

COMMUNITY SERVICE COUNCIL

# Healthy Start

ASSISTING PREGNANT WOMEN  
AND THEIR FAMILIES TO GIVE  
INFANTS A HEALTHY START



COMMUNITY  
SERVICE  
COUNCIL

Improving Oklahomans' Lives Through  
Research, Planning & Action



## OUR MISSION

To provide services and information that will keep Tulsa mothers, infants and families in the best health while strengthening family foundations and communities.

## HOW WE HELP YOUR FAMILY

Your Healthy Start team helps your family develop and manage your plan of care during pregnancy, providing education and strategies for a healthy delivery.

After your baby is born, your team will continue to assist you and your family for up to two years with connections to resources to empower your family, such as meeting basic needs and accessing healthcare. We provide support for both parents or parent figures to help strengthen your family and create the most favorable foundation for your child's healthy development.

## WHO IS ELIGIBLE?

Expectant mothers living in Tulsa County receiving maternity/family care with one of our partner providers. For a list of our partners, visit [csctulsa.org/healthy-start](https://csctulsa.org/healthy-start).

## WHAT DO WE OFFER?

Healthy Start uses a team care approach that is convenient and flexible. We work around employment and family schedules to provide a quality service that fits each individual's needs, activities and plans. Your care team will assist you in accessing community, culturally-sensitive, family-centered health and social services to meet your family's needs.

### YOUR HEALTHY START TEAM



Care  
Coordinator



Fatherhood  
Coordinator



Behavioral  
Health Care  
Coordinator



Interconception  
Case  
Management



[CSCTULSA.ORG/HEALTHY-START](https://csctulsa.org/healthy-start)



## CARE COORDINATION

Your Care Coordinator will provide health and parenting education, support and case management in the obstetric and pediatric setting, including:

- A "Plan of Care" developed just for you and your family's needs
- Referrals for prenatal, postpartum, well-women and well-child care
- Smoking cessation support and counseling on drug and alcohol services
- Nutrition needs and breastfeeding support
- Perinatal depression screenings and connection to behavioral health services
- Home visiting (at the discretion of the Healthy Start Care Coordinator)
- Interconception education and reproductive life planning
- Child development screening, education and parenting support
- Enrollment assistance in WIC (*Supplemental Nutrition Program for Women, Infants, and Children*)



## FATHERHOOD COORDINATION

Your Fatherhood Coordinator helps father figures and significant others access various resources and services to give them the knowledge and skills to be strong role models in their children's lives. This includes:

- Employment referrals
- Mentoring
- Parenting skills
- Child support referrals
- Legal referrals
- Family planning
- Men's health
- Money management
- Setting education goals







## BEHAVIORAL HEALTH CARE COORDINATION

Your Behavioral Health Coordinator offers an extra layer of support for your family to promote mental wellness and to offer a non-judgmental ear if feelings of stress, depression or anxiety become overwhelming. Services include:

- Emotional support through home visitation
- Linkage to counseling or other community resources
- Coordinated support with any service providers to support your goals



## INTERCONCEPTION CASE MANAGEMENT

Your Interconception Case Manager provides continued support to Healthy Start mothers between pregnancies. Our goal is to help you develop strategies to improve health outcomes and wellness for you and your family. Through home visiting, we will work with you and your family to:

- Maintain health and wellness
- Strengthen parenting skills
- Understand your child's development



A photograph of a woman with brown hair tied in a ponytail, wearing a green t-shirt and dark pants, sitting on a light-colored, shaggy rug. She is holding a baby in her arms and looking down at the baby. The baby is wearing a white onesie and has red nail polish on its fingers. The background is a plain, light-colored wall with a window visible on the right side.

[csctulsa.org/healthy-start](https://csctulsa.org/healthy-start)

## ABOUT THE PROGRAM

Community Service Council's Healthy Start Program is designed to meet the needs of mothers and infants living in the Tulsa area, focusing on health to reduce maternal and infant mortality and give infants a healthy start to life. The Community Service Council is a 77-year old nonprofit health and human services agency that brings people together to research, plan, coordinate action, and assess progress to address many of Oklahoma's most critical health, social, education and economic challenges. Our focus is on prevention – implementing strategies that invest in individuals and families across the lifespan to better care for themselves, their families, and our community.

**Community Service Council Healthy Start**

16 E. 16th Street, Suite 202 | Tulsa, Oklahoma 74119 | 918-585-5551 | [csctulsa.org](https://csctulsa.org)