

I-Smile Program

The I-Smile Program provides oral health screenings; oral health education; nutrition education relating to oral health; fluoride varnish application; and a referral to a dentist for comprehensive dental needs. The program targets pregnant women and children under the age of 21 residing in Audubon, Carroll, and Guthrie Counties. Contact the I-Smile Program at 1-800-642-6300 for additional information.



Care for Kids Program (Child Health)

New Opportunities, *Care for Kids* Program - an Early Periodic Screening, Diagnosis & Treatment (EPSDT) program - serves all residents of Audubon, Carroll, and Guthrie Counties. The focus of our EPSDT, *Care for Kids*, is to link individuals up to age 19 to:

- Preventive health care, including regular medical, dental, vision and hearing checkups;
- Treatment for health problems identified during regular check-ups that includes health care specialists and mental health services;
- Assistance with overcoming barriers to health care, such as transportation and interpretation services;
- Community resources that help to improve the health and well being of individuals in the program (WIC, Early Access, parenting classes, child care assistance, housing assistance, etc.)

For questions about *Care for Kids*, call 1-800-642-6330.

Childhood Lead Poisoning Program

The **Childhood Lead Poisoning Program** works with children age 6 and under to reduce the prevalence of lead poisoning in Audubon, Carroll, and Guthrie Counties and includes:

- Testing to identify lead-poisoned children.
- Providing medical and environmental case management to children identified as lead-poisoned.

If you have questions about any New Opportunities services, contact your local Family Development Center!

Carroll County

23751 Hwy 30 East
P.O. Box 427
Carroll, IA 51401
Phone: 712-792-9266 Fax: 712-792-1956



Audubon County

109 Tracy Street
Audubon, IA 50025
Phone: 712-563-2777 Fax: 712-563-3017



Calhoun County

334 Richmond Street
Rockwell City, IA 50579
Phone: 712-297-7721 Fax: 712-297-9927



Dallas County

2816 1st Ave.
Perry, IA 50220
Phone: 515-465-5185 Fax: 515-465-5995



Greene County

1401 N Elm, Suite A
Jefferson, IA 50129
Phone: 515-386-2719 Fax: 515-386-3845



Guthrie County

400 State Street
P.O. Box 22
Guthrie Center, IA 50115
Phone: 641-747-3845 Fax: 641-747-3269



Sac County

1710 W. Main Street
Sac City, IA 50583
Phone: 712-662-3236 Fax: 712-662-3593



Health Services Programs

**Providing
Accessible,
Affordable &
Comprehensive
care for
over 40 years**



**New Opportunities,
A Community Action Agency**

**Carroll Clinic Address: 23751 Hwy 30
P.O. Box 427
Carroll, IA 51401**

Phone: 1-800-642-6330

Website: www.newopp.org

Let us know how we can assist you...

New Opportunities Health Services Program—Supporting Healthy Families

Iowa WIC— Women Infants & Children



Gross Earnings

Family Size	Monthly	Yearly	Serving
1	\$1,986	\$23,828	Audubon,
2	\$2,686	\$32,227	Calhoun,
3	\$3,386	\$40,626	Carroll, Greene,
4	\$4,086	\$49,025	Guthrie & Sac
5	\$4,786	\$57,424	Counties

What are the benefits of WIC?

- Health services include nutrition education, breastfeeding promotion and support, checks to buy nutritious foods, immunization screening and referrals, and health and social services referrals.
- WIC nurses and dietitians meet with you to assess your diet and health history, provide nutrition counseling, and determine the best foods for you as well as store options.

What foods can I get from WIC?

- Infants - can receive iron-fortified formula and, when age appropriate, baby foods, plain cereal and solid foods.
- Children age 1-5 - can receive milk, juice, cereal, eggs, peanut butter or dried beans, whole wheat bread, tortillas, brown rice and oatmeal and fruits and vegetables.
- Breastfeeding moms - can receive milk, cheese, juice, cereal, eggs, peanut butter and/or dried beans, tuna or salmon, whole wheat bread, tortillas, brown rice and oatmeal and fruits and vegetables.
- Pregnant and Postpartum moms - can receive milk, eggs, juice, peanut butter, dried beans, cereal, whole wheat bread, tortillas, brown rice or oatmeal and fruits and vegetables.



Family Planning For Women and Men



Reproductive Health:

- Birth control exams and supplies
- Tests and treatment for sexually transmitted diseases
- Cancer screening: Pap smears and breast exams
- Infertility exams, counseling, and referral
- Tests for high blood pressure and anemia
- Pregnancy tests
- Health Education

Costs for Service at the family planning clinic is based on ability to pay, and are often less than at other health centers. Services are free for people enrolled in Medicaid and those with income below the federal poverty guidelines. New Opportunities' Family Planning offers quality, confidential health care provided by medical staff trained in family planning. Age appropriate community education programs are available. For an appointment call: 1-800-642-6330. Serving Audubon, Calhoun, Carroll, Dallas, Greene, Guthrie, Pocahontas and Sac Counties.

Maternal Health Program

New Opportunities Maternal Health Program provides nursing and social assessments to pregnant and post-partum women living in Audubon, Carroll, and Guthrie Counties.



- Prenatal and post partum health education
 - Perinatal depression screening and referral
 - Referrals to community resources
 - Nutrition counseling
 - Family planning counseling
 - Interpretation services available upon request
- For more information call: 1-800-642-6330**

1st Five

What is 1st Five?

Iowa's 1st Five Healthy Mental Development Initiative builds partnerships between physician practices and public service providers to enhance high quality well-child care. 1st Five promotes the use of developmental tools that support healthy mental development for young children during the first five years. By using a tool for all children that includes social-emotional development and family risk factors, providers are able to identify children at risk for developmental concerns that, if left untreated, would play out later in life.



Why 1st Five?

The foundations of mental health are set in the first five years of life. During these years, children rapidly develop social and emotional capacities that prepare them to be self-confident, trusting, empathetic, intellectually inquisitive, competent in using language to communicate and capable of relating well to others. These emotional skills form the foundation of a child's "healthy mental development" - to develop the ability to regulate and express emotions, form close personal relationship with other children and adults, and explore and learn from their environment. This social-emotional foundation also plays a key role in determining a child's school readiness.

Who/where we serve:

New Opportunities Site Coordinator serves children from birth to 5 in Audubon, Carroll, and Guthrie Counties. 1st Five works with local child health agencies operating in Iowa counties with participating medical practices.

For more information contact the New Opportunities 1st Five Site Coordinator at: 1-800-642-6330