### **MCHC's History**



Founded in 1991, MCHC remains committed to its goal to reduce barriers through culturally competent

care, helping thousands of low-income, high-risk children, women and their families secure services and resources that they need to raise healthy children.

In 2018, MCHC served over 5,000 mothers, children, and their families in Chester County and Pottstown, Montgomery County, Pennsylvania.



MCHC is a registered charitable organization. A copy of the official registration and financial information may be obtained from the PA Department of State by calling toll free, within PA, 1-800-732-0999. Registration does not imply endorsement. MCHC is a 501(c)(3) nonprofit organization – contributions to which are tax deductible to the fullest extent permitted by law.

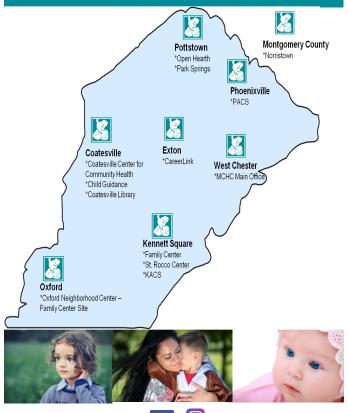






Call to schedule an appointment
Main Phone Number
(610) 344-5370

#### **Areas of Services**





# **MCHC**



**Our Mission** 

Empowering families to build a healthier and brighter future for their children by overcoming the social and environmental barriers that lead to poor health conditions in our communities.

30 West Barnard Street West Chester PA 19382 Phone: (610) 344-5370 Fax: (610) 344-5279 www.ccmchc.org

# Healthy Start



# Every child deserves to start healthy. Mothers Saving Lives (MOSALI)

Parents as Teachers<sup>TM</sup>

Prenatal and Parenting Education

- ◆ Home visiting strengthened by evidence-based Parents as Teachers<sup>TM</sup> (PAT) curriculum
- ◆ Ensures a medical home for women's perinatal and preventive health and children's pediatric care
- Socio emotional and practical perinatal support and education
- Comprehensive health risk assessments
- ◆ Behavioral health screenings for depression and Adverse Childhood Experiences (ACEs)
- Health coverage and food security benefits enrollment assistance
- Connections to social services, behavioral health services, WIC and other community resources

## Diabetes Prevention and Chronic Disease Education Services - Healthy living and lifestyles.

- Educational modules during home visits
- Group workshops open to the community
- Improving self-management of risk factors
- Promotion of increased physical activity and healthy diet

#### **CareMessage - Interactive mobile text messaging**

- Reminders of upcoming medical appointments and medication adherence
- ◆ Information on nutrition, exercise, stress reduction, and tobacco dependence
- Prenatal and postnatal and diabetes health education

### Family Benefits

# **Every child deserves to stay healthy.**

Application enrollment assistance an advocacy for public health benefits

- ◆ Medical Assistance (MA)
- ◆ Children's Health Insurance Program (CHIP)
- ◆ Supplemental Nutrition Assistance Program (SNAP)

#### **Community Connections Services**

Our Specialist works with county agencies in the Coatesville area in order to assist clients in obtaining services with minimal delay. We assist individuals and families with referral assistance to access services such as transportation and housing information, Domestic Violence information, utility and rental assistance and more!

#### **Life Skills and Diversion Services**

Life Skills and Diversion are community-based programs that provide solution-focused, strengths-based parenting education and life skills services for parents/caretakers of at-risk dependent children and youth. The participants will be either English or Spanish-speaking families.

#### Family Group Decision Making (FGDM)

FGDM is a strength-based, culturally sensitive family engagement practice. Family members are invited to come together to share strengths, concerns and community resources in order to assist their family members in planning for the needs of the children. The ultimate purpose is to support the family system related to the child(ren) 'while problem-solving issues that arise.

#### **CareMessage - Interactive mobile text messaging**

Reminders of upcoming medical appointments and benefits enrollment appointments.



# Every child deserves to succeed in school.



- ◆ Home visiting strengthened by evidence-based Parents as Teachers<sup>TM</sup> (PAT) curriculum
- Child health and developmental screenings
- Group connections and parenting classes
- Health benefits enrollment assistance
- Connections to social services, behavioral

#### **Fatherhood Initiative**

Our Educator equips fathers with the information, support, resources, and encouragement they need to provide their children with the foundation for a lifetime of learning.

#### **Kindergarten Transition Program (KTP)**

The Kindergarten Transition Program is one of the many venues the Family Center developed to aid families to become prepared to start kindergarten.

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Start Healthy

Stay Healthy

Succeed in School

