

## Resources I Can Use

Place a check-mark in the box beside each of the resources you have used. Color in the boxes beside resources you would like to find out more about. On another page write resources you have used that were not on this list. Share with other class members about which resources have been most helpful to you as a pregnant or parenting teen.

### Child Care Services

- ☐ **Child Care Resource and Referral** - Helps parents locate child care and gives information on what to look for when choosing child care (1-800-462-8261) or [<http://www.state.tn.us/humanserv/childcare/providers-map.htm>].
- ☐ **Child Support Division** - collects court-ordered child support payments from absent parents [[http://www.state.tn.us/humanserv/child\\_support.htm](http://www.state.tn.us/humanserv/child_support.htm)].

### Health Department Services

- ☐ **Well Child Exams** - Well child exams are available for children from birth to age 21 who do not have a primary health provider.
- ☐ **Genetics and Newborn Screening** - Provides families who have or are at risk for genetic disorders with screening, testing to diagnose genetic diseases, and counseling services.
- ☐ **Family Planning Program** - Provides medical exams/evaluations, laboratory tests, education, counseling, and contraceptive (birth control) supplies.
- ☐ **WIC (Women, Infants, and Children) Program** - Provides nutrition education, health care referral and support, and supplemental nutritious food for women, infants and children who meet program guidelines.
- ☐ **Parents Encouraging Parents (PEP) Program** - Matches parents of children with disabilities or chronic illness with parents whose children have just been diagnosed with special needs. The program offers reliable, current information and help in locating resources and services.

- ☐ **Help Us Grow (HUG) Project** - Arranges services for pregnant women and mothers up to two years after giving birth and for their infants and children up to 6 years of age. The coordinator will help participants get needed health, social, educational, and other services.
- ☐ **The Healthy Start Program** - Home visiting program for first-time parents through the child's fifth birthday, available in 29 counties. Families receive a high level of support, parent education, and child development testing. Families are referred to agencies that can help with needs that are found.
- ☐ **The Tennessee Resource Mothers Program** - Available in Chester, Lauderdale, Henderson, Fayette, Decatur, and Hardeman Counties only. Volunteer home visitors provide social support and health education for the teenager and her family.
- ☐ **Children's Special Services for Children With Disabilities** - Provides health care including speech and hearing services for children with disabilities from birth to 21 years of age for persons who meet program income and medical standards.
- ☐ **Children's Special Services Care Coordination** - Coordinators help families to get the needed medical, social, educational, and other services for their child with disabilities and help them to get access to TennCare or other insurance.

**Families First Programs** (to be eligible, teen parents under 18 years of age must stay in school and live at home with their parents or another responsible adult.)

- ☐ **Child Care Assistance** - Helps pay for child care while a parent is enrolled in the program and for 18 months after leaving the program.
- ☐ **Transportation Assistance** - Provides help with car repairs, vouchers for public transportation, no-interest car loans, or van routes. All except car repair are available for a limited time after leaving the program.
- ☐ **Family Services Counseling** - Provides counseling for learning disabilities, alcohol or drug abuse, domestic violence, problems with children's behavior, or mental health problems. Available for one year after leaving the program.
- ☐ **Medicaid/TennCare** - provides medical insurance throughout the program and for 18 months after leaving the program (TennCare Information Line 1-800-669-1851).
- ☐ **EPSDT or Tennessee Caring for Kids** offers free well-child checkups for children up to age 21.
- ☐ **Employment Career Specialists (ECS)** work with clients to find out what skills they have and to help them find and keep a job and grow in their careers.

### Job Location Services

- ☐ Find information at [<http://www.state.tn.us/labor-wfd/>] and click on services for job seekers.

### Pregnancy Services and Counseling

- ☐ **Crisis Pregnancy Centers** - Provide free pregnancy testing, counseling, medical referrals, Information about abortion, adoption, insurance or government assistance, temporary shelter, and more. To locate the center nearest you go to [<http://www.pregnancycenters.org/listings.html>] Click on Tennessee.
- ☐ **Planned Parenthood** - Provide reproductive and related health care services at reasonable costs and provide educational programming. To locate the center nearest you go to [<http://www.plannedparenthood.org/Zip.htm>] and enter your zip code or click on Tennessee on the map.

### Mental Health Services

- ☐ **Tennessee Department of Mental Health** - To find out about resources available go to [<http://www.state.tn.us/mental/>] and click on resource links.

### Life Skills Information

- ☐ **University of Tennessee Extension** - To locate the office in your county, look up University of Tennessee Extension in the telephone directory under county government or visit the web site at <http://www.utextension.utk.edu/> and click on local offices, then click on your county on the map. For publications you can download, click on publications.