

Babies Born Healthy Services

- **Babies Born Healthy Pregnancy Care Navigation** - A program aimed at reducing the infant mortality rate by assisting women in obtaining prenatal care and other vital services. 301-609-6900 Ext. 6018
- **Maryland Children's Health Program (MCHP)** - Free or low-cost health insurance program for children up to age 19 and pregnant women. Household income determines eligibility. 301-609-6837
- **Maternal Child Health (MCH)** - Registered nurses that provide counseling and education to ensure a healthy birth outcome. Services may be provided in-home, over the phone, or by mail. 301-609-6783
- **Women, Infants and Children Program (WIC)** - A program that provides healthy foods and nutrition counseling for pregnant women, infants and children under age five in Charles, Calvert, and St. Mary's Counties. Schedule an appointment by calling 301-609-6857
- **Dental Clinic** - Comprehensive oral health services are offered to Charles County residents. Payment is based on type of coverage and ability to pay. 301-609-6886
- **Smoking Cessation** - Free 10 week quit-smoking program that uses the nicotine patch or Chantix to assist individual to quit smoking. Individual counseling is also available. Call 301-609-6932 or the 24 hour hotline at 1-800-QUIT NOW
- **Mental Health** - Comprehensive care including psychiatric evaluation, individual and group psychotherapy, and medication management. 301-609-6700
- **Substance Abuse** - Chemical dependency is a treatable disease. Services are confidential and are based on a sliding scale. 301-609-6600
- **Maryland Health Connection** - Affordable health insurance plans for those up to 400% FPL income. 1-855-642-8572
Marylandhealthconnection.gov

Call today to schedule an appointment:
301-609-6900 Ext. 6018

Address:

4545 Crain Highway
PO Box 1050
White Plains, MD 20695

On the web:

www.CharlesCountyHealth.org
www.dhnh.maryland.gov
www.hhs.gov/opa/titlex.familyplanning
Marylandhealthconnection.gov

Community Resources for Health and Social Support:

- **Planned Parenthood** - 301-645-6800
- **Greater Baden Medical Services**
La Plata: 301-539-5100
Brandywine: 301-888-2233
- **Health Partners** - 301-645-3556
- **Healthy Families** - 301-392-9332
- **Department of Social Services** - Services for children, adults, families, and public assistance. Services to families with children. 301-392-6400



301-609-6900

Reproductive Health and Family Planning Services



Our Mission

The Mission of the Charles County Department of Health is to Protect, Promote, and Assure the Health of the Community and its citizens. We respond to the health care needs of Charles County by providing personal health services (both mental and physical), health education, disease detection and prevention in a safe environment, with integrity, sensitivity, and quality professional care. We carry out our mission in concert with the Charles County Government. The Charles County Department of Health is a local office of the Maryland Department of Health and Mental Hygiene.

Reproductive Health Services

- **Babies Born Healthy Services** for healthy birth outcomes
 - Pregnancy testing & counseling
 - Pregnancy care navigation
 - Quick Start & Plan B availability
 - Referral coordination
 - Reproductive health individual & group education.
 - Free folic acid/multivitamin distribution
- **Family Planning Clinical Services** to promote planned pregnancies and reduce unintended pregnancy.
 - Birth control methods
 - Counseling and education
 - High risk referral coordination
 - Assistance with insurance and support service coordination
- **Women's Health Services** including:
 - Exam with referral coordination

A women's health exam is part of the family planning visit. It includes pelvic and breast exam, Pap smear, screening for STDs, education, and counseling. HIV testing and referral services are also available.
- **STI (Sexually Transmitted Infection) Services**
 - Screening & treatment
 - High risk referral
 - Coordination and follow-up
 - Partner notification, screening & treatment
 - Immunizations as indicated

Family Planning Program Services

This program provides high quality, cost-effective family planning and related preventative health services.

Available birth control methods:

- **The pill** - Oral Contraceptives that are taken daily.
- **Quick Start** - Oral Birth Control that is started the same day it is prescribed.
- **Depo provera** - Hormone Injection taken every three months.
- **IUDs** - Intrauterine Devices that prevent pregnancy for 5-10 years.
- **Nuvaring** - Hormonal Contraceptive inserted into vagina once a month.
- **Diaphragms** - Shallow Cups inserted into the vagina prior to intercourse.
- **Male and female condoms** - Applied before intercourse to protect against pregnancy and STIs.
- **Vaginal film and foam** -
- **Natural method counseling** - Basal body temperature, calendar, cervical mucus, and rhythm methods.
- **Abstinence** - Refraining from sexual activity is the only way to protect against STIs and pregnancy.
- **Plan B Emergency Contraceptive** - Available for those who have had unprotected sex within the last 3 days. This pill greatly reduces the chance of becoming pregnant when taken within 72 hours of unprotected sex. It is not a form of birth control.

Services and method preference is based on screening eligibility.

Call 301-609-6900 extension 6018 to schedule an appointment.

We accept insurances, and those without insurance are charged on a sliding-scale. Services are provided regardless of ability to pay.

Appointments are available and walk-ins may be accepted if necessary.

HIV Counseling & Testing

HIV is most often transmitted through having sex with or sharing drug injection equipment with someone who is HIV positive. HIV testing is offered on-site. There is no cost for this service and Anonymous and confidential testing services are available. HIV positive individuals are referred to case management for early treatment and to help with support services.

- **HIV Testing & Counseling Services**
 - Oraquick testing (20 minutes screening)
 - Clearview testing (20 minutes screening)
 - Blood testing (screening and confirmatory test)
 - Screening & treatment
 - High risk referral

Appointments available:

Tuesdays @ 9am - 3pm
Friday 9am - 11am
Walk-ins may be accepted

Protect yourself and your partner - get tested! Call **301-609-6900 extension 6018** to schedule an appointment.

STI Screening & Treatment Services

If you have had unprotected sex, you are at risk for STIs (Sexually Transmitted Infections). STIs are infections that are spread through sexual contact. STI testing, treatment, and partner notification services are available. The goal is to reduce the number of people with STIs and to provide education/counseling about healthy and safe life style behaviors.

- **Mondays**- walk-in with sign up at 8:00am & 12:15pm
- **Thursday**- by appointment from 8:30am.

Call **301-609-6900 extension 6018** to schedule an appointment. Walk-ins may be accepted dependent on screening findings. Language interpretation assistance is available.

