



# COMMUNITY RESOURCES

JEFFERSON COUNTY, MISSOURI



Desoto School District  
April 2019  
Wellness Letter

## SERVICES PROVIDED BY THE JEFFERSON COUNTY HEALTH DEPARTMENT:

[WWW.JEFFCOHEALTH.ORG](http://WWW.JEFFCOHEALTH.ORG)  
636-797-3737



### ➤ Dental Services



636-797-3737 ext 301

**-Mobile To Go Dental Van-** 45 foot dental office on wheels. On board is a licensed dentist, certified dental assistant, and registered dental hygienist.

-The dental van accepts all forms of Missouri Medicaid, most forms of private insurance, and uninsured patients.

-These services are provided for children up to 19 years old. Services are available year round throughout the community.

### ➤ Health Education



- The Health Department provides health education within the community, schools, and for local organizations.

**- Healthy Lifestyle Coach** is available to anyone at no out of pocket cost. The lifestyle coach can create goals and put together action plans for a healthier lifestyle.

**- Community Resource Navigator** is available at no cost to community members. The resource navigator can help connect residents to resources such as housing and utility assist, health care services, and therapist.

**- Car Seat Program-** will perform car seat safety checks and car seat distributions. 636-797-3737 ext 127 or ext 106

**- Childcare Health Consultations-** Registered nurses provide education on health, safety, and nutrition of children

**- Adult Brain Injury and Children/Youth with special needs consultants-** assist with the coordination of health and therapy services.

**- 12345 Fit-Tastic Program-** provides information on physical activity, screen time, dairy foods, ways to drink more water, fruits and vegetables, Fit-tastic activity tracker

### ➤ Emergency Preparedness

- The Health Department is available to help our community prepare and respond to public health emergencies and natural disasters.



### ➤ Environmental Services

- They provide inspections of restaurants, childcare facilities, and lodging. They also ensure public & private water, and soft serve ice cream are safe for consumption.

### 3- locations

❑ Hillsboro  
405 Main Street  
Hillsboro MO, 63050

❑ Arnold  
1818 Londell Road  
Arnold, MO 63010

❑ High Ridge  
5684 State Rd PP  
High Ridge, MO 63049

Hours: Monday- Friday 8:00am-5:30pm

### Nursing Services

- Family Planning Clinic
- STD testing and treatment
- Immunizations
- Wellness Clinic
- Lead Program
- Wise Woman Clinic
- Show Me Healthy Women
- Head Lice Checks



### Mobile Health Center Services

- Treatment of minor injuries and illnesses
- Prevention and Wellness services
- Sports Physicals
- Nutrition Consultations
- Provider Referrals
- Phone number 636-797-3737 ext 303





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## **SERVICES PROVIDED BY THE DISABILITY RESOURCE ASSOCIATION:**

[www.disabilityresourceassociation.org](http://www.disabilityresourceassociation.org)  
636-931-7696



### Location

130 Brandon Wallace Way  
Festus, MO 63028

Hours: Monday- Friday 8:00am-5:00pm

### **What is the Disability Resource Association?**

The Disability Resource Association operates as a center for independent living.

### **Who do they provide services for?**

Jefferson County, Metropolitan St. Louis, and surrounding county residents who meet the criteria of the Americans with Disabilities Act, regardless of age or type of disability.

## **The DRA Provides 5 Core Services**

### **Independent Living Skills**

- Train and assist individuals to maintain or increase their personal independence. Development of a Independent Living Plan
- For example: community resources, budgeting, cooking, nutrition, organizational skills, communication skills, and stress management.



### **Peer Consultation**

- Match up individuals with similar disabilities and empower each other through encouragement and support.
- This service assist individuals adapting to life with a disability or transitioning through different stages of life.
- The DRA also encourages individuals to seek out new opportunities and take advantage of DRA social group.



### **Transitioning**

- Assistance with moving people from facility to the community, and eliminate barriers that keep them from moving to the community.
- Help with MO HealthNet to improve and provide in home services.
- Youth help on IEP transitioning from secondary education to post secondary life, employment, and financial skills

### **Information and Referrals**

- The DRA operates an informational and referral database to provide information to individuals and families.
- If their database does not have the information you are looking for they will locate that information for you.

### **Individual and System Advocacy**

- Individual Advocacy is a service that helps you advocate for yourself.
- System Advocacy works on changing policies and remove barriers people with disabilities face in everyday lives.

### **The Disability Resource Association's Purpose:**

- Provide information and referrals
- Provide Advocacy to reduce social barriers
- Provide peer support to increase self- reliance
- Provide independent living skills focused on personal goals
- Provide transitions from institutions to community
- Provide access to affordable housing in a community of your choice

