

# Grand Island Community Resource GUIDE

Assistance  
Education  
Support

## Pregnancy & Postpartum

**YWCA OF GRAND ISLAND**

Helping create links between women and  
support systems



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*The information in this booklet is also available in Spanish at: [ywca-gi.org/gi-prenatal-access-coalition-prenatal-care](http://ywca-gi.org/gi-prenatal-access-coalition-prenatal-care)*

*La información de este folleto también está disponible en español en el sitio web anterior haga clic en 'seleccionar idioma' y elija español*

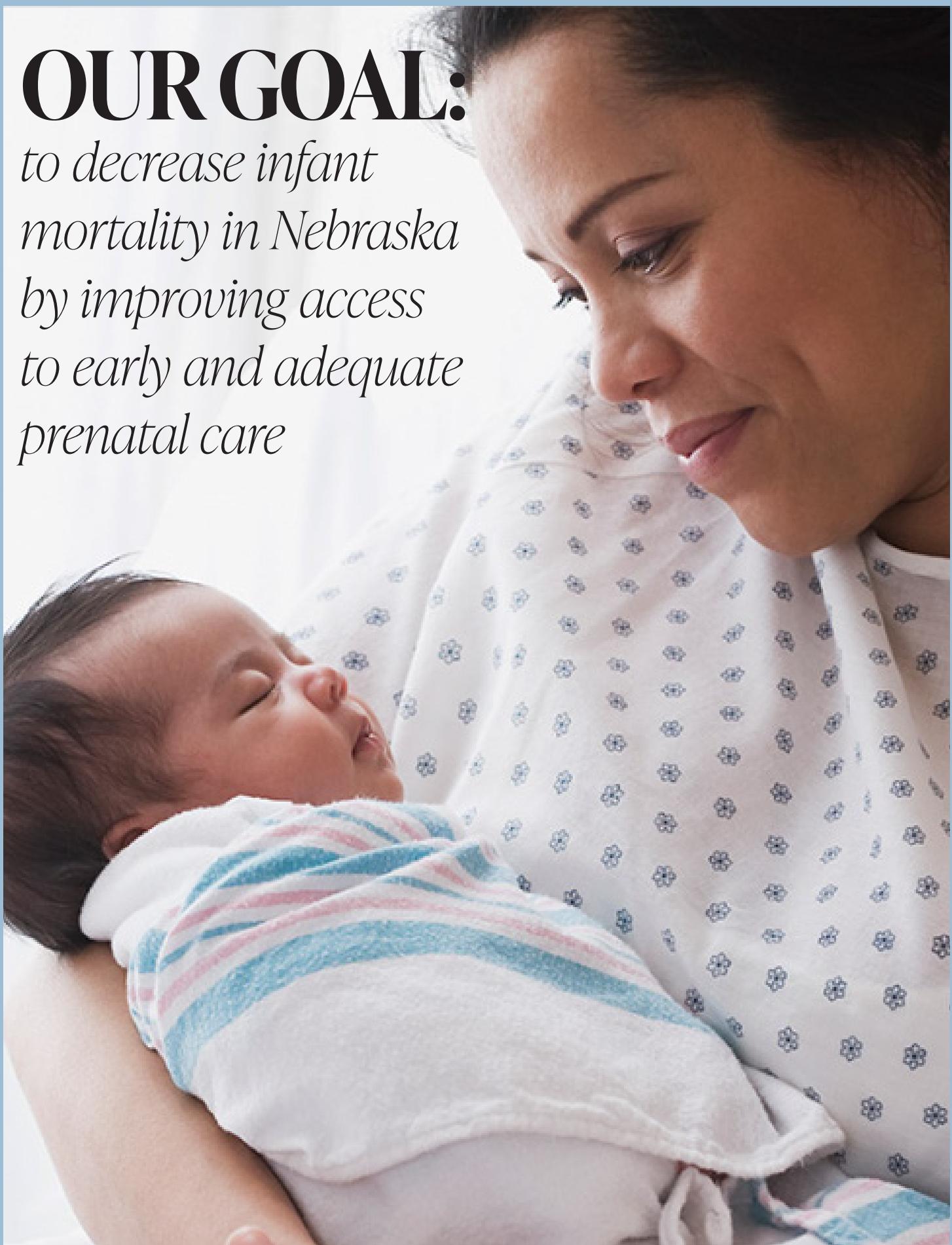


This guide was compiled by the Grand Island Prenatal Care Access Coalition with Funding provided by United Healthcare and in collaboration with Partnership for a Healthy Nebraska.



# OUR GOAL:

*to decrease infant mortality in Nebraska by improving access to early and adequate prenatal care*





# Maternity Healthcare

*Pregnancy and Delivery in Grand Island & Hastings*

As soon as you know you're pregnant, **schedule a visit to your healthcare provider.**

**Then:**

Visit your healthcare provider every 4 weeks through week 28 of your pregnancy; every 2 weeks for weeks 28 through 36; and every week after 36 weeks. If you are older than 35 or your pregnancy is high risk, you'll see your doctor more often.

Your healthcare provider should start you on pregnancy (prenatal) vitamins with iron and folic acid.

Your healthcare provider will screen you for STDs (sexually transmitted diseases).

Ask your healthcare provider before stopping any prescription medicines or starting any new medicines and let them know over-the-counter medicines and herbal products you're using.

- ◆ Avoid x-rays. If you can't, tell your dentist or doctor that you are pregnant for extra care.
- ◆ Get up-to-date on recommended vaccinations. Pregnant women can get very sick from the flu or COVID.
- ◆ Avoid smoking, alcohol, and illegal drugs.
- ◆ Eat a variety of healthy foods like fruits, vegetables, whole grains, calcium-rich foods, and foods low in saturated fat and drink plenty of fluids, especially water. Don't eat fish with lots of mercury.
- ◆ Exercise — talk to your healthcare provider about the kind and proper amount.
- ◆ Don't take very hot baths or use hot tubs or saunas.
- ◆ Get plenty of sleep and find ways to control stress.
- ◆ Stay away from toxic substances like insecticides, solvents (like some cleaners or paint thinners), lead, mercury, and paint (including paint fumes); and cat or rodent feces.

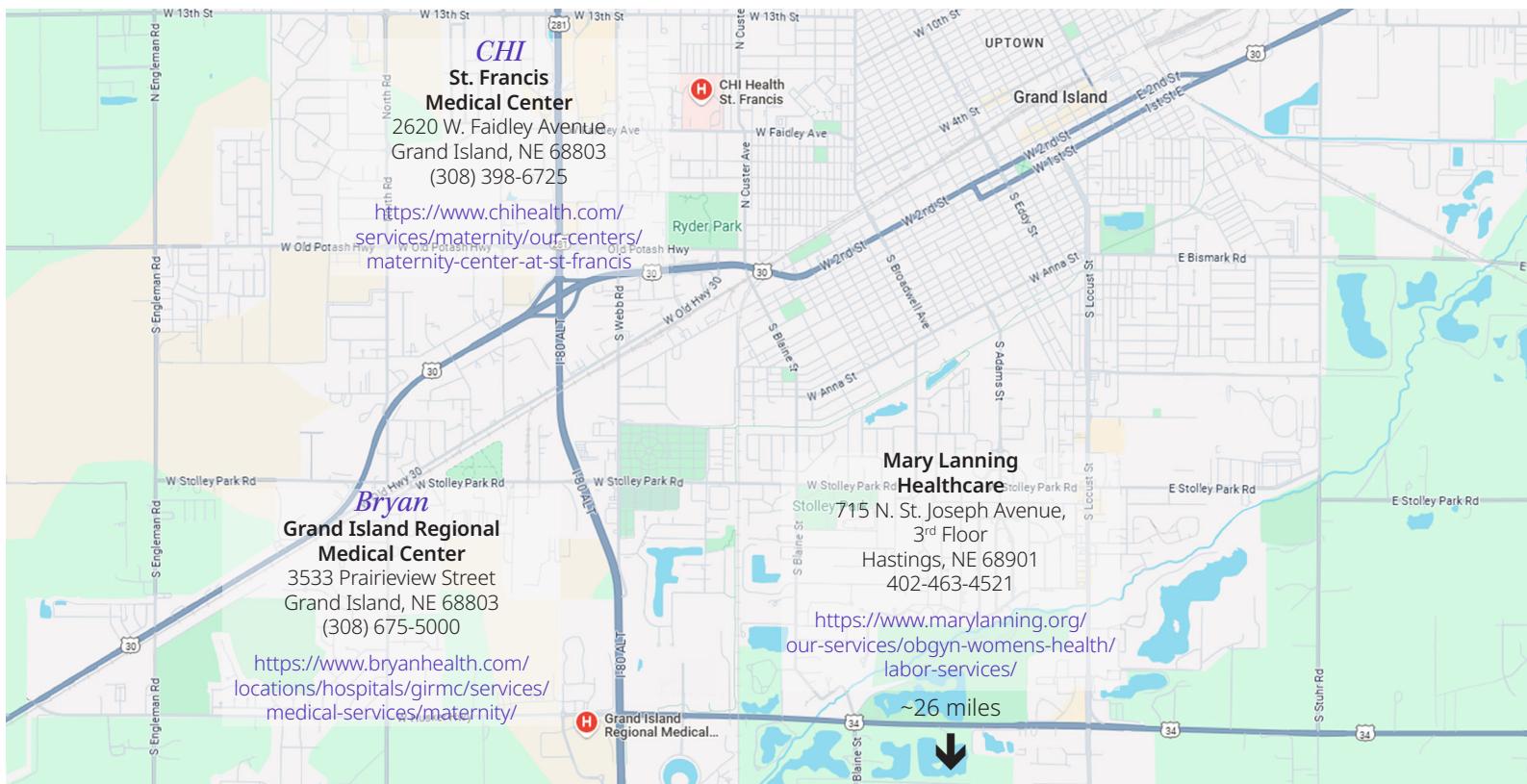


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## EMTALA – Emergency Medical Treatment and Labor Act

EMTALA ensures that anyone facing an emergency can get help at a hospital, **even if you can't pay upfront.** However, once admitted to the hospital, you cannot be discharged or transferred to another hospital if you are in labor. You may leave against medical advice (AMA) but you may be responsible for the cost of your care.

# HOSPITAL FACILITIES



## MEDICAL CLINICS

### —PREGNANCY—

**Heartland Health Center**  
2116 W. Faidley Ave, Suite 2100,  
Grand Island NE 68803  
(308) 382-4297

<https://www.heartlandhealthcenter.org/>  
Heartland Health Center (HHC) provides comprehensive primary care services including prenatal, women's health, and pediatric care. Our prenatal care is offered in partnership with CHI Women's Clinic and Obstetricians & Gynecologists. HHC accepts all types of insurance, including Medicaid, and offers a sliding fee for uninsured patients.

**CHI Health Clinic Women's Health**  
705 Orleans Dr.  
Grand Island NE 68803  
(308) 398-9393

<https://providers.chihealth.com/chi-health-clinic-womens-health-grand-island-1101>

**Grand Island Clinic**  
2444 W. Faidley Ave.  
Grand Island NE 68803  
(308) 382-1100

<https://www.grandislandclinic.net/obgyn>

**Obstetricians & Gynecologists, PC**  
1010 Diers Ave  
Grand Island NE 68803  
(308) 365-6256  
<https://www.obgynnebraska.com>

**Children & Adolescent Clinic P.C.**  
3016 W. Faidley Ave.  
Grand Island NE 68803  
(308) 675-3171

<https://caacclinic.com/>

**Grand Island Clinic**  
2444 W. Faidley Ave.  
Grand Island NE 68803  
(308) 382-1100

<https://www.grandislandclinic.net/pediatrics>

**Heartland Health Center**  
2116 W. Faidley Ave, Suite 2100,  
Grand Island NE 68803  
(308) 382-4297

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

**Family Practice Clinic of Grand Island**  
3563 Prairieview Street, Suite 300  
Grand Island, NE 68803  
(308) 381-0162  
<https://familypracticegi.com/>



## NON-PROFIT HEALTHCARE



**Choice Family Health Care**

217 E. Stolley Park Rd, Suite E,  
Grand Island NE 68801  
(308) 384-7625

<https://www.choicefamilyhealthcare.org>

Family planning & reproductive health services offered on a sliding scale. Offering annual exams, Pap tests, breast and cervical cancer screenings, STI testing and treatment; pregnancy testing & birth control options.



**Collage Center**  
822 N. Diers Avenue  
Grand Island NE 68803  
(308) 675-2217

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

Collage provides confidential care for your physical, emotional, relational, and perhaps spiritual concerns. Services available at no cost due to community donations. All medical services are provided by licensed medical professionals under the direction of a licensed physician. OB/GYN or prenatal care, birth control, and fertility testing are **not** provided by this facility.



**Third City**  
1107 N. Broadwell Ave.  
Grand Island NE 68803  
(308) 398-5312

The purpose of the Third City Community Clinic is to provide basic medical care to low income individuals **ineligible** for medical insurance or government paid medical assistance. The clinic provides opportunities for education, behavioral service screening, information and referrals.

Third City Clinic will **not** provide care to any individuals who are eligible for health insurance, Veteran's benefits, Medicaid or Medicare. \$5 copay can be waived.

# PREGNANCY HEALTHCARE COVERAGE OPTIONS

## FREE PREGNANCY HEALTHCARE COVERAGE

You can apply for free temporary pregnancy healthcare coverage through a Medicaid program called **Presumptive Eligibility (PE)**. PE gives you short-term coverage while your application for full Medicaid benefits is being considered. Approval of full Medicaid benefits is dependent on meeting income guidelines. **PE covers prenatal care but not delivery or hospital care.** People in Grand Island can go to Heartland Health Center to sign up for presumptive eligibility.

## INCOME-BASED HEALTHCARE COVERAGE

**Children's Health Insurance Program (CHIP)** is federal children's healthcare, including labor and delivery, offered to low-income minors, age 18 years or younger, who don't qualify for regular Medicaid. To get insured under the CHIP program, you must first apply for Medicaid. There is not a separate application for the program. The cost is based on income. You can apply online at [iServe.Nebraska.gov](http://iServe.Nebraska.gov) OR at the State of Nebraska Health & Human Services (DHHS) offices in-person or call them at 402-473-7000 for help over the phone. They can instruct you in how to download an application from their web site that can be returned to them by regular mail or emailed back to them.

**599 CHIP (Children's Health Insurance Program)** covers pregnancy services for Nebraska women who don't qualify for Medicaid or CHIP, regardless of immigration status. This program is not full Medicaid coverage and only applies to prenatal care and pregnancy-related services connected to the health of the unborn child, including labor and delivery. The cost is based on income. To get insured under the 599 CHIP program, you must first apply for Medicaid. There is not a separate application

for the program. You can apply online at [iServe.Nebraska.gov](http://iServe.Nebraska.gov) OR at the State of Nebraska Health & Human Services (DHHS) offices in person or call them at 402-473-7000 for help over the phone. They can instruct you in how to download an application from their web site that can be returned to them by regular mail or emailed back to them.

**Healthcare Marketplace (Healthcare.gov)** If you don't have health insurance through a job, Medicare, Medicaid, CHIP, or other source that provides qualifying health coverage, you can find health insurance through the Healthcare Marketplace at [Healthcare.gov](http://Healthcare.gov). Find an insurance plan based on your needs and income. You can only apply during the open enrollment period, November 1 – January 15, unless you qualify for special enrollment. Enroll by December 15 for coverage that starts January 1 or enroll by January 15 for coverage that starts February 1. Pregnancy does not qualify for special enrollment but birth of a baby does.

# Pregnant now or in the last year?

Get medical care right away if you  
experience any of the following symptoms:



**Headache that  
won't go away or  
gets worse over time**



**Dizziness  
or fainting**



**Changes in  
your vision**



**Fever of 100.4 °F  
or higher**



**Extreme swelling  
of your hands  
or face**



**Thoughts of  
harming yourself  
or your baby**



**Trouble  
breathing**



**Chest pain or  
fast beating  
heart**



**Severe nausea  
and throwing up**



**Severe belly pain  
that doesn't  
go away**



**Baby's movement  
stopping or  
slowing during  
pregnancy**



**Severe swelling,  
redness or pain  
of your leg or arm**



**Vaginal bleeding  
or fluid leaking  
during pregnancy**

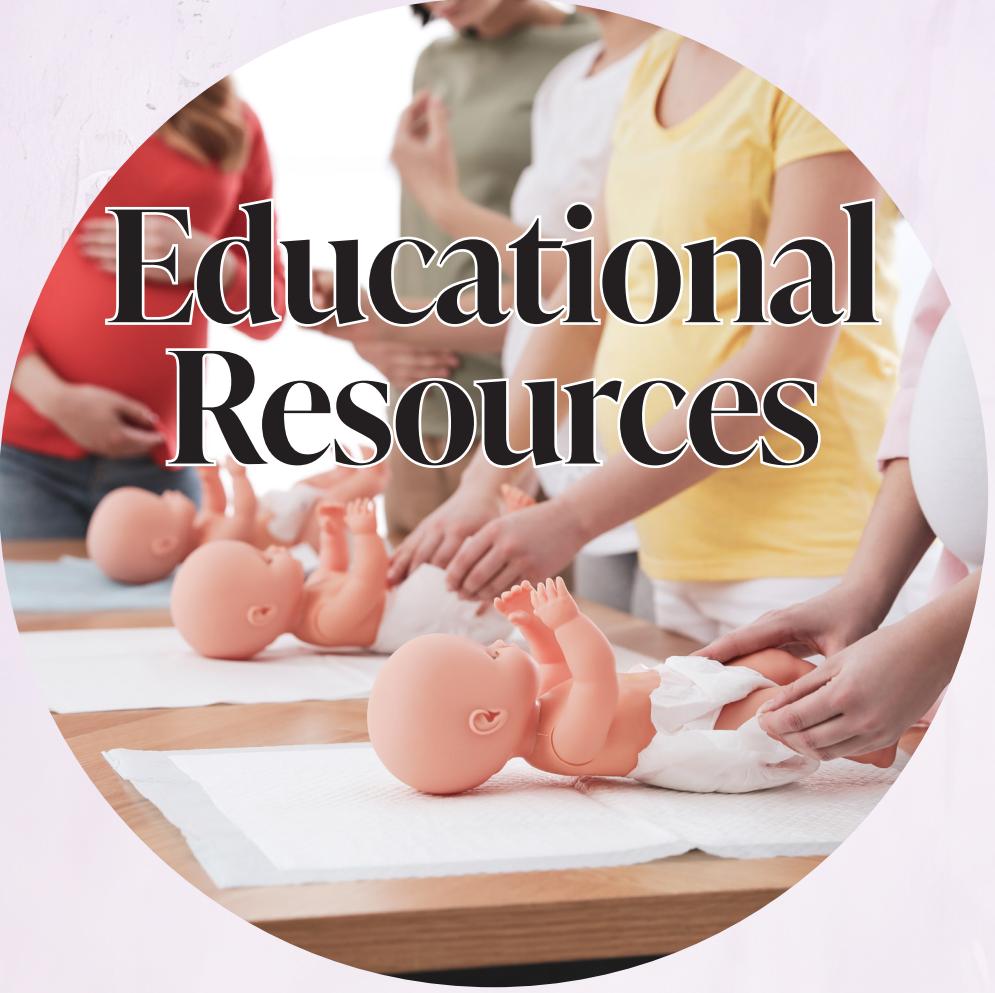


**Heavy vaginal  
bleeding or discharge  
after pregnancy**



**Overwhelming  
tiredness**

*These could be signs of very serious complications.  
If you can't reach a healthcare provider, go to the emergency room.  
Be sure to tell them you are pregnant or were pregnant in the last year.*



# Educational Resources

## Childbirth Classes

### *Bryan*

**Grand Island Regional Medical Center**  
3533 Prairiewood Street  
Grand Island, NE 68803  
(308) 675-5000

<https://www.bryanhealth.com/calendar/search-results-detail/?eventId=a153ad22-89a7-ef11-a86f-000d3a611ea2&location=Grand%20Island&category=Childbirth>

### *CHI*

**St. Francis Medical Center**  
2620 W. Faidley Avenue  
Grand Island, NE 68803  
(308) 850-7005

<https://www.chihealth.com/services/maternity/childbirth-classes-tours>



## Benefits of Breastfeeding

### **BABY:**

- Lowers the risk of Sudden Infant Death Syndrome
- Protects against respiratory and diarrheal disease
- Reduces ear infections
- Decreases obesity later in childhood
- Protects against asthma and allergies
- Lowers childhood cancer risk

### **MOTHER:**

- Helps your uterus shrink to its pre-pregnancy size
- Lowers risk of weak bones when you are older
- Lowers risk of breast, uterine, endometrial and ovarian cancer
- Can reduce insulin use if you have diabetes
- Reduces risk of type 2 diabetes
- Decreases risk of heart disease

## Breastfeeding Classes

### *Bryan*

**Grand Island Regional Medical Center**  
3533 Prairiewood Street  
Grand Island, NE 68803  
(308) 675-5000

<https://www.bryanhealth.com/calendar/search-results-detail/?eventId=3ed0919b-032d-ef11-a866-000d3a611ea2>

### *CHI*

**St. Francis Medical Center**  
2620 W. Faidley Avenue  
Grand Island, NE 68803  
(308) 398-6595

<https://www.chihealth.com/services/maternity/childbirth-classes-tours>

### *WIC*

Attend your local WIC clinic ([signupwic.com](http://signupwic.com)).

<https://wicbreastfeeding.fns.usda.gov/breastfeeding-101>

### *Central District Health Dept.*

1137 South Locust Street  
Grand Island, NE 68801  
(308) 385-5188

<https://www.cdhd.ne.gov/vnews/display.v/ART/6615a9a734eda>



# Assistance Programs

— *Everyone needs support sometimes*

## Central District Health Dept. (CDHD)

Provides important services to help keep people who live Hall, Hamilton, and Merrick counties healthy. These services help to keep people healthy and promote wellness through education, vaccinations, food safety, family support, and more.

## Central Nebraska Community Action Partnership (CNCAP)

2525 W. Old Lincoln Hwy.  
Grand Island NE 68801  
(308) 385-5500

<https://centralnebraskacap.com/our-programs/>

Nutrition, health coverage, immunizations, breastfeeding support, WIC, utility assistance, rent assistance, budgeting support, Early Head Start, Head Start.

## Dept. of Health and Human Services (DHHS)

Healthy Families: a free program for anyone pregnant or with children under the age of 3 months at home. Family support specialists who have the same cultural background provide support to families through home visits, connection to community resources, education on fun developmental activities to do as a family and more.

## Hope Harbor

615 W. 1st St.  
Grand Island, NE 68801  
(308) 385-5190

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

## Lutheran Family Services

1811 West Second St.  
Grand Island, NE 68803  
(308) 382-4255

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

## Multicultural Coalition

325 W. Fourth St.  
Grand Island, NE 68801  
(308) 385-5242

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

Multicultural supports individuals on their journey to self-sufficiency by providing guidance and resources that help them build stable lives in Central Nebraska.

## Sixpence

310 N Piper St.  
Grand Island, NE 68803  
(308) 385-5115

Sixpence helps support young parents on their journey of becoming their child's first & most important teacher. We provide parenting support, materials, resources, referrals, screenings, and events for families to help them along the way.

## WIC (Women, Infants, Children)

1137 South Locust  
Grand Island, NE 68803  
(308) 385-5175

<https://www.cdhd.ne.gov/vnews/display.v/SEC/Our%20Services%7CWIC>

WIC supports pregnant women, new mothers, and young children up to age five. WIC helps families get healthy food, nutrition advice, breastfeeding support, and connections to healthcare and social services.

The goal of WIC is to help families make healthy choices for a strong start in life. WIC is free for eligible families.

## Willow Rising

2251 N. Webb Rd  
Grand Island, NE 68803  
(308) 382-8250

Available 24 hours a day, 7 days a week to provide emergency & supportive services for victims of domestic violence, sexual assault, and human trafficking. Willow Rising is dedicated to creating new beginnings for those impacted by domestic and sexual violence by providing safety, support, education and survivor empowerment.

## United Way 211

— **Help Me Grow Nebraska**  
1441 North Webb Rd.  
Grand Island, NE 68803  
(308) 382-2675

<https://www.heartlandunitedway.org/211-resource-hotline>

## YWCA

(308) 384-9922  
211 E Fonner Park Rd.  
Grand Island, NE 68801  
<https://www.ywca-gi.org/>



A nutrition program for pregnant and breastfeeding women and families with children younger than 5. WIC helps eligible families with: healthy food, breastfeeding support, nutrition education, and health & community resources.



Sixpence provides funds and technical guidance to high-quality early childhood programs that address the unique needs of children from the prenatal period to age 3, focusing particularly on services for pre-born children, infants and toddlers who are most likely to encounter challenges to their healthy physical, cognitive and social development, putting them at risk of struggling in school and life.

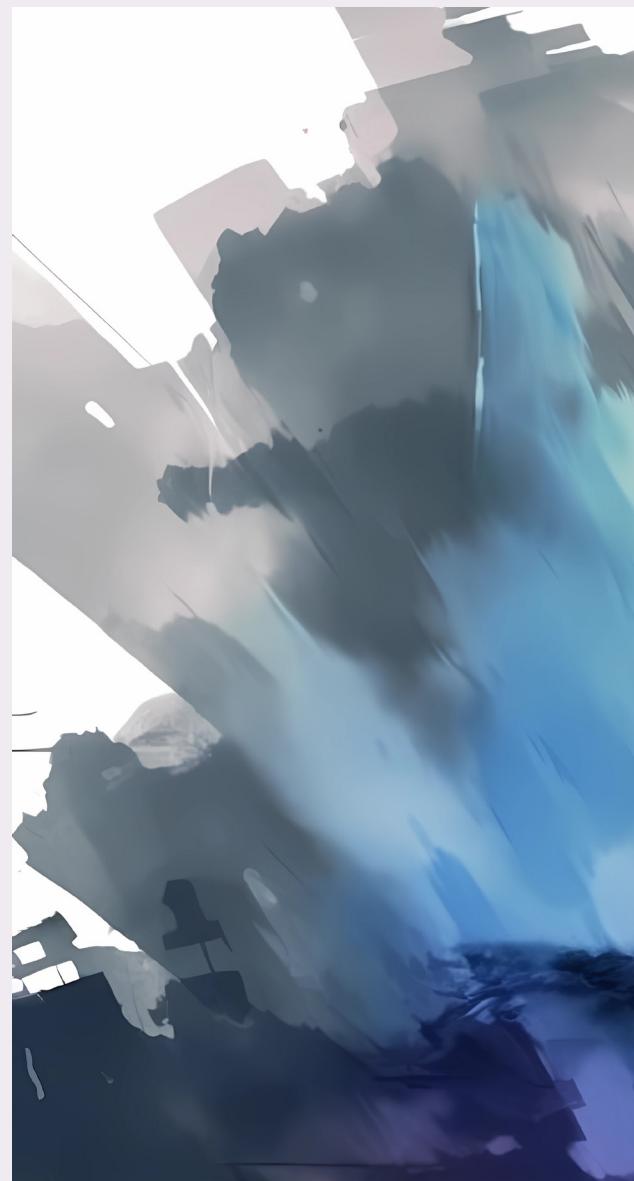
**eliminating racism  
empowering women  
ywca**

Provides direct services, empowerment programming, and advocacy to support marginalized individuals and families, especially women and girls of color, while working to challenge structural barriers to equity including the Happy Healthy Baby program, which provides essential infant supplies to families in need, encompassing car seats, baby food, formula, bottles, diapers, and much more.

Supporting healthy families

# SPECIALIZED SERVICES

*Despite best efforts, pregnancy, delivery, and child raising can face obstacles. These organizations can help.*



## High Risk Pregnancies

**UNMC — Maternal Fetal Medicine**  
(In collaboration with The Grand Island Clinic)

## Transportation

**CRANE Public Transportation**  
(308) 646-0069  
2510 S. North Road  
Grand Island, NE 68803  
<https://www.crane-transit.com/>

## Mental Health

1(833) TLC-MAMA  
Call or text 988

**Mid-Plains Center for Behavioral Health**  
**Drug Rehab and Alcohol Treatment Center**  
(308) 385-5250  
914 Baumann Dr  
Grand Island, NE 68801  
<https://midplainscenter.org/>



## Addiction Counseling

### Council on Alcoholism and Addiction

(308) 385-5520

3204 College St.

Grand Island, NE 68803

<https://cncaa.net/>

### The Bridge

*Long-term residential treatment for addiction  
helping women and children*

(402) 462-4677

907 S. Kansas Ave.

Hastings, NE 68901

<http://www.thehastingsbridge.com/>

### More Resources

#### CCC Community Resource Guide

<https://www.cccneb.edu/community-resource-guides>

*Seeing a healthcare provider in the first eight to ten weeks of pregnancy and then at scheduled times throughout your pregnancy means a healthier you and a healthier baby.*

For moms, pregnancy (prenatal) care can prevent or minimize complications from pregnancy risks such as hypertension, anemia, infections, depression and gestational diabetes. For babies, proper prenatal care greatly lowers the risk of birth defects and low birth weight which can cause life-long health issues.

You can buy reliable pregnancy tests from pharmacies and supermarkets. You can also get a free or low-cost pregnancy test from the following organizations in Grand Island:

Choice Family Care:  
217 E Stolley Park Rd E  
Grand Island, NE 68801  
(308) 384-7625

Central Nebraska Health Department:  
1137 South Locust  
Grand Island, NE 68801  
(308) 385-5175



# Grand Island Prenatal Care Access Coalition

**Connect with Us**

Tel. (308) 384-9922

[www.ywca-gi.org](http://www.ywca-gi.org)

211 E. Fonner Park Rd.  
Grand Island, NE 68801

[info@ywca.org](mailto:info@ywca.org)

