



Free nurse home visit for all **families with newborns.**



**Health check-up
for birth mom
and baby**

**Feeding, soothing
support & more**

**Connections to
community
resources**

**Texas Family Connects is available at no cost for all families living in
Bastrop County**

CALL TO SCHEDULE YOUR APPOINTMENT TODAY!

Family Connects Bastrop County
Phone: 512-308-3913
Telehealth visits available.





Sin costo visita de
enfermera a domicilio
para todas las **familias**
con recién nacidos.



**Chequeo de salud
para mamá y bebé**

**Alimentación, apoyo
calmante y más**

**Conexiones
para recursos
comunitarios**

**Texas Family Connects está disponible sin costo para todas las familias que
viven en el condado de Bastrop.**

LLAME PARA HACER SU CITA HOY!

Family Connects Bastrop County
Teléfono: 512-308-3913
Videollamadas disponibles.



Serving Bastrop County!



**Giving Austin
Labor Support**

GALS Programs

Our Birthworkers can provide you with free doula support during your pregnancy, birth and postpartum journey.

On Call Birth Support

Full Spectrum Doula Care

Postpartum Doula Program

Jail Support Program

Childcare for Black Mamas - MHEC

Birth Education and Training



**Improving birth outcomes
& ensuring no one births alone**

512.934.2171 | GALSAustin.org | @GALSupport

¡Sirviendo al condado de Bastrop!



Giving Austin
Labor Support

Programas GALS

Nuestros trabajadores de nacimiento pueden brindar apoyo doula gratis durante su embarazo, parto y posparto.

On Call Birth Support

Full Spectrum Doula Care

Postpartum Doula Program

Jail Support Program

Childcare for Black Mamas - MHEC

Birth Education and Training

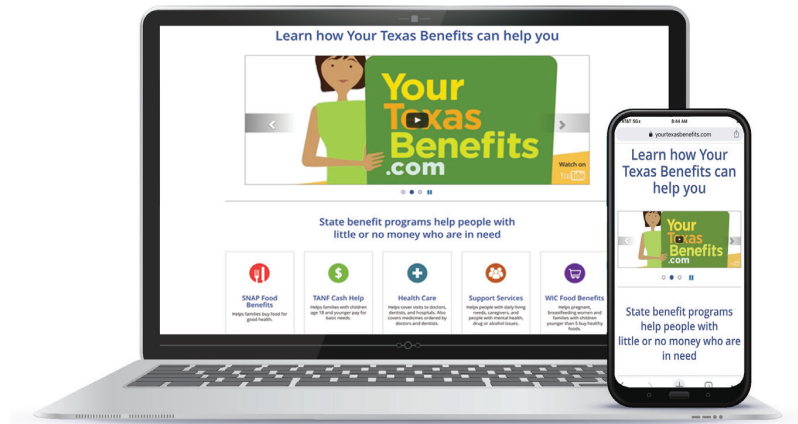


**Mejorar los resultados del parto
& garantizar que nadie nazca solo**

512.934.2171 | GALSAustin.org | [@GALSupport](https://www.instagram.com/GALSupport)

DON'T LOSE MEDICAID

Respond and Update!



Update your information today.

Foundation Communities' Benefits Assistance program provides free application, enrollment, and renewal assistance. Visit **ProsperFinancialWellness.org** or call **737-249-6394** to schedule an appointment.

Attention Medicaid recipients:

Make sure you update your contact information. Visit **YourTexasBenefits.com** or call Foundation Communities at **737-249-6394** to update your information today!



TEXAS
Health and Human
Services

NO PIERDA MEDICAID ¡Responda y actualice!



Actualice su información hoy mismo.

Foundation Communities ofrece asistencia con los casos, las inscripciones, y renovaciones de aplicaciones para los beneficios. Visite **ProsperFinancialWellness.org** o llame al **737-249-6394** para programar una cita.

Atención beneficiario de Medicaid:

Asegúrese de actualizar su información de contacto lo antes posible. Para actualizar su información, visite **YourTexasBenefits.com** o llame a Foundation Communities al **737-249-6394**.



TEXAS
Health and Human
Services



PROSPER HEALTH COVERAGE

Helping you find healthcare you can afford.



4/5 people
get plans for
less than
\$10/month!

We can help you find:

- Medications and doctors you can afford.
- Coverage that's similar to what you've had in the past.
- Specialized care.
- Any other kind of medical care, prescription coverage, or plan for good health.

...And much more!

We help make health insurance easier to find, easier to pay for, and easier to use!

Health insurance can be confusing, but you're not alone! By talking with a Navigator, you get **FREE, reliable help** from a local expert to help you find and enroll in an affordable health plan from the Marketplace or Medicaid, CHIP, or other health programs. All these affordable plans help you see doctors you can afford and protect you from medical bills if you have an emergency.

Schedule a free, no-strings-attached talk with a Prosper Health Coverage Navigator!

THREE WAYS TO CONTACT US!

📞 512-381-4520

📱 Text 737-209-6861

🌐 ProsperHealthCoverage.org

VISIT OUR WEBSITE!



APPOINTMENTS AVAILABLE IN-PERSON OR BY PHONE! WALK-INS WELCOME.

For appointments outside of Travis County, call 512-381-4520.

PROSPER CENTER-NORTH
5900 Airport Blvd
Austin, TX 78752

PROSPER CENTER-SOUTH
2900 S I-35 Frontage Rd
Austin, TX 78704

HOURS:
Monday – Friday: 9am – 5pm
2nd and 4th Saturdays of the month: 9am – 4pm





PROSPER HEALTH COVERAGE

Ayudandoles a encontrar cobertura de salud asequible.



4/5 personas
obtienen planes
por menos de
\$10/mes!

Podemos ayudarle e encontrar:

- Medicamentos y visitas al médico que son asequibles.
- Cobertura similar a la que ha tenido en el pasado.
- Atención especializada.
- Cualquier otro tipo de atención médica, cobertura de receta, o un plan para buena salud.

...y mucho más!

Ayudamos a que el seguro de salud sea más fácil de encontrar, más fácil de pagar, ¡y más fácil a usar!

¡El seguro de salud puede ser confuso, ¡pero no estás solo! Los Navegadores de Prosper Health Coverage son expertos locales que pueden brindarle ayuda confiable y **GRATUITA** para ayudarlo a obtener un plan de salud asequible del Mercado, Medicaid, o CHIP u otros programas de salud.

¡Programe una cita gratuita, sin compromiso, con un Navegador de Prosper Health Coverage!

¡TRES FORMAS DE CONTACTARNOS!

512-381-4520

Texto 737-209-6861

ProsperHealthCoverage.org

SITIO EN WEB



CITAS DISPONIBLES EN PERSONA O POR TELEFONO. LOS ATENDEMOS SIN CITA PREVIA.

Para citas afuera del condado de Travis, llame al 512-381-4520.

PROSPER CENTER-NORTH
5900 Airport Blvd
Austin, TX 78752

PROSPER CENTER-SOUTH
2900 S I-35 Frontage Rd
Austin, TX 78704

HORARIO:
Lunes - viernes: 9am-5pm
Segundo y último sábado del mes: 9am-5pm

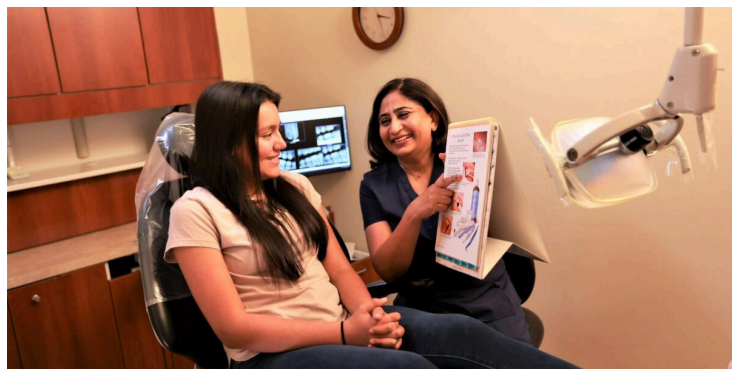


Affordable Dental Care at Lone Star Circle of Care - Bastrop For adults and children!

605 Old Austin Hwy

Bastrop, TX 78602

1-877-800-5722 / Monday–Friday, 8am–5pm



Our low cost, high quality dental services are the only available option for many Central Texas residents who are without dental insurance and would otherwise be unable to afford the cost of dental care. Services are offered at a discount for uninsured patients who qualify based on household size and income. We also accept many dental insurance plans.

As a federally qualified community health center, Lone Star Circle of Care provides general dentistry services for adults and children. Services include:

Oral Exams

Teeth Cleanings

Preventive Care

X-rays

Dental Fillings and Extractions

Stainless Steel Crowns (no gold)

Posterior Porcelain Crowns

Partial Dentures

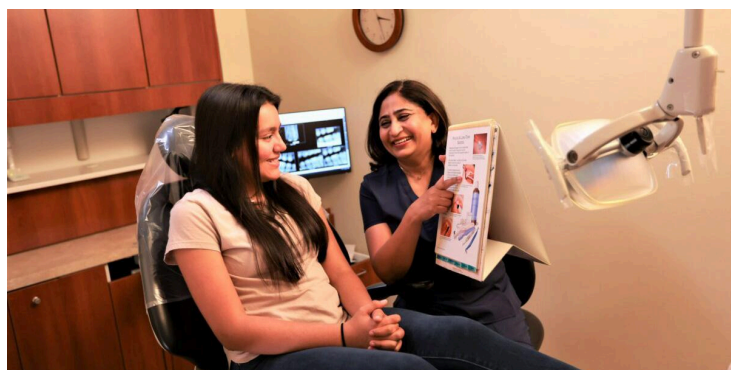
To make an appointment at our dental clinic, please contact our Patient Navigation Center at [877-800-5722](tel:877-800-5722).

Atención dental asequible en Lone Star Circle of Care - Bastrop ¡Para adultos y niños!

605 Old Austin Hwy

Bastrop, TX 78602

1-877-800-5722 / Lunes a viernes, de 8am a 5pm



Nuestros servicios dentales de bajo costo y alta calidad son la única opción disponible para muchos residentes del centro de Texas que no tienen seguro dental y que de otro modo no podrían pagar el costo de la atención dental. Los servicios se ofrecen con descuento para pacientes sin seguro que califican según el tamaño del hogar y los ingresos. También aceptamos muchos planes de seguro dental.

Como centro de salud comunitario calificado a nivel federal, Lone Star Circle of Care brinda servicios de odontología general para adultos y niños. Los servicios incluyen:

Exámenes bucales

Limpiezas dentales

Atención preventiva

Radiografías

Empastes y Extracciones Dentales

Coronas de Acero Inoxidable (sin oro)

Coronas de porcelana posteriores

Dentaduras postizas parciales

Para programar una cita en nuestra clínica dental, comuníquese con nuestro Centro de navegación para pacientes al [877-800-5722](tel:877-800-5722).

PADRES

Parenting Awareness Drug Risk Education Services



Program Overview

WHAT IS PADRES?

Bluebonnet Trails Community Services Parenting Awareness Drug Risk Education Services (PADRES) program delivers substance use intervention services to help decrease the effects of substance use within the family while increasing access to community resources and education.

WHO CAN PADRES HELP?

PADRES is available to parents of children under the age of 6 or expectant parents who meet the eligibility criteria below, regardless of gender or age. Participants must reside in the 30 counties that make up Region 7 (pictured at right).

WHAT IS THE ELIGIBILITY CRITERIA?

Participants will be accepted into the program upon meeting one or more of the following risk factors:

- Current/past involvement with Child Protective Services
- Current/past use or dependence on alcohol or other drugs
- Current/history of domestic violence
- Current/history of mental health challenges
- Current/past experience with physical, sexual, or emotional abuse
- Living in a household with drug use
- Current/past drug-related criminal offense
- Financial distress

PADRES is available to residents of 30 Central Texas counties in Region 7



PADRES

Parenting Awareness Drug Risk Education Services



WHAT SERVICES ARE OFFERED?

Our person-centered, trauma-informed, and culturally competent services are offered in-person and virtually based on preference and availability. We will work with each individual to develop a personalized care plan that meets their unique needs. PADRES services include the following:

- Supportive case management
- Parenting classes and peer support groups
- Pregnancy and reproductive health education
- Family bonding and healthy lifestyle activities
- Referrals to intervention/treatment services
- HIV, STD, and substance use harm reduction education and resource distribution
- Referrals to community programs and resources
- Utility, housing, or financial planning/resources
- Family violence resources and safety planning
- Education on substance use and its effects on the family
- Wellness and self-care tools

WHAT IS THE REFERRAL PROCESS?



Call our Appointment and Information Line to request a screening:
844-309-6385



For questions about PADRES, or to make a referral, email us at SUD_Admin@bbtrails.org or visit bbtrails.org/substance-use-services/



A case manager will make contact within 3 business days of receiving a referral



Appointments and Information Line: **844-309-6385**

24/7 Crisis Line: **800-841-1255**

Bluebonnet Trails



Central Texas



Pathways to Mental Healing

If I am okay, my family is too



Spanish Mental Health Toolkit

This toolkit includes resources for how to improve mental wellbeing and overall wellbeing for you and your family, educational resources to learn more about mental health, and local and national organizations to seek help. All the resources in this toolkit are safe and serve Spanish speaking families and individuals.

Toolkit Sections

- 1 Improve Mental Well-being for Me and My Family
- 2 How Overall Well-being Impacts Mental Well-being
- 3 Learn More About Mental Health
- 4 Get Help

Special thanks to St. David's Foundation and United Healthcare for funding the "Pathways to Mental Healing" Toolkit and our engagement efforts.

Scan
to
Access Toolkit



Pathways to Mental Healing

If I am okay, my family is also

SECTION 1: Improve Mental Well-being for Me and My Family

Useful tips for improving my and my family's mental well-being. These tools can be used immediately for myself or a loved one and typically don't require intervention.

SUBCATEGORIES

1. Understanding Mental Health
2. Resources for Caregivers
3. Children's Mental Health
4. Tips & Tricks for Me
5. Emotional Health/ Regulation

SECTION 2: How Overall Well-being Impacts Mental Well-being

Useful tips to improve my overall well-being. Overall well-being encompasses basic needs, social needs, and physical health. These may not include any information about mental health but can improve my mental well-being.

SUBCATEGORIES

1. Self-Care
2. Exercise
3. Social Connection
4. Overall Well-being

SECTION 3: Learn More About Mental Health

Increase understanding of well-being/mental health. This includes how the combination of physical, emotional, cultural, and social factors relate to mental health.

SUBCATEGORIES

1. Mental Health Conditions Explained
2. How Do I Know I Need Help?
3. How to Find a Therapist
4. Destigmatizing Mental Health

SECTION 4: Get Help

Services and supports that are provided by another person, professional, or agency to assist with different components of well-being such as mental health, resiliency, self-care behaviors, and ability to deal with positive and negative emotions.

SUBCATEGORIES

1. Crisis Lines
2. Support Groups
3. Therapy Services

Scan to
Access
Toolkit



Contact CAN info@canatx.org or (512) 910-5372 for questions or to request a presentation.



Camino de Sanación Mental

Si yo estoy bien, mi familia también



Conjunto de herramientas de salud mental en español

Este conjunto de herramientas incluye recursos para mejorar su bienestar mental y general y el de su familia, recursos educativos para aprender más sobre la salud mental así como organizaciones locales y nacionales donde puede conseguir ayuda. Todos los recursos en este conjunto de herramientas son seguros y sirven a individuos y familias que hablan español.

Secciones del conjunto de herramientas

- 1 Mejorar mi bienestar mental y el de mi familia
- 2 Cómo influye el bienestar general en el bienestar mental
- 3 Obtener más información sobre salud mental
- 4 Obtener ayuda

Nuestro profundo agradecimiento a St. David's Foundation y a United Healthcare por proporcionar fondos para el kit de herramientas "Camino de sanación mental" y para nuestras iniciativas de participación comunitaria.

Escanee para acceder kit de herramientas



Camino de Sanación Mental

Si yo estoy bien, mi familia también

Sección 1: Mejorar mi bienestar mental y el de mi familia

Consejos útiles para mejorar mi bienestar mental y el de mi familia. Estas herramientas pueden utilizarse directamente para mí o para un ser querido y no suelen requerir intervención.

SUBCATEGORÍAS

1. Comprender la salud mental
2. Recursos para cuidadores
3. Salud mental infantil
4. Consejos y trucos para mí
5. Salud emocional o regulación

Sección 2: Cómo influye el bienestar general en el bienestar mental

Consejos útiles para mejorar mi bienestar general. El bienestar general abarca las necesidades básicas, las necesidades sociales y la salud física. Puede que no incluyan información sobre salud mental, pero pueden mejorar mi bienestar mental.

SUBCATEGORÍAS

1. Cuidado personal
2. El ejercicio
3. Conexión social
4. Bienestar general

Sección 3: Obtener más información sobre salud mental

Aumentar la comprensión del bienestar y de la salud mental. Esto incluye cómo la combinación de factores físicos, emocionales, culturales y sociales se relacionan con la salud mental.

SUBCATEGORÍAS

1. Explicación de los trastornos mentales
2. ¿Cómo sé que necesito ayuda?
3. Cómo encontrar un terapeuta
4. Desestigmatizar la salud mental

Sección 4: Obtener ayuda

Servicios y apoyos prestados por otra persona, profesional u organismo para ayudar en diferentes componentes del bienestar, como la salud mental, la resiliencia, los comportamientos de cuidado personal y la capacidad para afrontar emociones positivas y negativas.

SUBCATEGORÍAS

1. Líneas en caso de crisis
2. Grupos de apoyo
3. Servicios de terapia

Escanee para acceder
kit de herramientas



Comuníquese con CAN
info@canatx.org o (512)
910-5372 si tiene preguntas
o desea una presentación.



Family Education Program

Parenting and Childbirth Classes

Any Baby Can offers classes to guide first-time and experienced parents through the joys and challenges of parenting. Our instructors provide a judgement-free space to learn, share experiences and discuss challenges.

We're a proud provider of Nurturing Families®, an evidence-based model proven to increase positive parenting behaviors such as a parent's sense of self-worth, attachment, empowerment and appropriate disciplinary practices.

Participants Receive:

- Parenting classes that foster positive parenting skills.
- Advice on dealing with the hard parts of parenting.
- Bonding and discipline techniques that work, whether your kids are babies or teens.
- Fatherhood classes help dads and father figures build strong parent-child connections.
- Four-week virtual childbirth classes to cover delivery and infant care.
- In-person and online classes that fit your schedule.

Upcoming Classes:

To register for an upcoming class, visit:

anybabycan.org/programs/parenting-classes

Nurturing Families and Childbirth Preparation classes are offered at no charge.

About Any Baby Can:

Any Baby Can partners with families to overcome obstacles and achieve well-being. With programs that meet clients where they are – at home, work or school – Any Baby Can helps build stability, develop skills and navigate systems so children and families reach their full potential.



PROGRAM BENEFITS

Gain confidence and improve parenting skills.

Communicate better with your family, kids and partner.

Create family rules and routines, and increase desired behaviors in the household.

Any Baby Can

6207 Sheridan Ave.
Austin, TX 78723

512-454-3743

anybabycan.org

Family Education
Program Contact:

512-202-2745

simonas@anybabycan.org



Family Education Program

Clases de crianza y de parto

Any Baby Can ofrece clases para guiar a padres primerizos y con experiencia a través de las alegrías y los retos de la crianza. Nuestros instructores ofrecen un espacio sin prejuicios para aprender, compartir experiencias y hablar de los retos.

Estamos orgullosos de ser proveedores de Nurturing Families®, un modelo basado en pruebas que ha demostrado aumentar los comportamientos positivos de los padres, como la autoestima, el apego, la autonomía y las prácticas disciplinarias adecuadas.

Los participantes reciben:

- Clases de crianza que fomentan habilidades parentales positivas.
- Consejos para afrontar los momentos difíciles de la crianza.
- Técnicas de vinculación y disciplina que funcionan, ya sean bebés o adolescentes.
- Las clases de paternidad ayudan a padres y figuras paternas a construir vínculos fuertes entre padres e hijos.
- Clases virtuales de cuatro semanas sobre el parto y los cuidados del bebé.
- Clases virtuales y presenciales que se adaptan a su horario.

Próximas clases:

Para inscribirse en una de las próximas clases, visite: anybabycan.org/programs/parenting-classes

Las clases de Nurturing Families y de preparación al parto son gratuitas.

Acerca de Any Baby Can:

Any Baby Can colabora con las familias para superar los obstáculos y lograr su bienestar. Con programas que atienden a los clientes donde se encuentran: en casa, en el trabajo o en la escuela, Any Baby Can ayuda a generar estabilidad, a desarrollar destrezas y gestionar sistemas para que los niños y las familias alcancen su máximo potencial.



BENEFICIOS DEL PROGRAMA

Ganar confianza y mejorar habilidades parentales.

Comunicarse mejor con su familia, hijos y pareja.

Crear reglas y rutinas y aumentar los comportamientos deseados en el hogar.

Any Baby Can

6207 Sheridan Ave.
Austin, TX 78723

512-454-3743

anybabycan.org

Contacto del Family Education Program:

512-202-2745

simonas@anybabycan.org

Specialized Health & Social Services

Mission Statement

The Public Health Region 7 Specialized Health and Social Services (SHSS) program empowers people with special health care needs by helping them navigate complex systems of care and access services that enhance their health and well-being.

Program Overview

The SHSS program fulfills its mission by providing:

- Case management services for individuals with special health care needs and their families
- Functional needs assessments for attendant and habilitation services
- Eligibility application processing for Children with Special Health Care Needs Services Program (CSHCN-SP) benefits
- Training and technical assistance for current/prospective independent case managers for children and pregnant women
- Outreach and technical assistance for current/prospective Texas Health Steps medical and dental providers
- Coordination with other HHS programs
- Collaboration with local health departments and community partners
- Disaster response and recovery

Program Contacts

Program Manager

Leesa Ferrero, LMSW

254-771-6791 / Leesa.Ferrero@dshs.texas.gov

Case Management Program Supervisor

Kimberly Langley, LBSW

254-771-6743 / Kimberly.Langley@dshs.texas.gov

Alicia Lopez, LBSW

254-750-9353 / Alicia.Lopez@dshs.texas.gov

Texas Health Steps Program Supervisor

Kimberly Langley, LBSW

254-771-6743 / Kimberly.Langley@dshs.texas.gov

CSHCN Services Program Team Lead

Martha Calderon

512-873-6315 / Martha.Calderon@dshs.texas.gov

CPW Liaison

Danna Smith, LBSW

325-200-3340 / Danna.Smith@dshs.texas.gov

Admin Team Lead

Marina Hernandez

254-771-6787 / Marina.Hernandez@dshs.texas.gov

Region 7 Behavioral Health Coordinator

Chelsea Smith, LMSW, LCDC

254-771-6743 / Chelsea.Smith@dshs.texas.gov

Information Referral Specialist

Andrea Wilkey

254-771-6734 / Andrea.Wilkey@dshs.texas.gov



Texas Department of State Health Services
Specialized Health & Social Services
2408 S. 37th St.
Temple, TX 76504

800-789-2865 toll free
254-778-5490 fax

Referring Clients for Services

Case Management Referrals:

Fax case management referral forms to
254-778-5490

To speak with a program staff member,
call 800-789-2865

PCS/CFC Referrals:

Call the PCS Client Line at 888-276-0702



TEXAS
Health and Human
Services

Texas Department of State
Health Services

dshs.texas.gov

Case Management and Direct Service Program Areas

Medicaid Case Management

- Populations: Children 0-20 and high-risk pregnant women
- Medicaid types: Children's Medicaid, STAR, Adoption Assistance, Federally-Recognized Indian Tribes, and other types as appropriate (i.e. STAR Kids, Foster Care)
- Services: Case management and service coordination, functional assessments for attendant and habilitation services through the Personal Care Services (PCS) and Community First Choice (CFC) programs

Children with Special Health Care Needs Services Program (CSHCN-SP)

- Populations: Children 0-20 and persons of any age with Cystic Fibrosis
- Services: Case management and eligibility processing

Newborn Screening (NBS)

- Populations: Infants with abnormal NBS results
- Services: Follow-up and case management

Public Health Case Management

- Populations: Persons of any age seeking services or supports to improve health and well-being
- Services: Follow-up and case management

Special Projects - Birth Defects

- Populations: Children born with evidence of congenital Zika, Cleft Palate and/or Lip, Neural Tube Defects, and Down Syndrome
- Services: Follow-up and case management

Childhood Lead Poisoning Prevention

- SHSS Social Workers may be asked to assist in providing case management and educational follow up to those families who have a child with a high blood lead level. They will reach out to the family and report back to the BLSB (Blood Lead Surveillance Branch) nurses who monitor this statewide.

Provider Relations Program Areas

Texas Health Steps

- Populations: Current and prospective THSteps medical and dental providers
- Services: Outreach, training, and technical assistance

Case Management for Children and Pregnant Women (CPW) Liaison

- Populations: Current and prospective independent CPW case management providers
- Services: Training, technical assistance, and quality assurance

Helpful Links

- Children and Pregnant Women (CPW) Program: <https://hhs.texas.gov/sites/default/files/documents/doing-business-with-hhs/provider-portal/health-services-providers/cm-children-pregnant/cm-child-pregnant-become-provider.pdf>
- Children with Special Health Care Needs Services Program: <https://www.hhs.texas.gov/services/disability/children-special-health-care-needs-program>
- Newborn Screening Program: <http://www.dshs.texas.gov/newborn/default.shtm>
- Personal Care Services: <https://hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-members/texas-health-steps/personal-care-services>
- Texas Health Steps: <https://hhs.texas.gov/doing-business-hhs/provider-portals/health-services-providers/texas-health-steps>
- Texas Childhood Lead Poisoning Prevention Program (TXCLPPP): <https://www.dshs.texas.gov/lead/child.shtm>

