



# *Healthy Babies Resource Guide*

*Chattanooga/Hamilton County  
Initiative to Reduce Infant Mortality*

2011

# IRIS Umbrella Project



Increasing the Rate of Infant Survival  
Chattanooga-Hamilton County Health Department

This resource guide was developed by the IRIS Umbrella Project Core Leadership Group as a means to inform others of local agencies and organizations working to improve the lives of women, infants and families in Hamilton County.

For more information:  
<http://health.hamiltontn.org/ClinicalServices/InfantMortality.aspx>  
423-209-8135

*\*\*\* listings are in alphabetical order \*\*\**

# *Healthy Babies Resource Guide*

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## **\*Family Planning**

Family Planning services work with men and women to prevent, delay, or achieve a pregnancy. Services are available for males and females of reproductive ages. Program services are confidential. Charges for services are based upon a sliding scale fee system which may discount or slide the service fees to zero. Services will not be refused due to inability to pay.

Family planning services require an appointment to be seen with the exception of pregnancy testing which is a walk-in service. Services are available at the following clinics: Family Health Clinic (Adult Care section, 3rd Street), Ooltewah Health Clinic, Birchwood Health Clinic, and the Sequoyah Health Clinic.

Family Planning services include:

- \* Physical exam (including a medical history, pap smear, clinical breast exam, height/weight & blood pressure)
- \* Family Planning counseling & education-including information on all contraceptive methods & safe practices
- \*Testing for pregnancy, STD & HIV
- \*Birth control supplies

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# Chattanooga-Hamilton County Health Department Programs

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## Clinical Services

### Chattanooga-Hamilton County Health Department

#### Family Health Clinic

921 E. 3rd St.

Chattanooga, TN 37403

Phone: (423) 209-8050

Website: <http://health.hamiltontn.org/>

Office Hours: Monday-Thursday, 8:00 a.m.– 5:00 p.m. Friday 8:00 a.m.– 4:00 p.m.

**Services Provided:** **Pediatric Area:** WIC (Women, Infant & Children), childhood immunizations, newborn genetic screenings (PKU, Sickle Cell Anemia, Thalassimia, Hypothyroidism), examination for head lice, immigration physicals for children.

**Services Provided:** **Adult/Family Planning Area:** Pregnancy testing, family planning, emergency contraception, breast and cervical cancer screening program, presumptive TennCare.

**Eligibility:** All

**Populations Served:** newborns, children, women

**Payment Information:** TennCare, sliding scale fee services offered.

#### Birchwood Health Clinic

5623 Hwy. 60

Birchwood, TN 37308

Phone: (423) 961-0446

Office Hours: Monday 8:00 a.m.– 3:00 p.m.

Wednesday 8:00 a.m.– 4:00 p.m.

Friday 8:00 a.m.– 3:00 p.m.

**Services Provided:** WIC (Women, Infant & Children), childhood immunizations, newborn genetic screenings (PKU, Sickle Cell Anemia, Thalassimia, Hypothyroidism), examination for head lice, pregnancy testing, family planning, emergency contraception, breast and cervical cancer screening program, presumptive TennCare, routine adult immunizations (MMR, Td), primary care for families, HIV testing and counseling.

**Eligibility:** All

**Population Served:** newborns, children, women, men

**Payment Information:** TennCare, sliding scale fee services offered.

#### Ooltewah Health Clinic

5520 High St.

Ooltewah, TN 37363

Phone: (423) 238-4269

Office Hours: Monday 8:00 a.m.– 6:00 p.m.

Tuesday–Thursday 8:00 a.m.– 4:00 p.m.

Friday 9:00 a.m.– 4:00 p.m.

**Services Provided:** WIC (Women, Infant & Children), childhood immunizations, newborn genetic screenings (PKU, Sickle Cell Anemia, Thalassimia, Hypothyroidism), examination for head lice, pregnancy testing, family planning, emergency contraception, breast and cervical cancer screening program, presumptive TennCare, routine adult immunizations (MMR, Td), primary care for families, HIV testing and counseling.

**Eligibility:** All

**Population Served:** newborns, children, women, men

**Payment Information:** TennCare, sliding scale fee services offered.

#### Sequoyah Health Clinic

9527 W. Ridge Trail Rd.

Soddy Daisy, TN 37379

Phone: (423) 842-3031

**Services Provided:** Prenatal care (basic and full levels), WIC (Women, Infant & Children), childhood immunizations, newborn genetic screenings (PKU, Sickle Cell Anemia, Thalassimia, Hypothyroidism), examination for head lice, pregnancy testing, family planning, emergency contraception, breast and cervical cancer screening program, presumptive TennCare, routine adult immunizations (MMR, Td), primary care for families, HIV testing and counseling, primary care

## ***Sequoyah Health Clinic—continued***

For children dental.

**Eligibility: All**

**Payment Information:** TennCare, sliding scale fee services offered.

**Accept as Payment:** Cash, Check, Sliding Scale, Medicaid/TennCare

## **Car Seat Safety Program**

Phone: (423) 209-8204

Office Hours: Monday– Friday, 8:00 a.m.– 4:00 p.m.

**Services Provided:** The car seat program at the Chattanooga-Hamilton County Health Department serves Hamilton County residents when funding is available. Presently, we use a convertible infant seat for children from birth to 40 pounds. We use this seat because it can be used at broader weights and ages. After viewing a brief video, class participants are shown how to properly restrain a child in the child restraint seat. Participants are asked to do this before they are shown the correct way to put the restraint in the vehicle. Finally, parents are taught how to install the child restraint seat in the vehicle.

**Eligibility:** To qualify for a free car seat an applicant: must be a resident of Hamilton County, must be a recipient of WIC or TennCare, must attend one of our classes to learn correct installation, must not bring infants or children to class, and must have a privately-owned vehicle available for class.

## **Fetal and Infant Mortality Review**

Phone: (423) 209-8055

Office Hours: Monday through Friday 8:00 a.m.– 4:00 p.m.

Fetal and Infant Mortality Review (FIMR) is a community owned, action-oriented process that results in improved service systems and resources for women, infants and families. The FIMR process brings a community team together to examine confidential, de-identified cases of infant deaths. The purpose of these reviews is to understand how a wide array of local social, economic, public health, educational, environmental and safety issues relate to the tragedy of infant loss. Having gained a comprehensive understanding of these issues from the case reviews, a broad forum of interested community members—leaders, elected officials, providers, agencies, advocates and consumers—are able to reason together and act to improve services and resources. As service systems and resources continue to improve through FIMR, the future for local women, infants and families will be better.

**Services Provided:** Gathering information about infant death from public health and medical records, interview with the mother by trained grief counselors, referral to bereavement support and community resources, identify issues and make recommendations for community change based on information gathered in the interview and medical records, implement changes and interventions to improve service systems and resources.

**Populations Served:** Mothers and families who have had a fetal or infant death.

**Eligibility:** Hamilton County residents

**Payment Information:** Free

## **Healthy Babies Start with Healthy Ladies**

Phone: (423) 209-8081

Office Hours: Monday-Friday, 8:00 a.m.– 4:00 p.m.

**Services Provided:** The program educates women on the importance of and the need for early prenatal care. The program supports and encourages women to develop a personal plan with goals on how she will take care of herself during pregnancy. The program also focuses on the importance and benefits of taking prenatal vitamins and getting regular prenatal check-ups. Expectant mothers talk with an educator about their feelings regarding their pregnancy, healthy behaviors, the importance of prenatal care and discuss any barriers that are discovered in the session.

**Populations Served:** Infants/children, pregnant women

**Eligibility:** Pregnant females.

**Payment Information:** Free of charge

## Homeless Health Care Center

717 E. 11th Street  
Chattanooga, TN 37403  
Phone: 423-265-5708  
Office Hours: Monday, Tuesday, Thursday and Friday 7:30 am–4:30pm  
Wednesday 7:30 am-2:00pm and 3:00pm–4:30pm

**Services Provided:** Primary Medical Care for homeless people of all ages, including acute and preventive health care, immunizations and referrals, medical outreach to 8 area shelters for children and families, social service outreach to area shelters, campsites, hospitals, any location as requested and as time permits, intensive outpatient substance abuse treatment, general case management, including gate keeping for three area shelters, transportation for clients, as time permits.

**Eligibility:** Population based program

## HUGS: Help Us Grow Successfully

Phone: (423) 209-8086  
Office Hours: Monday–Friday, 8:00 a.m.– 4:00 p.m.

**Services Provided:** HUGS is a home visiting program for prenatal/postpartum women and children up to age six. Health care professionals will assist clients in obtaining health care, social, educational and other necessary services.

**Eligibility:** Pregnant/postpartum women and children up to age six.

**Payment Information:** Free of charge

## Injury Prevention

Phone: (423) 209-8203  
Office Hours: Monday–Friday, 8:00 a.m.– 4:00 p.m.

**Services Provided:** Injury Prevention education, including car seat safety, poison prevention, fire safety, dog bite prevention, infant safety, child safety, hand washing and germ prevention, pedestrian safety, senior fall prevention, drug prevention and education.

**Populations Served:** Infants/children, Teens, Women, Pregnant women, Families, Men, Senior citizens

**Eligibility:** All Hamilton County residents.

**Payment Information:** Free of charge

## Parents Are First Teachers

921 East Third Street  
Chattanooga, TN 37403  
Phone:(423) 209-8307 (423) 209-8298  
Office Hours: Monday–Friday 8 a.m.– 4:00 p.m.  
Program services 8 a.m.– 8 p.m. and upon request Saturday and Sunday

**Services Provided:** Personal/home visits that focus on child development, parent-child interaction, health and nutrition screenings to identify concerns, referrals for additional services and group connection meetings to foster parent to parent support and communication.

**Populations Served:** Hamilton County families– from pregnancy to child's kindergarten entry.

Families must have at least one risk factor which could impact child health and development and long-term family functioning.

**Payment Information:** No cost

## Smoke-Free Chattanooga

Phone: (423) 209-8285  
Website: [www.smokefreechattanooga.com](http://www.smokefreechattanooga.com)  
Office Hours: N/A

### **Smoke-Free Chattanooga— continued**

**Services Provided:** Community-based tobacco control coalition: works to change culture regarding tobacco use with policy change, prevention work, cessation, and focus on disparate populations.

**Populations Served:** All, including disparate populations: low socioeconomic status, African-American, substance abusers, and HIV positive persons, etc.

**Eligibility:** Population-based program.

**Payment Information:** Free of charge

### **STD Clinic**

Phone: (423) 209-8250

Office Hours: Monday through Thursday 8:00 a.m.–4:00 p.m.

Friday 9:00 a.m.–4:00 p.m.

**Services Provided:** Sexually transmitted disease exam, vaginitis program, HIV testing, education/presentation program

**Populations Served:** Teens, Women, Men

**Payment Information:** TennCare, sliding scale fee services offered

**Accept as Payment:** Cash, Check, Sliding Scale, Medicaid/TennCare

### **TB Clinic**

Phone: (423) 209-8030

Office Hours: Monday 8:00 a.m.–5:00 p.m.

Tuesday–Thursday 8:00 a.m.–4:00 p.m.

Friday 9:00 a.m.–4:00 p.m.

**Services Provided:** TB skin testing, preventive therapy for persons infected with the TB germ, monthly monitoring, anti-tuberculosis medication and appropriate laboratory services including x-rays, medical supervision and visits with a TB physician, education to patients, families and public, translators provided.

**Populations Served:** All

**Payment Information:** TennCare, sliding scale fee services offered.

**Accept as Payment:** Cash, Check, Sliding Scale, Medicaid/TennCare

### **TENNderCare**

Phone: (423) 209-8336

Office Hours: Monday–Friday, 8:00 a.m.–4:00 p.m.

**Services Provided:** TENNderCare is a full program of checkups and health care services for children who have TENNderCare (including medical, vision, hearing, dental and mental health). Health educators speak to groups of children and adults about the importance of getting their checkups (EPSDT).

**Populations Served:** Infants/children, Teens

**Eligibility:** TENNderCare is free for children birth to 21 who are enrolled in TennCare.

**Payment Information:** Free of charge if client is eligible.

### **WIC: Women, Infants & Children**

Phone: (423) 209-8220

Office Hours: Monday–Friday, 8:00 a.m.–4:00 p.m.

**Services Provided:** Nutrition education, breastfeeding education and support, nutritious foods and health referrals to women, infants, and children who qualify. WIC offers vouchers for healthy foods, nutrition education, breastfeeding help and support, easy access to childhood immunizations and physical exams, and referrals to other health and social services.

**Populations Served:** Infants/children, Teens, Women, Pregnant women

**Eligibility:** Income-qualified pregnant, postpartum and breastfeeding women, infants and children up to age 5. Families who qualify for Medicaid, TennCare, Food Stamps and Temporary Assistance to Needy Families (TANF) are income qualified for WIC.

**WIC: Women, Infants & Children— continued**

**Payment Information:** Free if client is eligible.

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## Non-Health Department Programs

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### Baby Basics Program

ReStart Chattanooga  
1501 Riverside Drive, Suite 260  
Chattanooga, TN 37406  
Phone: (423) 855-4443  
Website: [www.restartchattanooga.org](http://www.restartchattanooga.org)  
Office Hours: Monday–Friday, 8:30 a.m.–4:30 p.m.

**Services Provided:** Baby Basics combines prenatal health education with appropriate literacy training and community support for expectant mothers. The book is provided free and the groups (Mom's Club) meet 2 hours monthly, for presentations by community professionals, peer mentoring and a project they make for themselves or their baby. There are 6 Mom's Clubs that meet throughout the city at different times and dates to accommodate many schedules.

**Eligibility:** Pregnant women of all ages in the Hamilton County area. Fathers are invited to participate.

**Payment Information:** Free of charge

### CARTA

Chattanooga Area Regional Transportation Authority  
1617 Wilcox Blvd.  
Chattanooga, TN 37406  
CARTA Information Line: 629-1473  
TDD for the hearing impaired: 624-4534  
Care-A-Van: 698-9038  
CARTA web site: [www.goCARTA.org](http://www.goCARTA.org)

**Services Provided:** CARTA Services include 16 bus routes, the Downtown Shuttle, and Care-A-Van, a service for residents and visitors to our area with disabilities (of a permanent or temporary nature) that prevent them from using CARTA's fixed route service. All CARTA buses are equipped with bicycle racks and free wifi.

**Payment Information:**

One Way Fare: \$1.50

Sr. Citizens (with Special Fare ID Card): \$0.75

Students: \$0.75 (Grades K-5, Students In 6-12 must display a CARTA Student Bye Pass Card)

Persons with disabilities (Special Fare ID required): \$0.75

Child 5 and under: Free

**Passes:** Passes are more economical if you ride more than one bus to get to your destination.

31-Day Pass (unlimited rides for 31 consecutive days): \$50.00

24 Hour Unlimited Ride Pass: \$4.00

Half Fare pass for students/seniors/persons with disabilities: \$2.00

### Catholic Charities–Pregnancy Help Center

859 McCallie Avenue  
Chattanooga, TN 37403  
Phone: (423) 265-2122  
Website: [www.ccetn.org](http://www.ccetn.org)  
Office Hours: Monday, Friday 9:00 a.m.–3:30 p.m. Wednesday 1:00a.m.–3:30p.m. Call or walk in

**Services Provided:** Provide free pregnancy testing, pregnancy and prenatal information, pregnancy options information, material goods such as diapers, formula, baby and maternity clothes, adoption services, post-abortion counseling.

**Populations Served:** Infants/Children, Teens/ Adults, Women, Pregnant Women, Families

**Eligibility:** Open to the community.

**Payment Information:** Free of charge

## Chattanooga Room in the Inn

230 N. Highland Park Ave.

Chattanooga, TN 37404

Phone: (423) 624-6144

Website: [www.chattanoogaroomintheinn.com](http://www.chattanoogaroomintheinn.com)

**Services Provided:** Chattanooga Room in the Inn (CRITI) is a three to nine month residential program for homeless women and children. Services provided at CRITI are free of charge and include transitional housing, three meals a day, access to affordable or free health care, life skills training, parenting classes, mentoring, assistance with finding affordable housing, and case management services. The 24-hour-a-day program allows the women and their children to find stability, thereby increasing their opportunities and chances for independence once they leave the program.

**Populations Served:** Infants/children, Teens, Women, Pregnant women, Families

**Eligibility:** Homeless single women and women with children

## Children's Advocacy Center of Hamilton County

909 Vine St

Chattanooga, TN 37403

Phone: (423) 266-6918

Website: [www.cachc.org](http://www.cachc.org)

Office Hours: Monday–Tuesday, 8:00 a.m.–8:00 p.m. and Wednesday–Friday, 8:00 a.m.–5:00 p.m.

**Services Provided:** The Children's Advocacy Center is a non-profit, child-friendly facility dedicated to the investigation, intervention and treatment of physically and sexually abused children and their families. Additionally, we are committed to abuse prevention through school and community education programs uniquely designed for children, parents, teachers and other caring adults concerned about the safety and well being of the children in our area.

**Populations Served:** Child victims of alleged sexual and severe physical abuse. We serve all populations with our prevention education programs.

**Payment Information:** Free of charge if eligible

## City of Chattanooga Human Services

2302 Ocoee St

Chattanooga, TN 37406

Phone: (423) 493-9750

Office Hours: Monday–Friday, 8:00 a.m.–4:30 p.m.

**Services Provided:** Nationally recognized childcare program for children ages 0-4.

**Populations Served:** Infants/children, Pregnant women, Families

**Eligibility:** You have to be income eligible to qualify for our services. If you are income eligible, we accept pregnant women, children ages 0-4 and children with disabilities.

**Payment Information:** We do not have a fee. If you need extended hours, some of our collaboration sites offer it and the fees vary.

## Eastside Taskforce/East Chattanooga Weed & Seed

1502 McCallie Ave

Chattanooga, TN 37404

Phone: (423) 752-4449

Website: [www.eastsidetaskforce.org](http://www.eastsidetaskforce.org)

Office Hours: Monday–Friday, 10:00 a.m.–4:00 p.m.

**Services Provided:** Teenage Pregnancy Focus Group. This is a program to bring young people, parents, and representatives from City, County, State Government, and the school board to the table to discuss issues of Teenage Pregnancy. The goal is to work through this forum to try to educate, decrease frequency, or prevent teenage pregnancy with sensible and measurable objectives.

**Eligibility:** Open to the community.

**Payment Information:** Free of charge

# Erlanger Health System

975 East Third Street  
Chattanooga, TN 37403

## **Child Birth Classes**

Phone: (423) 778-5465

Website: [www.erlanger.org](http://www.erlanger.org) (click on Find or Register for a Class or Event Now)

Office Hours: Varies by class

**Services Provided:** Baby Care and Safety—\$25.00, Boot Camp for Dads—no charge, Breast Feeding—\$30.00, Child-birth Education—\$75.00, Infant CPR—\$25.00, One-day Prepared Childbirth Lamaze Class—\$125.00 (includes baby care, safety and breastfeeding).

**Populations Served:** Pregnant Moms

**Payment Information:** Varies by class (see price in Services Provided above).

## **Regional Level III Perinatal Center (Baroness Campus)**

Phone: (423) 778-7000

Website: [Erlanger.org](http://Erlanger.org)

Office Hours: Open 24 hours/day, 7 days/week, 365 days/year

**Services Provided:** High risk obstetric care. Provides mothers with immediate access to high risk obstetricians who are specifically trained in maternal and fetal medicine. Mothers can receive 100% of their care without having to be transported to another facility. The 12 room perinatal unit has all the capabilities for care of mothers experiencing complications during their pregnancy or recuperating from complications during labor and delivery.

## **Children's Hospital at Erlanger**

910 Blackford Street, Chattanooga, TN 37403

Phone: (423) 778-6011

Website: [www.erlanger.org/childrens](http://www.erlanger.org/childrens)

Office Hours: Open 24 hours/day, 7 days/week, 365 days/year

### **Services Provided:**

**Medical Services:** Ambulatory care, anesthesiology, cardiology, critical care, child life program, developmental behavioral pediatrics, endocrinology, gastroenterology, genetics, hematology/oncology, infectious diseases, neonatology, nephrology, neurology, oncology, pediatrics, psychology, pulmonology, radiology, respiratory, urology

**Emergency Services:** LifeForce/neonatal transport, emergency room, Children's Care Center (urgent care)

**Surgical Services:** Cardiovascular surgery, general surgery

**Specialized Services:** Safe & Sound, family-centered care initiative, children's advocacy center, The Ronald McDonald House

**Ancillary Services:** Child life program, respiratory services, social services

**Children's Therapies:** Audiology, occupational therapy, physical therapy, speech therapy

**Populations Served:** All of Hamilton County and surrounding region

**Eligibility:** Most insurance accepted—call to verify

**Payment Information:** Varies

## **Children's Hospital at Erlanger—Level III Neonatal ICU**

910 Blackford Street, Chattanooga, TN 37403

Phone: (423) 778-6011

Website: [www.erlanger.org/childrens](http://www.erlanger.org/childrens)

Office Hours: Open 24 hours/day, 7 days/week/ 365 days/year

**Services Provided:** The 50 bed unit provides immediate access to pediatric and surgical sub-specialists, all backed by specially trained neonatologists and nurses, and a neonatal nurse practitioner. NICU also offers a "Care by Parent" room that gives parents opportunity to care for their child before discharge. This gives parents the independence of caring for their child while knowing that the child's vital signs are being monitored at the nursing station.

## **Children's Hospital at Erlanger—Safe and Sound**

910 Blackford Street, Chattanooga, TN 37403

Phone: (423) 778-6691

Website: [Erlanger.org/safeandsound](http://Erlanger.org/safeandsound)

Office Hours: Call for an appointment

### ***Children's Hospital at Erlanger—Safe and Sound— continued***

**Services Provided:** Injury prevention services: car seat safety, toy safety, bicycle safety

**Payment Information:** Free (donations are welcomed)

### **Children's Hospital at Erlanger— U. T. Pediatrics**

910 Blackford Street, Chattanooga, TN 37403

Phone: (423) 778-6107

Website: [www.erlanger.org/childrens](http://www.erlanger.org/childrens)

Office Hours: Monday–Thursday 8:30 a.m.–3:00 p.m., Friday 1:00 p.m.–3:00 p.m.

**Services Provided:** General pediatrics from newborn through adolescence with all type of diagnoses from well child to medically complex and chronic diseases. An adolescent specialty clinic is also available.

**Populations Served:** Hamilton County and surrounding counties

**Payment Information:** Cash, check money order, credit card (Visa, Discover, American Express, MasterCard). Self pay discount of 37%. Sliding fee scales **NOT** offered.

## First Things First

620 Lindsay St, Suite 100

Chattanooga, TN 37403

Phone: (423) 267-5383

Website: [www.firstthings.org](http://www.firstthings.org)

## Girls, Inc. of Chattanooga

709 South Greenwood Ave

Chattanooga, TN 37404

Phone: (423) 624-4757

Website: [www.girlsincofchattanooga.org](http://www.girlsincofchattanooga.org)

Office Hours: Monday–Friday, 8:00 a.m.–4:00 p.m.

**Services Provided:** Inspires all girls to be strong, smart and bold by providing a healthy and positive environment where girls can enjoy being girls; by providing enriching programs that nurture their capacity for personal achievement, confident adulthood and economic independence; and by advocating for an equitable society. Since 1961, Girls Inc. has served more than 22,000 girls in Hamilton County. Girls Inc. of Chattanooga's Infant Mortality Public Awareness Campaign for Tennessee (I.M.P.A.C.T.) consists of teenagers from throughout Hamilton County. Attending public and private schools, the youth have met since February of 2008 to learn about the issues surrounding infant mortality and also work with professionals in video production, marketing, drama and public health to design a social marketing campaign aimed toward their peers.

**Populations Served:** All girls ages 6-18

**Payment Information:** Free of charge

## Hospice of Chattanooga

4411 Oakwood Dr

Chattanooga, TN 37416

Phone: (423) 892-4289

Website: [www.hospiceofchattanooga.org](http://www.hospiceofchattanooga.org)

Office Hours: N/A

**Services Provided:** The Kids R Special Too program provides pediatric & perinatal Hospice services.

**Populations Served:** Infants/children, Teens, Women, Pregnant women, Men, Relatives, Caregivers, & Foster parents.

**Eligibility:** Perinatal Hospice for pregnant women with a life threatening fetal diagnosis. Women who have experienced a pregnancy loss at any gestation, from miscarriage to full-term. Pediatric Hospice & Pediatric Palliative Care Services for children of any age with a life limiting, life threatening or fatal diagnosis. Adult Hospice and Palliative Care services.

**Payment Information:** Perinatal Hospice and Pediatric Palliative programs are provided as a community service at no charge to anyone. Hospice of Chattanooga is a non-profit organization. Any other program fees depend on resources or ability to pay.

## La Paz de Dios

1918 Union Ave., Suite 210  
Chattanooga, TN 37404  
Phone: (423) 624-8414  
Website: [www.lapazdedios.org](http://www.lapazdedios.org)  
Office Hours: Tuesday–Thursday, 10:00 a.m.–5:00 p.m.

**Services Provided:** Promotores de Salud (Promoters of Health) includes prenatal education, home visits, follow-up doctor visits, and support during and after pregnancy. Client Services include educational sessions, translation and interpretation, and referrals. Advocacy to include community networking opportunities, cultural training, cultural exchange and community presentations.

**Populations Served:** Infants/children, Teens, Women, Pregnant women, Families, Men

**Eligibility:** Target population is Latinos living in Chattanooga.

**Payment Information:** Free of charge

## Lactation (Breastfeeding) Consultant

Neonatal Intensive Care Unit  
Children's Hospital at Erlanger  
910 Blackford St.  
Chattanooga, TN 37403  
Phone: (423) 778-5330  
Office Hours: Monday–Friday, 8:00 a.m.–5:00 p.m.

**Services Provided:** Parent Educator/Lactation Consultant for parents in the NICU. Consultant visits all new Mothers who have babies in the NICU to discuss the benefits of breast milk for high risk babies, teach them how to start pumping milk for their babies, teach the Mom how to breastfeed and follow the baby until discharge from the NICU. Also provide discharge classes for the NICU parents with plans to begin Breastfeeding classes on a routine basis. Coordinated NAPS (Nurses and Parents Sharing), a support group for NICU families.

**Eligibility:** High risk infants and their families.

**Payment Information:** No fees for lactation services

## March of Dimes, Tennessee Chapter

1401 Williams St., Suite 205  
Chattanooga, TN 37408  
Phone: (423) 267-7172  
Website: [www.marchofdimes.com/tennessee](http://www.marchofdimes.com/tennessee)  
Office Hours: Monday–Friday, 8:30 a.m.–4:30 p.m.

**Services Provided:** The mission of the March of Dimes is to prevent birth defects, premature birth, and infant mortality. The organization provides comfort and support for families experiencing a premature birth, child living with a birth defect, or infant loss. Also provide continuing education opportunities for health professionals and consumer education for the general public.

**Eligibility:** Healthcare professionals, pregnant women, men, and women of childbearing age are eligible for education and support services.

**Payment Information:** Free of charge

## Partnership for Families, Children, & Adults

1800 McCallie Ave. (main office) / 3601 Dodds Ave. (Pregnancy & Parenting Education Program)  
Chattanooga, TN 37404  
Phone: (423) 697-7130 (main office) / (423) 867-9784 (Pregnancy & Parenting Education Program)  
Website: [www.partnershipfca.com](http://www.partnershipfca.com)  
Office Hours: Monday–Friday, 8:30 a.m.–4:30 p.m.

## ***Partnership for Families, Children & Adults— continued***

**Services Provided:** The Pregnancy and Parenting Education Program provides case management and home visitation services for pregnant and parenting teens and young adults, including education on prenatal and postnatal care, nutrition, child development, contraception, abuse prevention, and community resources.

**Populations Served:** Infants/children, Teens, Women, Pregnant women, Families

**Eligibility:** Teens and young adults who are pregnant or have a young child.

**Payment Information:** Free of charge

## **Partnership Sexual Assault Crisis and Resource Center**

300 East 8th Street

Chattanooga, TN 37403

24-hour Hotline (423) 755-2700 Front Desk (423) 755-2891

Website: [www.partnershipfca.com](http://www.partnershipfca.com)

Office Hours: Hotline manned 24-hours/7 days per week/365 days per year

**Crisis Hotline:** The SACRC, in collaboration with the Crisis Resource Center, provides a 24-hour crisis hotline. Victims of sexual assault and their loved ones, law enforcement and referring agencies can call the hotline to access 24-hour SACRC services.

**Advocacy:** The first service that most victims receive at the SACRC is advocacy. A full-time caseworker and on-call caseworkers provide crisis intervention and information on victim's rights and options in a supportive, non-judgmental environment. Another goal of advocacy is to provide loved ones with crisis intervention and information on how to be supportive to the victim. Caseworkers obtain initial information from the victim, present information regarding all available services, complete the appropriate paperwork and assist the person conducting the forensic exam.

**Sexual Assault Forensic Exam:** A forensic exam may be done to document physical findings and facilitate the collection of evidence from the victim's body and clothing. Victim must understand that the exam does not provide routine medical care.

**Sexually Transmitted Infection Evaluation and Care:** Contracting a sexually transmitted infection (STI), also commonly known as a sexually transmitted disease or STD, is typically a significant concern of sexual assault victims. Under medical protocols established by the Medical Director, emergency contraception may be offered to the client.

**Pregnancy Risk Evaluation and Care:** In cases of sexual assault, pregnancy is often an overwhelming and genuine fear. Therefore, the Sexual Assault Nurse Examiner (SANE) will discuss the probability of pregnancy and discuss treatment options with victims. Under medical protocols established by the Medical Director, emergency contraception may be offered to the client.

**Case Management:** Case management procedures at the SACRC are short-term with an emphasis on assessment and stabilization. Victims determined to be in need of long-term intervention are assisted through referral services. The SACRC caseworker also may provide court accompaniment and crisis counseling upon request.

**Education and Prevention:** SACRC staff provides education and training for law enforcement agencies, medical and social service personnel, high school and college age students, church and civic groups and the community at large.

**Populations Served:** All victims of sexual assault, male and female, age 13 and older. SACRC is the only provider of this service for adults in Hamilton County. Also serve outlying counties as requested.

**Eligibility Requirements:** Can provide advocacy services to any victims, regardless of how long it has been since their assault. Forensic exam services can be provided within 72 hours of the assault.

**Payment information:** There is no charge for any services.

## **Project Access**

Chattanooga-Hamilton County Medical Society and Medical Foundation of Chattanooga

1917 E. 3rd St

Chattanooga, TN 37404

### **Project Access— continued**

Phone: (423) 826-0269

Website: [www.chattmedsoc.org](http://www.chattmedsoc.org)

Office Hours: Monday–Thursday, 8:30 a.m.–5:00 p.m.,

Friday, 8:30 a.m.–4:00 p.m.

**Services Provided:** Project Access provides access to health care for low-income, uninsured residents of Hamilton County. Care is provided through community health centers, volunteer physician specialists, hospitals, and other partners.

**Eligibility:** Hamilton County residents below 150% of the federal poverty level who have a current health problem, who do not have insurance, and who are referred to Project Access by a participating primary care provider.

**Payment Information:** Most services are provided at no cost to qualifying individuals.

## Signal Centers

109 N. Germantown Rd.

Chattanooga, TN 37411

Phone: (423) 698-8528

Website: [www.signalcenters.org](http://www.signalcenters.org)

Office Hours: Monday–Friday, 7:30 a.m.–5:30 p.m.

**Services Provided:** Signal Centers Children's Program provides services for children birth through 5 years of age. Children with special needs, as well as typically developing children, are served. Classrooms are designed to promote developmentally appropriate practices and provide inclusive learning opportunities. The full array of therapy services are embedded within the child's daily classroom routine. The Adult Center's Adults with Disabilities Program services those aged 18 and above. Attendees have the opportunity to socialize while developing, maintaining, or increasing both their work and independent living skills.

**Populations Served:** Infants/children, Adults with disabilities

**Eligibility:** Children 6 weeks to 5 years of age (typically developing and children with special needs); adults with disabilities 18 and over.

**Payment Information:** For child care, \$145-\$165 per week.

**Accept as Payment:** Cash, Check. DHS Childcare Certificate. Signal Centers does not bill insurance.

## Siskin Children's Institute

1101 Carter St.

Chattanooga, TN 37411

Phone: (423) 648-1757

Website: [www.siskin.org](http://www.siskin.org)

Office Hours: Monday–Friday, 7:30 a.m.–5:00 p.m.

**Services Provided:** Early Learning Centers provide preschool for children with and without disabilities; Family Support Services offer trainings, family support, resources, and a lending library through an outreach program; the developmental behavioral pediatric center offers assessment, diagnosis, and treatment for children with or at risk for developmental delays or disorders; conducts research studies related to early childhood topics.

**Populations Served:** Infants/children, Families

**Eligibility:** Families who have children with and without disabilities.

**Accept as Payment:** Cash, Check, Credit Card, Sliding Scale, Medicaid/TennCare, Medicare, Private Insurance

## Southeast Child Care Resource & Referral Center

Signal Centers

109 N. Germantown Rd.

Chattanooga, TN 37411

Phone: (423) 698-8528 or 629-4174

Website: [www.tnccrr.org](http://www.tnccrr.org)

2300 Bailey Ave.

Chattanooga, TN 37404

### ***Southeast Child Care Resource & Referral Center— continued***

Office Hours: Monday–Friday, 8:30 a.m.–4:30 p.m.

**Services Provided:** Resources for parents, child care professionals and the community that support quality child care and development for our children.

**Populations Served:** Parents, Child care providers, including center based and family/group home, community partners

**Eligibility:** Families, parents, grandparents, children, child care centers, family and group home, community educational agencies, and schools

**Payment Information:** Free of charge

## **Southside/Dodson Avenue Health Clinic**

**Southside**  
100 E. 37th Street  
Chattanooga, TN 37410  
Phone: (423) 778-2700

**Dodson Avenue**  
1200 Dodson Avenue  
Chattanooga, TN 37406  
Phone: (423) 778-2800

Website: [www.erlanger.org](http://www.erlanger.org)

Office Hours: Monday, 8:30 a.m.–7:00 p.m., Tuesday – Thursday 8:30 a.m.– 5:00 p.m., Friday, 8:30–4:00 p.m.

**Services Provided:** Prenatal care with Centering Pregnancy group prenatal care. Preconception health care. The Centers are comprehensive, multi-specialty primary care facilities offering affordable, accessible, high-quality medical and dental care. Other services include wellness, health education, and disease management programs. The staff includes board-certified or board-eligible professional providers including pediatricians, internal medicine specialists, nurse practitioners, and dentists. Gynecological and obstetrical services provided in conjunction with the University of Tennessee College of Medicine OB/Gyn residency program.

**Eligibility:** All

**Payment:** Cash, Check, Credit card, Sliding fee scale, Medicaid/TennCare, Medicare, Insurance

## **Tennessee’s Early Intervention System**

1501 Riverside Dr., Suite 230  
Chattanooga, TN 37406  
Phone: (423) 624-6344  
Office Hours: Monday–Friday, 8:00 a.m.–5:00 p.m.  
[Www.tennessee.gov/education/teis](http://www.tennessee.gov/education/teis)

**Services Provided:** TEIS provides eligibility determination, service coordination and home-based education for families of qualifying children.

**Populations Served:** Infants/children

**Eligibility:** Families who have children from birth through two who have specific diagnosed medical conditions or developmental delays (25% delay in two developmental areas or 40% delay in one)

**Payment Information:** Free of charge if client is eligible

## **TN Commission on Children & Youth**

State Office Building  
540 McCallie Ave., Suite 643  
Chattanooga, TN 37403  
Phone: (423) 634-6210  
Website: [www.tennessee.gov/tccy](http://www.tennessee.gov/tccy)  
Office Hours: Monday–Friday, 8:00 a.m.–4:30 p.m.

**Services Provided:** TCCY is an independent state agency. Its primary mission is advocacy for improvements in the

### ***TN Commission on Children & Youth— continued***

quality of life for the state's children and families. TCCY gathers, analyzes and reports information on children and families in various publications including: "KIDS COUNT: The State of the Child in Tennessee;" "The Advocate," a quarterly newsletter; "TN Compilation of Selected Laws on Children, Youth & Families;" and Legislative Reports & Summaries. In addition to advocacy, TCCY implements the Juvenile Justice and Delinquency Prevention (JJDP) Act in Tennessee including distribution of grant funds. TCCY staffs and coordinates nine regional councils including the Southeast Regional Council on Children & Youth for regional networking and advocacy. The case review team uses an intensive case review approach to collect, analyze, and report information about the population of children in state custody and their families. The Ombudsman staff serve as neutral reviewers to respond to questions, concerns or complaints regarding children in state custody.

**Populations Served:** Infants/children, Teens, Families

**Eligibility:** Publications are free and available on the TCCY website. Membership in the Southeast TN Council on Children & Youth is open to anyone.

### **TN Department of Children's Services (DCS)**

311 Martin Luther King Blvd.

Chattanooga, TN 37403

phone: (423) 634-6516

Website: [www.tn.gov](http://www.tn.gov)

Office Hours: Monday– Friday, 8:00 a.m.– 4:30 p.m.

**Services Provided:** DCS is responsible for child safety and permanency. We investigate allegations of abuse & neglect, maintain custody of children committed to our Department through juvenile court and work with families to return children to stable, safe environments or provide permanency through other means of adoption, kinship care, guardianship, etc.

**Populations Served:** Infants/children, Teens, Families

**Eligibility:** Any child in Hamilton County that is referred to DCS through a referral process, Juvenile court or other professional partners and whose circumstances meet criteria as set forth by law and policy.

**Payment Information:** N/A

### **TN Tobacco Quit Line**

Tennessee Tobacco QuitLine

1-800-QUIT-NOW (1-800-784-8669)

For the hearing-impaired call, 1-877-559-3816

**Services Provided:** The Tennessee Tobacco QuitLine is a toll-free telephone service that provides personalized support for Tennesseans who want to quit smoking or chewing tobacco. Includes free tobacco quit kit and free quit coach.

**Payment Information:** Free to all Tennessee residents.

### **UT College of Medicine, Obstetrics & Gynecology**

979 E. 3rd St., Suite C-725

Chattanooga, TN 37403

Phone: (423) 778-2580

Office Hours: Monday–Thursday, 8:00 a.m.–5:00 p.m.,

Friday, 12:00 p.m.–5:00 p.m.

**Services Provided:** Women's Health services. From young female to postmenopausal care. Full gynecological services, including conditions needing surgery. Full obstetrical care, including high-risk pregnancy.

**Populations Served:** Infants/children, Teens, Women, Pregnant women

**Eligibility:** All females

**Payment Information:** Please call to inquire.

**Accept as Payment:** Cash, Check, Credit Card, Sliding Scale, Medicaid/TennCare, Medicare, Insurance

## UTCUM, Department of Family Medicine, Family Practice Center

1100 E. 3rd St.

Chattanooga, TN 37403

Phone: (423) 778-8837

Website: [www.erlanger.org/body.cfm?d=109](http://www.erlanger.org/body.cfm?d=109)

Office Hours: Monday–Friday 8:30 a.m.–5:30 p.m.

**Services Provided:** Health maintenance and chronic disease management, well and sick child care, women's health-care including maternity, physical exams for school, work and aviation, immunizations, hearing and vision screens, lab tests, X-ray, OB ultrasound, minor surgery.

**Populations Served:** Newborns, Children, Adults, Pregnant women, UTC students

**Eligibility:** Call for information

**Payment Information:** Cash, Check, Credit Card, Sliding Scale, Medicaid/TennCare, Medicare, Insurance

## Volunteer State Health Plan

1 Cameron Hill Circle

Chattanooga, TN 37402

Phone: TennCare *Select* 1-800-263-5479 BlueCare 1-800-468-9698

Website: [www.vshptn.com](http://www.vshptn.com)

Office Hours: Monday–Friday, 8:00 a.m.–6:00 p.m. EST

**What is VSHP:** Volunteer State Health Plan, Inc. (VSHP), is an independent licensee of the BlueCross BlueShield Association and a licensed HMO affiliate of its parent company BlueCross BlueShield of Tennessee. Founded in 1993, the Chattanooga-based company focuses on managing care and providing quality health care products, services, and information for government programs. We have a mission to serve the people of Tennessee, both in our products and services and in our numerous outreach activities.

**Services Provided:** VSHP has several outreach programs that seek to offer access to quality health care for our members, improve the health of our members and services provided to our members. Some of the programs offered include the Caring Start Maternity Program, CareSmart Disease Management Program, TENNderCare (EPSDT) which works to improve health care for our members under age 21, and various community partnerships developed with community agencies and organizations that will seek to improve the health of our members as well as those within the communities we serve. Community-based strategies include: connecting with the community to raise awareness, attending health fairs, participating in baby showers, participating in back-to-school bashes, and forming collaborative relationships with school systems, health departments, and providers.

## Women's Wellness and Maternity Center

3459 Hwy. 68, P.O. Box 115

Madisonville, TN 37354-0116

Phone: 1-800-440-3385 or (423) 442-6624

Website: [www.wellnessandmaternity.net](http://www.wellnessandmaternity.net)

**Services Provided:** Complete maternity care—preconception through postpartum, CenteringGroup prenatal care, bilingual providers (Spanish), freestanding birth center or hospital birth, breastfeeding support, primary gynecological care, evening well child clinic.

**Populations served:** Low risk maternity, Women of all ages, Children

**Eligibility Requirements:** None

**Payment Information:** Accept all payments, TennCare, Cover Kids, self pay, Insurance, Medicare

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## About Presumptive Eligibility

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Presumptive eligibility (PE) is a TennCare Medicaid category of coverage for pregnant women. The presumptive eligibility option encourages early entry into prenatal care for improved health outcomes for both the mother and the baby. In general, the normal application process for TennCare can take 45-90 days. A pregnant woman who qualifies for presumptive eligibility can begin receiving covered services on the day that she is approved for PE. These services include prenatal care at the earliest possible time during her pregnancy.

Application for presumptive eligibility is made through either the county Tennessee Health Departments or select Federally Qualified Health Centers in Tennessee. Presumptive eligibility gives the woman TennCare coverage for a 45-day period. She must file an application with the Department of Human Services within 45 days of the date her PE coverage begins. Coverage for full Medicaid will begin with the date of application. Even if there are other family members in need of TennCare, only the pregnant woman in the household may be approved for Presumptive Eligibility. All other family members, including newborns, must make a separate application for TennCare with the Department of Human Services.

Only one period of presumptive eligibility per pregnancy can be approved. Application for presumptive eligibility may be made "out-of-county" or in a county other than the one in which the applicant lives. However, only one application for presumptive eligibility should be made. Presumptive eligibility cannot be approved for an individual who already has TennCare.

### **2009/2010 Federal Poverty Guidelines** **(185% Poverty Level)**

Family Size	Annual 185% Poverty Level	Monthly 185% Poverty Level
1	\$20,036	\$1,670
2	26,955	2,246
3	33,874	2,823
4	40,793	3,399
5	47,712	3,976
6	54,631	4,553
7	61,550	5,129
8	68,469	5,706
9	75,384	6,282
10	82,308	6,859
11	89,220	7,435
12	96,144	8,012

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## What You Can do to Help Prevent Infant Mortality

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About half of all pregnancies are unplanned. To give your baby a healthy start in life, it's important to talk to your health care provider before, between and during a pregnancy, and to:

- Know your family history, including past premature births (births of babies in the family less than 37 weeks).
- Take a multivitamin pill with 400 micrograms (mcg) of folic acid every day for at least 3 months before getting pregnant to help prevent birth defects.
- Stop the use of tobacco or alcohol.
- Take control of your medical condition, such as diabetes, high blood pressure, asthma, infections or other health problems. Also be sure that your vaccinations are up to date.
- Talk to your medical provider about any over-the-counter, home remedies, and prescription medicines that you are taking.
- Avoid contact with unsafe chemicals or materials that could cause infection at work and at home.
- Get to a healthy weight before pregnancy and take care of yourself, including lowering stress.
- Determine how long to wait between pregnancies. For most women, it is recommended to wait at least 18 months between pregnancies.
- Unless there are medical reasons to induce labor early, carry your baby to a full 40 weeks. One-third of baby's brain development occurs in the last 5 weeks of pregnancy.

Source: *March of Dimes and CDC*



## Born Too Small: Economic Costs

- Babies born too small can require more resources, including time in a neonatal intensive care unit (NICU) at a cost ranging from \$1,000 to \$2,500 per day.
- The median treatment cost of delivery for very low birth weight infants (<1500 grams) is almost \$50,000. This is more than \$1,000 per day, with a median length of stay of 49 days.
- Low birth weight accounts for 10% of all health care costs for children.
- Health care, education, and child care for the 3.5 to 4 million infants and children from birth to 15 years born low birth weight cost between \$5.5 and \$6 billion more than they would have if those children had been born at a normal birth weight.

## Born Too Small: Personal Costs

- Day-to-day life is completely disrupted for many families of premature infants. Parents spend hours providing special care and may need extra time away from their jobs. Families can face financial stress as they struggle to pay the high hospital costs as well as time off work.
- In their first year, many preterm and low birth weight infants undergo re-hospitalization and acute care visits to a physician or Emergency Department. (Cuevas, K; AJN)
- One third of a baby's brain development occurs in the last 5 weeks of pregnancy.
- Sixty percent of babies born less than 26 weeks have long-term disabilities, such as chronic lung disease, blindness, deafness, and brain development problems. (Swamy, G; JAMA)
- The effects of prematurity can be seen even past adolescence; it affects fertility. Males born between 22-27 weeks were 76% less likely to reproduce, and females born at the same age were 67% less likely to have children. Women born prematurely who did have children were more likely to have a premature birth. (Swamy, G; JAMA)

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## What Our Community Can Do About Infant Mortality

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Empowering women before and between pregnancies through education and interventions provides the greatest opportunity to reduce Hamilton County's fetal and infant mortality rate. Such interventions include:

- Utilizing preconception health screening tools and curricula
- Promoting healthy behaviors (smoking cessation, drug /alcohol use cessation, nutrition, fitness and healthy sexual behaviors)
- Increasing utilization of prenatal care and a medical home
- Increasing access to public transportation for prenatal care appointments
- Breastfeeding promotion and counseling
- Educating moms about Sudden Infant Death and injury education and prevention
- Enhancing care coordination of social, medical, and human services in Hamilton County.

## About Infant Mortality

Infant mortality is an important health measure that reflects current health status and overall social development of a community. The infant mortality rate (IMR) is the rate at which babies less than one year of age die (per 1,000 births).

In 2007, 42 infants in Hamilton County died before their first birthday, with an infant mortality rate of 9.7 per 1,000 live births. In 2007, Hamilton County had the 2nd highest infant mortality rates of the four largest metropolitan areas in Tennessee.

Low birth weight (LBW) is an indicator of infant mortality. In Hamilton County, 12% of all live births are born LBW, which is less than 2,500 grams or 5.5 lbs. In 2007, Hamilton County had the highest LBW rate of the four largest metropolitan areas in Tennessee.

Infant Mortality Comparisons, 2009		
Total rate per 1,000		
U.S. (2007)	6.8	
TN	8.0	
Hamilton	7.8	
Knox	5.1	
Davidson	7.7	
Shelby	13.0	
IMR	White	Black
Hamilton	5.3	14.7
Knox	3.8	17.5
Davidson	4.8	14.2
Shelby	5.0	18.5

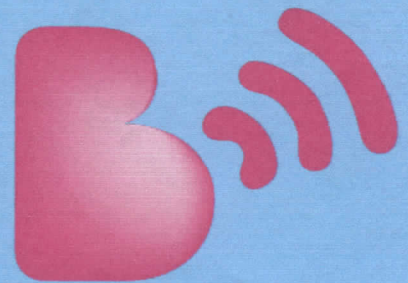
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## Healthy Babies Resource Guide for Hamilton County

<http://tinyurl.com/HealthyBabiesResourceGuide>

### Infant Mortality Reduction Initiative

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Chattanooga-Hamilton County Health Department  
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