



NICU Support

CONTINUING CARE SERVICES

Your Kaiser Team cares about you and your new baby! We know that these are uncertain times, and we are all concerned for the health of our loved ones. Ask your provider about the steps we have taken to protect you and your baby during upcoming outpatient well-baby checks. Read on for ways to get more support and assistance via online support groups, readings, pod casts and apps.

The information below is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.

National Maternal Mental Health Hotline 833-943-5746

For additional information log on to: <https://www.kp.org/maternity-covid>

YMCA Family Support Connection Warmline 866-937-9276

Family Support Connection of San Diego (FSC) is a group of programs that focus on supporting pregnant women and families with small children.

<https://familysupportconnection.org/>

NICU Online Resources (*Resources that have a free Podcast available to download)

Dear NICU Mama*

Dear NICU Mama is a non-profit designed to connect, encourage, and create community with past and present NICU moms.

<https://www.dearnicumama.com/>

Graham's Foundation

Resources, support, and education about the NICU experience as well as support and mentorship programs for NICU parents.

<https://grahamsfoundation.org/>

Hand to Hold*

Peer-to-peer support and an online community for parents of preemies, babies born with special health care needs and those who have experienced a loss due to complications. Download the free app for compassionate one-on-one connection with NICU parents and Hand to Hold Family Support Specialists at any point in your unique journey.

<https://handtohold.org/>

March of Dimes

Psychoeducation about the NICU experience as well as resources to assist families throughout their NICU journey with an online community.

<https://www.marchofdimes.org/index.aspx>

<http://continuingcare-sandiego.kp.org>

NICU Online Resources (continued)

Mighty Littles*

A site dedicated to telling stories about how our experiences shape us as parents, and how our kids continue to amaze us with their resilience. They provide resources and stories which help eliminate the fear of making mistakes while navigating the NICU experience.

<https://www.mightylittles.com/>

Miracle Babies San Diego

Support groups, care packages, diaper distribution, and transportation for parents.

<https://www.miraclebabies.org/>

NICU Helping Hands

Providing support and education for NICU families. Offering services such as financial assistance, sibling support, and one-on-one mentor programs for parents.

<https://www.nicuhelpinghands.org/>

Postpartum Support International

Psychoeducation on perinatal mood disorders and resources for emotional support. Online support groups available for current and former NICU parents.

<https://www.postpartum.net/>

Potato Head Project

Spreading hope to families of micro-preemie babies. Allows parents to track the progress and transformation of their baby while in the NICU.

<https://www.thepotatoheadproject.org/>

Project Sweet Peas

Resources and financial assistance for gas and food cards during your NICU stay.

<https://www.projectsweetpeas.com/>

Baby Care Basics Class 619-641-4194

Books for NICU Siblings, Families, and Parents

Reading is an excellent way to bond with your NICU baby and help siblings and family members understand the new events surrounding their lives. Age-appropriate books are an easy way to start conversations and navigate the intense emotions everyone may feel during their NICU journey.

Books About Hospitalization of the Baby (appropriate age group listed)

Come Home Soon Baby Brother (coloring book) by Debi Iarussi (1-6)

My Brother Needs an Operation by Anna Marie Jaworski (4-8)

Our New Baby Needs Special Help by Gail Klayman (4-8)

What About Me: When Brothers and Sisters Get Sick by Allan Peterkin (4-8)

When Molly Was in the Hospital: A Book for Brothers and Sisters of Hospitalized Children by Debbie Duncan (3-8)

Books about Premie Love (appropriate age group listed)

A Pocket Full of Kisses by Audrey Penn (3-8)

Evan Early by Rebecca Hogue Wojahn (4-8)

My Baby Sister is a Premie by Diana Amadeo (4-8)

My Brother is a Premie / My Sister is a Premie: A Children's Guide to the NICU Experience by Abraham R. Chuzzlewit (3-9)

No Bigger Than My Teddy Bear by Valerie Pankow (3-7)

Prince Premie: A Tale of a Tiny Puppy Who Arrives Early by Jewel Kats (4-8)

The Very Tiny Baby by Sylvie Kantorovitz (2-8)

Books for NICU Siblings, Families, and Parents (*continued*)

Books for Parents

- Life Will Never Be the Same: The Real Mom's Postpartum Survival Guide by Dr. Ann Dunnewold and Dr. Diane Sanford
- Now Discover Your Strengths by Donald O. Clifton and Marcus Buckingham
- The Pregnancy and Postpartum Anxiety Workbook by Pamela S. Wiegartz and Kevin L. Gyoerkoe
- The Relaxation and Stress Reduction Workbook by Davis, Eshelman and McKay
- What Color Is Your Parachute by Richard Nelson Bolles

Breast Feeding

- Kaiser Outpatient Lactation 866-940-2218
- Kaiser Weekly Breast-Feeding Support Group 866-940-2218
- La Leche League 800-525-3243
- San Diego County Breastfeeding Coalition- Breastfeeding Warmline 800-371-6455

Child Care Assistance Programs

- My Childcare Plan (a network of childcare resources)
<https://mychildcareplan.org/>
- The Ray and Joan Kroc Center of San Diego 619-269-1438
- San Diego YMCA 619-952-0242
- Hired Caregiver Resources
 - Care.com <https://www.care.com/>
 - Tootris <https://tootris.com/>
 - Urban Sitters <https://www.urbansitter.com>

Crisis Resources

- 9-1-1 911
- Crisis Text Line: text 741741 <https://www.crisistextline.org/>
- KP Emergency Psychiatric Services - Crisis Team
(KP Emergency Department) 619-528-5151
- KP Behavioral Health Care Member Help Line
Available 24 hours a day, 365 days a year 800-900-3277
- San Diego ACCESS and Crisis Line (24 hrs) 888-724-7240

Doula Services

A doula is a trained, non-medical professional. They provide companionship and give physical, emotional, and informational support during pregnancy, birth, and postpartum recovery. Doulas focus on your well-being, help you make informed decisions, and offer consistent care through all stages of pregnancy and birth, including in cases of pregnancy loss or abortion.

KP members can reach out to KP Member Services with questions or for additional information:

- HMO Members: 800-464-4000 (TTY 711)
- Medi-Cal Members: 855-839-7613 (TTY 711)

Emotional Wellness, Meditation and Self-Compassion Tools – *self-care at your fingertips. Everyone needs support for total health — mind, body, and spirit. These wellness apps can help you navigate life's challenges, and make small changes to improve your sleep, mood, relationships, and more.*

Free Apps

- Calm (#1 App for Sleep & Meditation)
- Headspace (24/7 1:1 emotional support with trained coaches, free for KP members)
<https://healthy.kaiserpermanente.org/southern-california/health-wellness/mental-health/tools-sources/digital>

Healthy Families San Diego ...*Call the Office of Nursing Excellence at 211 or... 858-944-6500*
Free evidence-based home visiting program for parents of newborns and expected parents.

Helpful Community Resources

2-1-1 San Diegodial 211 or..... 800-227-0997
24/7 stigma-free confidential phone service with an online database
https://211sandiego.org/

Birthline of San Diego County: Resources and Supplies (including diapers)
3660 Clairemont Drive, Suite 4, SD 92117 858-270-2491
1220 Third Avenue, Suite 1, CV 91911 619-425-5012

Medi-Cal: 866-262-9881, *www.benefitscalwin.org*

Pacific Safety Center Keep 'Em Safe Program 619-445-8194
Free car seat and training for those eligible *www.psc411.com*

WIC: 800-500-6411

Intimate Partner Violence Resources

Center for Community Solutions 888-385-4657

Community Resource Center (North County) 877-633-1112

Jewish Family Services – Project Sarah 858-637-3200

National Domestic Violence Hotline 800-799-7233

San Diego Family Justice Center (Central) 619-533-6000

Women’s Resource Center (North County) 760-757-3500

YWCA (Central) 619-234-3164

Legal Services

Legal Aid at Work 800-880-8047
Educational tools and resources to help with disability benefits and other legal services.

Legal Aid Society of San Diego 877-534-2524
Free, high-quality legal assistance to low-income or vulnerable individuals and families.

Mindful Mamas (KP class, call to enroll) 858-626-5600

A four-session program that teaches mindfulness techniques that can help you accept your thoughts and feelings without being overwhelmed by them. You will learn skills that will help you slow down, breathe, and be present to enjoy your pregnancy and children. Classes are virtual only and free of cost to members.

Outpatient Psychiatry (KP)

Appointment Line 877-496-0450

Bostonia: 1620 East Main St., El Cajon CA 92021

Otay Mesa: 4650 Palm Ave., San Diego, CA 92154

Point Loma: 3420 Kenyon St., San Diego, CA 92110

Rancho Bernardo: 17140 Bernardo Dr., San Diego, CA 92128

Vista: 780 Shadowridge Dr., Vista, CA 92083

Podcasts (check your app store for a free app to download)

Dear NICU Mama: *Connects the past and the present NICU moms.*

Hand to Hold – Beyond the NICU: *Dedicated to the family’s journey after the NICU stay.*

Hand to Hold – Dad Discussions: *Produced for NICU dads who share their stories.*

Hand to Hold – Love and Loss: *Support bereaved families on their difficult journey.*

Mighty Littles: *A Neonatologist talks about life in the NICU with parents, authors, and others.*

NICU NOW: *Aimed to eliminate the many physical and emotional barriers NICU parents.*

Post-Partum Depression Resources

- Maternal Wellness: Perinatal and Postpartum Support Groups (KP) 619-641-4456
Infants under the age of 1 are welcome to accompany their moms
Viewridge Kaiser Permanente: 5251 Viewridge Court, San Diego, CA 92123
San Marcos Kaiser Permanente: 400 Craven Road, San Marcos, CA 92078
- Post-Partum Health Alliance 619-254-0023
www.postpartumhealthalliance.org
- Post-Partum Support International 800-944-4773
Or Text 503-894-9453 (English) or 971-420-0294 (Spanish)
<http://www.postpartum.net>

Resources for Fathers

- Boot Camp for New Dads – <https://www.bootcampfornewdads.org/>
Postpartum Dads – www.postpartumdads.org
Postpartum Men – www.postpartummen.com
Postpartum Resources for Fathers – <https://www.postpartum.net/get-help/help-for-dads/>

Resources for Women of Color

- Free Black Therapy
Connect Black therapists with Black and African American individuals who lack adequate funds or health insurance. Services provided are free.
<https://www.freeblacktherapy.org/home>
- San Diego County Black Infant Health (BIH) 619-266-7466
BIH works to improve African American infant and maternal health, as well as decrease Black-White health and social inequities for women and infants.
- San Diego International Birthing Project 619-727-3305
Provides education, support and advocacy for women of color.
- Urban Restoration Counseling Center 619-648-1158
Provides mental health services to Black Indigenous People of Color (BIPOC).

Steps to Apply for CA State Disability Insurance (SDI)

1. Apply online at www.edd.ca.gov
2. Receive receipt number (RI number) upon completion of online application.
3. Call Kaiser Disability Claims at (619) 583-4293 or e-mail receipt number to SDROIU@kp.org
4. Check for messages on your SDI online account.
5. Keep SDI online account information up to date (address, phone, etc...)
6. State checks are issued as debit cards. This debit card is good for all future disability claims. Do not discard.
7. For questions, contact:
Kaiser Disability office at (619) 583-4293 or SDROIU@kp.org
State Disability office at (800) 480-3287

Transportation & Financial Assistance for NICU Families

- Please request to speak with the NICU Social Worker to receive an application or more information on the resources below*
- Cali Kids Medical Foundation 805-395-2563
<https://www.cakids.net/>
- Medi-Cal transportation services (call for information and eligibility) 844-299-6230
- Miracle Babies Transportation (San Diego County)
Offsets the cost of getting to and from the hospital.
<https://www.miraclebabies.org/programs/transportation/>

Transportation & Financial Assistance for NICU Families (continued)

- Mitchel Thorp Foundation <https://www.mitchellthorp.org/family-assistance-guidelines.html>
Guidance, emotional support, and personal advocate to help with your child's and your family's needs.
- NICU Helping Hands ... <https://nicuhelpinghands.org/programs/family-assistance-program/>
Apply online for possible help with grocery restaurant and/or gas gift cards.
- Project Sweet Peas <https://www.projectsweetpeas.com/financialassistance.html>
Apply online for help with meal and travel expenses while your child is in the NICU.
- Rest Haven Children's Health Fund <https://resthavenchf.org/>
Financial support for the health-related needs of individual children where there is no other funding source, public or private, and the parents can't afford it. Request the application from the NICU Social Worker.

For corrections or additions to this handout, please call (619) 641-4456