

FAMILIES in GOOD HEALTH PROGRAM INFORMATION

**1045 Atlantic Ave. Suite 705
Long Beach Ca. 90813
Office: 562-491-9100
Fax: 562-491-9824**

WELCOME BABY

This is a lite touch home visitation program for pregnant and postpartum women, designed to support women, infants and their families to enhance parental understanding of child development. Welcome Baby serves families from Best Start Central Long Beach, Compton and Wilmington, who are giving birth at St. Mary Medical Center.

- Hospital visits
- Nurse appointments
- In-home visits
- Parenting education support
- Lactation support
- Pre and post-natal health information and support
- Resource referrals and linkage
- Child Development screenings
- Depressions and Anxiety screenings

HEALTHY FAMILIES AMERICA (HFA)

HFA strives to promote healthy childhood growth and development and build family protective factors through home visiting services. Trained home visitors provide information, education and support to parents related to:

- Parenting skills and how to cultivate and strengthen nurturing parent-child relationships
- Breastfeeding support
- Infant massage demonstrations
- Information and linkages to community resources
- Information on child development stages, and developmental screenings, to help parents know their baby is growing and developing in healthy ways

Screening and information on such family and parental concerns as depression, anxiety, domestic violence, relationship stress and connections to resources and programs

COVERED CALIFORNIA and BENEFITS ENROLLMENT CENTER

Covered California - Certified Enrollment Counselors provide free enrollment assistance for Covered California and Medi-Cal health coverage. To enroll, clients must bring a photo ID, proof of income, proof of citizenship/residency, and tax information.

Benefits Enrollment Center (BEC) – Assist and link low Income Medicare eligible seniors and persons with disabilities to identify benefit programs. With the primary focus being on submitting applications for the following benefits programs: Medicare Part D Extra Help (or Low Income Subsidy, LIS), Medicare Savings Programs (MSP), Medicaid, Supplemental Nutrition Assistance Program (SNAP) and Low-Income Home Energy Assistance (LIHEAP).

EDUCATED MEN with MEANINGFUL MESSAGES (EM3)

EM3 is committed to supporting and assisting young men (14-19 years old) in building self-esteem. The youth learn to deal with trauma through writing and the performing arts. EM3 youth gain leadership and decision-making skills in part by delivering youth-targeted messages to the Long Beach Community. The youth work to promote health and wellness among their peers.

EM3 offers the following services:

- Mentoring
- Community Organizing
- College Workshops
- Job Interview Skill Building
- Cultural and self-identity discovery
- Storytelling workshops (i.e. Public Speaking)
- Goal Setting/Setting Limits
- Tobacco/Drugs/Alcohol Education
- Mental Stress/Trauma Resiliency
- Restorative Justice
- Brotherhood
- Promoting Physical Activity
- Community Engagement

CHRONIC DISEASE PREVENTION AND MANAGEMENT

- Case Management/Navigation
- Physical and Mental Health Education workshops
- Peer and Family Social Support Groups
- Wellness Activities (Healthy Walking, Gardening, dance)
- Spiritual Activities
- Provide referral services to linguistically and culturally appropriate behavioral-health and social services in the community,
- Advocate for comprehensive, affordable, and quality oral health care

LOS ANGELES TOBACCO PREVENTION NETWORK

The Los Angeles Tobacco Prevention Network is part of a California Regional Initiative to reduce tobacco-related disparities. The project's primary objectives are to:

- Advocate for smoke-free outdoor dining
- Advocate for smoke-free multi-unit housing.
- Reducing tobacco use among the Asian Pacific Islander Community.
- Create an API Community Coalition and API Youth Coalition.