

Babies Born Healthy Services

- **Babies Born Healthy Pregnancy Care Navigation - 301-609-6900 Ext. 6018**

Referrals to:

- **Maryland Children's Health Program (MCHP) – 301-609-6837**
- **Maternal Child Health (MCH) – 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**

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.dhmh.maryland.gov
www.hhs.gov/opa/titlex.familyplanning



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Reproductive Health and Family Planning Services



PrEP - Pre-Exposure Prophylaxis

PrEP is the use of an antiretroviral drug (Truvada) to prevent HIV infection in HIV negative individuals who are at significant risk of becoming HIV positive. The use of Truvada PrEP has been shown to significantly reduce the risk of HIV infection in men who have sex with men, injection drug users, heterosexual cisgender women, and transgender women.

Charles County Department of Health will provide all necessary medical services and prescriptions, if you need PrEP. Charles County Department of Health wants to be sure your experience in obtaining PrEP is simple, non-judgmental, supportive, fairly rapid, and that you receive all the support you need.

Both interest and follow-up visits can be scheduled by calling 301-609-6900, ext. 6018.

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
- **Comprehensive Women's Health Services** including:
 - Gynecological and breast services
- **STI (Sexually Transmitted Infection) Services**
 - Screening & treatment
 - High risk referral
 - Coordination and follow-up
 - Partner notification, screening & treatment

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.

We accept insurances, and those without insurance are charged on a sliding-scale.

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)
- Determine testing (20 minutes screening)
- Blood testing (screening & confirmatory test)
- Screening & Treatment
- High risk referral

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 about safe sex.

- **Mondays**- Walk-in with sign up at 8:00am & 12:30pm

Call **301-609-6900 extension 6018** for information.

