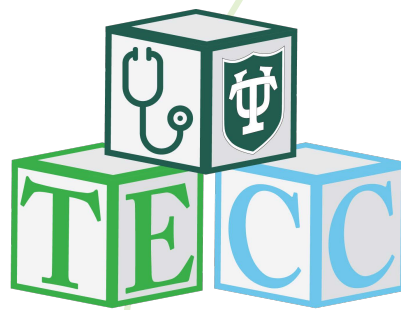




Community Resource Guide for Families with Young Children



Tulane Early Childhood Collaborative

*Bridging pediatrics and mental health to build a
strong foundation for Louisiana's children.*

504-988-4653

tecc@tulane.edu

<https://medicine.tulane.edu/tecc>

Family Wellbeing & Mental Health

Access Health - Behavioral Health Services

- 504-575-3700
- <https://accesshealthla.org/service/behavioral-health/>

Beacon Behavioral Hospital

- Adult mental health services
- 833-891-6080
- <https://www.beaconbh.com>

Child Counseling Associates (Metairie)

- Evidence based mental health services for children under 6; all ages of children affected by trauma, depression, anxiety (Medicaid and Private)
- 504-875-4587
- <http://www.ccanola.com>

Children's Bureau (CBD)

- Home and office-based therapy services for children over 5
- Project LAST (Loss and Survival Team)
- 504-525-2366

Children's Hospital - Behavioral Health Center

- <https://behavioralhealth.chnola.org/behavioral-health-center/behavioralhealth-center/>
- 504-896-6673

Fourth Trimester NOLA

- Perinatal and parental mental health (Private insurance and Medicaid)
- 504-988-0301

Highwire Therapy

- Perinatal and Mental Health
- 504-450-6723
- <https://highwiretherapy.com>

Integrated Behavioral Health

- 504-322-3837
- Jefferson Parish Human Services Authority
- Child and adult mental health, substance use treatment (all insurance)
- Adults: 504-838-5700; Children: 349-8708

Joyful Thoughts

- Early childhood and perinatal mental health
- 504-273-7394

LSU Harris Clinic

- Early childhood mental health
- 504-412-1580

Louisiana Center for Evidence to Practice

- <https://laevidencetopractice.com/community-resources/>
- Find up-to-date list of providers trained in EBP

Mercy Family Center (multiple sites)

- Mental health services for children over 6 and adults (all insurance)
- 504-838-8283
- <https://www.mercy.net>

Metropolitan Human Services District (Marigny)

- Mental health for children 0-21 and substance abuse treatment (Medicaid, Orleans, Plaquemines, St Bernard)
- 504-568-3130
- <https://www.mhsdla.org>
- 24/7 crisis line: 504-826-2675

Milestones Mental Health Rehab

- Intensive home/school-based services for children over 4
- 504-483-9883
- <http://www.milestonesmha.com>

New Orleans Multicultural Institute of Counseling

- 504-814-4480

Postpartum Support International

- Information and online support group
- Helpline: 1-800-944-4773
- <http://www.postpartum.net/chat-with-an-expert/>
- Smokefree.gov
- quitSTART App: designed for teens & adults

Therapeutic Partners (Covington)

- Evidence based therapy for all ages, all insurance
- 985-327-5427
- <http://www.therapeuticpartners.net>

Tulane Behavioral Health Clinic – Adult (CBD)

- Adult therapy and medication treatment. Sliding scale, private insurance, Medicaid
- 504-988-4158

Tulane Behavioral Health Clinic – Child Mental Health (Metairie)

- Evidence-based therapy for children 0-18; any insurance
- 504-988-4158

The Center for Individual and Family Counseling

- 504-838-9919
- <http://www.thcific.com>

Magnolia Family Counseling

- 504-434-3577
- <https://magnoliafamilycounseling.com>

VIA Cope Line / crisis counseling

- 1-800-273-TALK (8255)
- <https://vialink.org>

Federally Qualified Health Centers (Physical, Mental, and Dental Health; any insurance; multiple locations)

Access Health (multiple locations)

- <https://accesshealthla.org>
- 504-575-3700

Crescent Care Health Clinic

- <https://crescentcarehealth.org>
- 3308 Tulane Ave., New Orleans, LA 70119; 504-821-2601
- 1631 Elysian Fields Ave, New Orleans, LA 70117; 504-821-2601

DePaul Community Health Center (multiple locations)

- 504-207-3060
- <https://www.depaulcommunityhealthcenters.org>

Excelth Family Health & Dental Centers

- Algiers, Gentilly, East, mobile van
- 504-524-1210

St. Thomas Community Health Center

- www.stthomashc.org
- 504-529-5558

START Community Health Center

- 504-332-5713

Substance Use

Addiction Counseling and Education Resources (ACER)

- SUD treatment including outpatient services, withdrawal management, and same day screening.
- <https://www.acercanhelp.com>
- 504-941-7580

Addiction Recovery Resources

- SUD treatment including ambulatory detox, intensive outpatient, residential, transitional living
- <http://www.arnno.com>
- 1.866.399.HOPE (4673)

Alcoholics Anonymous

- 504-838-3399
- <http://www.aaneworleans.org/>

Bridge House/ Grace House

- residential substance use treatment program, group and individual counseling
- <https://www.bridgehouse.org>
- 504-821-7120

Narcotics Anonymous

- free recovery support group
- 504-899-6262
- <http://noana.org>

Odyssey House Louisiana

- SUD treatment, housing services, and free outpatient services for people of color at risk of or affected by HIV
- <https://www.ohlinc.org>
- 504-821-9211

Responsibility House

- 504-367-4426
- <https://responsibilityhouse.org>

Autism Evaluations

Autism Society of Greater New Orleans

- Support people affected by autism
- <http://www.asgno.org>
- 504-464-5733

Autism Spectrum Therapies

- <https://autismtherapies.com/>
- 866-727-8274

Boh Center (Ochsner)

- 504-842-3900
- <https://www.ochsner.org/boh>

Butterfly Effects

- <https://butterflyeffects.com>
- 888-880-9270

CHNOLA Autism Center

- 504-896-7272
- <https://behavioralhealth.chnola.org/programs-services/the-autism-center/>

CHNOLA Rehabilitation Services

- <https://www.chnola.org/our-services/rehabilitationservices/>

TCARD

- 504-988-3533
- <https://medicine.tulane.edu/tcard>

Parent Support

Families Helping Families

- Resource center for parents of children with disabilities or special healthcare needs
- Southeast LA: 504-943-0343; Jefferson: 504-888-9111
- <https://fhfofgno.org>

Family Resource Center - Children's Hospital

- 504-896-1340

Healthy Start

- Assistance to pregnant women and moms with kids 2 and under in Orleans
- 504-658-2600

Louisiana Maternal Infant and Early Childhood Home Visiting (MIECHV)

- <https://partnersforfamilyhealth.org/miechv/>
- 504-599-0263 NFP
- 504-568-5776 PAT

Partners for Healthy Babies

- State program connecting Louisiana moms and families to health and pregnancy resources, services, and information
- <https://partnersforfamilyhealth.org/healthy-babies-providers/>
- 1-800-251-BABY (229)

Saul's Light NICU

- Provides support to families who have children in the NICU
- <https://www.saulsight.org>
- 504-913-4095

The Parenting Center at Children's Hospital

- 504-896-9591

WePlay Training Grounds

- Free playroom promoting social emotional well-being, parenting workshops
- 504-408-0506

Reproductive Health

Adolescent & Young Adult Health Clinic. Tulane Doctors

- 504-988-0000
- <https://tulanedoctors.com/clinical-services/adolescent-medicine/>

Community Center For Life

- <https://pregnancytestingwestbank.com>
- 504-227-9090

Delgado Personal Health Center (Treme)

- 504- 658-2540

Planned Parenthood (Claiborne Ave)

- 504-897-9200
- <https://www.plannedparenthood.org>

Tulane Drop-In Clinic at Covenant House

- For young adults through age 23; located in Covenant House
- 504-584-1112
- <https://medicine.tulane.edu/centers-institutes/tulane-dropcenter/location>

Housing Safety

Armstrong Family Services

- Housing information and resources for families
- 504-899-2995

Housing Authority of New Orleans

- <http://www.hano.org>
- 504-670-3300

Poison Control

- 800-222-1222

Fire Departments

- New Orleans 504-658-4714
- Plaquemines 504-934-6135
- St. Bernard 504-278-4275
- Jefferson 504-736-6200

Total Community Action

- Direct assistance and resource linkage
- <https://www.tca-nola.org/>
- 504-872-0334

Unity of Greater New Orleans

- Homeless prevention and rapid re-housing
- <https://unitygno.org>
- 504-821-4496

Family Safety

Childhelp National Child Abuse Hotline

- Confidential hotline offers crisis intervention, information and referrals
- <https://www.childhelp.org/hotline/>
- 1-800-4-A-CHILD / 1-800-422-4453

Crescent House Healing & Empowerment Center

- Provide emergency shelter and counseling services
- 504-866-7481

Department of Children and Family Services Safe Haven information

- <http://www.LouisianaSafeHaven.com>
- 1-800-CHILDREN (244-5473)

Louisiana Coalition Against Domestic Violence (LCADV)

- Anonymous hotline for victims of domestic violence. open 24 hours a day, 7 days a week.
- <https://lcadv.org/>
- 1-888-799-SAFE (7233)

LaFASA (Families Affected by Sexual Assault)

- Statewide crisis line; legal advocacy services for victims/survivors of sexual assault
- <http://www.lafasa.org/main/home>
- 888-995-7273

Metropolitan Center for Women and Children

- Crisis line for sexual assault and domestic violence
- <http://www.mccagno.org/>
- 504-837-5400; 1-888-411-1333

National Sexual Assault Hotline

- 1-800-656-HOPE (4673)
- <https://www.rainn.org>

Project SAVE

- Helps survivors of domestic violence in Orleans Parish obtain free emergency legal representation
- <https://www.ccano.org/domestic-violence-services/>
- 866-891-2210

Childcare / Education

Agenda For Children

- <http://www.agendaforchildren.org>
- assistance selecting childcare, data base of childcare providers
- 504-586-8509

Child Search

- Screenings and/or evaluations for children ages 3-5 suspected of having a disability
- Orleans 504-304-3520
- Plaquemines 504-595-6355
- Jefferson 504-349-8677

Child Care Assistance Program for Families

- Help families pay for childcare if parents are working or going to school.
- 1-877-453-2721

Department of Education

- Search for schools by zip code (including daycare)
- <https://louisianaschools.com/><https://louisianaschools.com>

Head Start

- Plaquemines 504-595-6430
- St. Bernard 504-301-2000
- Jefferson 504-349-7696

Louisiana Believes

- <https://www.louisianabelieves.com/early-childhood/child-careassistance-program>

New Orleans Public School Enrollment

- <https://enrollnola.org/ece/>
- 877-343-4773

Total Community Action

- Head Start enrollment & provides services to residents of New Orleans which include early childhood development and comprehensive family support and more
- <https://www.tca-nola.org>

Legal Assistance

Catholic charities immigration services

- Legal services, mental health supports, refugee status supports
- <https://www.ccano.org/immigration-services/>
- 504-227-3333

New Orleans Family Justice Center

- Free emergency legal representation and services for survivors of domestic violence
- <https://nofjc.org>
- 504-592-4005

Southeast Louisiana Legal Services

- Free legal aid (financial eligibility criteria)
- <https://slls.org>
- 504-529-3000

Developmental Services Learning

Belen A. Lopez-Addison MA, CCC-SLP, Speech-Language Pathologist

- Offering speech and hearing services all ages, bi-lingual English/Spanish, take insurance including Medicaid
- 504-784-8840

Crane Rehab Center – Pediatric Therapy Services (Metairie)

- Developmental and rehab services; including ASD services
- Cranerehab.com
- 504-866-699

Chatter NOLA

- <http://chatternola.com/>
- 504-250-6422

CHNOLA Outpatient Rehabilitation Services

- PT/OT/Speech/Feeding for ages 0-18 in New Orleans, Metairie, Covington
- <https://www.chnola.org/our-services/rehabilitation-services/>
- Main Campus 504-896-9551
- Metairie 504-896-9557
- Covington 985-317-6000

Early Steps (home-based)

- Free developmental services for 0-36 month olds
- <https://ldh.la.gov/index.cfm/page/1554>
- Orleans, Plaquemines, St. Bernard 504-595-3408 ph, Toll Free: 1-877-595-3408 Jefferson - 504-496-0165, Toll Free: 1-866-296-0718

High Level Speech and Hearing

- Speech, hearing, and balance services, all ages; Have locations in New Orleans and Harahan; accept Medicaid and most private insurance
- <https://www.highlevelhearingnola.com/>
- 504-266-0576

Integrative Touch

- 504-341-7300

Jefferson Speech and Language Center

- "wholistic approach to language, learning, diagnostics and executive functioning treatment," does not accept insurance
- jslcnola.com
- 504-835-5550

Louisiana LAUNCH

- resources to help children meet milestones
- <https://louisianalaunch.org>
- 504-568-3504

LSU Health Sciences Center

- 504-568-4042/ 504-568-6552

New Orleans Speech and Hearing (CBD)

- Audiology and speech/language services
- Noshc.org
- 504-897-2606

Ochsner Michale R. Boh Center for Child Development

- Boh center nurses do their own scheduling, process is turn in intake packet, 2 week review to determine if will place on waitlist.
- <https://www.ochsner.org/boh>
- Boh Clinic 504-842-3900; Northshore Boh Clinic 985-875-2800; Outpatient Clinic – Metairie: 504-842-4349; Harvey 504-371-9314

The Therapeutic Learning Center

- www.tlcnola.com
- 504-565-7300

West Jefferson Rehab Connection

- OT and Speech
- West Jefferson Wellness Complex 504-349-6259
- West Jefferson Medical Plaza 504-349-6140

Nutrition/Economic Support

Crescent City Farmers Market: Market Mommas Club

- breastfeeding program open to mothers and mothers-to-be who are breastfeeding or planning to breastfeed and eligible for Medicaid
- <https://www.crescentcityfarmersmarket.org/market-mommas>
- 504-861-4485

DCFS Family Support and Economic Stability

- <http://www.dcss.louisiana.gov/page/294>
- 1-888-524-3578

Food Pantries

- <https://www.foodpantries.org/st/louisiana>

Second Harvest Food Bank

- Emergency food locator; Mon-Fri, 8 AM–7PM
- <https://no-hunger.org/emergency-food-locator/>
- 855-392-9338

TCA Emergency Food Pantry

- <https://www.tca-nola.org/services-2/communityservices/>
- 504-872-0334

SNAP (Food stamps)

- <http://www.dss.state.la.us/page/93>
- 1-888-524-3578

Why Hunger

- Find food pantries by zip code
- <https://networks.whyhunger.org>

WIC

- Algiers 504-658-2795
- Central City 504-658-2895
- NO EAST 504-658-2760
- Lower 9th 504-658-2539
- Junior League Diaper Bank list
- <https://www.jlno.org/community/diaper-bank/>

Breastfeeding Support

Café Au Lait

- free support groups for women of color
- <https://www.nolabreastfeedingcenter.org/cafe-au-laitcalendar/2020/1/26/cafe-au-lait-virtual-support-group>
- 504-515-1243

LA Breastfeeding Support

- search by zip code to find support groups and resources
- <http://www.louisianabreastfeeding.org>

La Leche League Of Louisiana

- <https://www.llljefferson.com>
- 504-333-3212

National Breastfeeding helpline

- 1-800-994-9662

NOLA Moms Club

- doula services, lactation consults and support groups
- <https://www.nolanesting.com/new-orleans-moms>
- 504-655-1819

NOLA Breastfeeding Center

- Virtual drop in clinics, breastfeeding and bottle feeding support; Wednesday and Friday drop ins are free of charge; offer free visits to anyone in Orleans parish (free virtual visits); outside Orleans is \$100
- <https://www.nolabreastfeedingcenter.org/>

Nola Nesting

- <https://www.nolanesting.com/>
- 504-655-1819

Early Childhood Resources: Apps, Websites, & Helpful Info

AAP Parenting Website

- <https://healthychildren.org/English/Pages/default.aspx>

AAP's Physical Developmental Delay Online Tool

- Helps parents and providers determine if a child has physical developmental delays.
- <https://www.healthychildren.org/English/MotorDelay/Pages/default.aspx#/chooseactivity>

Baby Navigator

- Research based resources that maximize the role of the family and help families support their child's development and access to intervention services sooner.
- <https://babynavigator.com/resources/>
- support@babynavigator.com

CDC Learn The signs. Act Early.

- Free materials available for order. We recommend distributing and discussing them during well-child visits.
- <https://www.cdc.gov/ncbddd/actearly/freematerials.html>

CDC Violence Prevention

- <https://www.cdc.gov/violenceprevention/>

CDC Child Development Basics

- <https://www.cdc.gov/ncbddd/childdevelopment/facts.html> Headspace
- Meditation app
- <https://www.headspace.com>

Harvard Center on The Developing Child

- Early childhood science resources for parents, policy makers, practitioners
- <https://developingchild.harvard.edu>

Liberate Meditation

- Meditation app for the Black community
- <https://liberatemeditation.com>

Louisiana Children's Museum

- Online resources for parents
- <https://www.lcm.org>
- 504-523-1357

Mother To Baby

- Quality factsheets and information about medications in pregnancy and breastfeeding
- <https://mothertobaby.org>
- 866-626-6847

National Child Traumatic Stress Network

- <https://www.nctsn.org>

Postpartum Support International

- online support groups and chat sessions led by clinicians (perinatal support and military moms)
- <https://www.postpartum.net>
- 1-800-944-4773

Piplo Productions

- Help children and families recover after stressful or traumatic events
- <https://piploproductions.com/>

UCLA Health (MARC)

- Free guided meditations including breathing, body scan, sound, and loving kindness
- <https://www.uclahealth.org/marc/>

Reach Out and Read

- Free reading resources for families including e-books, games, and activities. Resources cover topics such as coping with stress, having difficult conversations, diversifying your library, and wellness.
- <https://reachoutandread.org/what-we-do/resources-2/>
- 617-455-0600
- info@reachoutandread.org

Screening Time

- Resources to assist mothers with the screening process for maternal depression, developmental concerns, and social determinants of health.
- <https://screeningtime.org/star-center/#/>

Sesame Street in Communities

- <https://sesamestreetincommunities.org>
- Communities@sesame.org

Vroom

- Free, research-based app promoting interactions for optimal brain development
- <https://www.vroom.org>

Zero To Three

- <https://www.zerotothree.org>

Resources/Services Available in Spanish

1. PSYCHIATRY

Covenant House Drop-in clinic
•interpreter available
•504-584-1112
•<https://tulanedoctors.com>

Metropolitan Human Services District
•504-568-3130
•<https://www.mhsdla.org>

JPHSA (Jeff care)
•504-838-5257
•<https://www.jphsa.org>

New Orleans East Louisiana Community Health Center
•(504) 255-8665
•<https://www.noelachc.org>

2. COUNSELING

New Orleans Family Justice Center
•504-592-4005
•<https://nofjc.org>

Children's Bureau
•Home and office-based therapy services for children over 5
•504-525-2366

Family Services of Greater NOLA
•(504) 822-0800

Thomas E. Chambers Counseling and Training Center at the University of Holy Cross
•504-398-2168
•<https://uhcno.edu/stulife/counseling-and-training-center.html>

Metro Centers for Community Advocacy
•<http://www.mccagno.org>
•504-837-5400

New Orleans Multicultural Institute of Counseling
•<http://www.nomicllc.com>
•504-814-4480

Jewish Family Services
•<http://jfsneworleans.org/contact-jfs/>
•504-831-8475

3. DENTAL

LSU Dental Clinic (for uninsured)
•504-889-9893

DePaul Community Health Center
•<https://www.dcsno.org>

4. PRIMARY HEALTH CARE

St. Thomas Clinic
•<https://www.stthomaschc.org>
•504-529-5558

Luke's House
•<https://www.lukeshouseclinic.org>
•504-444-7879

University Medical Center
•<https://www.umcno.org>
•504.276.2613 Children's Hospital
•504.276.2611
•<https://www.chnola.org>

5. HOTLINE AND CRISIS NUMBERS

Suicide prevention spanish line
800-273-8255

ViaLink - Spanish line
•1-888-628-9454

6. PRIVATE PRACTICE COUNSELORS (BILINGUAL SPANISH)

Children's Counselors able to see under 5 AND accept Medicaid:
• Zorayda Castillo 504-383-7562
• Monica Baltodano-Dubey 504-608-3994
• Jasmine Hernandez 504-814-4480
• Naomi Dugar 504-814-4480

Couples Counseling
• Monica Baltodano-Dubey 504-608-3994
• Malise Lagarde Harold 504-559-4494
• Naomi Guzman Dugar 504-814-4480



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