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The Road to Resilience Project



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About Road to Resilience

The Road to Resilience Project is a collaboration with United Indian Health Services, Inc. (UIHS) and First 5 Humboldt, that connects pregnant and/or parenting women to a Community Healthcare Representative (CHR).

To qualify, you must be pregnant and/or parenting a child 12 months of age or younger, and answer 'yes' to one of the following questions:

1. Have you ever used drugs or alcohol during this Pregnancy?
2. Have you had a problem with drugs or alcohol in the Past?
3. Does your Partner have a problem with drugs or alcohol?
4. Do you consider one of your Parents to be an addict or alcoholic?



Services include:

- Helping families with transportation to/from appointments
- Home Visitation Services
- Addressing unmet medical or mental health needs
- Help with housing resources
- Connection to substance use support
- Parenting support
- Filling any gaps in your care network/plan

Your CHR serves as a trusted advocate for you and your family and can help connect you to services that can help you and your family reach goals and find peace.

How to Enroll:

In order to qualify for Road to Resilience, you must also qualify for and enroll with UIHS. If you are not yet enrolled, contact UIHS Community Health and Wellness at the phone numbers listed below. A staff member will be available to connect you to a Road to Resilience Community Healthcare Representative.

United Indian Health Services, Inc.

Potawot Health Village (Community Health and Wellness Department)
1600 Weott Way
Arcata, CA 95521
707-825-5070

Elk Valley Clinic
2298 Norris Avenue
Crescent City, CA 95531
707-464-2919

For questions, you may also contact the Road to Resilience Project Coordinator:
Heidi O'Hanen, First 5 Humboldt
707-445-7389