

# Available Resources for Pregnant Women



Many agencies are available to assist women during and after pregnancy. These agencies are either public or private. Examples of some of the services available include assistance with health care, medical bills, adoption, child support, paternity determination, counseling, and help with food and housing.

Some agencies provide services that require a state license or certificate, and others are not regulated by the state. Professionals such as physicians, nurses, social workers, attorneys, and psychologists must have a state license to practice. **Agencies or individuals licensed or regulated by the state will have an asterisk (\*) by their description in this pamphlet.**

A summary of services that an agency provides to pregnant women is described in this pamphlet, along with a list of **toll-free numbers** that may be helpful to you. This pamphlet is made available to pregnant women without charge.

It is not possible to include a list of all agencies or telephone numbers that offer assistance to pregnant women. Your local telephone directory may help you locate specific agencies in your area not included in this booklet.

## **Public Agencies**

### **\*Community Action**

This agency is located in every county and is a resource for low-income individuals or families who need assistance with home cooling or heating. Community Action also manages the federally funded Head Start Program. This pre-school program is for income-eligible children age 3 and 4 years old. Transportation and meals are provided or arranged.

### **\* Community Mental Health Center**

This agency is available to counsel you if you are experiencing depression, drug or alcohol abuse, partner or child abuse, or problems with decisions about the pregnancy. The agency may employ or contract with social workers, nurses, psychologists, psychiatrists and others to assist with your counseling needs.

Services are based on income and the ability to pay. Medicaid and many private insurance providers are also acceptable methods of payment.

### **\* Department for Community Based Services**

This agency offers a variety of services for pregnant women and a local branch is located in every county in Kentucky. Contact this agency if you need to apply for the Kentucky Children's Health Insurance Program (financial assistance to help pay medical bills for your child) or to apply for Medicaid (financial assistance to help pay medical bills for your pregnancy). If you need temporary financial assistance for other living expenses, need training for employment, or want to apply for food stamps, the Kentucky Transitional Assistance Program (KTAP) can assist you with these needs. This agency can also assist women considering adoption or foster care. Social Workers are available for assistance and referral for the many needs a pregnant woman or her child may have. Services offered by this agency are usually based on income as well as other contributing factors.

### **\* Department for Public Health**

Every county in Kentucky has a local public health department that offers services to all county residents. Because of federal and state guidelines, some programs must be based on income eligibility while many others are available regardless of income status. The WIC program, nutrition counseling, immunizations, evaluation, and treatment of communicable diseases such as tuberculosis, HIV/AIDS, and sexually transmitted infections are provided or referred for appropriate care. Health Departments may employ many types of professionals, including nurses, social workers, nutritionists, nurse practitioners, and physicians to assist you. Kentucky's Health Access Nurturing Development Services (HANDS) is a voluntary program for new and expectant parents in the Division of Maternal and Child Health. Families begin by meeting with a HANDS Parent Visitor who will discuss any questions or concerns about pregnancy or a baby's first years.

Based on this discussion, all families will receive information and learn about resources available in the community for new parents. Some families will receive further support through home visitation. Services can begin during pregnancy or any time before a child is 3 months old. If interested, contact the local health department.

### **\* Department of Housing**

This agency is a department within Housing and Urban Development (HUD) and located locally for management. This agency can assist you, if eligible, with locating and funding (Section 8) of a home or in obtaining public housing. This agency also handles housing discrimination complaints.

### **\* Family Resource and Youth Services Centers (FRYSC)**

These centers are located within the local school systems and are funded through competitive state grants; therefore, not all schools will have a center. Family resource and youth services centers offer training to new and expectant parents, including childbirth education, parenting classes, and referrals for childcare or other needs. These centers provide training for the staff of childcare facilities. The staff of these centers is also actively involved with health education and screenings in the school system and assists families with obtaining needed health care through referrals. All local residents are eligible for services.

### **\* Kentucky Division of Child Support**

This agency is a special division within the Department for Community Based Services that is located in regional offices and the local county attorney's office. This agency can answer your questions about support obligations and assist you with establishing paternity. Kentucky law requires parents to support or provide support for their children.

### **\* Legal Assistance**

Some communities will have legal aid services for income eligible people. An attorney may be required for certain civil cases as well as criminal defense. Attorneys may also be involved in

adoptions and child support issues. County attorneys manage child support cases. Defense attorneys direct criminal cases.

### **Private Agencies and Private Practices**

Many privately funded agencies are available either in your own county or in a neighboring county. Ordinarily, the larger communities tend to have more private agencies than rural ones. State or federal government does not operate private agencies. Private agencies may or may not be funded by donations. In some circumstances, services may be provided based on the ability to pay or other factors. It is advisable to telephone an agency prior to an appointment to get a better understanding of the services that a particular private agency or individual provides, obtain an estimated cost of services, and to decide if the agency meets your needs.

Some examples of private agencies or individuals that provide services to pregnant women include physicians, nurse-midwives, dentists, psychologists, counselors, religious institutions, attorneys, adoption agencies, pregnancy counseling centers, hospitals and others. Most private agencies or individuals will be listed in the yellow pages of the telephone directory.

### **Private Adoption Agencies**

These agencies and individuals provide services to pregnant women who are considering placing a child for adoption or foster care. Many of these agencies financially assist the woman through the pregnancy and permit the birth mother to select the adoptive parents.

#### **\* Attorneys**

Attorneys may specialize in a particular type of law practice. The local county attorney can assist a parent in obtaining child support. Some attorneys specialize in adoptions or domestic law, while others specialize in criminal or civil litigation.

#### **Counselors**

Counselors may be physicians, psychologists, licensed clinical social workers, ministers, priests, rabbis and others. Qualifications

and experience of counselors may vary a great deal. Only physicians (including psychiatrists) can prescribe medications. Some counselors specialize in individual or family therapy while others may specialize in crisis intervention or spiritual counseling.

### **\* Medical Care Providers**

An Obstetrician-Gynecologist is a physician who specializes in the care of women and can manage all pregnancies including complicated pregnancies. Certified nurse-midwives specialize in the care of women with uncomplicated pregnancies. Many family physicians also provide prenatal care and care of the newborn. Pediatricians are physicians who specialize in the care of children. Hospitals provide emergency care and in-patient care for illnesses or childbirth. Some hospitals may have clinics for children or pregnant women to obtain care.

### **Pregnancy Crisis Centers**

These agencies provide counseling and referrals for pregnant women. Many of these centers offer free pregnancy testing and may assist a pregnant woman in finding medical care, legal assistance, clothing and baby care items.

### **Other Agencies**

Other private agencies or individuals not listed in this pamphlet may be available to assist you with your pregnancy needs, including but not limited to churches, food pantries, and emergency shelters. Many local communities have other resources available to assist a pregnant woman or her child. Ask one of the resources listed in this pamphlet for other referrals.

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## **Contact Information**

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Abuse Hotline	(800) 799-7233
Adoption/Foster Care Information	(877) 994-9970
Alcohol/Drug Information	(800) 662-4357
Child Abuse Hotline	(800) 442-4453
Child Support Information	(800) 248-1163
Crisis Line	(800) 592-3980
Medicaid (Kentucky Healthcare Services)	(800) 635-2570

Pregnancy Hotline	(800) 712-4357
Planned Parenthood	(800) 230-7526
Rape Abuse and Incest National Hotline	(800) 656-4673
State Adoption Services	(800) 232-5437
Suicide Prevention Hotline	(800) 273-8255

Always call 911 immediately in a medical emergency.

## Web sites

Check the following web sites for a list of addresses and telephone numbers for private and public agencies, which may provide services to expectant and new mothers:

<https://chfs.ky.gov/Pages/index.aspx>  
<https://www.capky.org/>  
<https://opportunitiesforlife.org/>

Alcohol/Drug Information <https://www.samhsa.gov>

Private Adoption Services [www.privateadoptionservice.com](http://www.privateadoptionservice.com)  
 For more information on Medicaid eligibility:  
<https://benefind.ky.gov/>

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