

# Community Resource Guide







# Community Resource Guide

Dear Carelst members and family members,

Welcome to Carelst Health Plan Arizona, Inc. (Carelst). We are happy to provide you and your family with quality health care services. We work with many community organizations to provide up-to-date information on programs and services to help you stay well. We believe these services are just as important as regular checkups.

## Community Resource Guide

The Community Resource Guide is for your information only. Carelst does not have control over or is responsible for the site.



If you have questions about the Community Resource Guide, please call Member Services at **1-866-560-4042** between 8:00 am and 5:00 pm. (TTY/TDD: 711).

## Community Connections Help Line

We have Peer Coaches who will listen to your challenges. They help you find services in your local area. Call **1-866-775-2192** to get the help you need.

Thank you for the opportunity to serve you and your family.

Be well,

*Scott Cummings*  
Plan President

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## General Resources

Organization	Organization Description	Region	Website & Phone Number
<b>211 Arizona (Community Information and Referral Services)</b>	211 Arizona 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>



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## General Resources (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Smokers' Helpline (ASH)</b>	The Arizona Smokers' Helpline offers free telephone and Web-based services to help people quit tobacco. Whether you are thinking about quitting, you're ready to quit, or just working to stay quit, we can help. A "coach" will be assigned to you and provide you with education and support through weekly telephone calls throughout the quit process. The Arizona Smokers' Helpline (ASHLine) provides free services in both English and Spanish.	Statewide	<a href="https://www.azdhs.gov/ashline/">https://www.azdhs.gov/ashline/</a> <b>1-800-556-6222</b>
<b>City of Phoenix, Family Services Centers</b>	City of Phoenix, Family Services Centers provide human services programs to meet the emergency, short and long-term needs of eligible low-income Phoenix residents. Caseworkers at three multi-purpose family services centers provide a broad range of assistance including information and referral to an appropriate agency or program, eviction prevention, utility assistance, nutrition resources, transportation resources and home repair referrals. This resource is available for residents of Phoenix only.	Central	<a href="http://www.phoenix.gov/humanservices/programs/emergency">www.phoenix.gov/humanservices/programs/emergency</a> <b>1-602-534-2433</b>
<b>Find Help Phoenix</b>	Find Help Phoenix gives Maricopa County residents an easy way to find health and social service resources. All resources are free or low-cost and regularly checked for accuracy. Resource listings include medical services, legal assistance, affordable housing, senior services, transportation, education, and more. It's Spanish partner is <b>EncuentraAyudaPHX.org</b>	Central	<a href="http://findhelpphx.org/">findhelpphx.org/</a> <b>Web-based only</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	<a href="http://www.healtharizonaplus.gov">www.healtharizonaplus.gov</a> <b>1-855-432-7587</b>



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## General Resources (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 and 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. Their aspiration is 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 only</b>
<b>Emergency CheckList</b>	Disasters can happen anywhere and at anytime. By taking the time to create an emergency supplies kit, your family will be prepared in the event of a disaster. The kit also helps children feel more secure knowing it is there in case of an emergency.	Statewide	<b>www.ready.gov 1-800-621-3362</b>
<b>Area Agency on Aging, Region One</b>	The Area Agency on Aging is the central resource and information center for finding services and assistance for older adults aged 65 and older. Programs and services include 24 hour senior help line, family caregiver support, elder resource guide, legal assistance, home delivered meals and more. This resource is available for residents of Maricopa County.	Central	<b>www.aaaphx.org/ 1-602-264-HELP (4357) 1-888-264-2258</b>
<b>Area Agency on Aging, Region Three</b>	The Northern Arizona Council of Governments serves as the Area Agency on Aging for Coconino, Yavapai and non-reservation residents in Apache and Navajo counties. They offer a variety of programs and services to allow seniors to safely age in their home and/or communities. Services include congregate meals, home delivered meals, adult day care and family caregiver support.	Northern	<b>nacog.org 1-928-774-1895</b>
<b>Area Agency on Aging, Region Five</b>	The Pinal-Gila Council for Senior Citizens serves as the Area Agency on Aging for Pinal and Gila county. They offer a variety of programs and services to increase the ability of older adults to remain healthy, active and living independently in their communities. Programs and services include health care centers, transportation, caregiver support and senior centers.	Central	<b>www.pgcsc.org/ 1-800-293-9393 1-520-836-2758</b>



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## General Resources (continued)

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	<a href="http://www.azdisabilitylaw.org/">www.azdisabilitylaw.org/</a> <b>1-602-274-6287</b> <b>1-800-927-2260</b>
<b>Children's Action Alliance (CAA)</b>	Children's Action Alliance (CAA) 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	<a href="http://azchildren.org">azchildren.org</a> <b>1-602-266-0707</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	<a href="http://www.mhaarizona.org/">www.mhaarizona.org/</a> <b>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	<a href="http://www.nami.org/home">www.nami.org/home</a> <b>1-888-999-6264</b>





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## General Resources (continued)

Organization	Organization Description	Region	Website & Phone Number
<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>

## Advocacy Organizations

Organization	Organization Description	Region	Website & Phone Number
<b>Area Agency on Aging, Region One</b>	The Area Agency on Aging is the central resource and information center for finding services and assistance for older adults aged 65 and older. Programs and services include 24 hour senior help line, family caregiver support, elder resource guide, legal assistance, home delivered meals and more. This resource is available for residents of Maricopa County.	Central	<b>www.aaaphx.org/ 1-602-264-HELP (4357) 1-888-264-2258</b>
<b>Area Agency on Aging, Region Three</b>	The Northern Arizona Council of Governments serves as the Area Agency on Aging for Coconino, Yavapai and non-reservation residents in Apache and Navajo counties. They offer a variety of programs and services to allow seniors to safely age in their home and/or communities. Services include congregate meals, home delivered meals, adult day care and family caregiver support.	Northern	<b>nacog.org 1-928-774-1895</b>
<b>Area Agency on Aging, Region Five</b>	The Pinal-Gila Council for Senior Citizens serves as the Area Agency on Aging for Pinal and Gila county. They offer a variety of programs and services to increase the ability of older adults to remain healthy, active and living independently in their communities. Programs and services include health care centers, transportation, caregiver support and senior centers.	Central	<b>www.pgcsc.org/ 1-800-293-9393 1-520-836-2758</b>



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## Advocacy Organizations (continued)

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><a href="http://www.azdisabilitylaw.org/">www.azdisabilitylaw.org/</a> 1-602-274-6287 1-800-927-2260</b>
<b>Children's Action Alliance (CAA)</b>	Children's Action Alliance (CAA) 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><a href="http://azchildren.org">azchildren.org</a> 1-602-266-0707</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><a href="http://www.mhaarizona.org/">www.mhaarizona.org/</a> 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><a href="http://www.nami.org/home">www.nami.org/home</a> 1-888-999-6264</b>



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## Advocacy Organizations (continued)

Organization	Organization Description	Region	Website & Phone Number
<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	<a href="http://pcaaz.org/">pcaaz.org/</a> <b>1-928-445-5038</b> <b>1-602-255-5540</b>

## Behavioral Health

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	<a href="http://www.azdhs.gov/oarline/">www.azdhs.gov/oarline/</a> <b>1-888-688-4222</b>
<b>Arizona Smokers' Helpline (ASH)</b>	The Arizona Smokers' Helpline offers free telephone and Web-based services to help people quit tobacco. Whether you are thinking about quitting, you're ready to quit, or just working to stay quit, we can help. A "coach" will be assigned to you and provide you with education and support through weekly telephone calls throughout the quit process. The Arizona Smokers' Helpline (ASHLine) provides free services in both English and Spanish.	Statewide	<a href="https://www.azdhs.gov/ashline/">https://www.azdhs.gov/ashline/</a> <b>1-800-556-6222</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	<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>GriefShare - Grief Recovery Support Groups</b>	GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. Find a GriefShare support or event near you.	Statewide	<a href="https://griefshare.org">https://griefshare.org</a> <b>1-800-395-5755</b>



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## 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 and 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. Their aspiration is 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 only</b>
<b>Substance Abuse and Mental Health Services Administration (SAMHSA), National 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>

## Children's Health & Wellness

Organization	Organization Description	Region	Website & Phone Number
<b>Ability 360</b>	Ability 360 provides programs and services to support independent living for individuals with disabilities. Services include an independent living skills program, peer supports, home modifications, home care services, youth recreation, employment, and resource and referral.	Central	<b>ability360.org</b> <b>1-602-296-0536</b>
<b>Arizona Department of Education, Exceptional Student Services (ESS)</b>	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	<b>www.azed.gov/specialeducation/</b> <b>1-602-542-4013</b> <b>1-800-352-4558</b>



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## Children's Health & Wellness (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Department of Health Services, Pregnancy and Breastfeeding Hotline</b>	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="https://www.azdhs.gov/prevention/nutrition-physical-activity/breastfeeding/index.php#24-hr-bf-hotline">https://www.azdhs.gov/prevention/nutrition-physical-activity/breastfeeding/index.php#24-hr-bf-hotline</a> <b>1-800-833-4642</b>
<b>Arizona Early Intervention Program (AzEIP)</b>	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>
<b>Arizona Supplemental Nutrition Program for Women, Infants and Children (WIC)</b>	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 post partum 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>
<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, or text the Helpline 24 hours a day, seven days a week.	Statewide	<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>1-602-266-5976</b> <b>1-877-705-5437</b>
<b>Head Start</b>	Head Start provides comprehensive education, health, nutrition and family services to low income families and their children. Programs are available throughout Arizona and can be found on the Head Start website.	Statewide	<a href="http://azheadstart.org/index.php">azheadstart.org/index.php</a> <b>1-602-338-0049</b>



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## Children's Health & Wellness (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Raising Special Kids</b>	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), 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>
<b>Strong Families AZ Safe Care Program</b>	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/</b> <b>Web-based</b>

## Employment

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona@Work</b>	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
<b>Goodwill</b>	Goodwill organizations assist 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, and professional clothing).	Statewide	North and Central Arizona: <b>goodwillaz.org</b> <b>1-602-535-4000</b>



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## Employment (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>St. Joseph the Worker</b>	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>
<b>Mesa Community Action Network (Mesa CAN)</b>	Mesa CAN helps low-income households with a number of services including job search help, resume building and interview preparation.	Central	<a href="https://www.turnanewleaf.org/services/financial-empowerment/mesacan/#employment-assistance">https://www.turnanewleaf.org/services/financial-empowerment/mesacan/#employment-assistance</a> East Valley: <b>1-480-969-6955</b> West Valley: <b>1-623-934-1991</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 Supplemental Nutrition Assistance Program (SNAP) benefits and a listing of local/national food assistance programs.	Statewide	<a href="http://azfoodbanks.org/">azfoodbanks.org/</a> <b>1-602-528-3434</b>
<b>Hope for Hunger Food Bank</b>	Hope for Hunger is an outreach of Phoenix Rescue Mission dedicated to addressing both hunger and poverty. Services include emergency food boxes and rental assistance.	Central	<a href="http://phoenixrescuemission.org/hope-for-hunger/">phoenixrescuemission.org/hope-for-hunger/</a> <b>1-602-773-4344</b>



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## Food Resources (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Nourish Phoenix</b>	Nourish Phoenix (formerly known as 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>

## 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>www.azafap.org/ 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>www.arizonaschildren.org/ 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>dcs.az.gov/adoption 1-602-255-2500</b>





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## Foster Care / Adoption (continued)

Organization	Organization Description	Region	Website & Phone Number
<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="https://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>
<b>Arizona Kids Consortium</b>	Arizona Kids Consortium is an 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.	Central	<b><a href="http://www.azkidsconsortium.com/">www.azkidsconsortium.com/</a> 1-877-543-7633</b>
<b>Fostering Advocates Arizona</b>	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	<b><a href="http://www.fosteringadvocatesarizona.org/who-we-are/">www.fosteringadvocatesarizona.org/who-we-are/</a> 1-602-266-0707 X 211</b>
<b>Foster Ed</b>	A partnership with a team of state and local partners, students, and parents to create a future in which the vast majority of foster youth graduate high school with the widest array of possibilities for their future.	Statewide	<b><a href="https://foster-ed.org/arizona/home/">https://foster-ed.org/arizona/home/</a> Web-based</b>



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## Housing

Organization	Organization Description	Region	Website & Phone Number
<b>Coalition for Compassion and Justice (CCJ)</b>	The Coalition for Compassion and Justice provides affordable housing with a stair-step approach according to cost. This model allows clients to make incremental growth toward fair market housing. In addition to affordable housing units the organization also operates a community emergency shelter, home repair program and a thrift store.	Northern	<a href="http://yavapaiccj.org/">yavapaiccj.org/</a> <b>1-928-445-8382</b>
<b>Community Resource Referral Center (CRRC)</b>	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">http://www.va.gov/homeless/crrc.asp</a> <b>1-800-698-2411</b>
<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="http://fhhub.org">fhhub.org</a> <b>1-602-595-8700</b>
<b>Flagstaff Shelter Services</b>	Flagstaff Shelter Services is the largest emergency shelter in Northern Arizona. They provide shelter and critical services to the most vulnerable members of our community regardless of faith, sobriety, or mental health and assist them in finding permanent housing.	Northern	<a href="http://flagshelter.org/">flagshelter.org/</a> <b>1-928-225-2533</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="http://hsc-az.org/">hsc-az.org/</a> <b>1-602-282-0853</b>
<b>A New Leaf's East Valley Men's Center</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>



# Community Resource Guide

## Individuals with ASD

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Autism Coalition</b>	<p>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.</p> <p>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:</p> <ul style="list-style-type: none"> <li>• Advocating jointly for better services and improved quality of life for persons with ASDs at the city, state, and federal levels.</li> <li>• Educating professionals who interface with affected children.</li> <li>• Identifying gaps in reaching those who would utilize training.</li> </ul>	Statewide	<b>www.azautism.org/ Web-based</b>
<b>The Arc's Autism NOW Center</b>	<p>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 professional 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.</p>	Statewide	<b>autismnow.org/ 1-602-234-2721</b>
<b>Arizona Technology Access Program</b>	<p>The 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.</p>	Statewide	<b>aztap.org/ 1-602-728-9534 1-800-477-9921</b>



# Community Resource Guide

## Individuals with ASD (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Autism Society of Greater Phoenix</b>	The Autism Society of Greater Phoenix works to increase public awareness about the day-to-day issues of people across the autism spectrum. The Autism Society provides a resource and referral guide for family supports, social groups, therapy providers, education, and crisis services.	Central	<b>phxautism.org/ Web-based</b>
<b>Autism Speaks</b>	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	<b>www.autismspeaks.org/ 1-480-779-0899 Web-based</b>
<b>Arizona Soccer Association - TOPSoccer</b>	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/ 1-602-433-9202</b>
<b>PAL Experiences</b>	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	<b>www.palexperiences.org/ Web-based</b>
<b>Raising Special Kids</b>	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/ 1-602-242-4366 1-800-237-3007</b>



# Community Resource Guide

## Developmental Disabilities

Organization	Organization Description	Region	Website & Phone Number
<b>The Arc of Arizona</b>	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	<b>arcarizona.org/ 1-602-234-2721</b>
<b>Arizona Department of Economic Security Division of Developmental Disabilities</b>	The Arizona Department of Economic Security (DES), Division of Developmental Disabilities (DDD) is a state agency that provides support and services that help enable individuals with opportunities to exercise their rights and responsibilities of independent decision-making and engagement in the community.	Statewide	<b>des.az.gov/services/ disabilities/developmental- disabilities 1-844-770-9500</b>
<b>Arizona Long Term Care System (ALTCs)</b>	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	<b>https://www.azahcccs.gov/ Members/GetCovered/ Categories/nursinghome. html</b>
<b>Arizona Soccer Association - TOPSoccer</b>	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/ 1-602-433-9202</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/ Web-based</b>
<b>Raising Special Kids</b>	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/ 1-602-242-4366 Phoenix, AZ</b>



# Community Resource Guide

## LGBTQIA+

Organization	Organization Description	Region	Website & Phone Number
<b>GLSEN</b>	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	<a href="http://www.glsen.org/">www.glsen.org/</a> <b>Web-based</b>
<b>MedlinePus</b>	Find information about health issues that are specific to the LGBTQ+ community. MedlinePlus is an online health information resource for patients and their families and friends. Find reliable, up-to-date information about diseases, conditions, and wellness topics. This trusted resource is available anytime, anywhere, on any device.	Statewide	<a href="http://medlineplus.gov/lgbtqhealth.html?utm_source=newsletter&amp;utm_campaign=jun2#summary">medlineplus.gov/lgbtqhealth.html?utm_source=newsletter&amp;utm_campaign=jun2#summary</a> <b>Web-based</b>
<b>One N Ten</b>	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 X 2</b>
<b>Old Lesbians Organizing for Change</b>	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>
<b>PFLAG (Parents and Friends of Lesbians and Gays) Phoenix Chapter</b>	The Phoenix/Valley of the Sun chapter of Parents, Families and Friends of Lesbians and Gays (PFLAG). This chapter provides support groups, resource and referral information and education on issues relevant to the LGBTQ community.	Statewide	<a href="http://pflagphoenix.org/">pflagphoenix.org/</a> <b>1-602-843-1404</b>
<b>Phoenix Children's Hospital Gender Support Program</b>	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>



# Community Resource Guide

## Internet

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Commerce Authority</b>	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 a cellphone WiFi hotspot.	Statewide	<a href="http://care1staz.com/az/PDF/provider/covid/2020/Broadband%20Resources%20for%20Families.pdf">http://care1staz.com/az/PDF/provider/covid/2020/Broadband%20Resources%20for%20Families.pdf</a>
<b>Arizona Together</b>	A newly created 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	<a href="http://arizonatogether.org/">arizonatogether.org/</a> Web-based
<b>Connect Arizona</b>	Connect Arizona provides an interactive map of locations where individuals can use free WiFi. 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	<a href="https://connect-arizona.com">https://connect-arizona.com</a> 1-602-529-1519

## Low-Cost Dental

Organization	Organization Description	Region	Website & Phone Number
<b>A.T. Still University</b>	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	<a href="http://www.atsu.edu/arizona-school-of-dentistry-and-oral-health/dental-clinics">www.atsu.edu/arizona-school-of-dentistry-and-oral-health/dental-clinics</a> 1-480-219-6000



# Community Resource Guide

## Low-Cost Dental (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Boys and Girls Club of the Valley Bob and Renee Parsons Dental Clinic</b>	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	<a href="http://www.bgcaz.org/parsons-dental-clinic/">www.bgcaz.org/parsons-dental-clinic/</a> <b>1-602-353-5435</b>
<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	<a href="http://carrington.edu/mesa-dental-hygiene/">carrington.edu/mesa-dental-hygiene/</a> <b>1-480-717-3510</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	<a href="http://mountainparkhealth.org/what-we-do/">mountainparkhealth.org/what-we-do/</a> <b>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	<a href="http://noahhelps.org/services/dental/">noahhelps.org/services/dental/</a> <b>1-480-882-4545</b>
<b>North Country HealthCare Dental Care</b>	North Country HealthCare offers dental services that provide preventive and restorative care on a sliding-fee scale discount program. Services include Bridges, Comprehensive Exam, Crowns, Dentures, Digital X-rays, Fillings, Fluoride Treatment, Oral Cancer Screening and Teeth Cleaning. Dental clinic locations are in Flagstaff, Show Low, Williams and Winslow.	Northern	<a href="http://northcountryhealthcare.org/services/dental/">northcountryhealthcare.org/services/dental/</a> <b>1-928-522-9400</b>
<b>Northern Arizona University Dental Hygiene Clinic</b>	NAU Dental Hygiene Clinic provides preventative dental services for all ages. Services include dental exams, evaluations for gum disease, x-rays, sealants, periodontal therapy and maintenance, and oral cancer screenings.	Northern	<a href="http://nau.edu/dental-hygiene/Clinic/">nau.edu/dental-hygiene/Clinic/</a> <b>1-928-523-3500</b>





# Community Resource Guide

## Low-Cost Dental (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>The Society of St. Vincent de Paul Virginia G. Piper Dental Clinic</b>	The Society of St. Vincent de Paul runs a comprehensive free dental clinic that provides treatment and preventive care to children and adults without insurance and inspires thousands to healthier hygiene every year.	Central and Northern	<a href="http://www.stvincentdepaul.net/programs/virginia-g-piper-dental-clinic">www.stvincentdepaul.net/programs/virginia-g-piper-dental-clinic</a> <b>1-602-266-4673</b>
<b>Valleywise Health, Dental Clinic</b>	Valleywise Health dental clinics are located in Family Health Centers around the valley and specialize in dental care for the entire family. Services include routine exams and cleanings, oral hygiene instruction for patients and parents, x-rays, fluoride treatments and emergency (pain relief) treatment.	Central	<a href="http://valleywisehealth.org/services/dental/">valleywisehealth.org/services/dental/</a> <b>1-833-855-9973</b>

## Low-Cost Medical Clinics

Organization	Organization Description	Region	Website & Phone Number
<b>Sliding Fee Schedule Clinics</b>	The Arizona Department of Health Services website features an interactive tool to help individuals locate Sliding Fee Schedule (SFS) Clinics 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> <b>Web-based</b>

## Men's Health & Wellness

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Department of Health Services</b>	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> <b>Web-based</b>
<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	<a href="http://www.azprostatecancercoalition.org/about">www.azprostatecancercoalition.org/about</a> <b>Web-based</b>



# Community Resource Guide

## Men's Health & Wellness (continued)

Organization	Organization Description	Region	Website & Phone Number
<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="https://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/2015/06/dads-youre-not-alone/">https://postpartum.org/2015/06/dads-youre-not-alone/</a></b> <b>1-604-255-7999</b> and Toll Free <b>1-855-255-7999</b>

## 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 <b>1-877-767-2385</b> .	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> <b>1-877-SOS-ADULT</b> <b>(1-877-767-2385)</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, <b>(1-800-272-3900)</b> , resources to identify dementia and caregiver support groups.	Statewide	<b><a href="http://www.alz.org/">www.alz.org/</a></b> <b>1-800-272-3900</b>



# Community Resource Guide

## Seniors (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Area Agency on Aging, Region One</b>	The Area Agency on Aging is the central resource and information center for finding services and assistance for older adults aged 65 and older. Programs and services include 24 hour senior help line, family caregiver support, elder resource guide, legal assistance, home delivered meals and more. This resource is available for residents of Maricopa County.	Central	<b>www.aaaphx.org/ 1-602-264-HELP (4357) 1-888-264-2258</b>
<b>Area Agency on Aging, Region Three</b>	The Northern Arizona Council of Governments serves as the Area Agency on Aging for Coconino, Yavapai and non-reservation residents in Apache and Navajo counties. They offer a variety of programs and services to allow seniors to safely age in their home and/or communities. Services include congregate meals, home delivered meals, adult day care and family caregiver support.	Northern	<b>nacog.org 1-928-774-1895</b>
<b>Area Agency on Aging, Region Five</b>	The Pinal-Gila Council for Senior Citizens serves the Area Agency on Aging for Pinal and Gila county. They offer a variety of programs and services to increase the ability of older adults to remain healthy, active and living independently in their communities. Programs and services include health care centers, transportation, caregiver support and senior centers.	Central	<b>www.pgcsc.org/ 1-800-293-9393 1-520-836-2758</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/ 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/ 1-623-584-4999 TTY: 711</b>



# Community Resource Guide

## Seniors (continued)

Organization	Organization Description	Region	Website & Phone Number
<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><a href="http://duetaz.org/ask-for-help/">duetaz.org/ask-for-help/</a> 1-602-274-5022</b>
<b>NAU Senior Companion Program</b>	The Senior Companion Program (SCP), part of AmeriCorps Seniors, is a service initiative for people age 55 or older to provide assistance and friendship to elderly, homebound individuals. Senior Companions provide the services that the elderly need to live independently.	Statewide	<b><a href="http://in.nau.edu/center-for-service-and-volunteerism/senior-companion-2/">in.nau.edu/center-for-service-and-volunteerism/senior-companion-2/</a> 1-866-856-3017</b>
<b>TCAA In-Home Care for Tempe Seniors</b>	TCAA provides a spectrum of services designed to assist Tempe seniors in need of help to remain at home for as long as possible. Homecare 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><a href="http://tempeaction.org/what-we-do/senior-independence/neighbors-helping-neighbors.html">tempeaction.org/what-we-do/senior-independence/neighbors-helping-neighbors.html</a> 1-480-422-8922</b>

## Sexual & Domestic Violence Support

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Coalition to End Sexual and Domestic Violence</b>	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><a href="http://www.acesdv.org/">www.acesdv.org/</a> 1-602-279-2980 1-800-799-7233</b>



# Community Resource Guide

## Sexual & Domestic Violence Support (continued)

Organization	Organization Description	Region	Website & Phone Number
<b>Rape, Abuse &amp; Incest National Network (RAINN)</b>	RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline <b>(1-800.656.HOPE)</b> 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/ 1-800-656-4673</b>
<b>StrongHearts Native Helpline</b>	The StrongHearts Native Helpline <b>1-844-7NATIVE (762-8483)</b> 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>

## Suicide Prevention

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona 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.azspc.org/ 1-480-784-1500 1-866-205-5229</b>
<b>National Suicide Prevention Lifeline</b>	The National Suicide Prevention Lifeline <b>(Dial 9-8-8)</b> 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/ Dial 9-8-8 or 1-800-273-8255</b>
<b>Teen Lifeline</b>	Teen Lifeline 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 services are available 3:00pm - 9:00pm-after hours calls are routed to the Crisis Response Network.	Statewide	<b>teenlifeline.org/ 1-602-248-8336 1-800-248-8336 (Outside Maricopa County)</b>



# Community Resource Guide

## 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>
<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>



# Community Resource Guide

## Tribal Members (continued)

Organization	Organization Description	Region	Website & Phone Number
<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	<a href="http://www.phxindcenter.org/">www.phxindcenter.org/</a> <b>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	<a href="http://www.threepreciousmiracles.com/">www.threepreciousmiracles.com/</a> <b>1-480-292-3040</b>

## Veterans & Military Families

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Coalition for Military Families</b>	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>
<b>Arizona Department of Veterans' Services</b>	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>
<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	<a href="http://www.beconnectedaz.org/">www.beconnectedaz.org/</a> <b>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	<a href="http://giveanhour.org/">giveanhour.org/</a> <b>Web-based</b> Lifeline <b>Dial 9-8-8</b> or <b>1-800-273-8255</b>



# Community Resource Guide

## Veterans & Military Families (continued)

Organization	Organization Description	Region	Website & Phone Number
<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	<a href="http://www.ptsd.va.gov/PTSD/gethelp/index.asp">www.ptsd.va.gov/PTSD/gethelp/index.asp</a> <b>Dial 9-8-8</b> or <b>1-800-273-8255</b> Get Help for PTSD
<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	<a href="http://nrd.gov/">nrd.gov/</a> <b>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.	Statewide	<a href="http://operationshockwave.org/">operationshockwave.org/</a> <b>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	<a href="http://www.caregiver.va.gov/Care_Caregivers.asp">www.caregiver.va.gov/Care_Caregivers.asp</a> <b>1-855-260-3274</b> or <b>1-800-698-2411</b>
<b>Veterans Crisis Line</b>	The Veterans Crisis Line connects veterans and their families with qualified responders through a confidential toll-free hotline, online chat or text messaging.	Statewide	<a href="http://www.veteranscrisisline.net/">www.veteranscrisisline.net/</a> <b>Dial 9-8-8</b> or <b>1-800-273-8255</b> or <b>911</b>
<b>Community Resource Referral Center (CRRC)</b>	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">http://www.va.gov/homeless/crrc.asp</a> <b>1-800-698-2411</b>





# Community Resource Guide

## Women's Health & Wellness

Organization	Organization Description	Region	Website & Phone Number
<b>Arizona Supplemental Nutrition Program for Women, Infants and Children (WIC)</b>	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 post partum 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>1-800-252-5942</b>
<b>Postpartum Support International (PSI)</b>	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	<a href="http://www.postpartum.net/">www.postpartum.net/</a> <b>1-800-944-4773</b>
<b>Power Me A2Z</b>	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	<a href="http://www.powermea2z.org/">www.powermea2z.org/</a> <b>Web-based</b>



## Discrimination is Against the Law

Care1st Health Plan Arizona (Care1st) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Care1st does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

### Care1st:

- Provides aids and services, at no cost, 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 language services, at no cost, 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:

Care1st: **1-866-560-4042** (TTY/TDD **711**), Monday — Friday, 8 a.m. to 5 p.m.

If you believe that Care1st 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 plan. 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:

Care1st Health Plan

Attn: Grievance Coordinator

1850 W Rio Salado Parkway, Suite 211, Tempe, AZ 85281

Email via: <https://care1staz.com/az/aboutus/contact.asp>

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>.



## La Discriminación es un Delito

Care1st Health Plan Arizona (Care1st) cumple con las leyes federales vigentes sobre derechos civiles y no discrimina por raza, color, nacionalidad, origen, edad, discapacidad o sexo. Care1st no excluye a las personas ni las trata de manera diferente debido a su raza, color, nacionalidad, origen, edad, discapacidad o sexo.

### Care1st:

- Proporciona asistencia y servicios gratuitos a personas con discapacidades para que se comuniquen de manera eficaz con nosotros, como los siguientes: intérpretes calificados de lengua de señas
- Información escrita en otros formatos (letra grande, audio, formatos electrónicos accesibles, otros formatos)
- Proporciona servicios lingüísticos gratuitos a personas cuyo idioma principal no es el inglés, tales como intérpretes calificados e información escrita en otros idiomas

### Si necesita estos servicios, llame a Servicios para Miembros al siguiente número:

Care1st: **1-866-560-4042** (TTY/TDD **711**), de lunes a viernes de 8 a.m. a 5 p.m.

Si considera que Care1st no le ha brindado estos servicios o lo ha discriminado de otra manera por motivos de raza, color, nacionalidad, origen, edad, discapacidad o sexo, puede presentar una queja ante el plan. Puede presentar una queja en persona, por correo, fax o correo electrónico. Su queja se debe realizar por escrito y se debe enviar en un plazo de 180 días a partir de la fecha en que la persona que presenta la queja toma conocimiento de lo que se considera como discriminación.

### Envíe su queja a la siguiente dirección:

Care1st Health Plan

Attn: Grievance Coordinator

1850 W Rio Salado Parkway, Suite 211, Tempe, AZ 85281

Correo electrónico: <https://care1staz.com/az/aboutus/contact.asp>

También puede presentar una queja con respecto a los derechos civiles ante la Oficina de Derechos Civiles del Departamento de Salud y Servicios Humanos de EE. UU. de manera electrónica a través del Portal de Quejas de la Oficina de Derechos Civiles, disponible en <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> o por correo postal a: U.S. Department of Health and Human Services; 200 Independence Avenue, SW; Room 509F, HHH Building; Washington D. C. 20201. Asimismo, puede presentar dicha queja por teléfono llamando al **1-800-368-1019**, **1-800-537-7697** (TTY).

Los formularios de queja están disponibles en <http://www.hhs.gov/ocr/office/file/index.html>.









