### Helpful Phone Numbers

#### **Oregon Health Plan**

(For Application to be mailed to you) 1-800-359-9517

#### **Marion County WIC Program**

(503) 981-5851(503) 588-5057

#### **TRIPLINK**

Help with transportation to medical and counseling appointments. (503) 315-5544

Toll Free: 1-888-315-5544

#### **Department of Human Services**

Food stamps, cash assistance, medical cards.

Woodburn (503) 980-6677 South Salem (503) 378-6327 Keizer (503) 373-0808 North Salem (503) 378-2731

#### Psychiatric Crisis Center (PCC) Hotline

Screening and Assessment (503) 585-4949

#### Mid Valley Women's Crisis Services

24 Hr. Hotline (503) 399-7722 Toll Free 1-866-399-7722



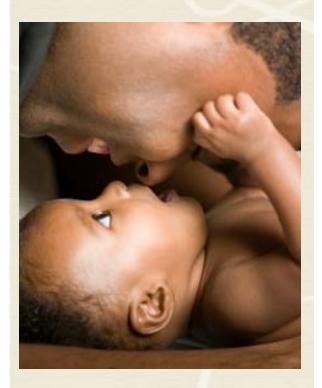
## MARION COUNTY HEALTH DEPARTMENT

Children's Behavioral Health 976 N Pacific HWY Woodburn, OR 97071

> Phone: (503) 981 5851 Fax: (503) 566 2948

Contact: Micheen (Mac) Panosh, MSW

# MARION COUNTY HEALTH DEPARTMENT



Teen Parent Counseling
Program

(503) 981-5851

Marion County Health Department 976 N Pacific Highway Woodburn, OR 97071



#### **Outcome Goals..**

- To prevent clients from dropping out of school. Nationwide only 40% of teens who become parents before age 18 graduate from high school and are 9 times more likely to be poor.
- To help link to early prenatal care as teen parents are 2.5 times more likely to delay care until after the first trimester because of hiding their pregnancy which increases risk to baby of low birth weight.
- To involve the teen father, as 85% of teen mothers are raising their child as a single parent.
- To reduce isolation and stress by building tools which reduces the risk of child abuse and neglect.
- "Sex has meaning, risk, and consequences." To encourage parents to be involved to prevent other siblings from having unplanned pregnancies by encouraging parents to share their values about sexual health.

## Teen Parent Counseling Services Include:

- Mental health assessment and treatment plan.
- School based individual and group counseling.
- Cognitive Behavioral Therapy
- Encouragement for school completion
- Case management referrals to community resources: OHP, housing, transportation and prenatal care.

- · Family therapy
- Education about pregnancy and child development
- Identifying and strengthening healthy relationships
- Identifying and treating postpartum depression
- Learning stress management and parenting skills

#### Who can get these services?

Any pregnant teen, teen mother, or teen father living in North Marion County who feels they need help and support.
Services covered by OHP.



