



# ROBERTS COUNTY COMMUNITY HEALTH

## ABOUT ROBERTS COUNTY

Provide services to help improve the health of residents of Roberts County, South Dakota. Programs include WIC, Family Planning, Immunizations, Cribs for Kids, ASQ/ASQ:SE Screening, Breastfeeding Support, Baby Care (Case Management for Pregnant Women), Reach Out and Read.

**ELIGIBILITY:** Pregnant women,  
Postpartum women (up to 6 months)  
and breastfeeding women up to 1 year,  
children aged 0-5

**PHONE:** 605-698-4183

**ADDRESS:** 405 Chestnut St. E.

## MORE INFORMATION

### SERVICES FOR MOTHERS:

*Prenatal Care:* Monthly visits for pregnant women that discusses healthy habits during pregnancy, monitor blood pressure and weight, assess substance use, monitor for signs of pre-



term labor or warning signs, discuss fetal kick counts, referrals for car seats, prenatal care, oral care, etc.

*Labor & Giving Birth:* Discuss at case management and prenatal health review appointments, signs of labor, warning signs, etc. Referrals made to hospital and clinic as appropriate, also to prenatal classes at Sanford Watertown, IHS and CDP.

*"A 1990 study showed that women who participated in the WIC program during their pregnancies had lower Medicaid costs for themselves and their babies."*

*Post Partum Care:* Education on nutrition, breastfeeding, weight and hemoglobin checks, provide information on postpartum care, referrals as appropriate to dental, health care, mental health, social services, etc.

*Infant Care:* Education on breastfeeding, bottle feeding, introducing foods, immunizations, safe sleep. Provide immunizations, provide pack'n'plays for infants without a safe sleep option, hemoglobin checks, weight and height checks. Provide infant with books through the reach out and read program and discuss the importance of reading to infant.

*Breastfeeding Support:* Hands-on assistance with latch or breastfeeding problems, referrals to lactation

consultants as needed, weighted feedings, breastpumps including manual, hospital grade double electric, and single user pumps.

### OTHER SERVICES:

*Oral Health:* Education on dental health/oral care, provide toothbrushes/toothpaste, quick screenings and referrals.

*Mental Health:* Discuss client's concerns about depression/anxiety, provide contact information to referral sources.

*Well Child:* Discuss healthy nutrition, dental care, exercise, lifestyle choices, complete ASQ and ASQ:SE screenings, provide immunizations, check hemoglobins, take height and weight measurements and make referrals as

appropriate to dental, health, mental health, schools etc. Provide children with books through the reach out and read program and discuss the importance of reading to child.

*"Once you experience the benefits of taking care of yourself, it becomes a priority to feed yourself and your family unprocessed foods and to make certain everyone exercises."*

*Substance Abuse/ Addiction:*  
Screen for drug, alcohol and tobacco use. Provide clients with referrals to SD Quitline, Second Wind Tobacco Program, Mental Health

# *American Indian Health & Diet Project*

Counseling/  
Treatment,  
Drug and  
Alcohol

Treatment, Provide information and education to client regarding use of substances, dangers during pregnancy, etc.

*Family Planning:* Provide services on a sliding scale fee which includes annual exams, birth control pills, injections or devices. Provide education on STI, pregnancy prevention, safe sex practices. Screening for STIs, and pregnancy tests done. Available for teens and adults.

**AVAILABILITY:** No slot limits