



# Practitioner Resource Guide

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A comprehensive guide to help you become more knowledgeable of the services available within regional support systems so that you know where and how to direct families to the appropriate resources.



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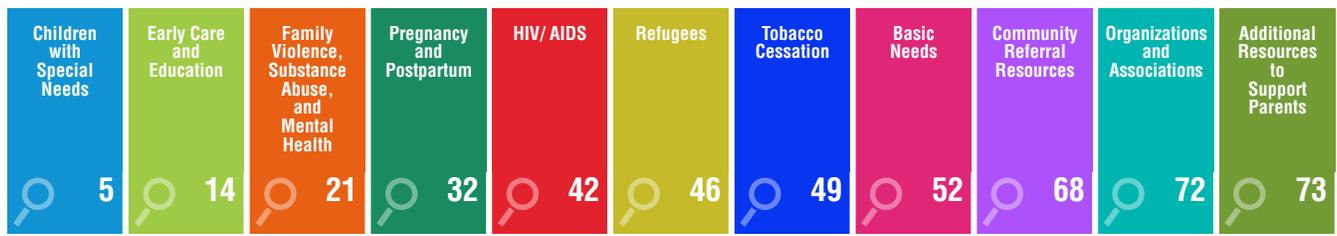
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## OVERVIEW OF SERVICES

Many of the children and families you serve have needs beyond what can be met within your provider network. A more holistic approach is needed. You will be working with families who are involved with multiple systems such as health, education, and home visiting. This Resource Guide will help you become more knowledgeable of the services available within these systems so that you know where and how to direct families to the appropriate resources.

From evidence, we know that many young children in Florida have been affected by toxic stress resulting from adverse experiences. Adverse childhood experiences lead to disrupted neurodevelopment which can produce negative outcomes such as social, emotional, and cognitive impairment. Adverse childhood experiences are also associated with negative health behaviors in adults such as smoking, drug and alcohol abuse, and unhealthy eating. Children and families who have been exposed to toxic stress have complex needs that require a multi-pronged approach such as physical, behavioral/mental health, developmental, educational, and social services.

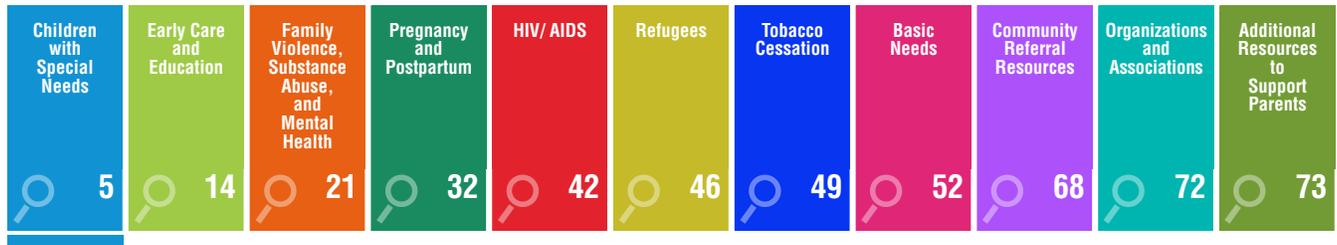
This resource guide of the early childhood system in Florida contains information on additional resources and programs that may be of benefit to young children and families who have experienced adversity. The programs included in the guide are primarily those that are available throughout the state. There are also numerous community resources and programs that can be found by contacting the information and referral service at 211.

Families face numerous challenges when referred for additional services. They may have difficulty getting more time off from work, obtaining childcare, or finding the means to pay for the services. They may also find it stressful to go through the intake process with a new provider. Using motivational interviewing strategies to address these challenges ahead of time can increase the likelihood of the enrollees of following through on the referral.

Learning the community resources outside of the provider network and building relationships with those entities will enhance your ability to navigate the system and advocate for your families.

The guide is organized by resource category and is designed to provide you with basic information, including a brief description of the agency or program, eligibility criteria, how to make a referral, and the services provided. It is intended to enable you to talk with the families in more detail about the purpose of the referral you are making and the benefits of the services they will receive. It will also allow you to contact an agency ahead of time and alert them that you are making a referral. If you have obtained permission from the family, preliminary information about the family and their service needs could be provided to the agency at that time. This can be done by either filling out an agency referral form or by telephone contact.





## CHILDREN WITH SPECIAL NEEDS

### Introduction

This section contains information on programs and services available throughout the state for children with special needs. These programs provide therapies for children as well as education, training, and support for parents.

Early intervention programs can minimize, and in some cases prevent, delays in the development of infants and toddlers with disabilities. They can decrease the need for special education and related services when a child enters school, thereby increasing independence. Children whose special needs are identified and addressed during these crucial early years have a greater chance of reaching their full potential.

Parents caring for disabled children often face significant challenges. When parents are overly stressed by the demands of being a medical caregiver for their child, they are less able to engage in the type of positive interaction necessary for healthy brain development. Referrals to these programs will assure that parents receive education and support to help them understand the developmental needs of their children and increase their capacity to respond appropriately to those needs.

Unfortunately, children with special needs are at greater risk for child maltreatment. Early intervention can minimize these risks or help mitigate the long-term effects of abuse or neglect on brain development. Referral to specialized mental health services which focus on improving the quality of the parent-child relationship may also be needed to prevent further damage and reduce the risk of continued maltreatment.

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**Florida Department of Health: Children’s Medical Services**

**Children’s Medical Services (CMS) Network** provides a broad range of medical, therapeutic and supportive services for eligible children with special health care needs and their families. Services focus on helping children grow up healthier and include prevention and early intervention services, primary care, medical and therapeutic specialty care, and long term care. Effective August 1, 2014, Children’s Medical Services Network became a specialty health plan under Managed Medical Assistance (MMA)

<b>Who is eligible for services?</b>	Family meets the eligibility requirements for Title XIX Medicaid or Title XXI KidCare Must meet CMS clinical screening requirements								
<b>What prompts a referral?</b>	Child has a special health care need								
<b>How are referrals made?</b>	Contact the CMS regional office in the local area. Find a listing of <a href="#">locations</a> near you.								
<b>What services are provided?</b>	<ul style="list-style-type: none"> <li>• Care coordination services</li> <li>• Doctor visits</li> <li>• Dental</li> <li>• Emergency room visits</li> <li>• Family counseling</li> <li>• Health education</li> <li>• Home health care</li> <li>• Hospital inpatient/outpatient care</li> <li>• Immunizations</li> <li>• Laboratory tests</li> <li>• Medical services                             <ol style="list-style-type: none"> <li>1. Children’s multidisciplinary assessment team (CMAT)</li> <li>2. High-risk obstetrical services</li> <li>3. Medical Foster Care Program</li> <li>4. Palliative care for children with life threatening illnesses</li> <li>5. Youth transitions</li> </ol> </li> <li>• Medical supplies</li> <li>• <a href="#">Prescription drugs</a></li> <li>• Routine physical exams</li> <li>• Social services</li> <li>• Specialty clinics in                             <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1. Cardiology</td> <td style="width: 50%;">9. Neurology</td> </tr> <tr> <td>6. Diabetes</td> <td>10. Orthopedics</td> </tr> <tr> <td>7. Dermatology</td> <td>11. Pulmonary</td> </tr> <tr> <td>8. Genetics</td> <td></td> </tr> </table> </li> <li>• Specialty programs                             <ol style="list-style-type: none"> <li>1. Brain and spinal cord injury</li> <li>2. Cancer and blood disorders</li> <li>3. Comprehensive Children’s Kidney Failure Center Program</li> <li>4. Craniofacial cleft lip and palate</li> <li>5. Diabetes Program</li> <li>6. Genetics Program</li> <li>7. HIV/AIDS Program</li> <li>8. Liver Transplant Program</li> <li>9. Behavioral Health Network (BNet)</li> </ol> </li> <li>• Surgery</li> <li>• Therapies</li> <li>• Transportation</li> <li>• X-rays</li> </ul>	1. Cardiology	9. Neurology	6. Diabetes	10. Orthopedics	7. Dermatology	11. Pulmonary	8. Genetics	
1. Cardiology	9. Neurology								
6. Diabetes	10. Orthopedics								
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<b>What else should I discuss with the family?</b>	There are no co-payments for covered services. Primary care medical homes are part of the CMS network. Brothers and sisters of children enrolled in the CMS network can also receive services in the CMS primary care program.								



## Agency for Persons with Disabilities

The Agency for Persons with Disabilities (APD) works with local communities and private providers to support people who have developmental disabilities and their families in living, learning, and working in their communities. The Agency also provides assistance in identifying the needs of people with developmental disabilities for supports and services so they can reach their full potential. APD also works to educate the public on disability issues and focuses attention on employment for people with disabilities.

If a person is found eligible after completing an application, he/she will be placed on a waiting list based on the date of determined eligibility. APD has wait list priority categories. The Waitlist Prioritization Tool determines the waitlist priority score for each person. When two people have the same score, the one who has been on the waitlist the longest will be the next person to be offered the waiver. Waiver programs include the new iBudget Florida program that provides a set amount of money per year to be used to purchase needed waiver services.

<b>Who is eligible for APD services?</b>	Children with disabilities Adults with disabilities
<b>What prompts a referral?</b>	Children or adults with the following disabilities: <ul style="list-style-type: none"> <li>• Autism</li> <li>• Cerebral palsy</li> <li>• Spina bifida</li> <li>• Intellectual disabilities</li> <li>• Down syndrome</li> <li>• Prader-Willi syndrome</li> <li>• Children age 3-5 who are a high risk of a developmental disability</li> </ul>
<b>How are referrals made?</b>	To make a referral contact the local office Find a <a href="#">local office</a> .
<b>What services are provided?</b>	Medicaid HCBS Waiver through iBudget Florida Placement in an intermediate care facility for those with developmental disabilities Supported employment services Supported living services Consumer Directed Care Plus (CDC+) In-patient facility services funding for non-waiver customer expenses
<b>What else should I discuss with the family?</b>	If determined eligible for services, the individual will be placed on a waiting list. Those under age 21 may qualify for the Medicaid State Plan and should contact the Florida Agency for Health Care Administration at 1-888-419-3456 for more information. Also available from the APD website is a <a href="#">Resource Directory</a> on additional services for particular disabilities.



## Early Steps Program

The Early Steps Program is Florida’s early intervention system that offers services to [eligible](#) infants and toddlers (birth to 36 months) with significant delays or a condition likely to result in a developmental delay. Early Intervention is provided to support families and caregivers in developing the competence and confidence to help their child learn and develop.

### Who is eligible for the Early Steps Program?

Infants and toddlers with one or more delays in physical, cognitive, gross and fine motor skills, communication, social/emotional or adaptive development.

Infants and toddlers with a diagnosed physical or mental condition that is likely to result in a developmental delay in one of the following areas:

- Genetic or metabolic disorders
- Neurological disorder
- Autism Spectrum Disorder
- Severe attachment disorder
- Sensory impairment (vision/hearing)
- Infants who weigh less than 1200 grams at birth

### What prompts a referral?

Parent, physician, or childcare provider has concerns about a child’s development.

A child has received a below normal result on a standardized developmental screening tool.

A child has been diagnosed with physical or mental condition likely to result in a developmental delay.

A child is the subject of a substantiated case of child abuse or neglect.

A child is identified as directly affected by illegal substance abuse or withdrawal symptoms resulting from prenatal drug exposure.

### How are referrals made?

Referrals should be made as soon as a concern is identified.

Call the state toll free number 1-800-654-4440.

When making a referral to the local Early Steps provider, submit screening results if conducted within the last 30 days and/or written confirmation from a physician of an established condition.

### What services are provided?

Assistive technology

Audiology services

Occupational therapy

Physical therapy

Psychological services

Speech and language services

Vision services

### What else should I discuss with the family?

All children will receive an eligibility determination.

There are no financial eligibility requirements.

The family will be contacted by phone within 5 days of the local Early Steps provider receiving the referral to schedule an appointment.

The first appointment will be a face-to-face meeting in the child’s natural environment.

If a child is found eligible for early intervention services, an individualized family support plan (IFSP) will be developed with input from the family which will outline the services and supports needed to promote the child’s development and assist the family in their daily activities with the child.

For children receiving Early Steps services who will need continued services beyond age 2, Early Steps will notify the school district.

The parent can also contact the Florida Department of Education: Bureau of Exceptional Education and Student Services and request an evaluation to determine if a child has a disability.



## Florida Diagnostic and Learning Resources System

The Florida Diagnostic and Learning Resources System (FDLRS) is a discretionary project of the Florida Department of Education Bureau of Exceptional Education and Student Services., An array of instructional and technical support services to school districts Exceptional Student Education programs statewide through 19 Associate Centers. The four central functions of each FDLRS Associate Center are Child Find, Parent Services, Human Resource Development/Professional Learning, and Technology. The Centers collaborate with districts, agency and support personnel, communities, families, and other educational personnel to provide support services for educators, school administrators, parents, and students with exceptionalities. In addition to the FDLRS Administration Project, the FDLRS Network also includes five multi-disciplinary centers, the Resource Materials and Technology Center for the Deaf/Hard of Hearing, and the Florida Instructional Materials Center for the Visually Impaired.

### FDLRS Four Functions:

**Child Find:** In coordination with school districts, Child Find locates children who are potentially eligible for services under the Individuals with Disabilities Education Act (IDEA) and links them with needed services. Child Find services help to promote general public awareness of programs and services available for young children who have, or who are at risk of developing, disabilities. Service coordination for diagnostic screening, placement, training, and support is also provided.

**Parent Services:** This function provides information, parent workshops, and support to districts and families in order to promote effective parent participation in the education of children who are exceptional and/or have special needs. Parent services include assistance in the development of family-friendly programs, training and support for services for children with disabilities, and the support of partnerships between schools and parents to enhance student achievement.

### Human Resource Development (HRD):

HRD personnel provide professional learning opportunities to educators focused on refining teacher practice and increasing student achievement. Professional learning activities are offered in face-to-face and virtual settings, and feature a variety of training levels including awareness, in-depth, skill development, and implementation.

**Technology:** The technology function provides assistance and support in the appropriate use of a variety of technologies for students, teachers, professional staff and parents.

<b>Who is eligible for services?</b>	Children who have or are at risk of developing a disability and are not being served in the public school system. Parents of children with disabilities School districts
<b>What prompts a referral?</b>	Care coordinator, a physician, child care provider, or the parent of a young child who has concerns about the child's development.
<b>How are referrals made?</b>	Contact the local FDLRS Associate Center for more information on services in the local area. School district links can be obtained from <a href="http://www.fdlrs.org/">www.fdlrs.org/</a> . Local, regional, and statewide contact information may be found at the website. After a referral is made to Child Find, a Child Find Specialist will contact the parent to schedule an appointment. Screening is completed and a referral is made to the appropriate local school district and or other public/private providers for determination of eligibility for special education and related services.
<b>What services are provided?</b>	Information about community programs for children with special needs. Professional consultation for parents. Screening in the areas of communication, motor development, vision, hearing, and preschool readiness skills. Assistance in placing children with special needs in appropriate exceptional student education programs or other early intervention services. Information, training and support to districts and families of children with disabilities. Assistance and support in the appropriate use of technologies for students, teachers, professional staff, and parents.
<b>What else should I discuss with the family?</b>	Child Find, in coordination with local school districts, locates children who are potentially eligible for services under the Individuals with Disabilities Education Act (IDEA) and links them with needed services. Individual Family Support Plan (IFSP) or Individual Educational Plan (IEP) will be written for children determined to be eligible for Early Steps or public school services.



## Family Network on Disabilities

Family Network on Disabilities (FND) is a national network of individuals of all ages who may be at-risk, have disabilities, or have special needs and includes their families, professionals, and concerned citizens. The mission of FND is to strive for the complete integration and equality of persons with disabilities.

<b>Who is eligible for FND services?</b>	Families of children with disabilities ages birth through 26.
<b>What prompts a referral?</b>	Parent of a child with a disability is in need of education. Parent is experiencing stress related to the child's disability.
<b>How are referrals made?</b>	Referrals are accepted from physicians or other medical personnel, agencies, relatives, or self. To locate programs in the local area visit their <a href="#">website</a> .
<b>What services are provided?</b>	Parent training and information to prepare child for success in school and later in life. Comprehensive special needs trust services, including service as a trustee, co-trustee, or trust administrator. Parent-to-parent support Dadvocates Program – father-to-father networking and support Scholarships Youth advocacy for youth and young adults ages 14 to 22. Activities include: <ul style="list-style-type: none"><li>• Direct one-on-one assistance</li><li>• Workshops via face to face, on-line tutorials, web casting</li><li>• Information and resource CDs</li><li>• Informational tip sheets</li><li>• Information on Facebook, Youtube</li><li>• Informational Listserv</li></ul>
<b>What else should I discuss with the family?</b>	Parents will be matched as closely as possible with another parent whose concerns, interests, and experiences are similar to their own.



## Center for Autism and Related Disabilities

The Center for Autism and Related Disabilities (CARD) is a community-based program providing assistance and supports to people with autism spectrum disorder and related disabilities, their families, the professionals serving them, and the community. Seven regional, nonresidential resource centers have been established at seven public universities throughout Florida: University of Central Florida, University of Florida, University of Florida Health Science Center, University of South Florida, University of Miami, Florida State University, and Florida Atlantic University.

<b>Who is eligible for CARD services?</b>	Children and adults with: Autism spectrum disorders (ASD) — Autistic disorder, pervasive developmental disorder not otherwise specified (PDD-NOS), Rett's disorder, Asperger's disorder, and childhood disintegrative disorder. Related disabilities — deaf-blind, hearing or vision impaired, with other disabling conditions. Family members, friends, and professionals of individuals with above disabilities.
<b>What prompts a referral?</b>	The child or adult has been diagnosed with autism or a related disability by a physician or licensed psychologist.
<b>How are referrals made?</b>	Referrals can be made to one of seven regional centers. Click here for center <a href="#">locations</a> or call 1-800-9-AUTISM. Referrals are accepted from parents, legal guardians, medical professionals, schools and community agencies. Consent to view and obtain records will be necessary.
<b>What services are provided?</b>	Provide information about an individual's disability. Refer families to federal, state and local service agencies. Help families find support groups. Support families in planning for the future. Provide training sessions on how to work effectively with individuals with autism and related disabilities. Provide consultation to caregivers and professionals on how best to work with an individual with a disability, in order to: <ul style="list-style-type: none"><li>• teach new skills.</li><li>• understand and resolve challenging behavior.</li><li>• include individuals with autism and related disabilities in typical school and community settings.</li><li>• develop meaningful communication skills.</li><li>• help individuals with autism and related disabilities become more socially competent.</li></ul>
<b>What else should I discuss with the family?</b>	CARD does not provide assessment, testing or diagnostic services but can provide a referral to a professional that provides this service. CARD does not provide direct therapy to children and adults. CARD services are provided at no cost.



## Florida Alliance for Assistive Services and Technology

Florida Alliance for Assistive Services and Technology (FAAST) is a resource to provide Floridians free access to information, referral services, educational programs and publications in an accessible format, on extensive topics related to disability rights, laws/policies, and funding opportunities for assistive technology. Their mission is to improve the quality of life for all Floridians with disabilities through advocacy and awareness activities that increase access to and acquisition of assistive services and technology. Regional Demonstration Centers (RDCs) provide services across six regions of the state related to technical assistance and individualized assistive technology instruction.

<b>Who is eligible for services?</b>	Children and adults with disabilities.
<b>What prompts a referral?</b>	Person is in need of assistive services and technology.
<b>How are referrals made?</b>	To find information about programs go to <a href="http://www.faast.org/">http://www.faast.org/</a> .
<b>What services are provided?</b>	Assistive technology (AT) device demonstrations. AT device loan program where equipment can be borrowed for up to 30 days. AT Exchange – on-line classified ads for new and used AT devices for sale or for free. Reutilization of assistive technology. New Horizon Loan Program to assist individuals with disabilities or their family members to purchase assistive technology devices and services. AT assessment to determine which technologies and strategies may improve functioning. Transition services Training
<b>What else should I discuss with the family?</b>	The loan program allows individuals to try out devices to determine which will be the most helpful for them.

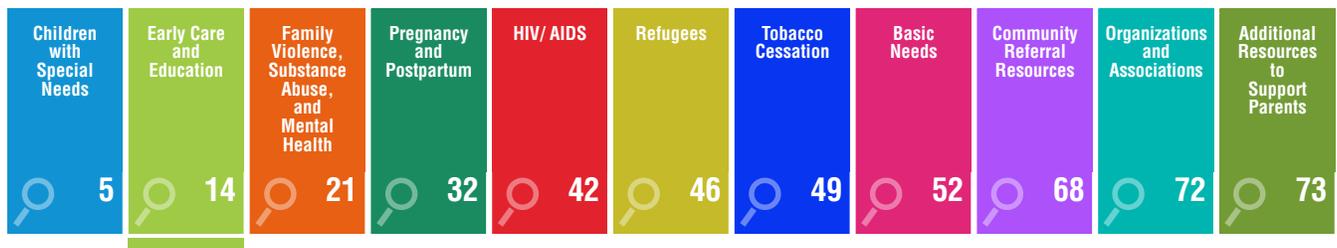


## Florida Autism Center

The Florida Autism Center (FAC) serves Central Florida, Florida's Central East Coast, and the Florida Panhandle and provides treatment based on the basic principles of [Applied Behavior Analysis](#). FAC has a specific focus on [early intensive behavioral intervention](#), [verbal behavior](#) (language) training, and social skills training. Additionally, the Florida Autism Center can help children learn to display basic "following directions" skills, self-care and daily living skills, and can give children a strong foundation in skills that will be needed as he or she advances academically.

<b>Who is eligible for services?</b>	Children age 6 or younger and diagnosed with or at risk of a developmental disability. Children older than 14 are NOT eligible.
<b>How are referrals made?</b>	Call one of the four Florida Autism Centers to request an open house and receive some preliminary information. Center locations can be obtained at <a href="http://www.floridaautismcenter.info/locations">www.floridaautismcenter.info/locations</a> After the open house, if the parent is interested in services, an assessment of the child will be scheduled.
<b>What services are provided?</b>	Early intervention One-on-one after school support Small private school program Summer day camp/group social skills Parent training
<b>What else should I discuss with the family?</b>	FAC does not accept Medicaid but does accept Title 21 Ped-i-care. FAC accepts Florida's McKay scholarships for their school program.





EARLY CARE AND EDUCATION

**Introduction**

Referrals to early care and education (ECE) programs help to assure children acquire the skills, knowledge, and attitudes necessary for success in school and for later learning and life. The goals of these programs are that children are ready for school, families are ready to support their children’s learning, and schools are ready for children. Early care and education programs focus on all aspects of healthy development including physical, cognitive, and social and emotional development, all of which are essential to children getting ready for school. They build relationships with families that support positive parent-child relationships and family well-being.

ECE programs can provide the type of positive, supportive environment that benefits children who are coping with adversity or who have developed social and emotional disorders. The involvement of responsive, nurturing adults in a child’s life can help to prevent or even reverse the damaging effects of early life stress. High quality ECE services can have a significant impact on cognitive, emotional, and social development.

ECE programs provide developmental screening to identify children with cognitive or social/emotional delays and refer them to appropriate early intervention or childhood mental health services. The Office of Early Learning also has a network of infant and toddler specialists that can provide consultation and technical assistance to programs serving children who have experienced toxic stress or developed social emotional disorders.

The Florida Department of Education has Teenage Parent Programs in every school district to ensure that pregnant and parenting teens have the opportunity to complete their education.

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## Office of Early Learning

The Office of Early Learning ensures access, affordability, and quality of early learning services for the state's children and families. The Office of Early Learning supports children and their families and the child care providers who serve them, through administration and management of 30 early learning coalitions across the state.

<p><b>Who is eligible for services?</b></p>	<p>Children Families Child care providers</p> <p><b>VPK</b> eligibility requires that children must live in Florida and be 4 years old on or before September 1 of the current school year.</p> <p><b>The School Readiness Program</b> has three specific eligibility requirements:</p> <ol style="list-style-type: none"> <li>1. Parent(s)/guardian(s) must be working or participating in an educational activity such as attending college or trade school at least 20 hours a week.</li> <li>2. Gross income must be at or below 150% of the federal poverty level for family size.</li> <li>3. Families must pay a copayment for child care based on income and family size.</li> </ol>
<p><b>What prompts a referral?</b></p>	<p>Family is seeking child care or an early learning provider Teen parent</p>
<p><b>How are referrals made?</b></p>	<p>Contact the Early Learning Coalition in your <a href="#">local area</a> or call 866-357-3239.</p>
<p><b>What services are provided?</b></p>	<p><b>School Readiness Program:</b> Provides tuition assistance for low-income families to help them pay for child care. Offers financial assistance to low-income families for early child education and care Services vary based on individual need and range from extended day to extended year and school age care in some instances. School readiness programs provide developmental screenings for children and referrals to health and educational specialists, and work in cooperation with other programs for young children such as Head Start, Early Head Start and the VPK program.</p> <p><b>Voluntary Pre-Kindergarten (VPK):</b> A free educational program for four year olds. Parents can choose from:</p> <ol style="list-style-type: none"> <li>1. School year program</li> <li>2. Summer program</li> <li>3. Specialized instructional services program</li> </ol> <p><b>Child Care Resource and Referral Network:</b> <a href="#">Early Learning Coalitions</a> provide resource and referral services for families and child care providers in their area and information about state funded early learning programs. Is the front door to all child care and early learning programs or community resources available to families in the area. Maintains a database of all legally operating providers. Provides assistance to those applying for school readiness or voluntary prekindergarten programs or to families with children who have disabilities or special healthcare needs. Offers start-up and on-going training and technical assistance for providers.</p>
<p><b>What else should I discuss with the family?</b></p>	<p>The School Readiness Program has eligibility priority criteria for families and may be put on a waiting list.</p>



## Early Head Start: Child Care Centers

Many Early Head Start (EHS) programs provide early, continuous, intensive, and comprehensive child development and family support services through a child care option. Programs may be based in centers, schools, or family child care homes. Early Head Start services are provided for at least six hours per day. The focus of services is to engage families in the process of supporting their child's development and early learning across five essential domains while addressing family goals and needs:

- 1) Social and emotional development
- 2) Language development and literacy
- 3) Approaches toward learning
- 4) Cognition and general knowledge
- 5) Physical development and health

<b>Who is eligible for EHS services?</b>	<p>Children under three years old</p> <p>Income at or below the poverty level</p> <p>Homeless children</p> <p>Children in foster care</p> <p>Children in families receiving SSI or TANF</p>
<b>What prompts a referral?</b>	<p>Families with children with disabilities</p> <p>A parent with a disability</p>
<b>How are referrals made?</b>	<p>Families must apply at their local Head Start office</p> <p>To find a local program call 1-866-763-6481 or visit <a href="#">Florida Head Start Collaboration Office</a>.</p>
<b>What services are provided?</b>	<p>High quality early learning care and enrichment experiences.</p> <p>Visits to family homes twice a year.</p> <p>Screenings and follow-up for health, development, and behavior.</p> <p>Family assistance with goal setting and referrals to community resources.</p> <p>Transition services to Head Start or another Pre-K program.</p> <p>Services for children with disabilities.</p> <p>Parenting education and promotion of positive parent-child relationship.</p>
<b>What else should I discuss with the family?</b>	<p>Programs prioritize the use of the language spoken in the home and work with the family on when English will be introduced.</p> <p>Programs strive to have staff that speak the participants' language.</p> <p>Low 4:1 child to teacher ratio in all classes.</p> <p>Some programs provide transportation services.</p> <p>Balanced nutritious meals and snacks offered during hours of care.</p> <p>Diapers and formula provided during hours of care.</p>



## Early Head Start: Home Visiting

Some Early Head Start (EHS) programs provide early, continuous, intensive, and comprehensive child development and family support services, through a home visiting option. EHS home-based services include weekly 90-minute home visits and two group socialization activities per month for parents and their children. Home visitors are required to have knowledge and experience in child development and early childhood education; principles of child health, safety, and nutrition; adult learning principles; and family dynamics.

Programs serving pregnant women are required to deliver high-quality services to meet the educational, health, nutritional, and social needs of the expectant families they serve. Prenatal services support family well-being and increase the likelihood of healthy fetal growth and brain development, positive birth outcomes and secure attachment relationships between the expectant family members and the developing fetus.

Home-based programs and staff design and implement home visits and socializations to engage families in the process of supporting their child's development and early learning across the five essential domains while addressing family goals and needs.

- 1) Social and emotional development
- 2) Language development and literacy
- 3) Approaches toward learning
- 4) Cognition and general knowledge
- 5) Physical development and health

<b>Who is eligible for EHS services?</b>	<p>Pregnant women and children under age 3</p> <p>Income at or below the poverty level</p> <p>Homeless children</p> <p>Children in foster care</p> <p>Children in families receiving SSI or TANF</p> <p>Families with significant challenges</p>
<b>What prompts a referral?</b>	<p>Low-income pregnant women</p> <p>A parent with a disability</p> <p>Families of children with disabilities</p>
<b>How are referrals made?</b>	<p>Families must apply at their local Head Start office</p> <p>To find a local program call 1-866-763-6481 or visit <a href="#">Florida Head Start Collaboration Office</a>.</p>
<b>What services are provided?</b>	<p>Weekly home visits addressing learning activities, health and safety information, parenting education and promotion of positive parent-child relationships.</p> <p>Group learning experiences with other families.</p> <p>Screenings and follow-up for health, development, and behavior.</p> <p>Family assistance with goal setting and referrals to community resources.</p> <p>Transition services to Head Start or another Pre-K program</p> <p>Services for children with disabilities.</p>



## Head Start

Head Start is a federally-funded preschool program that promotes the school readiness of young children from low-income families through agencies in their local community. In addition to education services, programs provide children and their families with health, nutrition, social, and other services. Head Start services are responsive to each child and family’s ethnic, cultural, and linguistic heritage.

Programs may be based in centers, schools, or family child care homes. Head Start preschool services may be half-day (four hours) or full-day. Head Start encourages the role of parents as their child’s first and most important teachers. Programs build relationships with families that support positive parent-child relationships, family well-being, and connections to peers and community.

Head Start defines school readiness as children possessing the skills, knowledge, and attitudes necessary for success in school and for later learning and life. [The Head Start Approach to School Readiness](#) means that children are ready for school, families are ready to support their children’s learning, and schools are ready for children. School readiness goals must address the five essential domains of development and early learning:

- 1) Social and emotional development
- 2) Language development and literacy
- 3) Approaches toward learning
- 4) Cognition and general knowledge
- 5) Physical development and health

<b>Who is eligible for Head Start services?</b>	<p>Children who live in Florida and are 3 or 4 years old on or before September 1 of the current school year.</p> <p>Families with incomes at or below the poverty level.</p> <p>Children who are homeless.</p> <p>Children in foster care.</p> <p>Children in families receiving TANF or SSI.</p>
<b>What prompts a referral?</b>	<p>Family is in need of an early learning program and has financial resources.</p> <p>Families with children with disabilities.</p>
<b>How are referrals made?</b>	<p>Families must apply at their local Head Start office.</p> <p>To find a local program call 1-866-763-6481 or visit <a href="#">Florida Head Start Collaboration Office</a>.</p>
<b>What services are provided?</b>	<p>High-quality pre-school education.</p> <p>Screenings and follow-up for health, development, and behavior.</p> <p>Health and safety information for parents on social and emotional health.</p> <p>Balanced nutritious meals and snacks offered during hours of care.</p> <p>Family assistance with goal setting and referrals to community resources.</p> <p>Transition services to kindergarten.</p> <p>Services for children with disabilities.</p>
<b>What else should I discuss with the family?</b>	<p>Head Start services are designed to be responsive to each child and family’s ethnic, cultural, and linguistic heritage.</p> <p>Some programs provide transportation services.</p>



## Parents as Teachers

The goal of the Parents as Teachers (PAT) program is to provide parents with child development knowledge and parenting support, provide early detection of developmental delays and health issues, prevent child abuse and neglect, and increase children's school readiness. The PAT model includes one-on-one home visits, monthly group meetings, developmental screenings, and a resource network for families. Parent educators conduct the home visits using structured visit plans and guided planning tools. Local sites offer at least 12 hour-long home visits annually with more offered to higher-need families. PAT serves families for at least two years between pregnancy and kindergarten entry. PAT affiliate programs select the target population they plan to serve and the program duration.

<b>Who is eligible for PAT services?</b>	Affiliates design their services to last for at least two years and can choose to serve families between pregnancy through kindergarten entry.
<b>What prompts a referral?</b>	Affiliates determine if the services are offered universally or are for families with specific risk factors.
<b>How are referrals made?</b>	Contact the local program or click here for a list of <a href="#">PAT locations</a> in Florida.
<b>What services are provided?</b>	In-home visitation by certified Parent Educators trained in the PAT Foundational curriculum, which emphasizes parent-child interaction, development-centered parenting and family well-being. Monthly parent groups with other PAT families. Screening of the overall health and development of the child, including vision and hearing. Referrals to link families to additional services.
<b>What else should I discuss with the family?</b>	Services are voluntary and can last for at least two years. Frequency of home visits varies depending upon needs of the family.

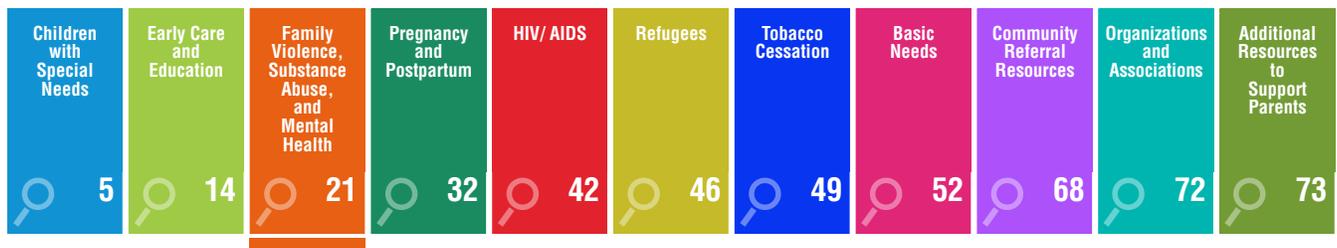


## Home Instruction for Parents of Preschool Youngsters

Home Instruction for Parents of Preschool Youngsters (HIPPY) aims to promote preschoolers' school readiness and support parents as their children's first teacher by providing instruction in the home. The program model is designed for parents who lack confidence in their ability to prepare their children for school, including parents with past negative school experiences or limited financial resources. HIPPY offers weekly, hour-long home visits for 30 weeks a year, and two-hour group meetings monthly or at least six times a year. HIPPY sites are encouraged to offer the three-year program model serving 3- to 5-year olds, but can offer a two-year program model. The home visiting paraprofessionals are typically drawn from the same population that is served by a HIPPY site, and each site is staffed by a professional program coordinator who oversees implementation and supervises the home visitors.

<b>Who is eligible for HIPPY services?</b>	Parents of children under the age of five.
<b>What prompts a referral?</b>	Parents lacking confidence in their own abilities to teach their children. Parents needing support and help in developing their children's potential.
<b>How are referrals made?</b>	Contact the local program or click here for a list of <a href="#">HIPPY locations</a> in Florida.
<b>What services are provided?</b>	Bi-weekly home visits by trained peers from the community. Parents receive a set of developmentally appropriate materials, curricula, and books designed to strengthen their child's cognitive and early literacy skills, as well as their social/emotional and physical development. Group meetings that enable parents to network with each other. Workshops and discussion groups on parenting. Curriculum is also available in Spanish and Chinese.
<b>What else should I discuss with the family?</b>	Services are voluntary. Parents learn how to prepare their children for success in school and beyond. Program provides parents with the opportunity to become home visitors in their own community.





## FAMILY VIOLENCE, SUBSTANCE ABUSE, AND MENTAL HEALTH

### Introduction

This section contains information about family violence, substance abuse, and mental health resources available throughout the state. Names and addresses of local private agencies, individual service providers, and contact information for the local domestic violence shelter for women and children can be obtained by calling 211. Many of the community agencies providing these services hold regular meetings in order to improve coordination and reduce duplication. Attending these meetings will assist you in your efforts to find the most appropriate services for your families in your area.

It is well known that those who have experienced adversity in childhood are at higher risk for family violence, and mental health, and substance use disorders. Unhealthy lifestyles and or lack of compliance with treatment recommendations for chronic health conditions are often due to mental health problems stemming from unresolved trauma. For example, individuals who are unable to quit smoking are frequently found to be depressed. Studies have also shown that the majority of women who have substance use disorders have experienced trauma at some time in their lives.

Because of the harmful effects substance use has on the fetus, it is important to get women into treatment as early as possible in their pregnancy. Pregnant women are given preference for admission to substance use treatment. Where appropriate, the family is treated as a unit with both the mother and her children admitted to treatment.

When parents of young children have behavioral health disorders, they have greater difficulty providing the consistent nurturing and support needed to build and strengthen the parent-child relationship. They are less responsive and engage less in positive interactions which are so important for cognitive and social emotional development. This makes it critical to refer to services that facilitate the parents to better cope with their past experiences of trauma. It is equally important to improve parenting behaviors which can buffer infants and toddlers against the impact of toxic stress. Referring families of young children to therapists with specialized training in infant mental health will ensure that both the needs of the parent and the needs of the child are addressed. Infant mental health treatment focuses on stabilizing and repairing the parent-child relationship in order to support the child's return to healthy development and behavior.

Additionally, mental health problems are 2 to 3 times more common in patients with chronic medical illnesses such as diabetes, arthritis, chronic pain, headache, back and neck problems, and heart disease.<sup>1</sup> People with mental health problems use more health services than those without such problems, even after taking into account the higher prevalence of chronic physical health problems among those with mental disorders.<sup>2</sup>

Children who have been physically or sexually abused or who have witnessed domestic violence on a regular basis may develop social emotional disorders due to toxic stress. When children experience toxic stress, their cortisol levels remain at a high level which can alter the development of brain circuits in ways that impair the ability to cope effectively with stress as adults.

1 Katon WJ .Clinical and health services relationships between major depression, depressive symptoms, and general medical illness. *Biol Psychiatry* 2003;54(3):216 -26.  
 2 Katon WJ, Lin E, Russo J, et al. Increased medical costs of a population-based sample of depressed elderly patients. *Arch Gen Psychiatry* 2003;60(9):897 - 903.

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## Children’s Medical Services: Sexual Abuse Treatment Program

Children’s Medical Services (CMS) understands that child sexual abuse can be traumatic for the entire family. The CMS Sexual Abuse Treatment Program (SATP) provides specialized treatment services for children who are victims of sexual abuse, as well as for their families. Through a combination of group, family, and individual counseling for child sexual abuse survivors and their families, SATP works to reduce the trauma caused by the child sexual victimization, assist the family to recover from the victimization, prevent further child sexual victimization from occurring, and enable families to have healthy, non-abusive relationships.

Child sexual abuse is the victimization of a child by sexual activities, including molestation, indecent exposure, fondling, rape and incest. For the purposes of the Sexual Abuse Treatment Program, primary victims will always be the children who have directly suffered the abuse. Secondary victims are minor children, usually siblings, receiving treatment as a result of his or her own reaction and exposure to the abuse directed against a primary victim.

<b>Who is eligible for services?</b>	A child who has been sexually abused and whose abuse has generated a Florida Abuse Hotline or law enforcement report.
<b>What prompts a referral?</b>	A child has been sexually victimized.
<b>How are referrals made?</b>	<ul style="list-style-type: none"><li>• Children and their families are primarily referred by:<ul style="list-style-type: none"><li>• Child Protection Teams</li><li>• Department of Children and Families</li><li>• Law enforcement</li><li>• Community agencies</li></ul></li><li>• Individuals and other professionals can also made direct referrals to a program.</li><li>• Click here for a <a href="#">directory</a> of treatment providers.</li></ul>
<b>What services are provided?</b>	<ul style="list-style-type: none"><li>• Intake services</li><li>• Multidisciplinary assessments</li><li>• Treatment planning</li><li>• Specialized individual and group therapy for child survivors, siblings and non-offending caregivers</li><li>• Crisis intervention</li><li>• Case management/Interagency coordination</li><li>• Personal safety education</li><li>• Prevention/Community education</li><li>• Peer support</li><li>• Outreach</li><li>• Community resources and referral</li></ul>
<b>What else should I discuss with the family?</b>	A report has to have been made to either the Florida Abuse Hotline or law enforcement in order to receive treatment from this program.



## Florida Coalition Against Sexual Violence

The Florida Council Against Sexual Violence (FCASV) is a statewide nonprofit organization committed to victims and survivors of sexual violence and the sexual assault crisis programs who serve them. The FCASV funds and certifies all the rape crisis centers in the state. FCASV provides information, assistance and leadership on all aspects of sexual violence, including rape, child abuse, stalking, and sexual harassment.

FCASV is Florida’s public policy voice for issues affecting sexual violence victims and the rape crisis programs that serve them. By offering training on the legislative process and orientation to the state Capitol, FCASV ensures that sexual violence advocates, allied professionals, and survivor activists understand and have a role in the public policy process.

<b>Who is eligible for services?</b>	Child or adult victim of sexual violence including rape, child abuse, stalking, and sexual harassment Secondary victims
<b>What prompts a referral?</b>	Individual has been a victim of sexual violence.
<b>How are referrals made?</b>	Contact the local rape crisis center or find one at our <a href="#">directory of centers</a> .
<b>What services are provided?</b>	Rape crisis hotline 1-888-956-RAPE (7273) Rape crisis centers provide: <ul style="list-style-type: none"> <li>• 24 hour hotline</li> <li>• Information and referral</li> <li>• Crisis intervention</li> <li>• Advocacy</li> <li>• Short-term counseling</li> <li>• Therapy</li> <li>• Support groups</li> <li>• Prevention education and training</li> <li>• Medical referrals and follow-up</li> <li>• HIV/AIDS testing</li> <li>• Forensic evaluation</li> <li>• Shelter</li> <li>• Financial assistance</li> </ul> FCASV provides <ul style="list-style-type: none"> <li>• Funding and certification of all rape crisis centers</li> <li>• Training and technical assistance</li> <li>• Toll free information line</li> <li>• Awareness and prevention information</li> </ul>
<b>What else should I discuss with the family?</b>	Informational brochures are available from their website <a href="http://www.fcasv.org">www.fcasv.org</a> .



## Florida Coalition Against Domestic Violence

The Florida Coalition Against Domestic Violence (FCADV) serves as the professional association for the state's 42 certified domestic violence centers, and is the primary representative of battered women and their children in the public policy arena. Members share the goal of ending domestic violence through community education, public policy development and services for survivors of domestic violence. The FCADV in partnership with Florida's 42 certified domestic violence centers, developed the Directory of Florida Certified Domestic Violence Centers in order to provide accessible information about the 42 certified domestic violence centers and the Florida Domestic Violence Hotline. To obtain copies of the directory of domestic violence centers call FCADV at: (850) 425-2749 or by email at: [info@fcadv.org](mailto:info@fcadv.org).

The Florida Domestic Violence Hotline is a free 24-hour crisis intervention and resource line for domestic violence survivors, friends and family of survivors and community partners. Advocates connect callers with their local certified center, provide immediate crisis support, safety plan with survivors, and provide information about domestic violence to friends and family of survivors of domestic violence.

The Department of Children and Families' Domestic Violence Program works with the coalition to promote a coordinated, multidisciplinary approach to enhancing advocacy and improving the criminal justice system's response to domestic violence, dating violence, sexual assault, and stalking crimes.

<b>Who is eligible for services?</b>	Adults and children at risk of or affected by domestic violence.
<b>What prompts a referral?</b>	Individual has experienced: <ul style="list-style-type: none"> <li>• Domestic violence</li> <li>• Dating violence</li> <li>• Sexual assault</li> <li>• Stalking</li> </ul>
<b>How are referrals made?</b>	Call the Florida Domestic Violence Hotline at 1-800-500-1119.
<b>What services are provided?</b>	<ul style="list-style-type: none"> <li>• Emergency shelter</li> <li>• 24 hour crisis and information hotline</li> <li>• Safety planning</li> <li>• Counseling</li> <li>• Case management</li> <li>• Child assessments</li> <li>• Information and referrals</li> <li>• Education for community awareness</li> <li>• Training of law enforcement</li> <li>• Legal and court advocacy</li> <li>• Transportation</li> <li>• Relocation assistance</li> <li>• Life skills training</li> <li>• Transitional housing</li> <li>• Rape crisis intervention</li> </ul>
<b>What else should I discuss with the family?</b>	Batterer may be ordered by the court to attend and pay for a Batterer Intervention Program.



## Florida Department of Children and Families: Substance Abuse

The Department of Children and Families Substance Abuse Program provides treatment for substance abuse through a community-based provider system. Managing entities in each region contract with local providers for substance abuse services. Treatment services are designed to help individuals and their families who have lost their abilities to control the substance use on their own and require formal, structured intervention and support.

Florida has more than 40 providers of substance abuse treatment with mom/baby programs, some of which provide residential services for both the mother and her baby. Most of the programs for mothers and babies are six months long and include multiple services.

<b>Who is eligible for services?</b>	Adolescent or adult with a substance use disorder. Pregnant women with a substance use disorder. Women who have substance use disorder and have infants.
<b>What prompts a referral?</b>	Adolescent or adult in is need of treatment. Pregnant women are given preference for admission to treatment. Women with infants in need of treatment.
<b>How are referrals made?</b>	Contact the managing entity in your area to obtain information on service providers or visit the <a href="#">Department of Children and Families</a> website.  Inquire about which providers have treatment programs for pregnant women and women with infants.
<b>What services are provided?</b>	Detoxification in either a residential or outpatient setting. Residential and outpatient treatment. Specialized treatment services for pregnant women and women with infants: <ul style="list-style-type: none"><li>• Room and board for mother and children</li><li>• Individual and group counseling</li><li>• Trauma care and mental health counseling</li><li>• Medical care and pregnancy care</li><li>• Psychiatric care</li><li>• Case management with child welfare</li><li>• Supervised visitation</li><li>• Parenting education</li><li>• Linkage to housing and other services</li><li>• Child care services</li></ul>
<b>What else should I discuss with the family?</b>	If there is insufficient capacity for a pregnant woman, an alternate referral must be made, and when there is no alternate, interim services must be made available within 48 hours.  Individuals who pose a significant risk to themselves or others due to substance abuse impairment can be referred for voluntary admissions or involuntary assessment and stabilization through the Marchman Act.



### Motivating New Moms Program

The Motivating New Moms (MnM) Program was designed to help pregnant women with a substance use disorder gain knowledge and understand what to expect during a methadone maintenance program. The program helps them overcome the stigma associated with addiction and provides support and encouragement to postpartum mothers so that they may successfully complete treatment.

<b>Who is eligible for services?</b>	Pregnant women who are abusing drugs. Mothers who have delivered a baby with neonatal abstinence syndrome (NAS).
<b>What prompts a referral?</b>	Pregnant woman is using drugs. Woman has delivered a baby with NAS.
<b>How are referrals made?</b>	Call 1-888-PAR-NEXT.
<b>What services are provided?</b>	Assistance to mothers who have delivered a baby with NAS in accessing treatment and learning effective parenting skills. Identification of drug-using women during pregnancy and link them with appropriate treatment. Drug, trauma, and parenting groups for parents identified by the child welfare system. Case management services for families with children at risk of removal.
<b>What else should I discuss with the family?</b>	Program is only available in the Tampa Bay area.



## Florida Department of Children and Families: Mental Health

Though the state directly operates some of its mental health treatment facilities, Florida’s community mental health system is privatized. Public funds are contracted through local Mental Health Program Offices, mostly with local non-profit Community Mental Health Centers. To obtain services, people go to those providers directly.

There are 20 local Mental Health Program Offices in Florida. DCF’s local service areas match boundaries with Judicial Circuits. Some local offices cover more than one Judicial Circuit. Each year, the Florida Legislature appropriates funding to the Central Mental Health Program Office to allocate to each Circuit. Circuit offices then contract with local community-based providers, agencies, and facilities that serve people in crisis, or have serious mental illnesses.

<b>Who is eligible for services?</b>	Child or adult experiencing a mental health crisis. Child or adult with severe mental illness.
<b>What prompts a referral?</b>	Child or adult is in need of mental health treatment.
<b>How are referrals made?</b>	Contact the managing entity in the local area to obtain names of treatment providers at the <a href="#">Department of Children and Families</a> website.  Click here for a directory of <a href="#">Adult Community Mental Health Providers</a> .
<b>What services are provided?</b>	Children’s mental health services include: <ul style="list-style-type: none"> <li>• In-home and community-based outpatient services</li> <li>• Crisis services</li> <li>• Residential treatment</li> <li>• Therapeutic foster care</li> <li>• Therapeutic group homes</li> </ul> Adult mental health services include: <ul style="list-style-type: none"> <li>• Medications</li> <li>• Outpatient treatment</li> <li>• Crisis stabilization units that provide brief psychiatric intervention</li> <li>• Partial hospitalization</li> <li>• Psychiatric hospitalization</li> </ul>
<b>What else should I discuss with the family?</b>	Many children, even those with severe conditions, can be more effectively served in the community with a specially designed program of “wraparound” services for the child and family.  The state pays a portion of the costs associated with residential care for children who have been diagnosed with a severe emotional disturbance and are recommended to need a residential level of mental health treatment by a Florida licensed psychologist or psychiatrist, and who are not eligible for public or private insurance.  The Department has very limited state general revenue funds to purchase residential mental health treatment for children who qualify and is required to review applications monthly to approve or disapprove each application in accordance with: <ul style="list-style-type: none"> <li>• The severity of the problems of the child</li> <li>• The financial means of the family</li> <li>• The availability of the needed residential care</li> <li>• Available funds</li> </ul>



### Florida Network of Youth and Family Services

The Motivating New Moms (MnM) Program was designed to help pregnant women with a substance use disorder gain knowledge and understand what to expect during a methadone maintenance program. The program helps them overcome the stigma associated with addiction and provides support and encouragement to postpartum mothers so that they may successfully complete treatment.

<b>Who is eligible for services?</b>	Troubled youth ages 6 and older and their families
<b>What prompts a referral?</b>	Child has run away from home Child is in need of temporary shelter due to family crisis
<b>How are referrals made?</b>	To locate a facility go to <a href="http://www.floridanetwork.org">www.floridanetwork.org</a>
<b>What services are provided?</b>	Information for parent Residential shelter Crisis intervention Mental health services 24 hour hotline 1-800-runaway (1-800-786-2929)
<b>What else should I discuss with the family?</b>	Not all shelters offer the same services



## Lutheran Services of Florida

Lutheran Services Florida (LSF) is a statewide, non-profit, human services agency dedicated to helping all people in need regardless of religious affiliation, age or national origin. Headquartered in Tampa, the agency has more than 60 programs located throughout Florida.

<b>Who is eligible for services?</b>	Children and families
<b>What prompts a referral?</b>	Persons in need
<b>How are referrals made?</b>	Persons in need
<b>What services are provided?</b>	Foster Care and Adoptions Case Management Youth Shelters and Family Crisis Counseling Programs Guardianship Program Sexual Abuse Treatment Program Teen Court Substance abuse and mental health treatment Disaster response programs for victims of tornadoes, hurricanes, floods, and other natural disasters.
<b>What else should I discuss with the family?</b>	Services vary by agency.



### Jewish Family and Community Services

Jewish family service agencies provide vital services to clients of all ages, faiths and economic backgrounds. They counsel families, feed the hungry, assist the elderly and protect the vulnerable.

<b>Who is eligible for services?</b>	Individuals and families
<b>What prompts a referral?</b>	Person is needing assistance.
<b>How are referrals made?</b>	Contact the local agency. There is no central website for Florida's offices. Google Jewish Family and Community Services in Florida for locations of all Florida agencies.
<b>What services are provided?</b>	Emergency financial assistance Emergency food pantry Family, individual, couples and group counseling to children and adults Adoption services Child protective services Family preservation services Teen parent program
<b>What else should I discuss with the family?</b>	Funding availability fluctuates and services vary by agency.

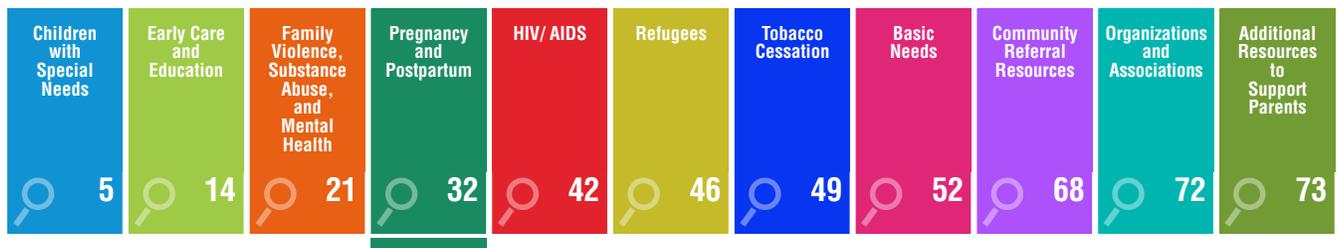


## Children's Home Society

Children's Home Society provides services to heal and protect children and to strengthen families. There are 15 primary locations and 90+ offices to reach children in all 67 counties.

<b>Who is eligible for services?</b>	Children and families
<b>What prompts a referral?</b>	Unplanned pregnancy Family seeking to adopt a child Child has experienced trauma Family in crisis
<b>How are referrals made?</b>	To find local services go to <a href="http://www.chsfl.org/">http://www.chsfl.org/</a> .
<b>What services are provided?</b>	Recruit and train foster care parents Adoption services Counseling for children, teens, and families
<b>What else should I discuss with the family?</b>	Services vary by agency





## PREGNANCY AND POSTPARTUM

### Introduction

This section contains information on multiple resources for pregnant and postpartum women. Early entry into prenatal care enables detection of pregnancy complications. Healthy development requires adequate nutrition for both pregnant women and their infants. Postpartum services make certain that women receive adequate family planning to prevent another pregnancy from occurring too soon.

Pregnant women who are at risk of poor birth and child developmental outcomes can benefit from referrals to home visiting programs. In addition to improving pregnancy outcomes, home visiting services that begin before birth can ensure parents have the knowledge and skills to provide the safe environments and learning experiences their children will need for healthy growth and development. Home visiting programs support pregnant women and families with children from birth to kindergarten entry tap the resources and hone the skills they need to raise children who are physically, socially, and emotionally healthy and ready to learn.

Pregnant women with unresolved experiences of trauma are more likely to have mental health disorders such as depression. Depressed women produce higher levels of stress chemicals during pregnancy which can reduce fetal growth and are often associated with premature labor. Pregnant women with depression are more likely to engage in unhealthy behaviors such as smoking and drinking which increase the risk for low birth weight and premature births. Preventing preterm births improves the prospects for good physical and developmental health for infants. It can also reduce costs by decreasing C-section rates, neonatal intensive care admissions, and other associated complications.

Excessive stress during pregnancy can negatively impact brain development in the fetus. Fetal exposure to high levels of stress hormones such as cortisol can alter the stress response systems in the body and brain causing damaging effects on later learning and behavior. Home visiting services can provide emotional support, education, and counseling to help pregnant women reduce or cope more effectively with stress in their lives.

Postpartum services provide the opportunity to not only assess women’s physical recovery from pregnancy and childbirth, but also to address any chronic health conditions, postpartum mental health status, and family planning, including contraception and inter-conception counseling. The Medicaid Waiver program allows women who have recently lost their Medicaid to receive family planning services for up to two years.

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## Florida Department of Health: Healthy Start Program

The Healthy Start system of care is a framework of maternal and child health programs and services designed to pool resources for optimal outcomes in maternal and child health for Floridians. Within the framework are the 32 Healthy Start Coalitions which make up the infrastructure for the universal screening system for all pregnant women and infants in Florida. The coalitions are statutorily charged with engaging the community for improving birth outcomes, leveraging resources for innovative strategies, and implementation of evidence-based approaches to maternal and infant care. The Coalitions conduct assessments of community resources and needs, identify gaps and barriers to effective service delivery, and develop a service delivery plan to address identified problem areas and issues.

The Healthy Start program assists pregnant women, interconception women, infants, and children up to age three to obtain the health care and social support needed to reduce the risks for poor maternal and child health outcomes. Healthy Start offers universal risk screening for all Florida pregnant women and infants to ensure that early care is directed to those families where there is the best chance of preventing or minimizing adverse outcomes.

### Who is eligible for Healthy Start services?

Pregnant women with risk factors for a poor birth outcome.  
 Women who have recently given birth or lost a baby during pregnancy.  
 Infants and children up to three years of age with risk factors for poor health or developmental outcome.

### What prompts a referral?

A positive score on the prenatal or infant risk screen.  
 Physician referral for reasons other than score  
 Self-referral  
 Find a [Healthy Start program](#).

### What services are provided?

Universal risk screening of all pregnant women and infants  
 Care coordination  
 Home visiting services  
 Childbirth education  
 Screening for maternal depression  
 Breastfeeding promotion and support  
 Tobacco cessation  
 Nutrition education  
 Parenting education  
 Preconception and interconception counseling and education  
 Psychosocial counseling  
 Assistance with access to family planning services  
 Infant developmental screening

### What else should I discuss with the family?

Services are voluntary.  
 It is important to agree to Healthy Start screening at doctor's office in order to learn if there are risks for a poor birth or child health outcome.  
 Infant screening is done automatically as part of the birth registration process, but the family will be asked to sign the screening form before they leave the hospital.  
 Face-to-face visits may occur at the physician's office, as well as in the home.



**Florida Department of Health: Women, Infants, and Children Program**

The Women, Infants, and Children (WIC) program is a federally-funded nutrition program that provides healthy foods, nutrition education and counseling, breastfeeding support, and referrals for health care and community services at no cost. The WIC program’s purpose is to improve the client’s health by providing nutritional support during critical periods of growth and development.

<b>Who is eligible for services?</b>	Men and women Adolescents Individuals with low income Women between the ages of 14 and 55 who have recently lost their Medicaid.
<b>What prompts a referral?</b>	Need for pregnancy testing. Need to access affordable methods of contraception.
<b>How are referrals made?</b>	Call local county health department to make an appointment. Many county health departments also have walk-in clinics.
<b>What services are provided?</b>	Pregnancy testing and counseling Physical examinations Abstinence counseling and education FDA approved birth control methods and supplies Vasectomies Screening for hypertension, breast and cervical cancer, and sexually transmitted diseases, including HIV counseling and testing. Colposcopies and treatment of sexually transmitted infections. Counseling and education for health promotion and disease prevention. Follow-up and referral services are offered based on the individual’s history and need for medical and/or social services. Medicaid Waiver Program
<b>What else should I discuss with the family?</b>	No fee for service for those with incomes up to 100% of the poverty level. Women who have recently lost their Medicaid may qualify to receive family planning services under the Medicaid Waiver Program. Women can apply for this program through their local county health department.



## Florida Department of Health: Family Planning Clinics

Florida's family planning and related preventive health services are available to both males and females, including teens, in all 67 counties through the local county health departments or contracted agencies. Culturally sensitive information about birth control methods and the benefit of planning pregnancies is provided to assist in making decisions regarding the use of contraceptives.

<b>Who is eligible for WIC?</b>	Household income is equal to or less than the WIC income guidelines. Woman currently receiving Medicaid, Temporary Cash Assistance, or Food Assistance.
<b>What prompts a referral?</b>	Women who are pregnant or have recently been pregnant. Women who are breastfeeding. Infants and children under five years of age.
<b>How are referrals made?</b>	To apply for WIC: Call the <a href="#">local WIC office</a> or call 1-800-342-3556. The local WIC office will provide a date and time for a WIC certification visit. At this visit, the household income and the medical/nutrition status of each applicant will be reviewed. Eligibility will be determined on that day.
<b>What services are provided?</b>	EBT cards to purchase WIC approved foods. Farmers Market Nutrition Program provides coupons that can be used to purchase locally grown fruits and vegetables from April 1 to July 31. Breastfeeding promotion and support. Nutrition education and counseling.
<b>What else should I discuss with the family?</b>	WIC foods are supplemental and not designed to meet all of a person's daily food requirements. It is important to keep WIC appointments. If a woman is more than one week late to get her WIC benefits, she may receive less food.



PREGNANCY AND POSTPARTUM SERVICES

**Regional Perinatal Intensive Care Center**

Regional Perinatal Intensive Care Centers (RPICC) provide obstetrical services to women who have a high-risk pregnancy and care for newborns with special health needs, such as critical illness or low birth weight. These services are provided around the state at 11 RPICC Hospitals and 8 Obstetrical (OB) Satellite Clinics who can provide the highest level of care.

<b>Who is eligible for services?</b>	Medically and financially eligible patients who have a high-risk pregnancy. Women at risk of difficulties with a future pregnancy.
<b>What prompts a referral?</b>	Woman with medical conditions such as lupus or diabetes. Woman with previous premature birth baby.
<b>How are referrals made?</b>	Referrals can be made by: <ul style="list-style-type: none"> <li>• Primary care provider</li> <li>• Prenatal clinic</li> <li>• County health department</li> <li>• Other state or federal assistance programs</li> </ul>
<b>What services are provided?</b>	Specialized care by a medical team of nurses and a doctor specializing in high-risk obstetrical care, a genetic counselor, and an ultrasound technician. Nutritional education and assessment during pregnancy
<b>What else should I discuss with the family?</b>	Patients with private insurance who do not qualify for Medicaid can still be referred for high-risk care; however, payment is subject to individual insurance limitations.



## Department of Health and Human Services: Strong Start Initiative

Strong Start is a federally-funded project of the Center for Medicare and Medicaid Innovation and the Centers for Medicare and Medicaid Services (CMS) that offers enhanced prenatal care interventions for women enrolled in Medicaid or a Children's Health Insurance Program.

In February 2013, the Florida Association of Healthy Start Coalitions (FAHSC) was awarded Strong Start funding to pilot a Maternity Medical Home model of prenatal care in the Tampa Bay region. Three Healthy Start Coalitions are partnering with FAHSC to pilot Strong Start: The Healthy Start Coalition of Hillsborough County; the Healthy Start Coalition of Pinellas County; and the Healthy Start Coalition of Hardee, Highlands and Polk Counties. Each Coalition will contract with the organizations or medical practices that will be hosting the Strong Start program in that county.

Strong Start's Maternal Health Specialists are co-located within prenatal medical care offices. As part of the medical team responsible for care the care of pregnant patients, these specialists offer intensive health education, medical case management and treatment coordination to women screened to be at greatest risk for poor birth outcomes.

Utilizing the maternity medical home approach, the goal of Strong Start is to:

- 1) Reduce the rate of preterm births.
- 2) Improve the health outcomes of pregnant women and newborns.
- 3) Decrease the anticipated total cost of medical care during pregnancy, delivery and over the first year of life for children born to low-income mothers.

### Who is eligible for Strong Start Services?

Pregnant women enrolled in Medicaid or Florida KidCare within the catchment areas of:

- Healthy Start Coalition of Hillsborough County
- Healthy Start Coalition of Pinellas County
- Healthy Start Coalition of Hardee, Highlands, and Polk Counties

### What prompts a referral?

Women at risk of having a preterm birth

### How are referrals made?

Contact: Stephanie Johns, Director, Strong Start Maternal Medical Home Project 813-514-0727 [sjohns@hstart.org](mailto:sjohns@hstart.org)

### What services are provided?

Comprehensive prenatal care facilitated by teams of health professionals including peer counselors and doulas. Services include collaborative practice, intensive case management, counseling, and psycho-social support.

Enhanced prenatal care including psychosocial support, education, and health promotion in addition to traditional prenatal care. Services provided to expand access to care, improve care coordination, and provide a broader array of health services.

### What else should I discuss with the family?

Mothers receive assistance in scheduling postpartum appointments and obtaining a health care provider for their infant. Postpartum appointments include education on family planning, including the Medicaid Family Planning Waiver, and ensure that the participant has a plan for birth control in place.



PREGNANCY AND POSTPARTUM SERVICES

**Planned Parenthood**

Planned Parenthood centers provide preventive primary care which helps to prevent unintended pregnancies through contraception, reduce the spread of sexually transmitted infections through testing and treatment, and screen for cervical and other cancers.

<b>Who is eligible for services?</b>	Men Women Teens
<b>What prompts a referral?</b>	Individual is in need of reproductive health care.
<b>How are referrals made?</b>	Find a <a href="#">Planned Parenthood Center</a> in your community.
<b>What services are provided?</b>	General health care Contraceptive methods Men’s sexual health care Emergency contraception Testing and treatment for sexually transmitted infections Pelvic exams and pap tests Abortion
<b>What else should I discuss with the family?</b>	There is a cost for services.



PREGNANCY AND POSTPARTUM SERVICES

**Nurse-Family Partnership**

Nurse-Family Partnership (NFP) helps transform the lives of vulnerable moms and their babies. Through ongoing home visits from registered nurses, new mothers receive the care and support they need to have a healthy pregnancy, provide responsible and competent care for their children, and become economically self-sufficient. An evidence-based community health program, NFP’s outcomes include long-term family improvements in health, education, and economic self-sufficiency.

<b>Who is eligible to receive NFP services?</b>	Low-income pregnant women with their first child.
<b>What prompts a referral?</b>	Low-income first time mother who shows risk factors for a poor birth or developmental outcome.
<b>How are referrals made?</b>	Contact the local provider of the NFP program. To find a NFP provider location visit <a href="#">Nurse Family Partnership’s website</a> .
<b>What services are provided?</b>	Home visits by a nurse beginning during pregnancy and continuing through the first two years of the child’s life. Preventive health and prenatal practices for the mother: <ul style="list-style-type: none"> <li>• Assistance with finding prenatal care</li> <li>• Help for mother to improve her diet and reduce use of tobacco, alcohol, and drugs</li> <li>• Help mother prepare emotionally for arrival of baby</li> </ul> Health and development education and care for both mother and child: <ul style="list-style-type: none"> <li>• Information on child development</li> <li>• Use of praise and other non-violent techniques</li> </ul> Life coaching for the mother and her family: <ul style="list-style-type: none"> <li>• Assistance with staying in school</li> <li>• Finding employment</li> <li>• Planning future pregnancies</li> </ul>
<b>What else should I discuss with the family?</b>	Services are voluntary and free of charge. Fathers are also encouraged to be involved in the program.



## Healthy Families Florida

Healthy Families Florida (HFF) is a nationally accredited, community based, voluntary home visitation program that is proven to prevent child abuse and neglect and other poor childhood outcomes by promoting positive parent-child relationships and child health and development.

<b>Who is eligible for Healthy Families?</b>	<p>Pregnant women or women who recently gave birth.</p> <p>Family must reside in a zip code where services are provided.</p> <p>Score of 13 or above on the Healthy Families Florida Assessment Tool.</p>
<b>What prompts a referral?</b>	<p>Family has increased risk for child maltreatment due to:</p> <ul style="list-style-type: none"><li>• Family history of abuse</li><li>• Prior involvement with child protective services</li><li>• Substance abuse</li><li>• Domestic violence</li><li>• Poor mental health</li><li>• Maternal depression</li><li>• Families with more than one child under the age of five</li><li>• Social isolation</li><li>• Poor knowledge of parenting skills</li></ul>
<b>How are referrals made?</b>	<p>Visit <a href="#">Healthy Families Florida</a> to find a local program.</p> <p>Families are referred to Healthy Families Florida in a variety of ways including:</p> <ul style="list-style-type: none"><li>• Prenatal risk screen</li><li>• Medical providers</li><li>• Hospitals, at the birth of the baby</li><li>• Self-referral</li></ul>
<b>What services are provided?</b>	<p>Support parents to create stable and nurturing home environments:</p> <ul style="list-style-type: none"><li>• Conducting home safety assessments</li><li>• Helping parents understand their child’s capabilities at each developmental stage</li><li>• Providing parents with greater knowledge of alternative forms of discipline</li></ul> <p>Help develop positive parent-child relationships by:</p> <ul style="list-style-type: none"><li>• Modeling positive interactions and responsive care-giving</li><li>• Helping parents provide experiences that stimulate brain development</li><li>• Linking parents with local resources that provide high quality child care and early education</li></ul> <p>Promote child health and development by:</p> <ul style="list-style-type: none"><li>• Linking parents and children to a medical home</li><li>• Helping parents prepare for the birth of a child</li><li>• Providing developmental screenings</li><li>• Teaching parents to learn the importance of preventive health care, prenatal care, well baby checks, childhood immunizations, and baby spacing</li></ul>
<b>What else should I discuss with the family?</b>	<p>Healthy Families visits happen in the home on the parent’s schedule.</p> <p>Services are voluntary, parents choose to participate.</p> <p>Services can last up to five years if the family chooses and depending on the needs of the family.</p> <p>Frequency of visits decreases over time.</p>



## Florida Department of Education: Teenage Parenting Program

Teenage Parent (TAP) Programs are designed for students who are pregnant or parenting. Each school district is required to maintain a TAP program to offer regular academic classes so students can continue their educational program. Most school districts utilize one or a combination of the program models described below in the delivery of TAP program curriculum and services. Some districts implement more than one program model in an effort to deliver comprehensive services to meet the needs of a variety of pregnant and parenting students. The programs are designed to provide comprehensive and ancillary services to facilitate the completion of coursework necessary to earn a high school diploma.

**Separate center** houses the TAP program exclusively at a facility separate from the traditional school.

**Center with other programs** are often co-located with other dropout prevention programs, exceptional student education programs and adult basic education programs.

**Vocational–technical school** collocates the TAP program on the campus of a vocational-technical school.

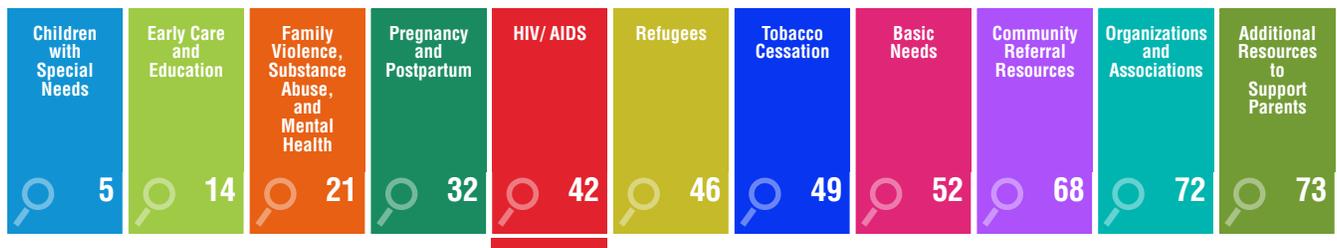
**Traditional school** is the preferable model and allows the greatest variety in program design. The TAP program is delivered to the TAP student who remains enrolled in a traditional school. TAP program students may participate in a self-contained TAP program for the full school day. Other designs within this model provide pregnancy and parenting related instruction in addition to academic coursework for a portion of the student’s regularly scheduled day. The remainder of the day incorporates enrollment in classes with other dropout prevention students or other students.

**Full services schools** operate the TAP program on the campus of a school that serves as a full service school site allowing for easy accessibility to essential support services available at the school, particularly for the neediest pregnant or parenting students. Transportation obstacles to and from health and social service providers are reduced or eliminated.

In all of the models, ancillary health and social services are often provided on site by the school district or through coordination with community agencies. Childcare is frequently available on site and is either provided directly by the school district or contracted by the school district with a private childcare provider.

<b>Who is eligible for services?</b>	Pregnant or parenting students and their children, as well as program completers.
<b>What prompts a referral?</b>	Pregnant or parenting students who want to continue their high school education.
<b>How are referrals made?</b>	Contact the local school district.
<b>What services are provided?</b>	Academic classes Classes in child growth and development, nutrition and parenting skills.  Auxiliary services: <ul style="list-style-type: none"> <li>• Health services</li> <li>• Social services</li> <li>• Childcare</li> <li>• Transportation</li> </ul>
<b>What else should I discuss with the family?</b>	The program provides pregnant or parenting students with the option of participating in regular classroom activities or enrolling in a special program designed to meet their needs.





HIV / AIDS

**Introduction**

This section contains information on additional medical resources for children and adults living with HIV/AIDS.

There are considerable financial and emotional burdens associated with debilitating illnesses which can cause severe stress for families. Referring families to these programs can help them receive education and support as well as assistance to obtain needed medical equipment or medication. All of the HIV/AIDS programs have care coordinators who work with families to identify unmet needs and arrange for additional services.

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### Florida Department of Health: HIV/AIDS Section

The state of Florida offers a variety of confidential HIV/AIDS services. New treatments, medications and support mean longer, healthier lives for people with HIV. The Florida Department of Health has developed a comprehensive program for preventing the spread of HIV/AIDS and for providing care and treatment to those already infected.

<b>Who is eligible for services?</b>	Anyone who has contracted or is at risk of contracting HIV/AIDS.
<b>What prompts a referral?</b>	Person is in need of testing Person is in need of treatment
<b>How are referrals made?</b>	Contact the local county health department or call 1-800-FLA-AIDS (1-800-352-2437).
<b>What services are provided?</b>	AIDS Drug Assistance Program Information about prescription assistance programs Counseling and testing Linkage to medical care Case management Interventions to prevent transmission for HIV positive individuals Interventions to prevent infection for HIV negative individuals Targeted outreach to pregnant women to prevent perinatal transmission Peer Navigator Program
<b>What else should I discuss with the family?</b>	There are financial eligibility requirements for some services.



## Children’s Medical Services Network: HIV/AIDS Program

The Children’s Medical Services (CMS) Network Pediatric HIV/AIDS Program provides services to infants, children, young adults, ages 0 through 20 years old who have been exposed to or diagnosed with HIV/AIDS. Services are provided by a network of pediatric infectious disease specialists and referral centers, as well as community-based clinics, around the state. The HIV/AIDS Referral Centers are located in Gainesville, Jacksonville, Tampa, St. Petersburg, Orlando, Ft. Lauderdale, and Miami, with satellite clinics at ten additional locations throughout Florida.

CMS nurse care coordinators and social workers, located in 20 CMS area offices around the state, help families coordinate the complex medical care required by these children. This care includes services such as scheduling appointments, obtaining medicines, and providing educational resources to children and their families.

<b>Who is eligible for services?</b>	Children under age 21 who meet clinical and financial eligibility criteria.
<b>What prompts a referral?</b>	Child has been exposed to or has HIV/AIDS.
<b>How are referrals made?</b>	Contact the <a href="#">local CMS office</a> .
<b>What services are provided?</b>	Medical evaluations and treatment Social services Care coordination Nutritional counseling Educational programs

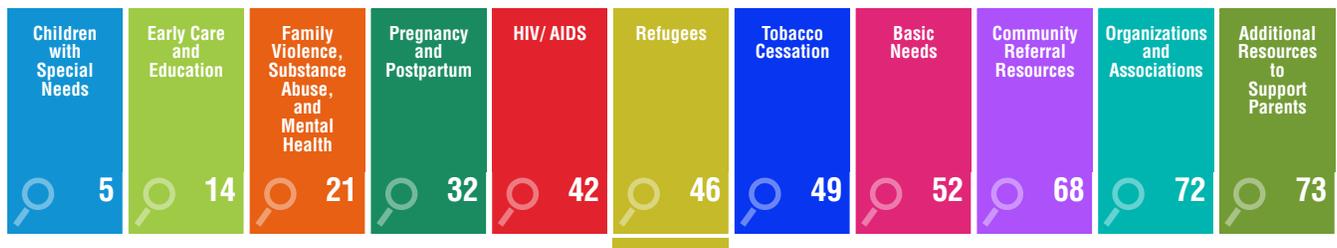


## Ryan White HIV/AIDS Program

Ryan White HIV/AIDS Program Part D grantees provide outpatient or ambulatory family-centered primary medical care (directly or through contracts or memoranda of understanding) for women, infants, children, and youth with HIV/AIDS.

<b>Who is eligible for services?</b>	Women, infants, children, and youth with HIV/AIDS.
<b>What prompts a referral?</b>	Family is in need of assistance to pay for medical treatment.
<b>How are referrals made?</b>	Contact the <a href="#">Florida Part D grantees</a> .
<b>What services are provided?</b>	Medical services Support services Case management Patient transportation to medical appointments Translation services including interpretation services for deaf persons Services to assist women to access and remain in HIV medical care, such as child care Patient education and educational materials Outreach to recruit and retain women, infants, children, and youth with HIV
<b>What else should I discuss with the family?</b>	To maintain eligibility, clients must be re-certified every six months.





REFUGEES

**Introduction**

Refugee programs provide services to refugees newly arrived to the United States who fled their home countries due to persecution. These programs provide medical, legal, and economic assistance to enable families to successfully resettle.

Persons eligible for assistance include those who have been granted the status of a Refugee, Advanced Parolee, Cuban/Haitian Entrant, Asylee, Afghan and Iraqi Special Immigrant, or Certified Victim of Human Trafficking.

Cuba is the country of origin of most refugee clients in Florida; however, Florida’s refugees come from 97 different home countries, including Haiti, Iraq, Burma, Venezuela, Egypt, Colombia, and Sudan. Refugees resettle primarily in Miami-Dade County with significant populations in Hillsborough, Broward, Duval, Palm Beach, Orange, Pinellas, and Collier Counties.

Many refugees are victims of trauma. In addition to the persecution they experienced prior to leaving, they may have encountered significant hardship fleeing from their home countries. In addition, both children and adults may have been victims of human trafficking. Referrals to refugee services can help them to deal with the trauma they experienced so that they will be better prepared to achieve self-sufficiency in the United States.

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REFUGEE SERVICES

**Florida Department of Children and Families: Refugee Services**

The Department of Children and Families' Refugee Services Program is federally funded by the Office of Refugee Resettlement (ORR) within the Department of Health and Human Services to assist refugees to achieve economic self-sufficiency and social adjustment within the shortest possible time after their arrival in the United States. Refugee Services assists newly-arrived eligible clients in obtaining employment, learning English, acquiring job skills, and overcoming legal or medical difficulties.

<b>Who is eligible for services?</b>	<ul style="list-style-type: none"> <li>Refugees</li> <li>Asylees</li> <li>Cuban and Haitian entrants</li> <li>Amerasians from Vietnam who were admitted as immigrants</li> <li>Iraqi and Afghan special immigrants</li> <li>Certified victims of human trafficking</li> </ul>
<b>What prompts a referral?</b>	<ul style="list-style-type: none"> <li>Legal immigrant is in need of assistance settling into Florida.</li> </ul>
<b>How are referrals made?</b>	<ul style="list-style-type: none"> <li>To contact refugee services, call the liaison in your community which can be found on the <a href="#">Refugee Services</a> homepage.</li> </ul>
<b>What services are provided?</b>	<ul style="list-style-type: none"> <li>Temporary Assistance to Needy Families (TANF)</li> <li>Medicaid</li> <li>Time limited cash and medical assistance if not eligible for TANF and Medicaid</li> <li>Supplemental Nutrition Assistance Program</li> <li>Refugee health assessment within 90 days of arrival in the U.S.</li> <li>Employment services</li> <li>Adult and vocational education</li> <li>Legal services</li> <li>Childcare</li> <li>Integration assistance</li> <li>Youth services</li> <li>Interpreter services</li> <li>Unaccompanied refugee minors program</li> </ul>
<b>What else should I discuss with the family?</b>	<ul style="list-style-type: none"> <li>Children of families with a qualified status are eligible for Florida KidCare if not eligible for Medicaid.</li> </ul>

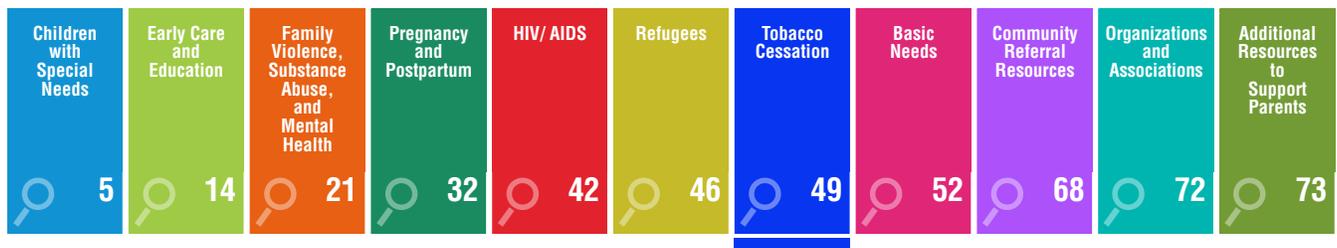


### Florida Department of Health: Refugee Health Program

The Refugee Health Program reviews overseas medical examination records and provides health assessments and immunizations to refugees to enhance their personal health status and protect Florida's public health. The Refugee Health Program provides these services through funding from the federal Office of Refugee Resettlement and the Florida Department of Children and Families, Refugee Services.

<b>Who is eligible for services?</b>	Refugees Asylees Cuban and Haitian entrants Amerasians from Vietnam who were admitted as immigrants Iraqi and Afghan special immigrants Certified victims of human trafficking
<b>What prompts a referral?</b>	Recent arrival of a refugee or other eligible status.
<b>How are referrals made?</b>	Refugee Health contacts can be obtained by calling 850-245-4310 or visiting the <a href="#">Department of Health website</a> .
<b>What services are provided?</b>	Health assessment within 90 days of arrival to the U.S. Communicable disease screening, including Hepatitis Chronic disease screening Hearing and vision screening Immunizations, if needed Case managers for those needing follow-up medical care Health education Translation and interpretation services





## TOBACCO CESSATION

### Introduction

Tobacco use during pregnancy increases the risk for low birth weight, premature birth and sudden infant death. Children exposed to second hand smoke have a higher risk of serious health problems. Children who breathe second-hand smoke have more ear infections, coughs and colds, and respiratory problems.

Smoking is a major cause of morbidity and mortality, yet many individuals find it very difficult to quit. Quitting smoking is especially challenging for individuals with past or current adverse experiences. Unresolved trauma may lead to mental health disorders such as depression or anxiety disorders and nicotine can become a form of self-medication.

Referrals to the programs listed here will enable individuals to obtain free support and information on how to quit smoking. The assistance is available in multiple formats: face-to-face group sessions, telephone support, and on-line information.

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## Area Health Education Center

The Area Health Education Center (AHEC) provides free tobacco cessation services in communities throughout the state. The overall goal of the AHEC Tobacco Training & Cessation Program known as the IQUIT Program, is to strengthen the capacity of Florida’s healthcare system to deliver effective evidence-based tobacco use treatment and prevention services throughout the state.

### IQUIT PROGRAM OPTIONS – TOOLS TO QUIT AND QUIT SMOKING NOW

Both programs offer education on the health effects related to tobacco use, but more importantly, they teach the benefits of quitting and what to expect when quitting. A Tobacco Cessation Specialist or trained facilitator guides participants as they identify triggers and withdrawal symptoms, and brainstorm ways to cope with them.

Topics include:

- Addiction, withdrawal, and medications that help
- Planning for the quit date
- Dealing with triggers
- Overcoming cravings
- Relapse prevention

<b>Who is eligible to receive services?</b>	Anyone wanting to quit using tobacco.
<b>What prompts a referral?</b>	Person is in need of assistance to quit using tobacco.
<b>How are referrals made?</b>	Physicians can obtain a <a href="#">referral form</a> from and fax it to 866-688-7577. Once a person is in the system, a tobacco cessation specialist will follow-up with him/her and the referring physician. Self-refer by calling 877-848-6696.
<b>What services are provided?</b>	I Quit Program offers two face-to-face counseling options in group settings: <ol style="list-style-type: none"> <li>1. A one-time intensive 2-hour seminar.</li> <li>2. A group meets one-hour a week for six weeks and offer each other support. Most participants quit the day of the third meeting.</li> </ol>
<b>What else should I discuss with the family?</b>	Both of the I Quit programs offer free nicotine replacement therapy (while supplies last), educational materials, rewards for their quit day, and follow-up support.

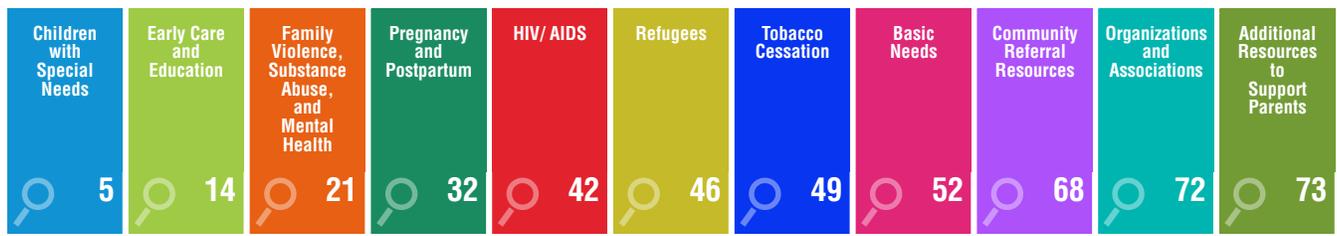


## Tobacco Free Florida

Tobacco Free Florida offers a number of free and convenient resources to help tobacco users quit. The Florida Quitline and Web Coach® are available 24 hours a day, 7 days a week.

<b>Who is eligible to receive services?</b>	Anyone wanting to quit using tobacco.
<b>What prompts a referral?</b>	Person is in need of assistance to quit using tobacco.
<b>How are referrals made?</b>	Physicians can obtain a <a href="#">referral form</a> from and fax it to 866-688-7577. Once a person is in the system, a tobacco cessation specialist will follow-up with him/her and the referring physician. <a href="http://www.tobaccofreeflorida.com">www.tobaccofreeflorida.com</a> Call the toll free Florida Quitline at 877-822-6669. <a href="#">Enroll</a> on-line.
<b>What services are provided?</b>	Telephone calls with a highly-trained Quit Coach. Quit Kit Web coach program with interactive learning and exercises and tracking tools to assist in quitting.
<b>What else should I discuss with the family?</b>	Tobacco Free Florida offers free Nicotine Replacement Therapy to Floridians, like the nicotine patch and nicotine gum, when medically appropriate, through its “3 Ways to Quit”.





BASIC NEEDS

**Introduction**

This section contains information on resources for housing, emergency financial assistance, employment, food, and health insurance for children. There are many local resources such as food banks, community organizations, and county social service agencies that are not included here. Information on these resources can be obtained by calling the local information and referral service at 211.

When parents are worried about how to obtain safe housing or how to provide adequate food for their families, it is much more difficult to interact in ways that stimulate their children’s learning and growth. The lack of security and stability in their lives reduces their capacity to provide consistent nurturing and support. Low income parents frequently struggle with mental health and substance use disorders which may be a cause or consequence of unemployment. Improving a family’s living conditions is an important step toward reducing or preventing the effects of the toxic stress that can result from an unhealthy environment.

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BASIC NEEDS

**US Department of Housing and Urban Development: Public Housing Program**

Public housing was established to provide decent and safe rental housing for eligible low-income families, the elderly, and persons with disabilities. Public housing comes in all sizes and types, from scattered single family houses to high-rise apartments for elderly families. The US Department of Housing and Urban Development (HUD) administers federal aid to local agencies that manage the housing for low-income residents at rents they can afford. HUD furnishes technical and professional assistance in planning, developing, and managing these developments.

<b>Who is eligible for HUD public housing?</b>	Low-income families and individuals. US citizen or those with an eligible immigration status.
<b>What prompts a referral?</b>	Family is in need of affordable housing.
<b>How are referrals made?</b>	To apply, contact the local <a href="#">Housing Authority office</a> . A written application is required as well as supporting documentation (birth certificate, tax return).
<b>What services are provided?</b>	Eligibility determination for public housing. Determining the amount to be paid for rent based on income and eligible deductions.
<b>What else should I discuss with the family?</b>	Family will receive written notification of eligibility. If determined eligible, the family's name will be put on a waiting list unless the housing authority is able to assist the family immediately. The family can request a formal hearing if determined ineligible. If the family is offered a house or apartment and accepts it, they will be required to sign a lease.



BASIC NEEDS

**US Department of Housing and Urban Development: Housing Choice Voucher Program**

The housing choice voucher program is the federal government’s major program for assisting very low-income families to afford decent, safe, and sanitary housing in the private market. Since housing assistance is provided on behalf of the family or individual, participants are able to find their own housing, including single-family homes, townhouses, and apartments.

<b>Who is eligible to receive a housing choice voucher?</b>	<p>Low-income families.</p> <p>US citizens and non-citizens with eligible immigration status.</p>
<b>What prompts a referral?</b>	<p>Family is looking for safe, affordable housing in the private market.</p>
<b>How are referrals made?</b>	<p>To apply, contact the local <a href="#">Housing Authority office</a>.</p> <p>A listing of all Florida offices can be found at the HUD website.</p> <p>A written application is required as well as supporting documentation (birth certificate, tax return).</p>
<b>What services are provided?</b>	<p>A housing subsidy is paid directly to the landlord on behalf of the family.</p> <p>If authorized, the family may use the voucher to purchase a modest home.</p>
<b>What else should I discuss with the family?</b>	<p>If determined eligible, the family’s name will be placed on a waiting list.</p> <p>Waiting times can vary between several months to several years.</p> <p>Preference may be given to a family who is 1) homeless or living in substandard housing; 2) paying more than 50% of its income for rent; or 3) involuntarily displaced.</p> <p>A family that is issued a housing voucher is responsible for finding a suitable housing unit of the family’s choice where the owner agrees to rent under the program. This unit may include the family’s present residence.</p> <p>Rental units must meet minimum standards of health and safety, as determined by the PHA.</p> <p>The family pays the difference between the actual rent charged by the landlord and the amount subsidized by the program.</p>



BASIC NEEDS

**Florida Low Income Energy Assistance Program**

Florida’s Low-Income Home Energy Assistance Program (LIHEAP) provides grants to local governments and non-profit agencies to assist eligible low-income Florida households in meeting the costs of home heating and cooling.

The Low-Income Home Energy Assistance Program can help customers to pay their home energy expenses.

<b>Who is eligible for services?</b>	Low-income families.
<b>What prompts a referral?</b>	Family needs financial assistance for home energy costs.
<b>How are referrals made?</b>	Contact the <a href="#">local LIHEAP provider</a> .
<b>What services are provided?</b>	Home energy assistance Crisis assistance Weather related or supply shortage energy crisis assistance.
<b>What else should I discuss with the family?</b>	Each category has unique requirements.



BASIC NEEDS

**Florida Association for Community Action**

Community Action Agencies help people in crisis make ends meet while assisting those in poverty to become independent of government assistance.

<b>Who is eligible for services?</b>	Low-income families.
<b>What prompts a referral?</b>	Immediate financial emergency Need for other types of assistance
<b>How are referrals made?</b>	Contact the local <a href="#">Community Action Agency</a> for more information.
<b>What services are provided?</b>	Assistance with utilities Rent and mortgage assistance Tax assistance Access to food and nutrition Employment support Transportation Temporary shelter Child care Head Start services
<b>What else should I discuss with the family?</b>	Services vary by community. Check the individual agency website to see what services are provided.



BASIC NEEDS

**Florida Association of Food Banks**

The Florida Association of Food Banks' members comprise the 13 Feeding America affiliated Regional Distribution Centers in Florida. The members partner with more than 2,500 faith-based and nonprofit agencies to help meet the daily needs of people who struggle with hunger throughout all 67 counties in Florida. Through the generosity of food manufacturers, the Florida agricultural community, wholesalers, retailers, federal commodity programs, and local communities, member Food Banks distribute nearly 200 million pounds of food each year.

<b>Who is eligible for services?</b>	Anyone in need of food
<b>What prompts a referral?</b>	In need of assistance obtaining food
<b>How are referrals made?</b>	Contact your <a href="#">local food bank</a> .
<b>What services are provided?</b>	<p>Farmers Feeding Florida Program</p> <ul style="list-style-type: none"> <li>Collect and distribute wholesome but unmarketable produce</li> </ul> <p>Backpack program</p> <ul style="list-style-type: none"> <li>Easy to prepare items are purchased and sorted into packs for distribution to schools.</li> <li>Backpacks are distributed to at-risk children to fuel them through the weekends.</li> </ul> <p>Kids' Cafes</p> <ul style="list-style-type: none"> <li>Free meals and snacks to low income children provided at community locations.</li> </ul> <p>Mobile pantries</p> <p>School pantries</p> <p>Nutrition education programs</p> <p>Cooking programs</p> <p>Summer meals and snacks</p>
<b>What else should I discuss with the family?</b>	Programs can vary by individual food bank and community.



BASIC NEEDS

**Florida Department of Children and Families: Food Assistance Program**

The Food Assistance Program helps people with low income buy food they need for good health. The US Department of Agriculture's estimate of how much it costs to buy food to prepare nutritious, low-cost meals determines the amount of food assistance benefits an individual or family receives. Food assistance benefits are a supplement to a family's food budget. Households may need to spend some of their own cash, along with their food assistance benefits, to buy enough food for a month.

<b>Who is eligible for food assistance?</b>	<p>Most households must pass a gross income limit less than or equal to 200% of the Federal Poverty Level.</p> <p>Healthy adults, 18 to 50 years of age, who do not have dependent children or are not pregnant, can only get food assistance benefits for 3 months in a 3-year period if they are not working or participating in a work or workfare program.</p> <p>Individuals must be a US citizen or have a qualified noncitizen status.</p> <p>Individuals must provide a social security number or proof they have applied for one.</p>
<b>What prompts a referral?</b>	<p>Family is in need of assistance obtaining adequate food.</p>
<b>How are referrals made?</b>	<p>Family may <a href="#">apply online</a> or at any of the community partner sites.</p> <p>Family may also complete a paper application that can be mailed, faxed, or returned to the local <a href="#">Customer Service Center</a>.</p>
<b>What services are provided?</b>	<p>Households can use food assistance benefits to buy breads, cereals, fruits, vegetables, meats, fish, poultry, dairy, as well as plants and seeds to grow food for the household to eat.</p>
<b>What else should I discuss with the family?</b>	<p>Physically and mentally fit adults age 16 through 59 years old must register for work, accept offers of suitable work, and take part in an employment and training if they do not meet an exemption.</p>



BASIC NEEDS

**Florida Department of Children and Families: Temporary Cash Assistance Program**

The Temporary Cash Assistance (TCA) program provides cash assistance to families. TCA helps families become self-supporting so that children may remain in their own homes or the homes of relatives.

<b>Who is eligible for TCA?</b>	<p>Families with children under the age of 18.</p> <p>To receive TCA for children under age five, the applicant household must verify that each child has a complete record of all necessary immunizations or is current with immunizations.</p> <p>Pregnant women in their third trimester, if their physician restricts them from work. Otherwise they are eligible in their ninth month.</p> <p>Caretaker relatives who do not request benefits for themselves may receive non-time limited TCA benefits for relative children.</p> <p>Gross income must be less than 185% of the Federal Poverty Level and countable income cannot be higher than the payment standard for the family size.</p> <p>Individuals must be US citizens or qualified non-citizens.</p> <p>Individuals must provide a social security number or proof they have applied for one.</p> <p>A family's countable assets must be equal to or less than \$2,000. Licensed vehicles, needed for individual's subject to the work requirement, may not exceed a combined value of \$8,500.</p>
<b>What prompts a referral?</b>	<p>Family is in need of financial assistance.</p>
<b>How are referrals made?</b>	<p><a href="#">Apply Online</a> or call the statewide call center at 866-762-2237.</p> <p>Can also apply at a local Department of Children and Families ACCESS Service Center or local Community ACCESS partner site.</p>
<b>What services are provided?</b>	<p>Financial assistance to help pay for food, shelter, utilities, and expenses other than medical transitional services to help families become independent.</p> <p>Screening for issues related to substance abuse, mental health, and domestic violence, and referrals for available services to address them.</p>
<b>What else should I discuss with the family?</b>	<p>To remain eligible for TCA:</p> <ul style="list-style-type: none"> <li>• School-age children (6 to 18) must attend school.</li> <li>• Families will lose benefits for any child who is habitually truant from school or who is a school dropout unless the child has "good cause" for non attendance or has received a hardship exemption from the school.</li> <li>• Parents or caretaker relatives must have a conference with a school official each semester to discuss the child's school progress.</li> </ul> <p>The program limits additional TCA benefits for a child born to a current TCA recipient. For the first child born more than 10 calendar months from the date of application for TCA, the family receives one half of the normal increase for an added person.</p> <p>TCA recipients must participate in work activities unless they have a child under three months of age or are receiving social security disability benefits.</p>



BASIC NEEDS

**Supplemental Security Income for Children with Disabilities**

Supplemental Security Income (SSI) is a federal payment for children with disabilities. Children under age 18 can qualify if they meet Social Security’s definition of disability for children, and if their income and resources fall within the eligibility limits.

<b>Who is eligible for services?</b>	<p>Children under the age of 18 who have a marked or severe functional limitation.</p> <p>Condition must have been disabling or be expected to be disabling for at least 12 months.</p>
<b>What prompts a referral?</b>	<p>Child has a disability and may qualify for SSI benefits.</p> <p>SSI payments may be available immediately for children with the following conditions:</p> <ul style="list-style-type: none"> <li>• HIV infection</li> <li>• Total blindness</li> <li>• Total deafness</li> <li>• Cerebral palsy</li> <li>• Down syndrome</li> <li>• Muscular dystrophy</li> <li>• Severe intellectual disorder (child age 7 or older)</li> <li>• Birth weight below 2 pounds, 10 ounces</li> </ul>
<b>How are referrals made?</b>	<p>Application for SSI payments or SSDI benefits for a child can be made by calling Social Security 800-772-1213 or by visiting the local Social Security office.</p>
<b>What services are provided?</b>	<p>Monthly cash payments.</p> <p>Eligibility determination for Medicaid.</p> <p>Child is eligible for Medicare if the child has chronic renal disease and needs a kidney transplant or has amyotrophic lateral sclerosis (ALS).</p>
<b>What else should I discuss with the family?</b>	<p>It may take three to five months to determine if a child qualifies for SSI.</p>



BASIC NEEDS

**Florida Kidcare**

Florida KidCare is Florida’s Children’s Health Insurance Program. Through Florida KidCare, the state of Florida offers health insurance for children from birth through age 18, even if one or both parents are working. Florida KidCare includes four different parts. When an application is made, Florida KidCare will determine which part a child may qualify for based upon age and family income. Medikids is for children ages 1-4; Healthy Kids is for children ages 5-18; Title XXI Medicaid is for children with special health care needs from birth through 18; and Medicaid.

<b>Who is eligible for services?</b>	Child under age 19 who meets income requirements. US citizen or a qualified non-citizen.
<b>What prompts a referral?</b>	Child is without health insurance.
<b>How are referrals made?</b>	<a href="#">Apply Online</a> Family will need proof of income and citizenship and child's social security number.
<b>What services are provided?</b>	Florida KidCare provides coverage for: <ul style="list-style-type: none"> <li>• Doctor visits</li> <li>• Check-ups and shots</li> <li>• Hospital</li> <li>• Prescriptions</li> <li>• Emergencies</li> <li>• Vision and hearing</li> <li>• Dental</li> <li>• Mental health</li> </ul>
<b>What else should I discuss with the family?</b>	There is no charge for Medicaid. For other KidCare programs, monthly premiums depend on household sized and income. Most families pay \$15 or \$20 per month. There may be small charges or co-payments for some services. Florida KidCare also has low-cost full pay options making coverage available to every child age 5-18 in Florida.



BASIC NEEDS

**Catholic Charities**

Catholic Charities has a variety of programs and services to assist families in need.

<b>Who is eligible for services?</b>	Individuals and families
<b>What prompts a referral?</b>	Family is in need of emergency assistance.
<b>How are referrals made?</b>	<a href="#">Contact the agency in your area.</a>
<b>What services are provided?</b>	Emergency financial assistance for prescriptions, housing, and utilities Food Adoption services
<b>What else should I discuss with the family?</b>	Services vary by agency.



BASIC NEEDS

**Lutheran Services of Florida**

Lutheran Services Florida (LSF) is a statewide, non-profit, human services agency dedicated to helping all people in need regardless of religious affiliation, age or national origin. Headquartered in Tampa, the agency has more than 60 programs located throughout Florida.

<b>Who is eligible for services?</b>	Children and families
<b>What prompts a referral?</b>	Persons in need
<b>How are referrals made?</b>	For more information, call LSF Central Services at 813-875-1408 or <a href="#">contact local agency</a> .
<b>What services are provided?</b>	Child care food program Housing Employment Refugee and Immigration Programs Disaster Response Programs for victims of tornadoes, hurricanes, floods and other natural disasters
<b>What else should I discuss with the family?</b>	Refugee and immigration programs are located throughout Southeast and Central Florida.



BASIC NEEDS

**Jewish Family and Community Services**

Jewish Family and Community Services is a statewide, non-profit, human services agency dedicated to helping all people in need regardless of religious affiliation, age or national origin.

<b>Who is eligible for services?</b>	Individuals and families
<b>What prompts a referral?</b>	Person is needing assistance.
<b>How are referrals made?</b>	Contact the local agency. Unfortunately, there is not a single website with the locations listed. Google Jewish Family and Community Services in Florida for locations of all Florida agencies.
<b>What services are provided?</b>	Financial assistance Food pantry
<b>What else should I discuss with the family?</b>	Services vary by agency.



BASIC NEEDS

**Florida Department of Education: Division of Vocational Rehabilitation**

Vocational Rehabilitation (VR) is a federal-state program that helps people who have physical or mental disabilities get or keep a job. VR is committed to helping people with disabilities find meaningful careers.

<b>Who is eligible for services?</b>	Persons with physical or mental disabilities which interfere with their ability to become employed  Person receiving Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) for a disability is presumed eligible for VR services.
<b>What prompts a referral?</b>	Person with disability needs help finding or keeping a job.
<b>How are referrals made?</b>	Contact the local VR office to apply for services or call 800-451-4327.
<b>What services are provided?</b>	Medical and psychological assessment Vocational evaluation and planning Career counseling and guidance Work experience while in high school Training and education after high school Job-site assessment and accommodations Job placement Job coaching On-the-job training Supported employment Assistive technology and devices Time-limited medical and/or psychological treatment
<b>What else should I discuss with the family?</b>	All eligible individuals are assigned to a category of service based upon their severity of disability. Under order of selection, all eligible individuals who are in a closed category are placed on a prioritized waiting list.  Federal law requires that individuals with the most significant disabilities be served first.



BASIC NEEDS

**Florida Department of Economic Opportunity: Welfare Transition Program**

In order to receive Temporary Cash Assistance (TCA), participants must register for work and participate in assigned work activities. Florida Department of Economic Opportunity (FDEO) Welfare Transition Support services are available (as resources and funding permit) for current TCA recipients meeting work activity requirements.

<b>Who is eligible for services?</b>	Anyone receiving TCA unless exempt from the work requirement.
<b>What prompts a referral?</b>	Person is needing assistance meeting the work requirement.
<b>How are referrals made?</b>	Apply at <a href="#">Florida Jobs</a> .
<b>What services are provided?</b>	<p>Subsidized child care</p> <p>Transportation services</p> <p>Education and training assistance</p> <p>Other support services that include paying for books, tools, clothing, fees, and costs necessary to comply with work activity or employment requirements.</p> <p>Personal and family counseling and therapy if resources permit.</p>
<b>What else should I discuss with the family?</b>	<p>Former participants of the Welfare Transition Program who are working or actively seeking employment may receive the following transitional services:</p> <ul style="list-style-type: none"> <li>• Medical benefits for up to 12 months. The gross family income must not exceed 185% of the federal poverty level and the family must include a dependent child.</li> <li>• Education and training assistance for up to 2 years.</li> <li>• Transportation services for up to 2 years.</li> <li>• Child care services for up to 2 years. The gross family income must not exceed 200% of the federal poverty level.</li> </ul>



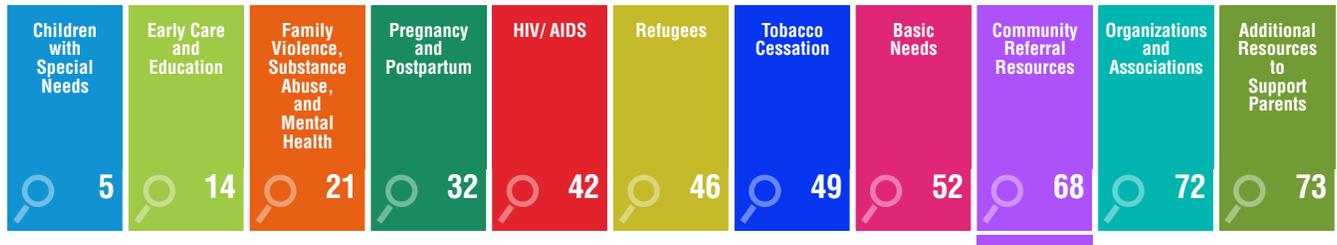
BASIC NEEDS

**Florida Department of Economic Opportunity: Job Search and Career Planning**

Florida Department of Economic Opportunity (FDEO) provides information Florida’s job market and ways to prepare for a new career.

<b>Who is eligible for services?</b>	Anyone seeking employment in Florida
<b>What prompts a referral?</b>	Person is in need of resources for employment
<b>How are referrals made?</b>	Information can be obtained from their website <a href="#">Florida Jobs</a> .
<b>What services are provided?</b>	<p>Career Source Centers</p> <p>Employ Florida Marketplace</p> <ul style="list-style-type: none"> <li>• Search and apply for jobs</li> <li>• Resume advice</li> <li>• Research careers</li> </ul> <p>Military Family Employment Advocacy Program</p> <ul style="list-style-type: none"> <li>• Assessment and testing services</li> <li>• Career planning and counseling</li> <li>• Referrals to educational and training programs</li> <li>• Resume assistance</li> <li>• Interviewing skills training</li> <li>• Job search and placement assistance</li> </ul> <p>Migrant and seasonal farmworker services</p> <p>Disabled Veterans Outreach Program</p> <p>Temporary financial assistance during periods of unemployment</p>
<b>What else should I discuss with the family?</b>	<p>Disabled Veterans Outreach Program specialists and Local Veterans Employment Representatives at the CareerSource Florida centers provide priority workforce services to veteran customers.</p> <p>Disabled Veterans Outreach Program specialists focus on intensive case management services for veterans with barriers to employment, particularly disabled veterans.</p>





COMMUNITY REFERRAL RESOURCES

**Introduction**

Information and referral services are a vital link bringing people and services together. It is recognized that information and referral programs help individuals, families, and communities identify, understand, and effectively use the programs that are part of the human service delivery system. At the community level, information and referral services facilitate long-range planning by tracking requests for service and identifying gaps and duplications in services. These services also work with other human service organizations to make them a better resource for their clients. Professional information and referral specialists help people understand their problems and make informed decisions about possible solutions. They may advocate on behalf of those who need special support and reinforce the individual’s capacity for self-reliance and self-determination through education, affirmation, collaborative planning, and problem solving.

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**2-1-1**

2-1-1 is a telephone-based service offered by nonprofit and public agencies throughout Florida and the United States. 2-1-1 organizations provide free, confidential information and referral services. Trained professionals are available 24 hours a day, 7 days a week, to help callers identify and connect with health and human service programs that can meet a variety of needs including food, housing, employment, health care, crisis counseling, and more. Services are available statewide through any cell phone provider, as well as through landlines in all of Florida’s 67 counties and nationwide in all 50 states.

<b>Who is eligible for services?</b>	Anyone seeking human service information and assistance. There are no eligibility requirements.
<b>What prompts a referral?</b>	Anyone seeking human service information and assistance.
<b>How are referrals made?</b>	Call 2-1-1 or <a href="#">search for your local service</a> .
<b>What services are provided?</b>	<p>Emotional support          Crisis counseling          Information about community services:</p> <ul style="list-style-type: none"> <li>• Food</li> <li>• Housing</li> <li>• Jobs and support</li> <li>• Reentry</li> <li>• Veterans</li> <li>• Disaster assistance</li> <li>• Human trafficking</li> </ul> <p>Appropriate assistance is provided in life-threatening or other crises.</p>
<b>What else should I discuss with the family?</b>	<p>Services are free.          All calls are confidential.          Can access services anonymously.          Services are available and accessible to persons with sensory impairments or language barriers.</p>



## Help Me Grow

The goal of Help Me Grow Florida is to promote healthy development for every child in Florida. Help Me Grow (HMG) is a unique, comprehensive, and integrated statewide system designed to address the need for early identification of developmental and/or behavioral concerns, and then to link children and their families to community-based developmental and behavioral services and supports. Help Me Grow supports families, child health care, early care and education, and human service providers.

There are currently two established affiliates and five new affiliate sites, serving twenty-two counties across the state. Soon, additional future affiliates will be joining the network to begin planning and resource building to cultivate the infrastructure for Help Me Grow through the State Coordinating Office. In conjunction with the Florida Developmental Disabilities Council and the Office of Early Learning, Help Me Grow Florida affiliates and partners are quickly moving towards statewide expansion.

<b>Who is eligible for services?</b>	Parents and caregivers of young children
<b>What prompts a referral?</b>	Family is in need of services.
<b>How are referrals made?</b>	For a map of current sites visit <a href="#">Help Me Grow</a> . In communities with Help Me Grow projects, call 211 and ask for Help Me Grow.
<b>What services are provided?</b>	Information, resources, and materials. Referrals with enhanced advocacy and follow up. Screenings for health and development. Enrollment in community programs. Networking opportunities for families, service providers and community partners.
<b>What else should I discuss with the family?</b>	The Help Me Grow Network is expanding and several new sites launched in 2015.

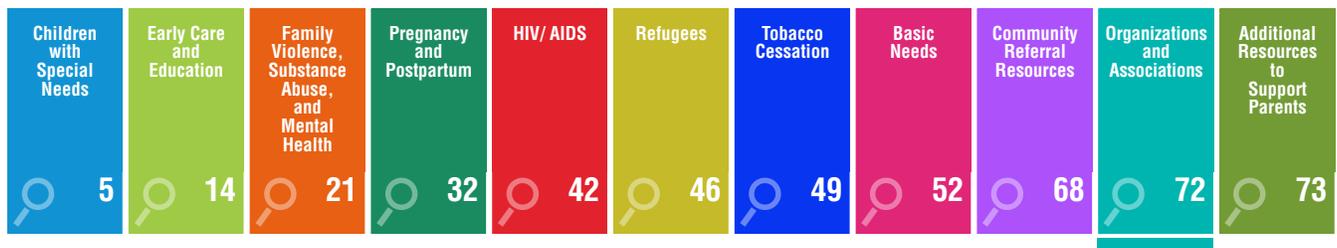


## Whole Child Projects

Whole Child communities are designated as such by the Lawton Chiles Foundation based on a community-wide commitment to shared philosophies to serve young children and their families. The Lawton Chiles Foundation currently partners with 12 counties across Florida. Current Whole Child communities include Brevard, Manatee, Martin, Leon, Hardee, Highlands, Polk, Indian River, Jefferson, Madison, Taylor, and Gadsden Counties. A Whole Child community uses web-based technology; a commitment from all segments of the community; and community leaders to ensure families are able to access the services they need.

<b>Who is eligible for services?</b>	Families of children from 0-5
<b>What prompts a referral?</b>	Family is seeking services for a child.
<b>How are referrals made?</b>	Find a <a href="#">Whole Child community</a> .
<b>What services are provided?</b>	<p>Connect families to appropriate services and resources (as efficiently as possible) through use of web-based technology called the "Whole Child Connection."</p> <p>Provide parents and caregivers with tools and activities that help foster a nurturing environment for children.</p> <p>Share information about local resources and opportunities for children and families.</p>





## ORGANIZATIONS AND ASSOCIATIONS

The organizations and associations listed here are resources for care coordinators and other health professionals, as well as parents to enhance their knowledge related to children with special needs and children’s mental health.

### Children with special needs

#### [Florida Children’s Forum](#)

Maintains central directory of statewide services for children.  
Call 800-654-4440 to speak with a resource specialist.

#### [Family Café](#)

888-309-CAFÉ

Website with information and networking opportunities.  
Annual conference for individuals, families and service providers.

#### [Florida Developmental Disabilities Council](#)

Advocacy  
Capacity building  
Promotion of innovative programs and practices

#### [National Organization on Fetal Alcohol Syndrome](#)

Information on fetal alcohol spectrum disorders  
Tools for parents and caregivers  
Resource Directory of services available in Florida

#### [Florida Coalition for Children](#)

Advocacy for abused and neglected children  
Support agencies who work on their behalf

### Children with mental health or substance abuse disorders

#### [Florida Council on Community Mental Health](#)

Mental health and substance abuse summit  
Fact sheets and newsletters  
Training  
Assistance with locating treatment

#### [Florida Alcohol and Drug Abuse Association](#)

Resource center  
Training and technical assistance for providers  
Maintains treatment provider guide

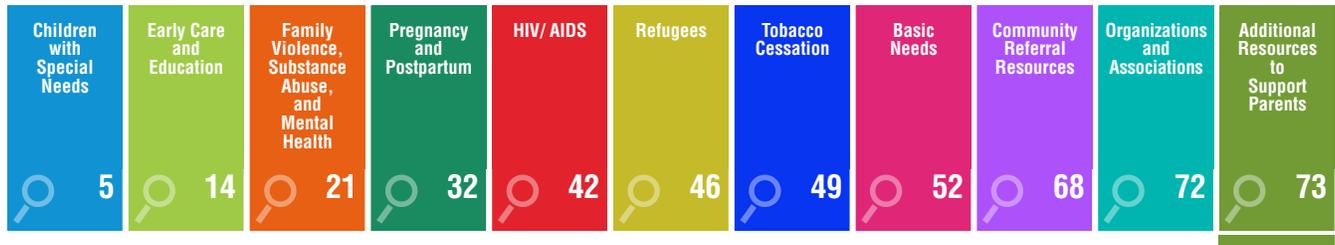
#### [Florida Coalition Against Sexual Violence](#)

Resource on sexual violence issues  
Training  
Statewide conference  
Assistance finding local rape crisis center

#### [Florida Association of Infant Mental Health](#)

Informational materials on infant mental health  
Training  
Annual conference  
Strategic plan for infant mental health services





ADDITIONAL RESOURCES TO SUPPORT PARENTS

**Information**

Listed here are websites where parents can seek additional information.

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**Text4Baby**

Text messages with health tips for pregnant women and new mothers are sent to cell phones for those who sign up.

Three free text messages per week will be received.

Messages continue until the baby is one year old.

Messages are in English and Spanish.

**Zero to Three**

Information for parents on behavior and development of young children.

Web-based training for parents and caregivers.

Tips and tools on childcare.

Information for care coordinators on infant and early childhood research.

Infant and early childhood mental health resources.

**Vroom**

Information on how the brain develops.

Tools and activities for parents to use to encourage brain development in their young children.

**Healthy Children**

Information for parents on:

- Ages and stages
- Healthy living
- Safety and prevention
- Family life
- Health issues

**National Child Traumatic Stress Network**

Information for families about services and supports

**Family Health Line**

1-800-451-2229

Statewide, free hotline offering counseling information and referrals about pregnancy, and infant and toddler issues.

**Fussy Baby Network**

Nationwide telephone support at 1-888-431-BABY (2229).

Information on infant development, baby’s crying, feeding, or sleeping

**Reach out and Read**

Pediatric literacy program

Modeling of appropriate reading strategies during pediatric visits.

Giving a book to take home to implement strategies.

**Help Me Grow**

Child development info (CDI) line and resource database.

Helps parents identify their child’s developmental progress from birth through age 5.

By calling the CDI, a care coordinator will conduct a developmental screening.

Community referrals are provided.

**National Institute of Mental Health**

Information about effective treatment and prevention.



ADDITIONAL RESOURCES TO SUPPORT PARENTS

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**Parent Support Groups**

Listed here are websites where parents can seek additional information and parent support groups where they can meet with other parents who have similar interests and needs.

**Family Network on Disabilities**

Parent-to-parent support group for parents of children with disabilities.

**Parents Anonymous**

Comprehensive family strengthening program.

Weekly support groups for parents to explore new parenting strategies and address underlying emotional issues.

Support groups for children and youth.

**Circle of Parents**

Support group using a mutual self-help support model where parents can discuss the challenges of raising children.

Weekly meetings are available.

A children's program may be available. If not, child care is provided.

**First Candle**

Information for expecting and parents on how to reduce the risk of sudden infant death.

Grief support for families who have lost a child.

Grief Counselors are available 24/7 at 800-221-7437.

**National Federation of Families for Children's Mental Health**

Works to inform and empower families to be active participants in their own recovery.

Involved in state and local efforts to make mental health system more effective.

**Arc of Florida**

Advocacy for people with disabilities

Family support

Assistance with independent living

**Al-Anon Family Groups**

Mutual support group for friends and family members of problem drinkers.

Younger family members can attend Alateen.

**National Alliance on Mental Illness**

Support group for family members of someone with a mental health condition.

Information on supporting recovery.

**Share Pregnancy and Infant Loss Support**

Phone counseling

Face-to-face support group

Resource packets



COMMUNITY REFERRAL RESOURCES

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**Parent Education Programs**

Parent education programs provide parents with information on a variety of topics such as normal growth and development, ways to promote learning, communication skills, and alternative behavioral management strategies to physical discipline. Classes are generally offered in weekly group sessions. Course materials may include manuals, CDs, DVDs, and other resources. Parent education classes are a good resource for those families who decline or are no longer receiving home visiting services. First-time parents and parents of young children are often lacking in confidence about how to raise a child. Referrals to parent education programs enable parents to learn essential parenting skills as well as receive support from other parents.

Included in this section are evidence-based parenting programs which are well supported by research. Locations for programs are provided but it is not a complete listing. To obtain additional information about which parenting programs are offered in the local community, contact 211.



## COMMUNITY REFERRAL RESOURCES

**The Incredible Years**

The Incredible Years curriculum is designed to promote emotional and social development and to prevent, reduce, and treat behavioral and emotional problems in children ages 4-8. The program teaches children emotional management, social skills, problem solving, and appropriate classroom behavior. For parents, the focus is on effective communication, problem solving, non-violent discipline techniques, and stress, anger, and depression management.

In the Parents and Babies Program, parents learn how to:

1. Help their babies feel loved, safe, and secure.
2. Encourage their babies' physical and language development.

In the Parents and Toddlers Basic Program, parents learn how to:

1. Help their toddlers feel loved and secure.
2. Encourage their toddler's language, social, and emotional development.
3. Establish clear and predictable routines.
4. Handle separations and reunions.
5. Use positive discipline to manage misbehavior.

For additional information, contact 888-605-3562.

**Locations of Incredible Years Programs****The Florida Center**

4620 17th

Sarasota, FL 34235

941-371-8820

**(LEED Certified Building)**

6929 Outreach Way

North Port, FL 34287

941-371-8820

**The Children's Services Council of Palm Beach County**

2300 High Ridge Road

Boynton Beach, FL 33426

561-374-7000

**Families First Parenting Program**

City of Miami

305-416-1532

**Institute for Child and Family Health**

305-685-0381 Ext. 2004

**Keystone Behavioral Pediatric**

6867 Southpoint Drive North, Suite 101

Jacksonville, Florida 32216

904-619-6071

**Spanish River Church**

2400 Yamato Road

Boca Raton, Florida

561-994-5000



## COMMUNITY REFERRAL RESOURCES

**Triple P — Positive Parenting Program**

The Triple P — Positive Parenting Program offers a suite of interventions of increasing intensity for parents of children birth–16 years. Within each level, there is also a choice of delivery methods. Triple P's core programs cover two age ranges – for parents of children up to 12 years and Teen Triple P for parents of teenagers, 12 –16. Within these programs are specific elements targeting the developmental periods of infancy, toddlerhood, pre-school, primary school and adolescence. Triple P also offers specialist programs for parents of children with a disability, parents of children with health or weight concerns, parents going through divorce or separation and for Indigenous families.

**Locations of Triple P Programs****The Center for Family Services of Palm Beach County**

4101 Parker Avenue  
West Palm Beach, Florida  
561-616-1222

**[The ARC of South Florida](#)**

777 West Palm Drive  
Homestead, Florida 33034  
954-242-1503

**Children's Services Council of Palm Beach County**

2300 High Ridge Road  
Boynton Beach, Florida  
800-331-1462

**Parent Child Center**

2001 Blue Heron Boulevard West  
Riviera Beach, Florida 33404  
561-841-3500 ext. 2104

**Kinder Institute**

2479 Aloma Avenue  
Winter Park, Florida 32792  
321-207-0435  
321-233-0222  
[info@thekinderinstitute.com](mailto:info@thekinderinstitute.com)

**Center for Child Counseling, Inc**

7731 N Military Trail  
Suite 4  
Palm Beach Gardens, Florida 33410  
561-327-7061 ext. 1

**Informed Families/The Florida Family Partnership**

305-856-4886

**Florida International University**

305-348-0567



## COMMUNITY REFERRAL RESOURCES

**Nurturing Parent Program**

The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting practices. The programs target all families at risk for abuse and neglect with children birth to 18 years. The programs have been adapted for special populations, including Hmong, Hispanic, and African-American families; military families, teen parents, foster and adoptive families, families in alcohol treatment and recovery, parents with special learning needs, and families with children with health challenges.

The prenatal program offers group or home-based sessions and addresses issues faced by couples who are expecting a child, including use of prescription drugs, alcohol and tobacco during pregnancy, inadequate nutrition, the potential effects of stress on the fetus, and brain development during pregnancy.

The Parents and their Infants, Toddlers, and Preschoolers is a comprehensive parenting program utilized by agencies where parents attend over a period of years. Programs such as Head Start offer this type of parenting education.

For additional information contact 800-688-5822.

**Locations of Nurturing Parent Programs****Family Nurturing Center of South Florida**

North Lauderdale, Florida  
954-724-3907

**Family Nurturing Center of Florida**

2759 Bartley Circle  
Jacksonville, Florida 32207  
904-389-4244

**Family Resource Center of South Florida, Inc.**

155 South Miami Avenue, Suite 400  
Miami, Florida 33130-1617  
305-374-6006

**The Children's Hospital of Southwest Florida Child Advocacy Program**

Locations in Ft. Myers and Cape Coral  
To register, call: 239-939-2808

**Children's Advocacy Center of Collier County**

1036 Sixth Avenue North  
Naples, Florida 34102  
239 263-8383

**Family Integrity Program**

200 San Sebastian View, Suite 2300  
St. Augustine, Florida 32084  
904-209-6080

**Child Guidance Center**

San Juan Avenue, Suite 41  
Jacksonville, Florida 32210  
904-783 -2579 ext. 6316

**Children's Home Society of Florida**

San Diego Road Jacksonville, Florida 32207  
493-7744 3027  
[www.chsfl.org](http://www.chsfl.org)

**Creating Healthy Families, Inc.**

Jacksonville, Florida 32222-0131  
904-778-2507

**Healthy Mothers, Healthy Babies Coalition of Broward County/Prenatal Infant Home Visiting Program****Manatee Children's Services**

1227 9th Ave West  
Bradenton, Florida  
[www.manateechildrenewservices.com](http://www.manateechildrenewservices.com)

**Bridgeway Center**

137 Hospital Drive  
Ft. Walton Beach, Florida  
850-833-7500

**Clay Behavioral Health Center**

3292 County Road 220  
Middleburg, Florida 32068  
904-291-5561

**EnFAMILIA, Inc. at Redlands Christian Migrant Housing**

16090SW 293 Drive  
Homestead, Florida  
305-245-7288

**Wesley House Family Services**

Several locations in the Florida Keys  
305-809-5000  
[info@wesleyhouse.org](mailto:info@wesleyhouse.org)

**Navy - Fleet and Family Support Center - New Parent and Home Visitation Support Program**

151 Ellyson Avenue, Building 625 B  
NAS Pensacola, Florida 32508-5239  
850-452-5991, ext. 3102, 3103, 3124

**Nurturing Fathers Parenting Program**

3277 Fruitville Road  
Sarasota, Florida 34237  
941-953-9556



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