



# UMPQUA HEALTH

## NEW BEGINNINGS

### ABOUT NEW BEGINNINGS

New Beginnings is a program offered by Umpqua Health Alliance for Oregon Health Plan members in Douglas County. We focus on children before birth to age five. We work with the child and their family, along with their care providers and community partners to offer support and resources. The New Beginnings staff create and strengthen partnerships so you can use community resources, including:

- Counseling
- Primary care physicians
- Family development centers
- Child Advocates
- Abuse prevention services
- Early Intervention Specialists
- Schools and childcare services
- Hospitals
- Housing and food assistance programs
- Women, Infants and Children (WIC)
- Dentists
- Transportation needs

### DO YOU HAVE A YOUNG CHILD?

Most importantly, go to well child doctor appointments. You can also:

- Call your child's doctor to make an appointment
- Call UHA Member Services at (541) 229-4842
- Ask your counselor, case manager or any community partner for help
- Call New Beginnings at (541) 673-1462

### THE EARLY YEARS

The first few years of a child's life have are important for the physical and social development of that child. Children in poverty or who lack stable housing and healthy foods can have a hard time coping.

Every parent wants what is best for their child, and that's where New Beginnings can help. Together, through coordinated care, each child's unique needs will be identified and addressed. New Beginnings will also help parents create a solid foundation for Douglas County children to grow and thrive.





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### LOCATION

500 SE Cass Avenue, Suite 200  
Roseburg, OR 97470

We can also meet with you at a different location.

### REFERRALS

To make a referral to New Beginnings program, please contact New Beginnings staff at one of the following:

Office: (541) 673-1462

Email: [CaseManagement@umpquahealth.com](mailto:CaseManagement@umpquahealth.com)

Fax: (541) 229-8180



### FOR MEDICAL PROVIDERS

If you have a patient 0-5 who you believe would benefit from this program or needs help connecting with community resources, please make a referral. We will assess each member for basic resource needs, mental health and substance abuse issues, barriers to care, high medical needs, safety and environmental factors. We can:

- Assess barriers to care
- Assist in engaging the child/family in treatment or programs
- Connect the child/family with community support and resources
- Provide education about risk factors
- Encourage healthy and realistic goal setting
- Provide on-going support
- Work as a liaison between medical and community providers

We are available to meet with your patients in your practice, or in one of our locations.

If you need another language, large print, Braille, CD, tape or another format, call Member Services at **(541) 229-4842** or TTY **(541) 440-6304**.