

NEW MOM TOOLKIT

Information and Resources to Help
Those Expecting, New Moms and
Families, or Those Sexually Active



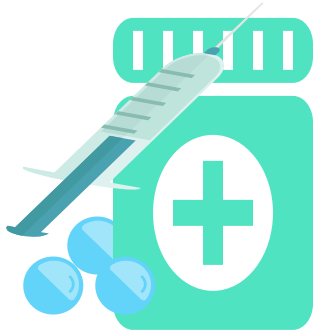
The Hernando SEN provides the supports, services and understanding necessary so that Hernando substance exposed newborns and children may thrive and develop- remember they are Hernando's future.

hernandosen.org



More than **HALF**
of Pregnancies
are **Unplanned**

Birth control can prevent pregnancy - make sure you and your partner have a plan.



DID YOU KNOW?

Opiates and Opioids used before, during, and after pregnancy can harm your baby.

Including both prescription and non-prescription drugs, such as Methadone or heroin.

If you have a problem with any substance, there are places that can help in Hernando County. Refer to the publicly funded services and free supports page.

A baby's health depends on your health.

Quick Tips...

- If you become pregnant, or are thinking about becoming pregnant, see a doctor and schedule regular pre-natal checkups.
- Be sure to tell your doctor of any prescribed medications you take.
- Be honest with your doctor if you misuse any prescribed medications or other substances.
- Read labels and talk with your pharmacist before taking medications, vitamins, or supplements.



hernandosen.org

All information provided in the toolkit is offered for informational purposes only and not as a substitute for professional diagnosis or treatment.



TOOLKIT OVERVIEW

Every new parent wants the best for their baby and being a new parent is HARD.

Challenges can be even harder for parents of babies born substance exposed. The goal of this toolkit is to assist you, your baby, and other members of your household as you start your new journey together. The resources listed in the toolkit can also benefit all sexually active persons and those with young children.

Addiction affects millions of Americans. This toolkit will help you to know what to expect if your baby is experiencing Neonatal Abstinence Syndrome (NAS), a term used to describe a set of problems a baby experiences when withdrawing from exposure to drugs, and how to access available resources in Hernando County, as well as state and national supports.

Toolkit Contents

Substance-Related Disorder Overview ...	4
Neonatal Abstinence Syndrome (NAS) ...	5
Substance Abuse/Mental Health Services ...	7
Publicly Funded Programs ...	7
Free Support Groups and Classes ...	9
Postpartum Depression Symptoms and Resources ...	11
Referral Sources & Resource Lists ...	13
Additional Local Resources ...	13
Resources for Those Sexually Active or Expecting ...	15
Birthing Centers ...	17
Women and Children Healthcare Providers List ...	18
Resources for New Moms and Families ...	19
Breastfeeding Support and Resources ...	21
Additional Helpful Resources ...	23
General Health and Safety Topics for New Families ...	25
CPR Overview and Trainings ...	27
Water Safety ...	30
Emergency Numbers and Hotlines ...	31



Prepared by the **Hernando Community Coalition**
via the **Hernando SEN Taskforce**.

Learn more about the Coalition at:
www.hernandocommunitycoalition.org.

Substance-Related Disorder Overview

SEN - Substance Exposed Newborn:

Substance Exposed Newborns are infants affected by prenatal exposure to substances such as prescribed medications, alcohol, illicit drugs, and tobacco. Signs and symptoms of substance exposed newborns may vary depending on the type of substance used by the mother, the last time it was used, and whether the baby is full-term or premature. Symptoms of withdrawal may begin as early as 24 to 48 hours after birth. or as late as five to ten days.

NAS - Neonatal Abstinence Syndrome:

NAS is a term used to describe a set of problems a baby experiences when withdrawing from exposure to drugs. Symptoms include: tremors, excessive crying, sleep problems, seizures, fever, vomiting, stuffy nose, sneezing, dehydration, and sweating.

NOWS - Neonatal Opioid Withdrawal Syndrome:

NOWS is a term used to describe infants that are born with symptoms of opioid withdrawal.

ODU - Opioid Use Disorder:

Physical and psychological reliance on opioids, a substance found in certain prescription pain medications and illegal drugs like heroin. Opioids are prescribed to treat pain. With prolonged use, pain-relieving effects may lessen and pain can become worse. In addition, the body can develop dependence. Opioid dependence causes withdrawal symptoms, which makes it difficult to stop taking them. Addiction occurs when dependence interferes with daily life. Taking more than the prescribed amount or using illegal opioids like heroin may result in death. Symptoms of addiction include uncontrollable cravings and inability to control opioid use even though use is having negative effects.

SUD - Substance Use Disorder:

Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.

FASD - Fetal Alcohol Spectrums Disorder:

FASD is a non-diagnostic umbrella term describing the range of effects that can occur in an individual whose mother consumed alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. Often, a person has a mix of these problems. FASDs are a leading known cause of intellectual disability and birth defects.

Children with FASD can experience high rates of sleep disorders, eating problems, toilet training difficulties, temper tantrums, developmental disorders needing therapy, school problems, and more with increasing severity with age.

Common Abbreviations

- **GYN** - Gynecologist
- **OB** - Obstetrician
- **NICU** - Neonatal Intensive Care Unit
- **MAPS** - Medication Assisted Patient Services
- **SIDS** - Sudden Infant Death Syndrome
- **WIC** - Women, Infants, and Children

Explaining NAS Neonatal Abstinence Syndrome

What is NAS?

NAS is a term used to describe a set of problems a baby experiences when withdrawing from exposure to drugs.

What causes NAS?

Almost every drug passes from an expecting mother's bloodstream from the placenta to the fetus. Drugs that cause a pregnant mother to become drug dependent and addicted in the mother also cause the baby to become dependent.

Drugs that are more likely to cause NAS include opiates like heroin, Fentanyl, Methadone, and other prescription opioids, with nearly half of babies experiencing withdrawal. Alcohol, cocaine, amphetamines, and barbiturates can also cause withdrawal, and other drugs such as marijuana and tobacco are linked to problems as well.

What happens at birth when a baby has NAS?

When a baby is born, dependence on the drug or drugs continues once they are no longer exposed to the drug. They may experience the symptoms of withdrawal.

What are the symptoms of NAS?

The following are the most common symptoms of NAS. However, each baby may experience symptoms differently. Symptoms of withdrawal may include:

- Tremors
- Excessive Crying
- Sleep problems
- High-pitched crying
- Seizures
- Yawning
- Stuffy nose, sneezing
- Vomiting
- Diarrhea
- Dehydration
- Sweating
- Fever

Babies in serious withdrawal often can't eat, sleep, or calm down and may appear stiff.

When do you know if your baby has NAS?

Symptoms of withdrawal may begin as early as 24 to 48 hours after birth, or as late as five to 10 days.

**If your baby is experiencing NAS,
you need to seek treatment from a doctor.**

Treatment will depend on a series of factors considered by your doctor. Some babies may need medications, some a higher calorie food, some need intravenous fluids, and other treatments to help manage withdrawal.

Babies suffering from withdrawal can be irritable and hard to comfort.
Ask for help from a healthcare provider.

Caring for a Baby with NAS

After birth, your baby may need to stay in the hospital for treatment. Make sure your baby gets ongoing care from a healthcare provider. Don't try to treat NAS on your own.

Babies born with NAS need comfort. Tips that can help:

- Keep baby away from bright lights and loud noises.
- Always place baby to sleep on his or her back.
- Skin-to-skin contact or holding the baby close to your body.
- Gently rock and cuddle often, but avoid patting or stroking baby.
- Swaddle and give a pacifier.
- Play soothing music, hum, or sing softly.
- **Feed baby when he or she is hungry in a calm, quiet place.** Feeding can take a lot of a baby's energy, so allow time for resting during a feeding.

On-going Care

As they grow older, children who had NAS may have problems with speech, language, and learning. They may need early intervention services to help them learn to walk, talk and interact with others. Talk to your baby's healthcare providers about their development. Ask about early intervention services.

Neurobehavioral Effects on Newborns & Infants

Nicotine is linked to neurobehavioral impacts in infants and long-term effects on cognition, achievement, language, and behavior.

Alcohol is associated with neurobehavioral effects in infants, and long-term impacts on cognition, language, achievement, and behavior.

Marijuana exposure prenatally is related to some infant neurobehavioral alterations and long-term effects on cognition, behavior, and achievement.

Babies exposed to **opioids** prenatally may have neurobehavioral changes as an infant and long-term behavioral effects.

Prenatal exposure to **cocaine** is associated with some impacts on infant neurobehavior and long-term effects on behavior, executive function, and language.

Methamphetamine is linked to neurobehavioral alterations in infants.

Source: American Addiction Centers


Substance Abuse/Mental Health Services

Publicly Funded Programs

BayCare Behavioral Health

Provides comprehensive mental health and substance abuse services for adults, children, and adolescents. Services include psychiatric services (psychiatric evaluations, medication management, and/or medication assisted treatment for substance abuse), individual and group therapy, crisis support, case management, prevention classes (Life skills, Parenting, Substance use prevention), crisis stabilization, detox, residential treatment as well child welfare specific programs.

Specialty and Intervention Programs: Multi-Disciplinary Team (MDT), Mobile Response Team (MRT), Family Intensive Treatment Team (FITT), Behavioral Health Consultant (BHC), Integrated Crisis Stabilization and Detoxification Unit (ISU), Community Health Activation Team (CHAT), Coordinated Opioid Recovery (CORE), Florida Assertive Community Treatment (FACT), Community Action Team (CAT)

 Call Central Registration: 866-762-1743 Established Client Line: 352-540-9335
Visit: baycarebehavioralhealth.org

LifeStream Behavioral Center - Children's CAT


Community Action Team (CAT) Hernando is a multidisciplinary treatment team to service youth and their families with a history of mental illness or co-occurring substance abuse diagnosis, multiple treatment failures, or who are at risk of out of home placement.

 Call: 352-848-3924 Email: wecare@lsbc.net Visit: www.lsbc.net

Nurse-Family Partnership

HOME VISITS FROM A REGISTERED NURSE: Free home-visiting program for pregnant women who are substance exposed or have a history with substance use providing services for the mother and her baby up until age two with weekly home visits by specially trained Registered Nurses.

Eligibility: Pregnant; Medicaid or WIC eligible; Teen mom regardless of parent's income; Substance use or history of substance use (including Rx medications).

 Call: 352-317-5194 Email: nfpinfo@wellflorida.org
Visit: www.wellflorida.org or www.NCF-Nursefamilypartnership.org

Operation PAR- Medication Assisted Patient Services (MAPS)

For individuals addicted to opiates (pain pills, heroin, Oxycontin, Fentanyl.) We offer Methadone Maintenance, Methadone Detox, Buprenorphine Maintenance and Vivitrol, in addition to individual and group counseling. All MAPS accept Medicaid.

 Call: 352-666-5709 (Spring Hill Location) Visit: www.operationpar.org

For an extensive list of public and private substance use services, visit: hernandocares.org.

Are you taking a prescription painkiller?

These are prescription painkillers called **opioids**. If you take these or other opioids during pregnancy, it can cause serious problems for your baby.

- **Buprenorphine** (Belbuca[®], Buprenex[®], Butrans[®], Probuphine[®])
- **Codeine**
- **Fentanyl** (Actiq[®], Duragesic[®], Sublimaze[®])
- **Hydrocodone** (Lorcet[®], Lortab[®], Norco[®], Vicodin[®])
- **Meperidine** (Demerol[®])
- **Methadone** (Dolophine[®], Methadose[®])
- **Morphine** (Astramorph[®], Avinza[®], Duramorph[®], Roxanol[®])
- **Oxycodone** (OxyContin[®], Percodan[®], Percocet[®])
- **Tramadol** (ConZip[®], Ryzolt[®], Ultram[®])

The illegal drug heroin is an opioid, too. Some prescription opioids, like fentanyl, are made and sold illegally.

Opioids can be dangerous and addictive. They can cause problems for a baby in the early weeks of pregnancy, even before you know you're pregnant.

If you take opioids during pregnancy, your baby can be exposed to them and go through withdrawal after birth. This is called neonatal abstinence syndrome or NAS. Even if you use an opioid exactly like your provider says to, it still may cause NAS in your baby.

WATCH A VIDEO

marchofdimes.org/opioids

TAKE ACTION

Ask about your medicine.

If you're taking a prescription painkiller, ask your provider these questions:

1. Is the painkiller an opioid? Yes No
2. If yes, why do I need to take an opioid?

3. What are the risks to my baby?

4. Is there a safer medicine to take? Yes No
5. If yes, what is it?

If you're pregnant and using opioids:

- Don't stop taking any opioid until you talk to your health care provider. Stopping suddenly can cause severe problems for you and your baby.
- Tell your prenatal care provider about any medicine you take, even if it's prescribed by another health care provider.
- If another provider prescribes you an opioid, make sure she knows you're pregnant.

If you're not pregnant and you're using opioids:

- Use effective birth control until you've stopped taking the opioid.
- Talk to your provider about taking a safer pain medicine.

March of Dimes materials are for information purposes only and are not to be used as medical advice. Always seek medical advice from your health care provider. Our materials reflect current scientific recommendations at time of publication. Check marchofdimes.org for updated information.


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Free Support Groups and Classes


Alcoholics Anonymous

AA is a fellowship of those recovering from alcoholism support each other and to help others recover.

 Call: 352-683-4597 (24/7)
Visit: www.aahernando.org


NAMI Hernando (National Alliance on Mental Illness)

Provide **Family and Peer Support Groups** for anyone with a mental illness or living with a loved one with mental illness.

Call: 352-684-0004
 Email: awareness@namihernando.org
Visit: www.namihernando.org


Narcotics Anonymous

NA Support meetings are for anyone in recovery- NA makes no distinction between drugs including alcohol.

Call: 352-707-2011 (River Coast)
 Statewide Helpline: 844-623-5674
Visit: rivercoastareana.org

Gulfcoast North Area Health Education Center

Help for those quitting tobacco including a 2-hour session to develop a quit plan or weekly support groups. Provides FREE Nicotine replacements patches, gum, or lozenges (if over 18 and medically appropriate).

 Call: 813-929-1000
Email: info@gnahec.org


Tobacco Free Moms

Free 5-Week Tobacco Cessation classes to help moms quit vaping, smoking, and other nicotine products. Throughout the course, mom's can earn diapers, changing pads, and a stroller upon completion.

 Call: 813-929-1000

Opioid Relapse Prevention Support Groups

FREE Skills-Based Recovery Support Groups held each week to Help Opioid Addicted Persons Stay in Recovery provided by the Hernando Community Coalition.

 Call: 727-359-6847
Email: msnareotto924@gmail.com
Visit: hernandocommunitycoalition.org

Florida's Poison Control Centers provide free, confidential help with poisoning emergencies 24 hours a day, 7 days a week, 365 days a year.

If someone is having trouble breathing, has chest pain, or has fainted, call 911 immediately.

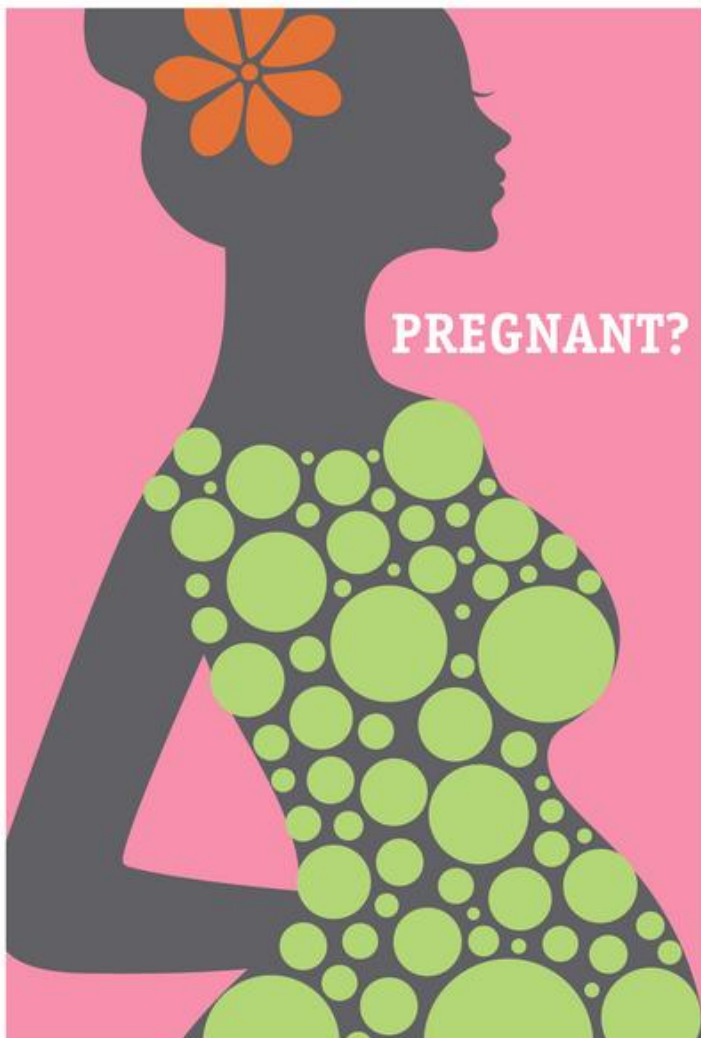
Poison Safety Tips

- Remove all poisons from children's reach, (medicines, household products and pesticides, plants, spiders, and snakes). Visit Florida's Poison Centers for full list at: www.floridapoisoncontrol.org
- Safely dispose medicines that are old or no longer needed.
- Create a secure area for poisons such as a high cabinet or a locked box.
- Never call medicine "candy". Teaching poison safety begins early!

Most poison deaths in the U.S. are a result of medication misuse.
Call your poison control center for any medication mistake.



Nurse-Family Partnership



Ready to make healthier choices for your baby?



CALL OR TEXT: **352-317-5194**
VISIT: NCF-NurseFamilyPartnership.org

What Is Nurse-Family Partnership?

Nurse-Family Partnership is a free service to eligible pregnant women. When you enroll, we will connect you with your own nurse who will help you make sure that you and your baby are healthy.

How Much Does It Cost?

It is FREE to eligible women!

Who Can Enroll?

If you are pregnant you may be eligible. Eligibility is also based on having a history of substance use or current substance use. Substance use may include street drugs, prescription medications, alcohol and tobacco. Other eligibility guidelines include being able to receive WIC and Medicaid. Nurse-Family Partnership accepts self-referrals and health care/agency referrals. The program is open to women and families in Alachua, Bradford, Citrus, Columbia, Dixie, Gilchrist, Hamilton, Hernando, Lafayette, Lake, Levy, Marion, Putnam, Sumter, Suwannee and Union counties.

What Will I Receive?

Your nurse will schedule visits at a location and time that works for you. Your nurse will:

- Discuss topics of interest to you.
- Support you to have a healthy pregnancy.
- Help you support your baby's healthy growth and development.
- Connect you with resources in your community.
- Help you achieve what matters most for you and your baby.

How Do I Learn More and Enroll?

Please phone or text us at 352 -317-5194 or email nfpinfo@wellflorida.org. You can also visit NCF-NurseFamilyPartnership.org.



Perinatal mental illness is the #1 health complication related to pregnancy and after delivery (postpartum). Approximately 10 to 25% of women experience postpartum depression and anxiety.

Postpartum depression and anxiety are not “one-size-fits-all” illnesses. Most women (roughly 80%) experience "baby blues", such as weepiness, irritability, feeling overwhelmed and exhausted. This is a normal after delivery and should be mild and resolved within the first 10 to 12 days. When feelings are greater than mild, and last more than two weeks, it is important you contact your healthcare provider.

Symptoms:

Symptoms vary among women, and you may only experience a few. Common symptoms include felt during or after pregnancy include:

- feeling anxious, agitated
- sleeping too much or difficulty “sleeping when the baby sleeps”
- experiencing excessive worrying or tearfulness
- feelings of irritability anger, rage
- feelings of guilt and shame
- feeling disconnected from your family and/or baby
- experiencing appetite changes
- difficulty concentrating
- possible thoughts of harming the baby or yourself

Postpartum Psychosis occurs in 1-2 of every 1,000 births, usually within the first few days or weeks. This includes having strange beliefs, hallucinations, irritability and agitation, inability to sleep, rapid mood changes, and poor decision-making. Women with psychosis are not disturbed by the nature of their thoughts or find them unusual. Women with psychosis are at significant risk for harming themselves and/or their infants, and need **immediate crisis intervention. This is a medical emergency, dial 911.**

Resources

Jazmin Roberts, MS, LMHC

A Butterfly's Journey to Therapeutic Services treats perinatal mood disorder and postpartum depression.

Call: 352-593-0610

Dawn Wever, LMHC

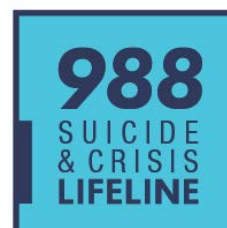
Treats postpartum depression.

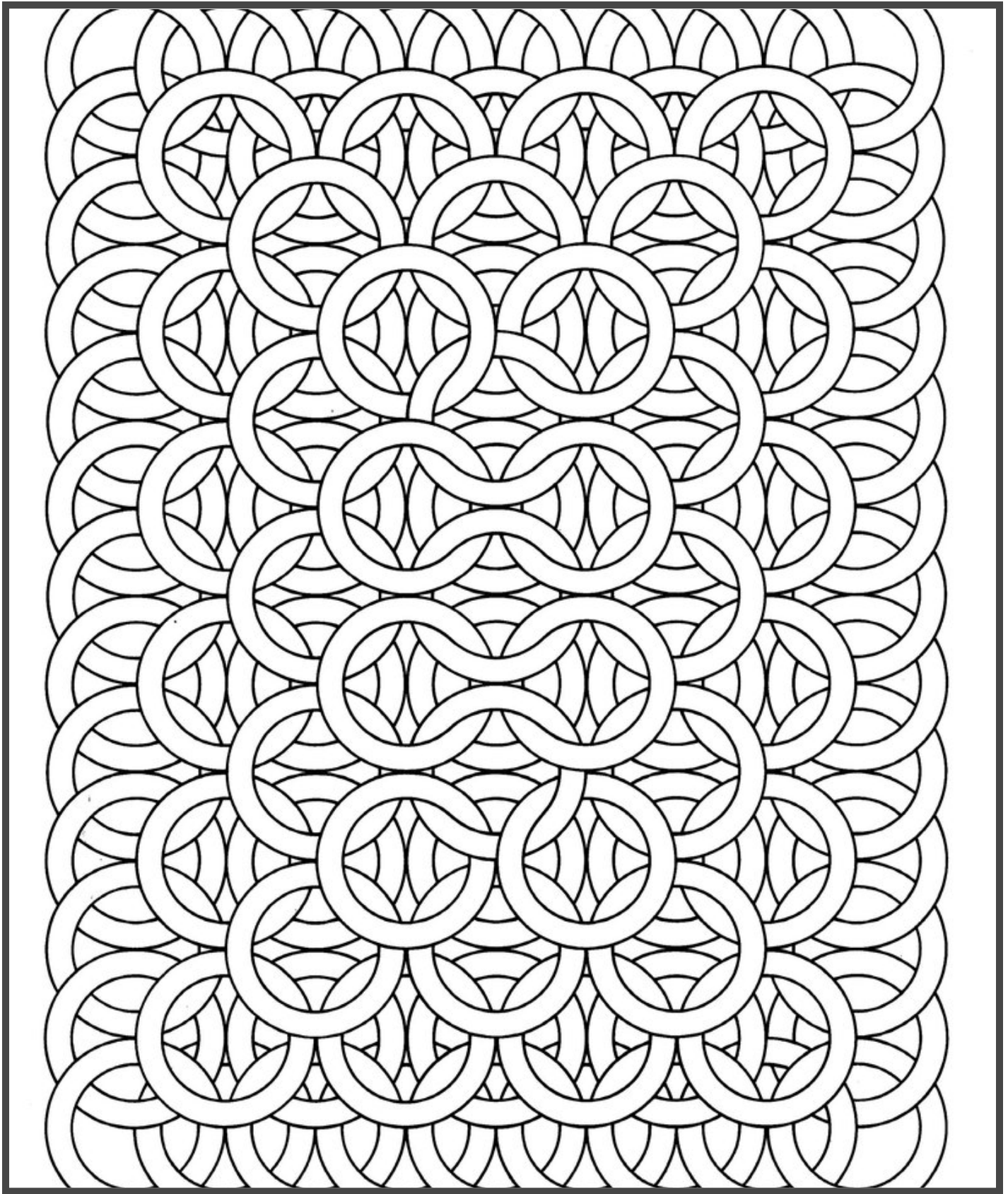
Call: 352-340-5125

Visit: dawnweverlmhc.com

1-800-944-4773 - Postpartum Support International "Warmline" (for non-emergencies)

www.flmomsmatter.org/get-help
Searchable database for perinatal mental health services





"In youth we learn, in age we understand."

-Marie von Ebner-Eschenbach

Referral Sources & Resource Lists

Hernando Cares Behavioral Health Resource Guide

Extensive list of mental health & substance use services and supports in and around Hernando County.

 Visit: www.hernandocares.org


United Way - 211

Quick guide to local resources in Hernando County.

 Call: 2-1-1

LSF Health Systems ACCESS to Care Line

24/7 screenings, referrals, and info for mental health and substance use programs.

 Call: 1-877-229-9098



1-806-352-2519

Call to search safety of medications while pregnant or breastfeeding.



SAMHSA's Substance Use Treatment Locator: findtreatment.gov

Additional Local Resources


Oxford House Nature Coast

Sober Living for Women and Children - rented family houses where groups of recovering individuals live together in an environment supportive to recovery from addiction.

 Call: 850-404-4743

Mary's House - Women's Center

Jericho Road Ministries's long-term, faith-based recovery program.

 Call: 352-799-2912 Visit: www.jericho-road.net/recovery

NARCAN®



Narcan Nasal Spray is used to temporarily reverse the effects of opioid medicines and can save the life of someone experiencing an opioid overdose.

It is needle-free and ready to use. Most patients respond within 2 to 3 minutes. Repeat doses may be necessary.

For **FREE** safe disposal packets and Narcan nasal spray, call the HCC at **352-596-8000** or complete a request form online at:

hernandocommunitycoalition.org.

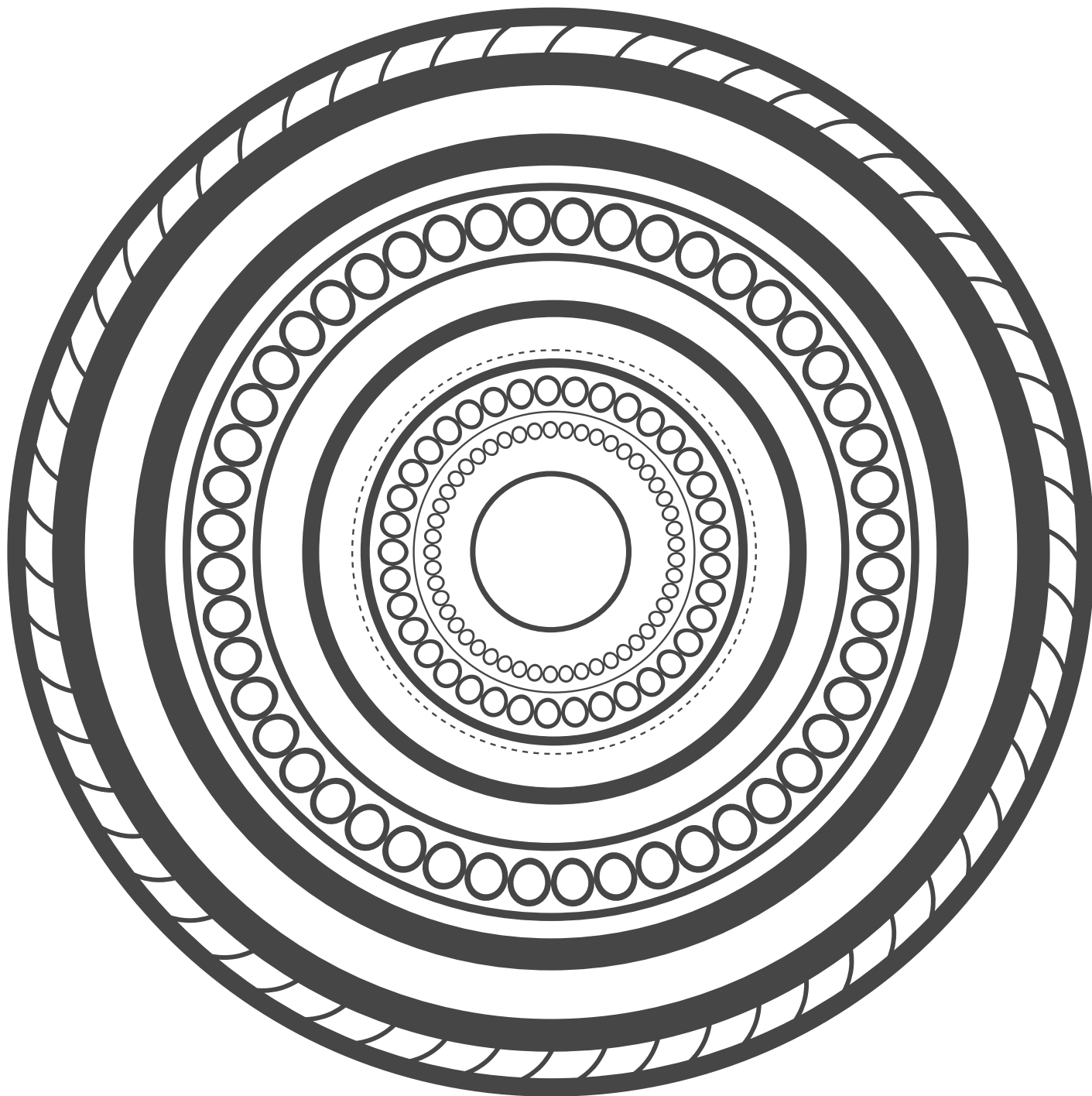
Free for Hernando residents while supplies last.

Rx Safe Disposal

If you have unused, expired, or unneeded medications, the HCC has safe disposal products that are easy to use!



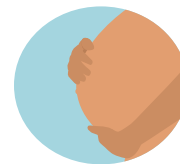
FREE Narcan is available to the public at both of the Department's Hernando Locations. Call: 352-540-6800



"Children make you want to start life over."

-Muhammad Ali

Resources for Those Sexually Active or Expecting



A New Generation

Committed to providing compassionate care to anyone facing pregnancy and relationship issues, we provide free pregnancy testing & ultrasound for pregnancy verification, Abortion Information, Pre-Abortion Screenings, After-Abortion Help, Limited STD Testing and Treatment, Parenting Classes, and more. We also supply maternity and baby clothing and baby care items.

 Call: 352-544-0911 Visit: anewgen.org

Belly to Baby Support Group

Offering a circle of support for your entire pregnancy journey, from conception to birth to postpartum care. Moms, Dads, and support persons are invited to join. Topics vary each month with time for open discussion and questions.

HCA Florida Oak Hill Hospital- North Tower, 3rd Floor- The Maternity Suites

 Call: 352-597-6333

Catholic Charities Foundations of Life Pregnancy Center


Provides support and education to teens, women, and families facing the issues of pregnancy, associated economic stress, and the responsibilities of parenting. All services are free of charge provided in a caring, confidential, non-judgmental environment. Services include pregnancy testing, limited obstetric ultrasound, baby and maternity clothes, infant supplies (diapers, wipes, etc.), referrals, and car seat education with seats provided at a reduced rate.

 Call: 352-686-9897 ext. 22 Visit: www.foundationsoflife.org

Florida Department of Health- Hernando County

Provides services for Reproductive Health and Family Planning, WIC (Women, Infants, and Children), Breastfeeding Support, Portable Crib and Safe Sleep Education, Clinical and Nutrition Services, STD/HIV Testing and Treatment, Wellness Programs, School Health, Infectious Disease Services, Birth and Death Certificates, Refugee Wellness, Tuberculosis (TB), Medication Programs: Epilepsy and Insulin, and Tobacco Cessation Resources.

- Spring Hill Office: 7551 Forest Oaks BLVD, Spring Hill, 34606
- Brooksville Office: 300 S Main St., Brooksville, FL 34601

 Call: 352 540-6800
*sliding fee scale for all services; will not turn away any client for inability to pay a designated fee.


Healthy Families Pasco-Hernando

Free, voluntary program that provides families with useful information on parenting and child development. Healthy Families is a nationally accredited home-visiting program for expectant parents and parents of newborns experiencing stressful life situations. The goal is to empower parents through education and community support.

 Call: 727-845-8080

Premier Community HealthCare

Our providers are Board Certified or Licensed and offer compassionate, obstetric, gynecological and related services to women of all ages and stages of life. Services are available in Brooksville and Spring Hill.

 Call: 352-518-2000



"Pretty much all the honest truth-telling there is in the world is done by children."

-Oliver Wendell Holmes

Birthing Centers

HCA Florida Oak Hill Hospital with Level III Neonatal Intensive Care Unit (NICU)

Maternity, Labor, and delivery - Offers a full spectrum of services to provide support and personalized care for you and your family before, during and after the birth of your new baby. This includes a range of maternity classes, private labor and delivery maternity suites, postpartum care, breastfeeding support, postpartum depression services, and more.

Oak Hill has increased the designation to a Level III NICU, providing specialized neonatal services. The 16-bed Level III NICU offers private family rooms fully equipped to provide the support and attention necessary for babies with a wide range of special needs.

Ramu Perni MD, MBA, a Maternal-Fetal Medicine subspecialty physician, and his highly skilled team, are developing a first-class regional referral center. Maternal-Fetal Medicine is subspecialty of obstetrics that focuses on high-risk pregnancy.



Call: 352-606-7300

Visit: www.hcafloridahealthcare.com/locations/oak-hill-hospital

Located at 11375 Cortez Boulevard, Brooksville, FL 34613

TGH Spring Hill Obstetrics Center with Neonatal Intensive Care Unit (NICU)

At Tampa General Hospital Spring Hill the Obstetrics Center offers spacious labor, delivery, recovery and postpartum (LDRP) suites with private bathroom. Our LDRP's provide enough space to comfortably enjoy this experience with your birthing partner.

TGH Spring Hill's NICU provides care for critically ill and premature infants. Services are for babies that need extra support and access to clinical resources that enhance quality of care and increase their safety.

Staff includes board-certified obstetricians, neonatology providers, as well as specially trained nurses - all dedicated to keeping Mom and baby as healthy as possible. Whether you're becoming a new parent or adding to your family, Tampa General Hospital Spring Hill strives to make your experience exceptional by providing personalized care during this special time.



Call: 352-688-3005

Visit: TGHNorth.org

Located at 10461 Quality Drive, Spring Hill, FL 34609

Local Women and Children Healthcare Providers

NAME	ADDRESS	PHONE
OBSTETRICIANS (OBs)		
Tampa General Medical Group (TGMG) OB/GYN: Amal Awwad MD, Lisa Paine APRN, John Rajala DO, MS, Geri DiBartolo Midwife	11175 County Line Rd Spring Hill, FL 34609	352-686-8888
Gaia Obstetrics & Gynecology: Erin Mateer MD, Stanley Gould MD	8172 Chaucer Dr, Spring Hill, FL 34606	352-653-1101
HCA Florida Oak Hill Women's Health: Richard Chlouber MD, Mohammed Tabbaa MD, Midwives: Molly Barnes, Jacarra Carey, Cherylann Collito, Katherine McDaniel	4003 Mariner Blvd. Spring Hill, FL 34609	352-263-2600
HCA Florida Oak Hill Women's Health: Niloufer Kero MD, Nay Hoche Harris MD,	11371 Cortez Blvd., Suite 223 Brooksville, FL 34613	352-596-8911
HCA Florida Oak Hill Women's Health: Samir Shakfeh MD, Veronica Huber APRN, Jessica Stark APRN	221 Mariner Blvd. Spring Hill, FL 34609	352-666-0544
Louis Dieffenbach, MD	13215 Spring Hill Dr. Spring Hill, FL 34609	352-683-0232
Philip Townsend, MD	675HarvardSt. Brooksville, FL34601	352-799-6700
PEDIATRICIANS		
AbraKIDabra Kids: Carol Spagnolo-Hye MD, ARNPs: Daniela Lomba, Beth Malave, Heather Riddle, Sharon Rose	8391 Omaha Circle Spring Hill, FL 34606	352-688-8818
Advanced Pediatric Center: Muhammad Sarni MD	11331 Cortez Blvd. Brooksville, FL 34613	352-247-2533
All Pediatric Care: Imad Jindali MD, Musab Al Yahia MD, Natalie Patrick-Brown ARNP	225 Mariner Blvd. Spring Hill, FL 34609	352-688-0100
HCA Florida Oak Hill Family Care: Anthony Dedeia MD, Tiffany Simon DO	11097 Hearth Rd. Spring Hill, FL 34608	352-263-2903
Hernando Children's Pediatrics: Jennifer Ward MD, Cyril Wong MD, Nikki Mott ARNP	11009 Hearth Rd. Spring Hill, FL 34608	352-688-5700 352-597-7373
Kidz Care Pediatrics: Reda Awad MD, Elia Boles MD, William Beckman MD, Jeanette Ramos Bermudez MD	4063 Mariner Blvd. Spring Hill, FL 34609	352-686-1914
Ocean Pediatrics: Eid Guirguis MD, James Davis MD	10580 Spring Hill Dr. Spring Hill, FL 34608	352-835-7111
Spring Hill Pediatric Care: Reginald Sampang MD	11151Spring Hill Dr. Spring Hill, FL 34609	352-701-4030
Sun Country Pediatrics: Michael Griffen MD, Andrew Turner MD, ARNPs: Cherity Juergensmeyer, Stacey Payne Peters, Alicia Truitt	1221 Anitlles Lane Spring Hill, FL 34606	352-678-5246
Maria Doherty MD	725 Benton Ave. - Brooksville 11525 Cortez Blvd. - Spring Hill	352-796-1492 352-596-9990
Rizwan QureshiMD	6800 Mariner Blvd. SpringHill, FL 34609	352-592-2003

Resources for New Moms and Families

CONNECT

CONNECT is a coordinated intake and referral program, helps pregnant women, caregivers and families with young children by providing a one-stop entry point to home visiting programs and needed resources.

The program is overseen by Healthy Start of North Central Florida Coalition and Central Healthy Start Coalition, which are affiliate partners of WellFlorida Council.

Healthy Start - Support for pregnant women and infants through age 3.

T.E.A.M. Dad - Support for men with an expecting partner and fathers of infants through age 3.

Nurse Family Partnership - For pregnant women and their infants affected by substances.



Call: 877-678-9355

Text: "Connect" at 352-415-0091

Visit: www.ConnectNCF.org

Early Learning Coalition of Pasco and Hernando Counties

Offers Florida's School Readiness Program which provides financial assistance for early education and care to low-income families, as well as information, parental engagement opportunities, a developmental screening for children and referrals to specific health and educational specialists if needed. ELC's Child Care Resource & Referral program can help parents find quality child care and connect them with other community resources such as food, medical care, workforce support, housing assistance and more.



Call: 727-233-8291

Visit: www.phelc.org

Florida Department of Health - Hernando County

Baby & Me Groups

Free and open to the public. Groups provide a variety of topics and guest speakers every week in both Brooksville and Spring Hill.

- Tuesday Mornings 10:00 AM - 11:30 AM.
300 South Main St., Brooksville, FL 34601. Classroom in the Department of Health Brooksville.
- Thursday Nights 7:00 PM - 8:30 PM.
7551 Forest Oaks Blvd., Spring Hill, FL 34606. Classroom A & B in the Department of Health Spring Hill.



Call: 352-540-6924

WIC

WIC is a federally funded nutrition program for **Women, Infants, and Children** under age 5. WIC provides healthy foods, nutrition education and counseling, breastfeeding support and referrals for healthcare. Eligibility is based off monthly income before taxes and deductions.



Call: 800-342-3556

Florida Early Steps with Johns Hopkins All Children's Hospital

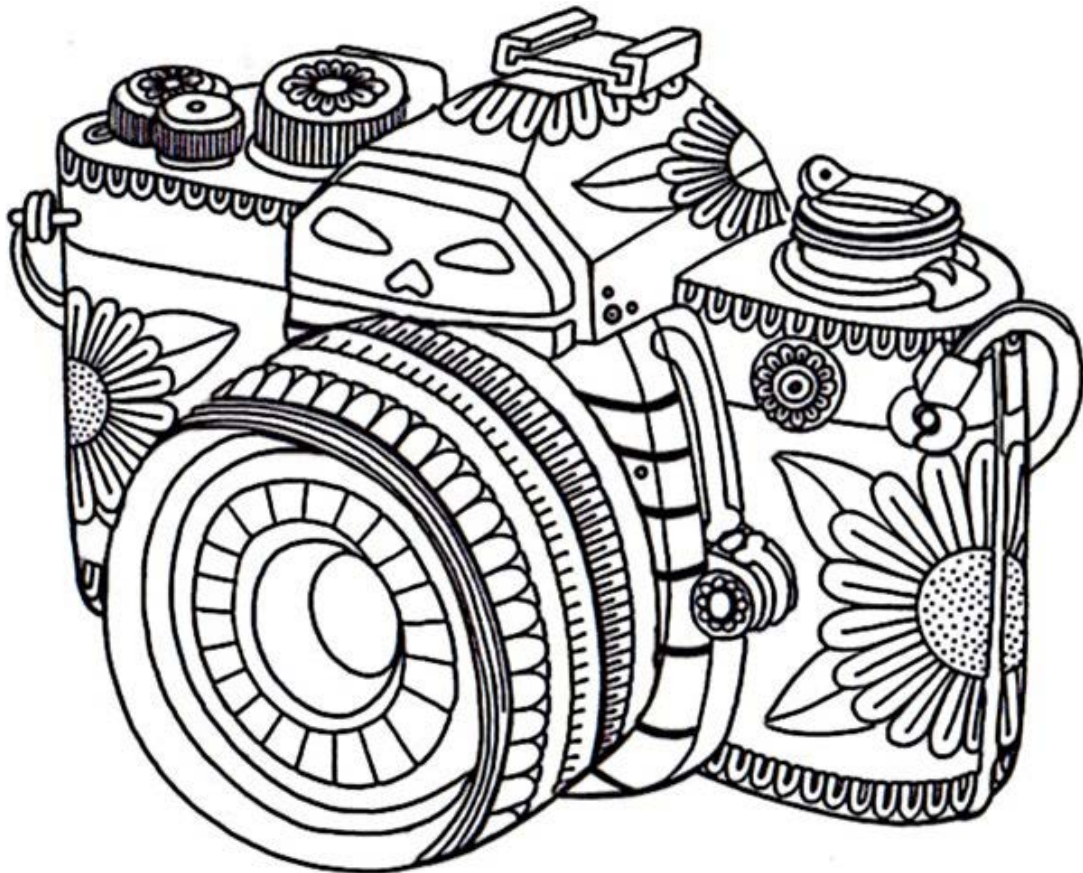
Provides early intervention and therapy services to eligible infants and toddlers (birth to 3 years old) with significant developmental delays or a condition that may result in a developmental delay, including NAS. Services vary by child determined through assessment. Examples include Behavioral Services, Family Training and Home Visits, Occupational Therapy and much more. Call or refer a child for services or to learn more.

 Call: 727-767-4403

Life Center of Hernando

Provides transitional housing programs for moms at risk for homelessness, are 18-25 years old, are either pregnant, or whose children are all under 5. The Life Center of Hernando believes everyone deserves a home, especially at-risk young mothers and their infant children. Designed with the young children of single moms in mind, it is a place for mothers and their children to grow as they bond in a safe, child-friendly environment.

 Call: 352-597-0119
Visit: www.lifecenterofhernando.com



"What one loves in childhood stays in the heart forever."

- Mary Jo Putney

Breastfeeding Support & Resources

Breastfeeding isn't always easy. There are resources that can help!

Florida Department of Health- Hernando County

Support for all women with no income requirements! Call the FREE Hernando County Infant Feeding Line to schedule a one-on-one appointment with an International Board Certified Lactation Consultant (IBCLC) or support by phone. Support for:

- Low Milk Supply
- Baby Will Not Latch
- Painful Latch
- Poor Weight Gain
- Tongue-Tie Evaluation
- Mastitis/Clogged Ducts
- Engorgement
- Nipple Trauma/Pain
- Bottle Feeding
- Pumping Plans
- Nursing Pillows
- Re-Lactation Hospital Grade Breast Pumps, Nipple Shields, Supplemental Nursing System

 Call: 352 540-6924

Baby and Me Breastfeeding Support Group

Free Breastfeeding Support Group hosted by the FL West Coast Breastfeeding Task Force.

Every Thursday at 7:00 p.m.

Location: Florida Department of Health - Hernando County
7551 Forest Oaks Blvd., Spring Hill, FL, 34606

 Call: 352-540-6924

Breastfeeding & Infant Feeding Classes

Open to the public and free for all to attend! Classes can be in a group setting or one on one in both the Spring Hill and Brooksville offices. Breastfeeding and Infant Feeding Class may be combined with the Safe Sleep Class and free portable crib as well! Call to schedule an appointment for class.

 Call: 352-540-6924

Florida West Coast Breastfeeding Task Force


Local Tri-County Breastfeeding Task Force providing support for Citrus, Hernando, and Pasco Counties.

 Email: FLWCBreastfeeding@gmail.com

 Find us on Facebook: [FLWestCoastBreastfeedingTaskforce](#)

Helplines, Apps, and Other Online Resources

 1-888-431-2229 - Fussy Baby Network - Guidance for coping with a fussy baby.

 www.kellymom.com - Search anything breastfeeding related.
ibconline.ca - Live video clips on latch.

www.workandpump.com - Return to work and pump tips.

 **Lactmed** - Medication Search.

 **MommyMeds** - Medication Search

BF Guide - Search anything breastfeeding related.



Hernando's Breast Friends

Join us on Facebook to see the topics posted weekly in the events section of the page!



"Few things are more rewarding than a child's open uncalculating devotion."


-- Vera Brittain, *Testament of Friendship*

Additional Helpful Resources


Access Florida



Apply for Medicaid, Food Assistance, Temporary Cash Assistance, family planning, and money to buy healthy foods.


 Visit: myaccess.myflfamilies.com

Community Food Bank- Feed352

 Call: 352-628-3663
Visit: feed352.org




Fostering Hope Kids Closet

 Call: 352-701-0001



People Helping People


People Helping People has four programs designed to help end hunger in our community.

 Call: 352-686-4466

HUNGER HELPLINE: 352-405-1115 →


Children's Advocacy Center of Hernando County

Child-friendly facility that responds to children who are child victims of sexual abuse, physical abuse, threatened harm, drug-endangerment, mental injury, neglect, and witnesses of domestic violence.

 Call: 352-754-8809


Dawn Center

Domestic and Sexual Violence Services.

 Call: 352-686-8430

HOPE Florida Navigation

Care Coordination – Economic Prosperity

 Call: 1-850-300-HOPE



If you need food or other necessities, call the Hunger Helpline 7 days a week from 8 am to 8 pm and we will come to you and/or direct you to the best resource.

Additional Hotlines and Websites



1-800-451-2229 - Family Health Line - Confidential information, referrals and supportive counseling regarding everything about pregnancy, infancy, and toddlers.

www.infantrisk.com - Infant risk center

www.zerotothree.org/resources/series/parent-favorites - Trending resource for parents

www.dontshake.org - National Center on Shaken Baby Syndrome

www.womenshealth.gov - Office of Women's Health - Information on reproductive health

www.parentswithoutpartners.org - Single parent support group

"We do not stop playing
because we grow old. We grow
old because we stop playing."

-Anon



General Health and Safety Tips for New Families

Helpful tips to determine your baby's needs

HUNGRY Babies...



- Lick lips, open their mouths, make smacking sounds, or stick out their tongues.
- Suck on hands or fingers.
- Root, or turn head from side-to-side as if looking for nipple, and squirm around.
- Make frantic, agitated movements.
- Fuss or cry loudly.
- If your baby is upset, be sure to calm before feeding.

SLEEPY Babies...

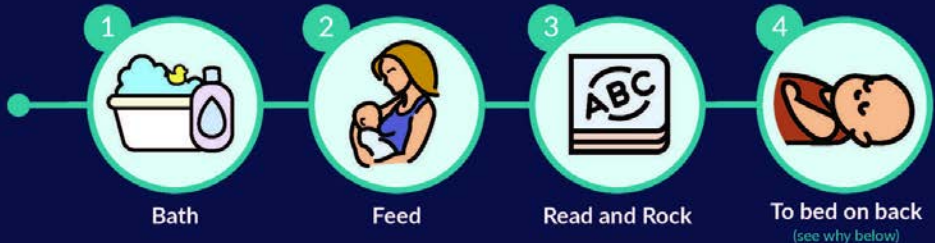


- Are less active.
- Yawn.
- Suck slower and weaker while feeding.
- Rub their eyes.
- Become irritable and fussy.
- Remember to always place your baby on their back to sleep, in their own sleep space with no loose blankets.

Sleep routine for baby = peace of mind for you.

With a little practice, your baby can get into a sleep routine. That helps them know when it's time to get some zzzs and also helps them sleep safely. Here's help on making it happen.

Sleep routine



The safest way to put your baby to sleep - every nap, every night.

When babies sleep on soft surfaces, in bed with us, or surrounded by soft bedding and toys, they're at greater risk for Sudden Infant Death Syndrome (SIDS). Here are four ways to keep your baby's sleep space safe.

- 1 Put baby to bed on their back. When they're too young to turn themselves over, this is the safest way to sleep.
- 2 Put them to sleep in their own space.
- 3 Use a firm and flat mattress.
- 4 Keep the sleep surface clutter-free (skip the pillows, bumpers, blankets and toys).



Keeps baby safe



Helps you sleep more sound



Sets good habits now



Learn more at healthychildren.org/safesleep

know the safe-sleep ABCs

A your baby should sleep **ALONE**

Adult beds are dangerous for babies.

- Your baby can get trapped between the bed, wall, or bedframe, and be unable to breathe.
- They can suffocate when sleeping on soft surfaces, and smothered by blankets, comforters, and pillows.
- They can suffocate in bed when another child or adult rolls over or onto them.
- They can roll off the bed and be injured.

**Put them in a baby-safe bed or a crib beside your bed.
Your baby will know you're nearby.**

B your baby should sleep on their **BACK**

Reduce sudden infant death syndrome (SIDS) risks.

- Put your baby to bed on their back. Make sure to instruct anyone caring for your baby about baby-safe places for sleeping and that they must put your baby to sleep on their back.
- Schedule regular infant health check-ups and immunizations.
- If you're able, breastfeed your baby. Breast milk is best because it has antibodies that protect your baby's health.
- Start tummy-time soon after your baby is born as part of their supervised daily play. Tummy-time helps your baby develop and grow stronger.

C your baby should sleep in a **CRIB**

Your baby is safest sleeping:

- On a firm mattress in a baby-safe crib approved by the U.S. Consumer Product Safety Commission.
- On crib sheets that fit tightly over the mattress.
- With no loose blankets, quilts, sheets, or comforters.
- With no pillows, soft toys, stuffed animals, or bumpers.
- Dressed in a sleeper appropriate for the room's temperature. Don't let your baby get overheated. Keep the room temperature comfortable for a lightly-clothed adult.
- In a smoke-free home.



Scan the QR code to learn more.



CPR trainings in Hernando County

CPR RESQ Training Services

Julie Stack
5126 Commercial Way,
Spring Hill 34606
Call: 352-346-0463

In-Pulse CPR

11035 Hearth Road,
Spring Hill, FL 34608
Call: 813-343-4024

CPR Certification Spring Hill

1396 Kass Circle,
Spring Hill, FL 34606
Call: 727-860-1213

Visit: www.redcross.org

CPR for a Baby

1

Check the baby and the baby's ABCs (Airway, Breathing, Circulation).

If the baby is unresponsive and not breathing normally, call EMS/9-1-1 and get an AED or have someone else do this.



2

Place 2 fingers in the centre of the baby's chest.

Do 30 chest compressions: Push deeply and steadily.



3

Open the airway by tilting the head back and lifting the chin.

Place your barrier device over the baby's mouth and nose.

Give 2 breaths.



4

Repeat cycles of 30 chest compressions and 2 breaths.

Continue CPR until an AED arrives or more advanced care takes over.



The information in this poster does not replace formal First Aid and CPR Training. Source: Canadian Red Cross



CPR for a Child

1

Check the child and the child's ABCs (Airway, Breathing, Circulation).

If the child is unresponsive and not breathing normally, call EMS/9-1-1 and get an AED or have someone else do this.



2

Place both of your hands on the centre of the child's chest.

Do 30 chest compressions:
Push deeply and steadily.



3

Open the airway by tilting the head back and lifting the chin.

Place your barrier device over the child's mouth and nose.

Give 2 breaths.



4

Repeat cycles of 30 chest compressions and 2 breaths.

Continue CPR until an AED arrives or more advanced care takes over.



Keep Kids Safe from Drowning

Drowning happens when you least expect it.

In Florida, drowning is one of the leading causes of preventable death in children 1–4 years of age. To reduce the risk of drowning, use multiple **layers of protection** and restrict unsupervised access to water sources such as pools, hot tubs, canals, ponds, ditches, bathtubs, toilets and more.



Layers of Protection

Supervise

Proper supervision is the most effective drowning prevention.

- Know your surroundings and possible drowning risks to your child at home and when traveling.
- Ensure young children are always supervised by a trusted caregiver.
- Assign a Water Watcher and use touch-supervision.
- Never leave a child alone near water, even for a second.

Barriers & Alarms

Use barriers to water access.

- Install and maintain 4-foot pool fencing and self-closing, self-latching gates and doors.
- Secure and lock all doors, windows and pet doors.
- Install door chimes or alarms.
- Routinely check for needed repairs to fencing, gates and barriers.

Swim Safety

- Seconds count! CPR training saves lives.
- Water survival skills training and swim lessons can help reduce drowning risk for children between the ages 1–4.
- By their 4th birthday, most children are ready for swim lessons.
- Swim lessons are not a replacement for supervision.
- Make a family drowning prevention plan and ensure all family members know how to swim.

Did You Know?

- While most child drowning incidents occur in a pool, nearly 70% of those children were not expected to be in the pool at that time.
- Distracted caregivers are a primary factor in child drowning incidents.
- Most drowning happens without a sound.
- Drowning incidents are preventable.

To learn more, visit:
WaterSmartFL.com

WaterSmartFL
WATER SAFETY IS EVERYONE'S RESPONSIBILITY

**Florida
HEALTH**



Swim Starters Classes at YMCA of the Suncoast

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.



www.ymcasuncoast.org/group-swim-lessons/swim-starters

Emergency Numbers and Hotlines



911: Emergency

988: Suicide Crisis Line

1-800-222-1222: Poison Control Line

352-754-6830: Hernando County Sheriff's Office (Baker Act Immediate Crisis)

352-467-6529: BayCare Mobile Mental Health Crisis Response Team (up to age 24)

352-686-8430: Dawn Center Crisis Line - domestic and sexual violence services

1-800-662-4357: Alcohol and Drug Abuse Hotline

1-855-FLA-SAFE: Human Trafficking Support Line or Text HELP to 233733 (BEFREE)

888-544-2872: More to Life - Human Trafficking

1-800-962-2873: Florida Abuse Hotline

1-800-962-2873: Child Abuse Hotline

1-800-500-1119: Domestic Violence Hotline

1-800-RUN-AWAY: Florida Runaway Hotline

1-866-488-7386: Suicidal Thoughts Help Line- LGBTQ

1-877-565-8860: Transgender Lifeline

1-800-352-2437: AIDS Hotline

1-800-584-9911: Emergency Contraception

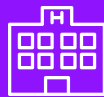
1-888-431-2229: Fussy Baby Network

1-800-944-4773: Postpartum Support

1-877-U-CAN-NOW (822-6669): Tobacco Quit Helpline- Quit Coach 24/7

For a list of mental health and substance use services in
Hernando County, visit: hernandocares.org

Local Emergency Rooms



352-796-5111: TGH Brooksville - 17240 Cortez Blvd., Brooksville, 34602

352-688-8200: TGH Spring Hill - 10461 Quality Dr., Spring Hill, 34609

352-596-6632: HCA Florida Oak Hill Hospital - 11375 Cortez Blvd., Brooksville, 34613

352-306-5836: Springbrook Hospital - 7007 Grove Rd., Brooksville, 34609

Did you know? In 2000, a new Florida law was passed that creates safe havens for parents of newborns who are considering the abandonment of their infants. The parent may bring the baby to one of several safe haven providers, including fire stations and hospitals. **The parent may remain anonymous and will not be required to answer any questions.**

Florida Helpline: 1-877-767-2229

2024 Hernando SEN Taskforce Members

A New Generation
Be Free Lake
BayCare Behavioral Health
Board of Hernando County Commissioners
Catholic Charities Foundations of Life Pregnancy Center
Early Learning Coalition of Pasco and Hernando Counties, Inc.
Fifth Judicial Circuit of Florida
Florida Department of Children and Families - Hernando County - Central Region
Florida Department of Health - Hernando County
Florida Poison Control Center
HCA Florida Oak Hill Hospital - Labor & Delivery
Healthy Start/Kids Central, Inc.
Hernando Children's Pediatrics
Hernando Community Coalition
Hernando County Sheriff's Office
Hernando County Tobacco Intervention Partnership
LSF Health Systems
Nurse-Family Partnership/Hernando County/Well Florida
Office of Congressman Gus M Bilirakis (FL-12)
Operation PAR, Inc.
People Helping People
Safe Families
Tampa General Hospital - Brooksville and Spring Hill



hernandosen.org