



# Healthier Beginnings

## Prenatal and Early Childhood Services

**The following in-home specialized services are available through Centerstone's Healthier Beginnings:**

### **Parent Coaching (Growing Great Kids & Pyramid Model):**

All parents and guardians will learn the Pyramid Model and activities that boost baby's brain development and strengthen the child/parent relationship to help children succeed in school and improve social skills.

### **Integrated Health and Wellness:**

- Tobacco Free Program: A program designed to help expecting parents and parents/guardians quit smoking.
- Developmental screenings
- Family and health education

### **Stress Management:**

- Receive support and engage in activities for healthy coping during times of stress.

### **Prenatal and Postpartum Support:**

- Prenatal and postnatal depression screening
- Breastfeeding support

### **Resource Linkage:**

- Connecting families and caregivers to community resources
- Providing parents and caregivers with information about support groups
- Addiction related services, support, and connection

### **Eligibility:**

If you live in the following counties: Cannon, Coffee, Dickson, Giles, Hickman, Humphreys, Lawrence, Lewis, Maury, Perry, Rutherford, Van Buren, Warren, Wayne, and Williamson, and are pregnant OR a parent/guardian of a child under 3 months of age, please contact Centerstone's early childhood services by phone at (931) 490-1580.

*Healthier Beginnings, funded by four grants from the Tennessee Department of Health, uses the Healthy Families America evidence-based home visiting model to provide these services in the counties listed above.*



### **About Centerstone**

Centerstone is a nonprofit health system specializing in mental health and substance use disorder treatments for people of all ages. Services are available in Florida, Illinois, Indiana, North Carolina, and Tennessee through the operation of outpatient clinics, residential programs, school-based services, telehealth, and an inpatient hospital. Centerstone also offers specialized programs available nationwide for the military community, as well as services for children, including therapeutic foster care. Centerstone's Institute provides guidance through research and technology, leveraging the best evidence-based practices for use across our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.