

This Prenatal and Infant Health Care Resource Directory was produced by



HEALTHY START

Healthy Start Community Coalition of Okaloosa-Walton Counties, Inc.
Funded by contract with State of Florida, Department of Health

*For a Healthy Start in life..
The best place to start is at the very beginning!*

850-833-9284

healthystartokawalton.org

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HEALTHY START

Healthy Start Community Coalition
of Okaloosa-Walton Counties, Inc.

Healthy Start
2009

**Family Resource
Directory
Walton County**



Having a baby is awesome! You alone will give your baby life. You alone are the most important person in the world to your baby, and what you do now, even before his or her birth, can be the difference between good health and poor health for your baby.

To help you find the services you need, the Healthy Start Coalition of Okaloosa-Walton Counties has compiled this easy-to-use booklet for you. We have tried our best to be as current and accurate as possible, but please bear in mind that telephone numbers change, programs lose funding, and typists make occasional errors. So if a number is incorrect, please call, and we'll help you

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Addresses

Fort Walton Beach Medical Center
1000 Mar-Walt Drive
Fort Walton Beach, FL 32547

Caring and Sharing of Walton
1122-A N. 9th St.
DeFuniak Springs, FL 32433

Caring and Sharing of South Walton
112 Lynn Dr.
Santa Rosa Beach, FL 32459

Children & Families Service Center
79 N. Davis Ln.
DeFuniak Springs, FL 32433

Healthmark Regional Medical Center
4413 Hwy. 331 S
DeFuniak Springs, FL 32435

North Okaloosa Medical Center
151 E. Redstone Ave.

Since the first contact with an agency or organization is usually made by telephone, the listings in this book give a telephone number only. Following are the addresses of the most often used services.

Crestview, FL 32536Walton County
Okaloosa-Walton Child Care Services
1184-C Circle Drive
Defuniak Springs, FL 32435

Sacred Heart Hospital on the Emerald
Coast
7800 US Hwy 98 West
Destin, FL 32550

Sacred Heart Medical Group
36500 Emerald Coast Parkway
Destin, FL 32541

Walton County Health Department
362 Hwy 83 N.
DeFuniak Springs, FL 32433

Walton County School Board

Military Bases

Family Support Center
Bldg. 90213
121 Bartley St.
Hurlburt Field, FL 32544

Family Support Center
Bldg. 205
502 W. Van Matre, Suite 1
Eglin AFB, FL 32542-6823

Telephone Exchanges

You will note that many numbers in this book have a 1-850 in front of them. That's because they are, most likely, long distance from Walton County numbers. This may not be true in all cases. If you don't know if it's long distance or not, look in the front of your telephone book under the heading "Local Calling Area" and you will see a chart which will tell you what numbers are long distance.



Are You Pregnant?

It's so important to find out as soon as possible if you are pregnant, because if you are, your baby needs your attention right away - to help get a Healthy Start in life.

For a pregnancy test, call one of these numbers.

Walton County Health Department..... 892-8019
LIFE Inc, FWB. 862-9020
SOZO Life Connection, FWB 243-5800
Pregnancy Support Center, Defuniak Springs.....
892-7400Eglin Regional
Hospital 883-8242
Private Doctor (See *Obstetrician in Yellow Pages or Health*

**To lower the risk of
birth defects of the
brain and spine, begin
taking Folic Acid NOW.
You can get it at the
Health Department or
at any supermarket or
drug store.**



If the test is positive, congratulations! You're going to have a baby!
The following pages will help you get the services you and your baby need.

Confused? Scared?

If you're not sure what to do, or perhaps have a special problem you need to talk to someone about, call one of these numbers.

Walton County Health Department

DeFuniak Springs.....892-8019
Santa Rosa Beach267-3598

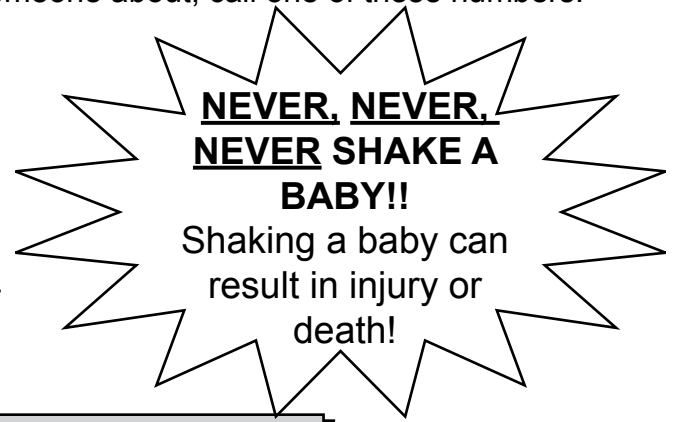
Shelter House

DeFuniak Springs.....892-5411
Toll-free Hotline1-800-44 ABUSE
Domestic Violence Hotline863-4777

Cope Center Help Line

North County.....892-HELP or 892-4357
South County267-2220

First Call For Help.....951-0800



Healthy Start

Emergency ! Call 911

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Parenting/Childbirth

Parenting and Home Visitor Programs

Breastfeeding and Nutrition Education
Women, Infants, Children Program (WIC)892-8020
Child Care Services.....892-8560
Cope Center Parenting Class.....892-8045
Even Start.....892-8159
Healthy Start892-8019
Education & support for moms and babies, home visiting
North Okaloosa Medical Center689-8100
Sacred Heart Medical Group.....837-0032
Twin Cities Hospital Wellness Center.....678-4131
Walton County Health Department.....892-8019
Children's Home Society892-7056

Childbirth

Fort Walton Beach Medical Center.....864-0213
North Okaloosa Medical Center689-8340
Sacred Heart Hospital on the Emerald
Coast.....278-3600

Military - Must have a military ID to use these services

Airman & Family Readiness Center
Eglin AFb882-9060
Hurlburt Field884-5441
Tyndall AFB283-4204
Family Advocacy
Eglin AFB.....883-8616
Hurlburt Field881-5061
Tyndall AFB283-7511

Family Planning

Walton County Health Department
Birth Control and Family Planning
Pregnancy Testing and Prenatal Care.....892-8019
Sozo Life Connection
Pregnancy testing, Ultrasound, STD testing and
treatment, prenatal classes, FWB.....243-5800

School Physicals

Walton County Public Health Dept.
DeFuniak Springs892-8015



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First Steps

DO _____

- ☺ See your doctor or health care provider
- ☺ Eat healthy foods
- ☺ Read books about pregnancy and childbirth
- ☺ Plan to breastfeed - it's the natural choice for your baby
- ☺ Plan to take your baby for well-baby checkups and shots

DON'T _____

- ☹ Smoke - if you smoke during pregnancy your baby is more likely to be born too small
- ☹ Drink alcohol, take drugs or medication (unless prescribed & your doctor knows of it)
- ☹ Get stressed out



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Housing

Emergency Shelter

Canning Center 892-3615
Shelter House (emergency temporary)..... 1-800-442-2873
Shelter House - Fort Walton Beach..... 863-4777

Maternity Shelter

Family Life Ministries 243-5800
L.I.F.E. Inc..... 862-9020

HUD

Walton County 892-8185

Low Income Housing

Oakdale Apartments 892-7734
Heritage Apartments..... 892-5232
Springs East Apartments..... 892-7012
Hazelwood Apartments..... 835-4483

Other

Farmers Home Administration 682-2416
DeFuniak Springs Housing Authority..... 892-2823
Shelter House - Transition House..... 892-5411
Habitat for Humanity..... 835-0067
Habitat Restore - sells discounted furniture and building supplies..... 880-6108
Okaloosa-Walton Homeless..... 226-7694

Employment

Displaced Homemakers (Niceville)..... 729-5291
Jobs Plus of Florida

A one-stop center for all employment needs, including vocational counseling, training, testing, job listing and assistance, welfare transition, unemployment compensation information, etc.

Crestview 689-7823
DeFuniak Springs 951-8256
Fort Walton Beach 833-7587
Social Security Administration 1-800-772-1213

Women's Educational Resource Center OWC

Niceville 729-5290
AmeriCorps - OWC..... 729-6037
FL Senior Employment Program..... 892-5121

Military

Airman & Family Readiness Center

Eglin AFB..... 882-9060
Hurlburt Field 884-5441
Tyndall AFB 283-4204



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Education

Adult Literacy Center (OWC).....	892-8100
Even Start Family Literacy Program.....	892-8159
Head Start	892-7635
Walton County School District	892-1100

Colleges & Universities

Okaloosa-Walton College Chautauqua Center	892-8100
Okaloosa-Walton College Main Campus, Niceville.....	678-5111
Gulf Coast Community College Panama City.....	850-769-1551
Troy University.....	678-1865
Walton County Career Development Center	892-1240
University of West Florida, FWB.....	863-6565
GED Distance Learning.....	892-8190

Preschools

Walton Pre-K/Early Intervention	892-1100
Walton Pre-K/Exceptional Student Education	892-1100
Head Start	892-7635
Even Start.....	892-8159
Early Learning Coalition.....	951-0588

Elementary

Van R. Butler Elementary School	622-5040
Bay Early Education Center	622-5050
Maude Sanders Elementary School.....	892-1260
Spice Program	892-1100
West DeFuniak Elementary School.....	892-1250
Freeport Elementary School.....	892-1211
Paxton Elementary School	892-1230

Middle School

Walton Middle School.....	892-1280
Freeport Middle School	892-1221

High Schools

Walton High School	892-1270
Paxton High School.....	892-1230
Freeport High School	892-1200
South Walton High School.....	622-5020



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Information Lines

•Abuse Registry (Florida)	1-800-962-2873
•Child Abuse Hotline (National)	1-800-422-4453
•Alcohol Recovery	1-800-ALCOHOL
•AIDS	1-800-FLA-AIDS
•Center for Nutrition & Dietetics.....	1-800-366-1655
•Children's Home Society	1-800-235-BABY
•Child Find, Inc.	1-800-426-5678
•Substance Abuse Hotline	1-800-662-HELP
•Domestic Violence Hotline	1-800-44 ABUSE
•Florida Dept of Financial Services	1-800-342-2762
•Job Discrimination	1-800-342-8170

•Family Healthline.....	1-800-451-2229
•La Leche International.....	1-800-LaLeche
•Medicaid Information.....	1-800-303-2422
•National Runaway Switchboard	1-800-RUNAWAY
•Parent Helpline.....	1-800-FLA-LOVE
•Poison Control.....	1-800-222-1222
•Toll Free Information	1-800-555-1212
•United Methodist Children's Home Foster Care Program.....	1-877-286-2432
•WIC Program Hotline	1-800-342-3556



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Health Care

Walton County

Healthmark Regional Medical Center.....951-4500
Sacred Heart Hospital on the Emerald Coast.....278-3600

Okaloosa County

Eglin Regional Hospital883-8242
Fort Walton Beach Medical Center 862-1111
North Okaloosa Medical Center689-8100
Twin Cities Hospital.....678-4131
White Wilson Medical Center863-8100

Escambia County (Pensacola)

Baptist Hospital850-434-4011
Sacred Heart Hospital850-416-7000
West Florida Hospital850-494-4000

Bay County (Panama City)

Bay Medical Center850-769-1511
Gulf Coast Hospital850-769-8341

Santa Rosa County (Milton)

Santa Rosa Medical Center850-626-7762



Healthy Start

BIRTHING CENTERS

Milton Memorial Birthing Center, Flowersview.....834-2946

CLINICS

Gateway Medical Clinic892-3366
Emerald Coast Women's Center, Inc.....689-2223
Healthmark Rural Health Clinic951-4556
Seton Center (For high-risk pregnancies)850-416-2400
Walton County Health Department, DFS.....892-8019

PUBLIC HEALTH

Walton County Health Department, DFS.....892-8019
_Santa Rosa Satellite Clinic.....267-3598
_South Walton.....267-3598
Healthy Start.....892-8018
Family Planning892-8019
Vital Statistics (Birth Certificates)892-8015

Children's Volunteer Health Network.....622-3200

FL Kidcare-Affordable Childrens' Health Insurance

FL Toll Free1-888-821-5437

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Military Family Services

MUST HAVE MILITARY ID FOR MILITARY SERVICES

Family Advocacy Program - Programs include:

Exceptional Family Member Program - for members with physical, emotional, mental or educational needs;
Family Advocacy Outreach Program - for prevention of serious family problems and exceptional medical or educational conditions;
Family Beginnings - nursing services, counseling and education for families with newborns or expecting a baby.

Eglin AFB.....883-8616
Hurlburt Field.....881-5061
Tyndall AFB283-7511

Airman & Family Readiness Center - Information, referral, family skills, marriage enrichment, parenting, stress management, special needs, crisis parenting, employment assistance.

Eglin AFB.....882-9060
Hurlburt Field.....884-5441

Transportation

Driver's Licenses892-8733
Tri-County Transportation892-2422



Healthy Start

Child Care

Day Care/Preschool

Child Care Services.....892-8560
Child Care Resource and Referral892-8561
Special Needs Children833-9330
Head Start892-7635
Day Care Licensor.....833-3837
Early Learning Coalition.....951-0588

Military - Must have Military ID

Eglin Child Development Center882-5519
Hurlburt Child Development Center.....884-6937

Legal Services

Guardian Ad Litem, Shalimar.....651-7127
Child Support Enforcement1-800-622-5437
Legal Aid.....862-3279
Legal Services of North Florida862-3279
Department of Corrections892-8075
Public Defender892-8090

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Food

Food Stamps

CFS Economic Services.....1-866-762-2237

Emergency Food

Caring and Sharing - food, clothes, etc.

DeFuniak Springs.....892-7656

Canning Center892-3615

Nutrition and Breastfeeding Services

WIC (Women, Infants & Children)892-8020

Clothing

Children's Home Society 1-800-235-BABY

Caring and Sharing.....892-7656

Caring and Sharing of South Walton.....267-2866

Life Inc, FWB.....862-9020

Thrift Stores

Salvation Army

Fort Walton Beach243-4531

Panama City.....850-769-5259

Waterfront Mission Bargain Store.....689-2700

Goodwill (Santa Rosa Beach).....267-0555

Goodwill, FWB.....864-6677

Military (Military ID Required)

Eglin Thrift Shop678-4726

Hurlburt Thrift Shop884-3098

See *Thrift Shops* or *Consignment Services* in Yellow Pages.



Healthy Start

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Need Money?

If you are unemployed, uninsured or low income, you may be eligible for financial assistance or Medicaid.

Department of Children & Families - for information on obtaining Medicaid,

Food Stamps or Temporary Cash Assistance1-866-762-2237

or go online to www.dcf.state.fl.us/ess or www.myflorida.com/accessflorida

Child Support Enforcement1-800-622-5437

Tri-County Transportation.....892-2422

Social Security.....1-800-772-1213

PRIVATE CHARITIES

Caring and Sharing.....892-7656

Caring and Sharing South Walton267-2866

CHURCHES:

First United Methodist Church892-5332



Healthy Start

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Counseling

COUNSELING

COPE Center	
Counseling, alcohol and drug treatment	892-8045
24 Hour Help Line	892-4357
24 Hour Help Line	267-2220
Administration	892-8035
Mental Rehab.....	892-8055
Catholic Social Services, FWB.....	244-2825
Children's Home Society	
Teenage pregnancy counseling, adoption services, crisis counseling	892-7056
Fort Walton Beach Medical Center.....	862-1111
Inpatient psychiatric treatment for adults	
Life Inc, FWB.....	862-9020
Pregnancy Support Center.....	892-7400

For more complete listing, see "**Counselors - Human Relations**" in Yellow Pages

Support Groups

SUPPORT GROUPS

Alcoholics Anonymous.....	244-2421
Breastfeeding-WIC	892-8020
Mental Health Association - COPE Center	892-8045

For more complete and current support group listings, see the **Calendar** section of the Northwest Florida Daily



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Doctors

PRIVATE PROVIDERS

Midwives

Maria Milton, Licensed Midwife.....	850-834-2946
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Obstetricians (Doctors for Delivering Babies)

Bryce Jackson, MD, Panama City.....	850-784-6877
Coastal OB/GYN, Panama City.....	850-785-0515
Naguib Moussa, MD, Panama City.....	850-784-0009
Smith, Smith, Simpson, & Percy, Panama City.....	785-1517
Tamara Petrac, MD, Destin.....	267-2961
Melinda Graham, MD, Destin.....	267-2961
Jennifer Esse, MD, Santa Rosa Beach.....	267-2292
Emerald Coast Women's Center	
Glen Bankert, DO, Crestview	689-2223
Robert Caputo, DO, Crestview	689-2223
Sergio Cabrera, MD, Crestview.....	689-2223
Kimberly Hood, MD, Crestview.....	689-2223
Susan Griffin, ARNP, Crestview.....	689-3354

Family Doctors

Charles B. Barniv, MD, Destin.....	837-5181
Ronald Causton, MD, Destin.....	837-9064
Jerold Derkaz, MD, DeFuniak Springs	892-6600
Reuben Garcia, MD, DeFuniak Springs	892-4791
Jana Holland, MD, DeFuniak Springs	892-5739
James Howell, MD, DeFuniak Springs	892-2888
Marcene Kreifels, MD, DeFuniak Springs	892-2266
Darrel Willis, MD, Destin.....	233-6922
David Zielinski, MD, Destin.....	837-0032

Pediatricians (Doctors for Children)

White-Wilson Clinic, FWB.....	863-8203
Children's Clinic.....	689-0555
Susie FitzHarris, MD, Destin.....	837-0032
Okaloosa-Walton Pediatrics	892-1302
Mallik Urmundal, MD, DeFuniak Springs.....	892-1302
Joseph Peter, MD, Crestview	683-5100



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Special Needs

Children's Medical Services (CMS) - for children under 21 with chronic

conditions, whose physical functions and movements are impaired as a result of accident, disease or birth defect, and whose families

cannot afford treatment. 1-850-484-5040
Family First Network 892-8647

Abuse Registry 1-800-96ABUSE

Supplemental Security Income (SSI) - income for those who are disabled and cannot work 1-800-772-1213

Exceptional Family Member Program
 Eglin AFB 883-9452

Emerald Coast Hearing Associates
 Fort Walton Beach 863-4327

Walton Pre-K Exceptional Student Education
 DeFuniak Springs 892-1100
 ARC Association for Retarded Citizens 892-5013

Nemours Children's Clinic
 Speciality care center for children with complex medical or surgical problems.
 Destin and Pensacola 1-800-767-5437



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Early Steps

Screening, evaluation and referral for children up to three whose development is delayed or who have established conditions that may lead to delay. - located at Sacred Heart Hospital in Pensacola 1-800-281-1845

Resources for Human Development 951-0037

Hospice of the Emerald Coast 689-0300

Covenant Hospice of NW Florida 729-7889

United Cerebral Palsy of NW FL 863-9833

Children's Volunteer Health Network
 Medical, Dental and Mental Health care for uninsured and underinsured school-aged children 622-3200

Family Assistance

Family Support, Hurlburt Field 884-5441
 Good Will Easter Seals 302-0576
 Florida State Blind Services 850-595-5282

Walton County

American Red Cross, DeFuniak 892-6297
 Caring and Sharing 892-7656
 South Walton 267-2866
 Children's Home Society 892-7056
 Lutheran Services, Hope House 682-2374
 Shelter House
 (Outreach and support for domestic violence)
 DeFuniak Springs 892-5411

Other

Alcoholics Anonymous 244-2421
 American Cancer Society 244-3813
 American Diabetes Association 1-800-342-2383
 Catholic Social Services 244-2825
 Elder Services 833-9165
 Epilepsy Society of NW Florida 315-0000
 Family Life Ministries 243-5800
 Family Support, Eglin AFB 882-9060

Healthy Start Coalition, FWB 833-9284

Healthy Start, WCHD 833-8019

LaLeche League International
 Breastfeeding Support 1-800-LaLeche

Legal Services of NW Florida 862-3279

LIFE, Inc. - for crisis pregnancy 862-9020

Lutheran Services of Florida
 Counseling for at-risk teens 664-0145

Mental Health Association 951-1101

Tri-County Transportation 892-2422

UF Extension Service - Information on farming, FL lawn care, hurricane preparedness, bugs, money management, 4-H, health, nutrition and more 689-5850

Ronald McDonald House - for parents needing a place to stay while child is hospitalized 1-850-477-

Adoptions/Foster Care

Catholic Social Services, FWB 244-2825

Children's Home Society 892-7056



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