



FAMILY HEALTH SERVICES



www.horizonphmn.gov
800.450.4177
info@horizonphmn.gov

Meet Our Family Health Staff!



Kayla, RN, PHN

- Family Health Supervisor



Bobbi, RN, PHN

- Stevens, Traverse, & Big Stone Counties
- MECSH Home Visitor
- WIC Nurse



Brittany, RN

- Douglas & Pope Counties
- MECSH Home Visitor



Deb, RN

- Swift, Lac qui Parle, Yellow Medicine, & Chippewa Counties
- MECSH Home Visitor



Katie, RN

- Stevens, Traverse, & Grant Counties
- Nurse Home Visitor
- WIC Nurse
- Child & Teen Check-ups



Rhonda, RN

- Douglas County
- Nurse Home Visitor
- FAP Nurse
- Child & Teen Check-ups



Tammy, RN, PHN

- Douglas & Pope Counties
- Nurse Home Visitor
- WIC Nurse
- Child & Teen Check-ups



Amy, RD

- WIC Dietitian



Tara, RD/LD

- WIC Dietitian
- Head Start Nutrition Consultant



Lindsey

- WIC Program Support
- Car Seat Technician
- Child & Teen Check-up Outreach



Shannon

- WIC Program Support
- FAP Support



Tanya

- WIC Program Support
- Car Seat Technician
- Child & Teen Check-up Outreach



Patty

- Child & Teen Check-up Outreach

Follow Along Program



The Follow Along Program (FAP) is FREE and provides:

- Age related questionnaires about your child's communication, motor skills, self-help and social-emotional development from birth to age three.
- Fun activity handouts for your child's age level.
- A response, through a phone call or home visit, from a Public Health Nurse about your concerns.
- Referrals to other supports and resources as needed.

SCAN TO ENROLL





FAMILY HOME VISITING

WHAT IS FAMILY HOME VISITING?

Specially trained nurses visit families 1-2 times postpartum or on an ongoing basis. Families develop a close relationship with a nurse who becomes a trusted resource they can rely on for advice on everything from safely caring for their child to taking steps to provide a stable, secure future.



DURING PREGNANCY

In your home or at a location of your choice, a nurse will partner with you to provide individual prenatal support and education on topics such as:

- Healthy pregnancy
- Diet & exercise
- Labor & delivery
- Sleep safety/SIDS
- Infant safety
- Infant feeding
- Parenting support
- Community resources



WHEN BABY ARRIVES

After the birth of your baby, the nurse will work together with families to provide education and assessments on the following topics:

- Infant weight check
- Breastfeeding support
- Parenting support & connection to resources
- Safety promotion
- Postpartum depression & anxiety screening
- Family planning



Please scan for a video with more information on Family Home Visiting.

HOME VISITS

Nurse home visitors work with families beginning in pregnancy or shortly after a baby's arrival with continued support until the child celebrates their second birthday. Our program supports healthy decision making and effective parenting through the joys and the challenges of being a parent or caregiver. This is a free, voluntary program that is structured and customized to meet your family's goals.



Our nurses are specially trained in:



Prenatal Support



Child development



Baby, toddler, & parent health



Baby feeding, soothing, & sleep



Parenting Support

Home Visits are FREE!
There is no cost for the family.

MECSH

*Maternal Early Childhood
Sustained Home-Visiting*

WHAT IS MECSH?

MECSH is a long-term, voluntary home visiting program that begins anytime during pregnancy or up to 8 weeks after your infant's hospital discharge, and continues through your child's 2nd birthday.

An RN visits you in your home and partners with you by sharing information and ideas on many things to do with your child, including:

- *Feeding (breastfeeding, bottle feeding, introducing solids)*
- *Settling and strategies to help manage sleep challenges*
- *Managing a crying baby*
- *How to keep your baby healthy*
- *Parental self-care*
- *Adjusting to a new baby*
- *Playing with your baby in ways to help them grow and develop*
- *How to help your baby learn to crawl, walk, and talk*
- *Managing toddler behaviors*
- *Available resources*

An RN also completes screenings on child's development and maternal mental health.



MECSH[®]

Maternal Early Childhood
Sustained Home-visiting

MECSH

*Maternal Early Childhood
Sustained Home-Visiting*



"My nurse has been excellent and has helped me in every way. She has been there when you need them the most and ready to help with whatever information they can. When I was feeling down, she was only a phone call away and helped solve your situation...It has been a great program and I wish I had been on the program for my first child."

-MECSH Mom

Supporting family and child health and wellbeing.

Supporting parents to be future oriented and aspirational.

Supporting family and social relationships.

MECSH nurses serve Douglas, Pope, Stevens, Traverse, Grant, Big Stone, Chippewa, Lac qui Parle, Swift, and Yellow Medicine counties.



SCAN TO ENROLL



BREASTFEEDING SUPPORT AND CLASSES



Horizon Public Health's Breastfeeding Support Team includes Registered Nurses and WIC Dietitians with specified lactation training. Services are provided to families at any time during pregnancy or the breastfeeding journey.

Services are available:

- In your home
- By telephone
- At the Horizon Public Health office

Topics covered include:

- Benefits of breastfeeding
- How breastfeeding works
- How to breastfeed
- When to feed your baby
- Getting enough milk
- Breast care
- Breastfeeding lifestyle



SIGN UP TODAY



BREASTFEEDING CLASSES:

Mothers and partners are encouraged to attend breastfeeding class during their third trimester. Classes are held on a quarterly basis. The cost is \$25 per couple. For PrimeWest, Blue Plus, or Medical Assistance members, the cost of the class is covered by insurance.



Horizon Public Health provides a private space to breastfeed at local events. Watch for Lactation Station signs!



WOMEN, INFANTS, & CHILDREN (WIC)

WIC IS A NUTRITION PROGRAM HELPING FAMILIES
EAT WELL... AND STAY HEALTHY.

Are you interested in providing healthy food options to your family? The WIC program is a Nutrition Education and Breastfeeding program that helps eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition, and stay healthy.

The WIC program Offers:

- Individualized nutrition education and counseling
- Vouchers to purchase nutritious foods from local grocery stores
- Referrals to health care and other services
- Breastfeeding support

Who is WIC for?

- Infants
- Children up to the age of 5
- Women
 - Pregnant
 - Breastfeeding
 - Recently had a baby



How to qualify for WIC?

- Meet the WIC income guidelines or be enrolled in another program such as Medical Assistance or SNAP
- The person enrolling in WIC has a nutrition and/or medical need.

To schedule appointment, call 800.450.4177 or apply online.



This institution is an equal opportunity provider.

Child and Teen Checkups



✔ WHAT IS INCLUDED IN CHILD AND TEEN CHECKUPS?

- Information about good physical and mental health
- Time to ask questions and get answers about your child's health, behavior and development
- Complete head-to-toe physicals
- Immunizations
- Hearing check
- Vision check
- Age appropriate lab tests (such as lead or hemoglobin)
- Development and growth checks
- Oral check and referral to the dentist

✔ HOW OFTEN SHOULD CHILDREN GET CHILD AND TEEN CHECKUPS?

- Between birth and 1 month
- At ages 2, 4, 6, 9, 12, 15, 18, 24, and 30 months
- Annually between the ages of 3 and 21
- More often if needed

✔ MORE INFORMATION

- Checkups are provided at NO COST to any person under 21 years old who is insured by PrimeWest, Blue Plus, Medical Assistance, or another publicly funded health plan.
- For information and resources including local clinics, dentists, eye doctors, hearing providers, and transportation, please scan QR code.



CHILD PASSENGER SAFETY



Child Passenger Safety Specialists can answer questions regarding child safety seats and check your car seats. At a check, seats are evaluated for defects, recall listings, suitability for the age of the child, and fit with the safety belt system in the vehicle. These services are available at no charge.

Car Seat Distributions

- Are you expecting a baby?
- Is your infant growing out of the infant carrier seat?
- Is your toddler growing out of the convertible seat?
- Does your 4-8 year old need a booster?

Car seats are available at no cost for persons with PrimeWest Health, Blue Plus, or Medical Assistance health insurance coverage.

To schedule a car seat check, or for an appointment to receive a child safety seat along with instructions on proper use and installation, please contact Horizon Public Health at 800.450.4177

EARLY HEARING DETECTION AND INTERVENTION AND BIRTH DEFECTS



Was your child born with hearing loss or a birth defect?

Horizon Public Health will help navigate and guide you through the process on behalf of the Minnesota Department of Health.

A Registered Nurse will call you to answer your questions and discuss resources that could be beneficial for your child. We will connect you to:

- Financial Resources
- Insurance Resources
- Identifying Health Care Specialists
- Early Childhood Intervention
- Medical Condition Information
- Community Resources

HORIZON



Public Health
Prevent. Promote. Protect.



**SERVING:
DOUGLAS, GRANT,
POPE, STEVENS,
AND TRAVERSE
COUNTIES**

To enroll in any of the Family Health programs, please contact:



 800.450.4177

 info@horizonphmn.gov

Main Office:

809 Elm Street Suite 1200
Alexandria, MN 56308
800.450.4177 | 320.763.6018
888.229.2347 fax

Offices:

Alexandria, MN
Elbow Lake, MN
Glenwood, MN
Morris, MN
Wheaton, MN

11/2025

Sponsored by



MN