



**Frontier School of Midwifery
and Family Nursing**

**Healthy Families
Begin With Healthy
Pregnancies**

E-mail:
cassiebelzer@gmail.com

Rev. 6/10

The Teen Guide to Pregnancy in The North Country

**A guide to
community
resources.**



**This guide will assist you throughout pregnancy and
motherhood to find the community help you need
as a young mother in Clinton, Essex, and Franklin
Counties.**

**Don't Forget to Eat Well
and See a Doctor**

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Emergency Phone Numbers

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Poison Control:
800-222-1222

Emergency Response: 911

**Helpful
Phone #'s**

- Clinton Area Rural Transit 518-561-1452
- Child/Family Health Plus 518-562-3740
- Community Link (Health Bus) 518-563-7129
- Clinton County Housing Assistance
518-565-4698
- NYSEG Power Partners 800-284-7988
- Plattsburgh Housing Authority 518-561-0720
- Smoker's Quitline 866-697-8487
- Social Security Administration 866-964-7430
- Essex County Medicaid Transportation
518-873-3411
- Essex County Home Energy Assistance
518-873-3878 or 518-873-3446
- GED and Job Seekers of Essex County
518-873-2341
- NYS Unemployment
888-209-8124
- Mental Health:
Clinton 518-565-4060
Essex 518-873-3670,
Franklin 518-327-3145
- Alcoholics Anonymous
518-561-8444





Choose a Pediatrician

Plattsburgh

- Mountain View Pediatrics 518-324-2040
Dr. Heidi Moore, Dr. Robert Moore,
Dr. Stephanie Moore, Dr. Diedre Schaefer
- Plattsburgh Pediatrics 518-561-7337
Dr. Skip Chaskey and Dr. Clark Knutson,
- Plattsburgh Primary 518-562-0151
Dr. David Beguin, Dr. Anthony Ching, Dr. Melissa Meyer, and
Dr. Roger Patnode
- Rainbow Pediatrics 518-561-5677
Dr. David Cohen, Dr. Sobia Qudsi, and Dr. Anthony Garami

Saranac Lake

- Adirondack Internal Medicine and Pediatrics 518-891-3845
- Dr. George Cook and Dr. W.Roy Slaunwhite 518-891-2688

Malone

- Dr. Emile Bernardot and Dr. Marcial Salvadore 518-483-5800
- Dr. Ira Weisman 518-483-0022

Childcare Resources

- Subsidized Daycare 518-565-3217
- Childcare Coordinating Council 518-561-4999/
800-540-2273
- Clinton and Franklin County JCEO 518-561-6310



I Think I Am Pregnant!

I think I may be pregnant. How do I get a pregnancy test?

- The MOMS Program of Clinton County Health Department
518-565-4848.
- Planned Parenthood 518-561-4430
- A pregnancy test from the store is accurate.
- Your Primary Care Physician or OB/GYN
- Birthright: Plattsburgh 518-563-4300/ Malone 800-550-4900

My pregnancy test is positive. Now what do I do?

See an Obstetrician or a Certified Nurse Midwife

Plattsburgh

Lake Champlain OB/GYN 518-566-9452:

Dr. Jeffrey Dodge ,and Dr. Barbara Gannon,
Linda Johnston CNM, Karen Case CNM, Kim Schoch CNM

Advanced Women's Health Care 518-562-7777 :

Dr. Olof Franzon, Dr. Dane Larsen, Dr. Caroline Hamel,
Allie Delventhal CNM

Associates in OB/Gyn 518-563-3260:

Dr. Susan Rech, and S Kier-Merrihew CNM

Dr. Usha Saha 518-562-7424

Saranac Lake

**Dr. Waguih Kirolos and Mary Rooks CNM of Trilakes OB/Gyn
518-891-5077**

Dr. Denise Ferrando 518-891-1733

Malone

Dr. Sonia Joseph 518-483-0553

Dr. Noel Varghese 518-481-2896

What are My Options ?

Having someone tell you what your options are is the first step to deciding what to do when you have an unplanned pregnancy. The following resources will give you the information to make a decision for your future:

Birthright: www.birthright.org
Plattsburgh 518-563-4300
Malone 1-800-550-4900

Birthright is an agency that offers free pregnancy testing and counseling. They can help by giving you maternity and baby clothes. They help with legal, financial, and housing referrals if needed.

Catholic Charities:
Clinton County 518-561-0470
Franklin County 518-483-1460

Catholic Charities is a faith based organization that can help you place your baby with a family waiting to adopt a child. If you choose to keep your baby they can help you resolve any physical, environmental, or emotional needs.

Planned Parenthood:
Plattsburgh 518-561-4430, Malone 518-483-7150
Saranac Lake 518-891-0046,
Ticonderoga 518-585-7622

Planned Parenthood has trained staff to give you unbiased guidance to your decisions. You have options. The staff at Planned Parenthood will give you the information for all of them.

Family and Parenting Resources

After the birth of your baby you will most likely be referred to a Public Health Nurse. She will visit you at your home and do a weight and length check on your baby, help with breastfeeding, give advice and education, and refer you to any other assistance you may need. This is an opportunity to ask an expert any unanswered questions you may have.

Clinton County: 518-565-3270
Franklin County: 518-481-1709/518-891-4471
Essex County: 518-873-3500

Early Advantages is a New York home visiting program. They teach positive discipline and parenting techniques. They have parenting support groups. They organize fun family events like picnics and outings. They can be a great resource for new, young mothers that have little experience and need someone to turn to.

This is a free service and is a valuable resource to learn how to become a great parent.

Clinton County 518-563-8206

Early Intervention is a program that provides a variety of services to infants and toddlers from birth to 3 years old.

Essex County 518-873-3500
Clinton County 518-565-4798
Franklin County 518-481-1709

Champlain Valley Even Start 1-800-540-2273
can help you parent and finish your own education.

Clinton and Franklin County JCEO 518-561-6310
Head Start, Day Care, and Community Outreach programs.

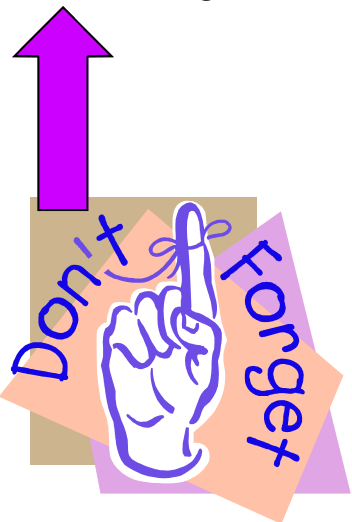


Take a Childbirth and Breastfeeding Class

CVPH in Plattsburgh: 518-561-2000
Glens Falls Hospital: 518-926-1000
Adirondack Medical Center: 518-891-4141

Stock your wardrobe and nursery!

Check expiration dates and possible recalls on all used baby items. Recalls can be found on www.recalls.gov



You will need maternity clothes, baby clothes, baby gear, and supplies for your nursery. Here are some affordable tips to get stocked up.

- Freecycle.org is a website that people post used items that they are giving away. Baby items and maternity clothes are common on this site.
- The Salvation Army will help young mothers get clothing and supplies: 518-563-5431/518-792-7730
- Catholic Charities (listed on pg. 4) will help you obtain baby supplies and maternity clothes.
- Birthright (listed on pg. 4) will assist you get clothing.
- Little Folks Trading Post 518-563-4748,
- Fashion Exchange 518-562-2302
- Garage and Yard Sales advertised in the Press Republican.
- Local Churches may have a clothing exchange or thrift store.

Get Help



MOMS Program:

Medicaid Obstetrical Maternal Services:
Clinton County 518-565-4848,
Essex County 518-873-3500,
Franklin County 518-481-1709

MOMS is Medicaid coverage for pregnancy care and your baby's first year of life. Through MOMS you will get a referral to WIC which provides checks to buy food. You will get birth and parenting support and education. MOMS can help you arrange doctor appointments and arrange transportation. There is also help to quit smoking, get immunizations, and be tested for infectious diseases.

Upper Hudson Primary Care Consortium—Helps those without insurance find insurance or other assistance to enable them to receive health care. Programs include: Child Health Plus, Family Health Plus, Medicaid, WIC and Hudson Headwaters Health Network's Sliding Fee. Program. They will assist clients in finding the right program, helping with the enrollment process, and help fill out the necessary forms.
Hamilton, Warren and Washington Counties
9 Carey Road, P.O. Box 357, Glens Falls, NY 12801
(518) 761-0300 ext: 223,
Hotline: 1-866-708-2912
Essex, Clinton and Franklin Counties
P.O. Box 412, 65 Court Street, Plattsburgh, NY, 12901
(518) 562-3740, Hotline: 1-866-872-3740

Don't Forget to Eat Well and See a Dentist.

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Dental care becomes more important now that you are pregnant. Pregnancy can cause gums that easily bleed, loose teeth, and infections in your mouth that can lead to preterm birth. Below is a list of dentists that take Medicaid if you do not already have a dentist. Please make an appointment.

- CVPH Dental Clinic 518-566-6091
- Lake Placid Dental Clinic 518-523-1122
- Ticonderoga Dental Clinic 518-585-3807
- MOMS is having a dental van tour Southern Franklin County from May of 2010– October of 2010. Contact MOMS for more information.

Good nutrition is important for you and your baby's health. Remember your baby eats what you eat. Below is a list of agencies that can help you get access to and make good food choices.

- WIC (Women, Infants, and Children) will provide you with breastfeeding education, nutrition education, and food stamps to buy nutritious food.
 - Clinton County 518-565-4830
 - Essex County 518-873-3560
 - Franklin County 518-483-4262
- Clinton and Franklin County JCEO 518-561-6310. JCEO will help you apply for food stamps, teach you how to make healthy food choices, and gives you access to the food co-op. Through the co-op you can buy a monthly food basket at a low cost.



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Other Food Pantries

- Interfaith Food Shelf 518-562-3663
- Essex ACAP 518-873-3207
- Families First of Elizabethtown 518-873-9544
- Families R Us of Malone 518-481-7281
- Family Matters of Tupper Lake 518-359-8167
- Family Connections in Plattsburgh 518-561-4999
- Comlink Food Pantry 518-483-1261 for Essex County

Legal Assistance and Paternity Issues

Do you have questions about paternity or how to get child support? Below are some resources that may answer your questions. In the State of NY the father of your baby has to pay child support, regardless of his age.

If he denies he is the father, the court will test for paternity.

- Legal Aid Society of Northeastern NY 1-800-722-7380
- Child Support Collection Unit: 1-888-208-4485

Are You Being Hurt Emotionally or Physically? Do You Feel Safe? Do You Think Your Baby Will Be Safe?

If you are afraid for your safety or your baby's safety there is help.

Please call the **Stop Domestic Violence Hotline:**
1-800-799-SAFE (7233)

Or

- Clinton County 518-563-6904
- Essex County 518-962-8949
- Franklin County 800-834-9474