



Athens County Department of Job and Family Services
13183 State Route 13, Millfield, OH 45761
1-800-762-3775
<http://jfs.athensoh.org>

2023

Pregnancy Services

What is Pregnancy-Related Services (PRS) Program?

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PRS is a package of services available to all pregnant women who receive Medicaid. The services promote a healthy pregnancy with positive birth outcomes. These services are provided in addition to regular prenatal care.

What are the benefits?

Quality prenatal care will:

- Begin from date of identification of pregnancy through 60 days after birth or miscarriage
- Increase the mother's well-being during pregnancy
- Help prevent complications and minimize discomfort
- Help identify danger signals for early labor or miscarriage
- Increase the likelihood of having a healthy baby
- Reduce the risk of birth defects

Provide education on how to take care of the baby

What if I am high risk?

The PRS program will pay for home visits and monitoring devices if your doctor determines you have a high-risk pregnancy and home visits are medically necessary.

Do I qualify?

PRS is available to all pregnant women who are on Medicaid. If a woman is on Medicaid and thinks she may be pregnant, PRS can provide transportation and pay for the pregnancy test.

How do I apply for Medicaid?

Applications are available:

- Online at: www.benefits.ohio.gov
- At county departments of job and family services

By calling 1-800-324-8680 (TTY/TDD for hearing impaired 1-800-292-3572): applications can be mailed or faxed

You may call 1-844-640-6446 to apply, renew, make changes, check status for cash, food or medical assistance. You will need proof of:

- Pregnancy
- Income
- Citizenship or qualified alien status
- Proof of other insurance (if any)

How do I request PRS?

Visit or call the local CDJFS and ask for the PRS coordinator

Complete the Healthchek and Pregnancy-Related Services Assessment form. Answer the section that asks if you are pregnant.

If you are enrolled in a managed care plan, they have representatives who can help you as well.

What services are available?

The following services are available:

- A PRS Coordinator at your local CDJFS, who can provide support with accessing services that may be needed to ensure a successful pregnancy, and attend medical appointments upon request
- Information about Healthchek services available for your child once born, or if you are under age 21
- Referral to Women, Infants and Children (WIC), a program that gives food and nutrition education for pregnant women, mothers and children under the age of five
- Extensive individual counseling and education
- Help making appointments
- Group education (e.g., Lamaze, parenting, childcare classes)
- Nutrition intervention (information about healthy eating habits)
- A visit with the pediatrician before your baby's arrival
- Transportation to Medicaid reimbursed services
- Prenatal risk assessment and prenatal care

Pregnancy-Related Services are:

- Services that promote healthy pregnancies and healthy babies.
- Available to pregnant women who qualify for Medicaid

For more information and answers to your questions, please call:

- Medicaid Consumer Hotline: 1-800-324-8680
- TTY for hearing impaired: 1-800-292-3572

Athens County contact information:

1-800-762-3775

Pregnancy-Related Services Coordinator

Brandie Pierce

740-677-4134

Pregnancy Health Care Provider List

Listed below for your convenience are the customer service numbers for each managed care plan. Call your managed care plan if you have any questions regarding benefits.

Buckeye Community Health Plan: www.buckeyehealthplan.com; 1-866-246-4358;

Transportation: 1-800-750-0750

Care Source: www.caresource-ohio.com 1-800-488-0134, Transportation: 1-800-488-0134

Molina: www.molinahealthcare.com 1-800-642-4168, Transportation: 1-866-642-9279

United Health Care www.uhccommunityplan.com 1-800-895-2017, Transportation: 1-844-251-9428

Listed below are the obstetric/gynecology offices in Athens County that accepts Medicaid.

Holzer Clinic Athens

2131 East State Street

Athens, OH 45701

740-589-3100

Ohio Health

Physician Group Heritage College

26 Hospital Drive

Athens, OH 45701

740-594-8819

Transportation Services

Transportation services are available to participants who are receiving Medicaid benefits and need to attend a medical appointment.

Athens County Department of Job and Family Services

- Provides direct transport – shuttle service by JFS agency van. Advance notice is required
- Gasoline reimbursement and bus tickets– may be issued for verifiable medical appointments
- Out of county transportation-available on a non guaranteed basis. Services require a referral from an Athens County medical provider and services must not be available in Athens County.

For more information or to find out if you qualify, call the JFS Transportation Department at **740-677-4275** or **1-800-762-3775**

NEW ROUTE Athens Transit ***NEW ROUTE***

Athens Transit has added a new route that will take riders to Chauncey, The Plains and parts of Athens. This means you can now take the bus to your appointments at Job and Family Services at the County Home. The new route makes a loop that will include the west side of Athens, to 682 into The Plains, then making several stops in Chauncey (including the Post Office and Job and Family Services), then up Columbus Road back to the west side of Athens.

Bus tickets are \$1 per person per way and children 10 and under are free. Buses run every hour and connections to other bus routes are free. Connections can be picked up at Baker Center in Athens. (Bus tickets are available free of charge through Job and Family Services for those who qualify AND are going to a medical appointment ONLY)

Route 6 runs Monday –Friday from 6:53a.m. to 7:00 p.m. and Saturday 8:53 a.m. to 5:00 p.m. You can pick up bus schedules at Athens City Hall, Athens Community Center, Athens Visitor Center, Athens Public Library, The Plains Public Library, Alden Library 2nd floor, and the Baker Center 4th floor Service Desk.

There are also routes to Albany and Nelsonville.

For more information go to www.athenstransit.org or call 740-592-2727

Child Care

The Child Care Unit can help you make an informed decision when choosing quality child care and may be able to help you reduce your child care costs.

What services are available?

Subsidized, safe, quality child care is available to Athens County parents who meet income guidelines and are working, attending school or enrolled in a training program. A list of Athens County's certified child care providers is available from the Child Care Unit.

What is the cost?

A service co-payment or partial fee is determined based on a family's eligibility. There is a maximum fee amount established for household size and monthly income amount that will not exceed the cost of service.

How do I apply?

Applications are available upon request at any of the Job and Family Services buildings and from any ACDJFS licensed child care provider. Completed applications may be mailed, faxed, e-mailed or hand-delivered to the Child Care Unit. No face to face interviews are required and you will receive your eligibility results within 30 days. Eligibility must be determined through the application process.

Options for Child Care:

Home-based Care

Licensed Professional Home Providers: Licensed home providers are required to have a criminal background checks; to complete training in child development, CPR and first aid; and to maintain safe and healthy homes for children in their care.

Child-Based Centers

- *Child Care Centers:* Licensed contracted child care centers are monitored by the State of Ohio for quality and safety. Step Up to Quality (SUTQ) is Ohio's quality rating system designed to recognize early care and education programs licensed by Ohio Department of Education and Ohio Department of Job and Family Services that exceed quality for children.

Are you ready to begin the child care search?

Here are some important questions to ask a potential child care provider:

- Do you have any openings or is there a waiting list?
- What are your hours?
- Are you certified/licensed? If so, how long have you been?
- Will anyone else have contact with my child while he/she is in your care?
- How many children do you care for full and part time?
- Do you have written copies of all your policies/rules?
- What happens if you are ill?
- What is the fee for child care? Are meals and snacks provided? Is the fee charged if my child is absent? When is payment due? Are subsidy payments accepted?
- Do you smoke?
- Do you have pets?
- How do you put children down for a nap? Are infants
- How do you handle discipline? What do you do when a child hits, bites or is uncooperative? How do you sooth a child who is crying or upset?
- Do the children watch TV or movies? If so, how often and what kinds of programs?
- Do all the children spend time outside on a regular basis?

Contact Information:

Call 1-800-762-3775 and ask for the Child Care Unit

Safety Belt Use During Pregnancy

Safety Belts and Pregnancy

Your unborn child is completely dependent on you; its mother, for safety and well-being. Most mothers-to-be know that diet, rest and exercise are important during pregnancy. What many don't realize is the importance of safety belts.

Safety belts are designed to save lives. In a traffic crash, a safety belt can save your life and the life of your unborn child.

The leading cause of fetal death in a car crash is death of the mother, and the fetal injury is closely related to the amount of injury to the mother.

You can't always prevent a car crash, but you can protect yourself and your baby by wearing your safety belt.

- There is no evidence that safety belts increase the change of injury to the fetus, uterus or placenta, no matter how severe the collision.
- The fetus is protected in a fluid-filled sac in the uterus.
- The uterus is protected by organs, muscles and bones.
- Fetal injury due to pressure from the safety belt is rare, occurring in less than 1 out of 10,000 car crashes.

Proper Use During Pregnancy:

1. Place the lap belt under your abdomen, as low on your hips as possible and across your upper thigh.
2. Position the shoulder belt between the breasts.
3. Adjust your safety belt as snugly as is comfortably possible.
4. If necessary, adjust your seat so your safety belt is worn properly.
5. If slight discomfort is experienced while traveling, consult your doctor for tips on making your trip more pleasant.

After baby is born:

- Infant-only and convertible child safety seats are designed to protect babies and small children in the event of a car crash and should be used at all times.
- Your arms provide security for your baby but not during a car crash. The enormous force of a collision can throw the child from your arms with destructive power.
- Studies show that proper use of child safety seats decrease the chances of injury by over 80%.
- As a parent or caregiver, you should continue to wear your safety belt. Act as a positive role model for your children, so they too will grow up with a healthy attitude.

Pregnancy and Smoking

Pregnancy Smoking Facts:

- Smoking more than half a pack a day may cause infertility or irregular menstrual cycles in women.
- Menopause often occurs earlier in women who smoke than in women who do not.
- Pregnant women pass any chemicals they take in (from food, tobacco, alcohol and so on) to their unborn children through the placenta.
- Women who smoke during pregnancy can slow down the baby's growth by reducing the amount of oxygen and increasing the amount of carbon monoxide that the baby receives during a critical time when its brain and nervous system are developing.
- Babies born of mothers who smoke frequently during pregnancy are on the average 7 ounces lighter than other babies.
- Smoking while pregnant increases the chances of spontaneous abortions (miscarriages) stillbirths and premature labor.
- Women who smoke have higher risks of giving birth to babies with birth defects or abnormalities.
- In 2002, 11.4 percent of mothers smoked during pregnancy.
- Mothers who smoke can pass nicotine to their children through breast milk.
- Infants born to mothers who smoke are more likely to develop colds, bronchitis, and other respiratory diseases such as asthma. The odds of developing asthma are twice as high among children whose mothers smoke more than 10 cigarettes a day.

<http://www.smoking-facts.net/Pregnancy-Smoking-Facts.html>

Ohio Tobacco Quit Line: Pregnancy Program

A FREE program to help pregnant women quit smoking.

- Support and advice from an experienced Quit Specialist
- A personalized Quit Plan and self-help materials
- Nicotine patches (if applicable and approved)
- Online counseling and individual, personalized telephone counseling
- Most importantly: a healthy, tobacco-free future for you and your baby!

The Quit Line is staffed:

- Monday—Friday: 9:00 a.m. to 11:00 p.m.
- Voice mail services are available 24/7.
- All messages will be returned within 24-48 hours

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

For more free information on smoking and pregnancy or help quitting:

- American Cancer Society's Quitline (800) 227-2345.
- Great Start Program of the American Legacy Foundation: (866) 667-8278
- American Lung Association 1-800-LUNG-USA (1-800-586-4872) or www.lungusa.org
- March of Dimes— www.marchofdimes.com

Quick Quit Tips:

- Keep your hands and mouth busy (chew gum, register for your baby shower, start a new craft, suck on hard candy.)
- When you feel an urge to smoke, simply look at the list you wrote of reasons to quit.
- Call your support person when you feel like smoking.
- Do not surround yourself with people who smoke or places that are not smoke free.

Second hand smoke and children

Children who are exposed to secondhand smoke at home or in the car:

- are twice as likely to suffer from bronchitis, pneumonia or bronchiolitis. In the US, secondhand smoke has been linked to up to 300,000 cases of bronchitis and pneumonia in small children each year.
- will have less developed lungs that have a reduced ability to function well.
- will suffer severe asthma attacks if they are already asthmatic and more of them.
- have a higher risk of developing asthma if they were not born with it.
- are more likely to be hospitalized before they reach their 2nd birthday.
- will suffer from more colds, coughs and sore throats.
- are more likely to suffer ear infections, fluid in the ears, chronic middle ear disease or "glue ear", which could lead to some loss of hearing. Many children will need to have the fluid from their ears surgically drained as a result of passive smoking.
- could suffer from possible cardiovascular disorders.
- will have a higher risk of developing cancer as an adult.
- will suffer from some loss of smell.
- are more likely to have been born with a low birth weight. Low birth weight babies are less healthy in general and can experience negative health problems all the way through to adulthood. Low birth weight as a baby has been linked to suffering a stroke as an adult, high blood pressure, coronary heart disease and diabetes.
- are more likely to die of cot death. If a mother smokes, the risk of the baby suffering a cot death is twice as high.
- are at risk of developing meningitis.
- will be absent from school more often due to various illnesses caused from breathing in the tobacco smoke.
- will take longer to recover from the above illnesses..

<http://www.helpwithsmoking.com/passive-smoking/passive-smoking-and-children.php>

Protect Yourself from Secondhand Smoke

Children can't hide from secondhand smoke at home. Here's why...

- Smoking in another room like a bathroom or bedroom pollutes all the air in your home. In an apartment, smoke in one room can go through the whole building.
- Smoking outside in a hall or stairwell does not protect children inside. Smoke goes under doors, windows, and through cracks.
- To protect the children inside, homes and apartment buildings must be smoke-free.

No amount of secondhand smoke is safe.

- Even when you can't smell it, cigarette smoke can still harm your child.
- Opening a window or using a fan does not protect children.
- Air purifiers and air fresheners do not remove smoke's poisons.
- Smoke from one cigarette can stay in a room for hours. Don't smoke at home, even when children aren't there.
- Allowing people to smoke in only one room does not protect children. Smoke from halls and stairs gets inside, too.

We must protect children from secondhand smoke everywhere.

At Home. If you take care of children in your home, do not allow anyone to smoke inside. Do not let babysitters, family members, or friends smoke around your children.

In Day Care. Make sure smoking is not allowed in your child's day care.

At School. Make sure your child's school is smoke-free inside and out. All school events should be "No Smoking."

In Public. Choose restaurants and businesses that are smoke-free. "No Smoking" sections in restaurants do not protect children from secondhand smoke.

In Your Car. Do not allow anyone to smoke if children are riding in your car. Rolling down a window does not protect them.

Retrieved from http://www.cdc.gov/tobacco/basic_information/secondhand_smoke/protect_children/pdfs/protect_children_guide.pdf

Having a smoking section of the house is like having a peeing section in the pool.

Eating Right When Pregnant

Good nutrition during pregnancy, and enough of it, is very important for your baby to grow and develop. You should consume about 300 more calories per day than you did before you became pregnant.

Although nausea and vomiting during the first few months of pregnancy can make this difficult, try to eat a well-balanced diet and take prenatal vitamins. Here are some recommendations to keep you and your baby healthy.

Goals for Healthy Eating When Pregnant

- Eat a variety of foods to get all the nutrients you need. Recommended daily servings include 8 servings of breads and grains, two to four servings of fruit, four or more servings of vegetables, three servings of dairy products, and two to three servings of protein sources (meat, poultry, fish, eggs or nuts). Use fats and sweets sparingly.
- Choose foods high in fiber that are enriched such as whole-grain breads, cereals, pasta, rice, fruits, and vegetables. Make sure you are getting enough vitamins and minerals in your daily diet while pregnant. You should take a prenatal vitamin supplement to make sure you are consistently getting enough vitamins and minerals every day. Your doctor can recommend an over-the-counter brand or prescribe a prenatal vitamin for you.
- Eat and drink at least three servings of dairy products and calcium-rich foods a day to help ensure that you are getting 1000-1300 mg of calcium in your daily diet during pregnancy.
- Eat at least three servings of iron-rich foods per day to ensure you are getting 27 mg of iron daily.
- Choose at least one good source of vitamin C every day, such as oranges, grapefruits, strawberries, honeydew, papaya, broccoli, cauliflower, Brussel sprouts, green peppers, tomatoes, and mustard greens. Pregnant women need 70 mg of vitamin C a day.
- Choose at least one good source of folic acid every day, like dark green leafy vegetables, veal, and legumes (lima beans, black beans, black-eyed peas and chickpeas). Every pregnant woman needs at least 0.4 mg of folic acid per day to help prevent neural tube defects such as spina bifida. Choose at least one source of vitamin A every other day. Sources of vitamin A include carrots, pumpkins, sweet potatoes, spinach, water squash, turnip greens, beet greens, apricots, and cantaloupe.

Foods to Avoid When Pregnant

- Avoid alcohol during pregnancy. Alcohol has been linked to premature delivery, mental retardation, birth defects, and low birth weight babies.
- Limit caffeine to no more than 200 mg per day. The caffeine content in various drinks depends on the beans or leaves used and how it was prepared. An 8-ounce cup of coffee has about 150 mg of caffeine on average while black tea has typically about 80 mg. A 12-ounce glass of caffeinated soda contains anywhere from 30-60 mg of caffeine. Remember, chocolate contains caffeine -- the amount of caffeine in a chocolate bar is equal to 1/4 cup of coffee.
- The use of saccharin is strongly discouraged during pregnancy because it can cross the placenta and may remain in fetal tissues. But, the use of other non-nutritive or artificial sweeteners approved by the FDA is acceptable during pregnancy. These FDA-approved sweeteners include aspartame (Equal or NutraSweet), acesulfame-K (Sunett), and sucralose (Splenda). These sweeteners are considered safe in moderation so talk with your health care provider about how much non-nutritive sweetener is acceptable during pregnancy.
- Decrease the total amount of fat you eat to 30% or less of your total daily calories. For a person eating 2000 calories a day, this would be 65 grams of fat or less per day.
- Limit cholesterol intake to 300 mg or less per day.
- Do not eat shark, swordfish, king mackerel, or tilefish (also called white snapper), because they contain high levels of mercury.
- Avoid soft cheeses such as feta, Brie, Camembert, blue-veined, and Mexican-style cheese. These cheeses are often unpasteurized and may cause Listeria infection. There's no need to avoid hard cheese, processed cheese, cream cheese, cottage cheese, or yogurt. Avoid raw fish, especially shellfish like oysters and clams.

For the Dental Patient...

Pregnant? Tips for keeping your smile healthy

If you are pregnant or thinking about becoming pregnant, now is the time to pay extra attention to your teeth and gums. You may have heard these two common myths about pregnancy: “You lose a tooth for every pregnancy you have” and “If you don’t get enough calcium during your pregnancy, your body takes it from your teeth.”

Both are false. The calcium your baby needs is provided by your diet, not your teeth. If dietary calcium is lacking, however, your body provides the mineral from your bones.

Tooth loss often is the result of tooth decay or periodontal (gum) disease-not pregnancy. Tooth decay results from repeated acid attacks on tooth enamel. It begins with plaque, a film of bacteria that constantly forms on teeth. The bacteria transform sugars and starch found in most foods and beverages into harmful acids

Plaque can irritate gums, making them red, tender and likely to bleed. This condition, called gingivitis, can lead to more serious gum diseases. Women with previously healthy smiles may notice that their gums become swollen or inflamed or bleed during pregnancy. This condition, sometimes called “pregnancy gingivitis,” results from changing hormone levels. It is plaque, however, not hormone levels, that is the major cause of gum disease.

Protecting Your Smile

Good oral care is important for mother and baby. That’s because some research suggests that serious gum disease, called periodontitis is linked to premature birth and low birth weight.

Prevent tooth decay and gingivitis by keeping your teeth clean, especially around the gum line. More frequent cleanings during your second or early third trimester may be recommended to help control gingivitis.

Brush twice a day with fluoride toothpaste that displays the American Dental Association’s Seal of Acceptance. Floss or use another type of inter-dental cleaner, once a day to remove debris from between the teeth. If you need help controlling plaque, your dentist may recommend an antimicrobial mouth rinse.

Dental Visits

Continue regular dental visits throughout your pregnancy. Non emergency treatment generally can be performed safely during this time. However, you may be advised to avoid elective treatment during the first three months of the pregnancy. If you have a history of miscarriage, an elevated risk of miscarriage or some other medical condition, your dentist may recommend postponing treatment.

Some drugs and anesthetics can be used during and after dental treatment to make you more comfortable. Inform your dentist of any prescription or over the counter drugs you are taking. Your physician may be consulted to determine the drugs-such as painkillers or antibiotics-you may take safely during the pregnancy and dental treatment.

A radiograph (X-ray) may be needed for dental treatment or a dental emergency that can’t wait until after the baby is born. Radiation from dental radiographs is extremely low. A leaded apron minimizes the abdomen’s exposure to X-rays.

Advise your dentist if you are pregnant or suspect that you might be, or if there is any change in your health, any change in the medications you take or any particular advice your physician provided. This will help the dentist determine the best time for treatment and whether to modify your treatment plan to better suit your needs and the baby’s health. For more information, visit www.ada.org.

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“For the Dental Patient” provides general information on dental treatments to dental patients. It is designed to prompt discussion between dentist and patient about treatment options and does not substitute for the dentist’s professional assessment based on the individual patient’s needs and desires.

How often should I feed my baby?

You should nurse whenever your baby shows signs of hunger like increased alertness or activity, mouthing or rooting. Crying is late sign of hunger. Your first feeding may be as early as 20-30 minutes after birth. For the first few days, baby may eat every 1 to 3 hours which is about 8-12 times every 24 hours. Newborns need to eat often because they have small stomachs and breast milk is easy to digest. As your baby gets older, the feedings may be about every 3-4 hours and may last about 10-20- minutes. These are

only estimates and your baby may not fit in this range.

How will I know if my baby is getting enough milk?

When your baby is 3-4 days old, you should see at least six wet diapers and 2-4 loose yellow stools each day. Urine should be pale yellow, not deep yellow or orange. You should feel baby sucking and hear baby swallowing while feeding baby. Baby should look alert and healthy when awake.

Benefits for Mom:

- Your body gets in shape more quickly
- Breastfeeding may help you lose some of the weight you've gained while pregnant
- Breast milk save money and time
- Breastfeeding has been found to reduce the risk of some diseases such as cancer and diabetes

Nutrition during breastfeeding

Mothers who are breastfeeding should continue to eat a healthy diet by following MyPlate (www.choosemyplate.gov/pregnancy-breastfeeding.html). Continue to eat high-fiber whole grains, fruits and vegetables, and dairy, such as low fat milk and yogurt. It is also important to drink enough fluids while breastfeeding. Try sipping water, milk or juice while breastfeeding as well as drinking water whenever you are thirsty.

How long should you breastfeed?

The American Academy of Pediatrics says that breastmilk is all the nutrition your baby needs for the first six months. Near six months, your baby may be ready for solids. Your baby may be ready when she can sit with support, control her head and upper body and move her head forward to eat and away when she's full. It is recommended that you continue breastfeeding for at least 12 months, then as long after as you and your baby want. If you stop breastfeeding before 12 months of age, use iron-fortified formula. Babies cannot digest cow's milk until one year of age.

If you need help:

If you have any questions, ask the nurses or lactation consultant at the hospital. After leaving the hospital, you may be able to callback for help, or call a private lactation consultant. Other people who can help are your baby's doctor or nurse, your doctor, or a WIC nutritionist.

Further information:

USDA MyPlate—www.choosemyplate.gov/pregnancy-breastfeeding.html

Lactation consultants/Le Leche League— www.llli.org/resources/assistance.html

The National Women's Health Information Center—www.womenshealth.gov/breastfeeding

American Academy of Pediatrics—www.aap.org/healthtopics/breastfeeding.cfm

Common challenges in breastfeeding:

Sore Nipples-When you first start nursing, you may feel some discomfort, but you should not feel pain. If you do, try changing baby's position on your breast. Your baby should be facing right at your breast and nipple. If your nipples crack or bleed, get help from a lactation consultant. It can help to rinse your nipples in water and expose them to air before nursing.

Engorgement-Engorgement is when your breasts feel hot, very hard and swollen. This may be due to your breasts being full of milk and happens more when you first start breastfeeding. The best way to help this is to feed your baby often and make sure your baby is nursing correctly. Use ice packs between feedings to reduce swelling. Take a warm shower to get milk flowing prior to feeding. If you are away from your baby during regular feedings, use a breast pump or hand express.

Sickness-for most illnesses, you will still be able to nurse. Mom starts producing antibodies within one hour of getting sick and passes the antibodies to her baby. Ask your doctor if you are sick and before taking any medications.

Not A Single Drop

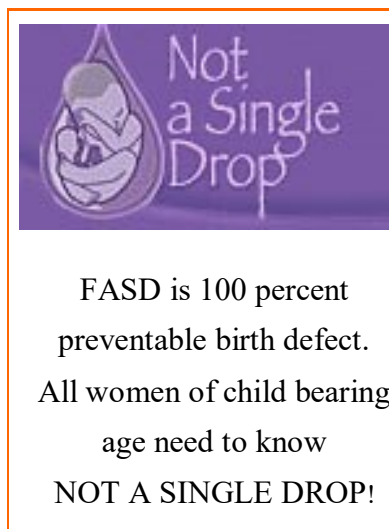
Fetal Alcohol Spectrum Disorders (FASD)

FASD is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. The term FASD is not intended for use as a clinical diagnosis. It refers to conditions such as fetal alcohol syndrome (FAS), fetal alcohol effects (FAE), alcohol-related neurodevelopmental disorder (ARND), and alcohol-related birth defects (ARBD). Each year, as many as 40,000 babies are born with an FASD, costing the Nation about \$4 billion

Just the Facts

- Prenatal exposure to alcohol is the leading cause of **preventable** birth defects in the country.
- Each year, as many as 40,000 babies are born with an FASD, costing the nation about \$4 billion. (Source: FASD Center for Excellence)
- FASD is an irreversible, lifelong condition that affects every aspect of a child's life and the lives of the child's family – there is no cure for FASD.
- According to the Centers for Disease Control and Prevention and the US Surgeon General, there is no known safe amount or safe time to drink alcohol during pregnancy.
- It has been estimated, the cost of FASD to Ohio taxpayers for providing special services for education, juvenile justice, medical and mental health services, foster care and unemployment is nearly \$300 million every year. (Source: Ohio Department of Health)
- Raising a child with FASD is 100 times more expensive than preventing FASD in a child.
- Due to a combination of factors, most cases of FASD go undiagnosed. In fact, of the estimated 114,000 Ohioans living with FASD, only 300 have been clinically diagnosed. (Source: Ohio Department of Health)
- Early diagnosis and treatment for FASD can help children reach their fullest potential, lessen secondary disabilities and problems, and help families better understand and cope.
- FASD is 100 percent preventable.
- Sept. 9 is International Fetal Alcohol Syndrome Awareness Day.

Retrieved from <http://notasingledrop.org/fasd/what-is-fasd/fact-sheets>



Women, Infants and Children (WIC)

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. WIC helps income eligible pregnant and breastfeeding women, women who recently had a baby, infants, and children up to five years of age who are at health risk due to inadequate nutrition.

The program improves pregnancy outcomes by providing or referring to support services necessary for full-term pregnancies; reduces infant mortality by reducing the incidence of low birth weight (infants under 5 ½ pounds are at greater risk of breathing problems, brain injuries and physical abnormalities), and provides infants and children with a healthy start in life by improving poor or inadequate diets.

WIC provides nutrition education, breastfeeding education and support; supplemental, highly nutritious foods such as cereal, eggs, milk, whole grain foods, fruits and vegetables, and iron-fortified infant formula; and referral to prenatal and pediatric health care and other maternal and child health and human service programs (examples: Head Start, Medicaid and the Supplemental Nutrition Assistance Program, formerly known as Food Stamps).

Who is eligible?

Pregnant and breastfeeding women; women who recently had a baby; infants birth through 12 months; children 1 to 5 years; who are:

- Present at the clinic appointment, and provide proof of identity;
- Residents of the State of Ohio;
- Determined by health professionals to be at medical/nutritional risk; and
- Meets income guidelines - 185% of Federal Poverty Income Guidelines.

Nutrition Risk Requirement

All WIC applicants must be seen by a health professional such as a nurse, physician, or nutritionist so they can determine if the applicant is at nutrition risk. In most cases this can be done at the local WIC clinic at no cost to the applicant, though the applicant can see other health professionals such as their own physician. Some examples for nutrition risk are anemia (low blood levels), underweight, or history of poor pregnancy outcome. An applicant must have at least one of the medical or dietary conditions on the Ohio list of WIC nutrition risk criteria.

How to apply:

Go to website to print out an application and send it to the address below. Or you can call for an application. Please note that you must schedule an appointment at the clinic, too.

[Www.benefits.ohio.gov](http://www.benefits.ohio.gov)

Athens County WIC office
215 Columbus Rd. Suite 106
Athens, OH 45701
Phone: (740) 677-4002
Fax: (740) 677-4032

Childbirth Class (labor preparation)— O’Bleness Hospital offers this class free of charge. “Expectant mothers are encouraged to attend childbirth education classes at least 1-2 months before their due date. Parents will learn the stages of labor and delivery, breathing and relaxation techniques and other pain relief options. Tour included. “
(740)592-9275 https://www.ohiohealth.com/pregnancy_childbirthclasses/

Lamaze Childbirth Classes

Rachel Szostek 765-977-3817
Email: szostekrachel@gmail.com
Website: www.cradledinjoy.org
Cost is \$100 or \$75 for WIC participants

The Bradley Method of Natural Childbirth (Marietta, OH)

We teach you how to be healthy and low risk, using relaxation for labor and your birth partner as your "coach."
Holly Poulson, AAHCC (740) 376-0446 or hpoulson@suddenlink.net

Birth Circle

The Birth Circle is an informational discussion and support group for pregnant women, their partners, and new parents in the Athens, Ohio area. It is a group that gathers once a month to share in each other's lives, creating a sense of community through the experience of parenthood. In addition to the monthly meeting featuring guest speakers and discussion topics related to pregnancy, childbirth, and parenting, we also provide services such as Meals for Moms (free meals for families with new babies, prepared and delivered by Birth Circle volunteers), and a lending library of books, DVDs, and birth accessories.

For more information contact:

Executive Director
Claudia Bashaw
claudiabashaw@yahoo.com
(740) 652-6262

Or visit their website at: www.athensbirthcircle.com

Car Seat Program

O’Bleness Hospital (Athens) - Provides newborn car seat at no cost to those on Medicaid at time of discharge.

Hocking..Athens.Perry Community Action Agency—Provides three size car seats (6 months to 8 years of age) at no cost for those in Athens county and who meet income requirements. You must also attend an educational class provided by trained Child Passenger Safety staff. Call 740-767-4500 or 1-800-686-1093 or go online to register or print an application at <http://hapcap.org/freecarseat>

Infant See Program

Athens Eye Care offers free eye exams for infants 6 months to 12 months of age. They also accept the medical card for anyone else in the family needing an eye exam. Call (740) 594-2271 to inquire about which managed care provider they accept and to make an appointment.

Maternity and Baby clothes (low cost)

ReUse Thrift Store 751 W. Union St. Athens, Ohio, 45701 (740)594-5103
New To You Thrift Shoppe— 90 Columbus Rd. Athens, OH 45701 (740) 592-1842
Goodwill Industries of South Central Ohio, Inc. 175 Columbus Rd. Athens, OH 45701 (740) 592-4105

Breastfeeding support/Lactation consultant

O’Bleness Hospital www.obleness.org
Call for breastfeeding classes and follow up sessions. Michelle Biddlestone 740-592-9364
Breastfeeding Helpline (sponsored by O’Bleness Hospital) (740)592-9364

Athens County WIC Phone: (740) 677-4002

Cribs or Cribettes (call for eligibility requirements)

Family Navigator Program (Ohio University Community Health Programs) (740) 593-0037
Help Me Grow (740) 447-3124
Athens City-County Health Dept. (740) 592-4431 ext. 5905

Pathways to a Healthy Pregnancy

The Pregnancy Pathways Program offers support for women facing economic, health and practical life challenges during pregnancy, one of the most important times of your life. Our job is to make sure that you have all the support you need to move toward more healthy behaviors, including everyday health issues like:

- Quitting smoking
- Diet and Weight
- Mental health
- Problems with substance use
- Self-management of diabetes and other health conditions
- Connection with a range of needed community resources

We will meet you where you are on your own pregnancy journey. No matter how big or small, each and every change you make to become healthier during your pregnancy is very important. And your home-based supportive service worker will coordinate with your physician or nurse practitioner every inch of the way. The idea is to work alongside you throughout your pregnancy since you are the most important partner on the healthcare team. For more information call: 1-800-844-2654.

Integrative Services of Appalachian Ohio

Integrative Services of Appalachian Ohio is “designed to operate with a broad framework of Collaborative Helping. We are working with health care and community partners to design a strong home and community dimension for integrated primary care.” For more information call 1-800-321-8293. Services include:

- ◆ Psychiatry
- ◆ Supportive Services
- ◆ Counseling
- ◆ Integrated Care
- ◆ Supportive Housing
- ◆ Employment

For more information call 1-800-321-8293.

Ohio University Community Health Programs

Call 1-800-844-2654 or 740-593-2432 for any of the programs listed below.

Free Medical Clinic

To be eligible for free clinical services, you must be 18-64 years old, have inadequate or no health insurance, meet income guidelines. Our Mobile Health Unit and highly qualified staff are currently available in Athens, Belpre, Chesterhill, Coolville, Glouster, Nelsonville, and Racine.

Free Health Screening Clinic: Healthy Adult Screenings

Blood pressure, Glucose and Cholesterol. Total cholesterol and glucose can be non-fasting. Lipid panel (cholesterol, triglyceride, HDL and LDL) need to fast 9-12 hours.

Immunization Clinic

Free routine immunizations for eligible children, birth-19 years of age. Low cost vaccines also available for adults age 20 and older. Influenza vaccine available seasonally. Our Walk in Immunization Clinic is held every Thursday 2:30 am to 5:30 pm. (closed for lunch 12:00 pm-1:00 pm) in Parks Hall Room 014. TB testing available by appointment. No appointment necessary.

Free Women’s Health Screenings: Breast and cervical cancer screenings and education will be provided. Free pap tests, pelvic and breast examinations, breast health education and appointments for mammograms will be provided to uninsured and underinsured women who meet financial eligibility. Clinics are available in Athens, Hocking, Gallia, Jackson, Lawrence, Meigs, Morgan, Monroe, Noble, Perry, Pike, Ross, Scioto, Vinton and Washington counties. Appointments are required.

Food Pantries (Athens County)

Albany Baptist Church 740-698-3163 2nd Mon 10am-noon *Serving those within 10 miles of Albany*

Federal Valley Resource Center (740)662-5605 Produce: Tuesday 11:30am-12:30pm, Food boxes: Last Sunday of each month 1:00pm-2:00pm

Friends & Neighbors Community Center (Coolville) 740-667-0684 Wed. & Fri. 11:00am-4:00pm

Food Boxes (continued)

Athens County Dept. of Job and Family Services 740-797-2523 M-F 9am-4pm Call ahead. Bring photo id & document with current address listed.

Feed My Sheep Food Pantry 740-664-3508 Mondays 1-3pm

Nelsonville Food Cupboard (740) 753-3810 Fri & Sat noon-3pm.

Greater Works Outreach Worship Center (740) 753-4353 4th Saturday of each month 10:00am-1pm

The Plains United Methodist Church 740-797-4163 3rd Thurs. 6-7pm, 4th Thurs. 11:30am-12:30pm

Torch United Methodist Church—Feed My Sheep Pantry (304) 916-3483 Sunday 12:00pm –1:00pm.

Athens City Schools (ACSD) Food Pantry 3rd Wed. 4pm-5:30pm *ACSD families, hshaw@athenscsd.org*

LSS Mobile Food Pantry (877) 704-3663 Call for reservations a week ahead. Every 2nd Thurs. 11:00am-12:00 pm @ The Plains UMC & every 4th Monday of each month from 11:00 am-12:00pm @ Coolville Fire Dept.

Monday

Noon- 1 p.m. First United Methodist Church

2 South College St. Athens, OH 45701, Call (740) 593-3977

Tuesday

5:30 p.m.- 6:30 p.m. Athens Church of Christ

785 W. Union St. Athens, OH 4570, Call (740) 593-7414

11:00am-2:00pm(Lunch) Tavolino's

9 N. Shafer St. Athens, Ohio 45701 Call (740) 592-2004

Wednesday

11:30pm-12:30 p.m. Episcopal Church of the Good Shepherd

64 University Terrace Athens, OH 45701, Call (740) 593-6877 Carry out only

Noon –1p.m. Friends and Neighbors Community Center

24576 Parkersburg Road, Coolville OH 45723, Call (740) 667-0684

Call ahead to confirm meal is being served Athens Meigs, Washington Counties

Thursday

5:00 p.m. –6:30 p.m. UCM: Center for Spiritual Growth and Social Justice

18 N. College St. Athens, OH 45701, Call (740) 593-7301 *Athens Co. residents only*

Friday

4:30pm-7:00pm (Supper) Good Works

7857 Lührig Rd. Athens, OH 45701, Call (740) 594-3339

Saturday

1:00-2:300 p.m. UCM: Center for Spiritual Growth and Social Justice

18 N. College St. Athens, OH 45701, Call (740) 593-7301 *Athens Co. residents only*

MONTHLY MEALS

5:30 p.m.-6:30 p.m. Christ Community Wesleyan Church

6275 Kenney Memorial Lane, Albany, OH 45710 Call (740) 698-2292 or (740) 593-7240

3rd Thursday of each month. *Athens County residents only. Call to confirm meal will be served*

12:00 pm-1:30pm Art/West Community Center

132 W. State St. Athens Call ahead to confirm meal will be served Call (740) 592-4315, The first day of each month

Free Community Meals

The lists provided is not a complete listing of all providers in the area. If you are having problems finding a doctor, please call your managed care provider for assistance. They should have a more complete lists of doctors in your area. Also listed is the number to call for transportation services and website address.

Care Source – 1-800-0134
Transportation – 1-877-874-4130
www.caresource.com

United Health Care – 1-800-600-9007
Transportation – 1-800-895-2017
www.uhccommunityplan.com

Molina – 1-800-642-4168
Transportation – 1-800-642-9279
www.molinahealthcare.com

Buckeye Community Health Plan-1-866-246-4358
Transportation- 1-866-531-0615
www.buckeyehealthplan.com

Humana Healthy Horizons- 1-877-856-5702
www.humana.com/medicaid/ohio

Amerihealth Caritas--1-833-764-7700
Transportation-1-833-664-6368
www.amerihealthcaritas.com

Anthem BCBS 1-844-912-0938
Transportation 1-800-282-9720
Www.anthem.com

VISION SERVICES

Eye Physicians & Surgeons of Athens Inc.
Dodrill Craig, MD
Danielle Ortman, MD
75 Hospital Drive Suite 110
Athens, OH 45701
740-592-4461
Athens Eye Care
416 West Union Street
Athens, OH 45701
740-594-2271

Walmart Vision Center
Nicole Whitaker, OD
Sherry Thompson, OD
929 East State Street
Athens, OH 45701
(740)594-3718

Holzer Clinic, Inc.
Julie C. Lew
2131 East State Street
Athens, OH 45701
740-589-3100
Dr. LaGraff & Biddinger
72 W Washington Street
Nelsonville, OH 45764
740-753-1967

HEARING SERVICES

Holzer Clinic Inc.
Kim Jones, AUD
2131 East State Street
Athens, OH 45701
740-589-3100

Karr Audiology and Hearing Aids
499 Richland Avenue
Athens, OH 45701
740-594-6333

Obstetrics & Gynecology

Holzer Clinic, Inc.
2132 State Street
Athens, OH 455701
740-589-3100

Physician Group Heritage College
26 Hospital Drive
Athens, OH 45701
740-594-8819

DENTAL

Athens

Nicole Conrath, DDS
495 Richland Avenue
Athens, OH 45701
740-594-3939

Patrick McKinley, DDS
410 East State Street Suite 4
Athens, OH 45701
740-592-6674

Athens Dental Arts, DDS
207 North Columbus Road
Athens, OH 45701
740-593-8530

Joshua Snyder, DDS
1950 Mount St. Mary Dr.
Nelsonville, OH 45764
740-797-9819

Nelsonville

Robert Paradis, DDS
69 West Washington Street
Nelsonville, OH 45764
740-753-1075

Pediatrician and Family practice

Athens

Ohio Health
Physician Group Heritage College
26 Hospital Dr.
Athens, OH 45701
740 592-7040 (Pediatric)
740 592-7020 (Primary Care)

Holzer Clinic, Inc.
2131 East State Street
Athens, OH 45701
740-446-5252 or 740-589-3100

Ohio University Campus Care
2 Health Center Drive
Athens, OH 45701
740-593-1660

Albany

Holzer Clinic
2364 Blizzard Lane Suite C
Albany, OH 45710
740-698-1900

Nelsonville

Ohio Health
Physician Group Heritage College
11 John Lloyd Evans Memorial Dr. Suite 200
Nelsonville, OH 45764
740-753-7323

Hopewell Health Centers, Inc.
1950 Mount Saint Mary Dr.
Nelsonville, OH 45764
1-800-516-0339

Coolville

Coolville Healthcare Centers Inc.
25716 Wilson Street
Coolville, OH 45723
740-846-0008

Mental health

Appalachian Behavioral Healthcare
100 Hospital Drive
Athens, OH 45701
740-439-1371
The Gathering Place
7 North Congress Street
Athens, OH 45701
740-592-2690
Health Recovery Services, Inc. –
Athens
224 Columbus Road Suite 101
Athens, OH 45701
740-589-3680
Hopewell Health Center
(formerly Tri County Mental Health
& Counseling Services)
90 Hospital Drive
Athens, OH 45701
740-592-3091
Integrated Services for Behavioral
Health
11 Graham Drive
Athens, OH 45701
740-594-6807

Free Resources:

Ohio Careline: 1-800-720-9616 to
talk to a licensed mental health
professional
Crisis Text Line: Text “4hope” to
741-741
National Suicide Prevention Hotline:
988 or 1-800-273-8255
Ohio Dept. of Mental Health and
Addiction Services 1-877-275-6364
to be connected to treatment options



Athens County Department of Job and Family Services

13183 State Route 13

Millfield, OH 45761

1-800-762-3775

<http://jfs.athensoh.org/>

CSEA (Child Support Enforcement Agency) 1-800-436-8933

OhioMeansJobs—1-877-351-0405

Emergency food assistance (food box) 1-800-338-4484

Pregnancy Related Services and Healthchek Coordinator

Brandie Pierce (740) 677-4134