

HEALTHY FAMILIES CHARLOTTE COUNTY

Voluntarily assesses pregnant women and families with newborns linking them to community resources and offering supportive home-visiting services that can last 3-5 years depending on the need.

HEALTHY START CARE COORDINATION

Is a voluntary program that links pregnant women and children up to 3 years to needed community resources and wrap around services such as childbirth education, counseling, tobacco cessation, etc.

NURTURING DADS GROUPS: male facilitated 13 week group classes of 8-15 men who discuss a variety of topics such as family leadership, discipline and teamwork, the power to nurture, juggling time and family life and much more.

PARENTING EDUCATION for both voluntary and court ordered/approved classes that last about 10 weeks and cover a variety of topics designed to promote positive and effective parenting skills. Individual in-home as well as group classes are available.



Family Safety & Prevention Services include the following programs:

- Healthy Families
- Healthy Start
- Nurturing Dads Groups
- Short Term Parenting Groups

Today, there are many types of families and the ingredients that make for success in any of them includes the implementation of certain skills and attitudes.

When children are parented in a nurturing way with consistency and stability, they are provided with the best opportunity of entering school ready to learn, having healthy child development, and becoming productive citizens.

Married couples, blended families, grandparents as parents, teen parents, and single parents can all benefit from the Family Safety & Prevention Services offered through Charlotte Behavioral Health Care.

Special thanks for the partnerships of the following organizations that make these programs possible: Ounce of Prevention Fund of FLA, Healthy Families Florida, Department of Children & Families, Children's Network of SW FLA, Charlotte County Public Schools & Charlotte County Public Schools Early Learning Programs, Charlotte Regional Medical Center, Charlotte County Healthy Start Coalition, and the United Way.

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Helping to Build Stronger Families in Charlotte County!



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Family Support & Prevention Services



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Healthy Start Care
Coordination services are dedicated to early access to prenatal care, the reduction of infant

mortality, and ensuring positive maternal and child health outcomes. Services are freely offered to **pregnant women and families with children up to 3 years**. Area health care providers conduct a one page questionnaire that identifies families in need of extra help. Referrals can also come from self-referrals and community agencies. Although a voluntary program, Healthy Start can enroll families with active cases with the Department of Children and Families. Care Coordination services assess needs, identify risks, and link families to resources and additional communities services with ongoing support by telephone or home visitation to ensure access to care. Healthy Start Wrap Around services include psychosocial counseling, short-term parenting, tobacco cessation, breastfeeding support, childbirth education classes, and nutritional counseling. Every child deserves a healthy start in life!



Healthy Families is a nationally accredited statewide home visiting program that is free and voluntary. During regularly scheduled home visits, parents receive encouragement, support, and information on healthy child growth and development. Home visitors model healthy parent-child interaction and cover a wide range of topics including: age appropriate activities, discipline options, home safety, goal setting, and how to cope with everyday stress. Families are also linked to additional community resources as needed. Being a parent is a big job. Healthy Families is here to help!



Other demonstrations and education available per request at various times of the year include:

- Shaken Baby Syndrome Education
- Fetal Alcohol Syndrome Education
- Drug Addicted Babies
- Infant Massage and Stress Reduction



THE FAMILY RESOURCE CENTER

In addition to direct services, Charlotte Behavioral Health Care provides the community with a Family Resource Center which is available to drop in at and obtain referrals and educational materials. Outreach education on parenting topics occurs at area schools' Family Nights. Linkage to needed community resources and/or finding the help needed in regards to specific family related problems are what can be expected. The Family Resource Center is centrally located in the Family Services Center complex at the corner of Easy Street and Gibraltar Drive.

