

Welcome!

We appreciate your participation in this program!

Your Healthy Women Healthy Futures team consists of a **Behavioral Health Coordinator** and **Interconception Case Manager** working as a team with you and your family to promote current and future well-being.

Behavioral Health Care Coordination (BHCC)

Behavioral Health Care Coordination is an additional layer of support for Healthy Start families **throughout pregnancy and after delivery**. Your Behavioral Health Care Coordinator is here to help promote mental wellness, and offer a nonjudgmental 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 (ICM)

Interconception Case Management is continued support provided to Healthy Start mothers **between pregnancies**. Our goal is to help you develop strategies to improve health outcomes and wellness for your newborn, your family and you. Through home visitation, your ICM will work with you and your family to:

- Maintain health and wellness;
- Strengthen parenting skills;
- Understand your child's development;
- Connect to community resources.

Contact Us

Community Service Council
16 E. 16th Street, #202
Tulsa, OK 74119
csctulsa.org

BHCC:
918-894-1475

ICM:
918-894-0482



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Improving Oklahomans' Lives Through
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