



Family Community Resource Directory

Emergency and Crisis Contacts

<u>Arizona Department of Child Safety</u>

Ensure safety of children & maintain integrity of the family when investigating allegations of abuse or neglect, exploitation or abandonment. Help families receive necessary services to enable them to remain together and build better family relationships – help in getting food, housing, clothing & medical care; intensive family preservation services; psychological evaluations; individual, family or relationship counseling; day care; parent aide services; educational programs, job training or vocational rehabilitation; sexual assault or domestic violence counseling; drug or alcohol treatment programs; peer self-help groups. (888) SOS-CHILD (888-767-2445)

Website: https://dcs.az.gov/report-child-abuse

Child Crisis Arizona

Adoption & foster care, child & family counseling, children's self-development, community beds, emergency children's shelter, military family support, parenting classes; free service to support parents in raising children 0-5 years old, servicios en Español.

Languages Spoken: English, Spanish

(602) 273-7363

Email: info@childcrisisaz.org

Website: https://childcrisisaz.org/contact/

Community Information and Referral

(602) 263-8856, or call 211

Website: www.cir.org

Crisis Response Network: Central Arizona

24 hours / 7 days a week

Warm Line: 602-347-1100; Crisis Line: 602-222-9444

Website: https://www.crisisnetwork.org/

<u>Domestic Shelters</u>

Makes finding domestic violence help easier. Nationwide info on 3000 shelters, agencies, hotlines. Physical abuse, emotional abuse, psychological abuse or verbal abuse.

Website: www.domesticshelters.org

Mental Health America of Arizona

Connecting to care, treatment, and recovery for people with mental illness. Services include education, crisis line, and information and referral.

Non-crisis Contact: 602-576-4828

mhaofarizona@gmail.com

Website: http://www.mhaarizona.org

National Domestic Violence Hotline

24 hour / 7 days a week

1-800-799-7233

Website: www.ndvh.org

Phoenix Police Department

Information on public safety, transportation, culture & recreation, city government, employment, environment & sustainability.

In Case of Emergency dial 9-1-1 Non-Emergency (602) 262-6151 General Information (602) 262-7626

Website: https://www.phoenix.gov/police

Rainn Sexual Assault Hotline

Rape, Abuse, & Incest National Network; Free and Confidential

24 hours / 7 days a week 1-800-656-HOPE (4673) Website: www.rainn.org

Suicide Hotline Numbers

For Parents of Struggling & Troubled Teens

24 Hours a day / 7 days a week

Website: http://www.suicide.org/hotlines/arizona-suicide-hotlines.html

Suicide Prevention Online Chat Option

24 hours / 7 days a week

Website: https://www.imalive.org/

Teen Lifeline Peer Counseling Suicide Hotline

Teen Lifeline (teen-to-teen support)

Call 24/7 or Text 3:00 – 9:00pm in AZ, 7 days a week

800 or 602-248-TEEN (8336) *Website:* www.TeenLifeline.org

The Trevor Project

Leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

Trevor Lifeline-24/7 support: 1-866-488-7386

Website: https://www.thetrevorproject.org/get-help-now/

<u>UMOM New Day Centers; serving Homeless Families & Individuals</u>

Provides safe shelter, housing, and supportive services to help families meet basic needs, including parent support, housing, wellness center, domestic violence support, and child development.

(602) 275-7852

Website: www.umom.org

HonorHealth Desert Mission Food Bank

9229 N 4th Street Phoenix, AZ 85020 602-870-6062

Website: www.desertmission.org

Food Bank

(602) 528-3434 1-800-445-1914

Website: www.azfoodbanks.org/index.php/foodbank

Community Agencies

Phoenix Children's Hospital

Main (602) 933-1000; 888-908-5437 Emergency Department (602) 546-1900 Website: www.phoenixchildrens.com

HonorHealth John C. Lincoln Medical Center

Main (602)-580-5800

Emergency Department (602)-943-2381

Website: https://www.honorhealth.com/locations/hospitals/john-c-lincoln-medical-center

Arizona Division of Developmental Disabilities (DDD)

DDD provides supports and services for eligible Arizonans. DDD provides supports and services to individuals diagnosed with one of the following developmental disabilities:

Autism:

Cerebral palsy;

Epilepsy;

Cognitive / Intellectual Disability; or are under the age of six and at risk of having a Developmental

Disability (844) 770-9500

Website: https://des.az.gov/services/disabilities/developmental-disabilities

Arizona Children's Association

Professionally trained staff provide a broad spectrum of services that help create and sustain a healthy family environment. Each program is tailored to meet the needs of the particular child, individual or family. Services offered include foster care & adoption, behavioral health & trauma response, family reunification, family education & support, young adult services, and kinship services.

(602) 234-3733; (800) 944-7611

Kinship Services Email: kinship@arizonaschildren.org

Website: https://www.arizonaschildren.org/

2nd Time Parenting

More than 13 million children are living in homes with their grandparents in the United States. This organization provides resources and support for grandparents that are raising their grandchildren. Services offered include counseling referrals, support groups, educational workshops, legal referrals, group activities, and referral to needed resources (e.g., baby formula, diapers, cribs, food, clothing, etc.). (602) 796-0400

Email: lnfo@2ndtimeparenting.org
Website: https://2ndtimeparenting.org/

Arizona Child & Family Advocacy Network (ACFAN)

Provides comprehensive services to primary and secondary victims of domestic violence, sexual assault, elder abuse and homicide in a safe, confidential and supportive environment. The Center's core goal is to deliver quality victim advocacy, counseling and case management services that positively impact primary and secondary victims of interpersonal violence.

(602)-534-2120; (888)-246-0303

Website: http://acfan.net/centers/phoenix-family.htm

<u>Arizona Helping Hands</u>

Largest provider of essential needs for children in foster care in Arizona

(480) 889-0604

Email: admin@AZHelpingHands.org/ Website: https://azhelpinghands.org/

Arizona Trans Youth & Parent Organization (AZTYPO)

AZTYPO provides support to all family members of transgender children. Services include monthly support groups, education and outreach, as well as community development.

Email: contact@aztypo.org
Website: http://aztypo.org/

Arizona Youth and Family Services

Non-profit outpatient community mental health agency currently serving children, adolescents, and families throughout Maricopa County.

602-277-4833

Website: http://www.azyfs.org/index.php

ASU Clinical Psychology Center

Established in 1959 as an outpatient clinic and training facility for doctoral students in clinical psychology, the mission of the Clinical Psychology Center (CPC) is to provide outstanding service using evidence-based best practices. Includes individual therapy, group programs, community outreach and more. For children, adolescents, and adults; private pay, sliding scale, set reduced fees for assessments.

Christy Roberts - Clinical Coordinator

(480) 965-7296

Email: clinic@asu.edu

Website: https://psychology.asu.edu/asu-clinical-psychology-center

ASU Speech and Hearing Clinic

Offering audiology and speech services to the general public. The clinic serves as training and research facilities for degree programs in speech and hearing science at ASU's College of Health Solutions.

Population: All ages, young children to adults.

(480) 965-2373

Website: https://asuspeechandhearingclinic.org/

Bayless Integrated Healthcare

Holistic approach to healthcare by caring for a patient's physical, emotional, behavioral, and social healthcare needs in the following ways: Family Medicine, Pediatrics, Psychiatry, Emotional and Behavioral Health, Social Health, including individual & group/family counseling.

Bilingual services

Accepts insurance, private pay, and AHCCCS

(602)-230-7373

Website: https://www.baylesshealthcare.com/locations/integrated-health-center/

Boys & Girls Clubs of Phoenix

Offers many youth development programs designed to develop character and life-enhancing skills. The programs are built around five core areas: the arts; character & leadership development; education & career development; health & life skills; and sports, fitness & recreation.

(602) 954-8182

Email: info@www.bgcaz.org
Website: https://www.bgcaz.org/

Childhelp Children's Center of Arizona

Since 1998, Childhelp has served abused and neglected children by providing treatment, intervention, and investigation services in a child-friendly and child-centric environment. The goal of the Center is to provide services that address the immediate safety and complete well-being of children referred to the Center. (602) 271-4500

Website: https://www.childhelp.org/advocacy-centers/childrens-center-of-arizona/

Devereux Advanced Behavioral Health

Devereux offers comprehensive outpatient counseling services for individuals, families, and groups in the office, school & or home setting. Specialties include the treatment of ADHD, Conduct Disorders, Mood Disorders, Physical Abuse, Sexual Abuse and Anxiety Disorders. The Devereux foster care program is dedicated to mending the hearts and minds of the children in the foster care system. Accepts most major insurances as well as CMDP and AHCCCS.

Languages Spoken: English, Spanish

(602) 283-1573

Website: http://www.devereux.org

Doorways

Doorways is an outpatient mental health treatment center in Phoenix, Arizona, that specializes in helping teens, young adults, and their families with issues such as eating disorders, substance abuse, trauma, depression, bipolar disorder, mood disorders, ADHD and ADD, self-harm, suicide prevention, and more. Accepts private pay, private individual or group insurance, and Employee Assistance Program (EAP). (602)-997-2880

Email: info@doorwaysarizona.com

Website: http://www.doorwaysarizona.com

Emily Center at Phoenix Children's Hospital

The whole family is affected when a child is injured or diagnosed with a serious illness. This free consumer health library has books & DVD for adults, teens and children on child health and diseases and issues. Open to the public, materials can be checked out – 3 weeks for books, and 1 week for videos. Staffed by Pediatric nurses who can prepare a packet of information on a child's illness/disorder and mail it to the home.

Specialty: Pediatric issues & conditions Languages Spoken: English, Spanish

(602) 933-1400

Email: emilyc@phoenixchildrens.com
Website: www.theemilycenter.org

Eric's House

A non-profit organization dedicated to serving the emotional, physical, and spiritual needs of those impacted by suicide or addiction loss. Offers counseling and coaching as well as outreach and prevention services.

1-855-894-5658

Website: https://www.ericshouse.org/

Family Housing Hub

Provides assistance to families with children under 18 years old who are at risk of or are currently experiencing homelessness. Helps families identify existing resources available for immediate housing.

602-595-8700 *Website:* Fhhub.org

Forensic Counseling and Evaluations

Formed to address the comprehensive needs for Arizona's Behavioral Health Forensic Community. Services offered include family counseling, family evaluations, therapeutic interventions, parenting coordination, mediation, divorce support groups, and adolescent groups for depression and anxiety.

(480) 840-0400

Website: www.FCEINFO.com

<u>Jewish Family & Children's Services</u>

A nonprofit, nonsectarian organization dedicated to strengthening the community through quality behavioral health and social services to children, families and adults, including outpatient counseling and support services.

Languages Spoken: English, Spanish

Population: All ages, young children to adults.

Payment Accepted: Private pay, AHCCCS, private individual or group insurance, Employee Assistance

Program (EAP), sliding scale, scholarship.

(602) 279-7655

Email: info@jfcsaz.org
Website: www.jfcsaz.org

La Frontera Arizona/EMPACT Suicide Prevention Center

Licensed clinicians, paraprofessionals, and therapists skilled and certified in trauma informed care.

Languages Spoken: English, Spanish, interpreters for the deaf, and many other languages

Population: All ages, young children to adults.

Payment Accepted: AHCCCS provider

(480) 784-1514

CRISIS HOT LINE: (480)-784-1500; (855) 785-1500 (toll free); open 24/7/365 days a year.

Email: info@lafrontera-empact.org

Website: http://lafrontera-empact.org/services/ or www.lafronteraarizona.org

Magellan Complete Care of Arizona (MCC of AZ)

A comprehensive system to support Medicare and KidsCare providers, physical and behavioral healthcare services, and patients in Maricopa, Gila, and Pinal counties. MCC of AZ is an Arizona Health Care Cost Containment System (AHCCCS) Complete Care health plan.

Toll-free: (800) 424-5891

Website: https://www.mccofaz.com/

The Meadows Ranch

The Meadows Ranch is an industry leader in treating girls aged 8-17 and adult women for eating disorders, trauma, and co-occurring disorders through its critical care/inpatient, residential, and partial hospitalization programs. Accepts and works with many major private insurance companies. (877)-231-3541

Website: https://www.meadowsranch.com/

National Alliance for the Mentally Ill (NAMI-Valley of the Sun)

NAMI Valley of the Sun is the Maricopa County affiliate of NAMI, the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI is dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need. Services include crisis support, community support and youth specific resources.

Main: (602) 244-8166

Crisis Support Line: (602) 222-9444 Non-Crisis Warm Line: (602) 347-1100 Email: info@namivalleyofthesun.org Website: http://namivalleyofthesun.org

Native American Connections

Provides Native American culturally appropriate behavioral health, affordable housing, and community development services. Offers substance use treatment and general mental health services including residential treatment for substance use and co-occurring disorders. Licensed by the Arizona Department of Health Services in 1978, NAC has partnerships with State Regional Behavioral Health Authority (RBHA), Tribal RBHAs, Tribes, and Indian Health Services (IHS).

(602) 254-3247

Website: nativeconnections.org

Native Health

Provides health care for urban American Indians, Alaska Natives, and other individuals who generally experience barriers to holistic, patient-centered, culturally sensitive health and wellness services. All Native Health locations offer same-day medical appointments. Native Health currently provides a wide range of programs, including primary medical, dental, behavioral health, WIC (available at four sites), and community health and wellness programs.

(602) 279-5351

Website: https://www.nativehealthphoenix.org/

Neighborhood Outreach Access to Health (NOAH)

Medical and dental services to the community. Medical providers specialize in family and internal medicine and treat patients ranging from babies to seniors. The office accepts new patients and offers same-day appointments. Several locations; the one below is for the Midtown Health Center at $24^{\rm th}$ St.

Payment Accepted: accept most commercial insurance, AHCCCS and Medicare, and offer a sliding-fee scale based on income and family size.

480-882-4545

Website: https://noahhelps.org/locations/midtown/

New Song Center for Grieving Children

New Song Center is open to any child, teen, and young adult in our community, who is grieving the death of a loved one—regardless of whether Hospice of the Valley cared for that family member. We'll find the right group to help your family heal. There is no cost to attend New Song support groups or activities. We also support schools, businesses and community groups that need grief counseling or education. (480) 951-8985

Website: https://www.hov.org/our-care/grief-support/new-song-center-for-grieving-children/

North Phoenix Lyons Club Vision Clinic

Providing free or low-cost vision screening and new glasses for the needy.

Email: northphoenixlions@gmail.com

Website: https://e-clubhouse.org/sites/north_phoenix/

One n Ten

A nonprofit organization dedicated to serving and assisting lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth ages 14 to 24. Services offered include weekly discussion groups, social networking events designed to create a safe space, mentally and physically, for youth of all socio-economic and cultural backgrounds. Youth with particular needs have the option to speak with peers or volunteers

one-on-one, in a supervised setting. Mission is to provide youth with a variety of tools and opportunities to improve self-esteem and self-acceptance.

(602)-400-2601, Ext. 2 *Email:* info@onenten.org Website: https://onenten.org/

Parents and Friends of Lesbians and Gays (PFLAG)

Volunteer support, education, advocacy, and multiple resources for LGBTQ individuals and their families.

(602) 843-1404

Email: info@pflagphoenix.org Website: https://pflagphoenix.org/

The Purple Society

The mission of The Purple Society is to change the prognosis of pediatric cancers; while connecting families of childhood cancer patients worldwide with resources, hope, and inspiration free of charge. The society aims to fund and discover a cure for childhood cancers by supporting collaborative research to identify appropriate targets, discover ways to hit these targets, and to carry out clinical trials using the infrastructure of the national cooperative group. The Purple Society also provides free resources to families actively fighting all types of childhood cancer.

(602) 326-7723

Email: support@werpurple.org

Website: http://werpurple.org/the-purple-society

Raising Special Kids

Programs and services for families with special needs children. Includes assistance and support, consultation and training related to special education, parent to parent mentoring, and advocacy workshops.

(800) 237-3007

Email: info@raisingspecialkids.org

Website: https://m.raisingspecialkids.org/start-here/for-parents-and-families

Salt River Pima-Maricopa Indian Community

The Salt River Pima-Maricopa Indian Community (SRPMIC) is a sovereign tribe located in the metropolitan Phoenix area. Established by Executive Order on June 14, 1879, the Community operates as a full-service government and oversees departments, programs, projects and facilities. Includes the Salt River Community Children's Foundation, the Young River People's Council, Salt River Community Housing Division, Salt River Community Schools, Salt River Financial Services Institution. (480) 362-7400

http://www.srpmic-nsn.gov/

Sight for Students (Vision Service Plan, Global)

Not for profit helps to provide access to affordable, high-quality eye care.

Area community partner/contacts:

Josephine Sardinha at Sunnyslope High School

(623) 915-8763

Email: josephine.sardinha@guhsdaz.org Mary Freeland at Washington High School (623) 915-8403 Jamie Barker at Hidden Hills Elementary (602) 449-3103

Website: https://vspglobal.com/cms/vspglobal-outreach/gift-certificates.html

Southwest Autism Research and Resource Center (SARRC)

Provides evidence-based interventions based on the science of applied behavior analysis (ABA). Programs include Jumpstart (0-5), Community School (18 months to 5 yrs.), In-home behavioral programs (0-12), transition programs for adolescents (13-18), adult services (18+ up), school consultation (0-21), and Education & Training.

Specialty: Pivotal Response Treatment; ABA-Based Treatments

Languages Spoken: English, Spanish

Population: All ages, young children to adults.

Payment Accepted: Private pay, private individual or group insurance, Employee Assistance Program

(EAP), sliding scale, scholarship, DDD/specialized habilitation (HAB M/HAB B).

(602) 340-8717

Email: sarrc@autismcenter.org
Website: www.autismcenter.org

Southwest Human Development

Services provided include Education & literacy – Head Start & Early Head Start programs to help children enter school ready to learn; Children's Developmental Center – Developmental Assessments, Feeding Program, Autism Services, Therapy Services, Psychology & Counseling, Assistive Technology; Health & Development – Good Fit Counseling Center, Birth to Five Helpline, Fussy Baby, Healthy Families, Newborn Intensive Care Program, Nurse-Family Partnership, Assistive Technology, Permanency & Well-Being; Continuing Education: Childcare – improve the quality of child care in our state in all of the major settings: public, private and faith-based child care centers & preschools, and in home-based child care settings. Early Care & Education Training, Emergent Leaders Program, Quality First, Mental Health Consultation, Inclusion Program.

Population: Ages 0-5 years old.

(602) 266-5976

Birth to Five Helpline: (877) 705-KIDS (5437)

Website: http://www.swhd.org/

Sunnyslope Family Services Center

Part of the Human Services Department, the city centers provide a broad range of assistance with urgent needs including utility, eviction prevention and/or move-in cost assistance. Caseworkers also provide employment, budgeting, social and life-skills development counseling assistance through case management services at the Family and Senior Services Centers. These services assist families and adult individuals resolve problems, and ultimately achieve self-sufficiency.

(602) 534-AIDE (2433)

Website: https://www.phoenix.gov/humanservices/programs/emergency

Touchstone Health Services

Provides Individual & group/family counseling in addition to pediatric integrated care, Infant & Early Childhood Program and youth outpatient services.

Bilingual services

Accepts insurance, private pay, and AHCCCS

(602) 953-9070; (866) 207-3882

Website: http://www.touchstonebh.org/

United Cerebral Palsy (UCP) of Central Arizona, Laura Dozer Center

Provides therapies, life skill and independent living services, inclusive and integrated educational based programs, innovative social outlets, and basic research. In addition, UCP are a community and information

experts for families addressing the needs of those with disabilities. Programs are dedicated to advancing the independence, productivity and self-sufficiency of each individual.

(602) 943-5472; (888) 943-5472 *Email:* info@ucpofcentralaz.org

Website: http://www.ucpofcentralaz.org/

Youth Rising (formerly known as Workshops for Youth and Families)

Offers one day and week-long intensive workshops that focus on skill building opportunities in a fun and interactive environment that promotes healthy decision making and positive relationships. The workshops equip and empower youth to boldly navigate the distinctive challenges they face in their day-to-day lives.

Specialty: Mental and emotional wellness

Languages Spoken: English

Population: 5th through 12th grade.

Payment Accepted: Private pay and scholarship.

Frances Mills-Yerger, Ph.D. - Founder and Program Director

Website: https://youthrisingaz.org/

Practitioner Searches

The following organizations are professional state associations representing various practitioners specializing in behavioral health. These associations provide a search feature on their websites to find practitioners that may meet your individual needs.

Arizona Association for Marriage and Family Therapy

Search self-education resources or search for a Marriage and Family Therapist

Website: https://networks.aamft.org/arizona/home

https://www.aamft.org/Directories/Find_a_Therapist.aspx

<u>Arizona Branch of the Association of Play Therapy</u>

Search for a Play Therapist *Email: info@azapt.org*

Website: https://www.azapt.org/

Arizona Counselors Association

Search for a Counselor

Website: https://www.azca.org/ http://www.hireacounselor.org/

Arizona Psychological Association

Search for a Psychologist by specialty

(877) 675-9477

Website: http://www.azpa.org https://azpa.org/directory.php

Service Organizations and Practitioners for Consideration

Catholic Charities Community Services

Individual and group/family counseling Sliding fee scale (602)-749-4405 1-855-316-2229

Website: https://www.catholiccharitiesaz.org/

https://www.catholiccharitiesaz.org/all-locations/counseling

Dr. Beth Onufrak

Clinical Child Psychologist 7600 N 15th St., Phoenix, AZ 85020 (602) 386-1292 http://drbethkids.com/

Mary A. Brasch, MACL, MA, LPC, Regd-Ht

Licensed Professional Counselor working with parenting, marriage and relationships, communication, stress, anxiety, depression, grief, and bereavement. Treats both teens and children.

Accepts private pay, sliding scale.

3040 E. Cactus Road, Suite 4 Phoenix, Arizona 85032

(602) 910-2332

Website: http://marybrasch.com/

Barry Dubin, LCSW

Sees children 12 & older, specializing in family relations & divorce. Individual & group/family counseling Accepts insurance, private pay, sliding scale 7010 E. Acoma Dr STE 101, Scottsdale, AZ 85254 (480) 689-4180

Family Christian Counseling Center

Offers children's, family, adult, marriage and equine assisted therapy, as well as parenting classes and group work for trauma. Mostly private pay but the organization trains interns with at least a master's degree that work on a sliding scale.

1300 E. Missouri Ave.

Phoenix, AZ 85014

(602)-325-1233

Website: https://www.familyccc.com/

Laura Greenwood, MSW

Arcadia Counseling Center, LLC 3610 N. 44th St., Suite #140 Phoenix, Arizona 85018 (602) 900-9569 https://arcadiacounselingcenter.com/

Dr. Bettina Lehnert

Anxiety/Stress/Depression ADHD Trauma/PTSD Grief/Loss Divorce 10149 N. 92nd St. Ste. 103 Scottsdale, AZ. 85258 480-285-7011 www.Drbettina.com

Terryl Moe, LCSW

Individual & family counseling Accepts insurance, private pay 1202 E. Maryland #1 Phoenix, Az 85015 (602)-841-0860

Danica Oparnica, Psychiatric Nurse Practitioner, ANP, PMHNP

Specializes in the diagnosis and medical management for bipolar disorder, PTSD, ADHD and depression/anxiety. Accepts private insurance.

5727 N. 7th St., Suite 308 Phoenix, Arizona 85014 (602) 461-8652

Phoenix Interfaith Counseling (Terros Health Network)

Individual & group/family counseling Bilingual services Sliding fee scale (602) 685-6000

Website: https://www.terroshealth.org/

Mark Rohde, Ph.D.

Specializes in child & adolescent behavior, substance abuse & addiction, PTSD & trauma, depression & mood disorders, anxiety, anger & frustration management, family challenges, social skills & social thinking, among other areas of focus.

Our Counseling Office, Phoenix 3040 E. Cactus Road Suites A, 4, 5, & 6 Phoenix, AZ 85032 (602) 494-1515

Website: https://ourcounselingoffice.com/rohde

Joalene Whitmer, LPC

Individual & group/family counseling Trauma PTSD Anxiety Depression Play Therapy Accepts insurance, private pay 14001 N. 7th St., Ste. D107 Phoenix, Arizona 85022 (602) 993-4595