

Health Resources for the Greater Braddock Community

As part of UPMC's commitment to the area, we are expanding and enhancing community-based services to promote health and wellness for residents of all ages.

Enhanced access to medical services

UPMC Community Health Free Shuttle Service

WorkLink, Heritage Community Initiatives

820 Braddock Ave., Braddock, PA 15104

412-351-2200

Hours of operation:

Monday through Friday, 8:30 a.m. to 4 p.m.

This new, free service provides convenient transportation to physician offices and health services in the neighboring community of Forest Hills. A four-month pilot is under way and will be extended based on a review of the community's use of the shuttle. A personal transportation card must be presented to use the shuttle. Applications for the card are available at participating Forest Hills physicians and health service locations, through UPMC Steps to a Healthy Community, and through the WorkLink program of Heritage Community Initiatives (www.worklinkvan.org), as well as numerous community registration locations. The transportation service provides continuous and convenient loop shuttle service Monday through Friday. Stops include:

Braddock

- Braddock Avenue near the new Braddock senior apartment complex scheduled to open in March
- General Braddock Towers apartment complex
- Brinton Manor apartment complex

Forest Hills physician offices and outpatient services

- Plaza Shopping Center and Cost Building
- Three Parkway Center
- Handelsman Family Practice
- Community Family Practice Associates

Convenient office locations

Braddock Family Health Center

404 Braddock Ave., Braddock, PA 15104

412-351-6300

Hours of operation: Monday, 11 a.m. to 7:30 p.m.

Tuesday and Thursday, 9 a.m. to 9 p.m.

Wednesday and Friday, 9 a.m. to 5:30 p.m.

Saturday, 11 a.m. to 3 p.m.

Expanded evening and Saturday hours at the Braddock Family Health Center are being made possible through a new partnership with UPMC Health Plan. The expanded services include Tuesday and Thursday evenings until 9 p.m., and Saturdays from 11 a.m. to 3 p.m. for primary health care for adults and children.

VISIT OUR NEW OUTPATIENT CENTER

UPMC McKeesport Outpatient Center at Forest Hills

Three Parkway Center East, 2020 Ardmore Blvd., Suite 120

Forest Hills, PA 15221

412-636-5333

Hours of operation: Monday, 7:30 a.m. to 8:30 p.m.

Tuesday through Friday, 7:30 a.m. to 5:30 p.m.

Saturday, 8 a.m. to noon

UPMC McKeesport Outpatient Center at Forest Hills, a new, community-based diagnostic resource, will feature free parking as well as convenient access via the UPMC Community Health Free Shuttle Service. Services (with same-day appointments available) include:

- medical imaging, such as diagnostic radiology, mammography, ultrasound, and bone density scanning
- laboratory services, including blood work, urinalysis, and specimen collection services
- EKGs

Health Resources for the Greater Braddock Community

UPMC McKeesport Physician Offices at Forest Hills

Three Parkway Center East, 2020 Ardmore Blvd., Suite 120
Forest Hills, PA 15221

412-664-2812 (for contact information for individual
physician offices)

This new suite of physician offices is conveniently located adjacent to the new UPMC McKeesport Outpatient Center and provides the same convenience and ease of access via free shuttle service. The new office suite is already open and represents many of the physicians who practiced in the UPMC Braddock Professional Building. The wide variety of medical specialties in the physician office suite includes:

- Endocrinology
- Gastroenterology
- General Surgery
- Gynecology
- Hand Surgery
- Internal Medicine
- Nephrology
- Neurology
- Neurosurgery
- Orthopaedic Surgery
- Physical Medicine and Rehabilitation
- Pulmonology
- Urology
- Vascular Surgery

UPMC Homebound Phlebotomy Service

412-664-2800 (arrangements made through referring physician)

Hours of operation: Monday through Friday, 7 a.m. to 3 p.m.

Home blood draws provide the ultimate in convenience and accessibility for homebound, elderly, and disabled patients. The offices of this program will be based at UPMC McKeesport, but will continue to serve the greater Braddock community as well as a greatly expanded area throughout the region. The service by skilled, caring, and courteous phlebotomists certified in CPR provides home blood draws (and urine collection if required) for elderly and disabled patients. The service is provided in the comfort and convenience of the patient's home upon certification from the referring physician.

Enhanced dental services

Braddock Dental Center

818 Braddock Ave., Braddock, PA 15104

412-636-5187

Hours of operation:

Monday and Wednesday, 8 a.m. to 8 p.m.

Tuesday and Thursday, 9 a.m. to 5 p.m.

Friday, 8 a.m. to 3 p.m.

Emergency walk-ins:

Monday through Thursday, 9 a.m. to 1 p.m.

Friday, 9 a.m. to noon

A new partnership with UPMC Presbyterian Shadyside provides comprehensive dental services for adults and children, as well as community education.

Your first step to health and wellness

UPMC Steps to a Healthy Community

820 Braddock Ave., Braddock, PA 15104

412-636-5273

Hours of operation:

Monday through Friday, 8 a.m. to 4:30 p.m.

Moving in February to a new, highly visible, and accessible location in the Heritage Community Initiative building on Braddock Avenue, UPMC Steps to a Healthy Community is the starting point for health care resources and referrals within the greater Braddock community. UPMC Steps to a Healthy Community offers free resources for community health. These include:

- community-based access for health, wellness, and human services
- health coaching
- health insurance counseling and applications
- Steps to Home resources for continuity of care from hospital to home, including in-home assessments and assistance for medication management, nutrition, and home safety and comfort

Health Resources for the Greater Braddock Community

- health education and screening programs
- health and wellness enhancement programs in churches, schools, and community centers in cooperation with UPMC Health Plan
- UPMC Health for Life Summer Camp at Braddock, providing a seven-week day camp, and one-week overnight camp experience, including exercise, nutrition, sports, field trips, career exploration, money management, arts and crafts, and community service free of charge for Braddock children ages 6 through 15
- health, life skills, and career mentoring for youth in cooperation with Woodland Hills School District and Good Shepherd School

Enhanced community-based health and social services

UPMC Health for Life Summer Camp at Braddock

820 Braddock Ave., Braddock, PA 15104

412-636-5273

Hours of operation: Monday through Friday, 9 a.m. to 3 p.m. (seven-week day camp beginning in June and one-week overnight camp in August)

A summer filled with healthy learning activities and all of the fun and discovery that any child could hope for is the mission and promise of the UPMC Health for Life Summer Camp at Braddock. Created in 2002, the camp provides this summer of fun and learning free of charge for approximately 100 children from the Braddock community. Major funding is provided by the UPMC Children's Ball of the Medical and Health Sciences Foundation, combined with generous support from local businesses, community agencies, and individual donations. The camp emphasizes health and wellness, while teaching valuable life skills in preparation for a bright future. Arts and crafts, career

exploration, social, educational, and recreational activities, and an emphasis on giving back through community service all take place within a safe, nurturing environment for children ages 6 through 15. Field trips to numerous fun destinations throughout the region and the thrill of a one-week overnight camping experience serve to open new horizons for the Health for Life campers. UPMC Health for Life Summer Camp at Braddock is a youth initiative of UPMC Steps to a Healthy Community.

Family Care Connection of Children's Hospital of Pittsburgh of UPMC

818 Braddock Ave., Braddock, PA 15104

412-271-8355

Hours of operation:

Monday through Thursday, 8:30 a.m. to 6 p.m.

Friday, 8:30 a.m. to 5 p.m.

Family support programming designed to:

- enhance relationships between parents and their children
- improve maternal and child health
- address school readiness through child development activities and assessments
- prevent child abuse and neglect
- strengthen early reading, math, and language skills through activities such as sorting, counting, classifying, and number and letter recognition
- provide home visiting, on-site programming and consultation, referral to a vast number of community agencies, child development, parenting education, and community-building activities
- enhance access to primary and specialty health care through partnerships with Children's Hospital of Pittsburgh of UPMC Primary Care Centers

Health Resources for the Greater Braddock Community

House of HOPE of Western Psychiatric Institute and Clinic of UPMC

Located in Braddock (address withheld for safety and confidentiality of residents)

412-271-9010

Hours of operation: 24 hours a day, 365 days a year

Part of the UPMC Behavioral Health Network, House of HOPE provides services for homeless, chemically dependent pregnant and postpartum women and their families. Services include:

- supportive environment
- close, family atmosphere
- around-the-clock structure and supervision by trained Behavioral Health staff
- access to health care for mothers and children
- parenting classes
- job readiness preparation
- housing assistance
- referrals to agencies for legal advice and financial assistance
- van transportation for access to services

Opening April 1, 2010

Living Sober Program of Western Psychiatric Institute and Clinic of UPMC

Homestead, PA

412-636-5150

Living Sober, an established chemical dependency rehabilitation program, is relocating to a new, community-based location in Homestead. Living Sober provides comprehensive treatment and support services for adults, ages 18 and older, who are dealing with an addiction to alcohol or drugs. The residential program provides a road to recovery through a coordinated and specialized treatment program that uses individual and group therapy, counseling, and medication. For information on referral to the program, contact the program's referral coordinator at 412-636-5150.

re:solve Crisis Network

333 North Braddock Ave. (North Point Breeze)

Pittsburgh, PA 15208

Residential services are available at this location for people whose crisis extends over a period of time (up to 72 hours).

1-888-7 YOU CAN

1-888-796-8226

At re:solve Crisis Network, our goal is to help resolve a crisis before it becomes a bigger crisis. We offer crisis services 24 hours a day, 365 days a year. So whether you walk in to our North Braddock Avenue location to meet with a trained intervention counselor, or you meet with one of our mobile crisis counselors — who will come to you anywhere in Allegheny County — help is available any day, any time, for any reason.

re:solve Crisis Network is a partnership between Allegheny County and Western Psychiatric Institute and Clinic of UPMC. All crisis services are voluntary and available to any Allegheny County resident regardless of age or ability to pay.

In addition to these services within the Greater Braddock community, there also are more than 80 physician offices in close proximity, with more than 200 doctors to care for all of your health and wellness needs.

For more information on all available services, and to find a physician, please visit www.UPMC.com/BraddockServices.