

RURAL HEALTHCARE RESILIENCY PROGRAM

Our Mission

To empower individuals and families in rural communities with the tools, resources, and support needed to improve health outcomes, build resilience, and overcome barriers to care.

INDIVIDUAL SERVICES



Comprehensive Intake & Needs Assessment

Understand health, mental health, housing, education, and social support needs.

Care Coordination

Personalized goal planning, advocacy, barrier removal, and follow-up.

Resource Navigation

Assistance with healthcare, housing, food, childcare, utilities, legal aid, and employment.

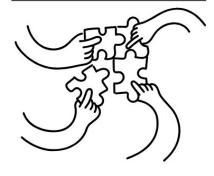
Crisis Support & Safety Planning

Immediate guidance in urgent situations.

Digital Access & Device Lending

Phones, tablets, or hotspots for eligible clients to support healthcare, education, and connectivity.

Group Services



Workshops & Group Sessions

Coping skills, stress management, parenting, and healthy relationships.

Dadvocacy

Husband & Father inclusion and engagement through outdoor and drop by activities

Veterans Support

Activities for veterans and their families.

Pop-Up Events

Community outreach and resource fairs.

Every Plan is Personalized

Our Community Care Navigators don't just hand out resource lists — they walk beside families, providing:

- Encouragement and consistency
- Barrier removal and advocacy
- Celebration of milestones, big and small
- Sets Realistic, Strengths-Based Goals
- Empowering Families Through Holistic Case Management

At the heart of our work is compassionate, personalized care — designed to help families move from crisis to confidence.

? Contact Us / Make a Referral Rural Healthcare Resiliency Program

> Benita Caldwell Program Director Phone: (931) 619-0502 Email: benita@mytcfd.org

Serving the South Central Region of Tennessee

(Wayne, Perry, Hickman, Lewis, Lawrence, Maury, Giles, Marshall, Lincoln, Bedford, Moore, Coffee and Franklin)

Reach out to connect with our services or to refer someone in need of support.