

Healthy Start Connection

What can Healthy Start Connection do for you?

Referrals to case management services provided by:

- Care Managers at UNCP
- Care Manager at Robeson County Health Department
- Care Managers at Robeson Health Care Corp. (RHCC)
- Care Manager at UNC Health Southeastern
- Community Outreach
- Linkage to Doula care

Eligibility

- Must live in Robeson or Scotland County
- Are pregnant or have a child under 18 months
- New father or fathering a child under 18 months
- For group-based education, must be of reproductive age and live in Robeson or Scotland County

Group-based Education Opportunities

- Nurturing Parenting classes (parenting guidance)
- Safe Start (child safety - safe sleep, car seat safety, emergency care)
- Baby Basics (diapering, feeding, developmental stages, bonding)
- Healthy Start Works (employment readiness, childcare and child support information, finance)
- Childbirth Education (labor and delivery, birth planning, pain management, breastfeeding)
- Sexual Health Series (family planning, reproductive health, healthy relationships)
- Nutrition/Healthy Eating (healthy food choices, food preparation and safety, recipes)

Intervention Strategies

- Outreach, Recruitment & Referral
- Community Health Education
- Case Management Services
- Group-Based Educational Classes

Community health awareness programs presented to consumer groups, churches, clubs, organizations and schools on:

- Nutrition/Folic Acid
- Self-Esteem
- Drugs and Alcohol
- Sexually Transmitted Infections (STIs)
- Postpartum Depression
- Breastfeeding
- Premature Birth Prevention
- Postpartum Care and Warning Signs
- Birth Control Options
- Child Safety
- Parenting
- Baby Basics

Fatherhood Initiative

- Fathering Skills
- Relationship Skills
- Caring of Self
- Mentoring
- Community Resource Referrals
- Employment Service Linkage
- Volunteering

Fathers are important too! HSC provides opportunities for peer linkage with other fathers or father figures to develop support and acceptance.

Program Goals

- Reduce infant mortality and maternal morbidity
- Lower low-birth weight rates
- Increase early prenatal care
- Reduce teen birth rates
- Boost immunization rates for children under two
- Reduce premature births
- Improve postnatal care
- Enhance outreach and client recruitment



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