

# **Children's Specialty Behavioral Health Provider Directory**

**Revised: 09/18/2020**



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Banner – University Family Care

### **How to Use the Digital BUFC Specialty Provider Directory**

The following directory is being made available for providers to support in identifying specialty services and programs that are open to receiving external referrals. The directory contains a list of AHCCCS covered services that can be utilized by Banner University Family Care (BUFC) ACC members.

The directory includes contacts, AHCCCS covered services, program descriptions and referral details to support throughout the Child and Family Team (CFT) process. Areas within the CFT that can benefit the member when community based AHCCCS covered services are explored include: Crisis Stabilization, Service Plan Development, Initial and Ongoing Crisis Planning, and support for unique populations.

### **Click-able Directory Feature**

**AHCCCS covered services are available by commonly utilized services types. Each service type has a breakdown of counties that serve BUFC members. Providers that offer the identified AHCCCS covered service have an imbedded link. Clicking on the provider agency will take you to the program descriptor and referral contact. This is also available for each provider listed in the table of contents.**

The directory will be updated throughout the year to reflect changes that are provided to Banner. For more information and additional resources, please see the BUFC Child & Family Support Page:

<https://www.banneruhp.com/resources/child-and-family-support>

For more information on fidelity to CFT practice, refer to the AHCCCS

Child and Family Team Practice Tool:

<https://www.azahcccs.gov/PlansProviders/Downloads/GM/ClinicalGuidanceTools/ChildFamilyTeam/ChildFamilyTeam.pdf>

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## **Crisis Support**

A Crisis is when a person presents with a sudden, unanticipated, or potentially dangerous behavioral health condition, episode or behavior. Crisis intervention services are provided to a person for the purpose of stabilizing or preventing a sudden, unanticipated, or potentially dangerous behavioral health condition, episode or behavior. Crisis intervention services are provided in a variety of settings or over the telephone. These intensive and time limited services may include screening, (i.e. triage and arranging for the provision of additional crisis services) counseling to stabilize the situation, medication stabilization and monitoring, observation and/or follow-up to ensure stabilization, and/or other therapeutic and supportive services to prevent, reduce or eliminate a crisis situation.

**Crisis Response Network (CRN) Crisis Line: 602-222-9444 or (800) 631-1314**

(Gila County, Maricopa County, Pinal County)

**NurseWise Crisis Line: 520-622-6000 or (866) 495-6735**

(Cochise County, Graham County, Greenlee County, La Paz County, Pima County, Santa Cruz County, Yuma County)

## **PHASES OF LIFE SERVICES**

### **Birth to Five**

Birth to Five services focus on child development and mental health needs with a primary emphasis on supporting healthy relationships and healthy development. Birth to Five services look to prevent or reduce severe behavioral, emotional, and developmental problems in children by enhancing the knowledge, skills, and confidence of parents, caregivers and natural supports. Services may include counseling, hands-on parenting skills training and groups.

#### Resources:

- <https://www.zerotothree.org/>
- <https://www.firstthingsfirst.org/>
- <http://azheadstart.org/>
- <https://www.swhd.org/programs/health-and-development/birth-to-five-helpline/>
- <https://www.swhd.org/programs/health-and-development/fussy-baby/>

### **Transition Age Youth (16 to 18+)**

Focuses on educational and job preparedness training, development of independent living skills. Services can include academic training, college preparation, life skills, career workshops, employment support. Additional specialties may include psychoeducational groups on substance use, anger management, parenting skills, safety plans and identification of community supports.

#### Resources:

- <https://www.nami.org/Find-Support/Teens-and-Young-Adults>
- <https://youth.gov/>
- <https://www.casey.org/resources/>

## **SPECIALTY POPULATION SERVICES**

### **LGBTQ+**

The health needs of LGBTQ+ youth and adults can differ from those of their peers. Supports and services tailored to help the LGBTQ+ population are critical in order to promote safety, increase access to care, and improve health outcomes.

#### Resources:

- <http://www.SAAF.org>
- <http://www.thetrevorproject.org/>
- <http://familyproject.sfsu.edu>
- <https://www.genderspectrum.org/>

### **Anti-Human Trafficking**

Members who have been victims of human trafficking and/or sex trafficking may have experienced force, fraud, or coercion to lure them into labor or commercial sex act(s). Children and young adults who are experiencing homelessness and may not be linked to appropriate community and natural supports may be at risk for human trafficking. Helping connect vulnerable populations can decrease safety risks by ensuring basic needs are met, putting proper supports in place, and providing education on the signs and risks of human trafficking.

#### Resources:



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- <http://www.humantraffickinghotline.org>
- [http://www.heatwatch.org/heat\\_watch/](http://www.heatwatch.org/heat_watch/)
- <http://www.rainn.org/>

## **AHCCCS COVERED SERVICES**

### **Behavioral Health Counseling and Therapy Services**

An interactive therapy designed to elicit or clarify presenting and historical information, identify behavioral problems or conflicts, and provide support, education or understanding for the person, group or family to resolve or manage the current problem or conflict and prevent, resolve or manage similar future problems or conflicts. Services may be provided to an individual, a group of people, a family or multiple families.

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### **Assessment, Evaluation and Screening Services**

Gathering and assessment of historical and current information which includes face-to-face contact with the person and/or the person's family or other informants, or group of individuals resulting in a written summary report and recommendations.

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## **Skills Training & Development & Psychosocial Rehabilitation Living Skills Training**

Teaching independent living, social, and communication skills to persons and/or their families to maximize the person's ability to live and participate in the community and to function independently. Examples of areas that may be addressed include selfcare, household management, social decorum, same- and opposite-sex friendships, avoidance of exploitation, budgeting, recreation, development of social support networks and use of community resources. Services may be provided to a person, a group of individuals or their families with the person(s) present.

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## **Behavioral Health Prevention/Promotion Education and Medication Training and Support Services (Health Promotion)**

Education and training are single or multiple sessions provided to an individual or a group of people and/or their families related to the enrolled person's treatment plan. Education and training sessions are usually presented using a standardized curriculum with the purpose of increasing an individual's behavioral knowledge of a health-related topic such as the nature of an illness, relapse and symptom management, medication management, stress management, safe sex practices, HIV education, parenting skills education and healthy lifestyles (e.g., diet, exercise).



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## Family Support

Family support with family member(s) directed toward restoration, enhancement, or maintenance of the family functioning to increase the family's ability to effectively interact and care for the person in the home and community. May involve support activities such as assisting the family to adjust to the person's disability, developing skills to effectively interact and/or guide the person, understanding the causes and treatment of behavioral health issues,



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understanding and effectively utilizing the system, or planning long term care for the person and the family.

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### **Respite Care**

Respite means short term behavioral health services or general supervision that provides rest or relief to a family member or other individual caring for the behavioral health recipient. Respite services are designed to provide an interval of rest and/or relief to the family and/or primary care givers and may include a range of activities to meet the social, emotional and physical needs of the behavioral health recipient during the respite period. These services may be provided on a short-term basis (i.e., few hours during the day) or for longer periods of time involving overnight stays.

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### **Psychoeducational**

Psychoeducational services and ongoing support to maintain employment services are designed to assist a person or group to choose, acquire, and maintain a job or other meaningful community activity.

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## PROVIDERS

### A New Leaf (ANL)

[www.turnanewleaf.org](http://www.turnanewleaf.org)

**Parents and Children Teaming Together (PACTT) – MMWIA:** This program is designed to deliver in-home/community-based support and rehabilitative behavioral health services to all children and families through the age of 17. This program strives to keep children and families together and to support the children in achieving success in school, avoiding delinquency and becoming stable and productive members in their community. Our program is directed by the Child and Family Team and operates under the 12 Principles of the Arizona Model. The PACTT program at A New Leaf houses a diverse team of Behavior Coaches to provide the individualized support needed to accomplish a variety of goals laid out by each Child and Family Team. In an effort to meet the unique needs of the families we work within Maricopa County, we collaborate with each family team to tailor the type, frequency, and the duration of services in order to best fit the family's culture, needs and schedules.

These services include but are not limited to:

- Emotional management training
- Positive behavior support
- Family support and positive parenting coaching
- Community integration practices
- Social, living and communication skills training and development
- Medication education
- Self-regulation and decision skills
- Self-sufficiency skills
- Self-expression skills
- Conflict resolution skills
- Ongoing assistance to attain and enhance natural supports
- Health promotion and education

**After School Program (ASP):** This program is a strengths-based program, providing skills training and development to youth 6-17 years of age, during after school hours and at varied times during summer and holiday breaks. Through structured, group activities, children are able to learn and practice skills to enhance their emotional and social well-being. Services are provided on campus and in the community. Our program is directed by the Child and Family Team and operates under the 12 Principles of the Arizona Model. In an effort to meet the unique needs of the families we work within Maricopa County, we collaborate with each family team to tailor the type, frequency, and the duration of services.

These services are intended to improve and manage issues including, but not limited to:

- Oppositional Behaviors
- Relational Issues
- Social Skills
- Self-esteem
- Anger Management
- Living Skills
- Coping Skills

| Contact information   | Referral details  |
|---|---|
| <b>East Valley</b><br>*Community Based<br>960 N. Stapley Dr.<br>Mesa, AZ 85203<br><b>P: 480-489-5580</b>              | <a href="mailto:DSPPreferrals@turnanewleaf.org">DSPPreferrals@turnanewleaf.org</a><br><br>Katina Walker: <a href="mailto:kwalker@turnanewleaf.org">kwalker@turnanewleaf.org</a><br>Sara Diaz: <a href="mailto:sdiaz@turnanewleaf.org">sdiaz@turnanewleaf.org</a> .                      |
| <b>West Valley</b><br>*Community Based<br>8802 N. 61 <sup>st</sup> Ave., Glendale, AZ 85301<br><b>P: 480-489-5580</b> | <a href="mailto:DSPPreferrals@turnanewleaf.org">DSPPreferrals@turnanewleaf.org</a><br><br>Alena Garcia: <a href="mailto:Algarcia@turnanewleaf.org">Algarcia@turnanewleaf.org</a><br>Evette Richardson: <a href="mailto:erichardson@turnanewleaf.org">erichardson@turnanewleaf.org</a> . |



**Arizona Autism United**  
[www.azaunited.org](http://www.azaunited.org)

The mission of Arizona Autism United is to help as many families as possible with individualized supports. Our vision is to become a model autism organization that provides comprehensive services across the lifespan, with facilities throughout the state of Arizona. Arizona Autism United's services include home-based ABA, habilitation, speech and language therapy, the early intensive behavioral intervention program, social skills groups, respite, behavior coaching, school support and family support.

| Contact information  | Referral details    |
|--|---------------------|
| 5025 E. Washington St. Ste. 212<br>Phoenix, AZ 85034<br>P: 602-773-5773<br>F: 602-273-9108 | Call for referrals. |

**Bayless Integrated Healthcare**  
[www.baylesshealthcare.com](http://www.baylesshealthcare.com)

**The Lighthouse Program:** is designed as an intensive outpatient program for teenagers from 11 to 17 years of age of moderate to high risk for disruptive behavioral disorders, mood disorders, and substance abuse/dependency. All youth are assigned a primary therapist who takes the lead on individual counseling, family counseling, and multi-disciplinary team meetings. However, each teenager also works with the entire staff of the Lighthouse Clinical team through individual check-ins and specialized group sessions in the following topic areas: Orientation, Substance Abuse, Emotions, Psychodrama, Boys Discussion Group, Expressive Arts, Interpersonal Relationships, Life Skills, Leadership, and Girls Discussion Group. A Parents Discussion Group is facilitated monthly. A Youth Community Group is also held each month. Placement in groups is subject to the individual needs, readiness availability of each youth.

| Contact information   | Referral details  |
|---|---|
| 9014 S. Central Ave.<br>Phoenix, AZ 85042<br>P: 602-230-7373<br>English Referrals x277<br>Spanish Referrals x177<br>F: 602-682-7455 | Email referrals to following;<br><br>KC Long, Call Center Supervisor:<br><a href="mailto:Klong@baylesshealthcare.com">Klong@baylesshealthcare.com</a><br><br>Dr. Jon McCaine, Program Director:<br><a href="mailto:jmccaine@baylesshealthcare.com">jmccaine@baylesshealthcare.com</a> |

Jennifer Degraffe, Program Coordinator:  
[jdegraffe@baylesshealthcare.com](mailto:jdegraffe@baylesshealthcare.com)

**Caring Connections for Special Needs AZ**  
[www.ccsneeds.com](http://www.ccsneeds.com)

Caring Connections for Special Needs provides services to children who are enrolled in the Behavioral Health System and children with special needs.

Our mission is to provide a continuum of evidence and strengths based, culturally sensitive, behavioral health care services for children.

Keeping kids first has always been our goal. We focus on providing quality services to improve the lives of the families we serve.

Caring Connections for Special Needs knows firsthand the challenges that families who have children with special needs face every day. We understand that having the right support system makes a difference in everyone's life. We work hard to construct programs that best serve our children. We are always open to new ideas and want to be ever improving for the benefit of our kids!

Caring Connections for Special Needs offers evidenced based skills training and unskilled respite to meet the needs of children to assist them in meeting their service plan objectives. Our Benson facility offers over-night and emergency short-term respite care.

| Contact information   | Referral details   |
|---|--|
| 505 E. 5 <sup>th</sup> St.<br>Benson, AZ 85602<br>P: 520-639-9006 | Referrals: <a href="mailto:medicalrecords@ccsneeds.com">medicalrecords@ccsneeds.com</a><br>* Ages 5-17. Skills Training & Development (group/individual), Respite, Personal Care.  |
| 921 S. Prudence Rd.<br>Tucson, AZ 85710<br>P: 520-639-9006        | Referrals: <a href="mailto:medicalrecords@ccsneeds.com">medicalrecords@ccsneeds.com</a><br>*Ages Birth-17. Family Support, Skills Training & Development (group/Individual), Respite, Personal Care, Assessment/Service Planning, Transportation |
| 4511 N. Commerce Dr.<br>Sierra Vista, AZ 85635<br>P: 520-639-9006 | Referrals: <a href="mailto:medicalrecords@ccsneeds.com">medicalrecords@ccsneeds.com</a><br>* Ages 5-17. Family Support, Skills Training & Development (group/Individual), Respite, Personal Care, Assessment/Service Planning, Transportation    |



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|---|--|
| 1952 Thatcher Blvd.<br>Safford, AZ 85546<br>P: 520-639-9006         | Referrals: <a href="mailto:medicalrecords@ccsneeds.com">medicalrecords@ccsneeds.com</a><br>* Ages 5-17. Family Support, Skills Training & Development (group/Individual), Respite, Personal Care, Assessment/Service Planning, Transportation  |
| 600 E. Hwy 260<br>Ste. 7,8,9<br>Payson, AZ 85541<br>P: 520-639-9006 | Referrals: <a href="mailto:medicalrecords@ccsneeds.com">medicalrecords@ccsneeds.com</a><br>* Ages 5-17. Family Support, Skills Training & Development (group/Individual), Respite, Personal Care, Assessment/Service Planning, Transportation  |
| 1019 F. Avenue<br>Douglas, AZ 85607<br>P: 520-639-9006              | Referrals: <a href="mailto:medicalrecords@ccsneeds.com">medicalrecords@ccsneeds.com</a><br>* Ages 5-17. Family Support, Skills Training & Development (group/Individual), Respite, Personal Care, Assessment/Service Planning, Transportation  |
| 870 W. 4 <sup>th</sup> St.<br>Benson, AZ 85602<br>P: 520-639-9006   | Referrals: <a href="mailto:medicalrecords@ccsneeds.com">medicalrecords@ccsneeds.com</a><br>* Ages 5-17. Family Support, Skills Training & Development (group/Individual), Respite, Personal Care, Assessment/Service Planning, Transportation. |

**Casa de los Niños**

<https://www.casadelosninos.org/>

Casa de los Ninos offers individual, family, and group therapy for children and their families. Support for the family is also provided, as Casa de los Ninos can provide parenting and life skills. Casa de los Ninos works to ensure that families are supported through crisis situations through advocacy for children and families to ensure that individual needs are being met. Casa de los Ninos works with families to create individualized service plan goals for what they would like to improve. Additional services are provided include: psychiatric services, psychosocial services, specialized assessments and therapy for very young children (Birth-5), specialized assessments and therapy for older children and their families. Services are provided in a location that is convenient for the family.

**Dinosaur School (Incredible Years)**- Social skills group for children ages 4-8. There are currently 4 groups running - two in the morning for the non-school aged members and two in the afternoon for the school age members.

**Anger Management Group** - Ages 13-17.

**Healthy Relationships Groups** - Teenagers ages 14-17.

**Art Groups** - One group ages 5-10 and another group ages 11-16.

**C.A.T. Project** - CBT-focused anxiety group for ages 14-17.

**Triple P Parenting** - Group for parents/caregivers.

**Trauma Informed Group** – Group for parents/caregivers. One group in the morning and one group in the evening.

\*\*All groups use evidence-based curriculums as their foundation including Seeking Safety, TF-CBT, Koping CAT, Triple P, Incredible Years.

| Contact information  | Referral details   |
|--|--|
| 1120 N. 5 <sup>th</sup> Ave.<br>Tucson, AZ 85705<br>P: 520-624-5600<br>F: 520-623-2443 | <a href="mailto:BHMembership@casadelosninos.org">BHMembership@casadelosninos.org</a> |

**Chicanos Por La Causa (CPLC)**

<https://www.cplc.org/>

**CPLC Centro De La Familia:** CPLC Centro De La Familia provides outpatient behavioral health services for families and individuals of all ages. The program offers counseling and therapy services to those living with serious mental illness, general mental health issues, and substance abuse issues. These issues can be related to depression, anxiety, relationships, loss, substance abuse, suicidal thoughts, and trauma from sexual, emotional and/or physical abuse. Outpatient services offer flexible office hours and home-based services for children and their families, public transit accessibility, therapy in English and Spanish, and professional staff who utilize best practice models for treatment.

- Individual counseling
- Family Counseling
- Psychiatric medication monitoring
- Youth Case Management
- Youth High Needs Case Management
- Group therapy (Parenting, Expressive art therapy, Anger Management, Substance abuse and Anxiety/depression.)

| Contact information | Referral details |
|---------------------|------------------|
|---------------------|------------------|



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**University Health Plans**  
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6850 W. Indian School Rd.  
Phoenix, AZ 85033  
P: 623-247-0464

[elias.burboa@cplc.org](mailto:elias.burboa@cplc.org)

### **Child & Family Support Services (CFSS)**

[www.cfss.com](http://www.cfss.com)

CFSS provides specialization in helping support needs for children to continue living in their homes or communities. CFSS works with children and families with complex behavioral, developmental, and/or emotional needs ages birth through 17.

**MMWIA: (Phoenix & Tucson):** Services focus on the support needed to keep children in their community as well as return children from formal settings such as hospitals, residential treatment centers, or detention settings back into their local communities. MMWIA supports CFTs in developing and executing creative plans to support the community placement and home settings of children with complex needs. Our support is community based; we work in family homes, schools, local community centers, and other places most suited to the child and family. Our services are designed to be available when needed. Support availability includes evening and weekend hours. Transportation is also provided. CFSS works with children, families and those who are important in their lives to create and implement plans that build off strengths to meet needs.

**TAY/MMWIA:** (Transition Age Youth/ / Meet Me Where I AM): Services focus on the 16 through 18-year-old population with complex needs. Youth receiving services may be at risk for or have recently returned from out of home placement, detention, or may be in foster care. TAY MMWIA supports youth and their families with living at home and in their communities while preparing for adulthood. TAY MMWIA services partner with youth, their families, and CFT members to identify goals around transition to adulthood and works closely with other providers and community resources to help achieve identified goals. Partnerships are created with comprehensive children's providers, SMI and GMH/SU clinics to promote collaboration between all stakeholders as youth transition from the children's system to adulthood and adult services. TAY MMWIA supports early planning within the CFT around transition needs for identifying formal services, living environments, family connection, community connection, and other resources. TAY MMWIA is designed to be flexible, serving youth when, where, and how they need it. TAY MMWIA provides services up to 24 hours a day, seven days a week, including evenings, weekends, and holidays. TAY MMMWIA works in collaboration with youth, their families, and CFTs to create and implement plans based on their

unique strengths and needs of each youth. All services are designed and delivered to assist youth in their journey towards independence and being productive citizens in their communities.

The services provided include but are not limited to Support and Rehabilitation Services; Skills Training and Development and Psychosocial Rehabilitation Living Skills Training; Functional Behavioral Assessment; Behavioral Health Prevention/ Promotion Education and; Psycho educational Services and Ongoing Support to Maintain Employment and Support Services; Case Management, Personal Care Services, Home Care Training Family (Family Support), Unskilled Respite Care, as well as Treatment Services such as Behavioral Health Counseling and Therapy.

**Project Connections:** MMWIA service with an emphasis on permanency for children dually enrolled in the DCS and Behavioral Health systems. Interventions emphasize a child's connections to family and other supportive long-term relationships and by developing their skills across domains. The purpose of this project is to increase experiential forms of permanency for youth whose sense of normalcy has been disrupted by the multiple changes in care givers, community settings, and routines. All service delivery is aimed at promoting resiliency and wellness through a child and family's connection to people, places, and things.

**Family and Communities Team (FACT): (Phoenix & Tucson):** Program emphasis promotes stabilization in a community setting for young people who are transitioning out of *acute care hospitalizations and residential treatment centers*. The Family and Communities Team's mission is to promote youth, caregiver, and community members' resiliency through the transition into a less restrictive environment. All service delivery targets skill development and emotional regulation of young people while strengthening their caregivers, community members, and home environments to prevent further restrictive out-of-home and out-of-community care.

**Relationship Based Autism Center:** Building on a young person's existing strengths and connections, The Relationship-Based Autism Center joins with the family and young person on the Autism Spectrum to learn behavioral strategies and improve effective communication. Social thinking, applied behavior analytics, and counseling techniques are part of the dynamic support interventions provided to teach skills, decrease maladaptive behaviors, and enhance positive connection within the family. The Relationship Based Autism Center treatment process works in three phases: engagement, skill development, and skill generalization. The support and services provided incorporate family counseling, individual counseling, social skills therapy, educational trainings, and consultation to decrease challenging behaviors and build functional skills in communication, social, and executive functioning. With the goal of helping drive positive behavior change, therapists may communicate in picture type talk and use visual supports to construct a frame of reference to support a young person and family in developing

and enhancing skills. Positive change for children on the Autism Spectrum develops through healthy connections with people and cherished objects. Collaborating with families, educators, community members, and other professionals to explore Autism and young people’s needs will build a foundation of acceptance and success for children and adolescents on the spectrum and their families.

**Person Centered Assessment: (Tucson):** We offer an individualized assessment process called a Person-Centered Assessment. The Assessment encourages stabilization, promotes skill acquisition, and is uniquely designed for complex needs. The PAT Team works with the Child and Family Team in the most natural setting, with respect to the family culture, to build a plan centered on skill acquisition through a trauma informed perspective. The PAT team systematically gathers information on the identified behavioral need, while incorporating information on the child/family history, strengths and preferences, in order to inform ongoing service planning Support services are available to partner with the ongoing team to generalize skill sets and support Caregivers in utilizing recommendations.

| Contact information  | Referral details   |
|--|--|
| <b>Phoenix Location</b><br>10439 S. 51 St. Ste. 100<br>Phoenix AZ, 85044<br>*community based<br><b>P: 480-635-9944</b><br><b>F: 480-745-3684</b> | <b>Phoenix Referrals:</b><br>MMWIA and Project Connections to:<br>referrals@cfssinc.com<br>FACT referrals: factreferrals@cfssinc.com<br>RBAC referrals: referrals@cfssinc.com<br>MMWIA and Project Connections: Utilize MMWIA<br>referral form and MMWIA prioritization from<br>FACT: Utilize CFSS FACT referral form. |
| <b>Tucson Location</b><br>3955 E Fort Lowell Rd 115<br>Tucson, AZ 85712  | <b>Tucson Referrals:</b><br><a href="mailto:Tucsonreferrals@cfssinc.com">Tucsonreferrals@cfssinc.com</a> or<br><a href="mailto:FACTTucsonreferrals@cfssinc.com">FACTTucsonreferrals@cfssinc.com</a>  |

**CODAC**

<http://www.codac.org/>

**Human Trafficking prevention services:** (Ages 10-17 years old). Evidenced based services for at risk youth and supports with an emphasis on prevention, psychoeducation, empowerment and systemic interventions.



**Non-Medical Psychiatric Evaluations:** (Ages 6-17 years old and their families). Looking through a system and holistic lens our Licensed Psychologist evaluates youth and their families in order clarify diagnostics and recommend medically necessary treatment options including psychiatric medication consultation, integrative interventions, and/or individual or family services.

**Attention Deficit Hyperactivity Disorder (ADHD) Testing:** (Ages 6+ years old). We are able to complete the Test of Variables of Attention (TOVA) for ADHD. The results are shared with the child's family, school or other entities.

**Comprehensive Sex Education:** (Ages 13-17 years old). Using an evidenced model developed by the University of Arizona we are able to teach teens about sex and healthy relationships.

**Kids' Summer Camp:** (Ages 6-12 years old). This is a 6-week summer program offered 3x/week. Participants will learn emotional regulation/identification, teamwork, nutrition, and exercise skills. During the program kids also get to experience what the community has to offer, such as outings to Reid Park Zoo, Children's Museum, bowling, and many others. Program runs from the first week of June through the second week of July.

**Strengthening Families Program (SFP):** (All ages). This is a seasonal program offered based on need. SFP is a 7-session, evidence-based parenting skills, children's social skills, and family life skills training program. Parents and children participate in SFP, both separately and together in developmentally appropriate groups.

**Celebrating Families (CF):** (All ages). CF curriculum is an evidence based cognitive behavioral, support group model written for families in which one or both parents have a serious problem with alcohol or other drugs and in which there is a high risk for domestic violence, child abuse, or neglect. CF works with every member of the family, from ages 0 through adult, to strengthen recovery from alcohol and/or other drugs, break the cycle of addiction and increase successful family reunification. CF fosters the development of safe, healthy, fulfilled, and addiction-free individuals and families by increasing resiliency factors and decreasing risk factors while incorporating addiction recovery concepts with healthy family living skills.

**Employment Services:** (Ages 16+). Using SAMSHA's Supported Employment –Based Practices we provide pre-job skills, resume building, interview skills, GED resources, and support to maintain employment.

**Independent Living Skills Assessment:** (Ages 16-25). Using the Casey Life Skills Assessment, we are able to identify strengths and barriers to independent living and tailor treatment to an individual's specific needs.



**Family Based Seeking Safety Group:** (Ages 12+ and Families). Using an evidenced based curriculum (Seeking Safety: PTSD/Substance Abuse) we provide a family focused group for youth and their families. The group aim is to offer systemic support, psychoeducation and developmentally age-appropriate coping strategies.

| Contact information  | Referral details    |
|--|---------------------|
| 1600 N. Country Club<br>Tucson, AZ 85716<br>P: 520-327-4505<br>F: 520-202-1799 | Call for a referral |

### **Community Bridges (CBI)**

<https://communitybridgesaz.org/>

At Community Bridges, Inc. (CBI), we use a holistic—or integrated—approach to addiction and behavioral treatment, taking each person’s unique traits and challenges into account to design a treatment plan. Using a combination of education, therapy, housing, medications, inspiration, hope and other supportive services, our solutions are never one-size-fits-all. People are unique and so should be their treatment plan while in recovery.

CBI’s passionate and dedicated team of medical and behavioral health professionals share a common mission to maintain the dignity of human life. We can’t help but be agents of positive change in our communities.

Many of our employees have been in your shoes, so we know exactly what it takes to recover from substance use issues, from mental illness, and from feelings of despair. Most importantly, we know what it takes to thrive in recovery. At CBI, we know recovery is possible!

**Medication Assisted Treatment (MAT):** CBI uses best practices to help adolescents, ages 15+, with a physical dependence on opioids—prescription pain medications, fentanyl, heroin, and others—recover. We developed our Medication Assisted Treatment (MAT) program as a “whole patient approach” to substance use disorder, as described by the National Institute on Drug Abuse. This research-based treatment model takes place with intensive outpatient medical observation for optimum chances of recovery.

Treatments include a multi-disciplinary approach with medication, counseling and behavioral therapies that treat the whole person. We monitor patients’ mental and physical health, while integrating therapy and peer services.

CBI’s Integrated Therapy for Recovery from Substance use disorder:

1. **Medical detoxification** with evaluation, consultation, and MAT
2. **Behavioral therapies** for individuals, families, and groups
3. **Education** from peers on life skills, relapse prevention techniques and more
4. **Support services** such as coordination of care with multiple providers and continuing care

MAT protocols are directed by licensed medical practitioners and supported by a clinical team of registered nurses, behavioral health specialists, peer support specialists, and transition coordinators.

**Psychiatric Services:** CBI offers psychiatric services for people with general mental health needs in an outpatient environment. Using what we call a Patient-Centered Medical Care model, we promote an open partnership between practitioners, patients, and their families. We treat an individual's mental health using an integrated approach because we know mental well-being goes hand in hand with physical well-being and recovery.

CBI's psychiatrists focus on the diagnosis and treatment of mental, emotional, and behavioral health. A variety of treatments are used, including psychotherapy, medication, and psycho-social interventions to build a unique treatment plan for each individual.

CBI coordinates patient care and treatment plans with other specialists to ensure a patient's physical and mental health care needs are coordinated. And, with support from peers with shared experiences, patients find a new purpose through our one-on-one case management in a setting that stresses the importance of healthy support systems.

**One-on-One Ongoing Resources for People with Mental Health Concerns:**

- Psychiatric assessment and stabilization
- Case management
- Outpatient care, including counseling
- Housing assistance
- Coordination of care among mental, physical, and recovery clinicians
- Daily living skills, including developing healthy social networks
- Employment and education assistance
- Managing finances

| Contact information  | Referral details  |
|--|---|
| <b>Aspire Mesa Clinic</b><br>1012 S. Stapley Dr. Bldg. 5<br>Mesa, Az 85204<br><b>P: 480-768-6022</b><br><b>F: 480-831-0078</b> | Adolescent referral email:<br><a href="mailto:AMATReferrals@cbridges.com">AMATReferrals@cbridges.com</a><br><br>Adolescent Program Contact: Shannon Powell-<br><a href="mailto:spowell@cbridges.com">spowell@cbridges.com</a> |



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**Scottsdale Unscript Clinic**

8541 E. Anderson Dr. Suite 105  
Scottsdale, AZ 85255  
P: 480-520-7000  
F: 480-775-2455

Adolescent referral email:

[AMATReferrals@cbridges.com](mailto:AMATReferrals@cbridges.com)

Adolescent Program Contact: Shannon Powell-

[spowell@cbridges.com](mailto:spowell@cbridges.com)

**Community Health Associates (CHA)**

<https://www.chaarizona.com/>

Community Health Associates offers services to all individuals. A thorough clinical assessment identifies the person's strengths, needs, abilities and personal preferences. Our staff uses this information to formulate an individualized service plan (ISP) that guides the treatment process from beginning to end. Our philosophy of care is dedicated to helping to improve the quality of lives of children, adults, families and the communities they live in, by building upon strengths. Our philosophy supports every customer's right to receive care in the least restrictive setting, to live independently when possible, to be employed, to lead a healthy lifestyle, and to be educated.

Our staff is dedicated to helping consumers fully exercise their rights while learning how to use local resources and systems of care to meet individual and family needs. Community Health Associates is licensed by the Arizona Department of Health Services & Office of Behavioral Health Licensure to provide outpatient behavioral health treatment and substance use services for children, youth, adults and families. We are licensed to provide services to all AHCCCS/Medicaid enrolled or eligible members or persons.

**Individual and Family Services:** Community Health Associates' prioritizes the availability and delivery of services to Spanish-speaking individuals in both an individual and group setting.

- Depression and anxiety
- Acute and chronic mental illness
- Relationship, couple and family problems
- Parenting and child rearing challenges
- Behavioral and emotional problems in children
- Abusive or destructive relationships
- Sexual and/or physical abuse
- Economic or financial stresses
- HIV/AIDS
- Family crises, including separation, divorce and children removed from their home
- Grief and Loss
- Post-traumatic stress disorder and recovery from catastrophic events

**Psychiatric Services:** Our M.D. Psychiatrists and Psychiatric Nurse Practitioners are specially trained to work with children, youth, and adults. Our Psychiatric Health Services are provided in our sites by M.D. Psychiatrists or by Psychiatric Nurse Practitioners face to face or by using "Tele-Psychiatry" which is state of the art private communication technology. Tele-psychiatry is the application of Telemedicine to the field of Psychiatry. It has been the most successful of all the telemedicine applications so far.

**Road to Recovery- Young Adult Services:**

Community Health Associates "Road to Recovery" team is there to help adults and young adults with their recovery. Our team provides ongoing support to every participant to help them meet their clinical, psychosocial and rehabilitation needs. Our Road to Recovery staff and participants learn from each other's' experiences, coping strategies, and offer each other daily encouragement. All treatment services and activities are tailored to meet the needs of every individual.

Road to Recovery's support services and activities may include the following:

- Help each participant develop their own social support system.
- Promote school and employment success along with vocational readiness.
- Recognize each participant's use of pro-social behaviors.
- Promote independent living skills and social skills.
- Foster supportive relationships using both case management and peer supports.
- Coordinate group activities which emphasize stabilization through
- community supports, rather than relying on office-based therapy.
- Teach symptom and illness-management skills and reinforce substance abuse prevention.
- Teach health promotion and wellness through scheduled physical health activities, events, tobacco cessation, health education.
- Help participants learn about their community and becoming active members.

CHA's Road to Recovery teams includes: Certified Recovery Coaches, Dedicated Recovery Coaches, Family Support Partners, Peer Support Partners, and Direct Support Staff that provide support in employment and wellness. Our team members work in collaboration with community stakeholders, agencies, and medical providers in Yuma County, La Paz County, Cochise County, and Santa Cruz County to ensure we provide the best services and supports possible to every individual.



## Banner University Health Plans Banner – University Family Care

**MMWIA Services:** Meet Me Where I'm at Services consists of wrap around support services ranging from family support services, direct support services and peer support services. Individual and/or family therapy may be combined with these support services for our children who are identified as high needs. CHA provides after hour services as well as on call support services to meet the needs of individuals and families in our communities.

### **Integrated Physical Health Services:**

- Preventive care
- Routine & Sport Physicals
- Chronic Disease Management
- Diabetes & Care Management
- Nutritional Counseling
- Smoking Cessation
- EKG's
- Lab Services
- Cholesterol Screening Treatment & Education
- Psychiatric Services
- Stress Management
- Health Management
- Co-occurring & Chronic Conditions
- Healthy Eating
- Ear, Nose, Throat
- Dermatology Services

| Contact information   | Referral details   |
|---|--|
| <b>Yuma Mental Health Clinic</b><br>2851 S. Ave B<br>Bldg. 4<br>Yuma, AZ 85364<br><b>P:</b> 928-376-0026<br><b>F:</b> 928-782-2298                    | <a href="mailto:CHAMemberSvc@chaarizona.com">CHAMemberSvc@chaarizona.com</a> |
| <b>Nogales Mental Health Clinic</b><br>32 Blvd Del Ray David<br>Nogales, AZ 85621<br><b>P:</b> 520-394-7400<br><b>F:</b> 520-377-9596                 | <a href="mailto:CHAMemberSvc@chaarizona.com">CHAMemberSvc@chaarizona.com</a> |
| <b>San Luis Mental Health Clinic</b><br>1938 E. Juan Sanchez Blvd<br>Ste. 4<br>San Luis, AZ 85349<br><b>P:</b> 928-376-0026<br><b>F:</b> 928-782-2298 | <a href="mailto:CHAMemberSvc@chaarizona.com">CHAMemberSvc@chaarizona.com</a> |
| <b>Parker Mental Health Clinic</b><br>1516 Ocotillo Ave.<br>Parker, AZ 85344<br><b>P:</b> 928-376-0026<br><b>F:</b> 928-782-2298                      | <a href="mailto:CHAMemberSvc@chaarizona.com">CHAMemberSvc@chaarizona.com</a> |



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| <b>Casa Grande Integrated Care Clinic</b><br>1923 N. Trekell Road<br>Casa Grande, AZ 85122<br><b>P:</b> 520-284-7782<br><b>F:</b> 520-836-5436                                    | <a href="mailto:CHAMemberSvc@chaarizona.com">CHAMemberSvc@chaarizona.com</a> |
| <b>Tucson Mental Health Clinic</b><br>1773 W. St. Mary Rd.<br>Ste. 102<br>Tucson, AZ 85745<br><b>P:</b> 520-622-8357<br><b>F:</b> 520-622-1028                                    | <a href="mailto:CHAMemberSvc@chaarizona.com">CHAMemberSvc@chaarizona.com</a> |
| <b>Tucson Integrated Care Clinic</b><br>1773 W. St. Mary Rd.<br>Ste. 105<br>Tucson, AZ 85745<br><b>P:</b> 520-622-8357<br><b>F:</b> 520-622-1028                                  | <a href="mailto:CHAMemberSvc@chaarizona.com">CHAMemberSvc@chaarizona.com</a> |
| <b>Green Valley Mental Health Clinic</b><br>275 W. Continental Rd.<br>Ste. 133a, b,c,d and Ste. 141<br>Green Valley, AZ 85622<br><b>P:</b> 520-628-4000<br><b>F:</b> 520-547-7003 | <a href="mailto:CHAMemberSvc@chaarizona.com">CHAMemberSvc@chaarizona.com</a> |
| <b>Bisbee Mental Health Clinic</b><br>1326 Hwy. 92<br>Ste. J<br>Bisbee, AZ 85603<br><b>P:</b> 520-366-3603<br><b>F:</b> 520-432-3678  | <a href="mailto:CHAMemberSvc@chaarizona.com">CHAMemberSvc@chaarizona.com</a> |
| <b>Douglas Integrated Care Clinic</b><br>1701 N. Douglas Ave.<br>Douglas, AZ 85607<br><b>P:</b> 520-366-3133<br><b>F:</b> 520-364-2770  | <a href="mailto:CHAMemberSvc@chaarizona.com">CHAMemberSvc@chaarizona.com</a> |
| <b>Green Valley Mental Health Clinic</b><br>275 W. Continental Rd.<br>Ste. 133a, b,c,d and Ste. 141<br>Green Valley, AZ 85622<br><b>P:</b> 520-628-4000<br><b>F:</b> 520-547-7003 | <a href="mailto:CHAMemberSvc@chaarizona.com">CHAMemberSvc@chaarizona.com</a> |



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| <b>Yuma/TIP</b><br>410 S. Maiden Lane<br>Yuma, AZ 85364<br><b>P:</b> 928-248-8282<br><b>F:</b> 928-248-8280                                      | <a href="mailto:CHAMemberSvc@chaarizona.com">CHAMemberSvc@chaarizona.com</a> |
| <b>Yuma Integrated Care Clinic</b><br>2851 S. Ave B<br>Bldg. 29A Ste. 2902<br>Yuma, AZ 85364<br><b>P:</b> 928-304-7729<br><b>F:</b> 928-344-5577 | <a href="mailto:CHAMemberSvc@chaarizona.com">CHAMemberSvc@chaarizona.com</a> |

**COPE Community Services**

<http://www.copecommunityservices.org/>

**Thrive:** COPE Youth and Family Services serves youth ages 6-22. The comprehensive services provided at this program, include behavioral healthcare, and address a wide range of concerns in a positive and supportive environment. Services include therapy services (individual, family, and group), Skills building, Parenting classes, LGBTQ support, Substance abuse counseling and education, MAT for youth ages 16-22, and case management.

| Contact information   | Referral details           |
|---|----------------------------|
| 924 N. Alvernon Way<br>Tucson, AZ 85711<br><b>P:</b> 520-207-9348 | Call Intakes: 520-205-4732 |

**Desert Milagros**

<http://www.desertmilagros.net/>

Today Desert Milagros continues to provide quality care through our treatment programs and is a leader in the treatment for disordered eating, trauma recovery, and mental health issues including anxiety, depression, and bipolar disorder. We offer Intensive Outpatient (IOP) services with separate programs for adults and teens. At Desert Milagros, the focus is always on the whole person and finding the right balance of treatment methods to best help each patient reach their personal recovery goals. You will find that our programs help bring balance back into life by honoring the strength and spirit within each person. We believe that you will find our comprehensive approach to treatment and our commitment to providing excellent care will give you the tools to sustain recovery.



Treatment Modalities Include:

- Group Therapy
- Individual Therapy
- CBT, DBT, and Mindfulness Practices
- Energy Psychology Techniques: EFT, TAT
- Expressive Art
- Nutritional Counseling and Meal Planning
- Therapeutic Meal Support
- Body Image and Body Movement
- Holistic Personal Training and Functional Movement
- Eco-Therapy

**Eating Disorders:** The outpatient programs for eating disorder recovery are designed to provide intensive support for those experiencing difficulties with anorexia, bulimia, binge eating disorder, obesity, and other types of disordered eating. Our programs can be an alternative to residential care and are an affordable option for those needing specialized care for disordered eating issues. We offer evening programming for adults and after-school programming for teens.

**Trauma Recovery Program:** When the word trauma is mentioned we most often think about physical abuse, sexual abuse or even PTSD. Did you know that there are many forms of trauma that often go untreated? Some of these forms of untreated trauma are a results of emotional abuse, experiencing an accident or witnessing a traumatic event. It can be a result of threats, bullying, and intimidation experienced as a child. Trauma can also be a result of living in a highly stressful family and learning how to cope under very difficult circumstances.

**Teen Program:** Today's teens face many challenges and an alarming number of teens are experiencing some form of a mental health crisis or use maladaptive coping strategies to handle these crises. Incidents of anxiety and depression are at epidemic levels. Eating disorders are also on the rise among teens along with co-occurring issues like body dysmorphia and obesity. Early detection and treatment are key in helping teens recovery from these issues and help stop the development of long-term consequences. Our programs offer solutions that teens can use in their daily lives to heal and support them in the recovery process.

| Contact information  | Referral details    |
|--|---------------------|
| 2550 E. Fort Lowell Rd.<br>Tucson, AZ 85716<br>P: 520-531-1040 | Call for referrals. |



**Devereux**

[http://www.devereux.org/site/PageServer?pagename=az\\_index](http://www.devereux.org/site/PageServer?pagename=az_index)

**Autism Center:** The Devereux Advanced Behavioral Health Arizona Autism Center supports children and adolescents 0-17 years of age with autism spectrum disorder in the development of communication, social, and adaptive skills needed to live independent, fulfilling, productive, and socially connected lives. All of Devereux's Autism Center services are based on applied behavior analysis (ABA) and are supervised by a Board-Certified Behavior Analyst (BCBA).

**Comprehensive ABA Treatment:** This is an intensive ABA treatment program designed to address several complex skill acquisition and maladaptive behavior reduction targets across multiple domains of functioning. ABA treatment may be provided across home, educational, and community settings, with an emphasis on maintenance and generalization of skills. Treatment programs include, but are not limited to:

- 1) Assessment of skill deficits and maladaptive behavior
- 2) Maladaptive behavior reduction
- 3) Language and communication skills
- 4) Social skills
- 5) Daily living skills
- 6) Executive functioning skills
- 7) Caregiver education and support

**Focused ABA Treatment:** This is a specialized ABA treatment program designed to focus on a limited number of target behaviors. Caregiver education and support is provided to enhance maintenance and generalization. Treatment programs include, but are not limited to:

- 1) Functional communication
- 2) Social skills
- 3) Compliance with medical and dental procedures
- 4) Safety skills
- 5) Acute maladaptive behavior reduction

**Commercial Sexual Exploitation of Children (CSEC) Program:** Devereux's CSEC program is for children with a history of or at high-risk for sexual exploitation. The curriculum utilized is a therapeutic program (STRIVE) developed to address CSEC adolescents. Devereux's CSEC taskforce is a team of highly trained clinical professionals, high needs case managers, and a dedicated Survivor Advocate to focus on all aspects of CSEC victimization, while reaching the

inner core of the victim to create understanding, insight to self, and instill skills to develop a healthier lifestyle.

*\*Based on the nature of the CSEC population, many of our clients in the CSEC groups are also referred for the Substance Abuse/DBT skills program\**

**Dialectical Behavioral Therapy:** Dialectical Behavioral Therapy is an evidence-based modality in which clients are directed to change problematic behavioral patterns (self-injurious behaviors, chronic suicidality, intense mood dysregulation, impulsivity, disordered eating patterns, anxiety, depression and much more) within the context of acceptance, change oriented strategies and compassion. DBT focuses on emotional regulation so that client's with intense and high emotion learn to manage their emotions so they do not continue to react impulsively based on those emotions while improving relationships with interpersonal skills. Once the family is oriented to the DBT program, guardians and youth can choose to commit to the 6-month program, which includes group therapy 2 hours once per week, individual therapy once per week, and on-call DBT coaching in -between sessions. The client's guardian is expected to participate once per week with a DBT skills trained case manager who works with the guardian to teach them the skills their child is learning that week in the skills group so that they can understand the language, the skills, and use it to encourage, support and if needed, coach their child when they are struggling. DBT works to keep the client out of the hospital, out of RTC and in the home with their community.

**Family (Community) Based Respite:** Devereux Arizona is committed to providing the least restrictive and most appropriate services to individuals referred for care. Family based Respite is designed to provide short-term relief to primary caregivers (parents/guardians) of children (ages 0-17) with developmental, emotional, or behavioral needs. Family Based Respite takes place in the home of a licensed family that is trained to provide respite. The provider family's home is licensed as a Behavioral Health Respite Home. Families provide activities in their home and/or in the community. Provider families are matched to the child(ren) prior to a respite stay based on the child(ren)'s needs. This respite is ideal for children who are more suited to a family setting and/or may have specialized needs. Family Based Respite can take place any time during the week for a few hours up to several days.

**Facility Based Respite:** Devereux Arizona is committed to providing the least restrictive and most appropriate services to individuals referred for care. Facility based Respite care is designed to provide short-term relief to primary caregivers (parents/guardians) of children (ages 4-17) with developmental, emotional, or behavioral needs.

Facility Based Respite is best described as a camp-like atmosphere. Respite is provided in adjacent homes with trained staff supervision day and night. Activities are provided throughout the stay including excursions within the community. **Hours of Operation:** Friday 3pm - Sunday 6pm (overnight), Saturday 8am-8pm (Day Only), Sunday 8am-6pm (Day Only)

**Helping Youth Participate and Excel (HYPE):** at Devereux is a collaborative program with the Phoenix Zoo that focuses on community engagement and increasing independent living skills through one on one mentoring and workshops. HYPE works with youth and young adults between the ages of 14 and 20 and is a youth driven program. Programming focuses on treatment goals related to life skills, social skills, employment, time management, education, healthy relationships, financial literacy and other youth driven aspirations. HYPE is normally delivered face to face in the community however we have also adapted this transition aged youth program for Telehealth service delivery. Frequency of service is dependent on child's needs. However, groups are offered weekly

**MMWIA:** With the understanding of the Arizona 12 principles there is a great need to keep youth and families together and living within their natural living environment and community. Devereux is a family and community centered agency designed to enhance the stability and integrity of the family by keeping or returning the youth to their home or other least restrictive environment. Devereux's purpose is to empower family performance, system independence and personal responsibility by offering Skills Training and Development, Psychosocial Rehabilitation Living Skills Training, Behavioral Health Prevention, Promotion and Education, Psycho-Educational Services, Ongoing Support to Maintain Employment, Family Support, Unskilled Respite, and Personal Care Service in an individualized plan for each family. Devereux targets youth who are currently struggling to maintain their current living environment or those who are to be discharged from a residential treatment facility or hospital. Devereux works with male and female youth from 0-17 years old. We also specialize in working with the LGBTQ community. Frequency is dependent on child and family need.

| Contact information   | Referral details   |
|---|--|
| <b>Autism Center:</b><br>11024 N. 28 <sup>th</sup> Drive, Suite 110<br>Phoenix, AZ 85029<br><b>P: 480-634-2020</b><br><i>*Comprehensive and Focused ABA Treatment</i> | <a href="mailto:AZautismreferrals@devereux.org">AZautismreferrals@devereux.org</a> |



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| <b>Facility (and Community Based) Respite:</b><br>6411 E. Sweetwater Ave.<br>Scottsdale, AZ 85254<br><b>P:</b> 480-634-2028<br><b>F:</b> 480-368-4671   | <a href="mailto:azrespite@devereux.org">azrespite@devereux.org</a>   |
| <b>MMWIA:</b><br>2025 N. 3 <sup>rd</sup> St Phoenix, AZ 85004<br>(Community Based)<br><b>P:</b> 623-435-6840<br><b>F:</b> 623-937-8502  | <a href="mailto:azmmwiareferrals@devereux.org">azmmwiareferrals@devereux.org</a><br>Phone- 623-522-5510  |
| <b>Outpatient Therapy and Case Management:</b><br>11024 N. 28 <sup>th</sup> Drive, Suite 110<br>Phoenix, AZ 85029<br><b>P:</b> 480-634-2020 <ul style="list-style-type: none"><li>• Commercial Sexual Exploitation of Children (CSEC) Program</li><li>• Dialectical Behavioral Therapy (DBT) Program</li><li>• Helping Youth Participate and Excel (HYPE Program)</li></ul> | <b>DBT Direct Contact:</b><br>Laura Medlock<br>Office: 602-944-6222<br>Cell: 480-532-5787<br><a href="mailto:lmedlock@devereux.org">lmedlock@devereux.org</a><br><br><b>HYPE Direct Contact:</b><br>Mary Manning<br>Cell: 4802661639<br><a href="mailto:mmanning@devereux.org">mmanning@devereux.org</a> |

**Easterseals Blake Foundation**

<https://www.easterseals.com/blakefoundation/>

Easterseals Blake Foundation (ESBF) serves infants, toddlers, children, youth, adults, and families with an array of educational, therapeutic, vocational, residential, prevention, and intervention services across 10 Southern Arizona counties. ESBF is dedicated to a vision of Southern Arizona where all people live healthy, productive and independent lives. ESBF provides Parent-Child Relationship Assessments and Parent-Child Relationship Therapy for young children and their families. Modalities of therapy that are offered through ESBF include Child Parent Psychotherapy (CPP), EMDR techniques, motivational interviewing, ABA techniques, CBT, DBT and Trauma Informed. ESBF also provides comprehensive mental health and developmental assessments for young children.

Additional services provided through ESBF include:

- Assessments
- Skill Building Groups

- Psychiatric Services and Medication Management
- Living Skills
- Family Support
- Peer Support
- Health Promotion and Prevention Education

**The Incredible Years Program Groups:** The Incredible Years are research-based, proven effective programs for reducing children's aggression and behavior problems and increasing social competence at home and at school.

- **Incredible Years Parents and Toddlers (parents and children 6 months to 3-years):**
  - Understand cues and respond appropriately to their needs
  - Help child feel loved, safe and secure
  - Encourage child's development
  - Establish clear and predictable routines
  - Self-care as important step in caring for child
  - Use positive discipline to manage behaviors
- **Incredible Years Parents and Babies (parents and babies 0-6 months):** *\*Groups available for teen parents.*
  - Babies attend sessions allowing for hands on practice of skills
  - Understand baby's cues and respond appropriately to their needs
  - Help baby feel loved, safe and secure
  - Encourage baby's development
  - Establish clear and predictable routines
  - Self-care as an important step in caring for baby
- **Incredible Years Basic Preschool (parents and children 3-6 years):**
  - Strengthens parent-child interactions and attachment
  - Reduces harsh discipline
  - Fosters ability to promote child's social, emotional and language development
  - Teachers parents to build children's school readiness skills

**Dinosaur School (children 4 to 8 years):** Assists children in learning the following: classroom behavior skills, feeling recognition in self and others, problem solving, anger management, and friendship skills.



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| Contact information  | Referral details   |
|--|--------------------|
| <b>Pinal County</b><br>1115 E. Florence Blvd.<br>Ste. A<br>Casa Grande, AZ 85122<br><b>P: 520-723-4429</b>                   | Call for referrals |
| <b>Cochise and Santa Cruz</b><br>55 S. 5 <sup>th</sup> . St.<br>Sierra Vista, AZ 85635<br><b>P: 520-452-9784</b>             | Call for referrals |
| <b>Graham and Greenlee</b><br>1938 W. Thatcher<br>Safford, AZ 85546<br><b>P: 928-362-7343</b>                                | Call for referrals |
| <b>Maricopa and Gila</b><br>288 N. Ironwood Dr.<br>Apache Junction, AZ 85120<br><b>P: 480-646-1042</b>                       | Call for referrals |
| <b>Yuma and La Paz</b><br>1060 S. 5 <sup>th</sup> Ave.<br>Yuma, AZ 85364<br><b>P: 928-248-5112</b><br><b>F: 928-248-5248</b> | Call for referrals |
| <b>Palomita Children's Center</b><br>250 W. 15 <sup>th</sup> St.<br>Safford, AZ 85546<br><b>P: 928-348-8825</b>              | Call for referrals |
| <b>Children's Achievement Center</b><br>330 N. Commerce Park Loop<br>Ste. 100<br>Tucson, AZ 85745<br><b>P: 520-325-6495</b>  | Call for referrals |
| <b>Signal Peak Early Learning Center</b><br>8470 N. Overfield Rd.<br>Bldg. F<br>Coolidge, AZ 85128<br><b>P: 520-494-5140</b> | Call for referrals |

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| <b>Superstition Mountain Early Learning Center</b><br>805 S. Idaho Rd.<br>Bldg. A<br>Apache Junction, AZ 85119<br><b>P: 480-677-7768</b> | Call for referrals |
| <b>Employment and Community Living Graham and Greenlee</b><br>527 W. Main St.<br>Safford, AZ 85364<br><b>P: 928-276-9225</b>             | Call for referrals |
| <b>Employment and Community Living Pima</b><br>332 S. Convent Ave.<br>Tucson, AZ 85701<br><b>P: 520-622-3933</b>                         | Call for referrals |

**El Paso Family Mentoring and Counseling Services**

<http://elpasocares.org>

El Paso Family Mentoring and Counseling Services is an ADHS licensed counseling facility that provides both Outpatient and Individualized Intensive Outpatient Home-Based and Community-Based services. We service the General Mental Health Community in Maricopa, Pima, Pinal and Gila Counties from the age of 2 to 65+.

When a Child or Adolescent comes into our care, we work very hard to provide support and consideration to the whole family unit. We ensure a multi-step evaluation of not only the identified child but of the entire family and community system, recognizing that each person involved is an integral part of the child's or adolescent's healing, growth and development. Some of our focus specialties are:

- Reactive Attachment Disorder (RAD)
- Oppositional Defiant Disorder (ODD)
- Anxiety
- Depression
- Learning Disorders
- Autism Spectrum Disorder
- Conduct Disorders
- Attention Deficit Hyperactivity Disorder (ADHD)

**Family System Based Assessments:** Our assessment is comprehensive, sometimes requiring multiple steps, meaning we are not only assessing the identified client but also the entire family



and community system, recognizing that each is an integral component of the individual's healing, growth and development.

**Individualized Intensive Outpatient (I-IOP):** These One-to-One intensive services are provided *in the person's environment*. Our work with clients provides the direct application of skills in the areas that are causing them distress. Our goal is to positively reduce substance use, self-harming behaviors, crisis utilization and hospitalization. Beginning with a consultation to assess the need for services, our services are provided as much as needed, up to 12 hours per week. These appointment hours are set accommodating the client's schedule and are designed to not interfere with natural supports.

**Behavioral Coaching:** All stakeholders involved with the client are included in this program's ongoing coordination. Stakeholders are frequently asked for feedback on behaviors and changes in behaviors via a Functional Behavioral Assessment. This is done to increase the following: Consistency for the client; progression and development in life activities; and use of coping skills and communication.

***Who services are for:***

- *Children, Adolescents and Adults in supportive settings*
- *Those that struggle with behaviors in social settings*
- *Children diagnosed with ODD, ADD, ADHD, and Autism*

**Equine Assisted Life Skills group for Children:** This is a 4-week group provided in Partnership with Rider's Ranch, in Laveen, AZ. Horses become a tool through which children and adolescents can learn life skills while focusing on respect, ethics and teamwork. A new group of 4 to 6 children starts each month.

**Crisis/ Hospitalization Follow- up Program:** After a crisis hospitalization, these One-to-One support services are provided *in the client's environment* to help them with follow-up appointments, services and skills development. Our clients are guided toward the direct day-to-day application of skills in the areas that are causing them distress. This is done with the goal to reduce substance use, self-harming behaviors, crisis utilization and hospitalization.

***Who services are for:***

- *Available for adolescents and adults*
- *People with frequent hospital/crisis utilization*
- *People with complicated home environments*



- *People that have issues applying coping skills in their environments*

**Mentoring:** We provide guidance in the development of behavioral skills necessary to navigate the challenging situations one may face through independent skill building, connecting with community resources and ensuring community resource education.

**Counseling:** When counseling is required, we take a client centered approach using evidence practices. Some of the practices we use are EMDR, Expressive Therapies, Mindfulness, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, Equine Therapy, the SAMHSA Co-Occurring Model, the SAMHSA Peer Support Model and the SAMHSA Supportive Employment model.

**Parenting:** We provide parenting skills taught individually, family style, and in groups. We identify the specific parenting needs and then develop a customized parenting plan. We offer our parenting groups and services both in English and in Spanish.

| Contact information  | Referral details  |
|--|---|
| 3118 W. Thomas Rd. Suite 712<br>Phoenix, AZ 85017<br><b>P:</b> 602-388-4017<br><b>F:</b> 480-247-4465<br><b>*Services Maricopa, Pima, Pinal and Gila Counties.</b> | <b>Send referrals to:</b><br><a href="mailto:Referral@ElPasoCares.org">Referral@ElPasoCares.org</a> |

**Family Involvement Center (FIC)**  
<http://familyinvolvementcenter.org/>

FIC is a family-run organization that provides parent peer support, family education, family respite (home & community based), and youth mentor services. FIC specializes in parent peer support, one parent helping another in meeting their child's and family's needs, and in navigating child-serving systems and community resources. Supports for parents include Parent Support Partners, health promotion/prevention and education, a Parent Helpline, and parent support by appointment and walk-ins at our office, and in the home or community. We also assist parents in enrolling their child/family in AHCCCS and behavioral health and substance use services.

**Support Services for Parents/Primary Caregivers:** Peer parent-delivered support is provided by *Parent Support Partners* who provide or facilitate connections to informational, emotional, concrete and social support as well as assistance in navigating child-serving systems (Behavioral

and Physical Health, Child Welfare, Juvenile Justice, Education, and Developmental Disabilities) and community resource agencies and self-help groups. Our Parent Support Partners are biological, foster or adoptive parents including grandparents and kinship providers who have personal experience navigating child-serving systems. Our Parent Support Partners understand the journey of parents which often includes feeling overwhelmed or isolated and not knowing where to turn for assistance in meeting their child's or family's needs. FIC Parent Support Partners are skilled in engaging parents by utilizing their own personal experience of having similar lived experiences in raising a child. They assist parents in brainstorming ideas and problem-solving with systems partners to meet their child's needs in schools, the community, with other child-serving agencies, and in social or family settings. Parent Support Partners develop Support Plans with the parent/primary caregiver by exploring the strength(s) and needs of the parent and developing objectives to meet the needs of the parent. FIC also employs *Parent Support Specialists* who have advanced knowledge in skills in assisting parents needing extra support in service and implementation for their child with the Division of Developmental Disabilities, Juvenile Justice and the education system. These Parent Support Specialists are utilized as an addition to the team to assist when the child/youth has complex needs and the parent requires more intensive and in-depth navigation services from our parent support program.

**Family Education and Support Groups:** Weekly and monthly scheduled parent-led group settings for parent/primary caregiver, which are designed to increase the participant's knowledge, confidence and self-efficacy in managing their family's needs and plans for improving the quality of their family's life. This includes cross-system navigation. Examples of Family Education Groups: Nurtured Heart Approach®, Triple P Parenting, Parenting Now and Parenting Wisely. FIC offers a variety of Support Groups which are also parent led that provides an opportunity for parents/caregivers to come together to support one another, problem solve, and expand their family support network. Current Support Groups include: Parent Empowerment Group, Grandparents and Relatives as Caregivers Empowerment Group (GRACE), Spanish Support Group, Can Do for parents of children with developmental disabilities, Parent Involvement 101, Salsa, Sabor y Salud), and a Community Time Exchange.

**Youth Support Services:**

**Respite:** FIC provides respite to families with children in the home and community to provide rest and relief to the parents/caregivers. Respite provides the opportunity for youth to engage in activities they might not otherwise be able to, with the support of a respite worker.

**Living Skills:**

FIC provides living skills services to children/youth currently enrolled in 4th through 8th grade. Through an activity/skill building program the youth will learn and practice skills to enhance their emotional and social well-being. This program is conducted individually with the youth in either the home or community. The following skill areas the youth may focus on but not limited to are; relational issues, social skills, self- esteem, living skills, and coping skills. Youth are able to learn and practice skills to enhance their emotional and social well-being. This living skills training support youth in creating stronger connections to their family and peers.

**Parent Assistance Center:** Our Parent Assistance Center’s telephone support line is offered weekdays from 8:30 – 5 p.m. except holidays. PAC is staffed by parents/caregivers with first-hand experience with the behavioral health system and experience in navigating other child-serving agencies. In addition, PAC assists parent in connecting with other parents through formal groups or informal parent networks in the community. PAC staff also assists callers seeking information on behavioral health services by connecting them with the Maricopa County Behavioral Health System and providing other assistance to help them get enrolled in child /parent-serving programs.

| Contact information  | Referral details  |
|--|---|
| 5333 N 7th St Suite A-100<br>Phoenix, 85014<br>P: 602-288-0155 | <b>For enrolled youth and families:</b><br>Please Complete the DSP Referral Form for “ <b>Parent Peer Support and Education</b> ” and send to:<br><a href="mailto:referrals@familyinvolvementcenter.org">referrals@familyinvolvementcenter.org</a> .<br><br>Email: <a href="mailto:info@familyinvolvementcenter.org">info@familyinvolvementcenter.org</a> |

**Grossman & Grossman Therapy**  
<https://www.grossmantherapy.com/>

Grossman & Grossman, Ltd. provides office, home and community based therapeutic services for children, adolescents, adults and families across six counties in Arizona. Grossman & Grossman has offices in Phoenix, Peoria, Mesa, Casa Grande, Tucson, Sierra Vista and Prescott Valley; however, the majority of our sessions are held in the community in the homes, school and placements of our clients who range from age two and older. Grossman & Grossman provides counseling services that address issues of complex trauma, attachment, victimization and sexual abuse. We have a focus on building self-regulation skills, resiliency and developing positive coping strategies to manage anger, impulse control, depression, disassociation, anxiety, stress and conflict resolution. Our team of over 40 therapists are certified by the International Association of Trauma Professionals. We have the ability to provide intensive in-

home services multiple times a week, as clinically appropriate. Our interventions are strength-based, built upon the client's capacities and resiliency, are solution focused and consider the unique needs of each client. We work closely as a team with the client and community members to achieve optimal results. \*Spanish speaking therapists are available in most areas.

| Contact information   | Referral details  |
|---|---|
| 1300 N. 12 <sup>th</sup> St.<br>Ste. 550<br>Phoenix, AZ 85006 | Email: <a href="mailto:team@grossmantherapy.com">team@grossmantherapy.com</a><br>Fax: 480-609-9552<br>Phone: 602-468-2077 |
| 9460 W. Peoria Ave.<br>Ste. F<br>Peoria, AZ 85345             | Email: <a href="mailto:team@grossmantherapy.com">team@grossmantherapy.com</a><br>Fax: 480-609-9552<br>Phone: 602-468-2077 |
| 1136 E. Harmony Ave.<br>Ste. 205<br>Mesa, AZ 85204            | Email: <a href="mailto:team@grossmantherapy.com">team@grossmantherapy.com</a><br>Fax: 480-609-9552<br>Phone: 602-468-2077 |
| 125 N. Florence St.<br>Casa Grande, AZ 85122                  | Email: <a href="mailto:team@grossmantherapy.com">team@grossmantherapy.com</a><br>Fax: 480-609-9552<br>Phone: 602-468-2077 |
| 1701 W. St. Mary's Rd.<br>Ste. 117<br>Tucson, AZ 85745        | Email: <a href="mailto:team@grossmantherapy.com">team@grossmantherapy.com</a><br>Fax: 480-609-9552<br>Phone: 602-468-2077 |
| 4669 N. Commerce Dr.<br>Sierra Vista, AZ 85635                | Email: <a href="mailto:team@grossmantherapy.com">team@grossmantherapy.com</a><br>Fax: 480-609-9552<br>Phone: 602-468-2077 |

**H.O.P.E. Group**  
[www.hopegroupaz.com](http://www.hopegroupaz.com)

**Early Intervention:** Our Comprehensive Early Intervention services provide a community-based service to individuals diagnosed with, or at-risk of an Autism diagnosis.

**Applied Behavior Analysis:** HOPE Group offers an array of services using the principles of applied behavior analysis, including comprehensive assessments, treatment plan development, data analysis, progress monitoring and direct treatment implementation by a qualified behavior technician under the supervision of our team of behavior analysts.

**Focused Behavior Treatment:** This specialized program provides services to individuals who display disruptive behavior that poses a risk of harm to self, others or the environment, or that impeded an individual's ability to establish meaningful behaviors. Our Board-Certified Behavior Analysts (BCBA) use behavior analytic assessment and treatment procedures to produce the best possible outcomes for our clients.

**Community Empowerment:** HOPE Group offers an array of family support services including services for adults with developmental disabilities. Services may include, but are not limited to: parent consultation, social skills classes, guardianship and legal resources, as well as vocational training services.

**School Consultation:** HOPE Group provides client specific behavior and academic consultation to teachers and aides as well as school and district wide trainings on general treatment strategies. HOPE Group has been contracted to conduct skill assessments (VB-MAPP, ABLLS-R, AFLS, PEAK), develop discrete trial training programs (DTT) based on skill deficits, conduct Functional Behavior Assessments (FBA)/Functional Analysis (FA) and design corresponding Behavior Intervention Plans (BIP).

**Habilitation and Respite:** Habilitation and respite services are provided for Division of Developmental Disability (DDD) qualified members. Habilitation services focus on the direct implementation of Individualized Service Plan (ISP) Goals by a provider in the client's home and community. Individuals of all ages qualify for services and hours per week vary from 5-30 depending on clinical necessity. Habilitation services are not a replacement to childcare. Respite services provide short-term relief for parents and caregivers, occurs in the client's home and community.

| Contact information  | Referral details  |
|--|---|
| 4530 E. Muirwood Dr. Ste. 103<br>Phoenix, AZ 85048<br>P: 480-610-6981<br>F: 480-898-7419 | For referrals contact the location for specific services being requested. |
| 1100 E. Ajo Way Ste. 201<br>Tucson, AZ 85713<br>P: 520-284-9655<br>F: 480-898-7419       | For referrals contact the location for specific services being requested. |

**Horizon Health & Wellness, Inc. (HHW)**

<http://www.hhwaz.org/>

**Children’s Services-** We work in collaboration with the child and family, so the child may achieve success in school, live with their family, avoid delinquency, improve overall wellness and become a stable and productive adult. We collaborate with system partners to handle complex situations, using best practices, in the least restrictive settings.

**Services Include:**

- Individual, Family, and Group Counseling
- Meet Me Where I Am (MMWIA)
- Intensive Outpatient Treatment for adolescents with substance abuse issues
- Infant Toddler Mental Health services to monitor development of 0-5-year-old
- Transition to Adulthood services for 15-17-year-old
- Integrated Care Services to address physical and psychiatric needs
- Family Support Services

| Contact information  | Referral details                                   |
|--|--|
| <b>Apache Junction Clinic</b><br>(Counseling, Integrated Care, IOT)<br>625 N. Plaza Dr. Ste. 101<br>Apache Junction, AZ 85120<br><b>P: 480-983-0065</b>        | Main Number to reach any location:<br>480-983-0065 |
| <b>Florence Clinic</b><br>(Counseling, Integrated Care)<br>450 W. Adamsville Rd.<br>Florence, AZ 85132<br><b>P: 480-983-0065</b>                               | Main Number to reach any location:<br>480-983-0065 |
| <b>Casa Grande Clinic</b><br>(Counseling, Family Support, Integrated Care, MMWIA)<br>210 E. Cottonwood Lane<br>Casa Grande, AZ 85122<br><b>P: 480-983-0065</b> | Main Number to reach any location:<br>480-983-0065 |



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| <b>Oracle Clinic</b><br>(Counseling, Integrated Care, After School Program, family support, IOT, Transition to Adulthood)<br>980 E. Mt. Lemon Rd. Bldg. 1 & 2<br>Oracle, AZ 85623<br><b>P: 480-983-0065</b> | Main Number to reach any location:<br>480-983-0065 |
| <b>Oracle Clinic</b><br>(Counseling, Integrated Care, After School Program, family support, IOT, Transition to Adulthood)<br>980 E. Mt. Lemon Rd. Bldg. 1 & 2<br>Oracle, AZ 85623<br><b>P: 480-983-0065</b> | Main Number to reach any location:<br>480-983-0065 |
| <b>Queen Creek Clinic</b><br>(Counseling, Integrated Care,)<br>22713 S. Ellsworth Rd. Bldg. A Ste. 101<br>Queen Creek, AZ 85142<br><b>P: 480-983-0065</b>   | Main Number to reach any location:<br>480-983-0065 |
| <b>Kearny Clinic</b><br>(Counseling, Integrated Care, Family Support, IOT, Transition to Adulthood)<br>374 Alden Rd.<br>Kearny, AZ 85137<br><b>P: 480-983-0065</b>  | Main Number to reach any location:<br>480-983-0065 |
| <b>Globe Clinic</b><br>(Counseling, Integrated Care, Family Support, MMWIA, IOT, Transition to Adulthood)<br>415 W. Baseline Spur<br>Globe, AZ 85501<br><b>P: 480-983-0065</b>                              | Main Number to reach any location:<br>480-983-0065 |
| <b>Yuma Clinic</b><br>(Counseling, Integrated Care, MMWIA, Family Support, Transition to Adulthood, 23 hr Crisis Observation)<br>3180 E. 40 <sup>th</sup> St.<br>Yuma, AZ 85365<br><b>P: 480-983-0065</b>   | Main Number to reach any location:<br>480-983-0065 |



**Human Resource Training (HRT)**

<http://hrtaz.com/>

**FAST (Foster and Adoptive Support Team) Program:** The FAST program was designed by HRT to support families and children that are involved in foster care, adoptive care or kinship care to prevent disruptions or the need for higher levels of care. These children must be enrolled in AHCCCS and have been involved in the DCS/child welfare system. This program is designed to work directly with the family and the child(ren) in the placement home to provide support over an intensive period of 90 days (on average). This program is intended to increase stability in the home by assisting the primary caregivers in adapting to meet the needs of the children placed and working with the children to reduce their behavioral concerns. FAST uses a trauma-informed perspective, as the belief is that every child that has been removed from a caregiver has potential trauma responses. The FAST program requires that a family be willing to participate in family support and skills training as the family systems perspective prescribes working with the whole family unit and not just the individual child. Short-term respite or personal care can also be provided. A team is comprised of a Clinical Supervisor, a Family Support Specialist and a Family Resource Aide. Each has their own role to assist the child and the family in the following areas:

- Behavioral health system navigation/collaboration, DCS system navigation/collaboration
- Support and psycho-education as to behavioral challenges that the child may be facing
- Full functional family assessment
- Collaboration with CFT process, Medical, Behavioral Health, and Psychiatric Services
- Identification and implementation of behavioral modification strategies in the home (Skills training/Development, Home care training/Family support, Personal care)
- Ongoing support and community resource suggestions
- Short-term respite (2-4 hours at a time)

| Contact information  | Referral details   |
|--|--|
| 2131 E. Broadway Rd., #14<br>Tempe, AZ 85282<br><b>P:</b> 602-433-1344<br><b>F:</b> 602-249-1570 | <ul style="list-style-type: none"> <li>• Email referrals to:<br/>             Medical Records and Referral<br/> <a href="mailto:medicalrecords@hrtaz.com">medicalrecords@hrtaz.com</a></li> <li>• For questions about referrals: Amna Gilmore, LPC #14545 HRT</li> </ul> |



- Clinical Supervisor / FAST Supervisor  
[amnag@hrtaz.com](mailto:amnag@hrtaz.com) 480 207-9584

**Hunkapi**  
<https://hunkapi.org/>

Founded in mindfulness, our myriad hands-on, experiential programs include: Equine Assisted Psychotherapy, Therapeutic Riding, Counseling and Life Skills, and Addiction/Recovery groups. We and our four-legged healers help people move mindfully towards their clinical, life or leadership goals and connect mindfully to the people in their life who matter most.

| Contact information  | Referral details                 |
|--|----------------------------------|
| 12051 N. 96 <sup>th</sup> St.<br>Scottsdale, AZ 85260<br>P: 480-393-0870 | For referrals call: 480-393-0870 |

**Intermountain Center for Human Development (IChD)**  
<https://intermountaincenters.org/>

**Care Coordination:** Intermountain provides access to multiple Board-Certified Child and Adolescent Psychiatrists, skilled clinicians including Board Certified Behavioral Analysts (BCBAs) and comprehensive crisis services. In addition, Intermountain is a designated Specialty Provider, with services that include intensive community-based and residential components, all of which are focused on meeting the individualized needs of its members while they remain in their community. Intermountain's members have prioritized access to the organization's array of specialty services to support their needs, which may range from simple to complex, and for some youth may fluctuate between periods of stability and crisis episodes.

**Behavior Intervention:** Intermountain Centers offers Behavioral Assessment Services to adults, children and families who exhibit challenges. The services - provided in both English and Spanish - are individualized and dependent on the strengths and needs of each member and family.

**Substance Use Disorder:** Intermountain Centers provides both residential and outpatient programs for adolescents with Substance Use Disorders (SUD) in Tucson. Intermountain's SUD services include intensive programming that is comprised of individual and group work. Daily programming is structured by clinicians to include recreation

opportunities, therapy groups, health and wellness education, social skills development, managing emotions, individual and family therapy sessions, and community-based programming. The program is designed to emphasize action as a way to learn new perspectives and activities or social relationships that replace the substance use and related behaviors. Community-based activities are arranged to maximize therapeutic outcomes once clients are discharged into an aftercare setting.

**Medical Services:** Intermountain Health Center, Inc., provides an array of psychiatric services for children, adolescents and adults, including comprehensive psychiatric evaluation and follow-up psychiatric treatment. All assessment and treatment services are focused on providing evidence-based services to meet the individualized needs of our members which may include the use of medications and/or psychosocial interventions. Our staff provides in-office, face-to-face services and is comprised of experienced child and adolescent psychiatrists, general psychiatrists, a nurse practitioner, and nurses. In addition, technology is used to allow for innovative community-based service provision via telemedicine that connects skilled psychiatric providers with members who are in different locations.

**Behavioral Consultation:** Behavioral Consultation Services, Inc., offer comprehensive behavioral, speech and psychological services to address a wide range of challenges faced by children, adolescents, adults, and their families. Our mission is to help each member maximize their potential by providing them individualized services based on evidenced-based practices. Our collaborative team has specialized training and experience required to address a broad range of concerns, including both common and severe behavior problems for children with and without special needs. We strive to ensure the most comprehensive interdisciplinary approach possible by collaborating and maintaining close relationships with a variety of service providers such as pediatricians, speech, physical and occupational therapists, schools, in-home workers, daycares, vocational agencies, and group homes. We also provide supervision, consultation and training for individuals, agencies and school districts.

| Contact information   | Referral details                 |
|---|----------------------------------|
| <b>Central Tucson</b><br>5055 E. Broadway Blvd. Ste. C104<br>Tucson, AZ 85711<br><b>P: 520-623-9833</b>           | Call for referrals: 520-721-1887 |
| <b>East Tucson</b><br>994 S. Harrison Rd.<br>Tucson, AZ 85748<br><b>P: 520-721-1887</b><br><b>F: 520-721-0069</b> | Call for referrals: 520-721-1887 |



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|---|----------------------------------|
| <b>South Tucson</b><br>1100 W. Fresno St.<br>Tucson, AZ 85745<br><b>P: 520-232-2900</b>   | Call for referrals: 520-721-1887 |
| <b>ICHD Sells</b><br>Tohono Plaza Bldg. #4, Suite 409<br>BIA State Rt 19<br>Sells, AZ 85634<br><b>P: 520-383-1791</b><br><b>F: 520-383-1795</b> | Call for referrals: 520-721-1887 |
| <b>SE Arizona / Nogales</b><br>276 W. Viewpoint Dr.<br>Nogales, AZ 85621<br><b>P: 520-281-0678</b><br><b>F: 520-281-0772</b>                    | Call for referrals: 520-721-1887 |
| <b>Casa Grande</b><br>1821 N. Trekell Rd. Ste 1, Bldg. A<br>Casa Grande, AZ 85222<br><b>P: 520-426-4289</b>                                     | Call for referrals: 520-721-1887 |

**Jewish Family & Children's Service (JFCS) Central Arizona**

<https://www.jfcsaz.org/>

**Adolescent Community Reinforcement Approach (A-CRA):** A-CRA is a behavioral intervention that seeks to replace environmental factors contributing to substance abuse with pro-social activities and behaviors supportive of recovery. This approach includes sessions with the adolescent alone, with the caregiver alone, and with adolescents and caregivers together. The program can work with adolescents who do not have involved caregivers. A-CRA is not strictly an abstinence model; treatment goals related to reduction in substance use are mutually determined with the adolescent. National studies indicate effectiveness with Native American and Latino youth. Average number of sessions per adolescent is 18 to 22. Priority Populations: Services through this project are prioritized to the following populations of youth with substance abuse issues: pregnant or parenting adolescent females; adolescents involved in the juvenile justice system; Latino and Native American youth and children enrolled with DCS. All services are for Title XIX/XXI and Non-Title XIX/XXI eligible adolescents.

**JFCS' Youth in Transition Program:** Modeled after the Transition to Independence Process (TIP), an innovative, evidence-based model created by Dr. Rusty Clark to support youth and young adults with emotional and behavioral difficulties. JFCS is one of the first organizations in Maricopa County to successfully implement the TIP model which focuses on transitioning youth in five areas: education, stable living situation, employment and career, community life functioning, and personal effectiveness and well-being. Population Served: Children in DCS 15-17, Children 16-17, GMH/SA 18-21, and SMI 18-21.

**Jewish Family & Children's Service Child Crisis Hospital Team (CCHT):** Our goal is to support children and their families that are in crisis with short-term home-based clinical interventions that promote safety for the child to remain in the community while ensuring connections to necessary ongoing behavioral health services are in place. This program provides home/community-based support services that consist of crisis de-escalation, risk assessments, safety planning, behavioral support, case coordination and care, positive parenting strategies, short-term individual and family counseling along with resources and referrals for ongoing needs. Services are designed for children who have been discharged from a hospital for behavioral health needs, been turned away from a hospital due to not meeting criteria or can be utilized as a prevention service to avoid further crisis escalations and disruptions. Eligible children are Title 19 enrolled. Emergent intakes are also available to bring children into the behavioral health system and get connected with a clinical home for longer-term needs and behavioral health services. Services are available 7 days a week.

**Center of Excellence Family Center:** The Michael R. Zent Integrated Health Center and Maryvale Maricopa Integrated Health Services Center of Excellence Family Center: The Center provides outpatient primary care and behavioral health services to children and families in need of intervention to help in the prevention and/or continuation of child abuse and/or neglect. The Center provides information to children and families in the Maryvale community regarding child development, parenting and family support as well as case management, coordination of care, psychiatric, and therapeutic intervention utilizing a trauma informed approach.

**Triple P (Positive Parenting Program):** JFCS utilizes Triple P --- Positive Parenting Program --- a parenting and family support system designed to prevent as well as treat behavioral and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to reach their full potential. Triple P draws on social learning, cognitive behavioral and

developmental theory as well as research into risk factors associated with the development of social and behavioral problems in children. Parents are equipped with skills and the confidence they need to be self-sufficient and to be able to manage family issues without ongoing support. Parenting strategies focus on developing positive relationships, attitudes and conduct for their children and themselves.

| Contact information   | Referral details  |
|---|---|
| <b>A-CRA</b><br><b>P:</b> 602-358-0441<br><b>F:</b> 602-353-0703  | <a href="mailto:Diane.Palacios@jfcsaz.org">Diane.Palacios@jfcsaz.org</a><br><br>The CSRC provides confidential screening, scheduling and referral services for all Behavioral Health programs at JFCS. Main phone: 602.256.0528 Fax: 602.254.8611             |
| <b>TIP</b><br><b>P:</b> 602-567-8353<br><b>F:</b> 602-254-8611  | <a href="mailto:Jessica.Woodruff@jfcsaz.org">Jessica.Woodruff@jfcsaz.org</a><br><br>The CSRC provides confidential screening, scheduling and referral services for all Behavioral Health programs at JFCS. Main phone: 602.256.0528 Fax: 602.254.8611         |
| <b>Hospital Team</b><br><b>P:</b> 602-353-0718<br><b>F:</b> 602-688-8834  | <a href="mailto:childcrisisreferrals@jfcsaz.org">childcrisisreferrals@jfcsaz.org</a><br><br>The CSRC provides confidential screening, scheduling and referral services for all Behavioral Health programs at JFCS. Main phone: 602.256.0528 Fax: 602.254.8611 |
| <b>Family Center</b><br><b>P:</b> 602-256-0528  | <a href="mailto:CSRCTeam@jfcsaz.org">CSRCTeam@jfcsaz.org</a><br><br>The CSRC provides confidential screening, scheduling and referral services for all Behavioral Health programs at JFCS. Main phone: 602.256.0528 Fax: 602.254.8611                         |
| <b>West Valley Outpatient Clinic</b><br>1840 N. 95 <sup>th</sup> Ave. Ste 146<br>Phoenix, AZ 85307<br><b>P:</b> 623-234-9811<br><br><b>Mesa Outpatient Clinic</b><br>1255 W. Baseline Rd. Ste B 258 | <a href="mailto:CSRCTeam@jfcsaz.org">CSRCTeam@jfcsaz.org</a><br><br>The CSRC provides confidential screening, scheduling and referral services for all Behavioral Health programs at JFCS. Main phone: 602.256.0528 Fax: 602.254.8611                         |



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Mesa, AZ 85202  
P: 480-820-0825

**Jewish Family and Children's Services of Southern Arizona**

<http://jfcstucson.org/>

At Jewish Family & Children's Services of Southern Arizona, we believe in healing the world with loving-kindness. Our specialized counseling offers hope and healing to people who are dealing with anxiety, depression, family conflicts, loss of a loved one, and other life issues. JFCS therapists and other staff provide high quality behavioral health and social services to people of all ages, faiths, and economic backgrounds.

**Person-Centered Trauma-Informed Counseling:** We provide counseling services to children of all ages depending on the unique needs of each child or teen. Our licensed, expert and compassionate therapists treat a variety of issues, including:

- Trauma & PTSD
- Depression & Anxiety
- Domestic Violence
- Grief & Loss
- Eating Disorders
- Substance Use
- Conflict Resolution
- Child Behavioral Issues

Our therapists offer a variety of evidence-based treatments, such as EMDR, CBT, Systemic Family Therapy, Parent/Child Relationship Therapy, DBT skills, and play therapy.

**Project Safe Place:** Project Safe Place (PSP) is a grant-funded program that provides free counseling services to children of all ages who are victims (survivors) or witnesses of crime including domestic violence, sexual and physical abuse, human trafficking, and many other types of crime that unfortunately are far too common in today's world.

Child sexual abuse and other types of trauma happen to children in every kind of family, neighborhood, and community. Fortunately, with the right kind of help, children can recover

completely and live normal, happy lives. PSP therapists use a variety of age appropriate treatment modalities to help each child:

- Establish an atmosphere of safety.
- Experience increased well-being and reduced anxiety.
- Reduce feelings of powerlessness and self-blame.
- Encourage expression of feelings.
- Facilitate a sense of contact with and control over their environment.
- Encourage the development of trusting attachments.

Because traumatic events don't just affect the victim, Project Safe Place includes family therapy to help family members improve communication and problem-solving skills in ways that help the victims in recovery.

*\* JFCS of Southern Arizona has a grant-funded program called Project Safe Place (PSP) that provides free counseling to children who have experienced trauma due to being victims of a crime. Those who qualify for PSP receive counseling free of charge. There is also a self-pay option and a sliding fee scale for children who are not eligible for AHCCCS or the grant-funded program.*

| Contact information  | Referral details   |
|--|--|
| 4301 E. 5 <sup>th</sup> St<br>Tucson, AZ 85711<br>P: (520) 795-0300<br>F: (520) 795-8206 | Call or email the JFCS Intake Team to schedule an appointment:<br>(520) 795-0300 ext. 2402<br><a href="mailto:intake@jfcstucson.org">intake@jfcstucson.org</a> |

**La Frontera**

<http://www.lafronteraaz.org/>

**EMDR Therapy-** Ages 5+. Evidenced based individual therapy to target past trauma through bilateral stimulus. Differs from traditional "talk therapy.

**Summer Program-** Ages 8-11. To recognize individual needs of a child through consistent, structured and therapeutic group activities that support identified goals. Learning strategies to control strong moods, learn to manage behaviors in a classroom setting, improving peer interactions, learning healthy boundaries.

**After School Program-** Ages 8-11. To recognize individual needs of a child through consistent, structured and therapeutic group activities that support identified goals. Learning strategies to



control strong moods, learn to manage behaviors in a classroom setting, improving peer interactions, learning healthy boundaries.

**Grant Adolescent IOP-** Ages 14-18. AIOP (Adolescent Intensive Outpatient Program) specializes in the treatment of young adults, ages 14-17 who are struggling with significant substance abuse behaviors. The program utilizes ASAM assessment to identify the appropriate level of treatment needs, and our team will customize your treatment plan based on those specific needs. AIOP utilizes Motivational Interviewing techniques, along Adolescent Community Reinforcement Approach (A-CRA) to provide treatment individualized to your needs, and our groups run 3 times a week for 3 hours a day providing an intensive level of treatment to aid adolescents in their recovery journey.

**Therapeutic Day Program-** Ages 3-5. Children who have experienced difficulties in a typical setting, learn how to separate from caregivers, regulate their emotions, manage behavior in such a way as to succeed in school. Nutritious breakfast, lunch and snack provided.

| Contact information   | Referral details   |
|---|--|
| <b>EMDR Therapy</b><br>502 W. 29 <sup>th</sup> St.<br>Tucson, AZ 85713<br>P: 520-884-9920 | Veronica Tovar at <a href="mailto:veronica.tovar@lafrontera.org">veronica.tovar@lafrontera.org</a> |
| <b>EMDR Therapy</b><br>4891 E. Grant Rd.<br>Tucson, AZ 85712<br>P: 520-296-3296           | Veronica Tovar at <a href="mailto:veronica.tovar@lafrontera.org">veronica.tovar@lafrontera.org</a> |
| <b>EMDR Therapy</b><br>1141 W. Grant Rd. Ste 100<br>Tucson, AZ 85705<br>P: 520-206-8600   | Veronica Tovar at <a href="mailto:veronica.tovar@lafrontera.org">veronica.tovar@lafrontera.org</a> |
| <b>EMDR Therapy</b><br>1210 E. Pennsylvania<br>Tucson, AZ 85713<br>P: 520-741-2351        | Veronica Tovar at <a href="mailto:veronica.tovar@lafrontera.org">veronica.tovar@lafrontera.org</a> |





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| <b>Summer Program</b><br>502 W. 29 <sup>th</sup> St.<br>Tucson, AZ 85713<br>P: 520-884-9920          | Veronica Tovar at <a href="mailto:veronica.tovar@lafrontera.org">veronica.tovar@lafrontera.org</a> |
| <b>After School Program</b><br>502 W. 29 <sup>th</sup> St.<br>Tucson, AZ 85713<br>P: 520-884-9920    | Veronica Tovar at <a href="mailto:veronica.tovar@lafrontera.org">veronica.tovar@lafrontera.org</a> |
| <b>Grant Adolescent IOP</b><br>1141 W. Grant Rd, Suite 100<br>Tucson AZ 85705<br>P: 520-206-8600     | Veronica Tovar at <a href="mailto:veronica.tovar@lafrontera.org">veronica.tovar@lafrontera.org</a> |
| <b>Therapeutic Day Program</b><br>502 W. 29 <sup>th</sup> St.<br>Tucson, AZ 85713<br>P: 520-884-9920 | Veronica Tovar at <a href="mailto:veronica.tovar@lafrontera.org">veronica.tovar@lafrontera.org</a> |

**Maricopa Integrated Health System (MIHS)**

<https://www.mihs.org/behavioral-health/first-episode-center>

**The First Episode Center:** (Adolescents and Young Adults, Ages 15-25). FEC is an innovative treatment and support program, serving adolescents and young adults who are experiencing psychosis. Research shows that seeking treatment early will improve life overall and help the young person achieve their life goals. The sooner care is sought, the sooner a person will feel better. The FEC uses evidence-based practices to provide a comprehensive array of recovery-oriented services over a period of about two years from the onset of symptoms. We use a team approach to assist a person and their family in a time efficient manner, eliminating long delays between onset of experiences and engagement in effective treatment. We offer services in a variety of settings, including in our center and in the community, such as home or school visits, depending on how a person would like their care. Our team works closely with medical providers to ensure that the whole health of the person is considered in treatment. Services provided include:

- Recovery coaching
- Individualized goal setting
- Peer support
- School and employment support
- Family education and support
- Various therapies, including Cognitive Enhancement Therapy and Cognitive Behavioral Therapy
- Individual, group, and family therapy

- Medication treatment, if a person and their doctor decide it is needed

| Contact information  | Referral details |
|--|------------------|
| 950 E Van Buren Street<br>Avondale, AZ 85323<br><b>After Hours:</b> 480-341-7073<br><b>P:</b> 623-344-6860 | 623-344-6860     |

### **Mentally Ill Kids in Distress (MIKID)**

<https://www.mikid.org/>

MIKID is a Family Run Agency that provides support, education, and skill development to families and their children, youth and young adults who are experiencing mental health and behavior challenges throughout Arizona. This is accomplished through MIKID staff providing Certified Family Support, Certified Youth Peer Support, Direct Support Services, Youth Groups, Health Promotion, Psychoeducation, Respite, Support Groups, Pre-Job training and education, and Transitional Age Youth (TAY) programs. MIKID services are offered in-home, in the community, and in our out-patient facility. MIKID's goal is to connect families and individuals with natural supports in the community. These services are unique in that many of these supports are provided by family members, parents and young adults who have personal lived experience in dealing with behavioral health needs. MIKID Family Support Partners/Parent Partners have firsthand knowledge of navigating the Children's Behavioral Health System and other youth-serving systems; they walk side-by-side with parents/caregivers to provide assistance in achieving their goals and ultimately developing independence. A primary focus is to provide emotional support alongside building the family's/caregiver's abilities to make sure their voice and choice is heard in every part of the systems of care they navigate for their child and family's care and the community.

| Contact information  | Referral details   |
|--|--|
| 7816 N. 19 <sup>th</sup> Avenue<br>Phoenix, AZ 85021<br><b>P:</b> 602-253-1240<br><b>F:</b> 602-840-3408 | <a href="mailto:Medicalrecords@mikid.org">Medicalrecords@mikid.org</a><br><br>Referral Coordinator: Jacqueline Sanchez<br><a href="mailto:jacquelines@mikid.org">jacquelines@mikid.org</a> |

**Native American Connections (NAC)**

<https://www.nativeconnections.org/>

NAC has provided an integrated and holistic continuum of culturally relevant programs and services to urban natives in Maricopa County and tribal communities throughout the southwest for 40 years. Using Native American Healing combined with Evidenced Based Practices, the program provides a healing, supportive, and empowering experience for young adults that help them to discover a meaning and purpose to life. The program model at NAC is integrated within Native American Healing practices such as the Talking Circle, Medicine Wheel, Healthy Relationships, and Red Road (Wellbriety) to provide an educative and healing environment for all members. NAC strives to provide a holistic approach of mind, body and spirit while assisting families with improving natural and community supports in achieving individualized, identified goals. DSP program referrals will be accepted for AHCCCS eligible youth residing in Maricopa County, also accepts non-AHCCCS eligible teens with substance use issues for IOPSA program.

**Intensive Substance Abuse Program:** Native American Connections has a 45-year history of working with clients struggling with substance use disorders. Youth are particularly impacted by substance use in the family system. For this reason, Native American Connections (NAC) is now offering an intensive, holistic, strengths-based, trauma informed, outcome focused, and systems-oriented approach to assist these youth ages 13-19 and their families. We call this program, Standing Stronger, as youth and families are stronger when they work together towards recovery. Standing Stronger's goal is to help the youth and family live free from addiction. This intensive program is generally 10 weeks based on clinical need. All NAC Clinical Staff are trained in Trauma Informed Care, Substance Use disorder treatment, and Family Systems theory and practice. Standing Stronger offers the following services weekly as needed: 1 hour of individual counseling for youth, one hour of family counseling and two psychoeducational/counseling groups per week. (each group is 2 ½ hours- groups will be held on Tuesday and Wednesdays from 5:00-7:30). Group sessions are based on evidenced based practices including ACRA, Living in Balance, the Matrix model, and Wellbriety. Twice monthly, youth will be offered the opportunity to participate in a Talking Circle, a Native American healing ceremony that addresses the "spirit" aspect of mind-body-spirit treatment. Individual and family counseling services are available in the youth/family's home, in office, or in the community.

**Contact information**

**Referral details**



**Banner**  
**University Health Plans**  
Banner – University Family Care

4520 N. Central Ave. Ste. 380  
Phoenix, AZ 85012  
P: 602-424-2060  
F: 602-424-1623

[assessment@nativeconnections.org](mailto:assessment@nativeconnections.org)

**New Hope**

<http://newhopeofarizona.com/>

**(PHOENIX)**

New Hope of Arizona, Inc. works with children and families with complex behavioral, developmental and/or emotional needs, ages 3-17. Agency provides a majority of services within the home and community of children and their families during day, evening, and weekend hours based on the family's need. Services that may be offered in the home and/or community include MMWIA-behavioral coaching, mentoring, individual therapy, family therapy, play therapy, in-home respite, facility-based respite services and functional behavior assessments. New Hope of Arizona, Inc. also partners with St. Luke's OSCA Unit and other Emergency Departments in Maricopa County to provide emergency 48-hour respite services for hospital discharges (agency will provide time for self-care while outside interventions are put in place). In addition, New Hope of Arizona, Inc. provides Level II Behavioral Health Residential Facility-Therapeutic Group Home Services (Behavioral Coaching, Individual Therapy, Family Therapy, and Group Therapy is available). New Hope of Arizona, Inc. partners with families, provider organizations, and the community to provide quality interventions in both English and Spanish in a community based and family centered manner. New Hope of Arizona, Inc. will provide transportation to and from services if needed. Requirements for Services Include: Referral, MMWIA Prioritization From (if applicable), CASII, SN&C, Crisis Plan, Current Assessment or Psych Eval, and Current Treatment Plan.

**(YUMA/TUCSON)**

New Hope of Arizona, Inc. works with children and families with complex behavioral, developmental and/or emotional needs, ages 3-17. Agency provides a majority of services within the home and community of children and their families during day, evening, and weekend hours based on the family's need. Services that may be offered in the home and/or community include behavioral coaching, mentoring, individual therapy, family therapy, play therapy, in-home respite, facility-based respite services and functional behavior assessments. New Hope of Arizona, Inc. partners with families, provider organizations, and the community to provide quality interventions in both English and Spanish in a community based and family centered manner. New Hope of Arizona, Inc. will provide transportation to and from services if

needed. Requirements for Services Include: Referral, MMWIA Prioritization From (if applicable), CASII, SN&C, Crisis Plan, Current Assessment or Psych Eval, and Current Treatment Plan.

| Contact information   | Referral details   |
|---|--|
| <b>Phoenix:</b><br>12406 N. 32nd Street #101<br>Phoenix, AZ 85032<br><b>P:</b> 602-535-5686<br><b>F:</b> 602-535-5912 | <a href="mailto:Referral@NewHopeofArizona.com">Referral@NewHopeofArizona.com</a> |
| <b>Tucson/Yuma:</b><br>224 S. 3 <sup>rd</sup> Ave.<br>Yuma, AZ 85364<br><b>P:</b> 928-276-4351                        | <a href="mailto:Referral@NewHopeofArizona.com">Referral@NewHopeofArizona.com</a> |

### **Next Generation Youth and Family Services**

<https://www.nextgenerationaz.com/>

Our services are offered in the most natural and therapeutic setting appropriate to each individual and their goals to provide the highest quality of care, this may include; our Behavioral Health Residential Facilities licensed by the Arizona Department of Health Services, the community, or the home of the client or the client's family upon request. Next Generation's Outpatient Treatment Center will be available for Individual and group counseling sessions upon request.

**Counseling** - We offer Individual, Group and/or Family Counseling. A licensed Therapist or a Counselor will be available seven (7) days a week. Clients may receive guidance and support on personal issues or concerns through Individual, Group and/or Family Counseling. The counseling sessions may address a broad spectrum of issues including but not limited to anxiety, depression, self-esteem, social skills, trauma and opposition/defiance. The type and/or amount of counseling offered to an individual, family or group may also be determined by the needs of each individual client/consumer, family and/or treatment team.

**Life Skills Training and Development-** Our program is designed for individuals with Next Generation to receive guidance and assistance in acquiring life skills training and development while utilizing our services. A strong set of life skills empowers the youth and builds confidence along with building healthy routines. Individuals are encouraged to apply these skills daily and throughout life to be successful and productive members of their home and communities.

**Individualized guidance, training and assistance in:**

- After school mentoring
- Ability to care for self in regard to personal/physical needs and daily living skills
- Ability to care for self in regard to shopping
- Health/Wellness knowledge and techniques
- Assistance in the Self-Administration of Medication
- Communication/Socialization skills
- Resilience through building adaptive skills
- Community Integration
- Community Resources
- Educational Planning
- Money Management
- Resume Building
- Job Readiness
- Housing
- Use of Public Transportation
- And much more...

**Respite** - Provided in our AZ-DHS licensed Behavioral Health Residential Facilities and in the community. Available In-Home upon request. Next Generation's Respite program is structured to assist youth and families with a period of relief that is needed for the family while addressing individual life skills. Our Respite program is designed to encourage youth to develop positive communication skills, utilize community resources, make healthy meal choices, Money Management, Life Skills Training, developmentally appropriate activities throughout the year, and much more in the home and out in the community. The vision is for the youth to utilize tools they are provided from the program and to incorporate them into their everyday lives at home and in the community. An enhanced quality of life for the individual and the family is our expected outcome from this program while promoting care for the community and a sense of value.

- Day Skilled Respite
- Weekend Overnights Respite (Friday night and Saturday night)
- Emergency Respite

**Behavior Coaching and Mentoring-** 1 on 1 or with family, working on fulfilling treatment plan goals.

**Family Support-** Family Support Services provide in home supportive services to the families based on the identified needs, concerns, and/or stressors identified by the treatment plan.

**Transportation Provided to Services-**Transportation provided to covered services.

Contact information

Referral details

2737 E. Greenway Rd. Suite 8,  
 Phoenix, AZ 85032  
**P:** 602-293-3050  
**F:** 1-866-445-9681

Please contact our referral line for availabilities  
**P:** 602-283-4182

### Open Hearts Family Wellness

<http://www.openheartsaz.org/eng/>

Everybody has the right to a happy and healthy life. We recognize the complex interactive relationship between physical and emotional health, and success in the home, school, society and career. Mental health is an essential part of overall health, and how we think, feel and act, inside and out. Open Hearts is focused on providing services that teach valuable life skills, interactive support groups that inspire “light-bulb moments,” clinically sound counseling, nationally recognized specialty trauma therapies and medical oversight for psychiatric assessments and medication management. Our team-based approach to services is designed to help support and empower clients as they chart an individual path towards emotional and mental wellness.

| Contact information  | Referral details   |
|--|--|
| 4414 N. 19 <sup>th</sup> Ave.<br>Phoenix, AZ 85015<br><b>P:</b> 602-285-5550<br><b>F:</b> 602-285-5551 | Next Step/MMWIA/ASD & FBA referrals:<br><a href="mailto:NextStep@openheartsaz.org">NextStep@openheartsaz.org</a><br><br>IOPSA: <a href="mailto:IOPSA@openheartsaz.org">IOPSA@openheartsaz.org</a><br><br>Therapy: <a href="mailto:MGreenwalt@openheartsaz.org">MGreenwalt@openheartsaz.org</a> |

### Palo Verde Behavioral Health

<https://paloverdebh.com/programs-services/adolescents-12-17/outpatient-services/>

**Adolescent IOP-** Palo Verde Behavioral Health offers an adolescent IOP program that focuses on the needs of teens with emotional and behavioral issues. The goal of the program is to help identify strategies patients can use to cope with the challenges they face. The adolescent IOP meets 3 times a week for 3 hours a time for an average of 8 weeks and provides a more concentrated level of care than traditional outpatient treatment. Programming is offered in the morning, afternoon and evening. Outcomes may include:

- Decrease self-harming behaviors
- Decrease suicidal thoughts and feelings
- Develop new ways of coping without substances



- Manage stress and distress with effective skills and techniques
- Improve healthy relationship skills with peers
- Expand healthy social and communication skills
- Increase knowledge about physical and emotional health and wellness
- Increase knowledge about mental health diagnoses
- Increase education about medications
- Increase knowledge of key independent living skills
- Improve school attendance and performance

| Contact information   | Referral details   |
|---|--|
| <b>Desert Mountain Outpatient Services</b><br>2695 N. Craycroft Rd.<br>Tucson, AZ 85712<br><b>P: 520-322-2887</b> | Outpatient Services can be scheduled by calling:<br>520-322-2887 |

**Regional Center for Border Health, Inc.**

<https://www.rcfbh.org/>

Regional Center for Border Health, Inc. is a non-profit organization that is committed to providing physical and behavioral health services through an integrated comprehensive, and continuum primary behavioral healthcare model. RCBH is committed to provide the best quality of service by ensuring all clients receive the proper treatment.

**(Somerton)**

Specialty Services offered to the Somerton community and surrounding areas (near Yuma, AZ) include:

- **Psychological / Neuropsychological Testing to determine:**
  - Autism Spectrum Disorder
  - ADHD
  - Intellectual Disability
  - Learning Disability
  - Developmental Delays
- **ABA Therapy**
  - Functional Behavior Assessment
  - Functional Behavior Support Plan
  - Skill Acquisition
  - Functional Communication
- **Play Therapy**



- Child Psychiatrist ( Face to Face / Telemedicine)
  - Medication Management
- Substance Use Disorder for Youth (SUDS)
- Speech Therapy
  - Certified in Feeding, Chewing, & Swallowing
  - Speech screening
  - Speech evaluation
  - Provides diagnosis for speech delay, speech disorders, and feeding disorders

**(Parker)**

Specialty services offered to the Parker community, include:

- Individual and Family Therapy
- Medication Management
- Psychiatric Services
- Primary Healthcare Services

| Contact information  | Referral details  |
|--|---|
| <b>Somerton: Family Behavioral Integrated Services</b><br>214 W. Main St.<br>Somerton, AZ 85350<br><b>P:</b> 928-627-9222<br><b>F:</b> 928-627-8315      | Services can be scheduled by calling:<br>928-627-9222 or faxing to 928-627-8315 |
| <b>Parker: Family Behavioral Integrated Services</b><br>601 Riverside Dr. #2 & 4<br>Parker, AZ 86344<br><b>P:</b> 928-256-4110<br><b>F:</b> 928-256-4111 | Services can be scheduled by calling:<br>928-256-4110 or faxing to 928-256-4111 |

**Resilient Health**

<https://www.resilienthealthaz.org/>

**Outpatient Art Therapy and Therapeutic Arts Program for Children and Adolescents-** (Groups: Ages 7-10 years old & Ages 11-13 years old & Ages 14-17 years old.) Art therapy is a creative process that helps youth and adolescents improve physical, mental and emotional well-being. Art Therapists use a variety of art media, storytelling, poetry, music, movement, visual arts, painting, and sculpture to individualize the experience. Challenges experienced by youth include symptoms or behaviors which interfere with well-being, such as difficulty in verbal and

emotional expression which can affect success in school, at home, with peers or in the community. The therapeutic process utilizes creative expression to transform attitudes, expand perceptions, create hope, cope with difficulties and work towards successful school and family relationships. Therapeutic art groups use innovation in a safe and supportive environment, free of judgment or criticism. Youth participate in meaningful activities to encourage positive socialization, life skills and problem solving focused on unique strengths. Trained Art Therapists facilitate youth groups that range from ages 6-17. All group interventions consider the developmental stage and age of the youth; are sometimes placed in different age groups depending upon the group make-up, appropriateness and individual's needs.

**EpiCenter:** The Institute of Mental Health Research Epicenter is a first of its kind center in central Phoenix to provide comprehensive, coordinated early psychosis intervention treatment in a community setting. Epicenter programs are developed from worldwide research showing that early intervention dramatically improves results over conventional treatment and helps people resume healthy, productive lives. Epicenter serves individuals between 15 and 35 years of age with a diagnosis of schizophrenia spectrum disorder, or affective disorder with psychotic features who have experience onset of psychotic symptoms within the past five years. Epicenter offers research based, personalized and tailored services to individuals including cognitive behavioral therapy, resilience focused therapy, supported employment education, and family support and education.

| Contact information  | Referral details  |
|--|---|
| <b>Phoenix:</b><br>8152 N. 23 <sup>rd</sup> Ave Suite A<br>Phoenix, AZ 85021<br><b>P:</b> 602-242 1238<br><b>F:</b> 602-242-1264 | <b>Resilient Health (Formerly PSA):</b><br><a href="mailto:YouthArtTherapyreferral@azpsa.org">YouthArtTherapyreferral@azpsa.org</a> |
| <b>EpiCenter</b><br>1415 N. 1 <sup>st</sup> St.<br>Phoenix, AZ 85004<br><b>P:</b> 602-595-5447<br><b>F:</b> 602-595-4537         | <b>EpiCenter:</b><br>Email: <a href="mailto:Referrals@IMHREPICenter.org">Referrals@IMHREPICenter.org</a>                            |
| <b>Tempe:</b><br>4655 S. Lakeshore Drive<br>Tempe, AZ 85282<br><b>P:</b> 480-894-1568<br><b>F:</b> 480-894-5469                  | <b>Resilient Health (Formerly PSA):</b><br><a href="mailto:YouthArtTherapyreferral@azpsa.org">YouthArtTherapyreferral@azpsa.org</a> |

**Tucson:**

442 N. 6<sup>th</sup> Ave. Suite 100  
 Tucson, AZ 85705  
 P: 520-792-2801

**Resilient Health (Formerly PSA):**

[YouthArtTherapyreferral@azpsa.org](mailto:YouthArtTherapyreferral@azpsa.org)

**S.E.E.K Arizona**

<https://seekarizona.org/>

S.E.E.K. Arizona offers several evidence-based behavioral health services for clients who wish to learn appropriate, safe, and positive behavior choices to improve their quality of life and relationship with others. S.E.E.K. Arizona specializes in working with children and young adults with autism and other intellectual disabilities but offers programming that meets the needs of individuals with varying diagnoses. Services include counseling, intensive behavior coaching, family training, social skills and social thinking programs, and intensive evidenced-based classroom programming through our Life Skills Learning Academy and BRIEF program. All children and adult services are led by specialists who have extensive training or certifications in Applied Behavior Analysis and are experienced with developmental disabilities, behavioral disorders, or autism spectrum disorders. For additional information regarding criteria for our program and to ensure that we help find the right program for you please contact S.E.E.K.

**Individual and Family Counseling:** Provides counseling services with a focus on family therapy. Therapists target issues impacting a youth or young adult's functional success and create relational or behavioral interventions that address parenting, sibling, and other family stressors. Counseling is provided in one of our outpatient clinics, in-home, and in the family's preferred setting. We specialize in working with children and young adults with autism but can work with any person with a behavioral health diagnosis.

**Group Counseling:** A variety of group offerings promoting peer interaction through verbal communication to improve interpersonal effectiveness in the here and-now. Participants will explore strengths, values, and interests to develop insight into their identity and promote personal growth. The environment is support-expressive, giving participants an opportunity to learn from each other.

**Pre-Teen Group Counseling:** This group is for 9-13-year-old and focuses on group art projects, mutual storytelling, feeling identification, friendship building and present moment awareness. Benefits from the group include; increase social and emotional reciprocity, increase problem solving, develop insight into thoughts, emotions and behaviors, build self-confidence, and increase flexibility and acceptance of change.

**Teen Group Counseling for Social Skills:** This group for high functioning teenagers ages 14-17 with a primary diagnosis of autism spectrum disorder and/or mood related disorders. The purpose of this group is to promote peer interaction through verbal communication to improve interpersonal effectiveness in the here-and-now. Participants will explore strengths, values, interests to develop insight into their identity and promote personal growth.

**Expressive Art Therapy Group:** This group is for non-aggressive children ages 8-13 with the ability to attend to a task for 1.5 hours. The group focuses on establish a therapeutic environment that allows children to identify and express feelings through art. This group is currently offered only at our west valley location.

**Parent Processing Group:** This group is offered for parents of special needs children. This is a processing group run by our counseling department. Some topics include: navigating the system, building a support system, strategies for going out into the community, grief and loss, self-care, and transitioning your child to the adult system.

**Focused ABA-Behavior Coaching for Behavior Reduction:** An individualized treatment beginning with a thorough assessment to determine function(s) of challenging behavior, behavioral technicians support clients and their families in their home, schools, or communities. The assessing staff develops a Behavior Support Plan (BSP) and trains the behavioral technician and families on its implementation. Behavior coaching targets both behaviors for reduction such as: aggression, property destruction, self-injurious behavior and non-compliance while teaching replacement behavior including: functional communication, distress tolerance, use of coping skills and following routines. Session data and monthly treatment evaluations ensure treatment effectiveness. Functional Behavioral Assessments will be as clinically indicated after observational period has. Functional Behavioral Assessments are not provided as a standalone service.

**Life Skills Classroom Programs:** Life Skills is an evening comprehensive program in a classroom-like environments for adolescent, teen, and young adults in transition, to provide social skill building and independent living goals in a group context with their peers. Participants engage in a variety of activities that promote individual independence and the interpersonal skills necessary for success in a variety of home and community settings. Our groups are split based by age and Junior Life Skills groups are for clients 8-13 and our Senior group is for ages 14-19 years old. Our Life Skills Program currently offers a in home component to promote generalization. Lead Life Skills Teachers provide parents and caregivers with training, coaching, and education surrounding their child's progress with in in their home or community settings, with the goal of improving the child's function.

**BRIEF Program:** BRIEF is a daily intensive comprehensive program that is individualized, provides direct instruction program, led by Licensed and Board-Certified Behavior Analysts geared towards young learners having difficulty with inclusive preschool classrooms or who require intensive individual support. This evidence-based program supports the 3-5 population with functional curricula and treatment plans tailored to each learner’s individual needs and is conducted in a clinical, preschool environment. Parent and community-based training is included to maximize effectiveness and learner success in all settings.

**Remote Parent Training:** A family support training model that allows behavior support specialists and Board-Certified Behavior Analysts to deliver a video-based curriculum and tele-health tailored consultation to the specific needs of the family. Family commitment is for 30-90 minutes per week for 9 weeks. This program is to provide a foundational level of training to parents and other caregivers based on the principles of applied behavior analysis (ABA). Participants must have access to a device that can operate VSee, a HIPAA-compliant, telemedicine communications app available on the Google Play Store or the App Store. This may include a computer, a laptop, a tablet, or a smart phone. The device a participant plans to use must have access to the internet or be capable of accessing Wi-Fi. Participants should have a working email address.

| Contact information   | Referral details   |
|---|--|
| 1848 N. 52 <sup>nd</sup> St.<br>Phoenix, AZ 85008<br>P: 480-902-0771<br>F: 602-795-1663 | <a href="mailto:Bhservices@seekarizona.org">Bhservices@seekarizona.org</a> |

**Southeastern Arizona Behavioral Health Services (SEABHS)**  
<https://www.seabhs.org/>

SEABHS strives to provide youth and family services that are family-centered and strength-based. Services are delivered collaboratively, building on individual, family, and community assets. As youth and families face challenges such as depression, anxiety, Attention Deficit Hyperactivity Disorder, domestic violence, substance abuse, divorce and adjustment issues, support may be needed. SEABHS can provide behavioral health services such as counseling, educational groups and medical care to address needs as they arise from these and other issues. These services can help improve communication, strengthen relationships, reduce conflict and empower families.

**Individual, Family and Group Therapy:** Interactive therapy provided on an individual, family, and/or group basis to assist in meeting the needs of the child and family.

**Substance Abuse Services:** These services may include individual/family therapy, educational and relapse prevention groups, and coordination with other agencies involved with the child and family.

**Infant Mental Health Services:** These services are crucial in identifying and intervening with potential problems early on.

**Respite Care:** Temporary, supervised services which may be used to provide rest and relief to the child and/or caregiver.

**School Based Services:** Individual and group therapy, along with case management services provided in the school in coordination with the family and school personnel.

**Rehabilitation Services:** Includes health promotion, family support, living skills training, and personal assistance.

**Prevention:** Prevention services are offered across all four counties by the SEABHS New Turf Staff. Services include the mentor program, youth advocate program (YA!), and many trainings.

| Contact information  | Referral details                   |
|--|------------------------------------|
| 590 S. Ocotillo St.<br>Benson, AZ 85602<br>P: 520-586-6177           | P: 520-586-6940<br>F: 520-586-6107 |
| 1615 S. 1 <sup>st</sup> Ave.<br>Safford, AZ 85546<br>P: 928-428-4550 | P: 520-586-6940<br>F: 520-586-6107 |
| 4755 Campus Dr.<br>Sierra Vista, AZ 85635<br>P: 520-458-3932         | P: 520-586-6940<br>F: 520-586-6107 |
| 404 Rex Allen Dr.<br>Wilcox, AZ 85742<br>P: 520-384-2521             | P: 520-586-6940<br>F: 520-586-6107 |



**Banner**  
**University Health Plans**  
Banner – University Family Care

|  |                                    |
|--|------------------------------------|
| 10 A Ward Canyon Rd.<br>Clifton, AZ 85533<br>P: 928-865-4531 | P: 520-586-6940<br>F: 520-586-6107 |
| 936 F Ave.<br>#B<br>Douglas, AZ 85607<br>P: 520-364-3630     | P: 520-586-6940<br>F: 520-586-6107 |
| 1891 N. Mastick Way<br>Nogales, AZ 85621<br>P: 520-375-5300  | P: 520-586-6940<br>F: 520-586-6107 |

**Southwest Behavioral and Health Services (SBH)**

<https://www.sbhservices.org/>

**Birth to Five Services:** Designed to help make parenting fun and rewarding. This service focuses on practical skills and techniques to emphasize hope, empathy, respect, limit-setting, and healthy decision making. This program is a combination of a weekly parenting group where parents have the opportunities to learn new skills, discuss their challenges and how to overcome them; in addition to; a weekly in-home family coaching session. Family coaching sessions are designed to take the weekly topics that are discussed in group and help parents understand how to implement the techniques and skills to their own family life and parenting style. The sessions consist of observations, functional interviews to learn the parent's perspectives on the challenges that they are facing and implementation of new techniques and skills, all while building a healthy relationship with their children and learning to enjoy parenting. Children ages 3-5 can attend the 'Mighty Might's' group offered at the same time as the parent's class.

**Love and Logic Parenting Workshop:** This group is designed for parents who would like to show their love to their children by setting limits and holding children accountable with logical consequences. Parents will learn parenting techniques that will help them manage behaviors while teaching their children how to be responsible and accountable for their actions. Parents will learn to build strong, healthy relationships with their children, learn to enjoy parenting again!

**Family Coaching Services:** Family Coaching is a service that is designed to empower the family to work together to overcome challenges. Services are designed to give the parent and child skills and alternative behaviors in order to help the child and family to be successful. It is an



intensive service designed to provide families with several hours of support, multiple times a week, as goals are identified, and skills are learned. Services taper off as families practice the skills they have learned. The length of service depends on the needs of the family; typically, about 2-3 months. Family coaches will complete observations of the child at school and in the home. They will work with the family on a functional behavioral interview to learn more about the child and the family. Family coaches will then teach and model how to use new techniques in order to help change behavior.

**Southwest Autism Center of Excellence (SACE)**- Within SACE, there is a focus is to serve individuals with a whole-health capacity for those living with or as risk of Autism Spectrum Disorder. Services are uniquely tailored for each individual and offered in the most appropriate setting and will include but are not limited to ABA trained family coaching, specialized case management, skills training services, counseling services, psychiatric services, medication management services, and primary care services. All individuals who are referred to SACE will have a comprehensive assessment completed. The comprehensive assessment will assess for an individual's level of need, including implementation plan of services listed above based on clinical need.

| Contact information  | Referral details  |
|--|---|
| SBH Clinics (Valley wide)—Referrals can go to each site directly           | <b>Main Contact-</b> Leah Rothman:<br><a href="mailto:leahr@sbhservices.org">leahr@sbhservices.org</a><br>Please contact if there are any questions or concerns |
| <b>Broadway Clinic</b><br><b>P:</b> 602-268-8748<br><b>F:</b> 602-253-1557 | Children's Services Supervisor (Broadway): Sandra Solano<br><a href="mailto:sandras@sbhservices.org">sandras@sbhservices.org</a>                                |
| <b>Mesa Clinic</b><br><b>P:</b> 480-820-5422<br><b>F:</b> 480-775-4938     | Children's Services Supervisor (Mesa): Wendy Reid<br><a href="mailto:wendyre@sbhservices.org">wendyre@sbhservices.org</a>                                       |
| <b>Erickson Clinic</b><br><b>P:</b> 602.957.2507<br><b>F:</b> 602-957-2510 | Program Director (Erickson): Dr. William Marsh<br><a href="mailto:williamma@sbhservices.org">williamma@sbhservices.org</a>                                      |





**Banner  
University Health Plans**  
Banner – University Family Care

|   |  |
|---|--|
| <b>Metro Clinic</b><br>P: 602.997.2233<br>F: 602.997.2667   | Children's Services Supervisor (Metro): Rebecca Tatum<br><a href="mailto:rebeccac@sbhservices.org">rebeccac@sbhservices.org</a>  |
| <b>Buckeye Clinic</b><br>P: 623.882.9906<br>F: 623.882.9908 | Children's Services Supervisor: Kathy Villa<br><a href="mailto:kathyv@sbhservices.org">kathyv@sbhservices.org</a>  |
| <b>SACE Services</b>  | <a href="mailto:saceaz@sbhservices.org">saceaz@sbhservices.org</a> ; 602-388-1700<br>Program Director (SACE): Kellie Bynum<br><a href="mailto:kellieby@sbhservices.org">kellieby@sbhservices.org</a> ; 602-997-2233, x3709 |
| <b>Payson Clinic</b><br>P: 928-474-3303                     | Program Director (Payson): Edward O'Brien<br><a href="mailto:edwardo@sbhservices.org">edwardo@sbhservices.org</a>  |

**Southwest Human Development (SWHD)**

<https://www.swhd.org/>

**Direct Support Services:** The Direct Support Services program provides in-home, in-school, and community-based direct support services for children, birth through seventeen (17) years old, who have behavioral health diagnoses or developmental needs. Services are designed to include the child, their parents and/or caregivers, family members, teachers, and any community partners involved in the child's life. The services are tailored to the individual strengths and needs of the child and family according to the plan created by the Child and Family Team (CFT). The agency uses a variety of options for customizing the type, frequency, and amount of services provided. These services include but are not limited to: Individual and Group Parenting Training, Development and Psychosocial Rehabilitation Living Skills Training, Behavior Coaching, Family Support, Parenting Skills Training, Independent Living Skills Training, Psycho-educational Services, Crisis Prevention Education and Intervention, Ongoing Support to Maintain Employment, Behavioral Health Education, Medication Training and specialized services for the birth to five (0-5) population who have behavioral health diagnoses or developmental needs. The Direct Support Services program offers Common Sense Parenting: School-Aged Children and Common-Sense Parenting: 'School-Aged Children' and 'Toddlers & Preschoolers' – Both versions are evidence-based practical training programs that give parents

effective parenting skills and help them to be more positive with their children. The Direct Support Services staff includes a diverse population of professionals with a wide array of mental health, cultural, and linguistic experiences. Services are offered using a culturally sensitive model. These services are supported by Case Management, Home Care Training, Unskilled Respite, and Transportation.

| Contact information   | Referral details   |
|---|--|
| 2850 N 24 <sup>th</sup> St.<br>Phoenix, AZ 85008<br><b>P:</b> 602-633-8219 (Direct Support Services)<br><b>P:</b> 602-633-8656 (Common Sense Parenting)<br><b>F:</b> 602-633-8369 | Send all Common-Sense Parenting and Direct Support Services referrals to<br><a href="mailto:directsupport@swhd.org">directsupport@swhd.org</a><br><br><b><u>Main Contact</u></b><br>Gwyneth Kelly, DBH, LCSW<br>Senior Program Manager<br><a href="mailto:gkelly@swhd.org">gkelly@swhd.org</a><br>602-218-8663 |

#### Terros

<https://www.terroshealth.org/>

Terros works closely with children and adults with developmental disabilities in familiar settings (home, school, community) to reduce episodes of a behavioral health crisis and maintain the person's wellbeing and healthy growth. Services are provided based on an individual's needs and in collaboration with the treatment team.

#### **The DBS Team:**

- Proactive community-based interventions aimed to manage stressors and behavioral difficulties
- Supportive modalities for personal skill building, structuring routines, and interpersonal skills, with the participation of the family and care providers.
- Providing behavior coaching to families and individuals as clinically appropriate.
- Engagement in the Child and Family Team (CFT) and Individual Service Plan (ISP) with the team understands of the person's needs.
- Provide functional behavioral assessments.

#### **Adolescent Intensive Substance Use Treatment Program including MAT Services:**

- **The Café 27 (Children Adolescents and Families Empowered)**: The program is designed to meet the needs of youth ages 12-17 who are currently struggling with substance

abuse/dependency. All Youth will be assessed for the appropriate level of care and will be assigned a primary Clinician who will facilitate either IOP (intensive outpatient services), or SOP (standard outpatient services). In addition to group services we will provide family support and counseling and other wrap around services as needed. In this program, adolescents can receive life skills, participate in age-specific treatment, work on school assignments and receive volunteer tutoring support to help with homework, talk with caring adults, or share social time over a healthy boxed lunch or snack in a supervised environment. We use a Trauma Informed Care approach, are skilled at Motivational interviewing, The Matrix Model for Adolescents, The Seven Challenges, and DBT and EMDR. *Groups are offered weekday evenings. Days vary based on level of care. All groups take place from 3:30pm-6:30pm in the afternoon at our 27<sup>th</sup> Avenue location.* We also offer MAT (Medication Assisted Treatment for youth ages 15 and up) who struggle with Opioid dependency.

| Contact information   | Referral details  |
|---|---|
| 1232 E. Broadway Rd. Ste 120<br>Tempe, AZ<br>P: 602-685-6015          | Email completed service referral packet to:<br><a href="mailto:dbsreferrals@terros.org">dbsreferrals@terros.org</a> .             |
| 3864 N. 27 <sup>th</sup> Ave.<br>Phoenix, AZ 85017<br>P: 602-389-3661 | Send secure Café 27 referral emails to:<br><a href="mailto:Cafe27referrals@terroshealth.org">Cafe27referrals@terroshealth.org</a> |

**The Healing Journey**  
[www.healingjourneyyuma.org](http://www.healingjourneyyuma.org)

The Healing Journey is a trauma recovery center that specializes in treating the symptoms of trauma. Those who have suffered from the symptoms of trauma can find treatment through our Clinical Programs that are supervised by a licensed professional counselor, mentoring, support groups, and life skills education. We believe that victims become survivors that can conquer their pasts. No one should live in fear; no child should live in a home where there is violence. We believe that with the right tools, you can move forward on your healing journey. The Healing Journey is contracted through the Arizona Office of the Courts, Juvenile Justice System, Banner University Family Care, Arizona Complete Health Care. If a member is not covered by contracts we will use grants or other funding sources to assist in providing quality of care service to all members.

The Healing Journey can provide:

- Individual and Family Counseling
- Individual and Group (life, living, and psychoeducational skills)
- Support Groups
- Youth Sex-Trafficking Prevention and Intervention (including outreach and awareness)
- Community-Based Resources
- Youth Sex-Trafficking Coalition

| Contact information  | Referral details  |
|--|---|
| 2197 S. 4 <sup>th</sup> Ave. Ste. 202<br>Yuma, AZ 85364<br><b>P:</b> 928-920-6220 (main)<br><b>P:</b> 928-318-2441 (secondary)<br><b>F:</b> 928-259-7272 | Email referrals to:<br><a href="mailto:referrals@healingjourneyyuma.org">referrals@healingjourneyyuma.org</a> |

**Touchstone Health Services (THS)**

<http://www.touchstonehs.org/>

**Multisystemic Therapy (MST):** is an intensive evidenced-based family and community-based therapy program that has been effective in treating youth with serious acting out behaviors. The major goal of MST is to empower parents with the skills and resources needed to independently address the difficulties that arise in raising teenagers. The MST approach views individuals as part of a complex network that includes individual, family, and community factors. MST strives to promote behavior change in the youth's natural environment, using the strengths of each system (e.g., family, peers, school, neighborhood, natural support network) to facilitate change. Within a context of support and skill building, the therapist places developmentally appropriate demands on the adolescent and family for responsible behavior. Intervention strategies are integrated into a social ecological context and include strategic and structural family therapy, behavioral parent training, and cognitive behavior therapy. The program is designed to work with youth who are in a home setting with at least one identified caregiver. Therapists typically meet with families three times a week and are on-call 24/7. Treatment average is 3 to 5 months. Serves youth ages 11-17. MST is a Blueprints Model Program.

**Multisystemic Therapy for Problem Sexual Behaviors (MST-PSB):** is a clinical adaptation of the Multisystemic Therapy Program (MST) that has been specifically designed and developed to treat youth (and their families) for problematic sexual behavior. Building upon the research and dissemination foundation of standard MST, the MST-PSB model represents a state-of-the-art, evidence-based practice uniquely developed to address the multiple determinants underlying

problematic juvenile sexual behavior. MST-PSB relies heavily on family therapy as a mechanism of change for the youth and family, and draws on models of parent training, structural and strategic family therapy, cognitive-behavioral therapy, and social skills building. Utilization of family-based clarification work is utilized to encourage sustainable change of both the youth and the family environment. Ensuring client, victim and community safety is a paramount mission of the model. Extensive assessment and planning underlie the individualized safety plan of every youth and family. The program is designed to work with youth who are in a home setting with at least one identified caregiver. MST-PSB Therapists meet with youth and families in the community, in homes, schools and neighborhoods to encourage success in the youth's natural environment for long-term sustainability. Therapists typically meet with families three to four times each week and are on-call 24/7. Treatment average is 5 to 7 months. Serves youth 10-17. MST-PSB is a Blueprints Model Program.

**Functional Family Therapy (FFT)**: is an intensive home-based family therapy program for youth who demonstrate maladaptive and acting out behaviors. FFT consists of five major components: engagement, motivation, relational assessment, behavior change and generalization. At its core, FFT focuses on assessment and intervention to address risk and protective factors within and outside of the family that impact the adolescent and his or her adaptive development. A strong relational, cognitive and behavioral component is integrated into systematic skill training in several areas such as family communication, parenting, and conflict management skills. The program is designed to work with youth who are in a home setting with at least one identified caregiver. Service delivery takes place primarily in the home or community. Treatment average is 3 to 5 months (1x per week). Serves youth ages 11-17. FFT is a Blueprints Model Program.

**Autism Center of Excellence**: Our Autism Center of Excellence (ACE) houses our specialized Care Coordination team. Our Care Coordination team is highly trained in Autism Spectrum Disorders (ASD). This team works with families and all care providers to ensure members receive the best care. We are recognized by MMIC as a Center of Excellence and a Gold Card Standard Provider for individuals with ASD.

- **Behavior Analytic Services**: Behavior Analytic Services provide evidence-based assessment and treatments grounded in the science of Applied Behavior Analysis (ABA). The Behavior Analytic Services division contains four programs that collaborate with one another to provide quality treatment and care coordination. These programs include Complex Behavior, the Language & Learning Center, Autism Center of Excellence, and our Family-Centered Autism Program.
- **Language & Learning Center**: The Language & Learning Center (LLC) provides comprehensive Applied Behavior Analysis (ABA) therapy to members from 0-18 years

old. ABA therapy is a child-centered, strengths-based treatment with the goal to help members achieve their highest potential. Through a comprehensive assessment coordinated by a Board-Certified Behavior Analyst® (BCBA®), a member's strengths and deficits are identified across developmental domains. Skills targeted include communication, pre-academic (learning to learn) skills, social skills, self-care skills, and play skills. Challenging behavior may also be addressed as part of comprehensive ABA therapy. A plan for addressing the member's needs as outlined in the assessment is created and implemented in center, home, or community settings. Therapy includes parents/caregivers, and, when appropriate, siblings to produce the best outcomes.

- **Complex Behavior:** The Complex Behavior Program provides support to families and members who engage in challenging behavior that poses an imminent risk of serious harm to themselves and others. Our clinician's use the science of Behavior Analysis to inform their assessment and treatment practices. When an individual is referred to the Complex Behavior Program, a team lead by a Board-Certified Behavior Analyst (BCBA®) conducts a functional behavior assessment (FBA) to determine why the behavior occurs. A treatment plan is created to decrease the problem behavior and teach an appropriate replacement skill. The team then implements the plan and trains parents and other caregivers to use the plan. The member is discharged once the behavior is stabilized.
- **Family Centered Autism Program:** FCAP provides integrated and comprehensive treatment services, in the natural environment, to children, and their families, affected by Autism Spectrum Disorder (ASD) and other developmental disabilities. The goal is improving the lives of both children with autism and their family members. This goal is achieved by focusing on functional skills with the use of evidenced-based behavior analytic procedures, such as positive reinforcement to increase or decrease significant behaviors. The program emphasis is a family-based intervention protocol (Family Therapy) that centers on building family communication and developing relationships. FCAP recognizes the key role that parents/guardians play in a child's development and encourage family involvement throughout treatment. When appropriate FCAP takes into consideration the Trans-generational trauma cycles and sensory sensitivity commonly observed among youths diagnosed with ASD. FCAP treatment services can involve a trauma-centered approach to helping youths build resiliency as they develop emotional self-regulation skills. Higher functioning youths and young adults on the spectrum will also learn how to take control of their behavioral and physical health through integrative behavioral health care. FCAP accepts DSP referrals for Therapy, Behavioral Technician, Group Social Skills, and AuSome Sibling Shop.



- **FCAP Therapy:** Our FCAP Therapist have various backgrounds, including trauma, sand tray, etc. They provide therapy services in the home, office or community setting. Therapists work with clients on various things, such as self-esteem, healthy relationship, communication skills, expressing emotions appropriately, social skills, etc.
- **FCAP Group Therapy:** FCAP Group takes place once a week for 12 weeks total. FCAP currently has three different curriculums to best meet the client's needs, which are offered at all 4 different Touchstone Health Services locations.
  - Pre-Social Skills group works with clients ages 4-6 years old. Group facilitators work with clients on adapting and learning social environments, as well as learning expected behavior in group settings.
  - Social Skills group focuses on clients learning expressive and receptive communication, as well as identifying and expressing emotions appropriately. (There is currently a teen group for this curriculum, which works on preparing the youth for Teen Social Skills Group.)
  - Teen Social Skills group works with youth to identify and respond appropriately to complex conversations. Youth also learn to develop positive and healthy relationships.
- **FCAP AuSome Sib Shop:** Once a month, FCAP offers a workshop for siblings of children with special needs, with a focus on Autism. FCAP offers opportunities for siblings to obtain peer support and education within a recreational context. This service is now offered at our Main and Mesa campus.
- **FCAP Behavior Technician:** Our Behavior Technicians (BT) work directly in the home, school, and/or community to work on problem behavior. After completing observations, the BTs work directly with the youth and family to implement a behavioral plan that works on decreasing and/or replacing target behavior.
- **FCAP Playground Partners:** FCAP currently partners with five schools throughout the valley. Facilitators work with youth in the playground to work on social skills in youth's natural environment. Youth must be enrolled in any of the five schools to participate in this service.

**Intensive Outpatient Program (IOP):** is a highly structured therapeutic treatment program designed to help children and adolescents who struggle with emotional and behavioral management in developing social, communication and coping skills that will help them improve their functioning at home, school and in the community. We utilize therapy groups and therapeutic activities along with goal setting, development of social skills & positive peer interaction, behavioral management, skills assessment, recreational activities, and development of decision-making skills. Our Intensive Outpatient Program utilizes the Dialectical Behavioral Treatment (DBT) Steps A-curriculum. The curriculum was adapted from the skills training program in Dialectical Behavior Therapy which is an evidenced based treatment with empirically supported strategies. The skills from each of the DBT skills modules include areas of focus around: Orientation & Goal Setting, Dialectical Thinking, Core Mindfulness Skills, Distress Tolerance Skills, Emotion Regulation Skills, Interpersonal Effectiveness. IOP strives towards the following goals: prevent crisis situations from occurring in the home environment, mainstreaming of the client in the least restrictive environment, prevention of psychiatric hospitalization and/or risk of out-of-home placement, increase emotional regulation skills to develop self-control, increase positive coping skills and a healthy self-concept, promote social competency and social skills, and preserve the family unit by increasing family functioning and parental empowerment to manage problem behaviors in order to increase sustainability for the youth and parent/caregiver. The program works closely with the parents to help develop consistency between environments and includes a family education/support group. The treatment team works with each Child and Family Team (CFT) to help identify goals and treatment strategies. IOP hours are as follows:

- Normal Operating Hours are 3:30-6:30pm – Monday through Thursday
- Winter break – 10am-2pm – Monday through Thursday
- Summer break – 10am – 2pm Monday through Thursday

**Respite Program:** is a day-time weekend program that is intended to provide a needed break for parents or guardians that experience a high level of stress as a result of caring for children with behavioral health needs. Respite team members are CPR certified, trained in crisis prevention/intervention, and receive on-going training in behavioral intervention. In addition, children participate in a variety of activities such as games, arts and crafts, outdoor activities and group outings. The team also assists children with learning skills that help improve the quality of social interactions between parents, other adults, and peers. The Respite team works collaboratively with the Child and Family Team (CFT) to understand the individual needs of each child. The program meets on Saturday from 8:00 am to 6:00 pm and on Sunday from 10:00 am to 6:00 pm- breakfast, lunch and snacks are provided on both days.



**\*\*The respite program is a facility-based service only, based out of our Main location (15648 N. 35<sup>th</sup> Ave Phx, Az 85053). All participants need to be toilet-trained and be able to use the restroom independently to attend the respite program.**

**Whatever It Takes (WIT):** is a “Meet Me Where I Am” direct service program that provides intensive in-home and community-based support to children and families who are struggling with emotional and behavioral concerns. WIT assists children who are at risk for out of home placement or to support children who are returning from an out of home placement. WIT utilizes a Positive Behavior Approach that incorporates the family culture, ABA principles, and assessments to focus on the underlying needs of the child and family. WIT helps children and families develop healthy communication, problem-solving, coping skills, utilize natural and community supports, and works with the Child and Family Team throughout the treatment process to create sustainable outcomes. WIT Teams can serve as the implementers of FBA recommendations and BIP’s. Teams are trained on evidence-based protocols and monitored for treatment fidelity.

| Contact information  | Referral details   |
|--|--|
| <b>Whatever it Takes (WIT)</b><br>*Community Based<br>15648 N 35 <sup>th</sup> Ave<br>Phoenix, AZ 85053<br><b>P: 1-866-207-3882</b><br><br>2150 S Country Club Dr., Ste. 35/36<br>Mesa, AZ 85210<br><b>P: 1-866-207-3882</b><br><br>3602 E Greenway Rd., Ste. 102<br>Phoenix, AZ 85032<br><b>P: 1-866-207-3882</b><br><br>12409 W Indian School Rd, Building E<br>Avondale, AZ 85392<br><b>P: 1-866-207-3882</b> | <p><b><u>To send referrals or questions about referrals:</u></b></p> <ul style="list-style-type: none"> <li>• <a href="mailto:dsp.referral@touchstonebh.org">dsp.referral@touchstonebh.org</a></li> <li>• Phone: 866-207-3882</li> </ul> <p>Referrals need to be made by a high needs case manager. Exceptions can be made if a child is waiting for high needs CM assignment. All standard referral documentation needs to be included as well as the MMWIA prioritization completed.</p> |



**Banner**  
**University Health Plans**  
Banner – University Family Care

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| <p><b>Family Centered Autism Program (FCAP)</b><br/>15648 N 35<sup>th</sup> Ave<br/>Phoenix, AZ 85053<br/><b>P: 1-866-207-3882</b></p> <p>2150 S Country Club Dr., Ste. 35/36<br/>Mesa, AZ 85210<br/><b>P: 1-866-207-3882</b></p> <p>3602 E Greenway Rd., Ste. 102<br/>Phoenix, AZ 85032<br/><b>P: 1-866-207-3882</b></p> <p>12409 W Indian School Rd, Building E<br/>Avondale, AZ 85392<br/><b>P: 1-866-207-3882</b></p> | <p><u>To send referrals or questions about referrals:</u></p> <ul style="list-style-type: none"><li>• Email: <a href="mailto:dsp.referral@touchstonebh.org">dsp.referral@touchstonebh.org</a></li><li>• For social skills group:<br/><a href="mailto:dsp.referral@touchstonebh.org">dsp.referral@touchstonebh.org</a></li><li>• Phone: 866-207-3882</li></ul> <p>Referrals need to be made by a case manager. All standard referral documentation needs to be received.</p> |
| <p><b>Intensive Outpatient Program (IOP)</b><br/>15648 N 35<sup>th</sup> Ave<br/>Phoenix, AZ 85053<br/><b>P: 1-866-207-3882</b></p>   | <p><u>To send referrals or questions about referrals:</u></p> <ul style="list-style-type: none"><li>• Email: <a href="mailto:dsp.referral@touchstonebh.org">dsp.referral@touchstonebh.org</a></li><li>• Phone: 866-207-3882</li></ul> <p>All standard referral documentation needs to be included</p>   |
| <p><b>Respite</b><br/>15648 N 35<sup>th</sup> Ave<br/>Phoenix, AZ 85053<br/><b>P: 1-866-207-3882</b></p>  | <p><u>To send referrals or questions about referrals:</u></p> <ul style="list-style-type: none"><li>• Email: <a href="mailto:dsp.referral@touchstonebh.org">dsp.referral@touchstonebh.org</a></li><li>• Phone: 866-207-3882</li></ul> <p>Referrals can be made by case managers. All standard referral documentation needs to be included.</p>  |
| <p><b>Language &amp; Learning Center (LLC) Program</b><br/>2150 S Country Club Dr., Ste. 35/36<br/>Mesa, AZ 85210<br/><b>P: 1-866-207-3882</b></p> <p>3602 E Greenway Rd., Ste. 102</p>   | <p><u>To send referrals or questions about referrals:</u></p> <ul style="list-style-type: none"><li>• Email: <a href="mailto:dsp.referral@touchstonebh.org">dsp.referral@touchstonebh.org</a></li><li>• Phone: 866-207-3882</li></ul> <p>Referrals need to be made by a case manager or therapists. All standard referral documentation needs to be received including a protracted assessment.</p>   |



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|---|---|
| <p>Phoenix, AZ 85032<br/><b>P: 1-866-207-3882</b></p> <p>12409 W Indian School Rd, Building E<br/>Avondale, AZ 85392<br/><b>P: 1-866-207-3882</b></p>   |   |
| <p><b>Complex Behavior Program</b><br/>2150 S Country Club Dr., Ste. 35/36<br/>Mesa, AZ 85210<br/><b>P: 1-866-207-3882</b></p> <p>3602 E Greenway Rd., Ste. 102<br/>Phoenix, AZ 85032<br/><b>P: 1-866-207-3882</b></p> <p>12409 W Indian School Rd, Building E<br/>Avondale, AZ 85392<br/><b>P: 1-866-207-3882</b></p>          | <p><u>To send referrals or questions about referrals:</u></p> <ul style="list-style-type: none"><li>• Email: <a href="mailto:dsp.referral@touchstonebh.org">dsp.referral@touchstonebh.org</a></li><li>• Phone: 866-207-3882</li></ul> <p>Referrals need to be made by a case manager or therapists. All standard referral documentation needs to be received including a protracted assessment.</p> |
| <p><b>Autism Center of Excellence (ACE)</b><br/>2150 S Country Club Dr., Ste. 35/36<br/>Mesa, AZ 85210<br/><b>P: 1-866-207-3882</b></p> <p>3602 E Greenway Rd., Ste. 102<br/>Phoenix, AZ 85032<br/><b>P: 1-866-207-3882</b></p> <p>12409 W Indian School Rd, Building E<br/>Avondale, AZ 85392<br/><b>P: 1-866-207-3882</b></p> | <p><u>To send referrals or questions about referrals:</u></p> <ul style="list-style-type: none"><li>• Email: <a href="mailto:dsp.referral@touchstonebh.org">dsp.referral@touchstonebh.org</a></li><li>• Phone: 866-207-3882</li></ul> <p>Referrals need to be made by a case manager or therapists. All standard referral documentation needs to be received including a protracted assessment.</p> |
| <p><b>Multisystemic Therapy (MST)</b><br/>*Community Based<br/>2150 S Country Club Dr., Ste. 35/36<br/>Mesa, AZ 85210<br/><b>P: 1-866-207-3882</b></p> <p>3602 E Greenway Rd., Ste. 102<br/>Phoenix, AZ 85032</p>   | <p><u>To send referrals or questions about referrals:</u></p> <ul style="list-style-type: none"><li>• Email: <a href="mailto:dsp.referral@touchstonebh.org">dsp.referral@touchstonebh.org</a></li><li>• Fax: 602-732-5477</li><li>• Phone: 866-207-3882</li></ul> <p>*MST requires a HNCMN or in the process of requesting a HNCM.<br/>*Referrals require:</p>                                      |



**Banner**  
**University Health Plans**  
Banner – University Family Care

**P: 1-866-207-3882**

12409 W Indian School Rd, Building E  
Avondale, AZ 85392

**P: 1-866-207-3882**

15648 N 35<sup>th</sup> Ave  
Phoenix, AZ 85053

**P: 1-866-207-3882**

1430 E. Fort Lowell Rd.  
Tucson, AZ 85714

**P: 1-866-207-3882**

**MST for Problem**

**Sexual Behaviors (MST-PSB)**

\*Community Based

2150 S Country Club Dr., Ste. 35/36  
Mesa, AZ 85210

**P: 1-866-207-3882**

3602 E Greenway Rd., Ste. 102  
Phoenix, AZ 85032

**P: 1-866-207-3882**

12409 W Indian School Rd, Building E  
Avondale, AZ 85392

**P: 1-866-207-3882**

15648 N 35<sup>th</sup> Ave  
Phoenix, AZ 85053

**P: 1-866-207-3882**

1430 E. Fort Lowell Rd.  
Tucson, AZ 85714

**P: 1-866-207-3882**

- DSP requesting MST.
- MST Referral packet - Please email our DSP email to request a copy of the MST referral packet if you do not have one.
- All standard referral documentation needs to be included.

\*If referring for MST through the SABG grant, we only need the SABG referral form which can be requested through the DSP email as well.

To send referrals or questions about referrals:

- Email: [dsp.referral@touchstonebh.org](mailto:dsp.referral@touchstonebh.org)
- Fax: 602-732-5477
- Phone: 866-207-3882

Referrals require:

- DSP requesting MST-PSB.
- MST-PSB Referral packet. Please email our DSP email to request the MST-PSB referral packet.
- All standard referral documentation needs to be included.



**Banner**  
**University Health Plans**  
Banner – University Family Care

**Functional Family Therapy (FFT)**

\*Community Based

2150 S Country Club Dr., Ste. 35/36

Mesa, AZ 85210

**P: 1-866-207-3882**

3602 E Greenway Rd., Ste. 102

Phoenix, AZ 85032

**P: 1-866-207-3882**

12409 W Indian School Rd, Building E

Avondale, AZ 85392

**P: 1-866-207-3882**

15648 N 35<sup>th</sup> Ave

Phoenix, AZ 85053

**P: 1-866-207-3882**

1430 E. Fort Lowell Rd.

Tucson, AZ 85714

**P: 1-866-207-3882**

To send referrals or questions about referrals:

- Email: [dsp.referral@touchstonebh.org](mailto:dsp.referral@touchstonebh.org)
- Fax: 602-732-5477
- Phone: 866-207-3882

Referrals require:

- DSP requesting FFT.
- FFT Referral packet. Please email our DSP email to request the FFT referral packet.
- All standard referral documentation needs to be included.

\*If referring for FFT through the SABG grant, we only need the SABG referral form which can be requested through the DSP email as well.

**Valle del Sol (VDS)**

<http://www.valledelsol.com/>

**Intensive Outpatient Substance Abuse Program (IOPSA):** This is a 64 Session, 16-week Intensive Outpatient Treatment group. The group meets from 5:00p-7:00p on Monday, Tuesday, Wednesday and Thursday. The program serves adolescents ages 13–17. The group is facilitated by master’s level clinicians alongside Recovery Coaches with substance abuse experience. The program utilizes the evidence-based Matrix Model and motivational interviewing techniques. The program will include recovery skills and relapse prevention; individual, group and family counseling; 12 step aftercare program; family education and support groups; along with weekly drug screens. The program is located at 3 Valle del Sol locations across the Valley and co-located at Canyon State Academy.

**Pre-teen Intensive Outpatient Substance Abuse Program (Pre-IOPSA):** This is a 24 sessions, 16-week Intensive Outpatient Treatment group. The group meets from 5:00-7:00 p.m. on Tuesday, Wednesday, and Thursday. The program services pre-teen adolescents, ages 10-12. The group is facilitated by master’s level clinicians alongside Recovery Coaches with substance

abuse experience. The program utilizes the evidence-based Matrix Model and motivational interviewing techniques. The program will include recovery skills and relapse prevention; individual, group and family counseling; 12 step aftercare program; family education and support groups; along with weekly drug screens.

**Behavior Coaching Program:** Provides in-home support services to children and their families to enhance treatment goals and effectiveness in accordance with the Arizona Vision and the 12 Principles and will work on: reducing acting out behaviors such as delinquency, aggression, negative peer associations, school problems, and/or drug/alcohol use to prevent the need for out of home placement. Provides behavioral coaching, living skills training, and personal care services for clients enrolled in Youth Services in the youth's home, school and/or community based upon the family's needs. The Program also provides parenting training and other behavioral health prevention/promotion education and training to clients and parents/caregivers. Parent/guardian participation is required for these services. Services are available in English and in Spanish.

**Dialectal Behavior Therapy (DBT):** DBT is a form of therapy for those who struggle with emotional regulation, intense and unstable relationships, and extreme impulsiveness which include self-harm and/or self-injurious behaviors. In treatment members will learn important skills to modify their thought process in order to be more present in their lives, decrease impulsivity, gain tools to express themselves constructively, and overall improve his or her quality of life. This is a group that is offered once a week for a total of 22 weeks and it is paired with weekly individual DBT therapy. The group is facilitated by master's level clinicians. Parent/guardian participation is required for these services and the services are offered at our main office location on Mondays from 5pm-7pm. It services teens ages 13-17. Services are available in English and in Spanish.

**Pre-DBT (aka: life worth living group):** Pre-DBT is an ongoing group open at any time for new referrals. The program services youths ages 11-17. The group meets every Tuesday from 4:30pm-6:30pm at our Maryvale location and it is facilitated by master's level clinicians. The program utilizes the DBT modules in its program to help target emotional dysregulation and to help youth gain the skills needed to help reduce impulsivity and bring interpersonal effectiveness into their lives.

**Transition Age Youth (TAY):** The TAY program promotes independence and goal-setting in transition-age youth who have emotional or behavioral challenges related to an Axis I disorder. This program assists youth in developing goals in the domains of education, employment, living situation, community functioning, personal effectiveness and well-being. Services are provided

in the community by transition facilitators who guide and support the process of young adults' transition from youth to adulthood. The minimum age requirement is 16.

**Mental Health IOP (MHIOIP):** Mental Health IOP is an intensive program intended for youth ages 13 to 17 that present with the need for intensive outpatient behavioral health interventions to address immediate needs such as trauma, anxiety, depression, potential self-harm, difficulties in emotional regulation. MHIOIP clients will receive multi-systemic services including group, individual, and CFT/family counseling to provide a comprehensive BH support system, teaching coping skills, promoting peer support, enhancing family systems, and inspiring healthy living and independent learning skills. The value is involving the family into the treatment, resolving family systemic issues while working with the individual on independent therapeutic goals, and allowing client to express self in a group environment. Tuesdays, Wednesdays, and Thursdays from 5:00p-7:00p

**Community Health Workers:** CHWs provide care coordination services to enhance patient's ongoing medical needs. CHWs serve as a liaison between providers and patients bridging the gap in their health care and helping patients meet their health goals. CHWs are trained in the Stanford Chronic Disease Self-Management Program, American Heart Association Know Your Heart Program, and are well versed in community resources to empower patients and guide them towards better health.

| Contact information   | Referral details   |
|---|--|
| 8410 W Thomas Rd #116<br>Phoenix, AZ 85037<br>P: 602-258-6797 x109 DSP Lead         | <a href="mailto:TeamDSP@valledelsol.com">TeamDSP@valledelsol.com</a><br>602-523-9312 all referrals |
| 3807 N 7 <sup>th</sup> St<br>Phoenix 85014<br>P: 602-258-6797 x109 DSP Lead         | <a href="mailto:TeamDSP@valledelsol.com">TeamDSP@valledelsol.com</a><br>602-523-9312 all referrals |
| 10320 W. McDowell<br>Avondale, AZ 859392<br>P: 602-258-6797 x109 DSP Lead           | <a href="mailto:TeamDSP@valledelsol.com">TeamDSP@valledelsol.com</a><br>602-523-9312 all referrals |
| 1209 S 1 <sup>st</sup> Avenue<br>Phoenix, AZ 85003<br>P: 602-258-6797 x109 DSP Lead | <a href="mailto:TeamDSP@valledelsol.com">TeamDSP@valledelsol.com</a><br>602-523-9312 all referrals |





**Banner**  
**University Health Plans**  
Banner – University Family Care

|   |  |
|---|--|
| 4135 S Power Rd Ste 108<br>Mesa, AZ 85212<br><b>P:</b> 602-258-6797 x109 DSP Lead   | <a href="mailto:TeamDSP@valledelsol.com">TeamDSP@valledelsol.com</a><br>602-523-9312 all referrals |
| 509 S Rockford Dr<br>Tempe, AZ 85281<br><b>P:</b> 602-258-6797 x109 DSP Lead        | <a href="mailto:TeamDSP@valledelsol.com">TeamDSP@valledelsol.com</a><br>602-523-9312 all referrals |
| 502 N 27 <sup>th</sup> Ave<br>Phoenix 85009<br><b>P:</b> 602-258-6797 x109 DSP Lead | <a href="mailto:TeamDSP@valledelsol.com">TeamDSP@valledelsol.com</a><br>602-523-9312 all referrals |
| Canyon State Academy<br>*IOPSA only*  | <a href="mailto:TeamDSP@valledelsol.com">TeamDSP@valledelsol.com</a><br>602-523-9312 all referrals |

**WD Recovery and Wellness Center**

<https://wdrecoverycenters.com/>

WD Recovery and Wellness Center is unique among treatment centers in offering not just Intensive Outpatient (IOP) Programs, but a full continuum of care. WD Recovery and Wellness Center maintains continuity in philosophy and approach throughout the individual's treatment, while facilitating timely transitions from one level of care to another in order to maximize treatment and insurance benefits.

**Eating Disorder Treatment:** WD Recovery and Wellness Center supports eating disorders and addresses many of the psychological issues associated with an eating disorder including:

- Low self-esteem
- Dysphoria
- Anhedonia
- Feeling of loss of control
- Feelings of worthlessness
- Identity concerns
- Family communication problems
- Painful and unwanted emotions
- Confusion
- Irritability
- Insomnia

**Contact information**

**Referral details**





**Banner**  
**University Health Plans**  
Banner – University Family Care

7730 N. 16<sup>th</sup> St.  
Ste. B101  
Phoenix, AZ 85020  
  
**P: 480-681-0453**

Call to schedule 480-681-0453

**Zarephath**

<https://zrpath.com/>

**Respite:** Zarephath serves the Tucson, Phoenix and Yuma areas with comprehensive community-based Respite and essential Life Skills Training. Zarephath programs are accessible in weekend and after school formats. Children and families benefit greatly when planned respite is implemented in the service plan; it has been proven to help them reach their service plan goals. Essential Life Skills training that targets young people with specific risk factors and promotes positive emotional development; building on family, school, and community resources has proven to be effective at reducing and preventing mental, emotional and behavioral disorders. We serve youth ages Toddlers-17 (no infants) for overnight weekend and Saturday day respite (Ages 5-17).

| Contact information  | Referral details  |
|--|---|
| <b>Main Office (Zarephath Main OTC)</b><br>4856 E. Baseline Rd. Suite 104<br>Mesa, AZ 85206<br><br><b>Central Drop / Main Day Group</b><br>Freestone Park<br>1045 East Juniper Avenue<br>Gilbert, AZ 85234<br><br>Phoenix:<br><b>P: 480.518.6826</b><br><b>F: 480.361.9144</b><br><b>24 Hour Availability Line</b> (when<br>clients are in care: Phoenix)<br><b>P: 480.510.7013</b><br><br><b>24 Hour Spanish Line</b><br>800.782.2837 | <ul style="list-style-type: none"><li>Email referrals: <a href="mailto:referral@zrpath.com">referral@zrpath.com</a></li><li>Fax referrals: 480-361-9144</li></ul> <p>*Please include in referral packet: Core assessment and/or annual update, Current service plan indicating the desired service and frequency, release of information, demographic, SNCD, and any additional supporting documentation</p> <p>Zarephath Referral Form is available on our website "Forms Page" <a href="http://www.zrpath.com">www.zrpath.com</a></p> |

**Phoenix Respite:**

[phoenix@zrpath.com](mailto:phoenix@zrpath.com)

**Tucson Respite:**

[tucson@zrpath.com](mailto:tucson@zrpath.com)

**Yuma Respite**

[yuma@zrpath.com](mailto:yuma@zrpath.com)

## **ACRONYMS**

- **ALTCS- Arizona Long Term Care System**
- **AZEIP-Arizona Early Intervention Program**
- **BHIF-Behavioral Health Inpatient Facility**
- **BHMP- Behavioral Health Medical Professional**
- **BHP- Behavioral Health Professional**
- **BHPP- Behavioral Health Paraprofessional**
- **BHRF- Behavioral Health Residential Facility**
- **BHT- Behavioral Health Technician**
- **CASA- Court Appointed Special Advocate**
- **CFT- Child and Family Team**
- **CLAS- Culturally and Linguistically Appropriate Services**
- **CMDP-Comprehensive Medical and Dental Plan (an AHCCCS Plan)**
- **COE-Center of Excellence**
- **DDD- Division of Developmental Disabilities**
- **DES- Department of Economic Security**
- **DOE- Department of Education**
- **DTO- Danger to Others**
- **DTS-Danger to Self**
- **EHR/EMR-Electronic Health Record/Electronic Medical Record**
- **EPSDT- Early Periodic Screening and Diagnostic Testing**
- **ESL- English as a Second Language**
- **Evidence Based**
- **FBA- Functional Behavior Assessment**
- **FCAP- Family Centered Autism Program**
- **FFS- Fee for Service**
- **FFT- Functional Family Therapy**
- **GMH- General Mental Health**
- **GMH/SA- General Mental Health and Substance Abuse**
- **GSA- Geographic Service Area**
- **HCTC- Home Care Training to Home Care Client**
- **Integrated Care (IC)**
- **IOP- Intensive Outpatient Program**
- **ISP- Individual Service Plan**
- **JPO- Juvenile Probation Officer**
- **LGBTQ- Lesbian, Gay, Bi-Sexual, Transgender, Questioning**
- **MMWIA- Meet Me Where I'm At-**
- **MST – Multi-Systemic Therapy**
- **NAMI- National Alliance on Mental Illness**
- **NTIXI- Non Title XIX (Not AHCCCS Eligible)**
- **PA- Prior Authorization**
- **PCP- Primary Care Physician**
- **PFRO- Peer Family Run Organization**
- **PSB- Problem Sexual Behavior**
- **SABG- Substance Abuse Block Grant**
- **SED- Seriously Emotionally Disturbed**
- **SMI- Seriously Mentally Ill**
- **SSDI- Social Security Disability Income**
- **SSI- Supplemental Security Income**

