule, or to register for the program.

Call now as space is limited and fills up fast!

Sponsored by:



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Outpatient Psychotherapy Services

Outpatient psychotherapy services provide assessments and individual, family, and group therapy to individuals of all ages. Therapists utilize short-term evidence-based practices to manage a variety of problems, including mental illness, co-occurring disorders, and trauma-related problems.

- **BRAG (Building Relationships, Achieving Goals)** group therapy program for children aged 3-12 years and their caregivers. BRAG is designed to support children and parents in learning coping techniques to manage and improve family dynamics.
- **CAST (Coping and Support Training)** group therapy program designed to help teens cope with struggles such as depression, worry, family relationships, peer and dating relationships, and coping with the effects of bullying by learning life skills, and utilizing peer and group support.
- **TBOS (Therapeutic Behavioral On-Site)** therapy provides community based individual and family therapy services at home, school, and/or work for children with severe mental health and/or substance abuse issues who are at risk of more restrictive placement.
- **TRY (Teaching Recovery to Youth)** combines individual, family, and group therapy services for adolescents with substance abuse issues.



Primary Medical Care for Women

Pregnant women or women with dependent children who request services will receive referrals, as necessary, for the following medical care:

- Basic health screening
- Prenatal care
- Monitoring and medication maintenance for chronic conditions
- Nursing intervention for minor injuries
- Physician care for acute illness
- Emergency treatment

Postpartum care that includes:

- Check-ups for mother and infant at appropriate intervals
- Sufficient assistance with lactation if desired
- Assurance of meeting nutritional needs of mother and infant

Primary Pediatric Care

Dependent children of women in treatment will receive referrals for pediatric care, as needed. This includes:

- Regular check-ups
- Basic health, vision, and dental screening
- Monitoring of chronic conditions
- Acute or emergency care as required
- Pediatric treatment for perinatal effects of maternal substance abuse that includes medical and other therapeutic modalities
- Immunizations

Child Care

For those who require assistance, CBHC will assist in securing child care during therapy appointments and other times in which the woman is engaged in other necessary health or rehabilitative services.



Community Resources

211 http://charlotte211.net	2-1-1
AA: Alcoholics Anonymous www.aa.org	941-426-7723
Abuse Registry Hotline	800-962-2873
Agency for Persons with Disabilities (APD) www.apd.myflorida.com	800-615-8720
C.A.R.E. (Center for Abuse & Rape Emergencies) www.carefl.org	941-639-5499
Career & Service Center www.careerandservicenter.org	941-235-5900
Charlotte County Family Service Center www.charlottecounyfl.org	941-235-0668
Charlotte County Health Department http://charlotte.floridahealth.gov	941-639-1181
Charlotte County Homeless Coalition www.cchomelesscoalition.org	941-627-4313
Charlotte County Transit www.charlottecountyfl.gov	941-575-4000
DCF Substance Abuse and Mental Health Program Office www.myflorida.com/accessflorida/	239-895-0225
Disability Rights Florida www.disabilityrightsflorida.org	800-342-0823
Florida Rural Legal Services www.frls.org	941-505-9007

Community Resources (cont.)

The Florida Bar

www.floridabar.org

Healthy Families

www.healthyfamiliesfla.org

941-629-6477

Salvation Army

941-629-5950

St. Vincent DePaul Society

www.svdppuntagorda.org

941-575-0767

YMCA Subsidized Child Care

www.charlottecountyymca.com/locations.html

941-629-2220





Thank you!

Thank you for taking the time to review your handbook.
Any questions or concerns may be brought to
the staff or Program Manager.



LEARN MORE AT CBHCFL.ORG

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