

# COMMUNITY RESOURCES

## Able tech: Device Loan Program

Physical assistive technology (AT) device loans are available for FREE and for up to six weeks. Available to all Oklahoma residents with disabilities, their family members, and the professionals that support them.

**For more information, visit: <https://www.okabletech.org/core-programs/device-loan-program/>**

## Coalition of Oklahoma Breastfeeding Advocates

COBA is an independent nonprofit coalition of nationally influential professional, educational, and governmental organizations that share a common mission to drive collaborative efforts for policy and practices that create a landscape of breastfeeding support across the United States.

**Email for more information: [info@okbreastfeeding.org](mailto:info@okbreastfeeding.org)**

## Diversity Family Health

Healthcare in an environment free of discrimination and bias for ALL people. Although specializing in the care of the LGBTQ+ community, Diversity Family Health welcomes all people regardless of sexual orientation and gender identity. Our Nurse Practitioner driven model is based in primary care and includes specialized treatment for hormone therapies, and infectious disease.

**For more information, visit: [www.diversityfamilyhealth.com](http://www.diversityfamilyhealth.com)**

## Family Expectations

A free program in Oklahoma City where new and expecting parents prepare for the financial, emotional and mental challenges their little bundle brings. Our 8 workshops strengthen your communication and give you the tools to provide a healthy home for your baby. You'll also earn Crib Cash to purchase fun and important items for you or your baby at our on-site store, The Crib. You'll also receive: free meals, transportation assistance, gas stipend and child care.

**For more information, visit: <https://familyexpectations.com/>**

## Fatherhood Initiative

This project was aimed specifically to work with fathers who wanted to increase their level of engagement with their children, and help co-parenting as as positive, cooperative, and rooted in support for their shared children. Participants engage in completing a curriculum with units centered around the importance of being intentional and taking deliberate action to shape their lives toward the way they want them to be.

**For more information visit: <https://oklahoma.gov/health/health-education/children---family-health/maternal-and-child-health-service/perinatal-and-reproductive-health-/mens-health/fatherhood.html>**

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## Hear Her

CDC's Hear Her campaign seeks to raise awareness of potentially life-threatening warning signs during and after pregnancy and improve communication between patients and their healthcare providers. They increase awareness of serious pregnancy-related complications and their warning signs, empowering women to speak up and raise concerns and providing tools for women and providers to better engage in life-saving conversations.

**For more information, visit: <https://www.cdc.gov/hearher/index.html>**

## Imani's Village

Imani's Village, previously For The Village Inc., is a not-for-profit organization committed to enhancing birth outcomes for mothers and babies in the Black community in response to the alarming rates of infant and maternal mortality within Black communities. Our village is made up of 5 programs: Birthworker Program, Family Connections Program, Lactation Certification Program, Volunteer Program, and the Community Group Connections Program.

**For more information, visit: <https://www.imanisvillage.org/>**

## Le Leche League

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing parent-to-parent, peer-to-peer, mother-to-mother support, education, information, and encouragement to those who want to nurse their babies. Leaders are experienced parents who nursed their babies for one year or more, and they are trained and accredited by La Leche League International in the normal course of breastfeeding.

**For more information, visit: <https://www.lllo.org/>**

## March of Dimes

March of Dimes is a nonprofit organization committed to ending preventable maternal health risks and death, ending preventable preterm birth and infant death and closing the health equity gap for all families. Too many families are affected by a variety of challenges: lack of available care, a health equity gap and racial disparities and high preterm birth and maternal death rates. We're fixing this through research, advocacy, resources and programs to help parents throughout their pregnancies and educating health professionals to improve mom and baby care.

**For more information, visit: <https://www.marchofdimes.org/>**

## Metriarch

Metriarch is an Oklahoma women's public health think tank that aims to normalize and broaden women's health conversations through data storytelling, policy evaluation, and interactive outreach events.

**For more information, visit: <https://www.metriarchok.org/>**

# COMMUNITY RESOURCES

## Infant Crisis Services

We serve babies and toddlers under the age of four at our office location on Lincoln Boulevard and on our mobile food and diaper pantry, the BabyMobile.

**For more information, visit: <https://www.infantcrisis.org>**

## Oklahoma Family Network

The Oklahoma Family Network informs and connects individuals with special health care needs and disabilities, their families, and professionals to services and support in their communities. OFN services are designed for the family of any child who has: spent time in the NICU or was born premature, physical disabilities, cancer, rare or undiagnosed conditions, Autism, Cerebral Palsy, Cystic Fibrosis, Down Syndrome, mental health diagnoses or behavioral health concerns.

**For more information, go to: <https://oklahomafamilynetwork.org/>**

## Oklahoma Mothers' Milk Bank

Oklahoma Mothers' Milk Bank has a mission to improve the health of Oklahoma babies through safe donor milk. OMMB collects, screens, processes, and distributes donated human milk to meet the specific medical needs of individuals for whom it is prescribed. The primary beneficiaries of milk banks are infants, particularly preterm or ill infants. In addition, OMMB values clinical excellence, ethical practice, community education, and research to ensure that all individuals with a medical need will have access to pasteurized donor human milk.

**For more information, visit: <https://okmilkbank.org/>**

## Parentpro

We connect those who are pregnant for the first time and parents, with children from birth to five years, with local home visiting programs based on family needs and program requirements. parentPRO promotes Oklahoma families with young children by linking you with programs that best fit your family. All services are started on a voluntary basis.

**Tel: (405) 271-7611 or Email: [parentpro@health.ok.gov](mailto:parentpro@health.ok.gov)**

## Safe Kids Oklahoma

Safe Kids Oklahoma is led by Bethany Children's Health Center, which provides operation support and other resources to assist in keeping your kids safe. Based on the needs of the community, this coalition implements evidence-based programs, such as car-seat checkups, safety workshops and sports clinics, that help parents and caregivers prevent childhood injuries.

**For more information visit: <https://www.safekids.org/coalition/safe-kids-oklahoma>**

# COMMUNITY RESOURCES

## Take Control Initiative

We are a resource for all -things birth control. We offer all methods of birth control at no or low cost through partner health centers. Options include: Placement and removal of IUDs & the Implant, Pregnancy and STI testing (when necessary), Transportation to a partner health center, Free condom delivery. If you do not meet our guidelines, are insured, or your insurance does not cover it, we can help you find low-to-no cost options.

**For more information: Call or text (539) 302-3615**

## Tough as a Mother

Offers support to those using alcohol, marijuana or other drugs to cope with stress or trauma. A substance use treatment provider will work with you to design a treatment plan that meets you where you are at while meeting your family's needs too. We help you create a Family Care Plan to help you advocate for yourself, your family, and your unborn child. We also provide harm reduction supplies such as Naloxone and fentanyl test strips.

**For more information, visit: <https://okimready.org>**

## Tulsa Birth Equity Initiative

We equip families in Tulsa to have healthy births and reduce maternal health disparities. We offer a preconception guidance course for those with chronic health conditions that provide guidance on self-advocacy, nutrition, and more. Our free Community-Based Doula Program is available to persons living in the Tulsa area, are no more than 30 weeks pregnant, and identify as a person who is Black, Native, teen, or justice-involved.

**For more information, visit: <https://www.tulsabei.org/>**

## Women, Infants & Children

OSDH's WIC Program is a nutrition education and supplemental food program for pregnant women, postpartum breastfeeding and non-breastfeeding women & their infants/children who meet program eligibility requirements. Program benefits include: nutritious foods, nutrition Education Classes, Breastfeeding Support with Licensed Dietitians and Lactation Specialists.

**Find your local WIC Clinic by address or zip code by going to:**

**<https://signupwic.com/>**

## Oklahoma Perinatal Quality Improvement Collaborative (OPQIC)

### Empower Pregnant and Postpartum Patients (EPPP) Toolkit

OPQIC created a live binder for their EPPP toolkit. The kit aims to ensure that moms & infants receive the best possible care.

Live Binder Link: **<https://www.livebinders.com/b/3532901>**

- **[EPPP toolkit overview](#)**
- **[Urgent Maternal Warning Signs](#)**
- **[Post-Birth warning signs handout](#)**

# HELPLINES & HOTLINES

## Oklahoma Breastfeeding Hotline

Available free of charge, 24 hours a day, 7 days a week, 365 days per year. The Hotline is staffed by IBCLCs. Callers leave a message for a return call or text. Routine issue callers are contacted that same day between 7:00a-7:00p. Urgent issue callers will be contacted within one hour.

**Call: 1-877-271-MILK (6455) or Text: ok2bf to 61222**

## 988 Oklahoma Mental Health Lifeline

988 is a direct, three-digit lifeline that connects you with trained behavioral health professionals that can get all Oklahomans the help they need. You'll be connected to a mental health professional to talk you through what's going on and get the resources you need for either yourself or your loved one.

## 2-1-1 Oklahoma

211 is a 24/7 free service available to all Oklahomans across 77 counties. Through a direct phone call, live chat, text message or online search, certified resource specialists in Oklahoma City and Tulsa connect people across the state who need help to the social services in their area that can help.

**Call 2-1-1 or text your zip code to 898-211**

## Oklahoma SafeLine

The Oklahoma SafeLine is a confidential, toll-free, 24-hour hotline for Oklahomans seeking help or information about domestic violence, stalking and sexual assault. Translation services are available in 150 languages.

**Call: 1-800-522-SAFE (7233)**

## Family & Children's Services of OK COPES

COPES a free & confidential 24/7 telephone crisis line that provides emotional support to Tulsa County children & adults in suicidal crisis or emotional distress. They can also work with family members, friends, schools, law enforcement and other professionals to ensure safe resolutions and intervention plans are put in place.

**Call: 918-744-4800**

## Postpartum Support International

The PSI HelpLine is a toll-free telephone number anyone can call to get basic information, support, and resources. The HelpLine messages are returned every day of the week. Calls and texts will be returned within business hours 8am-11pm EST.

**Call 1-800-944-4773 (4PPD)  
#1 En Español or #2 English**

**Text in English: 800-944-4773  
Text en Español: 971-203-7773**

# TRIBAL SERVICES

## Inter-Tribal Council of Northeast Oklahoma

TC is a consortium of 9 tribes in NE OK that provides WIC benefits to Native American and other qualified families and children across the state to assure healthy pregnancies, healthy birth outcomes and healthy growth and development for women, infants and children up to age 5 who are at nutritional risk. We provide nutritious supplemental foods, breastfeeding promotion and support, education on healthy eating, and referrals to healthcare and critical social services. IBCLC on staff.

**Phone: 918-919-4050 \* Facebook:**

**<https://www.facebook.com/ITCMiamiOK/about>**

## Bureau of Indian Affairs: Financial Assistance and Social Services

The BIA Financial Assistance and Social Services (FASS) program provides assistance to federally recognized American Indian and Alaskan Native tribal members by providing cash assistance to meet essential needs of food, clothing, shelter, and utilities. Recipients must work with a social services worker to develop and sign an Individual Self Sufficiency Plan to meet the goal of employment. Applicants can apply for assistance at the nearest BIA operated or tribal social service provider. To obtain information on how to find a provider in your area, please contact the nearest BIA regional office.

**For more information, visit: <https://www.benefits.gov/benefit/801>**

## Indian Health Care Resource Center

Members of ANY federally recognized tribe and their dependents under the age of 18 are eligible to receive care at Indian Health Care Resource Center. You do not need insurance to be a patient at IHCRC. However, we welcome individuals with SoonerCare, Medicaid, Medicare, VA TRICARE, and private insurance. While our services are free, having insurance makes certain you have the emergency and specialty care you need when you need it.

**For more information, visit: <https://www.ihcrc.org/new-patients>**

## Indian Child and Family Education

The purpose of the program is to begin educating children at an early age through parental involvement, to increase high school graduation rates among Indian parents, and to encourage life-long learning. To be eligible for this benefit program, you must be a Native American/American Indian who is a parent or primary caregiver responsible for children under the age of seven years, you must live on or near an Indian reservation, and you or a family member must be enrolled in a Federally recognized American Indian tribe or Alaska Native village.

**For more information, visit: <https://www.benefits.gov/benefit/794>**

# TRIBAL SERVICES

## Oklahoma Native Assets Coalition

ONAC supports tribes and Native-led nonprofits interested in establishing asset-building initiatives and programs in Native communities, such as children's savings accounts, emergency savings account, emergency cash assistance, financial coaching, down payment assistance, Banked On incentive programs, and Native Child Tax Credit outreach.

**For more information, visit:**

**[https://www.oknativeassets.org/our\\_work/ONAC-programs](https://www.oknativeassets.org/our_work/ONAC-programs)**

## Urban Indian Health Program

The Indian Health Service (IHS) Urban Indian Health Program supports contracts and grants that fund outreach and referral, case management, comprehensive primary care, limited primary care, dental, community health, substance abuse, behavioral health, immunizations, HIV activities, health promotion and disease prevention, and other health programs. To be eligible for this benefit program, you must be Native American/American Indian and you or a family member must be enrolled in a federally recognized American Indian tribe or Alaska Native village.

**For more information, visit: <https://www.benefits.gov/benefit/778>**

## Kanza health Clinic by Kaw Nation

Kanza Clinic services extend to anyone who is a member of a federally-recognized tribe. They operate by appointment only and must be furnished with a copy of your CDIB card. They reserve acute slots for same-day appointments. These appointments fill up quickly, and the patient must call at 8 a.m. on the day you are wanting to come in. No walk-ins.

**For more information, visit: [http://kawnation.com/?page\\_id=3088](http://kawnation.com/?page_id=3088)**

## Inter-Tribal Council, Inc. Food Distribution Program

The Inter-Tribal Council, Inc. Food Distribution Program is a federal program that provides commodity foods to low-income households residing in approved areas. To be eligible to participate, the household must contain at least one person who is a member of a federally recognized tribe. Eligible households are certified based upon income and resource standards set by the federal government. The area served by the Inter-Tribal Food Distribution Program is: a portion of Ottawa, including the city limits of Miami east of the Neosho River and a portion of Delaware county in Oklahoma, Cherokee and Labette Counties in Kansas, and Newton, Barton, Jasper and McDonald counties in Missouri.

**Phone 918.542.3443 \* Email: [info@itcfdp.org](mailto:info@itcfdp.org) \* Website: <https://itcfdp.org>**

# TRIBAL WIC OFFICES

## Absentee Shawnee Tribe social services

The Absentee Shawnee Tribe Social Services target the economically disadvantaged, unemployed, or underemployed Native American Indian. An application process is required. Receipt of any assistance is dependent on an un-met need basis, meeting specific program requirements, and availability of funding. Not all services are of a financial nature. The Social Services, service area extends to include Lincoln, Payne, Cleveland, Pottawatomie and Oklahoma counties. Social services can include: General Assistance [for members of federally recognized tribe who live in the Absentee Shawnee Tribal Service area], BIA Indigent Burial Assistance [AST tribal members only], Disaster Assistance, Emergency Assistance, Low Income Home Energy Assistance Program (LIHEAP) [eligible to any Native American whom resides within Pottawatomie and Cleveland counties.], Tribal Energy Assistance and School Clothing Assistance [AST tribal members only]

**For more information, visit: <https://www.astribe.com/social-services>**

## Cherokee

WIC helps families by providing an Electronic Benefits Transfer card, called the "eWIC" card, for buying healthy foods from WIC-authorized grocery stores. WIC also provides nutrition education, breastfeeding support and referrals for health care and other community services. Participants must meet income guidelines. WIC serves women who are pregnant, postpartum, or breastfeeding; infants, and children under the age of 5. Within the Cherokee Nation, WIC clinics are located inside the 14-county tribal jurisdiction.

**For more information, visit: <https://health.cherokee.org/public-health/women-infants-children/>**

## Chickasaw

The Chickasaw Nation WIC program, is a non-discriminatory program serving Native and non-Native applicants, which provides pregnant or postpartum women, infants and children up to the age of five nutritious foods at no charge. WIC educators and nutritionists provide helpful nutrition information and counseling to moms and families. Lactation consultants and breastfeeding peer counselors are available 24 hours a day, seven days a week to encourage and support breastfeeding moms through daily challenges. For 24-hour breastfeeding support, contact (888) 439-8970.

**For more information, visit: <https://www.chickasaw.net/services/wic-supplemental-nutrition-program.aspx>**

# TRIBAL WIC OFFICES

## Choctaw Nation

Choctaw Nation WIC is a federally funded supplemental nutrition program that contributes to healthy pregnancies, healthy babies and healthy children. To be eligible, you must 1) reside in the Choctaw Nation service area (CDIB is not required – open to both tribal members and non-tribal members), 2) meet the income eligibility guidelines or participate in SoonerCare, SNAP, TANF or FDPIR, 3) be pregnant, postpartum (up to 6 months) or breastfeeding; an infant (birth to 12 months); or a child (1yo - 5yo), and 4) be at nutritional risk. To apply, find the nearest clinic location and schedule an appointment

**Call 580-920-2100 ext. 83517.**

**Breastfeeding Peer Counseling program call 580-916-9140 ext. 83854.**

**For more information, visit:**

**<https://www.choctawnation.com/services/wic/>**

**For more information, visit: [https://www.choctawnation.com/services/?\\_sft\\_category=health](https://www.choctawnation.com/services/?_sft_category=health)**

## Citizen Potawatomi Nation

supplemental nutritious foods, health and nutrition education, referrals, and nutrition and breastfeeding counseling to eligible pregnant, breastfeeding, and postpartum women as well as infants and children age 5 and younger. To apply, make an appointment, provide proof of all household income or of participation in TANF, SNAP or Medicaid, complete a nutrition assessment, which includes a finger stick for hemoglobin (blood work) and measuring height and weight. Provide proof of residency. You must live or go to an IHS or Tribal clinic within our service area. We serve Pottawatomie, Seminole, Lincoln, Logan, Payne, Oklahoma, and Cleveland counties. You will also need to provide a valid picture ID and proof of pregnancy. Breastfeeding peer counselor available.

**For more information, visit:**

**<https://www.potawatomi.org/blog/service/wic/>**

## Muscogee (Creek) Nation

Muscogee (Creek) Nation WIC Program is to provide supplemental foods and nutrition education at no cost to eligible pregnant women, postpartum women, breastfeeding women, infants, and children residing in Oklahoma. The WIC Program shall serve as an adjunct to good healthcare during critical times of growth and development, to prevent health problems and improve these persons' health status. For more information about The WIC Program, please call 918-549-2790. For the Breastfeeding Peer Counselor call the office: 918-549-2786 or cell: 918-693-0638.

**For more information, visit:**

**<https://www.muscogeenation.com/department-of-community-and-human-services/wic/>**

# TRIBAL WIC OFFICES

## Osage Nation

WIC provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 who are found to be at nutritional risk. The Breastfeeding Peer Counseling (BFPC) is a complimentary grant to WIC and offers additional breastfeeding education and peer support. The Farmers' Market Nutrition Program (FMNP) provides locally grown fresh, nutritious fruits and vegetables during the summer months to WIC clients to compliment WIC food packages, and increases awareness of area Farmer's Markets.

**Call 1-800-460-1006 to schedule an appointment, get directions to our clinics, or for any other information.**

**For more information, visit: <https://www.osagenation-nsn.gov/services/women-infants-children-program>**

## Otoe-Missouria

WIC serves to safeguard the health of income eligible pregnant, breastfeeding, and postpartum women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care at no cost. Participants must meet income guidelines and a State residency requirement and must be individually determined to be at "nutritional risk" by a health professional.

**For more information, visit: <https://www.omtribe.org/wic/>**

## Wichita, Caddo & Delaware WIC Program

The WCD WIC Program serves the Western part of Oklahoma. Our new mobile van will serve as a mobile clinic and provide all the needs our local clinics provide. If you or your child receives Medicaid, SNAP, TANF or FDPIR you may provide this proof as adjunct eligibility in order to receive WIC Services. You may also call 1-800-4WCDWIC (492-3942) to make an appointment at one of our locations. Speak to one of our peer counselors at any time for breastfeeding questions or concerns.

**All Locations call: 405-222-8470 (Spanish and English)**

**For more information, visit: <https://www.wcdwic.org/>**

# IHS FACILITIES

## Indian Health Services

The IHS can provide healthcare to only eligible Alaska Native and American Indians at its federal hospitals and clinics. Once you know if you can receive care at an IHS facility, contact the facility's patient registration. They will discuss the registration process, any additional documentation you need to establish your medical record, and then schedule a medical appointment. You may also be able to get care at tribal health programs based on the Tribe's agreement with IHS.

**For more information, visit: <https://www.ihs.gov/forpatients/>**

## Oklahoma City Area Indian Health Service & Clinic

The OKC Area Indian Health Service serves the states of Oklahoma, Kansas, and portions of Texas. Services include basic medical care, but also dental, optometry, behavioral health services, fitness, nutrition and other family programs.

**For more information, visit: <http://www.ihs.gov/oklahoma/>**

## Pawnee Nation

The Pawnee Nation has IHS funded programs consisting of well-trained, community-based, health care professionals. We help families gain access to comprehensive health care services. The aim is to serve eligible Native Americans residing in Pawnee County and the city limits of Stillwater in Payne County.

**For more information, visit: <https://pawneenation.org/community-health-representatives-emergency-medical-services-ehr-ems-and-health-education/>**

## Perkins Family Clinic

Through the Tribal Health Department, we have established the Perkins Family Clinic in which we offer primary medical & health care to Native Americans. We also service to Non-Natives in our community and surrounding areas. In addition to basic health appointments, we also offer home visits, medication monitoring, CPR and Blood Born Pathogen classes, a Diabetes Program, counseling and our Title VI-A Program provides both congregate and home-delivered meals and other activities for elders.

**For more information, visit: <https://www.bahkhoje.com/native-services/health-services/>**

## White Eagle Health Center

The mission of the White Eagle Health Center is to support and strengthen individual, family, and community by empowering Indian people by providing high-quality healthcare and the long-term vision of the clinic is to Ensure Healthy Generations of Indian People.

**For more information, visit: <https://www.ponca-nsn.gov/white-eagle-health-center1.html>**