Healthy Start

Healthy Start care coordinators and case managers work with pregnant women to help ensure full-term and healthy pregnancies, support breastfeeding and infant care, provide parenting and child development education, and connect moms with in-house counseling and health education programs. Healthy Start serves over 600 women and children each year with added support for fathers and other family members. In addition to direct services, Healthy Start also convenes maternal and child health stakeholders through the Baby’s 1st Project initiative to work collaboratively to reduce racial disparities in birth outcomes and promote health equity and wellness for all pregnant women and new parents in Delaware County. Contact Healthy Start at 610-497-7460.

Nurse-Family Partnership (NFP)

Nurse-Family Partnership (NFP) is an evidence-based nurse home visiting program with a mission to positively transform the lives of vulnerable babies, mothers and families. Nurse-Family Partnership is a nationally recognized program with proven outcomes, primarily serving, low-income first time moms throughout Delaware County. Moms enroll during pregnancy and build a relationship with a registered nurse who makes home visits during pregnancy and until the baby turns two years old. Visits focus on mom and baby’s health, accessing services, positive parenting, baby’s growth and development, safety, addressing substance-use, working towards self-sufficiency, building healthy relationships and more. NFP serves 165 families with 7 nurse home visitors a year. Contact NFP at 610-497-7399.

Delaware County Women, Infants and Children (WIC)

The goal of the WIC Program is to ensure healthy pregnancies and improve birth outcomes, focusing on growth and development of children. The program provides eligible pregnant, postpartum and breastfeeding women, infants, and children under age 5 with nutrition information, breastfeeding support, nutritious foods and referrals. WIC nutritionists provide nutrition education to meet family needs. The WIC program serves women, infants and children throughout Delaware County at one of three clinics located in Chester, Upper Darby and Springfield. Research shows that WIC helps to build strong, healthy families and ensure that kids enter kindergarten healthy and ready to learn. Contact WIC at 484-471-3320.

The programs of The Foundation for Delaware County help improve maternal and birth outcomes, maternal, child and adolescent health, parenting capacity, and family self-sufficiency among high-risk, low-income families in Delaware County. In integrated fashion these programs work to avoid duplication, and meet the critical needs of individuals and young Delaware County families, helping them to thrive and improve life prospects for all.
Chester Drug Free Communities (CDFC)

Chester Drug Free Communities is a program that is dedicated to reducing and preventing substance abuse among youth. The program brings awareness to issues in the community that increase the risk of substance abuse, use and misuse. For more than ten years, CDFC has helped to alter youth perception and norms, increase parental awareness and impact city policy on alcohol, tobacco and other substance related issues. Contact CDFC at 610-497-7422.

El Centro de Recursos para Hispanos (Center for Hispanic Resources)

The Center for Hispanic Resources serves as a point of contact and advocates for the Spanish speaking community of Delaware County, helping to familiarize clients with services in their community. The Center assists clients in completing applications, making appointments, providing translation of documents and limited interpretation services. Staff at the Center also refer clients to other agencies that will assist with additional unmet needs. Contact the Center for Hispanic Resources at 610-497-7308.

Health Resource Center

The Health Resource Center is a confidential drop-in center located in Chester High School during the academic year (during the summer the program is located in the foundation’s Chester office), where youth receive information to empower their own healthy decisions regarding sexual and reproductive health. Each year, more than 300 counseling sessions are held. Students are provided with condoms and pregnancy tests, as well as education on abstinence, pregnancy prevention, risk reduction and healthy relationships. Contact the Health Resource Center at 610-497-7422.

Cribs for Kids

The mission of Cribs for Kids® is to prevent infant sleep-related deaths by educating parents and caregivers on the importance of practicing safe sleep for their babies and by providing education and portable cribs to families who otherwise cannot afford a safe place for their babies to sleep. Each year, the foundation’s Cribs for Kids program provides 125-150 cribs for families in Delaware County who face crises such as house fires, domestic violence or extreme poverty. Contact Cribs for Kids at 610-497-7344.

SPECIAL PROJECTS ACCESSIBLE TO HEALTHY START AND NFP CLIENTS

Moving Beyond Depression (MBD)
Moving Beyond Depression is an evidence-based, in-home treatment for clients with major depressive disorder. Nurses and case managers screen clients for depression during the intake period and throughout enrollment in Nurse-Family Partnership and Healthy Start. If the screen is positive, clients will be referred to an MBD therapist who will screen further for major depressive disorder. If a mom qualifies, she will receive 15 cognitive behavioral therapy sessions with the therapist and another booster session one month after treatment has ended.

Health, Education and Legal Assistance Project: A Medical-Legal Partnership (HELP: MLP)

The Health, Education and Legal Assistance Project: A Medical-Legal Partnership (HELP: MLP) is a civil legal aid program in partnership with Widener University. HELP: MLP primarily provides free legal services to clients of Healthy Start and Nurse-Family Partnership to address unmet civil legal needs while also helping to lower client’s stress and can help to improve health and birth outcomes for pregnant women, babies and children.