

# What's at the Health Commons

**Sandoval**



Public Health Office, Bernalillo NM



- Sandoval County Family Support Program
  - NM Department of Health, Public Health Division
  - Sandoval County Community Health Program
- Sandoval County Senior Program



## **Family Support Program (FSP) Services:**

- WIC
- Medicaid Enrollment
- Family Planning
- Immunizations
- Prenatal Education
- Children's Medical Services
- Prescription / Medical Bill Assistance
- Parenting Resources and Education
- Developmental Check-Ups
- Peer Support
- Referrals to Other services
- Patient Navigation
- Classes/Support Groups



# WIC Program

WIC is the Federal special supplement food program for women, infants and children

## WIC Services:

- ✓ Supplemental Foods
- ✓ Nutrition Education and counseling
- ✓ Information and support for breastfeeding



# Family Planning Program

- **Well women health exams**
- **Birth control at no cost or at sliding scale fee**
  - Birth control pills
  - Emergency Contraceptive Pill (morning after pill)
  - IUD insertion
  - Depo
  - No cost condoms
- **Prevention of unintended pregnancy**
- **Prevention of STD's**
- **PAP testing and annual well woman exams**
- **Tubal ligation for women**
- **Vasectomy for men and well male exams**
- **Confidential Services for teens**



# Immunization Program

- Immunization program for children 0 - 19
- No fee service
- New HPV vaccine available for 11 year old girls
- Flu vaccines for seniors and other at risk residents



# Children's Medical Services

- Family, Infant & Toddler Program (FIT): for children birth to 3<sup>rd</sup> birthday.
- Children's Medical Services (CMS): For children, birth through age 21, who do not qualify for Medicaid, and have a chronic medical condition.



# Medical Assistance Program

Assists Patients with:

- Prescriptions
- Hospital Bills
- Ambulance Bills

Must be a Resident of Sandoval County and Income Eligible to Qualify



# NM DOH Health Promotion Program

- Collaborates with individuals and groups who want to make their community a healthier place.
- Current priorities:
  - ✓ Obesity
  - ✓ Teen pregnancy
  - ✓ Suicide
  - ✓ Diabetes
  - ✓ School Based health centers
  - ✓ Needle Exchange Program
  - ✓ Smoking Cessation
  - ✓ Financial Literacy



# FSP Classes and Groups

- **CLASSES ARE FUN FOR KIDS AND CAREGIVERS!**
- **Most** classes are on a walk-in basis for community members, no advance reservations needed.
- Children, parents, grandparents, caregivers, and anyone in the community are welcome.
- There is always time to ask questions
- A great time to meet and chat with other parents and caregivers.
- Clients can pick up WIC checks after classes.



# FSP Classes and Groups

- **Child Development Playgroups**
- **All About Breastfeeding**
- **Parents Sharing Ideas & Concerns**
- **Cooking for your family**
- **Feeding your Family**
- **What Expecting Moms want to know**
- **What's Happening at the Health Commons**
- **Help with Medicaid\***
- **Fit Families\***
- **Breathing Easier Workshop\***
- **Music and Dance\***
- **Kitchens Creations \***

\* You must schedule ahead of time for these classes



- **Parenting discussion group topics include:**
  - ✓ Family activities
  - ✓ Discipline
  - ✓ Toilet training
  - ✓ Sleeping issues
  - ✓ Family relationship issues
  - ✓ Feeding issues



# Prenatal Program

- Education/support about the physical and mental health of mother and baby
- Breastfeeding support
- Preparation for the new family member
- Labor and delivery
- Group and individual services

*The Molina and Lovelace Salud! Programs will transport women enrolled in Medicaid to FSP prenatal classes. (Negotiations with Presbyterian underway.)*



# Community Health Worker Services

- **Medicaid enrollment**
- **Information regarding other insurance programs, including State Coverage Initiative (SCI)**
- **Child Development and other Screenings**
- **Prenatal Support and Education**
- **Diabetes Support and Education**
- **Individual and Group Parenting Support and Education**
- **Peer Support**
- **Referral to other health and social programs**



# Medicaid Enrollment

- Group Medicaid enrollment clinics for Pregnant Women and Children 0 – 19.
- Emergency Presumptive Eligibility for Pregnant women and children ages 0-19.
- Education on selecting a Salud! program and a primary care provider, and accessing services.
- Enrollment follow-up services.



# **Well Child Developmental Check-Ups**

We check Children's

- speech
- how well they are moving around
- their social/emotional development
- how they figure things out (thinking)
- & how ready they are to succeed in school



# **Sandoval County Senior Program**

**Helps Seniors Maintain Independence**

## **SERVICES BASED AT THE HEALTH COMMONS**

- **Retired Senior Volunteers and Senior Companion Programs**
- **Frail Elderly Program for at-risk seniors**
  - **with light housekeeping,**
  - **case management**
  - **mental health counseling**
  - **medical transportation**
- **Respite care services.**

## **Seven Senior Center services provide:**

- **On-site lunches**
- **Lunch deliveries to home-bound seniors**
- **daily activities**
- **Transportation**



Health Commons General Number: 867-2291

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Health Commons/Community Health Alliance Website

[www.sandovalhealth.org](http://www.sandovalhealth.org)