

## Additional Services

### *Community*

- Certified Car Seat Technicians
- Certified Lactation Counselors
- Cribs for Kids Safe Sleep Partner
- Certified CPR/First Aid Trainers and Babysitting Classes
- Supervised Visitation Sites

### *Professional Training & Development*

- Certified Youth and Adult Mental Health First Aid Trainers
- Certified Bridges Out of Poverty Trainers
- Trauma/ACEs Education
- Adolescent Sexual Health Education



## Our Mission

The North Country Prenatal/Perinatal Council, Inc. is dedicated to strengthening maternal and family health by identifying service needs and improving access to care through community collaboration, education and referral for the well being of every woman, every child, every family.

### Watertown Office

200 Washington Street, Suite 300  
Watertown, NY 13601  
Phone: 315-788-8533  
1-800-279-8679  
eFax: 315-222-7348

### Gouverneur Office

68 West Main Street, Suite 2  
Gouverneur, NY 13642

### Lowville Office

7383 Utica Boulevard  
Lowville, NY 13367



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[www.facebook.com/ncppc.org](https://www.facebook.com/ncppc.org)



## NCPPC Programs & Services

*Jefferson, Lewis &  
St. Lawrence Counties*



[www.ncppc.org](https://www.ncppc.org)

*In the North Country since 1988*



## **Maternal and Infant Community Health Collaboratives**

*Available in: Jefferson, Lewis & St. Lawrence Counties*

### **Education and Outreach**

Our staff is available to provide maternal, infant, and reproductive health presentations on a variety of topics. Presentations are available to parents, community members, students, businesses, and health and human service providers.

### **Community Health Worker (CHW) Program**

This program offers home visiting services to women of childbearing age. The CHW program provides peer support before, during, and after pregnancy to promote overall health and wellness. Community Health Workers link individuals with health care providers, social services, and community resources to improve access to services and coordination of care. CHWs also offer baby weight checks.

### **Breastfeeding Support**

We are dedicated to making breastfeeding an easy choice for infant feeding. Contact us for information on Certified Lactation Counselors and breastfeeding groups.

## **Gouverneur Activity and Learning Center**

*Available in: Gouverneur Community*

The Gouverneur Activity and Learning Center offers a healthy, warm, welcoming, family-oriented center that encourages parents to drop in for companionship, peer discussion, and positive social support, as well as field trips and free play for children.

## **Healthy Families Jefferson County**

*Available in: Jefferson County*

Healthy Families is an evidence-based, accredited parent support and early intervention program that promotes health and development starting at the most effective time: with expectant parents and parents of babies under three months of age. Healthy Families offers strength-based, trusting, voluntary, long-term, home-based partnerships between the Family Specialist and parents from as early as the first trimester of pregnancy until the child reaches school age. Services are provided at no cost to the family.

## **Health Insurance Assistance**

*Available in: Jefferson, Lewis & St. Lawrence Counties*

Navigators offer help in applying for health insurance on the New York State of Health Marketplace including year-round enrollments for Medicaid, the Essential Plan, and Child Health Plus. Open enrollment for Qualified Health Plans typically begins in November. Navigators also assist in locating providers and pharmacies that work with insurance plans and education on topics such as co-pays, deductibles, and co-insurance. Navigators make frequent referrals to other programs both within and outside NCPHC.

## **Community Health Advocates**

*Available in: Jefferson, Lewis & St. Lawrence Counties*

Community Health Advocates provide one-on-one assistance and community trainings about health insurance and access to health care. They can assist people with back medical bills, finding providers, affordable prescription drugs, and other issues.

## **Population Health**

*Available in: Jefferson, Lewis & St. Lawrence Counties*

### **Community Health Worker (CHW) Program**

The Population Health program offers home visiting services to adults aged 18 and older experiencing a chronic illness. The CHW program provides peer support to improve health literacy, patient care, and chronic illness self-management. CHWs assist with health care, social services, and community resources to improve access to and coordination with providers. The CHW collaborates with the client to improve their quality of health while reducing ER visits and admissions or readmissions to the hospital.

## **Youth Services**

### **Comprehensive Adolescent Pregnancy Prevention (CAPP)**

*Available in: Jefferson & St. Lawrence Counties*

The CAPP program focuses on pregnancy prevention and the promotion of sexual health among adolescents age 10 to 21, including those pregnant and parenting, with a focus on high risk and disconnected youth served through local community projects. Programs include Be Proud! Be Responsible!, Making Proud Choices, Safe Dates, Girls Circle, and Me Too!.

### **The YEAH! Program**

*Available in: Lewis County (Lowville Area)*

The YEAH! Program provides comprehensive sexuality education in the Lowville school district, one on one support for students at risk of pregnancy, relationship and boundary setting education for special needs youth, and a range of youth development activities. Activities and support services are intended to increase access to new opportunities and help young people make healthy choices.