



PUBLIC HEALTH INITIATIVES TO SUPPORT FOUNDATION PROGRAM CLIENTS

Doula Program



Healthy Start offers program participants birth doulas to help mitigate disparities and reduce maternal and infant mortality. Birth doulas work with families prenatally, during labor, and immediately after birth providing education, and emotional and physical support. Families are offered evidence-based information about pregnancy, childbirth, breastfeeding, newborn care, and postpartum adjustment for moms and babies. Birth doulas help create a safe environment between parents and medical professionals and work with other birth team members to meet medical needs during the labor process. Working collaboratively with Healthy Start case managers, doulas connect families with additional resources available in Delaware County. In partnership with Daddy University, the foundation also offers the *Doulas 4 Dads* program to support fathers enrolled.

Fatherhood Program



The Fatherhood Program includes casual gatherings, support groups, educational programming, and one-on-one sessions with the foundation's fatherhood coordinator. Fathers are assessed for social determinants of health, referred to appropriate resources to support their needs, and learn what dads experience during the pregnancy process through the child's birth and after the baby is born. Fathers have access to an online, mobile-accessible learning platform. In partnership with Daddy University, the *Doulas 4 Dads* program provides male postpartum doula support to fathers in Delaware County. Fathers are also encouraged to participate in the monthly Fatherhood Engagement Committee to develop resources for dads.

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 Delaware Law School. HELP: MLP primarily provides free legal services to home visiting clients to address unmet civil legal needs while also helping to lower clients' stress, in turn helping to improve health and birth outcomes for pregnant women, families, babies, and children.



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THE
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Our Public Health Programs & Initiatives

The public health programs and initiatives of The Foundation for Delaware County improve birth outcomes and maternal, family, child, and adolescent health for families in Delaware County. They help participants develop better parenting skills and promote overall well-being within families who have historically been excluded from access to high-quality support and services. These programs provide a continuum of services to meet the needs of individuals and families so they may thrive and become self-sufficient.



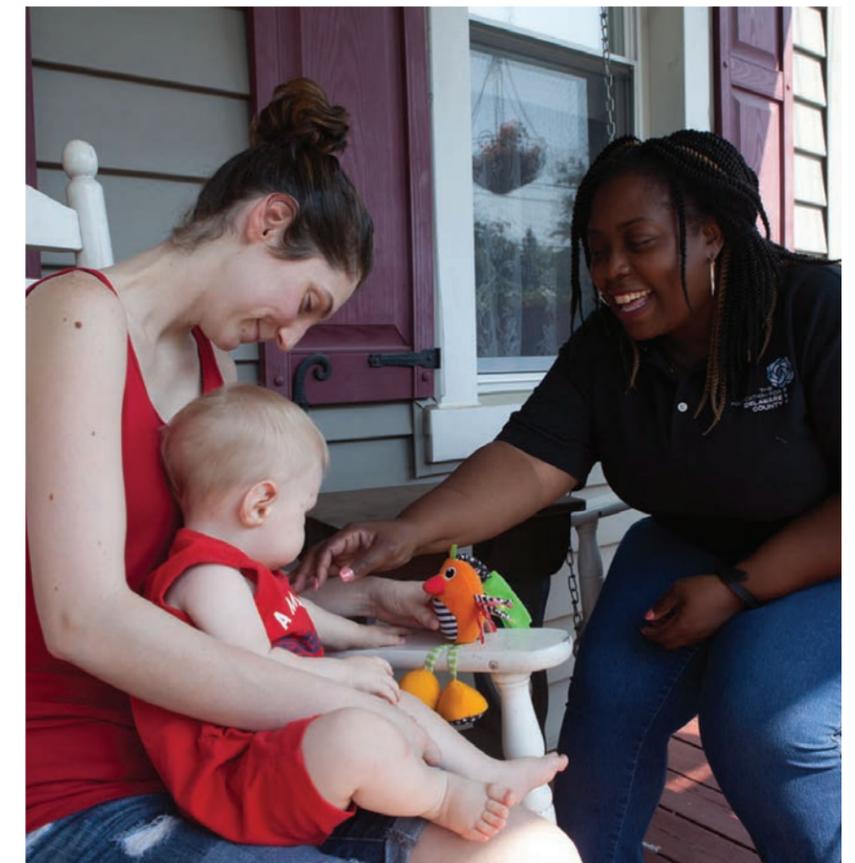
HOME VISITING SERVICES

Healthy Start and Nurse-Family Partnership

The foundation's home visiting programs provide comprehensive, wrap-around services to women and families during the perinatal period.

Healthy Start care coordinators and case managers and *Nurse-Family Partnership's* home visiting nurses work with pregnant people and their partners to help ensure full-term and healthy pregnancies, support breastfeeding and infant care, provide parenting and child development education and connect moms, dads, and partners with in-house counseling, legal services, and health education programs. Program staff work to positively impact the lives of babies, mothers, fathers, partners, and families.

Program services focus on mom and baby's health, positive parenting, baby's growth and development, safety, and address substance use. The programs help families to access resources, gives them the tools to build healthy relationships, and work towards self-sufficiency. **To connect an expectant mother or family of an infant with services, please call 610-497-7460 (Healthy Start) or 610-497-7399 (Nurse-Family Partnership).**





FOOD AND NUTRITION SERVICES FOR PARENTS AND CHILDREN

Delaware County Women, Infants and Children (WIC)



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



ADDITIONAL PUBLIC HEALTH INITIATIVES

Housing Opportunities Program for Equity (HOPE)

HOPE promotes housing fairness, affordability, and stability through targeted services. Program services include advocacy related to housing issues, case management, home placement, tenant rights education, financial literacy, referral services, and direct financial relief. HOPE advocates for equitable housing. Safe and habitable housing promotes good health, increases opportunities for education and employment, decreases poverty concentrations, and breaks down geographic racial divides. **Contact the Housing Opportunities Program for Equity at 610-619-6051.**



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. The Center assists clients in completing applications and making appointments, and provides translation of documents and limited interpretation services. The Center also helps clients become familiar with community services, referring them to other agencies to assist with additional unmet needs. **Contact the Center for Hispanic Resources at 267-453-7289.**



Cribs for Kids

Cribs for Kids® works to prevent infant sleep-related deaths by educating parents and caregivers on the importance of safe sleep for their babies and providing education and portable cribs to families who otherwise cannot afford a safe place for their babies to sleep. Each year, the program provides more than 125 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.**

Baby's 1st Project

The foundation facilitates **Baby's 1st Project**, a cross-sector collaborative of individuals and organizations working together to improve birth and maternal outcomes in Delaware County, address racial disparities in infant and maternal mortality rates, and mitigate stressors associated with pre-term delivery and adverse health experiences. The Baby's 1st Project Community Action Network (CAN) meets quarterly for networking and education, while workgroups develop and implement strategies around breastfeeding, access to care and services, fatherhood engagement, and support to parents with substance use disorders.



Health Resource Center

The Health Resource Center is a confidential drop-in center located in Chester High School. Youth receive information to empower them to make healthy sexual and reproductive health decisions. Each year, more than 300 counseling sessions are held. Students are provided with condoms and pregnancy tests, and education on abstinence, pregnancy prevention, risk reduction, and healthy relationships. **Contact the Health Resource Center at 267-896-1456.** Any Delaware County resident aged 12 - 24 can access this resource.