

Mothers & Babies Perinatal Network

- provides free or low-cost services for families
- regional planning for maternal and child health programs
- education and referral services for individuals and families
- partners with other local, regional and statewide organizations
- promotes policies, programs and services for pregnant and parenting families and teens
- offers educational programs for health and human services professionals

“Did you know?”

- 25 other countries in the world do a better job keeping their babies alive for the first year of life than we do in the United States?
- For every 100,000 babies born in the United States, approximately 7 women die each year due to a pregnancy related cause?
- Approximately 150,000 babies are born each year in the U.S. with birth defects?
- More than 1 million teens become pregnant each year in the U.S.?
- More than 3 million New Yorkers do not have health insurance?
- Babies born premature or with low birth weight may have special health needs?
- Parenting is the hardest and most time consuming job in the world that requires no formal training?
- Poverty can be one of the greatest factors affecting health?

We can do better! Help Us help others!



Mothers & Babies
PERINATAL NETWORK
of South Central New York Inc.

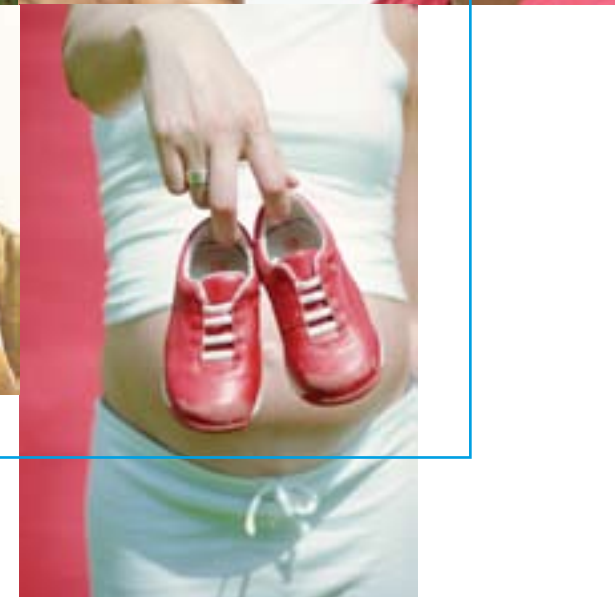
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of South Central New York Inc.



Serving Broome, Chenango,
Cortland, Delaware, Otsego,
Tioga and Tompkins Counties

Healthy Families are Our Future



Our Mission

The Missions of Mothers & Babies Perinatal Network is to improve pregnancy and birth outcomes and support the health and development of individuals and families.

The Networking Concept

Personal health care is more than medical services/treatment. It requires a healthy living environment, health promoting behavior, and adequate resources such as nutrition and access to care. We coordinate services among community organizations, health and human services providers and families, in an effort to ensure optimal health.

M&BPN is one of 15 networks originally developed with funding from the NYS Department of Health. Networks strive to effect positive change in health outcomes for women, infants and families.

Partners

We partner with schools, medical providers, hospital systems, public and community-based organizations, policy makers, community leaders and advocates, and individuals and families.

Key Activities, Services & Programs

Pregnancy-related Services

- Health Education Programs providers and agencies
- Community Education Programs
- Quit Kit Smoking Cessation for Pregnant & Parenting Families
- Affiliation with Regional Perinatal Centers serving the South Central region - Albany Medical Center and SUNY Health Science Center, Syracuse.
- Affiliation with the New York State Perinatal Association & the National Perinatal Association
- Teen Pregnancy Prevention Programs & Related Youth Services
- School & Community-based Programs for teens & their families

Data Analysis

Track trends in infant/maternal mortality and other health factors, provide regional needs assessment information and serve as a reference source for health and human services providers, legislators and policymakers, the media and at-large community.

Family Support Services

- Family Resource Centers: drop-in centers for parents and caregivers of young children
- Parent Education Programs: a variety of programs on various topics related to parenting
- Community Education Programs related to child & family health

Information & Referral Services

Toll-free phone line: 1-800-231-0744 - Information, referral and materials on regional services, providers, & educational materials on topics related to all M&BPN services.

Health Insurance Options & Services for the Uninsured

Application assistance for the New York State Health Insurance programs

Information, Referral or Assistance with services for those without insurance

Publications

Maternal Child Health News - for providers

New Parent News - a quarterly newsletter for parents

Resource Directory of Perinatal Services in SCNY - provides information on services, fee and contact information for more than 100 services. Also available at www.mothersandbabies.org

Pamphlets and brochures on specific topics related to all M&BPN programs





Support Services

Family Resource Centers: Drop-in community centers for parents (and others) with young children (0-9). Open daily. Encourage families to be creative, meet other families, learn about resources.

Leaders (PAL) (Binghamton) - Open 5 days/week (Monday-Friday) evenings. Offers a lending library, a Kids' Closet (loan/giveaway) Closet, and a summer lunch program. Call 771-6334 for information on all programs.

The Gathering Place FRC (Norwich) - Open 5 days per week, including one evening. Offers fun activities for both adults and children (ages 0 -5) and a children's lending library. Call 334-8909 for information.

Parent Education Programs (Binghamton & Norwich) Single to 6 week sessions on various topics related to children and families. Call for topics and times.

Community Education Programs - Topics of interest to families held at local restaurants or hotels and promoted through local media and program mailers. Feel free to suggest topics of interest.

Grandparent Support - Family Resource Centers are great places for grandparents to come with their children or if they're raising grandchildren. We sponsor periodic dinners and informational programs that are grandparent specific. Call for additional information.

Mothers and Babies Perinatal Network, Inc. receives funding from: the NYS Dept. of Health, Bureau of Women's Health, Division of Family & Local Health, Division of Policy & Planning, NYS Office of Children & Family Services & the Trust Fund, Broome County Youth Bureau, City of Binghamton CDBG, Tobacco Coalitions of Broome/Tioga, Delaware, and Otsego, UHS, Greater NY Hospital Foundation, United Way of Chenango, Chenango County DSS, Community Foundation of SCNY.

Health Insurance Options & Services for the Uninsured

Facilitated Enrollment - application assistance and eligibility screening for children and adults seeking health insurance through one of the (3) NYS health insurance programs - all of which are based on income and NYS residency.

Enrollment specialists meet with individuals and families to complete the application process and help become enrolled in a program (if eligible). Enrollers can assist families with the selection of a medical provider (obtain an appointment with a specialist) or access prescription medication. Staff also provides education on all possible health care options for individuals and families.

Child Health Plus - health insurance for children ages 0 - 18. Covers well-child visits, sick and emergency care, in-hospital care, counseling services, and prescriptions.

Family Health Plus & Adult Medicaid - health insurance for adults ages 19 - 64. Covers preventive, sick and emergency care, in-hospital care, counseling services and prescriptions.

Health Insurance Training & Education Network (HITE) - a web-based resource directory tool for health and human service organizations working with uninsured individuals and families to help identify and access the broad array of public and private community resources available in South Central New York and New York City.



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Pregnancy-related Services

Improving birth outcomes and ensuring the health of pregnant women and families is the primary purpose of a perinatal network. M&BPN works with local and regional perinatal care programs, obstetrical providers and a variety of community-based programs that serve pregnant women and their families.

Health professional education programs are available at medical offices, local health departments, hospitals, or other agencies. M&BPN offers periodic education programs on various perinatal health topics such as breastfeeding, substance use during pregnancy, health consequences of primary and second hand smoke, oral health for pregnant women and infants/toddlers, prematurity, post partum depression, the benefits of folic acid supplementation and prevention of birth defects, and more.

Quit Kit Program for Pregnant & Parenting Families

A free, phone-based support smoking cessation program for anyone pregnant or caring for children. Resource materials used include products of the American Lung Association, and American Cancer Society, and more. Anyone interested in stopping smoking can enter the program by self-referral, referral by a medical provider or other service provider. Once enrolled, all individuals receive weekly counseling calls from trained staff who help them identify their goal for quitting and offer strategies for overcoming the smoking habit and the stressors which may prompt smoking. Call the Network office for more information, brochures, or to enroll.



Teen Pregnancy Prevention & Related Youth Services

M&BPN teen pregnancy prevention programs include an array of services and education teens might need to help manage day-to-day pressures. Sexually active teens are provided with information and access to services to help them prevent pregnancy and sexually-transmitted diseases. Teens involved in a pregnancy so need to access appropriate services including medical care, entry into school or work, and services for their babies.

South Central NY Worth the Wait Program (all seven counties)

A 3 day, 3 year program available to all middle schools (6,7,& 8th grades). Topics include building healthy relationships, parenting can wait, and making good decisions. Schools and alternative programs for youth can request this program to be offered in their facility.

Parents Supporting Teens (all seven counties)

An interactive workshop series designed to help parents enhance their role in their children's self-esteem, health and sexuality education. Series topics include: puberty, sexuality, sexually-transmitted diseases, bullying, peer pressure, media messages and more.

Teen Summit

A one-day field trip available to 8th grade students.

Teens Link Program (Broome County)

- **Life Skills** - a series of educational modules on various essential life skills. Schools, agencies, churches, and other youth serving groups can request one or more modules provided at your facility.
- **Teens Link Peer Education** - provides an opportunity for teens to give voice to issues confronting teens. Teens learn facts about teen pregnancy and sexually transmitted diseases, and the impact of both nationally and locally to share with their peers. (Teens can be eligible for community service credit.)
- **Counseling Services** - therapeutic intervention to help teens find more successful ways of coping with problems and challenging life situations.
- **Case Management Services** - support programs for pregnant and parenting teens.
- **After School Programs** - in partnership with local high schools, after-school activities are offered to teens to help explore personal issues and establish future goals.