

Mobile Wellness Unit

The Mobile Wellness Unit brings essential health services directly into the heart of our communities—reaching schools, neighborhoods, and local events.

We provide wellness checks, sports physicals, blood pressure and cholesterol monitoring, and men's and women's health exams. Services also include STI/HIV testing, PrEP referrals, family planning (pregnancy testing and birth control), and navigation for follow-up care.

All services are available at no out-of-pocket cost. We also offer health education and connect you with helpful community resources.

Check our schedule online to see where we are headed next. *Se habla español.*



Health Education & Promotion

We provide essential knowledge on public health topics, highlighting our services, and promoting healthy living for everyone.

For youth, we offer crucial school health education focusing on physical and mental well-being, personal hygiene, and reproductive health. By educating our students today, we're building a stronger, healthier future for all of Oklahoma.






Access all of our services by scanning this Self Referral QR code or visit <https://brnw.ch/SelfReferral>

Community Health Workers & Pregnancy Resource Navigators

Community Health Workers (CHWs) are here to help navigate services, answer questions, and connect you with resources to support your health and well-being.

They assist with:

-  Applying for benefits like WIC, SNAP, SoonerCare, and Medicaid
-  Connecting you with resources for housing, utilities, employment readiness, and childcare
-  Offering wellness support, including mental health and recovery referrals

CHWs are also Pregnancy Resource Navigators (PRNs), offering tailored support during and after pregnancy. Whether you need help accessing prenatal care, nutrition, or postpartum support, PRNs are here to walk alongside you every step of the way.

Emergency Preparedness

Every second counts during health emergencies, natural disasters, and outbreaks. Our readiness and resilience planning are what make the difference. We facilitate full-scale emergency response exercises to ensure our team and partners are prepared to act swiftly and effectively, so when the unexpected happens, we're ready.

Sensory-Friendly Space




Our dedicated staff is specially trained, and we're pleased to offer tailored sensory aids designed to support children with sensory sensitivities. Please ask for details from any member of staff.



Tillman County Health Department

Healthy Futures Start Here!



 1500 N 8th St, Frederick, OK 73542
 (580) 335-2163
 Monday–Friday | 8:00 AM–5:00 PM

 Oklahoma.gov/Health/Tillman
 TillmanCHD@health.ok.gov
 [@TillmanCountyHealthDepartment](https://www.facebook.com/TillmanCountyHealthDepartment)

Family Resource Center (FRC)

Our FRC is a welcoming space where families find connection, support, and practical tools to thrive—before challenges turn into crises.

Whether you're a parent, caregiver, or expecting a child, you'll find free workshops on parenting and child development, support groups, youth leadership programs, and mental wellness resources. Virtual participation options available.

Family & Child Health

Children First:

Voluntary, in-home nurse support for first-time mothers. Services by appointment only.

Newborn & Infant Screening: Includes newborn metabolic and hearing screenings, lead testing, and follow-up for eligible children.

SoonerStart Early Intervention: For infants and toddlers (birth–3 years) with disabilities or developmental delays. ☎ (580) 585-6610

WIC Program: Nutritious food, breastfeeding support, and nutrition education for women, infants, and children. ☎ (580) 585-6625

Dental Health: Fluoride varnish available for those 18 and under to help prevent or slow tooth decay.

Car Seat Checks: Certified staff ensure your car seat is safe and installed correctly.

 **Vision**
Leading Oklahoma to prosperity through health.

 **Mission**
To protect and promote health, to prevent disease and injury and to cultivate conditions by which Oklahomans can thrive.

 **Values**
Service | Collaboration | Respect | Accountability

Family Planning Services

Our team offers guidance, education, and medical support to help you plan with confidence. We provide birth control options, pregnancy testing, fertility counseling, and reproductive health education to both women and men.

Immunizations

We offer childhood immunizations and select adult vaccines*, including:

DTaP, IPV, Hepatitis A & B, Pneumococcal, Td/Tdap, Flu, Meningococcal, Hib, MMR, Varicella, HPV, Shingles, Rotavirus, and COVID-19.

*A small fee may apply for adult vaccines.

Communicable Diseases & TB

We monitor and respond to infectious diseases like childhood illnesses and tuberculosis to keep our community informed, safe, and supported. Our goal is to identify risks early and take preventative action.

☎ **Local concerns:** (580) 248-5890
☎ **After-hours:** (405) 426-8710
(Infectious Disease and Response)

Reproductive Health Services

We offer confidential testing and treatment for HIV, STIs, and syphilis, along with condoms, prevention tools like PrEP, and supportive guidance.

Know Your Numbers

Schedule a visit or join our helpful workshops to track your blood pressure and body mass index (BMI). You'll also learn simple, important steps for staying healthy your whole life.

Consumer Health & Licensing

Inspections & Licensing

We inspect food establishments, hotels, motels, public pools, and tattoo shops to make sure they meet health and safety standards.

Technical Services

We offer food handler classes and certification, and we review food establishment plans before construction begins to ensure safety from the ground up.

Investigations & Response

Our team investigates reports of foodborne illness, rabies exposure, health-related complaints, and mosquito/vector concerns.



Mental Health ►►

We provide trauma-informed education, referrals, and community resources to support emotional well-being.

☎ **Need help now?** Call 988 for mental health crises
☎ Call 211 for food, housing, or legal help
☎ Call 911 for life-threatening emergencies