

# Community Resource Guide

2022







# Community Resource Guide



## INTRODUCTION

Arizona Complete Health-Complete Care Plan partners with the communities we serve to give you the highest quality integrated healthcare. We work with community organizations to provide up to date information on programs, services and resources to help our members with their health and wellbeing.

We believe these “health related social needs” are just as important as regular checkups. Everyone deserves to live their best life possible. These community resources can connect you to a wide range of social services that help you live a better, healthier life.

These resources are provided for your information only. Arizona Complete Health-Complete Care Plan does not have control over or responsibility for the sites or the content, advertisements, materials, products or services available on or throughout these sites.

If you have questions about community resources, please call Member Services at **1-888-788-4408** (TTY/TDY: **711**).

The Arizona Health Care Cost Containment System (AHCCCS), Arizona’s state Medicaid agency, launched its Whole Person Care Initiative to focus on the social factors that have an impact on individual health and well-being, such as housing, employment, criminal justice, non-emergency transportation, and home and community-based services interventions. As part of the Whole Person Care Initiative strategy, AHCCCS partnered with Health Current to develop a technology solution that can support providers, health plans, community-based organizations (CBOs) and community stakeholders in meeting the healthcare and social-economic needs of Arizonans.

Health Current teamed with AHCCCS and, in collaboration with 2-1-1 Arizona (Solari), will implement a single, statewide closed loop referral system to address social determinants of health (SDOH) needs in Arizona. This new technology platform is designed to connect healthcare and community service providers to streamline the referral process, foster easier access to vital services and provide confirmation when social services are delivered.

Questions?

1-888-788-4408  
(TTY/TDY:711)

*Member Services  
can help*



# Community Resource Guide



## INTRODUCTION (continued)

### Arizona Complete Health-Complete Care Plan Member Services

**1-888-788-4408**, (TTY/TDY: **711**) - we are available 24 hours a day, seven days a week, 365 days a year. Website: **[azcompletehealth.com/completecare](https://azcompletehealth.com/completecare)**

### HELP IN ANOTHER LANGUAGE AND FOR THE DISABLED: HOW CAN I GET HELP?

The Member Handbook and Provider Directory are provided at no cost to you. If you need this Community Resource Guide, a handbook, provider directory, or other health information in another language or in an alternative format such as large font, audio or accessible pdf, please contact Member Services at **1-888-788-4408** or (TTY/TDY **711**). Or, visit us online at **[azcompletehealth.com/members/medicaid.html](https://azcompletehealth.com/members/medicaid.html)**.

Also, if you need an interpreter please call Member Services at **1-888-788-4408**, (TTY/TDY **711**) at least five (5) days before your medical appointment to arrange the language assistance in time for your appointments. There is no cost for the interpretation. You are not required to use family or friends to interpret for you, and in fact, we discourage this from happening. Qualified interpreters should be used for any language assistance needs.

# Community Resources

## TRIBAL MEMBERS

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona@Work Nineteen Tribal Nations</b>	Resource and information for everyone interested in Tribal workforce issues.	Statewide	<b>azntn.org/ 1-602-510-9671</b>
<b>First Things First</b>	First Things First provides grant funds, education and resources to community organizations that promote healthy development and learning of children birth to five. Strategies funded in tribal communities include family support, early language, and literacy development (including native languages), nutrition education, and health screenings.	Statewide	<b>www.firstthingsfirst.org/ Web-based</b>
<b>Inter Tribal Council of Arizona (ITCA)</b>	Inter Tribal Council of Arizona (ITCA) organizes and conducts seminars, workshops, conferences and public hearings to facilitate participation of tribal leaders in the formulation of public policy at all levels. The goal of ITCA is to ensure the self-determination of Indian tribal governments through their participation in the development of the policies and programs which affect their lives.	Statewide	<b>itcaonline.com/ 1-602-258-4822</b>
<b>Native American Connections</b>	Native American Connections provides culturally appropriate medical, behavioral health and housing programs. Services include general mental health and substance use treatment, residential substance use treatment and recovery program, family support and recovery coaching, native traditional healing practices and permanent supportive housing.	Central	<b>www.nativeconnections.org/ 1-602-254-3247</b>
<b>Native Americans for Community Action (NACA)</b>	Native Americans for Community Action (NACA) provides preventive wellness strategies and advocacy for Native peoples. Services include individual and group therapy, substance abuse counseling, traditional and western counseling, medication evaluation and management, and fitness and nutrition resources at the NACA Wellness Center.	Northern	<b>www.nacainc.org/ 1-928-526-2968</b>

# Community Resources

## TRIBAL MEMBERS (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Native Health</b>	Native Health provides holistic, patient-centered, culturally sensitive health and wellness programs. Services include primary medical care, pediatrics, prenatal, general dentistry and behavioral health.	Central	<b>www.nativehealthphoenix.org/ 1-602-279-5262</b>
<b>Phoenix Indian Center</b>	Phoenix Indian Center serves the American Indian community with culturally relevant youth services, language and cultural revitalization programs, education, and workforce development.	Central	<b>www.phxindcenter.org/ 1-602-264-6768</b>
<b>Three Precious Miracles</b>	Three Precious Miracles provides support and resources to foster families, kinship families, and licensing agencies to promote continued cultural and natural linkages to Native American foster youth. Services include care packages, mentorship, and support groups.	Statewide	<b>www.threepreciousmiracles.com/ 1-480-292-3040</b>
<b>Tucson Indian Center</b>	Tucson Indian Center serves the American Indian population by providing culturally relevant youth and elder services, workforce development, health and wellness programs, emergency assistance and cultural events and activities.	Southern	<b>www.ticenter.org 1-520-884-7131</b>
<b>Tohono O’odham Nation Health Care - San Xavier Clinic</b>	Tohono O’odham Nation Health Care - San Xavier Clinic provides primary outpatient care to members of the Tohono O’odham Nation and other eligible American Indians. Along with primary care, this clinic also provides prenatal care, pediatrics, pharmacy, physical therapy, optometry, general dentistry and social work services.	Southern	<b>www.tonhc.org 1-520-547-8140</b>

# Community Resources

## TRIBAL MEMBERS (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>San Xavier Co-op Farm</b>	The San Xavier Co-op Association and Farm are committed to healthy farming practices and growing traditional crops to support cultural and environmental values. This program also provides education on harvesting, preserving and cooking traditional wild foods of the Sonoran Desert. Catering services are available along with farm products that are made available for purchase.	Southern	<b><a href="http://www.sanxaviercoop.org">www.sanxaviercoop.org</a> 1-520-295-3774</b>
<b>San Carlos Apache Healthcare Corporation</b>	Provides primary care services to eligible persons on or near the San Carlos Apache Reservation. Services include primary care, emergency department, physical therapy, podiatry, dental services, etc.	Southern	<b><a href="http://www.scahealth.org">www.scahealth.org</a> 1-928-475-1400</b>
<b>Parker Indian Health Center</b>	Provides primary care services to eligible persons on or near the Colorado River Indian Tribes Reservation. Services include primary care, emergency department, physical therapy, dental services, etc. See website for details.	Southern	<b><a href="http://www.ihs.gov/phoenix/healthcarefacilities/coloradoriver/">www.ihs.gov/phoenix/healthcarefacilities/coloradoriver/</a> 1-928-669-2571</b>
<b>Phoenix Indian Medical Center</b>	Provides primary care and specialty services to eligible persons in the Phoenix IHS service area. Services include primary care, emergency department, physical therapy, dental services, podiatry, etc. See website for details.	Central	<b><a href="http://www.ihs.gov/phoenix/healthcarefacilities/phoenix/">www.ihs.gov/phoenix/healthcarefacilities/phoenix/</a> 1-602-263-1200</b>
<b>Fort Yuma Indian Health Center</b>	Provides primary care services to eligible persons on or near Yuma, AZ. Services include primary care, emergency department, physical therapy, dental care, pharmacy, radiology, behavioral health, etc. See website for details.	Southern	<b><a href="http://www.ihs.gov/phoenix/healthcarefacilities/fortyuma/">www.ihs.gov/phoenix/healthcarefacilities/fortyuma/</a> 1-760-572-4100</b>

## GENERAL RESOURCES

Organization	Organization Description	Region	Website & Phone Number
<b>211 Arizona (Community Information and Referral Services)</b>	Arizona 211 links individuals and families to vital community services throughout Arizona. Resource listings include food pantries, clothing closets, utility assistance, housing, medical care, dental care, veteran and military services, disability related services, employment, and more.	Statewide	<b>211arizona.org/ Dial 2-1-1</b>
<b>Arizona Disability Benefits 101 (DB101)</b>	Arizona Disability Benefits 101 (DB101) is a free online resource that provides information on balancing disability benefits and work. Educational resources explain how income, benefits and health coverage may be affected if you go to work.	Statewide	<b>az.db101.org/ 1-800-772-1213 TTY 1-800-325-0778</b>
<b>Arizona Health Care Cost Containment System (AHCCCS)</b>	Arizona Health Care Cost Containment System (AHCCCS) is Arizona's Medicaid agency that offers health care programs to serve Arizona residents. Individuals must meet certain income and other requirements to obtain services. AHCCCS Complete Care (ACC) began on October 1, 2018. This new integrated system will join physical and behavioral health services to treat all aspects of our members' health care needs under a chosen health plan.	Statewide	<b>www.azahcccs.gov/ AHCCCS/Initiatives/ AHCCCSCompleteCare/ 1-800-654-8713</b>
<b>Arizona Poison Control System</b>	The Arizona Poison Control System is a 24/7 hotline providing accessible poison and medication related emergency treatment advice, referral assistance and comprehensive information on poisons and toxins, poison prevention and safe and proper use of medications.	Statewide	<b>azpoison.com/ 1-800-222-1222</b>
<b>Arizona Self Help</b>	Arizona Self Help is a free and easy resource that can help individuals identify up to 40 different health and human services programs and their eligibility guidelines. Try this website to see if your family might qualify for helpful benefits.	Statewide	<b>arizonaselfhelp.org/ 1-602-604-0640 Web-Based</b>



## GENERAL RESOURCES (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Smokers' Helpline (ASH)</b>	There are many health risks from smoking. If you are over 18 and are ready to quit smoking, help is available through the Arizona Smokers' Helpline (ASH). A "coach" will be assigned to you and provide you with education and support through weekly telephone calls throughout the quit process.	Statewide	<b>ashline.org/ 1-800-556-6222</b>
<b>Health-e-Arizona Plus</b>	Health-e-Arizona Plus is an online system created by Arizona Department of Economic Security (DES) and Arizona Health Care Cost Containment System (AHCCCS) that allows individuals to apply for AHCCCS health insurance, Kids Care, nutrition assistance, and cash assistance.	Statewide	<b>www.healthearizonaplus.gov 1-855-432-7587</b>
<b>Mental Health Resources Arizona</b>	Mental Health Resources in Arizona assists in finding Mental Health support services, information, treatment options, advocacy groups & Arizona Mental Health Rights. They provide a resource database for Peers, Caregivers and Providers to assist in their journey through the Arizona mental health system. With the aspiration to develop a strong mental health community where anyone who needs mental health services can find them easily and provide an honest review of the resources used.	Statewide	<b>mentalhealthresources.org/ Web-based</b>
<b>Mental Health America of Arizona</b>	Mental Health America of Arizona (MHA AZ) is Arizona's oldest organization dedicated to all aspects of mental health, mental illness and behavioral health disorders. Their work includes reducing the stigma associated with mental illness by helping people learn about all facets of mental health. Educational and advocacy work includes informing and guiding public officials and providers on mental health issues, and publishing up-to-date information about issues and topics impacting our community.	Statewide	<b>www.mhaarizona.org/ 1-602-576-4828</b>

# Community Resources

## GENERAL RESOURCES (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>The National Alliance on Mental Illness (NAMI)</b>	The National Alliance on Mental Illness (NAMI), is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. They offer educational programs, support advocacy efforts benefiting individuals with a mental illness and their families and operate a free help line for information and referral services.	Statewide	<b>www.nami.org/home</b> <b>1-888-999-6264</b>
<b>Prevent Child Abuse Arizona (PCA)</b>	Prevent Child Abuse Arizona (PCA) provides training, parenting education and prevention services to families, foster parents, child welfare professionals, social service providers, law enforcement, court personnel and the public. Prevent Child Abuse Arizona is one of 50 state chapters of Prevent Child Abuse America.	Statewide	<b>pcaaz.org/</b> <b>1-928-445-5038</b> <b>1-602-255-5540</b>

## ADVOCACY ORGANIZATIONS

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Center for Disability Law</b>	The Arizona Center for Disability Law (ACDL) is a not for profit public interest law firm, dedicated to protecting the rights of individuals with physical, mental, psychiatric, sensory and cognitive disabilities. They focus primarily on those cases in which individuals have nowhere else to go for legal support. They provide information, outreach and training on legal rights and self-advocacy, represent individuals in negotiations, administrative proceedings and court, and investigate abuse and neglect.	Statewide	<b>www.azdisabilitylaw.org/</b> <b>1-602-274-6287</b> <b>1-800-927-2260</b>
<b>Children's Action Alliance (CAA)</b>	Children's Action Alliance is an independent voice for Arizona children at the state capitol and in the community. CAA works to improve children's health, education, and security through information and action.	Statewide	<b>azchildren.org</b> <b>1-602-266-0707</b>

## ADVOCACY ORGANIZATIONS (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Mental Health America of Arizona</b>	Mental Health America of Arizona (MHA AZ) is Arizona's oldest organization dedicated to all aspects of mental health, mental illness and behavioral health disorders. Their work includes reducing the stigma associated with mental illness by helping people learn about all facets of mental health. Educational and advocacy work includes informing and guiding public officials and providers on mental health issues, and publishing up-to-date information about issues and topics impacting our community.	Statewide	<b>www.mhaarizona.org/ 1-602-576-4828</b>
<b>The National Alliance on Mental Illness (NAMI)</b>	The National Alliance on Mental Illness (NAMI), is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. They offer educational programs, support advocacy efforts benefiting individuals with a mental illness and their families and operate a free help line for information and referral services.	Statewide	<b>www.nami.org/home 1-888-999-6264</b>
<b>Prevent Child Abuse Arizona (PCA)</b>	Prevent Child Abuse Arizona (PCA) provides training, parenting education and prevention services to families, foster parents, child welfare professionals, social service providers, law enforcement, court personnel and the public. Prevent Child Abuse Arizona is one of 50 state chapters of Prevent Child Abuse America.	Statewide	<b>pcaaz.org/ 1-928-445-5038 1-602-255-5540</b>

## BEHAVIORAL HEALTH

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Complete Health-Complete Care Plan</b>	Arizona Complete Health-Complete Care Plan serves as the Regional Behavioral Health Authority in southern Arizona.	Statewide	<b>www.azcompletehealth.com/ 1-888-688-4222</b>

# Community Resources

## BEHAVIORAL HEALTH (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Opioid Assistance and Referral Line</b>	Arizona Opioid Assistance and Referral Line is a free confidential hotline staffed by local medical experts that offer patients, providers, and family members opioid information, resources and referral 24/7. Translation services available.	Statewide	<b><a href="http://www.azdhs.gov/oarline/">www.azdhs.gov/oarline/</a> <b>1-888-688-4222</b></b>
<b>Crisis Line</b>	Confidential behavioral health crisis line, available 24 hours a day, 7 days a week.	Southern	<b><a href="http://www.azcompletehealth.com/members/medicaid.html">www.azcompletehealth.com/members/medicaid.html</a></b>  Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz, Yuma Counties or on the San Carlos Apache Reservation: <b>1-866-495-6735;</b>  Gila County: <b>1-877-756-4090;</b>  Tohono O’Odham Nation: <b>1-844-423-8759</b>  Maricopa County: <b>1-800-631-1314</b>
<b>Crisis Response Center - Tucson</b>	The Crisis Response Center (CRC) provides 24/7 access to mental health and substance use services for youth young (age 0-17) and adults (18+).	Southern	<b><a href="http://www.bannerhealth.com/locations/tucson/banner-university-medicine-crisis-response-center-district">www.bannerhealth.com/locations/tucson/banner-university-medicine-crisis-response-center-district</a> <b>1-520-301-2400</b></b>
<b>HOPE Incorporated</b>	HOPE is a Peer and Family Run Specialty Provider of behavioral health services. Every employee at HOPE is either a peer for a family member who is dedicated to a unique model of service delivery that focuses on a team approach to recovery. HOPE is an Arizona Complete Health-Complete Care Plan Center of Excellence for Peer Support Services.	Southern	<b><a href="http://hopearizona.org/index.php/2015-11-06-23-02-24">hopearizona.org/index.php/2015-11-06-23-02-24</a> <b>1-520-770-1197</b></b>
<b>Dump the Drugs AZ</b>	Dump the Drugs AZ provides a step by step guide on where to find drop box locations to dispose of unused or unwanted prescription drugs.	Statewide	<b><a href="http://www.azdhs.gov/gis/dump-the-drugs-az/">www.azdhs.gov/gis/dump-the-drugs-az/</a> <b>Web-based</b></b>

# Community Resources

## BEHAVIORAL HEALTH (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Mental Health Resources Arizona</b>	Mental Health Resources in Arizona assists in finding Mental Health support services, information, treatment options, advocacy groups & Arizona Mental Health Rights. They provide a resource database for Peers, Caregivers and Providers to assist in their journey through the Arizona mental health system. With the aspiration to develop a strong mental health community where anyone who needs mental health services can find them easily and provide an honest review of the resources used.	Statewide	<b>mentalhealthresources.org</b> <b>Web-based</b>
<b>Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline</b>	SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.	Statewide	<b>www.samhsa.gov/find-help/national-helpline</b> <b>1-800-662-4357</b>
<b>Warm Line</b>	The Warm Line is a confidential, non-emergency phone line that offers access to Peer Support operators who have first-hand experience living with mental illness or substance abuse.	Southern	<b>hopearizona.org/index.php/services/61-programs/175-warm-line</b> <b>1-520-770-9909</b> (Pima County); <b>1-844-733-3312</b> (all other Southern Arizona Counties)
<b>Tribal Warm Line</b>	The Warm Line is a confidential, non-emergency phone line that offers access to American Indian Peer Support operators who have first-hand experience living with mental illness or substance abuse.	Southern	<b>www.azcompletehealth.com/members/medicaid/crisis-intervention-services.html</b> <b>1-855-728-8630</b>

# Community Resources

## CHILDREN'S HEALTH & WELLNESS

Organization	Organization Description	Region	Website & Phone Number
Arizona Department of Education: Exceptional Student Services (ESS)	Exceptional Student Services (ESS) monitors schools for compliance with the Individuals with Disabilities Education Act (IDEA), and provides professional training and education to schools to support children with disabilities. Parents can find school identification guides, assistive technology resources and resource and referral guide organized by category.	Statewide	<a href="http://www.azed.gov/specialeducation/">www.azed.gov/specialeducation/</a> <b>1-602-542-5393</b> <b>1-800-352-4558</b>
Arizona Department of Health Services Pregnancy and Breastfeeding Hotline	The Arizona Department of Health Services Pregnancy and Breastfeeding Hotline provides 24/7 support and answers to breastfeeding questions by trained experts. In addition to the hotline individuals can visit the website to learn more about breastfeeding including breastfeeding support supplies offered through insurance companies, workplace accommodations for nursing mothers and more.	Statewide	<a href="http://www.azdhs.gov/prevention/nutrition-physical-activity/breastfeeding/index.php#24-hr-bf-hotline">www.azdhs.gov/prevention/nutrition-physical-activity/breastfeeding/index.php#24-hr-bf-hotline</a> <b>1-800-833-4642</b>
Arizona Early Intervention Program (AZEIP)	The Arizona Early Intervention Program (AZEIP) is Arizona's statewide interagency system of services and supports for families of infants and toddlers, birth to three years of age, with disabilities or delays. Services include home visitation programs, Early Head Start, and a resource and referral guide.	Statewide	<a href="https://des.az.gov/services/disabilities/developmental-infant">https://des.az.gov/services/disabilities/developmental-infant</a> <b>1-602-532-9960</b>
Arizona Information Program	The Arizona Immunization Program provides information and resources, including vaccine schedules and where to find vaccines for adults and children.	Statewide	<a href="http://www.azdhs.gov/preparedness/epidemiology-disease-control/immunization/index.php#get-vaccinated">www.azdhs.gov/preparedness/epidemiology-disease-control/immunization/index.php#get-vaccinated</a> <b>1-602-364-3630</b>
Arizona Supplemental Nutrition Program for Women, Infants and Children (WIC)	The Arizona Supplemental Nutrition Program for Women, Infants and Children (WIC) provides nutrition education and breastfeeding support services, supplemental nutritious foods and referrals to health and social services. WIC serves pregnant, breastfeeding and postpartum women; infants; and children under age 5.	Statewide	<a href="http://www.azdhs.gov/prevention/azwic/index.php/">www.azdhs.gov/prevention/azwic/index.php/</a> <b>1-602-542-1025</b>

# Community Resources

## CHILDREN'S HEALTH & WELLNESS (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Birth to Five Helpline</b>	The Birth to Five Helpline is a free service open to all Arizona families with young children looking for the latest child development information from experts in the field. Professionals may also take advantage of this service. Call the Helpline to speak with one of our bilingual (English/Spanish) early childhood specialists, on duty Monday through Friday from 8:00 a.m. to 8:00 p.m. You can also leave a voicemail, complete our online contact form (below), or text the Helpline 24 hours a day, seven days a week.	Statewide	<b><a href="http://www.swhd.org/programs/health-and-development/birth-to-five-helpline/">www.swhd.org/programs/health-and-development/birth-to-five-helpline/</a></b> <b>1-602-266-5976</b> <b>1-877-705-5437</b>
<b>DES Child Care Services</b>	The Department of Economic Security provides child care assistance and resources for parents, care givers, and childcare providers.	Statewide	<b><a href="https://des.az.gov/services/child-and-family/child-care">https://des.az.gov/services/child-and-family/child-care</a></b> <b>1-800-882-4151</b>
<b>Head Start</b>	Head Start provides comprehensive education, health, nutrition and family services to low income children and their families. Programs are available throughout Arizona and can be found on the Head Start website.	Statewide	<b><a href="http://azheadstart.org/index.php">azheadstart.org/index.php</a></b> <b>1-602-338-0049</b>
<b>Family Involvement Center</b>	The Family Involvement Center is a family-run organization that provides support and resources for families dealing with emotional, physical, or behavioral challenges. The Family Involvement Center is an Arizona Complete Health-Complete Care Plan Center of Excellence in Family Support Services.	Statewide	<b><a href="http://www.familyinvolvementcenter.org/help-me/get-support-now">www.familyinvolvementcenter.org/help-me/get-support-now</a></b> <b>1-877-568-8468</b>
<b>MIKID</b>	MIKID improves the behavioral health and wellness of children and youth through a family-centered approach. MIKID provides family support, youth services, suicide prevention, a transition aged-youth program, and training. MIKID is an Arizona Complete Health-Complete Care Plan Center of Excellence in Family Support Services.	South	<b><a href="http://www.mikid.org/locations/">www.mikid.org/locations/</a></b> Casa Grande office: <b>1-520-509-6669;</b> Yuma Office: <b>1-928-344-1983</b>

# Community Resources

## CHILDREN’S HEALTH & WELLNESS (continued)

Organization	Organization Description	Region	Website & Phone Number
Raising Special Kids	Raising Special Kids exists to improve the lives of children with the full range of disabilities, from birth to age 26. Services include The Parent Training and Information Center (PTI), center to educate parents about resources available through Individuals with Disability Education Act (IDEA), youth transition supports and positive behavior support therapy.	Statewide	<b>raisingspecialkids.org</b> <b>1-602-242-4366</b> <b>1-800-237-3007</b>
Strong Families AZ Safe Care Program	Strong Families AZ Safe Care program uses a nationally recognized weekly home visitation model that supports parents in learning skills from core focus areas including parent-child interaction, health and home safety. All services are offered for free. Must have a child birth to 5 years old to participate.	Statewide	<b>strongfamiliesaz.com/ program/safecare/ Web-based</b>

## EMPLOYMENT

Organization	Organization Description	Region	Website & Phone Number
Arizona@Work	Arizona@Work is the statewide workforce development network, focused on expanding our state's workforce by matching employers with job seekers. Arizona@Work has various programs and services to assist job seekers including job search resources, resume writing, computer classes, vocational rehabilitation programs and apprenticeships.	Statewide	<b>arizonaatwork.com/</b> <b>1-602-861-0208</b> North <b>1-623-245-6200</b> West <b>1-602-771-0630</b> South
Arizona Disability Benefits 101	Disability Benefits 101 helps people with disabilities understand the connection between work and benefits. Resources include information and estimators that helps members plan and set goals for work.	Statewide	<b>az.db101.org/about.htm</b> <b>Web-Based</b>



# Community Resources

## EMPLOYMENT (continued)

Organization	Organization Description	Region	Website & Phone Number
Goodwill	Goodwill organizations assists people who need jobs, need better jobs and are seeking new skills to launch careers with supports and resources to achieve their employment goals. Services include career planning, resume writing, interview skills and job related resources (transportation, childcare, professional clothing).	Statewide	<a href="http://www.goodwill.org/jobs-training/">www.goodwill.org/jobs-training/</a> <b>1-602-535-4000</b>
St. Joseph the Worker	St. Joseph the Worker assists homeless, low-income and other disadvantaged individuals in their efforts to become self-sufficient through quality employment. Services offered include one-on-one employment coaching, transportation assistance, uniform assistance, food handler cards, safety and select certification fees and interview preparation.	Central	<a href="http://sjwjobs.org/">sjwjobs.org/</a> <b>1-844-759-5627</b>
Vocational Rehabilitation (DES VR Program)	Vocational Rehabilitation program provides a variety of services to persons with disabilities, with the ultimate goal to prepare for, enter into, or retain employment.	Statewide	<a href="http://des.az.gov/services/employment/rehabilitation-services/vocational-rehabilitation">des.az.gov/services/employment/rehabilitation-services/vocational-rehabilitation</a> <b>1-800-563-1221</b>
Mesa Community Action Network (Mesa CAN)	Mesa CAN helps low-income households with a number of services including job search help, resume building and interview preparation.	Central	<a href="http://www.turnanewleaf.org/">www.turnanewleaf.org/</a> <b>1-480-969-4024</b>

## FOOD RESOURCES

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Food Bank Network</b>	The Arizona Food Bank Network, formerly known as the Arizona Association of Food Banks, is a private non-profit organization that assists five regional food banks and nearly 1,200 food pantries in coordinating the rescue, transportation and distribution of food. Their user friendly website provides information and resources to help individuals with food insecurity. Resources include a tool to direct individuals to the nearest food bank/pantry by zip code, information about SNAP benefits and a listing of local/national food assistance programs.	Statewide	<b>azfoodbanks.org/ 1-602-528-3434</b>
<b>Community Food Bank of Southern Arizona</b>	The Community Food Bank of Arizona provides food boxes, food pantries, community gardens, and assistance with SNAP applications.	South	<b>www.communityfoodbank.org/Get-Help 1-520-622-0525</b>
<b>Nourish Phoenix</b>	ICM Food and Clothing bank has provided services to working poor individuals and families since the 1980's. Programs and services are available for residents of Maricopa County and include emergency food, clothing, application assistance for state and federal programs, and educational classes (financial literacy, healthy eating, and preparing for job interviews).	Central	<b>nourishphx.org/ 1-602-254-7450</b>
<b>Desert Mission Food Bank</b>	Desert Mission offers several free and reduced cost food programs, education, and resource and referral services.	Central	<b>www.desertmission.com/ programs/food-bank/ 1-620-870-6062</b>
<b>Yuma Community Food Bank</b>	The Yuma Community Food Bank provides free, monthly food assistance to families, individuals, and seniors.	South	<b>www.yumafoodbank.org/ get-help.html 1-928-343-1243</b>

## FOSTER CARE ADOPTION

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Association for Foster and Adoptive Parents</b>	The Arizona Association for Foster and Adoptive Parents was founded in 2003 to serve the foster, adoptive and kinship families who care for Arizona's most vulnerable children. They are all volunteers, foster and adoptive parents. They work in partnership with child welfare professionals and the community to support, educate, empower and provide a unified voice for Arizona's foster and adoptive families. The website includes membership information, resources and a list of events.	Statewide	<b><a href="http://www.azafap.org/">www.azafap.org/</a> 1-602-884-1801</b>
<b>Arizona's Children Association</b>	Arizona's Children Association is the largest foster care provider in the state; providing training and support to foster care families. The organization assists foster families in navigating the behavioral health and child welfare systems. Additionally, they collaborate with adoption placement agencies and provide a variety of adoption related services.	Statewide	<b><a href="http://www.arizonaschildren.org/">www.arizonaschildren.org/</a> 1-800-944-7611</b>
<b>Arizona Department of Child Safety - Adoption</b>	The Arizona Department of Child Safety Adoption website provides an overview of a child's journey to adoption, requirements to adopt, how to initiate the adoption process and how an adoptive home is selected.	Statewide	<b><a href="http://dcs.az.gov/adoption">dcs.az.gov/adoption</a> 1-602-255-2500</b>
<b>Arizona Department of Child Safety - Steps for Becoming a Foster Parent</b>	Arizona Department of Child Safety - Steps for Becoming a Foster Parent website is a comprehensive guide to becoming a foster parent in Arizona. The website includes an orientation video, foster care information session events and resources.	Statewide	<b><a href="http://dcs.az.gov/foster">dcs.az.gov/foster</a> 1-877-543-7633</b>
<b>Arizona Friends of Foster Children Foundation</b>	Arizona Friends of Foster Children Foundation offers tuition waivers to children who are 16-years-old and currently in care; were adopted from foster care after they were 16-years-old; or are currently in foster care and are 16-years-old or older. Children must be Arizona residents to apply. Additional services include funding for summer camps, swim lessons, baseball, music classes and more fun activities.	Statewide	<b><a href="http://www.affcf.org/scholarships/">www.affcf.org/scholarships/</a> 1-602-252-9445</b>

## FOSTER CARE ADOPTION (continued)

Organization	Organization Description	Region	Website & Phone Number
Arizona Kids Consortium	Arizona Kids Consortium is Arizona Commission Corporation established for coordinating the recruitment of foster and adoptive homes in Maricopa County. Comprised of about 20 licensing agencies contracted with the Department of Child Safety. The website includes information for individuals considering fostering or adoption, as well as information for those interested in foster advocacy efforts.	Central	<a href="http://www.azkidsconsortium.com/">www.azkidsconsortium.com/</a> <b>1-877-543-7633</b>
DCS Warmline	Resources for Foster Parents and Kinship caregivers.	Statewide	<a href="http://dcs.az.gov/about/contact">dcs.az.gov/about/contact</a> <b>1-877-543-7633, option 3</b>
Fostering Advocates Arizona	Fostering Advocates Arizona provides information, resources and support for youth transitioning out of the foster care system. The website includes an extensive resource library and a guide to obtaining health insurance coverage.	Statewide	<a href="http://www.fosteringadvocatesarizona.org/who-we-are/">www.fosteringadvocatesarizona.org/who-we-are/</a> <b>1-602-266-0707 X211</b>
Mercy Care DCS CHP	Mercy Care DCS Comprehensive Health Plan covers medical, dental, and behavioral health services for children in foster care.	Statewide	<a href="http://www.mercycareaz.org/become/join-chp">www.mercycareaz.org/become/join-chp</a> <b>1-602-212-4983</b>

## HOUSING

Organization	Organization Description	Region	Website & Phone Number
ABC Housing	Arizona Behavioral Health Corporation (ABC Housing) is the state-wide AHCCCS Housing Administrator.	Statewide	<a href="http://azabc.org/housing-advocate/">azabc.org/housing-advocate/</a> <b>1-602-712-9200</b>
Community Resource Referral Center (CRRC)	CRRCs provide Veterans who are homeless and at risk of homelessness with one-stop access to community-based, multi-agency services to promote permanent housing, health and mental health care, career development and access to VA and non-VA benefits.	Central	<a href="http://www.va.gov/HOMELESS/crrc.asp">www.va.gov/HOMELESS/crrc.asp</a> <b>1-800-698-2411</b>

# Community Resources

## HOUSING (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Family Housing Hub</b>	The Family Housing Hub connects families, with minor dependent children who are experiencing homelessness, to homeless services.	Central	<a href="https://www.fhhub.org/">https://www.fhhub.org/</a> <b>1-602-595-8700</b>
<b>Human Services Campus</b>	The Human Services Campus is a collaborative of 16 partner organizations with the shared outcome of ending homelessness. The campus has multiple services that include healthcare, legal assistance, ID & postal services, employment, emergency shelter, daily meals and permanent housing.	Central	<a href="https://hsc-az.org/">hsc-az.org/</a> <b>1-602-282-0853</b>
<b>A New Leaf East Valley Men's Shelter</b>	A New Leaf's East Valley Men's Center (EVMC) provides shelter and support services to single men, the largest homeless population in Arizona, and the population that struggles most to find assistance. EVMC assists men as they re-integrate into the community with safe and stable housing, and provides the tools to maintain self-sufficiency. EVMC works with residents to build a personalized plan to foster physical and mental health, financial independence, and social responsibility. The program provides comprehensive services and customized strategies for each resident.	Central	<a href="http://www.turnanewleaf.org/">www.turnanewleaf.org/</a> <b>1-480-969-4024</b>
<b>Tucson Pima Collaboration To End Homelessness</b>	TPCH is a coalition of community and faith-based organizations, government entities, businesses and individuals committed to the mission of ending homelessness. TPCH provides resources for eviction prevention, housing assessments, and shelter beds.	South	<a href="http://tpch.net/resources/">tpch.net/resources/</a>

# Community Resources

## INDIVIDUALS WITH ASD

Organization	Organization Description	Region	Website & Phone Number
<b>The Arc's Autism NOW Center</b>	The Autism NOW Center provides high quality resources and information in core areas across the lifespan to individuals with Autism Spectrum Disorders (ASD) and other developmental disabilities, their families, caregivers, and professionals in the field. Focus areas include early detection, Early intervention, and Early education; Transition from high school into early adulthood; Community based employment; Advocacy for families and self-advocates; and Networking in local, state, and national arenas.	Statewide	<b>autismnow.org/ 1-602-234-2721</b>
<b>Arizona Autism Coalition</b>	The Arizona Autism Coalition improves the lives of individuals with Autism Spectrum Disorder and their families in Arizona by sharing resources and affecting autism systems reform through statewide collaboration and advocacy. The Coalition goals and objectives are designed to provide and support an inclusive membership organization for all service providers and families affected by autism in Arizona. The Coalition has selected priorities, which include:  Advocating jointly for better services and improved quality of life for persons with ASDs at the city, state, and federal levels.  Educating professionals who interface with affected children.  Identifying gaps in reaching those who would utilize training.	Statewide	<b>www.azautism.org/ Web-based</b>
<b>Arizona Technology Access Program</b>	Arizona Technology Access program assists individuals with disabilities to obtain assistive technology. Services include short term lending program of assistive technology devices, financial assistance to purchase assistive technology devices, consultation to assist in device selection, assistive technology device training, education, and technical assistance.	Statewide	<b>aztap.org/ 1-602-728-9534 1-800-477-9921</b>

# Community Resources

## INDIVIDUALS WITH ASD (continued)

Organization	Organization Description	Region	Website & Phone Number
Autism Speaks	Autism Speaks is dedicated to promoting solutions for the needs of individuals with autism and their families through advocacy and support, increased understanding and acceptance and research into causes and better interventions for Autism Spectrum Disorder (ASD).	Statewide	<a href="http://www.autismspeaks.org/">www.autismspeaks.org/</a> <b>Web-based</b>
Arizona Soccer Association TOPSoccer	TOPSoccer (The Outreach Program for Soccer) is a community based program for children and young adults with physical and/or intellectual disabilities. The program is designed for ages 5 and older and is geared toward player development and participation.	Statewide	<a href="http://www.azsoccerassociation.org/programs/topsoccer/">www.azsoccerassociation.org/programs/topsoccer/</a> <b>1-602-433-9202</b>
PAL	Online resource that includes digital guides and on-site resources that assist individuals with autism and related non-visible intellectual experience to prepare for community outings. Resources are based in behavioral therapy and reduce anxiety and communication barriers for those with sensory sensitivities. Organizations can also participate in training to become PAL Places. A listing of PAL Places is available on the website.	Statewide	<a href="http://www.palexperiences.org/">www.palexperiences.org/</a> <b>Web-based</b>
Raising Special Kids	Raising Special Kids exists to improve the lives of children with the full range of disabilities, from birth to age 26, by providing support, training, information and individual assistance so families can become effective advocates for their children.	Statewide	<a href="http://raisingspecialkids.org/">raisingspecialkids.org/</a> <b>1-602-242-4366</b> <b>1-800-237-3007</b>
Touchstone Health Services	Touchstone's Center of Excellence provides evidenced services, education, collaboration with services providers, community education to ensure the best behavioral and physical healthcare for members. Touchstone's Autism Center of Excellence is an Arizona Complete Health-Complete Care Plan Center of Excellence.	South	<a href="http://touchstonehs.org/autism-center-of-excellence/">touchstonehs.org/autism-center-of-excellence/</a> <b>1-866-207-3882</b>

# Community Resources

## INDIVIDUALS WITH ASD (continued)

Organization	Organization Description	Region	Website & Phone Number
Southwest Autism Center of Excellence	Southwest Autism Center of Excellence serves Autism Spectrum Disorder (ASD) members throughout their life span and promotes high quality community-based services that are tailored to each member and family. Southwest Autism Center of Arizona is an Arizona Complete Health-Complete Care Plan Center of Excellence.	Central	<a href="http://www.sbhservices.org/southwest-autism-center">www.sbhservices.org/southwest-autism-center</a> <b>1-602-265-8338</b>

## DEVELOPMENTAL DISABILITIES

Organization	Organization Description	Region	Website & Phone Number
The Arc Arizona	The Arc of Arizona advocates for the rights and full community participation of all people with intellectual and developmental disabilities. The Arc provides a comprehensive resource and referral list including child development, education, employment, housing and family and caregiver support services.	Statewide	<a href="http://arcarizona.org/">arcarizona.org/</a> <b>1-602-234-2721</b>
Arizona Department of Economic Security Division of Developmental Disabilities	The Arizona Department of Economic Security (DES), Division of Developmental Disabilities (DDD) is a state agency that provides supports and services that help enable individuals with opportunities to exercise their rights and responsibilities of independent decision-making and engagement in the community.	Statewide	<a href="http://des.az.gov/services/disabilities/developmental-disabilities">des.az.gov/services/disabilities/developmental-disabilities</a> <b>1-844-770-9500</b>
Arizona Long Term Care System (ALTCS)	ALTCS is an Arizona Medicaid program that is designed to help fixed income seniors and other disabled individuals afford the care that they need.	Statewide	<a href="https://www.azahcccs.gov/Members/GetCovered/Categories/nursinghome.html">https://www.azahcccs.gov/Members/GetCovered/Categories/nursinghome.html</a> <b>1-800-564-5465</b> Central AZ <b>1-800-322-8670</b> Northern AZ <b>1-502-205-8600</b> Southern AZ



# Community Resources

## DEVELOPMENTAL DISABILITIES (continued)

Organization	Organization Description	Region	Website & Phone Number
Arizona Soccer Association TOPSoccer	TOPSoccer (The Outreach Program for Soccer) is a community based program for children and young adults with physical and/or intellectual disabilities. The program is designed for ages 5 and older and is geared toward player development and participation.	Statewide	<b>www.azsoccerassociation.org/programs/topsoccer/</b> <b>1-602-433-9202</b>
AZ Links	AZ Links is a resource and referral website specializing in issues of aging and disability. The website is maintained by Arizona Department of Economic Security, Division of Aging and Adult Services.	Statewide	<b>azdaars.getcare.com/consumer/</b> <b>Web-based</b>
Raising Special Kids	Raising Special Kids exists to improve the lives of children with the full range of disabilities, from birth to age 26, by providing support, training, information and individual assistance so families can become effective advocates for their children.	Statewide	<b>raisingspecialkids.org/</b> <b>1-602-242-4366 Phoenix AZ</b>

## LGBTQIA+

Organization	Organization Description	Region	Website & Phone Number
Homepage   GLSEN	GLSEN works to ensure that every K-12 LGBTQ student is able to learn and grow in a school environment free from bullying and harassment. GLSEN provides various tools including education and assistance to develop supportive educators, comprehensive policies and inclusive curriculum.	Statewide	<b>www.glsen.org/</b> <b>Web-based</b>
El Rio Health	El Rio provides affirming, respectful, and quality healthcare to the Pediatric and Adult Transgender and Gender Non-Comforming communities and well as LGBTQ patients.	South	<b>www.elrio.org/transgender-medicine/</b> <b>1-520-670-3909</b>

# Community Resources

## LGBTQIA+ (continued)

Organization	Organization Description	Region	Website & Phone Number
One N Ten	One N Ten is a non-profit organization dedicated to serving and assisting lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth ages 14 to 24. Services include weekly discussion groups, social networking events, life skills training and assistance in obtaining a high school diploma.	Statewide	<a href="http://oneten.org/">oneten.org/</a> <b>1-602-400-2601 X2</b>
Old Lesbians Organizing for Change	Old Lesbians Organizing for Change is an organization dedicated to preserving and enhancing the lesbian voice as well as increasing lesbian visibility. They strive to eliminate the oppression of ageism and stand in solidarity against all oppression.	Statewide	<a href="http://oloc.org/">oloc.org/</a> <b>1-888-706-7506</b>
Phoenix Children's Hospital Gender Support Program	Phoenix Children's Hospital Gender Support Program provides outpatient services that support the physical, mental and social health of gender expansive children and youth, and their families as they progress through gender identity development. Programs and services include medical consultations, readiness evaluations and referrals to experienced mental health providers.	Statewide	<a href="http://www.phoenixchildrens.org/centers-programs/gender-support-program">www.phoenixchildrens.org/centers-programs/gender-support-program</a> <b>1-602-933-0659</b>

## INTERNET

Organization	Organization Description	Region	Website & Phone Number
Arizona Commerce Authority	The Arizona Commerce Authority has resource information on tools to access broadband at home to include, but not limited to: locating service providers, carrier special offers, eligibility for a low-cost plan, locate public wireless internet hotspots and instructions on using the cellphone a Wi-Fi hotspot.	Statewide	<a href="http://care1staz.com/az/PDF/provider/covid/2020/Broadband%20Resources%20for%20Families.pdf">care1staz.com/az/PDF/provider/covid/2020/Broadband%20Resources%20for%20Families.pdf</a> <b>1-512-270-0727</b>

# Community Resources

## INTERNET (continued)

Organization	Organization Description	Region	Website & Phone Number
Arizona Together	A newly create website from the Governor's Office to ensure Arizonans have access to the resources they need as we work to get our state through the COVID-19 outbreak. Resource information includes low cost internet service.	Statewide	<b>arizonatogether.org/ Web-based</b>
Connect Arizona	Connect Arizona provides an interactive map of locations where individuals can use free wi-fi. The locations on this map represent free public WiFi hotspots at public libraries, schools, businesses, and other sites. Some sites may offer indoor public access during business hours, others provide access in the parking lot only. Each hotspot will have its own security protocol. Some networks may have Children's Internet Protection Act (CIPA) safe security installed.	Statewide	<b>https://connect-arizona.com/ 1-602-529-1519</b>

## LOW COST DENTAL

Organization	Organization Description	Region	Website & Phone Number
A.T. Still University	A.T. Still is Arizona's first university-affiliated dental clinic. They offer compassionate, personal care with affordable fees. Services include general treatments, pediatric dentistry, orthodontics, periodontal treatment and a special needs dental clinic.	Central	<b>www.atsu.edu/arizona-school-of-dentistry-and-oral-health/dental-clinics 1-480-219-6000</b>
Arizona Boys and Girls Club of the Valley Bob and Renee Parsons Dental Clinic	The Bob and Renee Parsons Dental Clinic is a full service facility that provides dental services for children aged 5-18 who lack dental insurance and do not qualify for state assistance. The clinic also serves children living in foster care, group homes, detention centers and homeless shelters. Services include comprehensive oral examinations, x-rays, cleanings, extractions and emergency treatment.	Central	<b>www.bgcaz.org/parsons-dental-clinic/ 1-602-353-5435</b>

# Community Resources

## LOW COST DENTAL (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Carrington College Dental Clinic</b>	Carrington College offers a free dental clinic at their Mesa, AZ location. Services are provided by supervised students enrolled in the dental hygiene program. Services include x-rays and cleanings.	Central	<b>carrington.edu/mesa-dental-hygiene/ 1-480-717-3510</b>
<b>Canyonlands Healthcare</b>	Dental clinics provide routine checkups and cleanings as well as emergency services. They offer a reduced payment program for self-pay patients based on household income and family size.	South	<b>canyonlandschc.org/dental/ 1-877-645-9675</b>
<b>Chiricahua Community Health Centers, Inc. (CCHCI)</b>	CCHCI has a thriving dental program that offers comprehensive dental services throughout Cochise County.	South	<b>cchci.org/services/dental/ 1-520-364-1429</b>
<b>El Rio Health</b>	El Rio offers a wide range of general dental care to include urgent care, crowns, surgery, dentures, implants and more.	South	<b>www.elrio.org/contact-us/ 1-520-670-3909</b>
<b>Mariposa Community Health Center</b>	The Health Center's dentists offer a full array of dental services, including preventive, restorative, minor oral surgery, bridges, and cosmetic procedures.	South	<b>mariposachc.net/dental/ 1-520-375-5032</b>
<b>MHC Healthcare</b>	The Dental Department at MHC Healthcare provides preventive cleanings, restorative care, simple oral surgery, crowns, bridges, extractions, root canals, and gum disease care to adults and children.	South	<b>mhchealthcare.org/service/dental-care/ 1-520-616-6200</b>
<b>Mountain Park Health Center</b>	Mountain Park Health Centers provide dental services on a sliding fee scale. Dental services include cleanings, fillings, extractions and dental x-rays. Dental services are available at the Baseline, Maryvale and Christown clinics.	Central	<b>mountainparkhealth.org/what-we-do/ 1-602-243-7277</b>
<b>NOAH Dental Clinics</b>	NOAH Dental Clinics provide comprehensive, emergency, and preventive dental care on a sliding fee scale. Services include dental exams, x-rays, fluoride varnish, sealants, extractions, root canals, crowns and bridges.	Central	<b>noahhelps.org/services/dental/ 1-480-882-4545</b>

# Community Resources



## LOW COST DENTAL (continued)

Organization	Organization Description	Region	Website & Phone Number
Reduced Fee and Community Dental Clinics in Arizona	Arizona Department of Health Services list of low cost dental clinics.	Statewide	<a href="http://azdhs.gov/documents/prevention/womens-childrens-health/oral-health/reduced-fee-dental-clinics.pdf">azdhs.gov/documents/prevention/womens-childrens-health/oral-health/reduced-fee-dental-clinics.pdf</a>
Sunset Health	Sunset Health provides accessible, quality general dentistry services.	South	<a href="http://mysunsethealth.org/general-dentistry-providers/">mysunsethealth.org/general-dentistry-providers/</a> 1-928-819-8999

## LOW COST MEDICAL CLINICS

Organization	Organization Description	Region	Website & Phone Number
Sliding Fee Schedule Clinics	Arizona Department of Health Services website features an interactive tool to help individuals locate Sliding Fee Schedule Clinics (SFS) throughout Arizona that provide free or low cost primary care, mental and dental health services to individuals without health insurance.	Statewide	<a href="http://www.azdhs.gov/prevention/health-systems-development/sliding-fee-schedule/index.php#clinic-locations">www.azdhs.gov/prevention/health-systems-development/sliding-fee-schedule/index.php#clinic-locations</a> Web-based

## MEN'S HEALTH & FITNESS

Organization	Organization Description	Region	Website & Phone Number
Arizona Department of Health Services	Every man can take small steps to live a safer and healthier life. Many of these steps take little time and do not cost a thing. If you want to improve your health, you can start by protecting yourself from injury and illness. Being knowledgeable about men's health issues will impact the quality of your life. Paying attention to health concerns like heart disease, accident prevention and men's cancers, will help you live a longer, healthier life.	Statewide	<a href="http://azdhs.gov/audiences/index.php#men-home">azdhs.gov/audiences/index.php#men-home</a> Web-based

# Community Resources

## MEN'S HEALTH & FITNESS (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Prostate Cancer Coalition</b>	The Arizona Prostate Cancer Coalition is an inclusive statewide organization promoting awareness, education, early detection, effective treatment, and support for prostate cancer patients, their families and caregivers.	Statewide	<b><a href="http://www.azprostatecancercoalition.org/about">www.azprostatecancercoalition.org/about</a></b> <b>Web-based</b>
<b>Men's Health Network</b>	Men's Health Network (MHN) is a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health awareness and disease prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation.	Statewide	<b><a href="http://menshealthnetwork.org/about">menshealthnetwork.org/about</a></b> <b>Web-based</b>
<b>Men's Health Resource Center</b>	Men's Health Resource Center goals are to show men how health issues are interrelated. How being obese can affect your cardiovascular system. How successfully managing your diabetes can lead to a healthier life. How parenting and fatherhood can encourage you to live a more fulfilling lifestyle, not just for you but for your family.	Statewide	<b><a href="http://www.menshealthresourcecenter.com/">www.menshealthresourcecenter.com/</a></b> <b>Web-based</b>
<b>Pacific Post-Partum Support Society</b>	Postpartum depression and anxiety (PPD/A) isn't just for moms. About 10% of all new dads will experience PPD/A, and for those who have a partner coping with it as well, that number is as high as 25-50%. The depression can begin while the partner is still pregnant, but usually happens 3-6 months after birth. If you find yourself struggling after the birth of your baby, we are here to help.	Statewide	<b><a href="https://postpartum.org/services/dads/">https://postpartum.org/services/dads/</a></b> <b>1-415-346-6719</b>

# Community Resources

## SENIORS

Organization	Organization Description	Region	Website & Phone Number
<b>Adult Protective Services (APS)</b>	Adult Protective Services (APS) is a program within the Division of Aging and Adult Services responsible for investigating allegations of abuse, exploitation and neglect of vulnerable adults. Reports of vulnerable adult abuse can be reported to APS at 1-877-767-2385.	Statewide	<b><a href="https://des.az.gov/services/basic-needs/adult-protective-services">des.az.gov/services/basic-needs/adult-protective-services</a> <b>1-877-SOS-ADULT (1-877-767-2385)</b></b>
<b>Alzheimer's Association</b>	The Alzheimer's Association was founded by a group of family caregivers and individuals who recognized the need for an organization that would unite caregivers, provide supports those facing Alzheimer's and advance research into the disease. Services include a 24/7 helpline (800-272-3900), resources to identify dementia and caregiver support groups.	Statewide	<b><a href="http://www.alz.org/">www.alz.org/</a> <b>1-800-272-3900</b></b>
<b>Pima Council on Aging</b>	Pima Council on Aging provides reliable information about resources and services for older people and their families in Pima County.	Pima County	<b><a href="http://www.pcoa.org/">www.pcoa.org/</a> <b>1-520-790-7262</b></b>
<b>Area Agency on Aging, Region One</b>	Advocacy and resources for older adults.	Maricopa County	<b><a href="http://www.aaaphx.org/">www.aaaphx.org/</a> <b>1-602-264-2255</b></b>
<b>Area Agency on Aging, Region Five</b>	Advocacy and resources for older adults.	Pinal and Gila Counties	<b><a href="http://www.pgscsc.org/">www.pgscsc.org/</a> <b>1-520-836-2758</b></b>
<b>Area Agency on Aging, Region Four</b>	Advocacy and resources for older adults.	Mohave, La Paz, Yuma Counties	<b><a href="http://www.wacog.com/?action=gid_131">www.wacog.com/?action=gid_131</a> Mohave County: <b>1-928-753-6247;</b> La Paz and Yuma Counties: <b>1-928-782-1886</b></b>
<b>Area Agency on Aging, Region Six</b>	Advocacy and resources for older adults.	Cochise, Graham, Santa Cruz Counties	<b><a href="http://www.seago.org/?q=area-agency-aging">www.seago.org/?q=area-agency-aging</a> <b>1-520-432-2528</b></b>

# Community Resources

## SENIORS (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Indian Council on Aging</b>	The Arizona Indian Council on Aging promotes and advocates for the interests of the elderly population of the member Tribes of the Inter Tribal Council of Arizona, Inc.	Statewide	<b>itcaonline.com/programs/aging/arizona-indian-council-on-aging/</b> <b>1-602-258-4822</b>
<b>AZ Links</b>	AZ Links is a resource and referral website specializing in issues of aging and disability. The website is maintained by Arizona Department of Economic Security, Division of Aging and Adult Services.	Statewide	<b>azdaars.getcare.com/consumer/</b> <b>Web-based</b>
<b>Benevilla</b>	Benevilla offers free essential home services for older adults who may need extra help including: Grocery Shopping, Assisted Transportation to Essential Medical Appointments, Phone Pals Wellness Checks, and Emergency Errands. Your loved one will be invited to participate in physical, social and cognitive activities by our professional and compassionate staff. Instead of sitting home watching TV or sleeping, your loved one, will be encouraged to join in social and group activities.	Central	<b>https://benevilla.org</b> <b>1-623-584-4999 TTY 711</b>
<b>Duet Partners in Health &amp; Aging</b>	Since 1981, Duet has worked diligently to improve the quality of life for older adults across the Valley through its free-of-charge services to homebound adults, family caregivers, faith communities, and grand families. They are committed to giving individualized attention, respect, understanding and compassionate support.	Central	<b>duetaz.org/ask-for-help/</b> <b>1-602-274-5022</b>
<b>Mobile Meals of Southern Arizona</b>	Mobile Meals of Southern Arizona provides healthy, nutritious meals for people who are unable to drive, shop, or cook their own meals.	Southern	<b>www.mobilemealssoaz.org/</b> <b>1-520-622-1600</b>



## SENIORS (continued)

Organization	Organization Description	Region	Website & Phone Number
TCAA In-Home Care for Tempe Seniors	TCAA provides a spectrum of services designed to assist Tempe seniors in need of help to remain at home for as long as possible. Home-care is personal support that is provided at home. It is designed to prevent or delay an unnecessary move to a higher level of care. TCAA's cadre of Neighbors Helping Neighbors (our volunteer corps) help seniors with a range of activities that have become more difficult as they age; especially for those who have limited or no support systems to meet these needs. We connect residents in need with those who care. The program would not be possible without the ongoing involvement of volunteers.	Central	<b>tempeaction.org/what-we-do/senior-independence/neighbors-helping-neighbors.html</b> <b>1-480-422-8922</b>

## SEXUAL & DOMESTIC VIOLENCE SUPPORT

Organization	Organization Description	Region	Website & Phone Number
Arizona Coalition to End Sexual and Domestic Violence	Arizona Coalition to End Sexual and Domestic Violence provides direct services to victims and survivors of sexual and domestic violence. Programs and services are offered to increase public awareness about the issues of sexual and domestic violence, enhance the safety of and services for sexual and domestic violence victims and survivors, and end sexual and domestic violence in Arizona communities.	Statewide	<b>www.acesdv.org/</b> <b>1-602-279-2980</b> <b>1-800-799-7233</b>
Rape, Abuse and Incest National Network (RAINN)	RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE) in partnership with more than 1,000 local sexual assault service providers across the country. RAINN also carries out programs to prevent sexual violence, help survivors and ensure that perpetrators are brought to justice.	Statewide	<b>www.rainn.org/</b> <b>1-800-656-4673</b>

## SEXUAL & DOMESTIC VIOLENCE SUPPORT (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>StrongHearts Native Helpline</b>	The StrongHearts Native Helpline 1-844-7NATIVE (762-8483) is a safe domestic violence and dating violence helpline for American Indians and Alaska Natives, offering culturally-appropriate support and advocacy daily from 7 a.m. to 10 p.m. CT. Anonymous and confidential. Callers reaching out after hours may connect with the National Domestic Violence Hotline by selecting option 1.	Statewide	<b>strongheartshelpline.org/ 1-844-762-8483</b>
<b>National Domestic Violence Hotline</b>	24-hour crisis intervention for callers to identify programs and situations, including a plan of safety.	National	<b>www.thehotline.org/ 1-800-799-SAFE (7233)</b>

## SUICIDE PREVENTION

Organization	Organization Description	Region	Website & Phone Number
<b>AZ Suicide Prevention Coalition</b>	The Arizona Suicide Prevention Coalition provides resource information for those interested in the issues surrounding suicide. Coalition meetings are held on the second Tuesday of every month.	Statewide	<b>www.azspsc.org/ 1-480-784-1500 1-866-205-5229</b>
<b>Crisis Response Center - Tucson</b>	The Crisis Response Center (CRC) provides 24/7 access to mental health and substance use services for both young (age 0-17) and adults (18+).	Southern	<b>www.bannerhealth.com/ locations/tucson/banner- university-medicine-crisis- response-center-district 1-520-301-2400</b>
<b>National Suicide Prevention Lifeline</b>	The National Suicide Prevention Lifeline (1-800-273-8255) is a national network of local crisis centers that provide free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.	Statewide	<b>suicidepreventionlifeline. org/ 1-800-273-8255</b>

# Community Resources

## SUICIDE PREVENTION (continued)

Organization	Organization Description	Region	Website & Phone Number
Teen Lifeline	Teen Lifeline (800-248-8336) is a free helpline staffed by teens providing an opportunity to speak with their peers about daily struggles. The hotline is supervised by a Master's level clinician. Peer counseling and text messaging service are available 3:00pm - 9:00pm. After hours calls are routed to the Crisis Response Network.	Statewide	<a href="http://teenlifeline.org/">teenlifeline.org/</a> <b>1-602-248-8336</b>
Crisis Response Network	24 hours a day, 7 days a week, 365 days a year access to professionally trained Crisis Intervention Specialists.	Central	<a href="http://crisis.solari-inc.org/">crisis.solari-inc.org/</a> <b>1-800-631-1314</b> <b>(TTY:1-800-327-9254)</b>
Warm Line	The Warm Line is a confidential, non-emergency phone line that offers access to Peer Support operators who have first-hand experience living with mental illness or substance abuse.	Southern	<a href="http://hopearizona.org/index.php/services/61-programs/175-warm-line">hopearizona.org/index.php/services/61-programs/175-warm-line</a> <b>1-520-770-9909</b> (Pima County); <b>1-844-733-3312</b> (all other Southern Arizona Counties)
Tribal Warm Line	The Warm Line is a confidential, non-emergency phone line that offers access to American Indian Peer Support operators who have first-hand experience living with mental illness or substance abuse.	Southern	<a href="http://www.azcompletehealth.com/members/medicaid/crisis-intervention-services.html">www.azcompletehealth.com/members/medicaid/crisis-intervention-services.html</a> <b>1-855-728-8630</b>

## VETERANS & MILITARY FAMILIES

Organization	Organization Description	Region	Website & Phone Number
Arizona Coalition for Military Families	The Arizona Coalition for Military Families provides resource and referral services for veterans and their families. Services include an online resource guide, training and education, and resource navigators to identify appropriate services.	Statewide	<a href="http://arizonacoalition.org/">arizonacoalition.org/</a> <b>1-866-429-8387</b>
Arizona Department of Veterans' Services	The Arizona Department of Veterans' Services (ADVS) assists veterans and their families in securing state and federal benefits. Services include benefits counseling, training and education programs, housing, and memorial and burial assistance.	Statewide	<a href="http://dvs.az.gov/">dvs.az.gov/</a> <b>1-602-535-1215</b>

# Community Resources

## VETERANS & MILITARY FAMILIES (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Be Connected</b>	The Be Connected program is a statewide initiative providing access to support and resources for service members, veterans and their families. Services include 24/7 crisis support service line, personalized resource matching and navigation, training, and education.	Statewide	<b><a href="http://www.beconnectedaz.org/">www.beconnectedaz.org/</a> 1-866-429-8387</b>
<b>Give an Hour</b>	Give an Hour provides free and confidential mental health care to military veterans and their families. Services are provided by licensed mental health care providers.	Statewide	<b><a href="http://giveanhour.org/">giveanhour.org/</a> Web-based or Lifeline 1-800-273-8255</b>
<b>National Center for PTSD</b>	PTSD is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. It's normal to have upsetting memories, feel on edge, or have trouble sleeping after this type of event. If symptoms last more than a few months, it may be PTSD. The good news is that there are effective treatments.	Statewide	<b><a href="http://www.ptsd.va.gov/PTSD/gethelp/index.asp">www.ptsd.va.gov/PTSD/gethelp/index.asp</a> 1-800-273-8255 Get Help for PTSD</b>
<b>National Resource Directory</b>	The National Resource Directory (NRD) is a resource website that connects wounded warriors, service members, veterans, their families, and caregivers to programs and support services. Services include resource listings for benefits and compensation, employment, education and training, family caregiver support, homeless assistance, housing, and healthcare.	Statewide	<b><a href="http://nrd.gov/">nrd.gov/</a> 1-800-827-1000</b>
<b>Operation Shockwave</b>	Operation Shockwave provides suicide prevention services to military veterans. Services include peer support, crisis intervention, and Emotional Freedom Technique (EFT) training.	Southern	<b><a href="http://operationshockwave.org/">operationshockwave.org/</a> 1-520-333-5150</b>
<b>VA Caregiver Support Line</b>	The VA Caregiver Support Line is staffed by licensed professionals able to connect veterans and caregivers with needed services and resources.	Statewide	<b><a href="http://www.caregiver.va.gov/Care_Caregivers.asp">www.caregiver.va.gov/Care_Caregivers.asp</a> 1-855-260-3274 or 1-800-698-2411</b>

# Community Resources

## VETERANS & MILITARY FAMILIES (continued)

Organization	Organization Description	Region	Website & Phone Number
Veterans Crisis Line	The Veterans Crisis Line connects veterans and their families with qualified responders through a confidential toll-free hotline, online chat or text messaging.	Statewide	<b>www.veteranscrisisline.net/ 1-800-273-8255 or 911</b>

## WOMEN'S HEALTH & FITNESS

Organization	Organization Description	Region	Website & Phone Number
Arizona Supplemental Nutrition Program for Women, Infants and Children (WIC)	The Arizona Supplemental Nutrition Program for Women, Infants and Children (WIC) provides nutrition education and breastfeeding support services, supplemental nutritious foods and referrals to health and social services. WIC serves pregnant, breastfeeding and postpartum women; infants; and children under age 5.	Statewide	<b>www.azdhs.gov/prevention/azwic/index.php/ 1-800-252-5942</b>
Postpartum Support International (PSI)	Postpartum Support International (PSI) provides support through education and local resource information. They also have a bilingual (English and Spanish) helpline to rapidly refer callers to appropriate local resources including emergency services.	Statewide	<b>www.postpartum.net/ 1-800-944-4773</b>
Power Me A2Z	Power Me A2Z provides free vitamins that are important to women's health. This program is offered through the Arizona Department of Health Services.	Statewide	<b>www.powermea2z.org/ Web-based</b>

# Discrimination is Against the Law

Arizona Complete Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Arizona Complete Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

## Arizona Complete Health:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as: qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as: qualified interpreters and information written in other languages

## If you need these services, contact Member Services at:

Arizona Complete Health: 1-866-918-4450 (TTY: 711)

If you believe that Arizona Complete Health failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with the Chief Compliance Officer, Cheyenne Ross. You can file a grievance in person, by mail, fax, or email. Your grievance must be in writing and must be submitted within 180 days of the date that the person filing the grievance becomes aware of what is believed to be discrimination.

## Submit your grievance to:

Arizona Complete Health- Chief Compliance Officer-Cheyenne Ross  
1870 W. Rio Salado Parkway, Tempe, AZ 85281.  
Email: [AzCHGrievanceAndAppeals@AZCompleteHealth.com](mailto:AzCHGrievanceAndAppeals@AZCompleteHealth.com)

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail at U.S. Department of Health and Human Services; 200 Independence Avenue, SW; Room 509F, HHH Building; Washington, D.C. 20201; or by phone: 1-800-368-1019, 1-800-537-7697 (TTY).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

Attention: If you speak a language other than English, oral interpretation and written translation are available to you free of charge to understand the information provided. Call 1-866-918-4450 (TTY:TDD 711).

<b>Spanish</b>	Si habla español, dispone sin cargo alguno de interpretación oral y traducción escrita. Llame al 1-866-918-4450 (TTY:TDD 711).
<b>Navajo</b>	Diné k'ehjí yánílti'go ata' hane' ná hóló dóo naaltsoos t'áá Diné k'ehjí bee bik'e'ashchíigo nich'í' ádoolnítgo bee haz'á ałdó' áko díí t'áá át'é t'áá jíík'e kót'éego nich'í' ąą'át'é. Kojí' hólne' 1-866-918-4450 (TTY:TDD 711).
<b>Chinese (Mandarin)</b>	若您讲中文，我们会免费为您提供口译和笔译服务。请致电 1-866-918-4450 (TTY:TDD 711)。
<b>Chinese (Cantonese)</b>	我們為中文使用者免費提供口譯和筆譯。請致電 1-866-918-4450 (TTY:TDD 711)
<b>Vietnamese</b>	Nếu quý vị nói Tiếng Việt, có sẵn các dịch vụ thông dịch bằng lời và biên dịch văn bản miễn phí dành cho quý vị. Hãy gọi 1-866-918-4450 (TTY:TDD 711).
<b>Arabic</b>	إذا كنت تتحدث اللغة العربية، تتوفر لك ترجمة شفوية وترجمة تحريرية مجاناً اتصل بالرقم 1-866-918-4450 (TTY:TDD 711) م.
<b>Tagalog</b>	Kung ikaw ay nagsasalita ng Tagalog, mayroong libheng oral na interpretasyon at nakasulat na pagsasalina na maaari mong gamitin. Tumawag sa 1-866-918-4450 (TTY:TDD 711).
<b>Korean</b>	한국어를 하실 경우, 구두 통역 및 서면 번역 서비스를 무료로 제공해드릴 수 있습니다. 1-866-918-4450 (TTY:TDD 711)번으로 전화하십시오.
<b>French</b>	Si vous parlez français, vous disposez gratuitement d'une interprétation orale et d'une traduction écrite. Appelez le 1-866-918-4450 (TTY:TDD 711)
<b>German</b>	Für alle, die Deutsch sprechen, stehen kostenlose Dolmetscher- und Übersetzungsservices zur Verfügung. Telefon: 1-866-918-4450 (TTY:TDD 711).
<b>Russian</b>	Если вы говорите по-русски, услуги устного и письменного перевода предоставляются вам бесплатно. Звоните по телефону 1-866-918-4450 (TTY:TDD 711).
<b>Japanese</b>	日本語を話される方は、通訳（口頭）および翻訳（筆記） を無料でご利用いただけます。 電話番号 1-866-918-4450 (TTY:TDD 711)
<b>Persian (Farsi)</b>	اگر به زبان فارسی صحبت میکنید، ترجمه شفاهی و تکلی بدون هزینه بری شما قابل دسترسی میباشد با شماره 1-866-918-4450 (TTY:TDD 711) تماس بگیرید.
<b>Syriac</b>	ܟܘܢ ܗܘܢܝܢ ܣܘܝܒܝܢ ܟܘܢ ܗܘܢܝܢ ܟܘܢ ܗܘܢܝܢ ܟܘܢ ܗܘܢܝܢ ܟܘܢ ܗܘܢܝܢ ܟܘܢ ܗܘܢܝܢ ܟܘܢ ܗܘܢܝܢ 1-866-918-4450 (TTY:TDD 711)
<b>Serbo-Croatian</b>	Ako govorite srpsko hrvatski, usmeno i pismeno prevođenje vam je dostupno besplatno. Nazovite 1-866-918-4450 (TTY:TDD 711).
<b>Thai</b>	หากคุณพูดภาษาไทย เรามีบริการล่ามและแปลเอกสาร โดยไม่ มีค ่าใช้ ัจ าย โทรศัพท์ 1-866-918-4450 (TTY:TDD 711)



[azcompletehealth.com/completecure](https://azcompletehealth.com/completecure)

CAD\_85963E\_State Approved 09152021 © 2022 Arizona Complete Health. All rights reserved. AZ2CADBKT92058E\_1121

*BKT055495EPOO*