A photograph of a woman with long, dark, wavy hair looking down at a baby lying on its back. The baby is looking up at the woman. The background is a plain, light-colored surface. On the left side of the image, there is a vertical bar with a gradient of colors: orange, yellow, and light blue.

Healthy Nashville Healthy Future

*A resource guide for working with
pregnant and parenting teens*

2009-2010

Inside:

- Pregnancy Calendar
- Prenatal / Pregnancy Services
- Postpartum Services
- Parent / Infant Services

Dear Educator,

We know that students who are pregnant or parenting need extra support to have a healthy baby and stay in school. Many organizations in our community provide services for these students; this Healthy Nashville Healthy Future resource guide provides you with a list of these important resources and services to make it easier for you to help these students, their children, and their families. This guide was developed by the Alignment Nashville Healthy Starts Committee, which includes representatives from public health, providers, education, and community organizations.

The guide is organized according to the point at which students are most likely to access services: prenatal, pregnancy, postpartum, and infant/parenting. The Healthy Starts Committee has reviewed each entry for appropriateness; while the committee has made every effort to create a complete guide, we know that there are services that are not included in this listing. We intend to update the guide at least annually and will provide updates electronically. If you would like to receive electronic updates as well as have an opportunity to provide feedback on the guide, please email Melissa Jagers, Associate Director, at melissa.jagers@nashville.gov.

Thank you,

Kimberlee Wyche-Etheridge, MD, MPH
Director, Family Youth Infant Health
Metro Public Health Department
Chair, Alignment Nashville Healthy Starts Committee

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ATTENTION COMMUNITY ORGANIZATIONS:

If you would like to be included in future updates of this handbook, please visit the Alignment Nashville website at www.alignmentnashville.org and click on the "Get Involved" link. You may also contact Melissa Jagers, Associate Director, at melissa.jagers@nashville.gov or 615.862.5004.

The Healthy Starts Committee developed this calendar to help you direct students to needed services at critical points in their pregnancy and parenthood. When applicable, the calendar also refers you to specific organizations listed in this directory that provide these services.

Positive Pregnancy Test

HEALTH

- Some normal signs of early pregnancy:
 - ~ no menstrual cycle
 - ~ sick to stomach, maybe vomiting
 - ~ increase urination
 - ~ breasts are bigger and more tender
 - ~ increase appetite
 - ~ moody
- Student should be encouraged to start prenatal vitamins
- If appropriate, student should be encouraged to stop smoking and stop other risky behaviors
- Student should check insurance status or eligibility
- Student should identify a doctor or nurse midwife for prenatal care: Meharry Centering Pregnancy (pg 7), Matthew Walker Clinic (pg 8), Vine Hill Community Clinic (pg 9), Mothers United (pg 10)
- Student should make an appointment with a provider or Health Department to confirm pregnancy
- Student should be encouraged to get lots of sleep

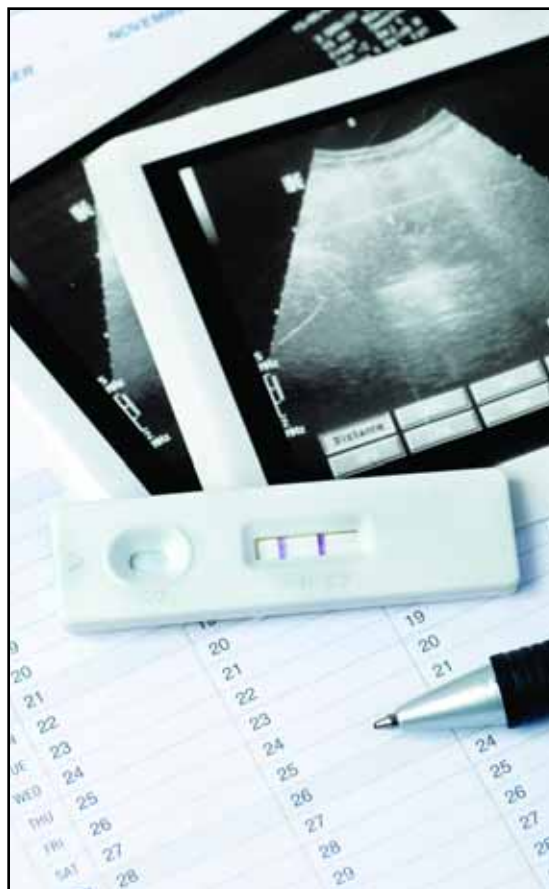
SUPPORT SERVICES

- Student should be encouraged to inform parent or guardian (resources for help)
- Student should be encouraged to inform partner
- Student should discuss options with family and / or a Counselor
- Student should be helped to identify a birth friend (confidant)
- Student should check eligibility for Women, Infant, Children (WIC)
 - WIC Clinic (pg 18)
 - Manna (pg 13)

Negative Pregnancy Test

HEALTH

- Student should start taking folic acid
 - Student should be referred to provider for STD testing, and consider family planning
 - Public Health can do these tests as well as providers
- ### SUPPORT SERVICES
- Work with a professional to create a reproductive life plan
 - Consider testing for Sexually Transmitted Infections



Months 1-3, First Trimester

HEALTH

- Some normal signs of early pregnancy:
 - ~ no menstrual cycle
 - ~ sick to stomach, maybe vomiting
 - ~ increase urination, constipation and gasiness
 - ~ breasts are bigger and more tender
 - ~ increase appetite
 - ~ moody
- The importance of monthly prenatal appointment should be stressed to student.
- Student should be taking prenatal vitamins and increasing folic acid rich foods (green leafy veggies).
- Student should avoid caffeinated beverages.
- While pregnant, student will need to consume lots of fluids. Drinking water should not be prohibited.
- Student may complain of headaches which are common during pregnancy.
- Students should be discouraged from taking any over the counter medications without medical permission.
- Students should be strongly discouraged from smoking or hanging around those who smoke.
- Student should be referred to their medical provider for bleeding, cramping, or continuous vomiting.

SUPPORT SERVICES

- Student should utilize WIC to maintain a healthy diet.
- Student should inform school nurse who can help with additional support services.
- Student should be referred to a Home visiting program if there are any additional stressors that student might be under at home. Referrals can be made through Central Referral (615-880-2187). Some home visiting programs in Nashville include: Nurses for Newborns (pg 8), Help Us Grow Successfully (pg 8), Mothers United (pg 10), Tied Together (pg 16), Healthy Start (pg 19).

EDUCATION

- Pregnancy can affect memory. Encourage students to write things down in order to keep track of assignments, etc.
- Review Standard Attire rule and regulations as it relates to pregnancy with student.
- Student should continue to get exercise, as long as ok'd by provider. Modified physical exercise class is better than no PE at all.
- Students should carry snacks with them to limit nausea.

Months 4-6, Second Trimester

HEALTH

- Most students will start to show.
- Some normal signs of middle pregnancy:
 - ~ Feeling tired
 - ~ Less nausea
 - ~ Stuffy nose and ears
 - ~ Faintness or dizziness
 - ~ Continued bloating, constipation
 - ~ Headaches
 - ~ Baby movements will start to be felt
 - ~ Increasing hunger
 - ~ Swelling of ankles and feet
 - ~ Back pain
 - ~ Increasing heart burn
 - ~ Itchy belly
- Student should expect her first ultrasound, and might learn the sex of baby.
- Additional tests may be recommended to rule out potential genetic disorders.
- Student may start to complain about being a little winded. Pregnancy may cause a little breathlessness.
- Student should be referred to medical provider for bleeding, cramping, difficulty breathing, chest pain, fainting, severe headache, blurred vision.

SUPPORT SERVICES

- Student should be reminded to recertify and utilize WIC to maintain a healthy diet.
- Student should check in with school nurse who can help with additional support services.
- Home visiting program should be recommended and encouraged if there are any additional stressors that student might be under at home.

EDUCATION

- Students may need to elevate feet and legs during class.
- Pregnancy can affect memory. Encourage students to write things down in order to keep track of assignments, etc.
- Students may start having difficulty going up and down stairs.
- Students should be discouraged from carrying a load of heavy books. Two smaller bags is better if books must be carried.
- Student may need to eat several small meals instead of 1 big lunch.

Month 7-9, Third Trimester

HEALTH

- Student will start attending prenatal appointments every two weeks, and then weekly during the last month.
- Most students will start to get uncomfortable.
- Some normal signs of middle late pregnancy:
 - ~ Discomfort from baby stretching, kicking
 - ~ Bleeding gums
 - ~ Swelling of the ankles and feet
 - ~ Decreased ability to sleep well
 - ~ Practice contractions increasingly common (Braxton Hicks)
 - ~ Increased clumsiness
 - ~ Leg cramps and back aches
 - ~ Aches in pelvis
- Student can expect to be tested for gestational diabetes.
- Student should be familiar with how to count fetal kicks twice a day. If less than 10 kicks in an hour, provider should be contacted.
- Students should be familiar with the signs of preterm labor.
- Student should be referred to medical provider for bleeding, cramping, difficulty breathing, chest pain, fainting, severe headache, blurred vision, less than 10 kicks in an hour, vaginal bleeding, water breaks.

SUPPORT SERVICES

- Student should be encouraged to establish a birth plan to take to the hospital, including family planning options.
- Student should be reminded to make plans to get a car seat as well as a crib, bassinette or pack & play for safe sleep.
- Student should identify a pediatrician or other provider for new baby.
- Student should complete birthing classes.
- Student should have a Hospital bag packed by the end of the 8th month.

EDUCATION

- Student may have difficulty sitting for long periods of time.
- If student has decided to breast feed, special arrangements might need to be made for pumping and milk storage.
- Student should have all Home bound papers completed and filed
- Student should have information on Day care options and expectations around returning to school (childcare vouchers are available from the state; however, students cannot apply for them until after the baby is born - see next section for more information).

New Infant

HEALTH

- Student should be discouraged from co-sleeping (infant sleeping in the same bed as the parent).
- Watch for signs of postpartum depression (Hope Clinic for Women offers postpartum depression counseling; see pg 15).
- Student should start family planning method of choice.
- Student will be encouraged to continue prenatal vitamins if breastfeeding.
- Student should call infant's medical provider if: poor feeding, yellowing of the skin or eyes, excessive crying, forceful vomiting, or temperature, over 100.2 or under 98.0.
- Follow up for 6 week check up with OB
- Refer to medical provider for poor feeding, excessive crying, difficulty breathing, fever (high or low), persistent vomiting or choking when feeding.

SUPPORT SERVICES

- Encourage breast feeding.
- Follow up with Pediatrician for 2 week follow up appointment.
- Assure a social support system is in place.
- Student can now apply for childcare vouchers from the State of Tennessee Department of Human Services - call (615) 532-4000.
- Student should apply for baby's birth certificate and order at least 1 additional copy.
- Encourage home visiting programs if not currently enrolled.
- Student should assure infant has been added to insurance or enrolled in program.
- Encourage students to enroll in parenting classes and/or support groups such as Tennessee Voices for Children (pg 19), Tied Together (pg 16), Hope Clinic's BRIDGE Program (pg 16), etc.
- Encourage student to sign their infant up for the Books from Birth program (pg 17).

EDUCATION

- Inform school counselor of birth in order to establish home bound services.
- Inform student about other schools that offer flexible schedules: Academies at Old Cockrill and Opry Mills (pg 17), Diploma Plus (pg 17), and GAINS Academy (pg 18).

Healthy Start of Nashville

Contact: Linda Shaw
(615) 880-2159
linda.shaw@nashville.gov

Description: The Healthy Start Program conducts home visitation services for first-time mothers of any age (prenatal or postpartum) and their babies to provide supportive services to new moms which includes: Education on parenting skills, baby's growth & development, child safety, promotion of regular medical care, and disease prevention. Also, resources, referrals, and other information and assistance is provided as needed to help lessen the burden of new parenthood.

Hours: Monday - Friday from 8 to 4:30p.m.
Cost: Services are provided free to the clients.
Eligibility: Residency in Davidson County

United Neighborhood Health Services

Contact: Pam Brillhard
(615) 620-UNHS (620-8647)
pbrillhard@unitedneighborhood.org

Description: United Neighborhood Health Services provides pregnancy tests, counseling and prenatal care to teens. This includes lab tests, dental and counseling as needed. Postpartum services, women's healthcare, family planning and infant care, including immunizations, are also provided as a part of continuing care. Case managers are available at all sites to assist with insurance enrollment and help with other resources.

Location: Services are available at several UNHS clinics:
Cayce Family Clinic
617 S. 8th. Street, Nashville 37206
Main Street Family Clinic
905 Main Street, Nashville 37206
Madison Family Clinic
601 Due West Avenue, Madison
Southside Family Clinic
107 Charles E. Davis Blvd., Nashville 37210
Waverly-Belmont Family Clinic
1501 12th Avenue South, Nashville 37203

Hours: Varies among clinics, please call 615.620-UNHS for more information.
Cost: Staff work with pregnant teens so that they are able to receive either TennCare or Cover Kids for their services.

Health Assist Tennessee

Contact: Dranda Whaley,
Executive Director
(615) 313-9841 ext. 249
info@healthassist.org
www.healthassist.org
www.tennreadvocacy.org

Description: Health Assist Tennessee is a statewide nonprofit that helps adults and children in Tennessee get the health care they need whether it is by connecting them with a state-sponsored insurance plan like TennCare or one of the CoverTennessee plans, or if they are not eligible for those insurance programs, we offer referrals to community resources like sliding scale clinics, prescription assistance plans or discounted medical equipment suppliers. Our Children's program helps ensure that children in state custody receive the services that the Department of Children's Services has recommended for that child under TennCare. We have 60 employees who collectively speak 13 languages. In 2008 we helped over 50,000 people through one-on-one interactions with our counselors on the telephone, through educational workshops and presentations or through medical interpreting and cultural competency trainings.

Location: Statewide.
Hours: 8 - 6pm, CST
Cos: Free for all patient and provider services with the exception that medical interpreting and cultural competency trainings have nominal fees.

Eligibility: Tennessee adults and children



TN Adolescent Pregnancy and Prevention Partnership (TAPPP)

Contact: Lillian Maddox-Whitehead
(615) 340-2261
Lillian.maddox-whitehead@nashville.gov

Description: TN Adolescent Pregnancy and Prevention Partnership is a coalition of youth serving organizations that provides education on pregnancy prevention and resources to pregnant and parenting teens. Those resources are home visiting programs, home bound services, presentations on sexual responsibility, parent/teen communication skill building and provides support to those teens who are pregnant and parenting to encourage healthier outcomes.

Hours: TAPPP hours are dependent upon the need of the agency. Willing to provide education for evening events and weekends.

Cost: There is no cost for TAPPP services.

Sexual Assault Center

Contact: Rachel Freeman and Justine Biola
(615) 259-9055 ext. 3
jbiola@sacenter.org
www.sacenter.org

Description: The Sexual Assault Center provides individual and group counseling for victims and survivors of sexual assault. To start the healing process, please call our Intake Specialist at 615-259-9055 ext. 335. In addition, a 24-Hour Crisis Line is available for immediate assistance; please call 1-800-879-1999 for Crisis Line services.

Location: SAC's office is centrally located in Metro Center, 101 French Landing. Across the street from our building is a bus stop, which makes public transportation easily accessible for our clients.

Hours: SAC's hours of operation are 8:00 a.m. to 6:00 p.m. Mondays through Thursdays and 8:00 a.m. to 4:00 p.m. on Fridays. However, therapy appointments are often scheduled before or after typical business hours to best meet the needs of our clients. SAC also has a 24-hour crisis line (1-800-879-1999) that is available to anyone in Middle TN in need of assistance after hours.

Cost: SAC accepts most insurance plans and offers a sliding fee payment scale according to income. Grant funding is available for specific qualifying cases. We will not turn anyone away for lack of ability to pay.

CenteringPregnancy® at Meharry Medical College

Contact: (615) 321-2962
www.meharrycenteringpregnancy.org

Description:

1. CenteringPregnancy® -- Pregnant moms will be in a group with other moms whose due dates are close to theirs. In each session, they will have private time with their healthcare provider and some refreshments. Then they will meet as a group to discuss questions, concerns and solutions. They will have the opportunity to create their reproductive life plan.
2. A certified nurse midwife will lead parenting classes about a variety of topics including infant care, breastfeeding, infant/child CPR, safety issues, child nutrition, and growth and development.
3. Parenting women can receive a gift bag - compliments of Mother to Mother, a non-profit organization dedicated to providing TN families in need with essential equipment, clothing and products for their infants and young children.

Location: Meharry Medical College, 1005 D. B. Todd Blvd; inside the Meharry Clinic - Center for Women's Healthcare, 4th floor, Suite 400

Hours: 8 a.m. to 5p.m. Monday - Friday

Cost: Call to discuss

Eligibility: Pregnant women

Matthew Walker Comprehensive Health Care Center

Contact: Cle' Holly
(615) 324-9676
cholly@mwchc.org
www.mwchc.org

Description: Matthew Walker Comprehensive Health Center provides primary medical care, dental care and behavioral health services to uninsured, TennCare and private insurance patients. The patient population is from birth through geriatric and includes prenatal care, treatment for chronic illnesses and diagnostic services. The health center has an on-site laboratory, pharmacy, radiology (including ultrasound and mammography), WIC office and behavioral health staff.

Location: The services are primarily provided through the Nashville location at 1035 14th Avenue North, Nashville, TN 37208. MWCHC also has access to various off-site clinics based on eligibility.

Hours: Monday - Thursday
8:00 a.m. - 8:30 p.m.,
Friday 8:00 a.m. - 5:00 p.m.
Saturday 9:00 a.m. - 1:00 p.m.

Cost: Services are available on a sliding fee scale, which is calculated based on household size and income.

Nurses for Newborns of Tennessee

Contact: Vicki Beaver, Executive Director
(615) 313-9989
vicki.beaver@nfnf.org

Description: Nurses for Newborns (NFNF) is a registered nurse home visiting program for pregnant teens, women, infants and children. Our Teen Program serves young women up to age 18 both prenatally and after delivery. Our "Bridge to the Future" program focuses on medically fragile babies, most of whom started life in a Neonatal Intensive Care Unit. The "Safe Beginnings" program assist mothers who are medically or mentally challenged. Services include maternal and infant health assessments and on-going education concerning pregnancy, postpartum care, newborn care, breastfeeding, safety issues, growth and development and family wellness. Our nurses assist clients with finding available resources. Client referral forms should be faxed to our office at (615) 313-9979.

Cost: NFNF is a free service to the client.

HUGS Program (Metro Public Health Department)

Contact: Sandra Kaylor
(615) 862-7942
sandra.kaylor@nashville.gov

Description: HUGS (Help Us Grow Successfully) is a home visiting case management program for pregnant teens, women, infants and children up through age 5 years. Services are offered by registered nurses and program specialists. Services include on-going education concerning pregnancy, postpartum care, family planning, newborn care, breastfeeding, safety issues, and family wellness. Case Managers also educate and assist clients with obtaining available resources and make appropriate referrals to help the client build self reliance skills.

Cost: HUGS is a free service to the client.

Vine Hill Community Clinic

Contact: Lateesa Posey
(615) 292-9779
lateesa.t.posey@vanderbilt.edu

Description: Centering Pregnancy for Teens- Pregnant teens will be in a group with other teens whose due dates are close to theirs. In each session, they will have private time with their healthcare provider and some refreshments. Then they will meet as a group to discuss questions, concerns and solutions. They will have the opportunity to create their reproductive life plan.

Case management services- Vine Hill Clinic has case managers available to guide pregnant teens through the process of health insurance/ TennCare enrollment, finding child-care and childcare assistance, WIC enrollment and other nutritional services. Parenting classes about a variety of topics including infant care, infant/child CPR, child nutrition, and growth and development are available in the afternoon/evening at no charge.

Location: 601 Benton Avenue, Nashville



Teens Taking Charge - a program of United Neighborhood Health Services

Contact: Walter "Lynn" Stuart
(615) 335-1522
nubian11@aol.com

Description: Teens Taking Charge provides parenting education, information, and assistance to pregnant and parenting teens. Assistance includes finding resources, signing up for homebound education and home visits. Teens Taking Charge continues to serve teens in the school on their return after the birth and supports them in their role as a parent through graduation.

Location: Services are available at all Metro Nashville High Schools. Teens Taking Charge counselors are in each school one day a week and available to work with teen mothers and fathers.

Hours: Primarily during school hours and through the summer.

Cost: There is no cost for Teens Taking Charge services.

Mothers United for Healthy Babies - a program of United Neighborhood Health Services

Contact: Pam Brillhart
(615) 620-UNHS (620-8647)
pbrillhart@unitedneighborhood.org

Description: Mothers United is a program in which mothers in the community provide insurance and WIC enrollment assistance, home visits, education, groups and support to pregnant women. They also help the women obtain needed resources including healthcare. Mothers United continues to work with mothers up to 18 months after the baby is born.

Location: Services are available in Edgehill, Napier and Sudekum Homes.

Hours: 8 a.m.-5 p.m. Monday- Friday

Cost: There is no cost for Mothers United services.



Doula Services

Contact: Michelle Napier
(931) 273-0810
anna.michelle.anderson@gmail.com

Description: Services offered: Doula service before, during and after labor. Doulas provide non-clinical emotional, physical, and informational support to women and their families during childbirth. Numerous clinical studies have found that a doula's presence at birth * tends to result in shorter labors with fewer complications * reduces negative feelings about one's childbirth experience * reduces the need for pitocin (a labor-inducing drug), forceps or vacuum extraction and cesareans * reduces the mother's request for pain medication and/or epidurals. Research shows parents who receive support can: * Feel more secure and cared for * Are more successful in adapting to new family dynamics * Have greater success with breastfeeding * Have greater self-confidence * Have less postpartum depression * Have lower incidence of abuse (source and studies at: http://www.dona.org/mothers/why_use_a_doula.php)

Location: Services will be offered to any person within 50 miles of Nashville

Hours: Doula will deliver services by appointment (for pre-partum and post partum meetings) and on-call for the birth.

Cost: Doula services are provided for free

Eligibility: Guardian permission will be requested for any students under 18.

Hope Clinic for Women

Contact: Renee Rizzo
 (615) 321-4428
 rrizzo@hopeclinicforwomen.org
 www.hopeclinicforwomen.org

Description: **Unplanned Pregnancy** counseling for young women, male partner and parents of both.
 ~ Pregnancy tests
 ~ Limited OB ultrasound
 ~ BRIDGE Program- a program to educate and equip clients with life skills including but not limited to: financial, conflict resolution, prenatal care and parenting skills. Participants earn points to gain material assistances (maternity clothing, baby items including food, clothing and furniture) while gaining education and receiving on going counseling support.

Post Partum Depression Counseling - Though 80% of new moms develop "Baby Blues", 10-20% experience symptoms of depression that require treatment. It is a more serious and major form of depression that usually occurs within a few months of delivery and can last up to a year. Our counseling is the first step to relief. Provided on a sliding scale basis.

Pregnancy Loss Counseling for post abortion and miscarriage: According to the American Pregnancy Association, 33% of the 6 million pregnancies each year end in pregnancy loss including miscarriage. We are safe and confidential place to receive counseling in a non-judgmental and loving environment.

Location: 1810 Hayes St, Nashville

Cost: All services are free unless otherwise noted.

Shade Tree Early Pregnancy Program (STEPP)

Contact: Kelly Brigham
 Marissa Blanco
 Erin Toaz
 (615) 343-8404
 shadetree.pregnancy@gmail.com
 www.shadetreeclinic.org

Description: STEPP is a new program of the Shade Tree Clinic, a free clinic in East Nashville run by Vanderbilt and Meharry students and faculty. STEPP is primarily designed to assist uninsured women at the beginning of their pregnancy, though we provide services for all pregnant women. We provide the initial medical appointment (including labs), educational material, and assistance applying for CoverKids/TennCare. Once insured, we help women find obstetrical care in Nashville through an alliance with Vine Hill clinic and Vanderbilt's School of Nursing. We will follow patients throughout their pregnancy to ensure that they are receiving the care they need. We are staffed by Vanderbilt medical and nursing students, nurse midwives, and OB/GYNs.

Location: Shade Tree Clinic
 222 Grace Street, Nashville, TN
 37207

Hours: Clinics are held 9am-12pm Saturdays (once per month), but we can help via phone or email throughout the month.

Cost: Free

Eligibility: None. All are welcome -- we do not collect payments and do not ask for social security numbers.

Interfaith Dental Clinic

Contact: Dr. Rhonda Switzer
(615) 329-4790
rhonda@interfaithdentalclinic.com
www.interfaithdentalclinic.com

Description: The Interfaith Dental Clinic provides comprehensive and specialty dental services to those who qualify. Interested individuals should call (615)329-4790 for prescreening, then download our application from our website www.interfaithdentalclinic.com or come to the clinic to fill one out. Income and residence verification is required.

Location: 1721 Patterson Street, Nashville

Hours: 8:00-5:00 Monday-Wednesday
8:00-8:00 Thursday
8:30-12:30 Friday.
Services provided by application and appointment only; the clinic does NOT see walk-in patients.

Cost: Participation Requirements:

1. Each patient must view a presentation on oral health and program participation.
2. Qualifying patients will be required to pay for a portion of their treatment from a sliding fee scale based on family size and income. Usually 20% to 50% of the cost of private care.

Eligibility:

1. The patient must be a resident of Cheatham, Davidson, Dickson, Sumner, Robertson, Rutherford, Williamson or Wilson County
2. The patient/parent must have proof of employment, falling under one of the following criteria: Single person employed at least 30 hours a week, married head of household employed at least 30 hours a week, married spouse employed at least 20 hours a week (unless children are under the age of six), single parents and students employed at least 20 hours a week, widowed- over age 50 or over 65 years of age. (over 65 not required to be employed)
3. No dental insurance except TennCare patients up to age 21 and SCHIP patients

Birthing Project USA-Nashville

(Metro Public Health Department)

Contact: Lillian Maddox-Whitehead
(615) 340-2261
lillian.maddox-whitehead@nashville.gov

Description: Birthing Project is a program that offers support to pregnant teens, 14-20 years of age. Each teen is matched with a Sister Friend (volunteer) to support her throughout her pregnancy and up to the child's 1st birthday. During monthly sessions, information on healthy pregnancies, post-partum care, breastfeeding, family planning, safety issues, learning to dream, financial planning, importance of obtaining a high school diploma, culturally based history and appreciation activities. Program participants are also eligible to apply for a national scholarship.

Cost: Birthing Project USA-Nashville is a free service to the client.



Manna

Contact: Brian Zralek
(615) 385-2286
mannabz@comcast.net

Description: Through Manna's Food Stamp Outreach program, we work to educate potentially eligible people in and around Nashville about the Federally-funded Food Stamp program. Food Stamp-eligible households have low-incomes. Through Food Stamp Outreach presentations, pre-screenings with individuals and material distribution, Manna helps low-income families and individuals meet their basic needs. Because Food Stamp recipients occasionally have problems obtaining their benefits, Manna also offers advocacy services.

Location: 2105 20th Ave South, Nashville

Hours: 8:30 am - 4:30 pm

Cost: No cost.

Eligibility: We serve Middle Tennessee residents who have low household incomes.



Exchange Club Family Center parenting education classes

Contact: Ami Parker (615) 333-2644 ext. 24
 aparker@familycentertn.org www.familycentertn.org

Description: Parent education classes for pregnant or parenting teens and adults. These interactive classes allow parents or expecting parents to come together to share experiences and discuss a variety of topics including learning your parenting style, child development, understanding and managing children's behavior, boosting self-esteem, positive communication, child safety, stress management, and much more. Classes are taught by experienced mental health professionals. Parenting classes are eight weeks, 1 and 1/2 hours in length and teens may begin the class at any time as sessions are offered weekly. The program cost is based on income.

Location: 139 Thompson Lane, Nashville Hours: Vary
 Cost: Sliding fee scale Eligibility: None

Metro Parks & Recreation - Community Recreation Centers

Contact: Bill Troup (615) 862-8424
 bill.troup@nashville.gov http://nashville.gov/parks/community/community.htm

Description: The Metropolitan Nashville Board of Parks and Recreation operates 23 recreation centers throughout the city. These facilities provide a wide range of programs and services to all members of the community. Programs emphasize fitness through group exercise classes, walking/hiking groups, and weight training. Each center also schedules time for homework help. Staff and volunteers assist students with their daily assignments in various subject areas. Specific activity information and schedules are available at each recreation center.

Location:		
Antioch	5023 Blue Hole Road, 37013	315-9363
Bellevue	656 Colice Jeanne Road, 37221	862-8435
Cleveland	North 6th St.@Vernon Winfrey, 37207	862-8444
Coleman	384 Thompson Ln @Nolensville Rd., 37211	862-8445
Easley at Rose Park	1000 Edgehill Avenue, 37203	862-8465
East	700 Woodland Street, 37206	862-8448
Hadley	1037 28th Avenue North, 37208	862-8451
Hartman	2801 Tucker Road, 37218	862-8479
Hermitage	3720 James Kay Lane, 37076	316-0843
Kirkpatrick	620 South 9th Street, 37206	862-8453
Looby	2301 Metro Center Blvd., 37228	862-8454
Madison	510 North Dupont Avenue, 37115	862-8459
McFerrin	315 Berry Street, 37207	862-8458
Morgan Park	411 Hume Street, 37208	862-8462
Napier	73 Fairfield Street, 37210	256-4474
Parkwood	3220 Vailview Drive, 37207	862-8495
Sevier	3021 Lealand Lane, 37204	862-8466
Shelby	South 20th St at Shelby Ave, 37206	862-8467
S. Inglewood	1625 Rebecca Street, 37216	862-8452
Watkins	616 17th Avenue North, 37203	862-8468
West	6105 Morrow Road, 37209	862-8469

Hours: Vary; contact each location for hours.

Cost: Membership rates are very reasonable. Daily rates for fitness centers are \$1.00 for seniors and teens, and \$2.00 for adults. Monthly rates are \$15.00 for seniors and teens, and \$25.00 for adults. Rates for annual memberships and family discounts can be obtained by calling the center.

HUGS Program
 Metro Public Health
 Department

Contact: Sandra Kaylor
 (615) 862-7942
 sandra.kaylor@nashville.gov

Description: HUGS (Help Us Grow Successfully) is a home visiting case management program for pregnant teens, women, infants and children up through age 5 years. Services are offered by registered nurses and program specialists. Services include on-going education concerning pregnancy, postpartum care, family planning, newborn care, breastfeeding, safety issues, and family wellness. Case Managers also educate and assist clients with obtaining available resources and make appropriate referrals to help the client build self reliance skills.

Cost: HUGS is a free service to the client.



Marie McKinney-Oates
 Family Therapist Intern

Contact: Marie McKinney-Oates
 (615) 504-0634
 marie.mckinney@gmail.com

Description: Provide individual counseling for teen mothers as they deal with stress and anxiety regarding telling parents about pregnancy, relationship issues between her and the father, and anxiety tied to becoming a parent. Focused effort on recognizing her place in what is often a pattern of teen motherhood and developing a plan for how to end her participation in this cycle.

Hours: By appointment

Cost: \$20/session

Eligibility: None

Hope Clinic For Women

Contact: Renee Rizzo
 (615) 321-4428
 rrizzo@hopeclinicforwomen.org
 www.hopeclinicforwomen.org

Description: Post Partum Depression Counseling - Though 80% of new moms develop "Baby Blues", 10-20% experience symptoms of depression that require treatment. It is a more serious and major form of depression that usually occurs within a few months of delivery and can last up to a year. Our counseling is the first step to relief.

Location: 1810 Hayes St, Nashville

Cost: Provided on a sliding scale basis.

HUGS Program (Metro Public Health Department)

Contact: Sandra Kaylor
(615) 862-7942
sandra.kaylor@nashville.gov

Description: HUGS (Help Us Grow Successfully) is a home visiting case management program for pregnant teens, women, infants and children up through age 5 years. Services are offered by registered nurses and program specialists. Services include on-going education concerning pregnancy, postpartum care, family planning, newborn care, breastfeeding, safety issues, and family wellness. Case Managers also educate and assist clients with obtaining available resources and make appropriate referrals to help the client build self reliance skills.

Cost: HUGS is a free service to the client.

Hope Clinic For Women

Contact: Renee Rizzo
(615) 321-4428
rrizzo@hopeclinicforwomen.org
www.hopeclinicforwomen.org

Description: BRIDGE Program- a program to educate and equip clients with life skills including but not limited to: financial, conflict resolution, prenatal care and parenting skills. Participants earn points to gain material assistances (maternity clothing, baby items including food, clothing and furniture) while gaining education and receiving on going counseling support.

Location: 1810 Hayes St, Nashville

Cost: All services are free unless otherwise noted.

Tied Together Program Martha O'Bryan Center

Contact: Sharon Browne
(615) 254-1791 ext. 233
s.browne@marthaobryan.org
www.marthaobryan.org

Description: Tied Together is a parenting outreach program that brings together soon-to-be parents, new parents, and their extended family for a nine-week family building experience. The program is aimed at increasing parents' knowledge about the fundamentals of child development, health, safety, nutrition, and age-appropriate discipline. We strive to prepare parents to nurture their children by helping them experience acceptance, empathy, support, and appreciation as a contributing member of the parenting class. By developing increased social functioning there is an increased likelihood of loving and affectionate behavior toward their children. Child care, a healthy breakfast, and parenting resources are all provided with no charge to participants.

Location: 711 South 7th Street, Nashville

Hours: Sessions meet on Saturdays from 9:00-12:30; families also receive weekly home visits.

Cost: No charge.

Eligibility: Families must have at least one child three or under to attend.

Books from Birth of Middle Tennessee

Contact: Sheryl Rogers
(615) 936-3554
read.books@vanderbilt.edu

Description: Books from Birth of Middle Tennessee mails a new, age-appropriate FREE Dolly Parton Imagination Library book each month from birth up to age five. Receiving a book in the mail gets children excited about reading. Please contact us if you would like registration brochures. Books from Birth can also provide free Family Literacy trainings; please contact us to schedule training sessions.

Cost: No charge.

Eligibility: All Children 0-5 in Davidson County.

Nashville Diploma Plus High School

Contact: Jill Bates, Lead Administrator
(615) 259-INFO
(615) 566-1269
www.mnps.org

Description: The Nashville Diploma Plus High School offers a rigorous and authentic environment that connects academics to the real world. Students best suited for Diploma Plus include those that have been disengaged from the traditional system, are over-aged and under-credited, and demonstrate a wealth of creativity.

Location: 160 Rural Ave
(formerly Martha Vaught)

Eligibility: Students who are disengaged from the traditional system, are over-aged and under-credited, and demonstrate a wealth of creativity.

The Academies at Old Cockrill & Opry Mills

Contact: (615) 259-INFO
www.academy.mnps.org

Description: These schools are for students ages 17-21, and they offer a high school diploma and flexible hours to accommodate student schedules. Students can attend classes in the morning, afternoon or evening.

Location: The Academy at Old Cockrill - 610 49th Ave North
Nashville, TN 37209
The Academy at Opry Mills - 433 Opry Mills Drive
Nashville, TN 37214

Eligibility: Students who are between the ages of 17 and 21;
Students with at least 14 ½ credits; (students with fewer than 14 ½ credits, see Nashville Diploma Plus High School information above)
Students who dropped out their senior year;
Students who are not slated to graduate on time in the 2009-2010 school year; and
Students who dropped out the second semester of their junior year.

GAINS Academy at Glenclyff High School

Contact: Jennifer Bell
(615) 333-5070
Jennifer.Bell@mnps.org
www.glenclyffhs.mnps.org

Description: The Glenclyff G.A.I.N.S Academy program is an opportunity for students to advance as well as "catch up" on courses required for graduation. The G.A.I.N.S Academy offers a flexible school day that is conducive for students with extenuating circumstances.

Location: Glenclyff High School
160 Antioch Pike
Nashville, TN 37211

Hours: 12:30-7:30 pm Monday -Friday

Cost: N/A

Eligibility: To be considered for the G.A.I.N.S academy, a student must meet at least one of the following criteria: be a teen mother, work to financially support their family, be over-aged for their grade-level, or behind three or more credits.



Women, Infants and Children (WIC) Supplemental Nutrition Program

Contact: Teresa Thomas
(615) 340-5368
teresa.thomas@nashville.gov

Description: The supplemental nutrition program provides quality nutrition education, breastfeeding promotion, referrals to health and other social services, and monthly food vouchers to participants at no cost.

Locations: Lentz Health Center
311 23rd Ave. North
Nashville, TN 37203
(615) 340-7793 or 340-5607
Monday - Friday 7:30 am - 4:30 pm
Tuesday 7:30 am - 7:00 pm

East Health Center
1015 East Trinity Lane
Nashville, TN 37207
(615) 862- 7916
Monday - Friday 7:30 am - 4:30 pm
Wednesday 7:30 am - 7:00 pm

Woodbine Health Center
224 Oriol Street
Nashville, TN 37210
(615) 862-7940
Monday - Friday 7:30 am - 4:30 pm
Thursday 7:30 am - 7:00 pm

**Matthew Walker Comprehensive Health Center also operates a part-time WIC Clinic. Please contact them for information on their clinic.

Eligibility: Pregnant or postpartum women, infants and children up to age 5 are eligible. They must meet income guidelines (below 185 percent of the US Poverty Income Guidelines), be a resident of Davidson County and be determined to be at "nutritional risk".

Cost: WIC is free service to those who qualify.

Healthy Start of Nashville

Contact: Linda Shaw
(615) 880-2159
linda.shaw@nashville.gov

Description: The Healthy Start Program conducts home visitation services for first-time mothers of any age, (prenatal or postpartum) and their babies to provide supportive services to new moms which includes: Education on parenting skills, baby's growth & development, child safety, promotion of regular medical care, and disease prevention. Also, resources, referrals, and other information and assistance is provided as needed to help lessen the burden of new parenthood.

Hours: Monday-Friday 8a.m. - 4:30 p.m.

Cost: Services are provided free to the clients.

Eligibility: Residency in Davidson County

Monroe Carell Jr Hospital at Vanderbilt Primary Care Clinic

Contact: (615) 936-2555
barron.patterson@vanderbilt.edu

Description: We are a fully staffed, full-time pediatric clinic located at Monroe Carell Jr. Children's Hospital at Vanderbilt. We are staffed by ~60 resident pediatricians. We offer full pediatric care for newborns through 18 years. We do routine checkups and immunizations and see children for sick visits as well. Our clinic has a full-time social worker who can help new moms get connected with many local resources, WIC program for nutrition help, and TennCare or other insurance plans. We have a social worker in our clinic, and we have a full-time Spanish interpreter. We have access to interpreters in many other languages as well.

Location: 2200 Children's Way; 8th Floor
Doctors' Office Tower

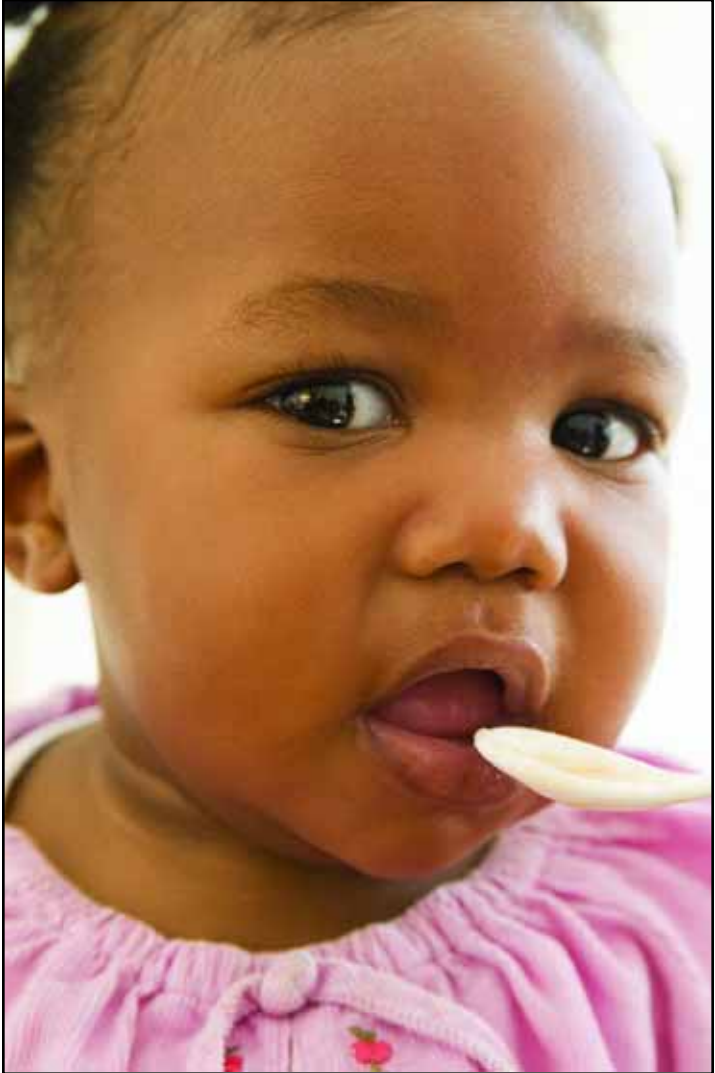
Hours: Monday to Friday
8AM to 5:30 PM
Saturday
9AM-12:30PM.

Tennessee Voices for Children

Contact: Monica Causey
(615) 269-7751 ext. 133
Mcausey@tnvoices.org

Description: We provide information and training to parents and child care provider on the following topics: Promoting Positive Change, Social-Emotional Teaching Strategies, Young Children with Challenging Behavior, Early Screening Project, Positive Parenting Our program addresses needs associated with serious behavioral, developmental, and environmental barriers to effective learning. Special emphasis is placed on those children at imminent risk of being dismissed from their child care setting. Other TVC programs offer training to parents on the various child serving systems in Tennessee, Being an Effective Advocate for Your Child, and Working with Schools during Key Academic Transitions.

Location: Training is provided at various locations and times that are convenient for parents.



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Members of the Alignment Nashville Healthy Starts Committee include:

- Kimberlee Wyche-Etheridge, MD, MPH - Chair Metro Public Health Department
- Cecilia Franklin - Vice Chair Metro Nashville Public Schools
- Katina Beard Matthew Walker Comp. Health Center
- Rebecca Carter United Way
- Linda Catlett Healthways
- Barbara Clinton Vanderbilt Center for Health Services
- Emily Coe Healthways
- Kimberly Cox Metro Public Health Department
- Monae Fletcher Metro Nashville Public Schools
- Cherie Hackney Baptist Hospital
- Lillian Maddox-Whitehead Metro Health Department
- Lateesa Posey-Edwards Vanderbilt School of Nursing - Vine Hill Clinic
- Betsy Walkup Community Foundation of Middle Tennessee
- Melissa Jagers Alignment Nashville



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