



NEW MOM TOOLKIT

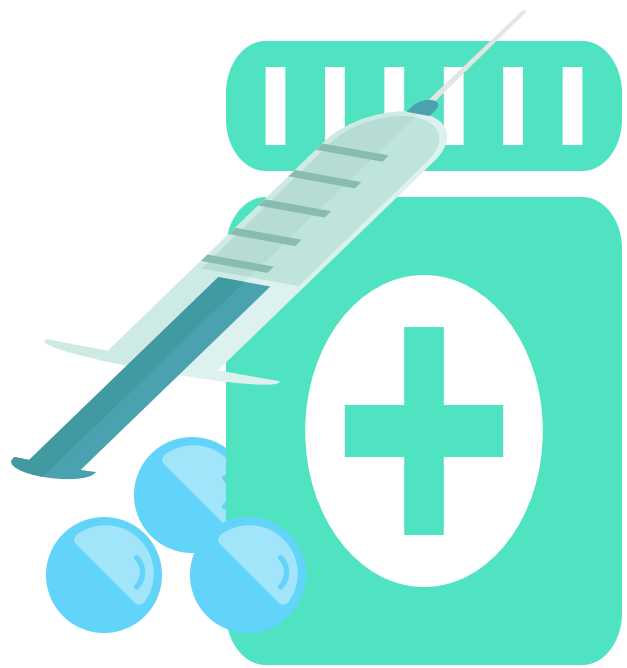
Information and Resources to Help Those Expecting,
New Moms and Families, or Those Sexually Active

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.



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

Birth control can prevent pregnancy - make sure you (or your partner) have a plan.



DID YOU KNOW?

Both Opiates and Opioids Can Harm Your Pregnancy And Unborn Baby.

This includes 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 page 7 for publicly funded services and free supports.

A Mom's health impacts the health of a baby

Quick Tips...

- If you become pregnant, or are thinking about becoming pregnant, see a doctor and schedule regular pre-natal checkups.
- Be honest with your doctor if you use substances.
- Read labels and talk with your pharmacist before taking medications, vitamins, or supplements.



hernandosensen.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.

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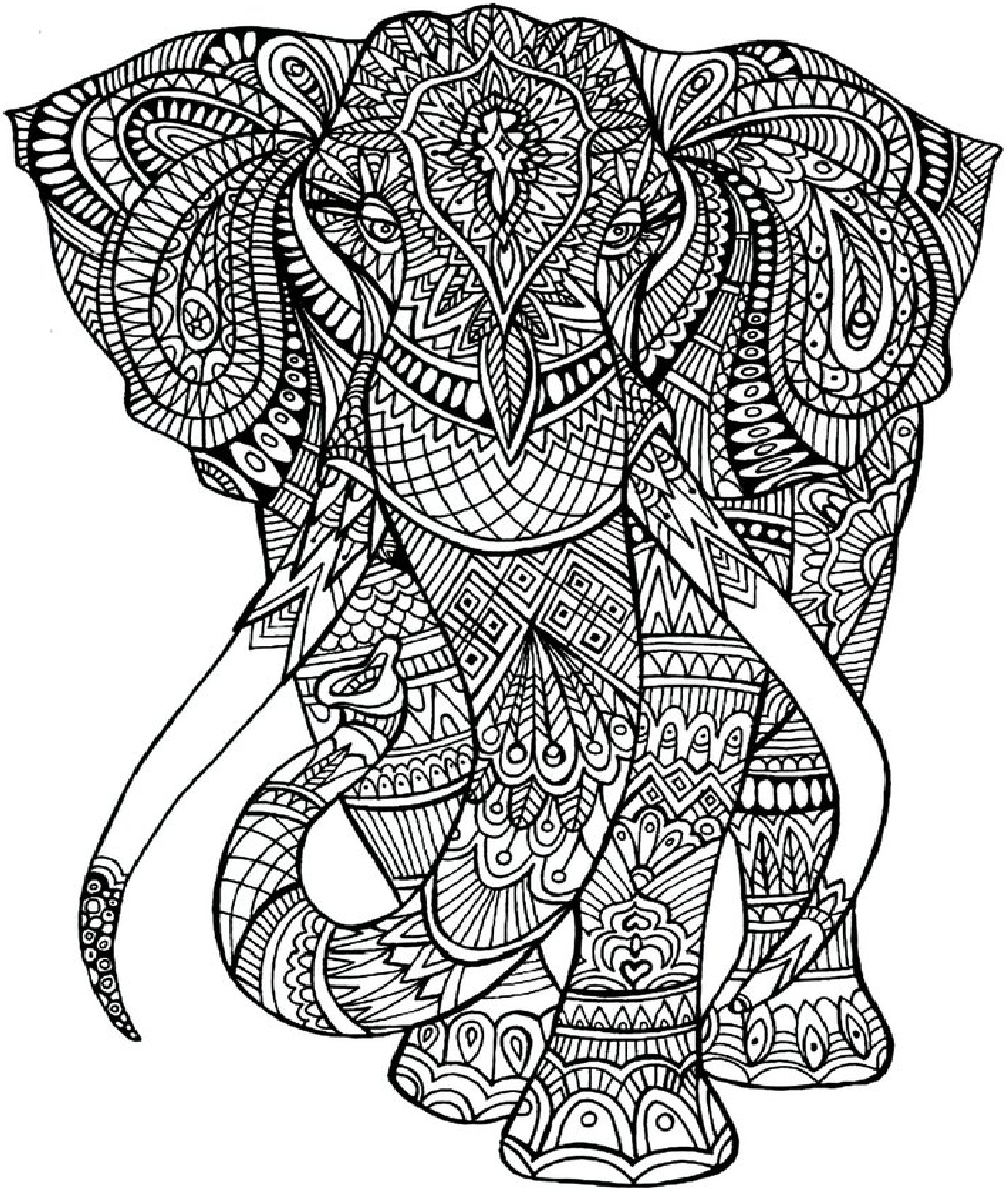
If you have unused, expired, or unneeded medications, the Hernando Community Coalition has safe disposal products that are easy to use!

Call for your free packet:
352-596-8000



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

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



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

-Marie von Ebner-Eschenbach

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, methadone, and 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	Seizures	Diarrhea
Excessive Crying	Yawning	Dehydration
Sleep problems	Stuffy nose, sneezing	Sweating
High-pitched crying	Vomiting	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 that are suffering from withdrawal can be irritable and hard to comfort.
Ask for help from a healthcare provider.




Substance Abuse Services and Supports

Publicly Funded Programs, Free Support Groups


Alcoholics Anonymous

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

 Call: 352-683-4597
Visit: www.aahernandocounty.com

Narcotics Anonymous


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

 Call 352-754-7200
Visit: rivercoastareana.org

BayCare Behavioral Health

Provides comprehensive mental health and substance abuse services for adults, children, and adolescents. Individuals are treated by credentialed clinicians and board-certified physicians who use evidence-based practices, providing access to a multidimensional continuum of care through BayCare Behavioral Health's network of services.

Our Hernando County location is at: 15311 Cortez Blvd, Brooksville, FL 34613.

 Call: 352-540-9335
Visit: baycarebehavioralhealth.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@гнаhec.org

Nurse-Family Partnership

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: 352-727-0711
Email: nfpinfo@wellflorida.org

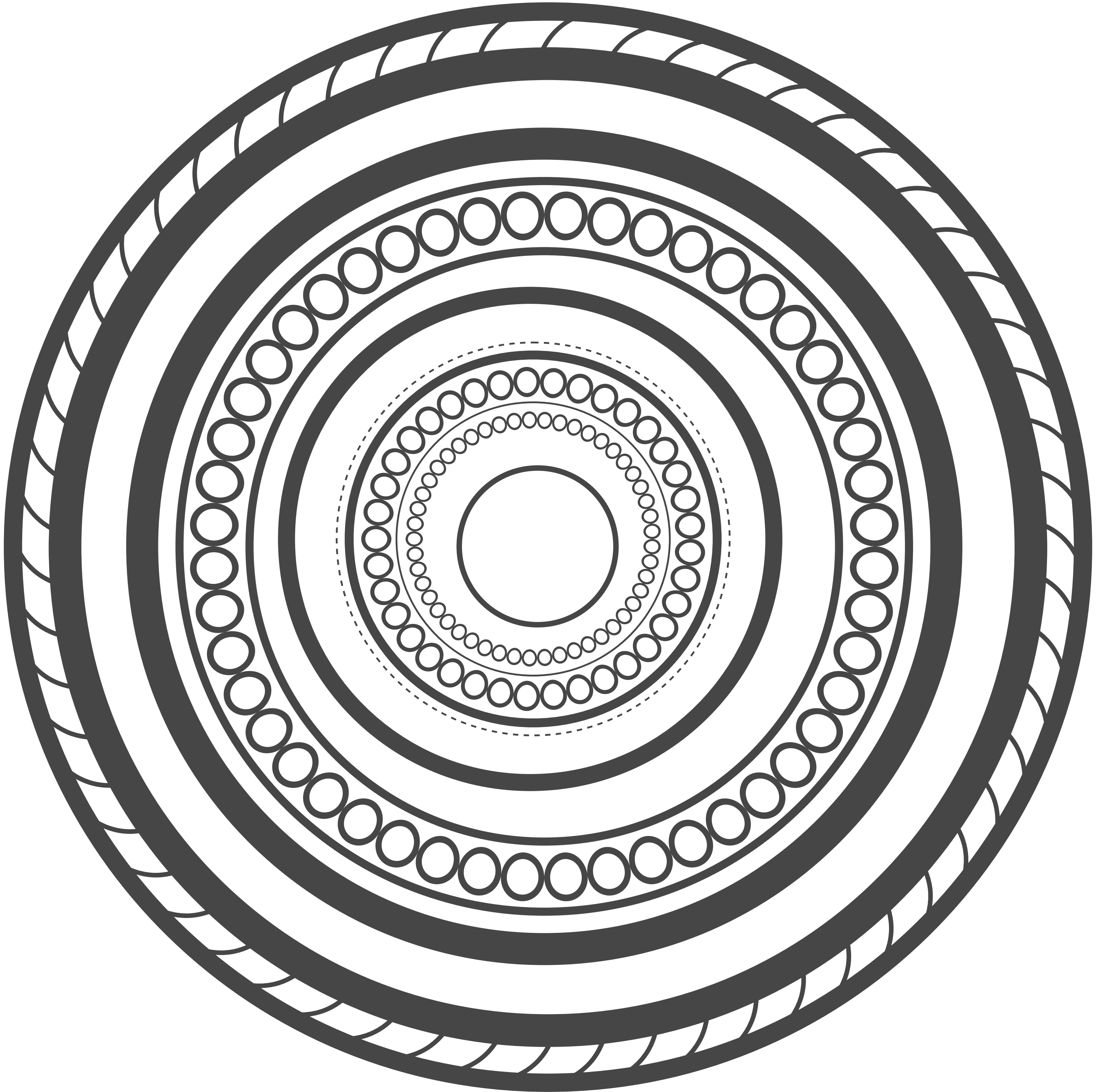
Operation PAR- Medication Assisted Patient Services (MAPS)

For individuals addicted to opiates (pain pills, heroin, Oxycontin, Fentanyl.) Operation PAR's MAPS have a proven track record for improving the quality of life for patients. We offer Methadone Maintenance, Methadone Detox, Buprenorphine Maintenance and Vivitrol, in addition to individual and group counseling. All MAPS accept Medicaid.

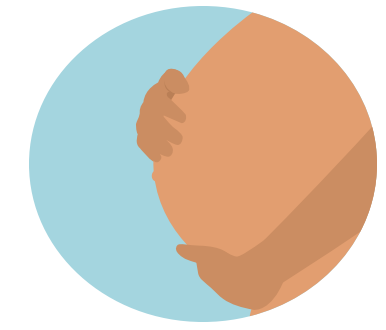
 Call: 352-666-5709 (Spring Hill Location) Visit: www.operationpar.org

For a full list of public and private substance use services, visit: hernandocares.org.

"Children make you want
to start life over." -Muhammad Ali




Resources for Those Sexually Active or Expecting



A New Generation


A New Generation is committed to providing compassionate care to anyone facing pregnancy and relationship issues. We provide free pregnancy testing and ultrasound for pregnancy verification.

Other services include: Abortion Information, Pre-Abortion Screenings, After-Abortion Help, Limited STD Testing & Treatment, Parenting Classes, and more. We also supply maternity and baby clothing and baby care items.

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

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. 506
Visit: www.foundationsoflife.org

Florida Department of Health- Hernando County

Provides teen services and resources, access to and awareness of contraceptive services, supplies, and information for all. We provide education, reproductive counseling including preconception and interconception health counseling and discussion of a reproductive life plan. Other services include immunizations, testing and treatment for STD/STIs, breast and cervical screening exams, epilepsy supplies and resources, vasectomy services/referrals, as well as TB and HIV testing/treatment.

 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 Program

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.

 West Pasco-Hernando: 727-861-3436
East Pasco-Hernando: 352-583-6236

Oak Hill Hospital - Belly to Baby

Provide free childbirth classes and support groups through our Belly to Baby Education series. We recommend these classes to those who are planning to become pregnant, those who are expecting and new parents.

 Call: 352-585-2543
Visit: oakhillhospital.com/specialties/labor-and-delivery

Premier Community HealthCare

Premier Community HealthCare's 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

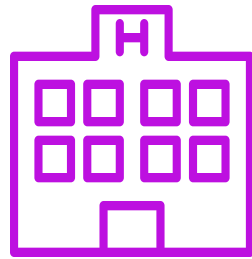


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"Pretty much all the honest truth-telling there is in the world is done by children."

-Oliver Wendell Holmes

Birthing Centers



Bayfront Health Spring Hill Baby Place with Neonatal Intensive Care Unit (NICU)

From prenatal to postpartum care, Bayfront Baby Place is equipped with a team of OB/GYNs, specialty nurses and other professionals who all strive to support your birthing plan in a comfortable, welcoming environment. We offer spacious labor, delivery, recovery and postpartum (LDRP) suites with a private bathroom. Our LDRP's are provide enough space to comfortably enjoy this experience with your loved ones.

Our NICU provides care for critically ill or premature infants. The 10-bed Level II NICU offers exclusive services and specially trained providers. Neonatal care is provided by All Children's Specialty Physicians. Services are for babies that need a little extra support and access to clinical resources that may enhance quality of care and increase their safety. If your baby is born prematurely, or has a condition that requires an elevated level of care, count on our team at Bayfront Baby Place.

Services include:

- Prematurity
- Respiratory disorders
- Blood sugar stabilization
- Feeding difficulties
- Drug withdrawal
- Infection or sepsis
- Other special needs

Call: 352-688-8200

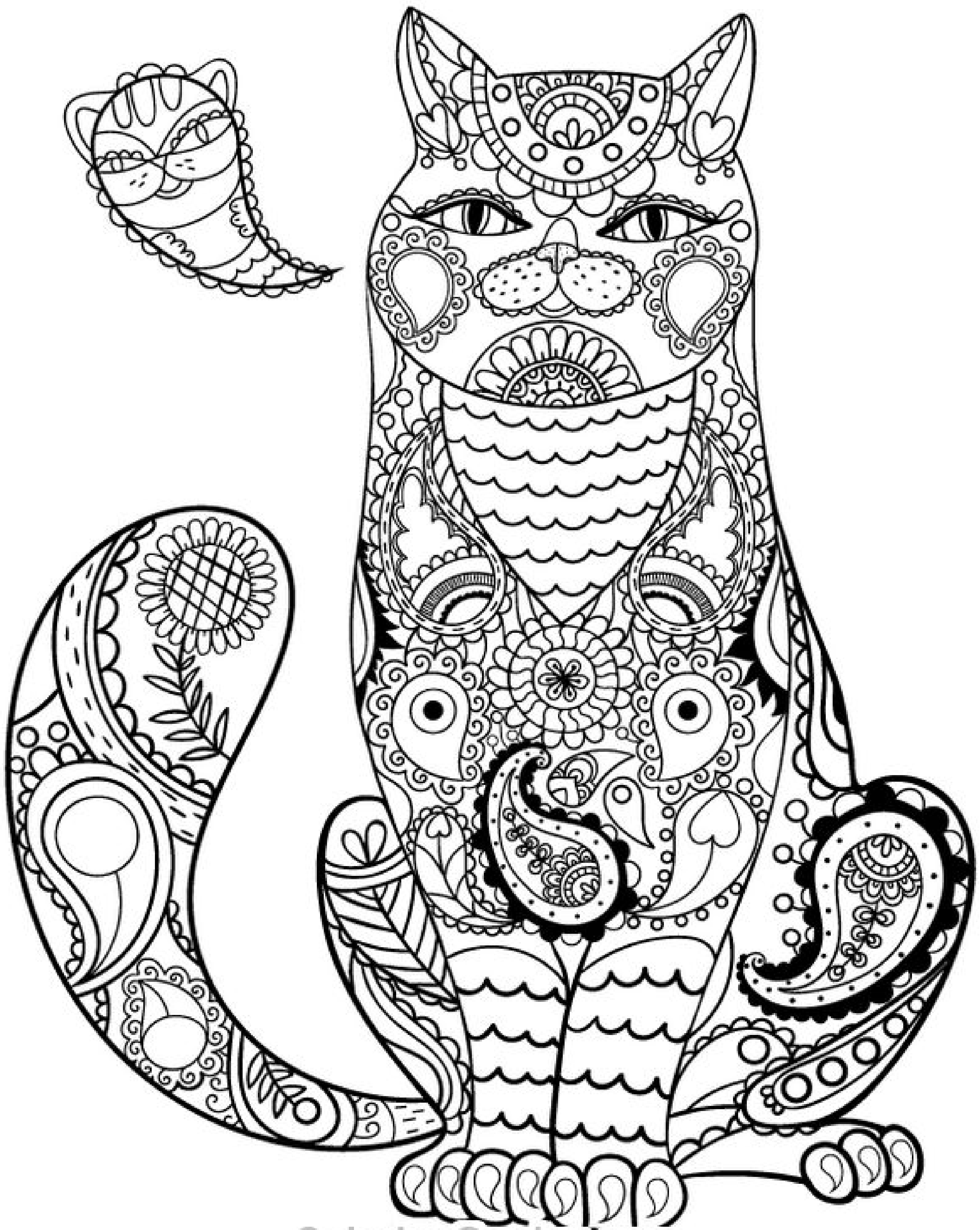
 Visit: bayfrontspringhill.com/bayfront-baby-place
Visit: bayfrontspringhill.com/neonatal-intensive-care



The Maternity Suites at Oak Hill Hospital with Neonatal Intensive Care Unit (NICU)

Oak Hill Hospital provides personalized labor and delivery services with highly skilled doctors, midwives that are on site 24/7, and board certified nurses. They offer warm and comfortable birthing suites supporting family-centered care with six labor and delivery suites and ten postpartum recovery suites. Our Level II NICU provides ten private suites for mom and baby to room in together. We are located at 11375 Cortez Boulevard, Brooksville, FL 34613.

 Call: 352-606-7300
Visit: oakhillhospital.com/specialties/labor-and-delivery



ColoringGarden.com

Resources for New Moms and Families

Florida Department of Health - Hernando County

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.

Before breastfeeding your infant, it is important to know your **HIV/AIDS** Status (Human Immunodeficiency Virus). Testing is offered by appointment at no charge. Call to schedule.

 Call: 352-540-6800

FREE Breastfeeding & Infant Feeding Line - Open to the Public: **352-540-6924**

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

Healthy Start

Free program that helps all pregnant women and families with babies up to age 3. Kids Central is the Healthy Start coordinator serving Hernando County who works with other community agencies to provide wraparound services. Services include classes on: parenting, breastfeeding, childbearing, and smoking cessation.

 Call: 352-848-3746

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.

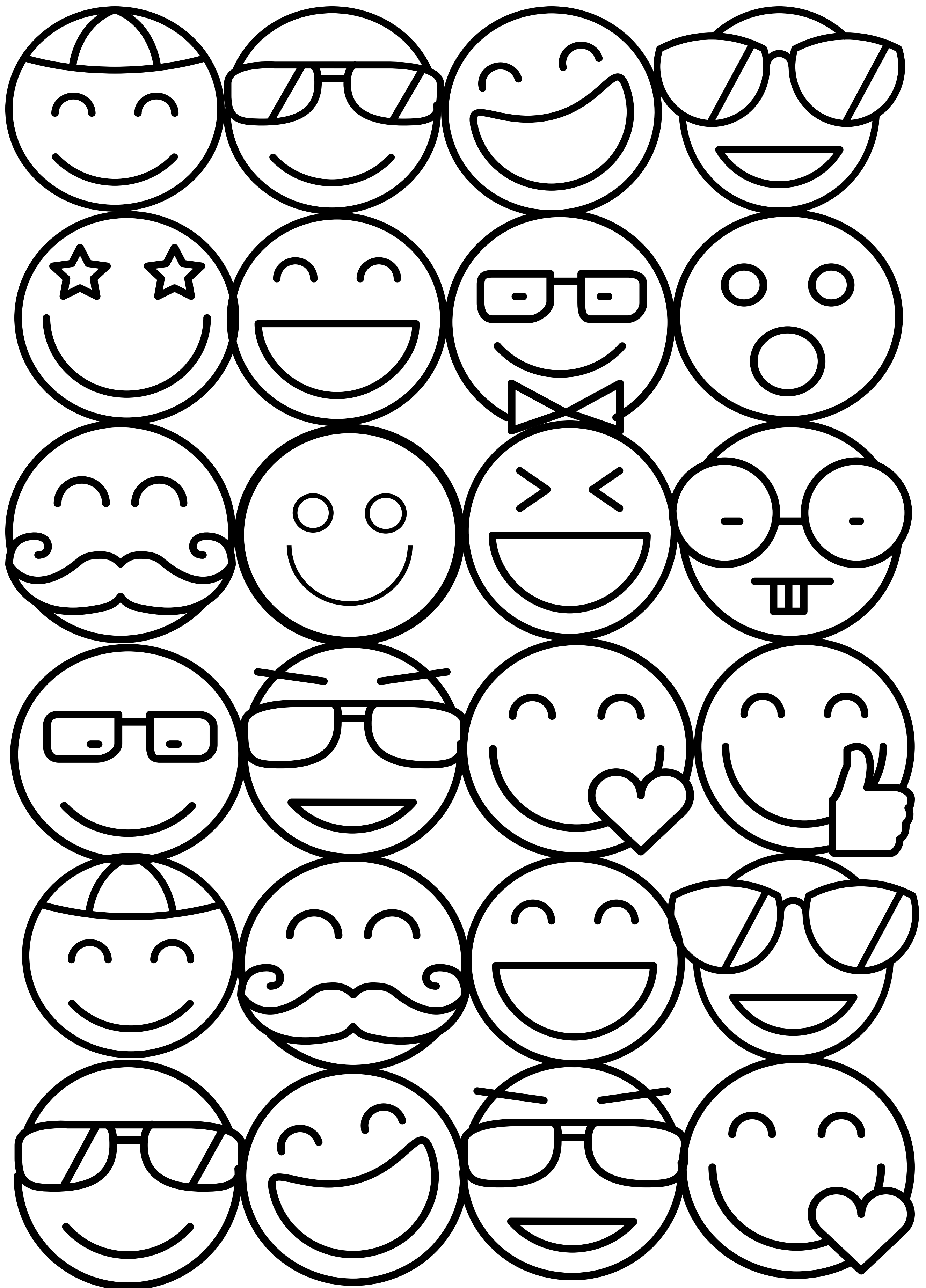
 Call: 352-597-0119
Visit: www.lifecenterofhernando.com

Local Breastfeeding Support Group

Free Breastfeeding Support Group via ZOOM hosted by the FL West Coast Breastfeeding Task Force & The Healthy Start Coalition of Pasco County.

Open to the Public!
Every Thursday from 7:00-8:00PM.

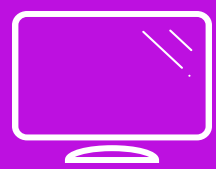
 Call: 352-585-6368
Email: FLWCBreastfeeding@gmail.com





Helpful Hotlines

- 1-800-451-2229 - Family Health Line - Confidential information, referrals and supportive counseling regarding everything about pregnancy, infancy, and toddlers.
- 1-888-431-2229 - Fussy Baby Network - Guidance for coping with a fussy baby.
- 1-806-352-2519 - Call to search safety of medications while pregnant or breastfeeding
- 1-800-944-4773 - Postpartum Support International "Warmline" (for non-emergencies)



Online Resources

- 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.kellymom.com - Search anything breastfeeding related
- <http://nbc.ca> - Live video clips on latch
- www.womenshealth.gov - Office of Women's Health - Information on reproductive health
- www.workandpump.com - Return to work pump schedule
- www.parentswithoutpartners.org - Single parent support group
- hernandosen.org - Lists local resources and useful information



Helpful Apps

- Lactmed - Medication Search
- MommyMeds - Medication Search
- BF Guide - Search anything breastfeeding related

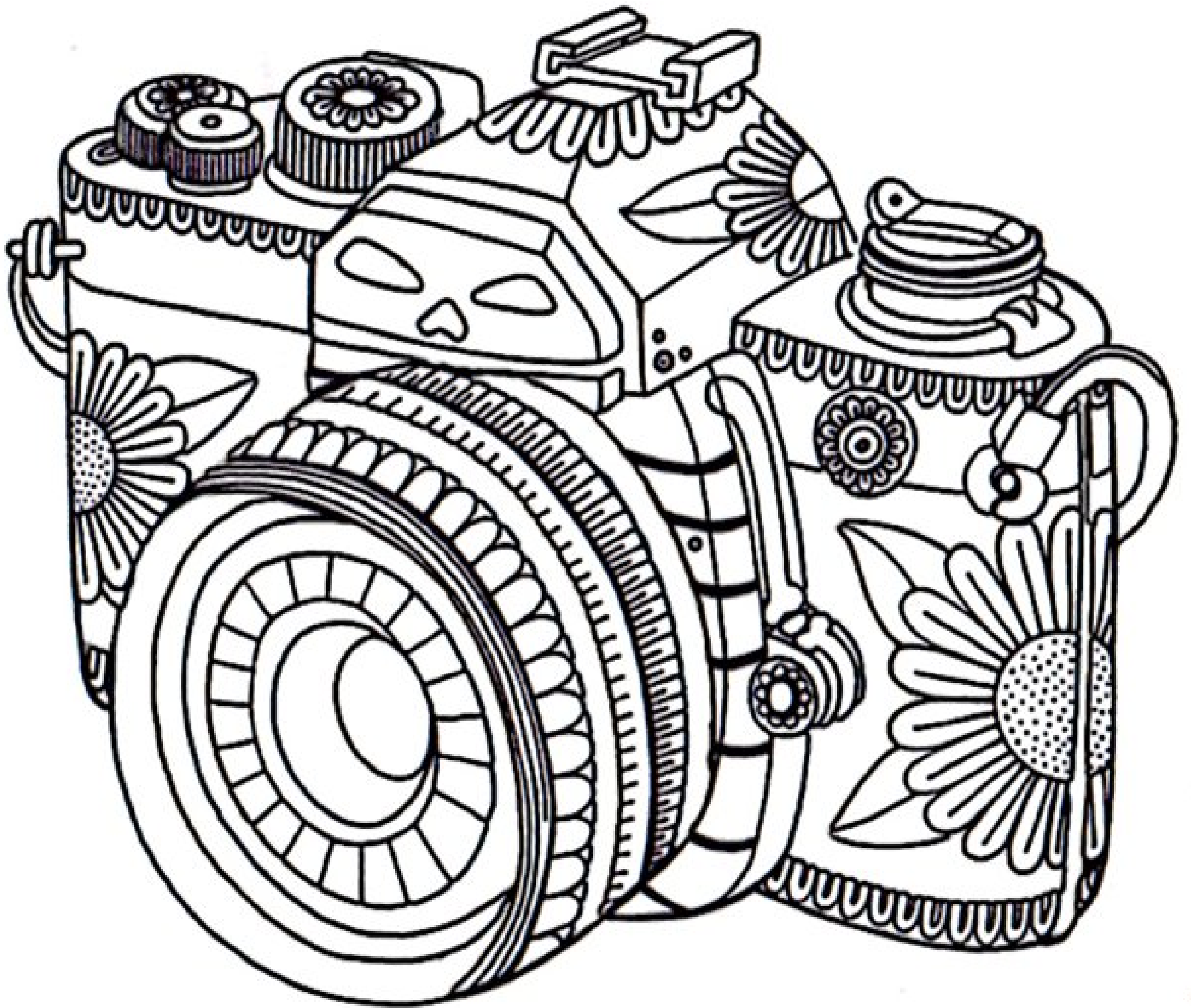
**Breastfeeding isn't always easy.
There are resources that can help!**



Find us on Facebook:
Hernando's Breast Friends

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



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

- Mary Jo Putney



Postpartum Depression

Perinatal Mental Illness

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



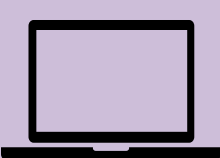
Postpartum Psychosis occurs in 1-2 of every 1,000 births, usually within the first few days or weeks. This includes having strange beliefs, hallucinations, irritability and agitation, inability to sleep, rapid mood changes, and poor decision-making. Women with psychosis are not disturbed by the nature 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.

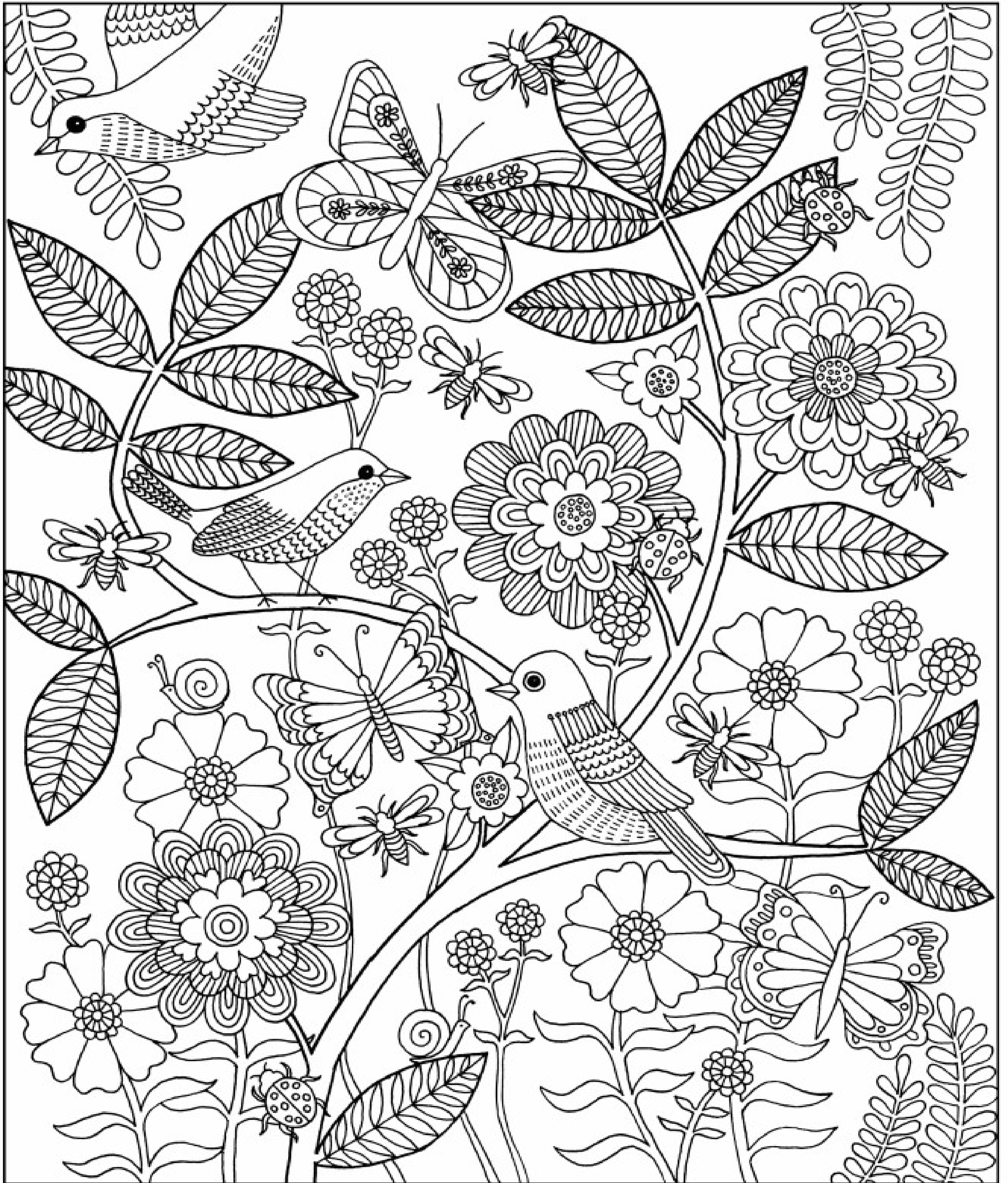


1-800-944-4773 - Postpartum Support International "Warmline"
(for non-emergencies)

1-800-SUICIDE or 273-8255: Suicide Crisis Line



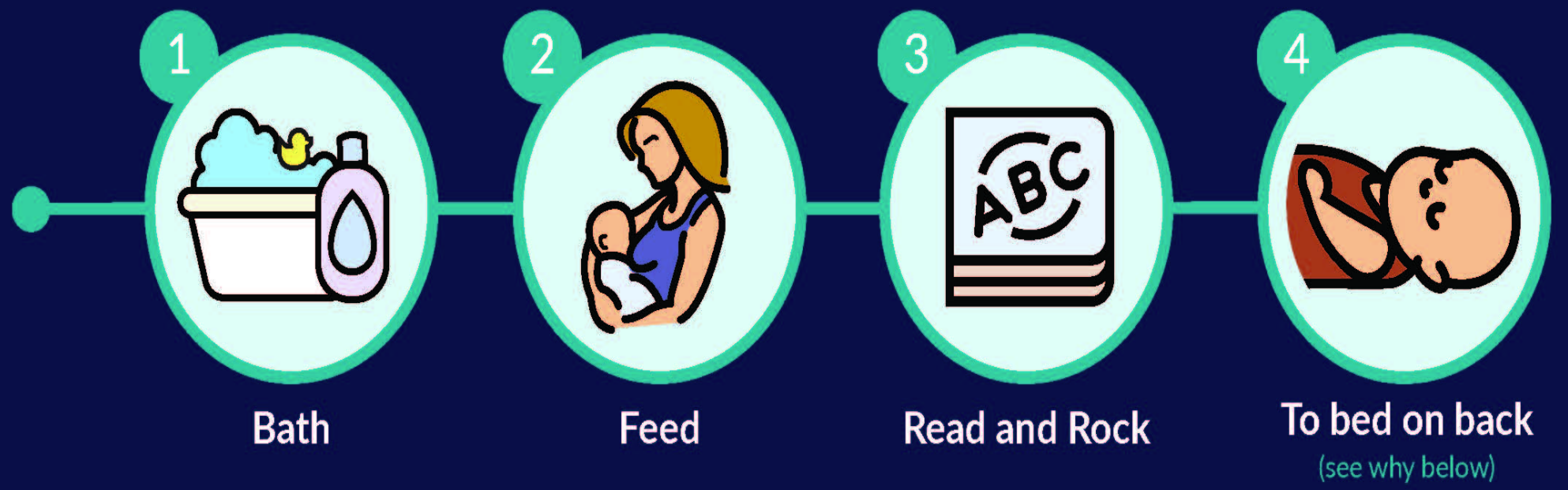
Searchable database for perinatal mental health services:
<https://www.flmomsmatter.org/get-help>



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.

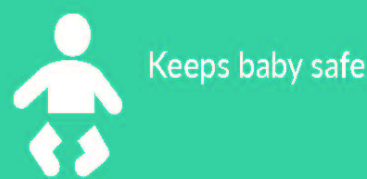
Sleep routine



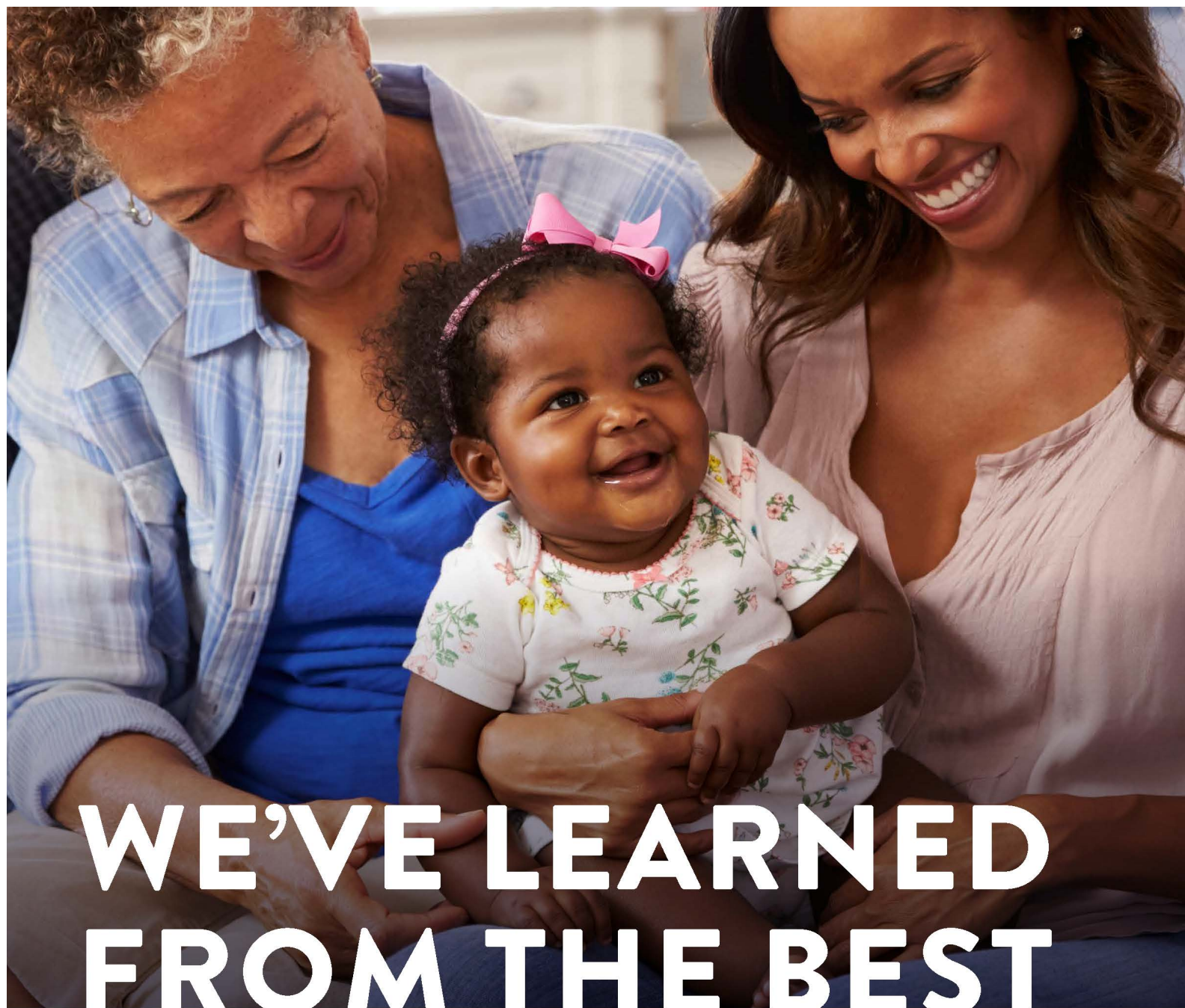
The safest way to put your baby to sleep - every nap, every night.

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).



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®
Learn more at healthychildren.org/safesleep



WE'VE LEARNED FROM THE BEST

Our moms and grandmas taught us how to raise our babies. But one thing is different these days - African American babies are at higher risk for Sudden Infant Death Syndrome (SIDS). That's why more of us are putting babies to sleep on their backs, not their tummies. It keeps them safe and gives us peace of mind.

Help baby sleep safely so you can sleep soundly.
healthychildren.org/safesleep

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

New Parents Need Help

If you are a family member or friend who can lend a hand, your role is more important than ever.

The APA lists a few ways you can help new (and sleepy) parents keep the newest member of the family safe.

- **Check in on mom after nursing and move baby to his or her own bed if needed.**
- **Check in on baby's crib or bassinet once in a while**—make sure its free of pillows or blankets.
- **Give baby's mom and dad permission to try something new.** Most parents learn from their parents, and some families have a long tradition of putting babies to bed a certain way. Let them know that you are open to new ways of doing things that we now know are safer for baby.
- **Give baby's parents a break.** Offer to wash dishes, watch the baby while parents take a nap, or urge them to take a walk while you stay with the little one.

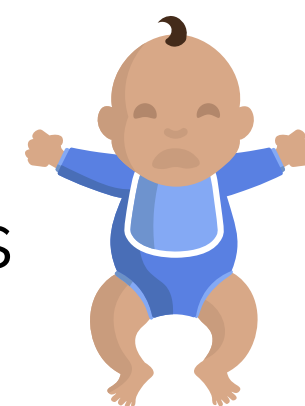


Helpful tips to determine your baby's needs



HUNGRY Babies

- Lick lips; open their mouths, make smacking sounds; 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

CPR (Infant)

① Verify that the infant is unresponsive **and is not breathing or is only gasping.**

② **Ensure that the infant is face-up on a firm, flat surface.**

③ **Give 30** chest compressions.


- Push hard and fast in the center of the chest to a depth of **about 1½ inches** and at a rate of **100–120 compressions** per minute.




④ **Give 2** rescue breaths.

- Open the airway and make a complete seal over the infant's nose and mouth with your mouth.
- Blow into the infant's nose and mouth for about 1 second, ensuring that the chest rises.

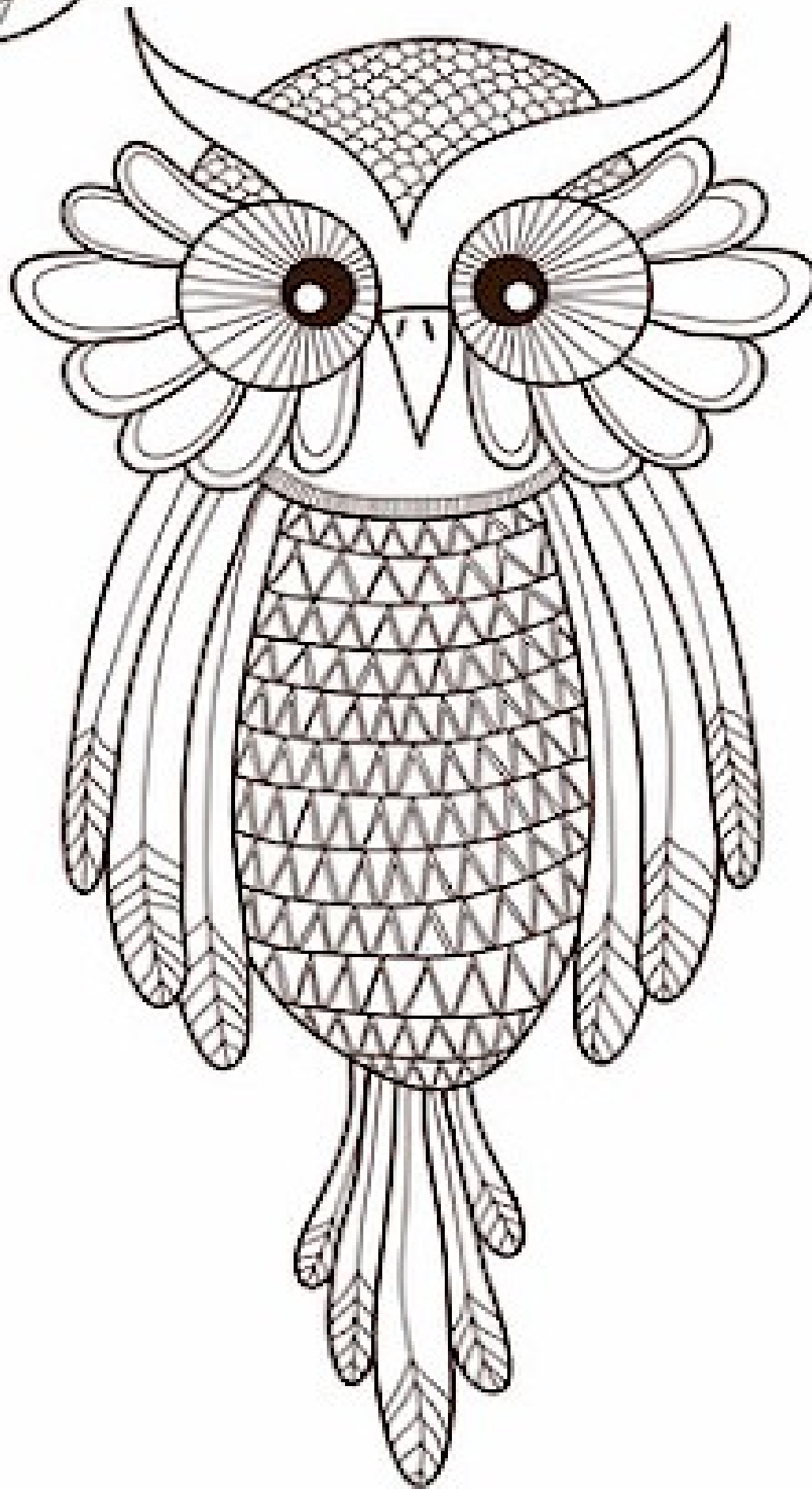


 *If the chest does not rise, retilt the head and ensure a proper seal before giving the second rescue breath.*

- Take a breath, make a seal and then give the second rescue breath.

 *If the second breath does not make the chest rise, begin compressions. After the next set of chest compressions, open the mouth, look for an object and, if seen, remove it. Continue to check the mouth for an object after each set of compressions until the rescue breaths go in.*

⑤ Continue giving sets of **30** chest compressions and **2** rescue breaths.



CPR (Child)

① Verify that the child is unresponsive **and is not breathing or is only gasping.**

② **Ensure that the child is face-up on a firm, flat surface.**

③ **Give 30 chest compressions.**


- Push hard and fast in the center of the chest to a depth of **about 2 inches** and at a rate of **100–120 compressions per minute.**




④ **Give 2 rescue breaths.**

- Open the airway, pinch the nose shut and make a complete seal over the child's mouth with your mouth.
- Blow into the child's mouth for about 1 second, ensuring that the chest rises.



 *If the chest does not rise, retilt the head and ensure a proper seal before giving the second rescue breath.*

- Take a breath, make a seal and then give the second rescue breath.

 *If the second breath does not make the chest rise, begin compressions. After the next set of chest compressions, open the mouth, look for an object and, if seen, remove it. Continue to check the mouth for an object after each set of compressions until the rescue breaths go in.*

⑤ **Continue giving sets of 30 chest compressions and 2 rescue breaths.**



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

-- Vera Brittain, *Testament of Friendship*

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

-Anon



TEACHING SKILLS THAT SAVE LIVES

2 KIDS DIE EVERY DAY FROM DROWNING¹

DROWNING IS THE 2ND-LEADING CAUSE OF DEATH FOR KIDS AGES 5-14²

IN SAFETY AROUND WATER PROGRAM PILOTS, IMPROVEMENT WAS SEEN IN EVERY SKILL TESTED⁵



88% OF KIDS WHO DROWN DO SO UNDER ADULT SUPERVISION³



MORE THAN **1** MILLION KIDS TAKE SWIM LESSONS AT THE Y EVERY YEAR



60% OF KIDS WHO DROWN ARE WITHIN 10 FEET OF SAFETY⁴



DROWNING IS PREVENTABLE

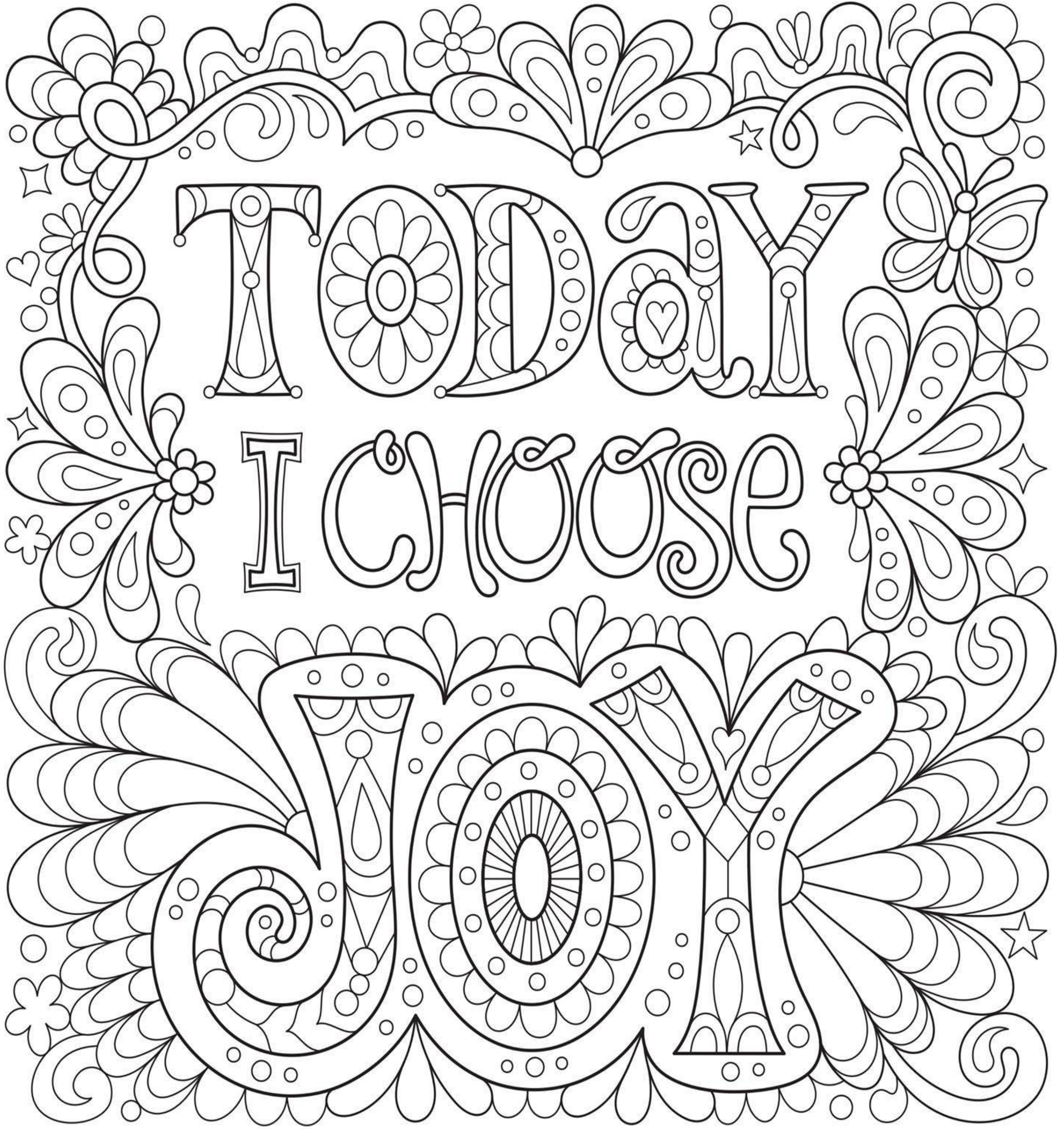
THE Y ENGAGES **9** MILLION KIDS EACH YEAR

THE Y IS IN **10,000** NEIGHBORHOODS



The Y teaches safety around water. Find your Y at ymca.net/watersafety and get started today.

1 Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS™). Retrieved from www.cdc.gov/injury/wisqars
 2 U.S. Consumer Product Safety Commission. (2012). Safety barrier guidelines for residential pools. Retrieved from www.cpsc.gov/cpscpub/pubs/pool.pdf
 3 Safe Kids Worldwide. (2007). Safe kids U.S. summer safety ranking report. Retrieved from www.safekids.org/research-report/safe-kids-us-summer-safety-ranking-report-april-2007
 4 Safe Kids Worldwide. (2007). Safe kids U.S. summer safety ranking report. Retrieved from www.safekids.org/research-report/safe-kids-us-summer-safety-ranking-report-april-2007
 5 Contact aquatics@ymca.net for more detailed information on pilot results.



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Keep kids safe from drowning

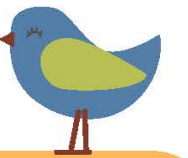


Drowning happens when you least expect it.

In Florida, drowning is the #1 cause of preventable death in children 1-4 years of age.

To reduce the risk of drowning, utilize multiple layers of protection, be aware of and restrict unsupervised access to water sources such as pools, hot tubs, canals, ponds, ditches, bathtubs, toilets and more.

Working while schooling children from home poses additional risks of drowning for young children due to increased distractions. Always be alert and aware of potential drowning risks.



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 anytime children are playing in or near water
- Never leave a child alone near water, even for a second

BARRIERS AND ALARMS

Utilize 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

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
- Drowning happens without a sound
- All drowning incidents are preventable

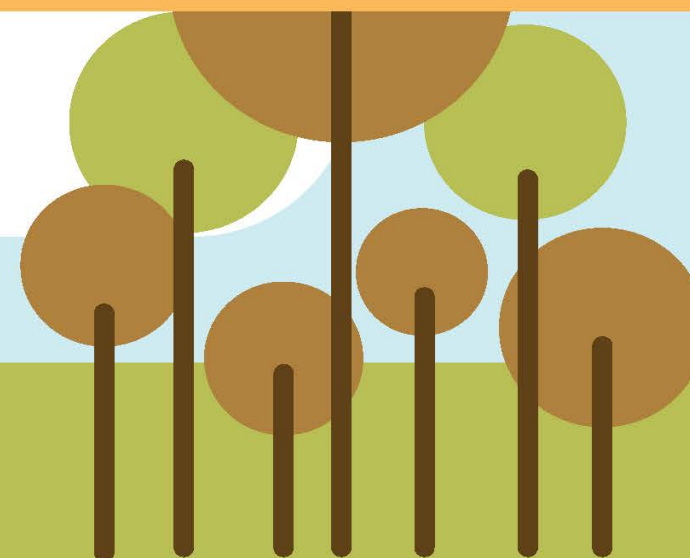
BE PREPARED

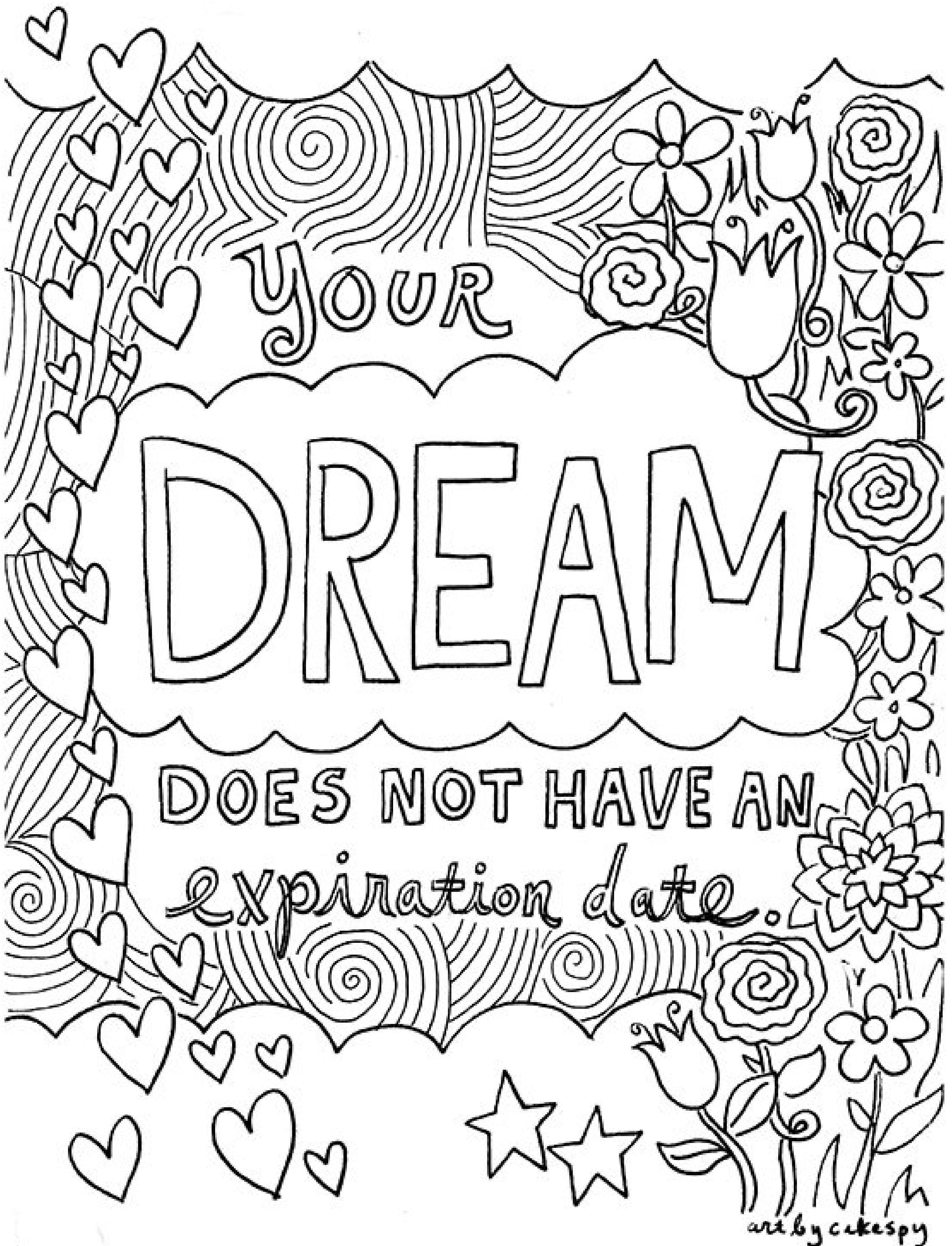
- Seconds count! CPR training saves lives
- Water survival skills training and swim lessons can help reduce drowning risk for children between ages 1-4
- By their 4th birthday, most children are ready for swim lessons
- Swim lessons are not a replacement for supervision
- Make a family drowning prevention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

IF A CHILD IS MISSING, ALWAYS CHECK THE WATER FIRST



VISIT: WATERSMARTFL.COM





YOUR

DREAM

DOES NOT HAVE AN

expiration date.

art by cakespy

From the Outside Looking in, you can never understand it. From the inside looking out you can never explain it.

-Byrlyne Van Dyke 2015



Services Available:

- *24 Hour Crisis Hotline
- *Outreach Services for Survivors and Families
- *Group and Individual Counseling

- *Emergency Shelter Program
- *Legal Advocacy and Court Accompaniment
- *Prevention Education for Youth and Community Awareness



24 Hour Crisis Hotline (352) 686-8430
Administration Office (352) 684-7191
Outreach & Awareness (352) 592-1288



We are an equal opportunity services provider. We do not discriminate. All services are offered free of charge.

Jericho Road Ministries offers a wide variety of services to those in need of assistance in the community. They aid families needing temporary shelter because of fire, flood, or other natural disasters. They operate two shelter programs, one for men and one for women. For the homeless and impoverished, our services include daily meals and safe shelters. For more information, call the 352-799-2912 ext. 110

HUNGER HELPLINE (352) 405-1115

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

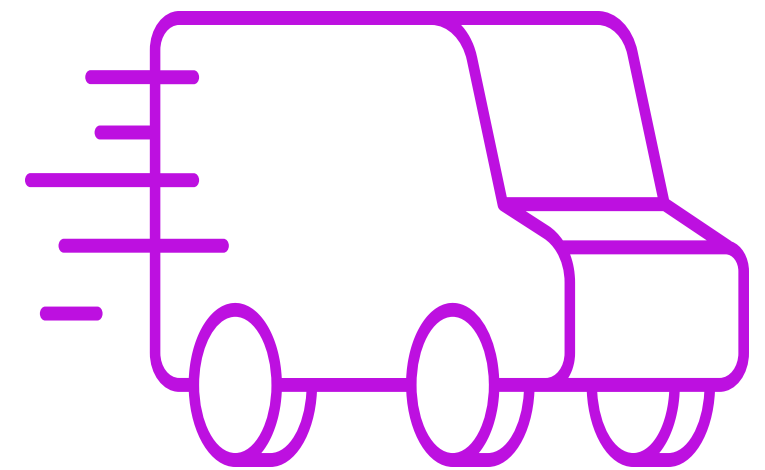
People Helping People in Hernando County



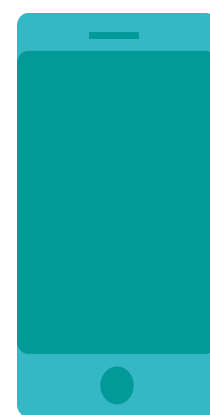
Getting Around

Transportation in Hernando County

Trans-Hernando provides door-to-door transportation services primarily to meet medical and nutritional need in a safe, efficient, cost effective way for those in need in Hernando County. Trans-Hernando is a shared ride system, operating on a two-hour window. Standard fare box fee is \$5.00 each way, \$10.00 round trip, however; reduced fare box fee is available and based on income level, employment, or veteran status. For more information call: 352-799-1510.



Sun Up Sun Down Taxi 352-458-4443
Taxi 54 813-838-1900
Stephen Conrad Taxi 352-797-6080
Springhill Taxi 352-686-1951
On Time Taxi Company 352-600-0505
Quintessential Taxi 352-610-3139
Hanks Transportation 352-606-2626



UBER APP

Base fare: \$1
Booking fee: \$2.45
Cost per min: \$0.11
Cost per mile: \$0.86
Minimum charge: \$6.70
Cancellation fee: \$5
*Est. cost from Spring Hill to
Brooksville \$15 to \$20

LYFT APP

Base fare: \$1.11 - Cost per min: \$0.13
Cost per mile: \$0.96
Minimum charge: \$4.7
Service fee: \$2.45 - Cancellation fee: \$5

TheBus operates Monday thru Friday

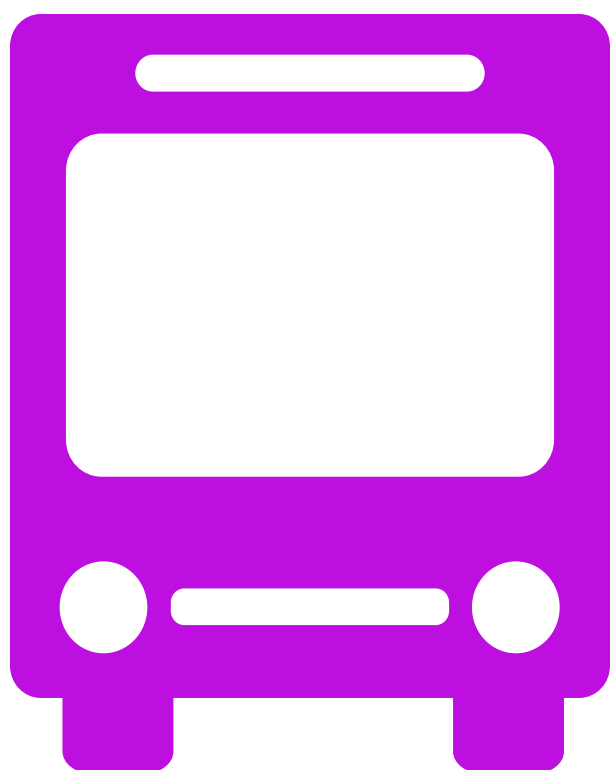
Office hours are from 8:00am to 5:00pm **Phone (352) 754-4444**
There are different ticketing packages, but a one-way fare is \$1.25 and kids under 6 ride free.

Route hours of operations:

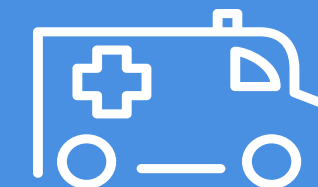
Purple Route/Brooksville-Spring Hill → 5:50am to 7:35pm Red
Route/Spring Hill - Deltona Blvd. → 6:37am to 7:03pm Blue
Route/Mariner Blvd. → 6:25am to 6:52pm
Green Route/Spring Hill Drive → 6:10am to 7:03pm

No service available on weekends and holidays - at this time

If a holiday falls on a Saturday, there will be no service on Friday
If a holiday falls on a Sunday, there will be no service on Monday



Emergency Numbers and Hotlines



911: Emergency

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

352-467-OKAY (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-RUN-AWAY: Florida Runaway Hotline

1-877-229-9098: LSF Health Systems - Access to Care line

211 or 1-800-790-7770: United Way Crisis Line

1-800-222-1222: Poison Control Line

1-800-SUICIDE or 273-8255: Suicide Crisis Line

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

1-800-962-2873: Child Abuse Hotline

1-877-565-8860: Transgender Lifeline

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

1-800-352-2437: AIDS Hotline

1-800-500-1119: Domestic Violence Hotline

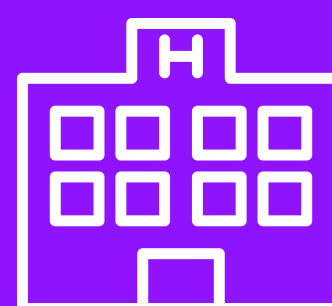
1-800-584-9911: Emergency Contraception

941-227-1012 (Local) or 888 373-7888 (national): Human Trafficking - More to Life

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: Bayfront Health Brooksville - 17240 Cortez Blvd., Brooksville, FL 34602

352-688-8200: Bayfront Health Spring Hill - 10461 Quality Dr., Spring Hill, FL 34609

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

352-600-3288: Springbrook Hospital - 7007 Grove Rd., Brooksville, FL 34609



SUBSTANCE EXPOSED NEWBORN

TASKFORCE

hernandosen.org

2020-2021

Hernando SEN Taskforce Members

A New Generation

BayCare Behavioral Health

Bayfront Baby Place

Catholic Charities Foundations of Life Pregnancy Center

Department of Children and Families-Hernando County-Central Region

Early Learning Coalition of Pasco and Hernando Counties, Inc.

Florida Department of Health-Hernando County

Florida Department of Health-Citrus County

Florida Guardian ad Litem

Healthy Start/Kids Central, Inc.

Hernando Community Coalition

Mid Florida Community Services, Inc.

Oak Hill Hospital- Maternity Suites/NICU

Operation PAR, Inc.

Sun Country Pediatrics