



Trauma Prevention Programs

Natividad offers a variety of programs to inform and educate the community about preventing trauma. Explore our Trauma Prevention Programs to learn about steps you can take to prevent trauma. We also offer community outreach programs and events.

Learn about the various programs we offer below.

Bicycle Helmet Safety

Natividad is committed to community education and awareness in order to reduce trauma-related injuries due to unsafe helmet use. An accident on a bicycle or a fall while using a helmet improperly can cause a traumatic injury.

[Learn more about using a helmet properly >](#)

Car Seat Safety

Did you know that four out of five child passenger safety seats are installed or adjusted incorrectly? Could yours be one of them? Let us inspect your child safety seat and assist you to install it correctly. Properly using a safety seat and buckling up the right way on EVERY car ride is the most important thing a family can do to stay safe in the car.

[Learn more about car seat safety >](#)

CHOICE Program

The CHOICE team provides services for victims of gunshot wounds, stabbings and beatings for those aged 13-30. When a survivor of violence arrives at the Natividad Trauma Center, a CHOICE Intervention Specialist meets them at their bedside. They provide advocacy and the support needed for the patient and their family to heal from the trauma.

[Learn more about the CHOICE Program >](#)

In One Instant Program

As Monterey County's Level II Trauma Center, we witness firsthand the tragedies caused by motor vehicle crashes; the number one killer of American teens. Natividad is uniquely positioned to understand this dire problem and the importance of educating young drivers. The In One Instant Program was designed specifically for this purpose.

[Learn more about this important program >](#)

Distracted Driving

Distracted driving is any activity that takes a person's attention away from their primary task of driving. Learn what you can do to prevent distracted driving.

[Learn more about distracted driving >](#)

Falls

Falls can be serious at any age, but have an especially negative impact on the well-being and independence of older adults. Many falls are preventable—take steps to protect yourself and loved ones.

[Learn more about preventing falls >](#)

Impaired Driving

Impaired driving can cause a traumatic injury. For your safety and the safety of others, please do not drink and drive.

[Learn more about impaired driving >](#)

Pedestrian Safety

Walking is great way to get exercise and is an effective mode of transportation. Learn what to look out for to ensure your safety and avoid a trauma injury.

[Learn more about pedestrian safety >](#)

[Community Classes >](#)

[Diabetes Education](#)

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Natividad is a hospital and Level II Trauma Center providing compassionate high-quality health care to everyone, regardless of their ability to pay or immigration status. Owned and operated by the County of Monterey, Natividad is the Central Coast's only teaching hospital. Natividad offers a wide range of inpatient, outpatient, emergency, diagnostic and specialty medical care for adults and children.