



[\(Click here for 56 ABW Info\)](#)

Luke AFB

Helping Agencies



[\(Click here CAF info\)](#)

[**Airmen & Family Readiness Center: 623-856-6550**](#)

[**944th Airmen & Family Readiness Center: 623-856-8324**](#)

[**Alcohol Drug Abuse Prevention & Treatment Prgm \(ADAPT\): 623-856-7579**](#)

[**Behavioral Health Optimization Program\(BHOP\): 623-356-2273**](#)

[**Chapel: 623-856-6211**](#)

[**Civilian Personnel Office \(CPO\): 623-856-2120**](#)

[**944th Director of Psychological Health: 623-856-2289**](#)

[**Exceptional Family Member Program\(EFMP\): 623-856-9706**](#)

[**Equal Opportunity\(EO\): 623-856-7711**](#)

[**Family Advocacy Program\(FAP\): \(623\) 856-3417**](#)

[**Force Support Squadron\(FSS\): 623-856-7001**](#)

[**Health Promotions: 623-856-3778**](#)

[**In-Transition: 800-424-7877**](#)

[**Legal Assistance: 623-856-6701**](#)

[**56th Medical Group: \(\[Webpage\]\(#\) / \[Facebook\]\(#\)\): 623-856-2273**](#)

[**Mental Health Clinic: 623-856-7579**](#)

[**Military & Family Life Consultant\(MFLC\): 623-238-0565**](#)

[**Adult Services / Child Services**](#)

[**Military One Source: 800-342-9647**](#)

[**National Suicide Prevention Lifeline: 800-273-TALK \(8255\)**](#)

[**Sexual Assault Response Coordinator\(SARC\): 623-856-4878**](#)

[**TriWest/United Healthcare: 877-988-9378**](#)

[**Airman's Guide**](#)

[**Commander's
Workshop Menu**](#)

[**Community
Resources**](#)



Behavioral Health Optimization Program (BHOP)

Family Health Clinic, Luke AFB, AZ

Phone: 623-856-2273

What is BHOP?

The Behavioral Health Optimization Program (BHOP) is available to patients within the Family Medicine Clinic as part of overall good health care.

The purpose of this program is to offer assistance when habits, behaviors, or emotional concerns begin to interfere with your daily life. It is also provided to help patients who are starting or continuing on medications prescribed by the PCM for management of depression, anxiety, and/or PTSD.

BHOP does not provide traditional psychotherapy. This is considered a specialty function, and you may request more information about a mental health referral if that is what you are looking for.

Your appointment (in-person or phone call) will generally last 20 to 30 minutes. You can expect the BHOP to provide brief, solution-focused assessments to help you improve your target area.

As with all health care providers, communication with the IBHC or BHCF may not be entirely confidential. For Active Duty patients, they are obligated to report the disclosure of any information that may detrimentally impact the mission

Behavioral Health Care Facilitator (BHCF)

This position is usually a registered nurse with specialty training in the Care Management Model. The BHCF will contact you by phone to check in on how you are doing with your medication for either depression, anxiety, or PTSD symptoms.

SUPPORT PATIENTS VIA REGULARY SCHEDULED PHONE CONTACTS

DEPRESSION, ANXIETY & PTSD

- Referred by PCMs when you are prescribed medication for the above conditions
- Receive information about your chief concern and treatments
- Become motivated to be a proactive member of your treatment team
- Receive recommendations or suggestions to overcome treatment barriers
- Address any medication side effects
- Develop self-management goals with you

Internal Behavioral Health Consultant (IBHC)

This is a clinical psychologist or social worker with specialty training in Primary Care Behavioral Health who works as a member of the primary care team. The IBHC focuses on symptoms that may be interfering with your current functioning, and help you develop a plan to address those symptoms and improve your quality of life.

CONSULTATION EDUCATION SELF-MANAGEMENT STRATEGIES

- Alcohol Use/Abuse
- Anger
- Anxiety/Panic Disorder
- Bereavement
- Chronic conditions—depression, diabetes, eating disorders, headaches, PTSD, hypertension, IBS, insomnia, chronic pain
- Children—ADHD, parenting interventions
- Behavioral/Cognitive Strategies
- Goal-setting and relapse prevention
- Relationships
- Communication
- Sexual Problems
- Stress and Relaxation
- Smoking Cessation
- Weight loss/management

Location: 56th Medical Group, 7219 N. Litchfield Road, Bldg 1130, 2nd Fl

Hours of Operation: 0730 - 1630 Monday – Friday with the exception of every 3rd Wed: 1200-1630

Phone: (623) 856-7579

The Mental Health Flight is comprised of four different elements: [Mental Health, Alcohol and Drug Abuse Prevention and Treatment Program](#) (ADAPT), the [Family Advocacy Clinic](#) (FAP), and [Resiliency and Prevention Programs](#).

The Mental Health Flight is located in building 1130 on the 2nd floor. Services are offered to Active duty personnel, TRICARE Prime beneficiaries, retirees and family members. The clinic is open Monday-Friday from 0730-1630 hours. For more information regarding services listed, call (623) 856-7579

Services provided

Individual therapy

Group therapy

Emergency assessments/interventions

Clearances and evaluations (as required by other programs)

Outreach and Prevention

Stress Management/Living Well

Disaster Mental Health

Suicide Prevention

Substance abuse education, assessments and rehabilitation

Family maltreatment evaluation and intervention

New Parents Support

Resiliency Outreach & Education

Family Outreach and preventions classes

Mental Health Clinic

Services offered in the Mental Health Element include individual, group, and psychoeducational treatment for stress, anxiety, depression, adjustment difficulties and other psychological concerns. Military evaluations for special clearances or duty are arranged as required by AF Instruction or policy. Currently, Mental Health services are only offered to Active Duty members and Guard and Reserve members on active orders. Mental Health Clinic personnel can assist non-eligible members in finding appropriate mental health services on-base and within the community.

Program Materials

[CDE & LPSP Brochure](#)

[Mental Health Service Tri-fold](#)

TriWest/United Healthcare Mental Health Services (off-base services) –

<https://www.uhcmilitarywest.com/FindAProvider/>

Location: 56th Medical Group, 7219 N. Litchfield Road, Bldg 1130, 2nd Fl

Hours of Operation: 0730 - 1630 Monday – Friday with the exception of every 3rd Wed: 1200-1630

Phone: (623) 856-7579

The Air Force recognizes alcoholism as a preventable, progressive, treatable, and non-compensable disease that affects the entire family. The ADAPT Clinic provides prevention, substance abuse education, assessments and rehabilitation.

Services provided

Substance Abuse Evaluation and outpatient treatment for active duty

Referrals for medical detoxification and rehabilitation at local civilian hospitals

Individualized Education via Alcohol Brief Counseling (ABC) sessions, for non-diagnosed clients.

Program Materials

[ADAPT Brochure for Commanders, First Sergeants and Supervisors](#)

[Commanders-ADAPT referral Form](#)

[Supervisors-Substance Abuse Assessment](#)

Family Advocacy Program (FAP)

Location: 56th Medical Group, 7219 N. Litchfield Road, Bldg 1130, 2nd Fl

Hours of Operation: 0730 - 1630 Monday – Friday with the exception of every 3rd Wed: 1200-1630

Phone: (623) 856-3417

The Family Advocacy Program is designed to identify, report, assess, and treat family maltreatment by providing clinical intervention for family members as well as provide victims with 24 hour access to services. Other programs within Family Advocacy include: New Parent Support Program and Outreach and Prevention Services. The following is a brief overview of some of the programs offered at Family Advocacy:

Services provided

Family maltreatment evaluation and intervention

24 Hour Domestic Abuse Victim Advocacy ([302-789-3355](tel:302-789-3355))

Outreach and Prevention Classes

 Anger Management

 Parenting Classes

 Couples Enrichment

New Parents Support Program

Individual and Family Prevention Counseling

Program Materials

[Central Registry Board \(CRB\) Information](#)

[Family Advocacy Program Brochure](#)

[Domestic Abuse Victim Advocate \(DAVA\) Brochure](#)

New Parent Support Program (NPSP):

The thrill of a new baby is one of life's most wonderful and challenging experiences. However, parenthood is the role we are least prepared for. The New Parents Support Program's goal is to ease the transition by providing education and support to parents during the pregnancy, birth and up through the first 36 months of childhood. The Family Advocacy Nurse or Social Worker provides home visits, telephone contacts, referrals and consultations. These programs are primarily for active duty or new or expectant parents and those with children ages 0-36 months. Retirees are welcome on a space availability basis.

Outreach and Prevention Services:

These services are to promote healthy family relationships through education and support. Services include: parenting education, anger management, and couples communication classes, special theme events for; domestic violence awareness month, teen dating violence awareness month, and child abuse prevention month. Unit briefings and trainings on family violence, prevention of maltreatment in families and Family Advocacy Program and services are available upon request. Anger Management Group covers several areas of discussion including: recognizing and controlling anger, learning to listen to others, feelings and communication, becoming an assertive person, and negotiating conflicts. Finally, the couples communication class (PREP) focus on improving couples communication skills, and enhancing intimacy in relationships. All couples are welcome.

Resiliency and Prevention Programs**Suicide Prevention Program**

The AF Suicide Prevention Program is designed to raise awareness about suicide, strengthen the Wingman culture, and promote resiliency.

Luke AFB

Airmen Against Drunk Driving (AADD): 623-856-2233

Airmen & Family Readiness Ctr:
623-856-6550

Alcohol Drug Abuse Prevention & Treatment (ADAPT):
623-856-4433

Behavioral Health Optimization Program (BHOP): 623-856-2273

Chapel: 623-856-6211

Family Advocacy Program: (FAP):
623-856-4433

In-Transition: 800-424-7877

Mental Health Clinic:
623-856-7579 Walk-In Hrs 0730-1600 - If crisis occurs after hrs, please escort member to ER or call 911. On call MPH is available for CC/CCF consultation.

Military & Family Life Consultant (MFLC): 623-258-4123

National Suicide Prevention Life-line: 800-273-TALK (8255)

Sexual Assault Response (SARC):
623-856-4878



Ask your wingman

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

Care for your wingman

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

Escort your wingman

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline



U.S. AIR FORCE

**Mental Health
Command Directed
Evaluation (CDE)
&
Limited Privilege
Suicide Prevention
(LPSP) Program**

*Luke Air Force Base
Mental Health Clinic*

COMM: 623-856-7579
DSN: 896-7579



CDE

EMERGENCY CDEs

If you believe one of your members is experiencing active suicidal or homicidal thoughts you should proceed with the following steps:

- Strongly encourage the member to be seen immediately at the Mental Health Clinic (MHC) (or closest hospital if after duty hours/weekend). If the member is willing to be seen voluntarily, Commanders (CC) should ensure the member is escorted to the evaluation.
- If the member refuses to seek treatment, consult with MHC. A Mental Health Provider (MHP) will determine if the situation warrants an emergency CDE.
- If the member is not willing to present to the clinic or a civilian hospital, please call 911 or Security Forces in order to ensure that s/he will be taken to a civilian hospital for evaluation.

A CC, a supervisor, or a senior enlisted member (designated by the commander) can order an emergency CDE. A supervisor is an officer within or out of a member's official chain of command, or civilian employee in a grade level comparable to an officer, who: exercises supervisory authority over the member owing to the member's current or temporary duty assignment or other circumstances of the member's duty assignment; and is authorized due to the impracticality of involving an actual commanding officer in the member's chain of command to direct an CDE IAW DODI 6490.04.

Once the evaluation is complete, you will receive same day verbal feedback and next day written feedback from the MHP regarding safety concerns.

A CC cannot order a member into a MH inpatient facility; only a MHP or physician with admitting privileges can involuntarily commit.

ROUTINE CDEs

A routine CDE is useful when commanders have a military need to know of member's mental status.

Things commanders should consider before initiating a CDE:

- Is there documentation of work related/ impacting problems?
- Has disciplinary action been initiated?
- Are you considering administrative separation?

Typical questions that can be answered by conducting a CDE:

- Is this person suffering from a mental disorder which renders him/her unfit or unsuited for continued military service?
- Is this person suffering from a condition which makes him/her unreliable or have questionable judgment for special levels of clearance (i.e. flying duty, carrying weapons, top secret security clearance, PRP, etc.)?
- Is mission effectiveness compromised by this person's mental disorder?
- Is this person suffering from a condition which would explain his/her unreliable/ inappropriate behavior?
- What is the likelihood that this person could function effectively if treatment was given?

If you have this situation and would like to pursue a routine CDE, you should proceed with the following steps:

- Consult with the MHC to determine if a CDE is appropriate.
- The MHC will provide an appointment date and time, typically within 7 days.
- CCs will advise the member that s/he is command directing them for an evaluation and provide them with date and time of their appointment.

LPSP

What is LPSP? The LPSP program is designed to assist members who because of the stress of impending disciplinary action under the UCMJ, pose a genuine risk of suicide. It provides limited protection with regards to information revealed in or generated by their clinical relationship with MHPs. While in this program, such information cannot be used in the existing or any future UCMJ action or when deciding characterization of service in a separation.

What does this mean? Once placed on LPSP, communications with the MHC are protected. In other words, legal investigative agencies including OSI, SFS, and JAG cannot use anything discussed with the MHC against the member in current or future UCMJ action/ characterization for discharge. The intent of AFI 44-109 is that this added privacy will allow members who are under investigation and/or UCMJ action and who pose a risk for suicide to feel safe and confident with their MHP to talk about legal problems and any other related issues.

What are the limits to the privilege? This does not apply to other purposes authorized by law. Commanders or other AF investigators may access MH records to help decide appropriateness for security clearance, PRP program eligibility, etc. There are other exceptions. The MHP will report certain information to appropriate agencies or take action to ensure your safety or the safety of others.

These exceptions to privilege include: communications of child or spouse abuse or neglect

- Threat/intent of harm to self of others
- intent to commit a future crime
- hazardous behavior patterns that can impact mission and safety/security of military personnel, property, or classified information

Helping Resources

Alcohol Drug Abuse Prevention & Treatment
623-856-3194

Airmen & Family Readiness Center:
623-856-6550

Behavioral Health Optimization Program
(BHOP): 623-856-2273

Chapel: 623-856-6211

Civilian Personnel Office (CPO):
623-856-2120

Domestic Abuse Victim Advocate:
602-789-3355

Family Advocacy Program: 623-856-3417

In-Transition: 800-424-7877

Legal Assistance: 623-856-6701

Mental Health Clinic : 623-856-7579

Military & Family Life Consultant (MFLC):
623-258-4123

Military One Source: 800-342-9647

National Suicide Prevention Lifeline:
800-273-TALK (8255)

Sexual Assault Response (SARC):
623-856-4878

For information on increasing resiliency skills or assisting Airmen in distress, please visit the Airmen's Guide: <http://www.airforcemedicine.af.mil/AirmansGuide>



Ask your wingman

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

Care for your wingman

- Calmly control the situation; do not use force; be safe
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- Call the National Suicide Prevention Lifeline

56th Medical Group
7219 N. Litchfield Rd
Bldg 1130
Luke AFB, AZ 85309

Mental Health Flight
56th Medical Group
Luke AFB, Arizona



Hours of Operation:
Mon - Fri 0730-1630
Walk-in hours 0730-1600
Duty phone: 856-7579
(After Hours Emergency: 911/ER)



*Seeking assistance is a
sign of strength; you
don't have to carry the
"burden" alone,
let us help.*



Mental Health Clinic

Services offered in the Mental Health Element include individual, group, & psychoeducational treatment for stress, anxiety, depression, adjustment difficulties and other psychological concerns.

Military evaluations for fitness for duty and special clearances are arranged as required by AF Instruction or policy.

Population Served:

Currently, Mental Health services are only offered to Active Duty members and Guard and Reserve members on active orders. Retirees and dependents are welcome when space is available.

Mental Health Clinic personnel can assist non-eligible members in finding appropriate mental health services on-base and within the community.

Family Advocacy Program

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Other programs within Family Advocacy include: New Parent Support Program and Outreach and Prevention Services. The following is a brief overview of some of the programs offered at Family Advocacy:

New Parent Support Program:

The thrill of a new baby is one of life's most wonderful and challenging experiences. However, parenthood is the role we are least prepared for. The New Parents Support Program's goal is to ease the transition by providing education and support to parents during the pregnancy, birth and up through the first 36 months of childhood. The Family Advocacy Nurse or Social Worker provides home visits, telephone contacts, referrals and consultations. These programs are primarily for active duty or new or expectant parents and those with children ages 0-36 months. Retirees are welcome on a space availability basis.

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Finally, the couples communication class (PREP) focus on improving couples communication skills, and enhancing intimacy in relationships. All couples are welcome.

Population Served:

Active Duty, Retirees and dependents are welcome when space is available. Please call to inquire about our availability.



Alcohol and Drug Abuse Prevention and Treatment Program (AD ONLY)

The Air Force recognizes alcoholism as a preventable, progressive, treatable, and non-compensable disease that affects the entire family. The ADAPT Clinic provides prevention, substance abuse education, assessments and rehabilitation.

ADAPT Services:

- Substance Abuse Evaluation and outpatient treatment for active duty
- Referrals for medical detoxification and rehabilitation at local civilian hospitals
- Individualized Education via Alcohol Brief Counseling (ABC) sessions, for non-diagnosed clients.

ADAPT Completion and Program Failure Requirements

What is successful completion of ADAPT?

- Return to World Wide Qualified Status
- Improved family and work dynamics

What is an ADAPT Program failure?

- IAW AFI 44-121, paragraph 3.23.2, the Treatment Team determines that a member has failed the ADAPT program when he or she has demonstrated a pattern of unacceptable behavior, to include the following:
 - The member displays an inability or unwillingness to comply with his or her treatment plan
 - The member is involved in alcohol and/or drug related incidents after receiving initial treatment
 - The determination that a member has failed treatment is based on the member's repeated failure to meet and maintain Air Force standards (behavior), rather than solely on the use of alcohol

What happens when a member fails the ADAPT Program:

- Members determined to have failed the ADAPT program are considered for administrative separation by the commander IAW AFI 36-3207 and AFI 36-3208.

Profiles

All ADAPT members diagnosed with substance abuse or substance dependence receive a profile:

- A profile is entered into the ASIMS system, using AF Form 469 Duty Limiting Condition report, indicating the member is not worldwide qualified
- Profiles will not be released to allow for deployment, TDY or PCS
- If the commander believes mission requirement overrides the medical needs of the member and deployment is necessary, the ADAPT Program Manager will advise the commander of the risks involved
- Profiles are reviewed monthly by the ADAPT Program Manager to determine the appropriateness for continuation or termination (IAW AFI 48-123)

Prevention Briefings

- First Term Airman & Key Leader briefings
- Health Fairs
- That Guy Information
- Commander's Calls

The Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program

WHAT
COMMANDERS
FIRST SERGEANTS
&
SUPERVISORS
NEED TO KNOW



U.S. AIR FORCE

Luke Air Force Base
ADAPT Program

COMM: 623-856-7579
DSN: 896-7579

7219 N. Litchfield Rd./Bldg 1130
COMM: 623-856-7579
DSN: 896-7579

Purpose

- To promote readiness, health and wellness through the prevention and treatment of substance abuse
- To minimize the negative consequences of substance related mishaps to the individual, family, and organization
- To provide comprehensive education and treatment to individuals who experience problems attributed to substance abuse
- To return substance abuse patients to world wide qualified status or assist them in their transition to civilian life

Referrals

Self-Identification:

- Members are encouraged to seek assistance from the Unit Commander, First Sergeant, Substance Abuse Counselor, or a military medical professional
- Self identification for assistance minimizes the potential for adverse administrative action

Commander's Identification &

Responsibilities:

- Commanders **WILL** refer all service members for assessment when substance use is suspected to be a contributing factor in any incident, or when notified by medical personnel (IAW AFI 44-121)

Assessment for Civil Service Employees:

- Management can request an assessment/medical evaluation to be performed by ADAPT to determine if employee has a substance abuse problem

Active Duty Treatment

Alcohol Brief Counseling (ABC):

- Comprised of education and prevention services, and an individualized change plan
- ABC provided by an ADAPT technician or Certified Alcohol and Drug Addictions Counselor (CADAC)
- All active duty members enrolled in ADAPT receive ABC, unless the treatment manager determines it is not warranted

Level I Treatment:

- Individualized case management, treatment planning, and counseling services
- Group psycho educational services
- Encouragement and recommendation to participate in 12-step recovery groups
- The length of treatment varies based upon individual needs, the member's response to treatment, and progress toward treatment goals

Completion of Level I Treatment:

- Members continue to be encouraged to participate in 12-step recovery groups
- The member will be transitioned into the ADAPT Aftercare Program based upon the member's history and risk factors, clinical diagnoses, psychological and/or physiological health considerations

Level II Treatment and higher:

- Luke AFB does not offer treatment beyond Level I
- Members needing more intensive services are referred to an off-base network programs
- Upon discharge from that program, members enter the ADAPT Aftercare program, unless the treatment manager determines continued active care is necessary to finish meeting initial goals
- Members are required to participate in 12-step recovery groups

Available Services

For Active Duty:

- Substance abuse assessment and education
- Level I outpatient treatment
- Flight medicine/primary care consultation, referral to inpatient detoxification services, or referral to intensive outpatient treatment/partial hospitalization
- Aftercare Outpatient Counseling

DOD Civilian employees receive one initial assessment and referral service without cost

Retirees and dependents receive services off-base, as authorized in their insurance plan

Treatment Team Meetings (TTM)

TTM members: Commander and/or First Sgt, Supervisor, ADAPT Staff, and consultation with primary care managers to guide the clinical course of the treatment

TTMs are held: Upon Level I/Aftercare treatment entry and termination (and quarterly), network facility discharge, and upon program failure

Commanders often wear "two hats," one is supportive and the other administrative

ALCOHOL AND DRUG ABUSE PREVENTION AND TREATMENT (ADAPT) EVALUATION OF ACTIVE DUTY AIR FORCE PERSONNEL

The following is extracted from AFI 44-121, in order to provide guidance on when an ADAPT referral is appropriate:

3.7.2.1. In accordance with this instruction and applicable DoDIs, a unit CC will refer all service members for assessment when substance use or misuse is suspected to be a contributing factor in any misconduct, e.g., driving under the influence (DUI)/driving while intoxicated (DWI), public intoxication, drunk and disorderly, spouse/child abuse and maltreatment, underage drinking, positive drug test, or when notified by medical personnel under paragraph 3.7.3 of this instruction. CCs who fail to comply with this requirement place members at increased risk for developing severe substance problems and jeopardize the mission.

If you have any questions regarding the appropriateness of an ADAPT referral, please call 896-3194/7579 to speak with the ADAPT staff.

TO: 56 MDOS/SGOW	FROM:	DATE
NAME (Last, First, Middle Initial) and SSN		GRADE
LENGTH OF SERVICE	LENGTH OF TIME IN ORGN	LENGTH OF TIME ON BASE
DUTIES OR JOB DESCRIPTION IN ORGANIZATION	DESCRIPTION OF DUTY PERFORMANCE (How well performed) <input type="checkbox"/> GOOD <input type="checkbox"/> AVERAGE <input type="checkbox"/> POOR	
NAME OF SUPERVISOR	DUTY SECTION	PHONE NUMBER
PLEASE DESCRIBE THE INCIDENT AND BEHAVIOR OF INDIVIDUAL LEADING TO REFERRAL. PLEASE PROVIDE COPIES OF ANY DOCUMENTATION THAT MIGHT HELP US ACCURATELY ASSESS IF THIS INDIVIDUAL HAS AN ALCOHOL USE PROBLEM (Please include any police/blotter reports, MFR's, LOR's/LOC's, etc.): DATE OF INCIDENT _____		TYPE OF INCIDENT Multiple answers "ok" DUI/DWI <input type="checkbox"/> ARREST <input type="checkbox"/> ACCIDENT <input type="checkbox"/> REPORTING TO WORK UNDER THE INFLUENCE <input type="checkbox"/> MINOR IN CONSUMPTION <input type="checkbox"/> DOMESTIC VIOLENCE <input type="checkbox"/> SELF ID <input type="checkbox"/>
HAS THE MEMBER HAD A PREVIOUS SUBSTANCE ABUSE RELATED INCIDENT? *YES NO *IF YES; where were previous incidents?	DATE OF LAST INCIDENT(S):	
PAST ADMINISTRATIVE ACTIONS: (Please include any <u>copies</u> of the following that will aid in the evaluation.) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> PRIOR COUNSELING (MFR's/LOC's/LOR's/ART 15/) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> CHANGE OF DUTY AND/OR SUPERVISOR (Times / Date) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Other attempts the unit has made to help change his/her behavior		
_____ Commander or 1 st Sgt Signature		
Information contained on this form is subject to the Privacy Act of 1974 and will not be disclosed to the public without prior consent of the individual(s) concerned.		

Date: _____

Substance Abuse Assessment -- Supervisor Interview

Supervisor's Name: _____ Rank/Grade: _____

Unit assigned: _____ Duty title: _____ Phone: _____

In reference to (rank/name of person referred to ADAPT): _____

1. How long have you supervised this person? _____
2. How long have you known this person? _____
3. Describe in your own words what you know about the incident or the information that led to this referral? _____

4. What has the member told you about the incident or reasons for coming to the ADAPT program? _____

5. How has the member responded to the incident or reason for referral or any related action taken as a result of the incident? _____

6. Describe member's duty performance. What changes (if any) have you noticed? _____

- a. Strengths: _____

- b. Weaknesses: _____

7. Describe member's attitude at work: _____

8. Describe what rumors have you heard about member's drinking or his /her behavior when under the influence of substance?

Date: _____

9. To your knowledge, which of the following apply to the member? (mark all that apply)

- | | |
|--|--|
| <input type="checkbox"/> <i>Deteriorating duty performance</i> | <input type="checkbox"/> <i>Unexplained or frequent absences</i> |
| <input type="checkbox"/> <i>Frequent errors in judgment</i> | <input type="checkbox"/> <i>Financial difficulties</i> |
| <input type="checkbox"/> <i>Arrest or legal problems</i> | <input type="checkbox"/> <i>Health problems</i> |
| <input type="checkbox"/> <i>Violent behavior</i> | <input type="checkbox"/> <i>Dramatic mood swings</i> |
| <input type="checkbox"/> <i>Suicidal / homicidal thoughts</i> | <input type="checkbox"/> <i>Increased use of alcohol</i> |
| <input type="checkbox"/> <i>Memory loss</i> | <input type="checkbox"/> <i>Morning drinking</i> |

10. Have you ever addressed the member's drinking or other substance use? Please explain.

11. Describe what you know about member's family. Are there any problems or concerns that you are aware of? _____

12. Has the member's spouse or significant other ever contacted you or the unit to express concerns about member's substance use or behavior? _____

13. Describe any other issues that may be affecting the member?

14. Do you think member has a substance abuse problem? Yes No

15. What intervention do you recommend be taken on behalf of the member?

Supervisor's Signature

ADAPT Technician's Signature / Date

For ADAPT office use only after form is received back from supervisor:

Pt rank/name: _____

Pt DOB: _____

Pt SSN: _____

Assessment date: _____

Page 2 of 2

Central Registry Board (CRB) Information

CRB Training must be completed by all CRB members prior to sitting on the CRB. You will need this training prior to attending your first CRB. This is required for voting privileges. CRB members who do not complete the training are unable to vote at the CRB. Training is completed initially prior to the member's first time attending a CRB meeting, then again annually.

Required CRB training is accomplished via the internet. The on-line CRB Training Center provides training that outlines the CRB purpose/ procedures, roles of the CRB members, and explains the definitions/ types of family maltreatment incidents encountered at the CRB meetings.

The CRB Training Center site is found via Air Force FAPNet:

<https://www.airforcefap.af.mil/skins/affap/display.aspx?moduleid=d3be24c4-d631-48a0-a4b2-018af9c01c0f&mode=user&action=LaunchMaterial>

Opening the CRB Meeting

- A quorum of 2/3 of the 7 members is required
- All CRB members (including Squadron Representatives) must be certified (have proof of training in CRB and the new maltreatment definitions) prior to participation.
- The chairperson opens each meeting with a confidentiality reminder.

The CRB Process:

The Squadron Representative(s) (CC and/or first Sergeant) enters the room and sits toward the opposite end of the table from the Chairperson. The chairperson will ensure that Squadron Representative have been introduced to members of the CRB, prior to the beginning of the case discussion.

- The Family Advocacy Officer (FAO) reads the type of maltreatment and identifies the alleged victim and alleged offender while the Family Advocacy Program Assistant (FAPA) loads this information into the automated decision tree.
- The Chairperson asks the squadron representative to open the discussion by telling the Board how he/she heard about the allegation, what has taken place since that time, and what action (if any) has been taken on behalf of the family.
- The Squadron CC is followed by law enforcement reports, OSI, and JA regarding the details of the incident/allegation. The FAO then adds any additional or different information regarding the incident collected during the FAP assessment.
- The Chairperson then commences the CRB automated decision tree.

Family Advocacy Program

56 MDOS/SGOW
7219 N. Litchfield Rd
Bldg 1130
Luke AFB, AZ, 85309

Phone: 623-856-3417

Fax: 623-856-4433



The New Parent Support Program (NPSP) is one of FAP's Prevention Outreach Programs. The goal of NPSP is to support, educate and prepare parents for their new roles and to promote positive healthy families. New stepparents, and those adopting, are also encouraged to participate. Services are provided during pregnancy and after the baby comes home, up to 36 months of age.

WHO IS ELIGIBLE?

All **TRICARE** eligible beneficiaries

WHAT SERVICES ARE OFFERED?

- Home visits by a Registered Nurse or Licensed Clinical Social Worker
- Education on pregnancy and all aspects of baby and toddler care
- Safety and child proofing your home
- Baby care basics and support
- Free books and educational materials
- Classes for expectant parents:
Passport To Parenthood &
Dads: The Basics

WORKSHOPS & SUPPORT GROUPS:

Bundles for Babies Workshop 623-856-6550
First Steps Program 623-856-3417
DADS 101 623-856-3417
Nature to Nurture Support Group 623-856-3417

WHAT FAMILY ADVOCACY CAN DO FOR YOU

- Support services for concerns of domestic violence
- Restricted or Unrestricted Reporting of domestic violence
- Domestic violence and child abuse education
- Information and referrals to on base and off base resources
- Support and education for families with babies 0-36 mos of age
- Parenting support and educational classes
- Anger and stress management skills building

To learn more about the 56 MDG upcoming Family Advocacy Program classes call us!

**Luke AFB Family Advocacy
632-856-3417**

We offer classes to help with...

- Parenting
- Healthy Marriages
- Anger Management
- Better Communication
- Managing Stress
- ...and more!

FAMILY ADVOCACY PROGRAM (FAP)

LUKE AIR FORCE BASE

OUR SERVICES ARE DESIGNED TO STRENGTHEN AIRMEN AND AIR FORCE FAMILIES TO MEET THEIR CHALLENGING AND CHANGING ROLES IN TODAY'S MILITARY

Contact FAP:

56 MDOS/SGOW
7219 N Litchfield Road
Bldg 1130
Luke AFB, AZ 85309
Phone: 478-327-8398
Fax: 478-327-8426

WHO IS FAMILY ADVOCACY ?

The mission of the Air Force (AF) Family Advocacy Program (FAP) is to build healthy Air Force communities by developing and implementing programs designed to prevent and treat partner and child maltreatment.

The AF FAP components:

- Outreach and Prevention
- Maltreatment Intervention

Outreach Prevention

Provides voluntary, free programs (with no documentation) which are designed to enhance family life by promoting wellness, safety, and support. All services are available to active duty members, spouses, and their children. Most programs are also open to civilians with base access. Programs include:

- Parenting classes
- Anger management
- Stress management
- Healthy relationship strategies for couples and singles
- Individual and couples therapy
- Family violence community education



Maltreatment Intervention

AF Instruction 40-301 requires active duty, civilian, and contract employees to report all suspected partner or child abuse to Family Advocacy.

When family maltreatment does occur, FAP intervenes to ensure all family members are safe and stop any further harm so the cycle of abuse is interrupted.

Treatment is provided in a variety of ways, which include individual therapy, couple's therapy, and parenting intervention. Treatment will often focus on recognizing signs and symptoms of stress, anger, and family conflict.



DOMESTIC ABUSE VICTIM ADVOCATE (DAVA)

Resource for adult victims of domestic abuse in the military community. Services include:

- Emotional Support
- Safety Planning & Risk Assessment
- Connecting to Community Resources
- Accompaniment services to appointments
- Liaison to Commanding Officer

FAMILY ADVOCACY SAFETY EDUCATION SEMINAR (FASES)

Educational class providing information on positive parenting, anger and stress management techniques, discipline strategies, and effective couple communication.

Goals:

- Enhance mission readiness by reducing family violence
- Promote healthy relationships and family functioning for those with maltreatment allegations
- Prevent escalation of family violence for families identified as "at risk"

What is Domestic Violence?

Domestic Violence is...

- A pattern of controlling behavior that consists of physical, sexual, verbal and emotional abuse. Creating fear is a major part of domestic violence.
- Committed by one intimate partner against another, including in current or former married or cohabitating relationships.
- A learned behavior chosen by one partner to control the thoughts, beliefs and conduct of their partner; the victim is forced to change her/his behavior in response to the abuse.
- Directed at a particular victim, but it also victimizes children, families, strangers and the community.

Domestic Violence is NOT...

- A one-time event; it is a pattern of abuse. It will not go away without help.
- An anger problem.
- Caused by stress, alcohol abuse or drug use.
- The victim's fault.



Luke Air Force Base Family Advocacy Program

7219 N. Litchfield Road
Luke AFB, AZ 85309

Office: 623.856.3417
24/7 DAVA Emergency Line: 602.789.3355

Luke Air Force Base

Family Advocacy
Program



Domestic Abuse
Victim Advocate

24/7 Emergency Line

602.789.3355

The Role of the Domestic Abuse Victim Advocate

A Domestic Abuse Victim Advocate (DAVA) is a trained professional who provides non-clinical advocacy services, supporting domestic abuse victims. The DAVA is on-call 24 hours a day/7 days a week to provide crisis intervention, safety planning, support, assistance in securing medical treatment for injuries, information on legal rights and proceedings, and referrals to military and civilian resources. The on-call DAVA will empower you to make informed and independent decisions to support you through this process.

The victim advocate ...

- Is here to listen
- Is here to help you identify your options
- Is here to discuss steps
- Is here to help you discover your own strengths
- Is here to help you learn to choose
- Is here to provide support

If you, or someone you know, is experiencing violence or you fear you may become violent in your relationship, help is available. Call your local Family Advocacy Program or domestic abuse victim advocate for assistance.



What Services Can I Expect from the DAVA?

- Crisis intervention and non-clinical support
- Safety assessment and planning
- Information on the Transitional Compensation Program
- Coordination of emergency services; transportation, housing, food, etc.
- Assistance in obtaining protective orders
- Accompaniment throughout the medical, investigative and legal processes
- Representation of victims' interests at Family Advocacy Case Review Committee meetings
- Information and referral

How can I protect myself and my children?

- Create a Safety Plan; A DAVA can help.
- Have an emergency kit with money, medical cards, checkbook, car keys, birth certificates and other I.D., pay stubs, medicine and important phone numbers.
- Plan an escape route out of your home; teach it to your children.
- Know your resources (e.g., shelter, transportation and money)
- Ask family, friends and others for help
- Call the police or have someone else call
- Get medical help if you have injuries
- Discuss available safety measures with the DAVA, including a Military and Civilian Protective Order

What are my Options for Reporting Domestic Abuse?

Airmen, and Family members who experience domestic abuse are encouraged to report the incident to a DAVA to access the full range of supportive services, including:

Restricted Reporting – Allows adult victims the option to report an incident to specified individuals, such as FAP, DAVA, and Medical Providers without initiating the investigative process or notifying the offender's Chain-of-Command. The Victim will receive medical treatment, advocacy and counseling, and DAVA services. The victim maintains control of how services are received and it allows for time to make an informed decision. The victim can change restricted reporting to unrestricted at anytime.

Unrestricted Reporting – Allows adult victims to receive the full range of advocacy services. A victim who desires an official investigation into an incident of domestic abuse should make an unrestricted report using the appropriate reporting channels, including the chain-of-Command, FAP, or law enforcement. Upon notification of a reported domestic abuse incident, DAVA services and FAP intervention services are offered. In addition, with an unrestricted report, a victim can request a forensic medical examination with a health-care provider in coordination with a criminal investigation. This option allows the widest range of rights and protections to the victim.

Am I Eligible for Restricted Reporting?

The Domestic Abuse Restricted Reporting Option is available to Airmen, Family member spouses, and intimate partners who are eligible for a military-issued identification card and eligible to receive military medical treatment.

Are There Exceptions to Restricted Reporting?

Safety is of the utmost importance, thus exceptions to the Restricted Reporting Policy do exist to prevent or lessen a serious threat to the health/safety of the victim or others. Your DAVA will explain in detail the exceptions and eligibility requirements for restricted reporting.



MILITARY AND FAMILY LIFE COUNSELOR PROGRAM

Military families face unique challenges. They may struggle with issues such as deployment-related stress, reintegration and pressures of managing parenting and finances while a loved one is deployed.

To support military families facing these or additional challenges, the MFLC program:

- » Provides short-term, non-medical counseling services to service members and their families at no cost
- » Provides psycho-education to help military service members and their families understand the impact of deployments, family reunions following deployments and other stresses related to the military life
- » Augments existing military support services
- » Offers flexible service delivery
- » Can provide services on or off of military installations
- » Can provide services to individuals, couples, families and groups

With the exception of child abuse, domestic abuse and duty to warn situations services are private and confidential.

ABOUT MILITARY AND FAMILY LIFE COUNSELORS

- » Masters or Doctorate-level licensed counselors
- » Work with families, individuals, couples and children
- » Work with existing military and family support programs to complement services provided

NON-MEDICAL COUNSELING SERVICES

Life skills

- » Anger management
- » Communication
- » Relationship issues
- » Conflict resolution
- » Parenting
- » Decision-making skills

Military lifestyle

- » Deployment stress
- » Coping skills
- » Homesickness
- » Relocation adjustment
- » Reintegration
- » Separation
- » Building resiliency
- » Sadness, grief and loss



[Luke AFB Adult MFLC](#)
623-238-0565



WHO ARE CYB-MFLCs AND WHAT DO THEY DO?

CYB-MFLCs are

- » Masters or Doctorate-level licensed counselors specializing in child and youth behavioral issues
- » Available at no cost to assist children and youth, parents, family members and staff of child and youth programs
- » Available to provide short-term, non-medical counseling support

Services are private and confidential with the exception of child abuse/neglect, domestic abuse and other duty-to-warn situations.

HOW DO CYB-MFLCs MAKE A DIFFERENCE?

CYB-MFLCs provide a wide range of support to military children and youth, family members and staff who work with children by

- » Engaging in activities with children and youth
- » Providing behavioral interventions in classrooms, at camps and in Child Development Centers to assist staff in setting and managing boundaries
- » Modeling behavioral techniques and providing feedback to staff
- » Being available to parents and staff to discuss interactions with children and other concerns
- » Facilitating psycho-educational groups

ISSUES ADDRESSED BY CYB-MFLCs

- » School adjustment
- » Deployment and separation
- » Reunion adjustment
- » Sibling and parent-child communication
- » Behavioral concerns
- » Fear, grief and loss



[Luke AFB Child MFLC](#)
623-238-0565

COMPREHENSIVE AIRMEN FITNESS
RESILIENCE SKILLS OVERVIEW
"Kneeboard"

	Skill	Goal & When	How To
FOUNDATIONAL RESILIENCE SKILLS	Counting Blessings - Gratitude	<p><i>Goal:</i> To cultivate gratitude, build optimism and positive thinking, help you cope with daily hassles and stress, and improve quality of life.</p> <p><i>When:</i></p> <ul style="list-style-type: none"> Set aside time on a regular basis In moments of stress to counter negative thinking 	<p><i>How:</i></p> <ul style="list-style-type: none"> Write down at least 3 things that went well Reflect on them and ask yourself: <ul style="list-style-type: none"> Why did this go well? How did I contribute to this blessing? How did others contribute?
	Mindfulness	<p><i>Goal:</i> To be present in the moment and disengage from negative thoughts that interfere with your performance, values or goals.</p> <p><i>When:</i></p> <ul style="list-style-type: none"> When your brain is clouded by negative thoughts or beliefs that prevent you from acting based on your values 	<p><i>How:</i></p> <ul style="list-style-type: none"> Anchor yourself physically Notice 3 things around you Notice any thoughts and emotion swirling around in your head Allow your thoughts and emotion waves, ebbing and flowing Take action based on your values
	Accomplishing-Goals - Values Based Living	<p><i>Goal:</i> To gain a sense of purpose and feeling of control; helps to prioritize and allows you to find opportunities to live your values.</p> <p><i>When:</i></p> <ul style="list-style-type: none"> Set aside time on a regular basis When you need a sense of direction 	<p><i>How:</i></p> <ul style="list-style-type: none"> Define your values Set goals based on your values Chart Your Course <ul style="list-style-type: none"> Set subgoals - immediate, short-term & long term Consider potential obstacles and strategies to overcome them Share your goals
	Capitalizing on Strengths	<p><i>Goal:</i> To identify your strengths, spot strengths in others and find opportunities to use your strengths.</p> <p><i>When:</i></p> <ul style="list-style-type: none"> When facing a challenge On a regular basis 	<p><i>How:</i></p> <ul style="list-style-type: none"> Know your Signature Strengths (Top 5) Identify how others are using strengths <ul style="list-style-type: none"> Find new ways to develop and use you Signature Strengths
	Acceptance	<p><i>Goal:</i> To acknowledge and negative aspects of events that you can't control and disengage from negative thoughts that interfere with our performance, values or goals.</p> <p><i>When:</i></p> <ul style="list-style-type: none"> After or during an adversity When negative thoughts prevent you from taking action 	<p><i>How:</i></p> <ul style="list-style-type: none"> Utilize Acceptance Strategies <ul style="list-style-type: none"> Mindfulness Meaning-making (refer to Spiritual)
MENTAL	ABC	<p><i>Goal:</i> to be aware of how your brain drives reactions to an event.</p> <p><i>When:</i></p> <ul style="list-style-type: none"> When you need a better understanding of why you reacted to an event in a certain way. When you don't think your reactions were helpful in the situation. In the moment, use it to slow down and ensure your reactions don't interfere with your performance, values or goals. 	<p><i>How:</i></p> <ul style="list-style-type: none"> Describe the Activating event. Be specific and objective. Record your Beliefs (your brain's interpretation) Record the Consequences—emotional reactions and physical/behaviors. Ask: Did my reactions interfere with my performance, goals, or values?
	Balance Your Thinking	<p><i>Goal:</i> To help you perceive situations accurately and take action based on the evidence</p> <p><i>When:</i></p> <ul style="list-style-type: none"> When your brain is driving reactions that interfere with your goals, values or performance When you are stuck in a cognitive trap or need to improve decision-making 	<p><i>How:</i></p> <ul style="list-style-type: none"> Check for Balanced Thinking: <ul style="list-style-type: none"> Examine the evidence Check for a double-standard Phone-a-friend

COMPREHENSIVE AIRMEN FITNESS
RESILIENCE SKILLS OVERVIEW
"Kneeboard"

											
MENTAL	Instant Balance Your Thinking	<p>Goal: To attack unbalanced thoughts quickly so you can focus on your performance in the moment</p> <p>When:</p> <ul style="list-style-type: none"> When you need to defuse doubt and anxiety so you can focus on your performance When preparing for a challenging task, event, or interaction 	<p>How:</p> <ul style="list-style-type: none"> Use Balance Your Thinking strategies. <ul style="list-style-type: none"> Provide evidence against the belief Check for a double-standard Decide if the thought is relevant to the task you need to accomplish Use your experience, training, past accomplishments to combat your unbalanced thinking 								
	Check Your Playbook	<p>Goal: To be aware of what influences unproductive patterns or uncharacteristic consequences that interfere with your performance, goals or relationships</p> <p>When:</p> <ul style="list-style-type: none"> If your reactions interfere with your performance, goals or relationships If you have an uncharacteristic reaction If you are stuck in an unproductive pattern 	<p>How:</p> <ul style="list-style-type: none"> Use ABC What might have influenced this reaction? What is most important to you? Do you need a new play? 								
PHYSICAL	Physical	<p>Goal: To understand how the link between physical and mental fitness improves performance, leadership, and overall health; identify and apply tools to effectively manage physical and mental energy.</p> <p>When:</p> <ul style="list-style-type: none"> Daily 	<p>How:</p> <ul style="list-style-type: none"> Choose a varied diet consisting of "real foods." Regulate intake of calories to exercise level. Exercise when stressed, have "brain drain" or to improve overall health and fitness. Be mindful of supplement intake and risks Recover energy by using daily boosters and rejuvenation tools to fill your energy tank 								
SPIRITUAL	Spiritual	<p>Goal: To strengthen the beliefs, principles or values that sustain our sense of well-being and purpose</p> <p>When:</p> <ul style="list-style-type: none"> Set aside time on a regular basis When you need a sense of direction or renewal 	<p>How:</p> <ul style="list-style-type: none"> Identify your essential spiritual beliefs. Identify a simple phrase that will remind you of your essential beliefs. (Spiritual Reminder) Meditate on one's Spiritual Reminder to gain perspective and acceptance 								
SOCIAL	Interpersonal Problem Solving	<p>Goal: To address problems in a manner that still shows respect for the relationship; lowers the intensity and makes it easier to find a resolution they can each live with.</p> <p>When:</p> <ul style="list-style-type: none"> When you need to find a resolution to a problem. 	<p>How:</p> <ul style="list-style-type: none"> Define the problem (use the wind-up approach) Ask for the other person's perspective Work together to generate solutions Evaluate the solutions Choose a solution and seal the agreement 								
	Good Listening	<p>Goal: To make someone feel safe in speaking to you as a confidante.</p> <p>When:</p> <ul style="list-style-type: none"> When someone comes to you with news—good or bad 	<p>How:</p> <ul style="list-style-type: none"> Use ABCDEs <ul style="list-style-type: none"> Attend with genuine interest Be responsive to what is said Care about the other person Don't interrupt Encourage the person to say more. 								
	Active Constructive Responding	<p>Goal: To build, strengthen, and maintain important relationships.</p> <p>When:</p> <ul style="list-style-type: none"> When someone shares good news 	<p>How:</p> <ul style="list-style-type: none"> Ask questions and show enthusiasm <table border="1" data-bbox="863 1671 1378 1845"> <thead> <tr> <th></th> <th>Constructive</th> <th>Destructive</th> </tr> </thead> <tbody> <tr> <td>Active</td> <td>Shows authentic interest & support, ask questions</td> <td>Focuses on negative aspects</td> </tr> <tr> <td>Passive</td> <td>Distracted or understated support</td> <td>"One-upping" distracts from the news</td> </tr> </tbody> </table>		Constructive	Destructive	Active	Shows authentic interest & support, ask questions	Focuses on negative aspects	Passive	Distracted or understated support
	Constructive	Destructive									
Active	Shows authentic interest & support, ask questions	Focuses on negative aspects									
Passive	Distracted or understated support	"One-upping" distracts from the news									

Health Promotions

[Return Home](#)

Building 700 (Next to Subway)
Monday - Friday from 0730 to 1630

623-856-37788



Health Promotions is dedicated to prevention and health enhancement. We provide a number of prevention programs to active duty military and their dependents, military retirees, civilians and other TRICARE beneficiaries. We are aiming to build a culture of Health! Begin the journey to optimal health today by refreshing what you may already know about nutrition and fitness. You may surprise yourself and learn something new. Whatever the case may be, take the personal challenge to live!

Nutrition Education: Our mission is to optimize health through nutrition. It encourages healthy lifestyles that contribute to improved operational readiness, total fitness, disease prevention and optimal health. Health Promotions provides ongoing education and a supportive environment for all members and early intervention for marginal and poorly fit members. This is essential to maintain the health and fitness of the total force.

Healthy Weight Management: All classes are open to all; even if not participating in a mandatory program. This class is held every 1st Tuesday of the month at 1000 and 1400. Members can easily book an appointment through the appointment line. The class is designed for those who want to get to and maintain a healthy weight.

Diabetes Nutrition: The class assist individuals to control their blood sugar by discussing realistic dietary lifestyle changes. Appointment is required. The class is held every 3rd Tuesday of the month at 1000 and 1400.

Body Fat Analysis: If you would like to know what you are made of, call Health Promotions and schedule a BOD POD appointment. This air displacement tool will give a person their body fat percentages and lean body mass percentages.

Heart Smart: The class educates members on how to take care of their heart through nutrition and other lifestyle choices. High cholesterol and high blood pressure are two of the main focuses. Appointment is required. The class is held every 4th Tuesday of the month at 1000 and 1400.

Nutrition 101: Designed for AD members who fail or are at risk of failing the tape portion of the fitness assessment. Healthy food choices, proper portion sizes, and body composition are discussed in details. The class is held every Wednesday at 0745.

Operation Supplement Safety (OPSS): is a joint initiative between the Human Performance Resource Center and the DoD to educate service members, retirees, their family members, leaders, healthcare providers, and DoD civilians about dietary supplements and how to choose supplements wisely.

<http://hprc-online.org/dietary-supplements/opss>

Tobacco Cessation - Be Ready, Be Fit, Be Tobacco Free: Air Force leadership would like to remind our warriors that in a time of war we cannot afford to compromise mission accomplishment by using tobacco (smoke or smokeless). In the words of the Surgeon General, "A tobacco free force will improve quality of life and enhance mission effectiveness. We cannot continue to compromise our ability to Fly, Fight and Win for America". Everyone is encourage to seek help at UCANQUIT2.ORG

<https://www.ucanquit2.org/>

Commander's Workshop Menu

The following workshops below can be delivered at the unit level, in location of your selection, during unit Wingman Day events or at any time to address unit concerns. Please contact the POC indicated next to each workshop description to arrange for the briefing to be held for your organization. Contact POC a minimum of two weeks prior to requested date to ensure availability of presenter; unless otherwise indicated.

If you need assistance finding additional resources not listed below you may contact the installation Community Support Coordinator for assistance at DSN 896-2716.

[Health and Wellness \(Page 1, 2, 3\)](#)

[Stress and Change Management \(Page 1, 2\)](#)

[Anger Management](#)

[Mental Health Services](#)

[Grief](#)

[Personal Relationships](#)

[Workplace Relationships](#)

[Family Support and Parenting \(Page 1, 2\)](#)

[Military Support \(deployment, relocation, separation, etc.\)](#)

[\(Page 1, 2, 3\)](#)

[Employment and Finances](#)

[Sexual Assault Prevention and Response](#)

[Resiliency Skill Sets \(Page 1, 2\)](#)

Health and Wellness

***Comprehensive Airman Fitness Physical Resiliency Overview- 20 Minute Brief** on tips to ensure Physical Resiliency with an overview of Supplement Safety. We will discuss the DOD Website for Operation Supplement Safety and educate Airmen on how to get up to date accurate information on all supplements enabling informed usage decisions. Please contact the HAWC @ 623-856-3830

***HAWC Services Brief- 10 Minute Brief** providing an overview of services available from the Health and Wellness Center in the Area of Nutrition, Physical Fitness, Tobacco Cessation, Weight Management, and Disease Management. Please contact the HAWC @ 623-856-3830

***Performance Nutrition Brief- 90 Minute Brief** on fueling your body for performance. This brief teaches nutrition for energy management that enables participants to optimize metabolism and ensure peak performance. This class is designed for our Active Duty, Guard and Reserve warrior athletes and anyone who wants more energy each day! This class is a PREREQUISITE for the Bod Pod; however, only military members can utilize the Bod Pod. This is an interactive class and we ask that you have a minimum of 25 Members attending the brief, along with access to Power Point and an area for teaching props. Please contact the HAWC @ 623-856-3830

***Tobacco Cessation Brief- 20 Minute Brief** on why we use tobacco, the reasons that it can be so hard to QUIT and how it affects a Units Mission Readiness. An overview of local free options and tools to be long term successful QUITTING will be presented along with a discussion of available Tobacco Cessation Medications Side effects and availability. HAWC @ 623-856-3830

***Alcohol 101: Tolerance, Myths/Facts, Basic Education-** Learn how to minimize the negative consequences of substance related mishaps to the individual, family, and organization. Please contact the ADAPT @ 623-856-7979.

***How to Improve Sleep-** Learn about proper sleep hygiene techniques needed to obtain a deep, restorative night's rest. Please contact the Mental Health Clinic @ 623-856-7979.

Stress and Change Management

* **Occupational Stress**-Learn how to better identify and characterize your sources of stress and learn new, more productive skills for stress management. Areas of topics available for discussion are emotional management, dealing with environmental factors, communication, and goal setting. Please contact the Mental Health Clinic @ 623-856-7579 to schedule briefing.

* **Stress Management** -Learn relaxation techniques, ways to challenge your thinking, and problem solving skills to lead to a greater stress tolerance level and improved self-care. Please contact the Mental Health Clinic @ 623-856-7579 to schedule briefing.

* **Balancing Work and Personal Life** -A hectic, unbalanced lifestyle can prevent enjoyment of personal relationships, interfere with productivity at work and harm our health. This seminar helps participants assess how their numerous roles can be managed to create an integrated life. Please contact the Family Advocacy Clinic @ 623-856-3417.

* **Burnout and Stress Management** -When someone experiences stress, or when stress lasts too long, it can be harmful; burnout is one possible outcome. This seminar addresses ways to prevent burnout. Please contact the Mental Health Clinic @ 623-856-7579 to schedule briefing.

* **Contending with Change** -The seminar is designed to help participants understand the effects of change, assess their own attitudes about change, and learn practical techniques for dealing with change. Please contact the Mental Health Clinic @ 623-856-7579 to schedule briefing.

Stress and Change Management



***Ups and Downs of the Holiday Season -** During the holiday, expectations about the “way it should be” and reality often collide. This seminar explores how to cope with the pressures of the holiday season, and offers strategies to reduce stress. Please contact the Mental Health Clinic @ 623-856-7579 to schedule briefing.

***Life in Balance: Relaxation and Stress Relief-** Objectives for this presentation include maintaining a good work/life balance, identifying stressors, recognizing the signs and symptoms of stress, practicing stress management strategies, reducing overall stress, and developing relaxation skills. Please contact the Mental Health Clinic @ 623-856-7579 to schedule briefing.

Anger Management



***Anger Happens-** Anger can lead to behaviors we regret, and it can also affect our health. This presentation focuses on understanding what happens to us when anger is triggered, and ways to address our strong reactions. *Please contact Family Advocacy to schedule this briefing @ 623-856-3417.*

***Anger Management-** This presentation is geared towards adults who need help managing anger. Topics include defining anger, identifying one's "anger style," increasing self control through personal awareness, practicing techniques to manage one's own anger, and adopting new strategies to calm other angry people. *Please contact the Military Family Life Counselor at 623-856-0565 to schedule briefing.*

Mental Health Services

Depression: *What It Is and How to Help -The primary focus of this seminar is to educate participants about the warning signs and dangers of depression, and how it can be treated. *Please call the Mental Health at 623-856-7579 to schedule briefing.*

Stress and Trauma Exposure: *Strategies for Coping-Those individuals who work with victims and survivors of traumatic events may experience strong reactions as a result of hearing about or helping those who've been affected by trauma. This presentation is designed to offer information about strategies to prevent and manage the effects of "secondary trauma." *Please call the Mental Health at 623-856-7579 to schedule briefing.*

Domestic Violence: *Effects on the Workplace. Domestic violence affects the individual employee, and has an impact on the workplace as well. This presentation identifies those potential effects, and suggests approaches that colleagues and agencies can take to address the issue. *Please contact Family Advocacy to schedule this briefing @ 623-856-3417.*

***Dynamics of Addiction** -Addiction is a topic that is often associated with substance abuse, but many behaviors can also become addictive, including shopping, working, and computer use, to name a few. This presentation looks at a range of addictive behaviors, the differences between a habit and an addiction, and the steps in changing behavior. *Please call ADAPT at 623-856-7579 to schedule briefing.*

Grief

***Survivor's Guilt-** The goal of this presentation is to teach people how to comfort the bereaved. Topics include the stages of grief, physical and emotional reactions to grief, the characteristics and effects of survivor's guilt, tips for helping grieving people, and special considerations for when the bereaved is a long distance away. *Please contact the Military Family Life Counselor at 623-856-0565 to schedule briefing.*

***Supporting the Bereaved at Home and Down Range-** Objectives for this presentation include understanding the symptoms and effects of survivor's guilt, developing coping strategies, and utilizing tips for helping children and adolescents recover. *Please contact the Military Family Life Counselor at 623-856-0565 to schedule briefing.*



Personal Relationships

- *Relationship Strength: Know the Communication-**Quick overview about communication techniques that will make or break a relationship. Gives pointers on how to recognize those styles that will sabotage intimacy. *Please contact Family Advocacy to schedule this briefing @ 623-856-3417.*
- *How Not to Fall For a Jerk(ette)-**Highlights the characteristics of what not to look for in a partner and focuses on two tools that will allow for healthy relationship development. *Please contact Family Advocacy to schedule this briefing @ 623-856-3417.*
- *Building a Healthy Marriage-** Participants in this presentation will learn to create and maintain a healthy marriage through the development of communication skills, conflict resolution strategies and personal boundaries. *Please contact the Military Family Life Counselor at 623-853-0565 to schedule briefing.*
- *Mission Based Marriages-** This presentation is driven by the idea that a marriage should be focused on a specific vision of the future. Objectives include defining the beliefs and values that give meaning and direction to marriage, understanding what the family does and where it's going, knowing the steps required to achieving goals for the family, utilizing strategies for strengthening and protecting the marriage, and practicing effective problem-solving techniques as a couple. *Please contact the Military Family Life Counselor at 623-853-0565 to schedule briefing.*
- *Healthy Relationship Skills for Singles-** This presentation teaches single people how to prepare for a relationship. Objectives include clarifying one's expectations and priorities in a relationship, choosing the right person to enter a relationship with, understanding the right reasons for entering a long-term relationship, and practicing strategies for choosing and developing a healthy relationship. *Please contact the Military Family Life Counselor at 623-856-0565 to schedule briefing.*
- *Matri-Money: Money and Marriage:** The purpose of this presentation is to address financial concerns that may present challenges to married couples. Objectives include exploring emotional connections to financial matters, utilizing goal setting strategies, and practicing effective communication. *Please contact the Military Family Life Counselor at 623-856-0565 to schedule briefing.*
- *Recovering from Divorce:** Topics covered in this presentation include the definition of divorce, the stages of grief/loss, possible physical and emotional reactions to divorce, coping strategies, tips for discussing a divorce with outside parties, techniques for discussing divorce with children, and recommendations for navigating divorce in a healthy way. *Please contact the Military Family Life Counselor at 623-856-0565 to schedule briefing.*

Workplace Relationships

***Relationship Strength: Know the Communication-**Quick overview about communication techniques that will make or break a relationship. Gives pointers on how to recognize those styles that will sabotage intimacy. Please contact Family Advocacy to schedule this briefing @ 623-856-3417.

***FOUR LENSES-**designed to learn about your unique temperament and the temperaments of others. This assessment will also help you understand others in your organization. There is a cost associated to conduct this workshop due to the cost of the books, which the units requesting the training would need to purchase. This training would need to be requested and prearranged at least 30 days prior to workshop. Please contact the Airman and Family Readiness Center to schedule this workshop by phone 623-856-6550.

***Three Cs of Communication-** This presentation seeks to help participants improve verbal and nonverbal communication through the use of the "Three C's" (communication, collaboration, and commitment). Please contact the Military Family Life Counselor at 623-856-6550 to schedule briefing.

***Communication Training-** This presentation focuses on providing participants with communication strategies and guidelines. Topics include the components of communication, verbal and nonverbal communication, the characteristics of an active listener, tips for communicating over long distances, typical roadblocks to effective communication, and the importance of being assertive. Please contact the Military Family Life Counselor at 623-856-6550 to schedule briefing.

Family Support and Parenting

***A Humorous Look at Parenting-**Focuses on challenges and triggers that will cause parents to lose their cool while offering ways to remain in control. Provides tips for practical skills that can be used immediately for more effective parenting. *Please contact Family Advocacy to schedule this briefing @ 623-856-3417.*

***Robotic Shaken Baby Syndrome Prevention: How to Handle the Inconsolable Crying-** Shaken Baby Syndrome education is provided through a demonstration with a mechanized doll that fully displays the impact of this 100% preventable form of child abuse. This program is geared to make all caregivers of infants aware of the dangers and impact of shaking a baby and just how easy it is to cross the threshold of harm. *Please contact Family Advocacy to schedule this briefing @ 623-856-3417.*

***Effective Discipline for Children (ages 2-5, 6-9, 10-12, and 13-18)-** The purpose of this presentation is to help parents discipline children effectively. Topics include recognizing the characteristics of child development, maintaining good communication, practicing effective methods of discipline, establishing rules and consequences, dealing with aggressive behavior, working with other caregivers, taking care of oneself in order to better care for one's children, and knowing when to seek help. *Please contact the Military Family Life Counselor at 623-238-0565 to schedule briefing.*

Family Support and Parenting



***From Couplehood to Parenthood-** This presentation aims to prepare parents for the transition into parenthood. Topics include ways parents can expect their lives to change after the arrival of a child, possible causes of conflict between new parents, techniques for avoiding conflict before it escalates, tips for making a smooth transition, and strategies for dealing with the deployment of a new father. *Please contact the Military Family Life Counselor at 623-238-0565 to schedule briefing.*

***K-12 Education/Exceptional Family Member Program (EFMP)-**Workshops can be given on a variety of issues such as:

- Common Core
- Military Child Interstate Compact
- Test Taking Information
- IEP/504
- Respite Care

Please contact the EFMP Coordinator at 623-856-7296 to schedule any EFMP or education related briefings.

Military Support (deployment, relocation, separation, etc.)

***Smooth Move 101** -Offers tips on ensuring a successful PCS: *Please contact the Airman and Family Readiness Center to schedule this workshop by phone 623-856-6550*

***TRANSITION ASSISTANCE 101**- This briefing is designed to inform service members and family members of the requirements and resources available to them during their transition from active duty, guard, or reserve. (*note: All separating service members should begin the transition assistance program one year prior to date of separation. All retiring service members should begin the process two years prior to date of retirement.*). *Please contact the Airman and Family Readiness Center to schedule this workshop by phone 623-856-6550*

***Challenges Faced by Dual Military Couples**- When both halves of a couple are in the military, the relationship will have to weather many difficult situations. This presentation highlights the positive aspects of being a dual military couple, the challenges that the couple may face, and the various ways in which they can cope with those challenges. *Please contact the Military Family Life Counselor at 623-238-0565 to schedule briefing.*



Military Support

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(deployment, relocation, separation, etc.)

***Workshops for Military Parents-**The Child and Youth Military Family Life Counselor (MFLC) is available to offer many presentations specific to assisting children of military members. *Please contact the Child and Youth MFLC to schedule any family/parenting workshops by phone 623-238-0565.*

Topics include:

- A Children's Guide to Coping with Disasters
- A Guide to Helping Children Manage Anger
- Building Resiliency in Children
- Challenges of Changing Schools
- Children and Moving
- Children and Separation Issues of Deployment
- Helping Children Deal with Deployment
- Welcome Home: Reconnecting with Your Child After Deployment
- Communication for Teens
- Conflict Resolution
- Dealing with Peer Pressure
- Stress Management
- Sibling/Parent Relationships: Building Healthy Relations
- Teen Dating



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Military Support (deployment, relocation, separation, etc.)

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***Workshops for Military Members and their Spouses**-The Adult Military Family Life Counselor (MFLC) is available to assist with a variety of workshops addressing unique challenges faced by military members and their families. *Please contact the Adult MFLC at 623-238-0565 to schedule any of these briefings (please note these briefings can be conducted on the weekends and after hours and can be included in pre and post deployment family events).*

- Combat Related Stress Reactions
- Post Combat Risk-Taking Behaviors
- Coping with Challenges of Transitioning Home
- From Combat to Home
- Family Reunion-Deployment Reintegration
- Maintaining a Healthy Marriage During Deployment
- Making Marriage Work After Deployment
- Reigniting the Passion After Deployment
- The Military Spouse-Commander and Chief on the Home Front
- Parenting Skills for the Single Service Member
- Pre-deployment and the Single Service Member
- Coping with Challenges While on R & R
- Coping with Transitions
- Deployment Survival
- Reintegration
- Issues Family Face When the Military Member Deploys



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Employment and Finances

***Employment assistance Workshops**-Are designed for transitioning service members, civilians, and family members. The workshops will supply participants with a tool box to assist them with job hunting skills, resume writing techniques, and interview skills. The workshops can be tailored towards the audience. Workshops are available in the following areas:

- Writing a Winning Resume
- Tips on Writing a Federal Resume
- Interview with Confidants

Please contact the Airman and Family Readiness Center to schedule this workshop by phone 623-856-6550.

***PERSONAL FINANCIAL MANAGEMENT**- Offers information, education and counseling to help individuals reach and maintain financial stability and realize financial goals. Workshops are available in the following areas:

- Money & Credit Management Class
- Budget Analysis
- Home Buyer's Seminar
- Savings and Investing

Please contact the Airman and Family Readiness Center to schedule this workshop by phone 623-856-6550.



Sexual Assault Prevention and Response (SARC)

*Unit tailored briefings can be delivered to address current concerns or trends. Training can include sexual assault prevention measures, available reporting options, and overview of support resources. *Contact the installation SAPR Office at 623-856-4878 to schedule briefing.*



Resiliency Skill Sets

***Air Force resilience training-** is designed to sustain a thriving resilient Air Force Community that fosters mental, physical, social, and spiritual fitness. Air Force resilience training modules can be delivered by your unit Resilience Training Assistant (RTA). You can also request unit/audience tailored resilience training to be delivered by an installation Master Resilience Trainer. See below for current list of Resilience Skill sets and goal of each lesson. *For a current list of RTAs or to arrange for a guest Master Resilience Trainer and unit tailored training please contact the Community Support Coordinator at 623-856-2716.*

***Counting Blessings-**The goal of Counting Blessings is to build positive thinking, help you cope with the daily hassles and stress, and improve quality of life.

***ABC-**The goal of ABC is to examine how your thoughts contributed to your Reactions. ABC can help assess if you thoughts were helpful in the particular situation and can help you think about how to approach future similar situations.

***Balance Your Thinking-**Sometimes our thoughts can bias our viewpoint, leading to patterns of reactions that are unproductive. Balance Your Thinking allows you to examine the evidence and determine if you are missing critical information.

***Check Your Playbook-**The goal of Check your Playbook is to discover patterns in your thoughts or reactions that might interfere with your goals or productivity.

***Good Listening and Active Constructive Responding-**The goal of Active Constructive Responding is to express involvement, excitement, or enthusiasm about another person's positive event. The goal of Good Listening is to make someone feel safe in speaking to you as a confidante.

***Interpersonal Problem Solving-**The goal of Interpersonal Problem Solving is to help confront problems in manner that still shows respect for the relationship. It lowers the intensity and makes it easier for two people to find a resolution to the problem or come to an understanding or compromise they can each live with.

Resiliency Skill Sets



* **Accomplishing Goals**-Accomplishing Goals gives us a sense of purpose and a feeling of control over our lives.

* **Acceptance**-The goal of Acceptance is to acknowledge that sometimes there are negative aspects of events you can't control. Rather than avoiding, acknowledge the discomfort so you focus on taking action.

* **Spiritual Resilience**-The goal of Spiritual Resilience is to promote an understanding of spiritual resilience and provide an opportunity for students to strengthen their spiritual fitness.

* **Physical Foundation: Fuel for Resilience**-Our physical well-being is strongly linked to our resilience and emotional well-being. The Physical Foundation of Resilience focuses on healthy nutrition and sleep management to ensure optimal performance.

For additional information, check out <http://wingmantoolkit.org>



**Community
Resource Guide
2016
DOD Employees**

**Maricopa
County**

COMMUNITY TOOL BOX



- Behavioral Health
 - [Assistance](#)
 - [Crises](#)
 - [Severe Mental Illness](#)
 - [Suicide Prevention](#)
- [Child & Youth](#)
- [Domestic Violence](#)
- [Emergency Services](#)
- [Employment](#)
- [Food Banks](#)
- [General Info](#)
- [Health & Wellness](#)
- [LGBTQ](#)
- [Legal](#)
- [Seniors](#)
- [Support Centers/Groups](#)
- [Transportation](#)
- [Veterans Services](#)
- [Women's Services](#)

Emergency support services

If you are experiencing a behavioral health crisis, help is available every hour of the day, every day of the year. Call **602-222-9444**; TTY/TDD **602-274-3360**; or toll-free at **1-800-631-1314**; TTY/TDD **1-800-327-9254**. The Crisis Line is operated by the Crisis Response Network. Learn more at www.crisisnetwork.org.

For medical, police and fire, and emergency situations, always call 911.

Emergency shelter

ANDRE HOUSE

Emergency Food Boxes, Perishable fruits and vegetables, breads and other supports.

213 S. 11th Ave.

Phoenix, AZ 85007

602-252-9023

ALL TRIBES ASSEMBLY OF GOD CHURCH

1st and 3rd Friday of the month at 6 p.m.

1710 W. Highland Ave.

Phoenix, AZ 8015

602-728-0699

CHICANOS POR LA CAUSA SENIOR CENTER

Hot meals for older adults, delivered for homebound

1617 N. 45th Ave.

Phoenix, AZ 85035

602-272-0054

CHURCH ON FILLMORE

745 W. Fillmore St.

Phoenix, AZ 85007

Call for availability 602-252-1423

CULTURAL CUP FOOD BANK

Free emergency food boxes, sack lunches and more

342 E. Osborn Rd.

Phoenix, AZ 85012

602 266-8370

FIRST PENTECOSTAL CHURCH COMMUNITY CENTER

Canned foods, meals and more

2709 E. Marguerite Ave.

Phoenix, AZ 85040

602-276-2126

FIRST SOUTHERN BAPTIST CHURCH

Benevolence Center, Wednesdays 9-11 a.m.

3100 W. Camelback Rd.

Phoenix, AZ 85017

602-242-6104

UMOM NEW DAY CENTERS

3333 E. Van Buren St.

Phoenix, AZ 85008

602-275-7852 x230

HOMEWARD BOUND

2302 W. Colter St.

Phoenix, AZ 85015

602-263-7654

WHOLE LIFE INTERNATIONAL FOUNDATION

338 N. 15th Ave.

Phoenix, AZ 85007

602-254-6553

CENTRAL ARIZONA SHELTER SERVICES (CASS)

230 S. 12th Ave.

Phoenix, AZ 85007

602-256-6945 x3059

CASS MEN'S OVERFLOW SHELTER

1214 W. Madison St.

Phoenix, AZ 85007

602-256-6945

SAVE THE FAMILY

450 W. 4th Pl.

Mesa, AZ 85201

480-898-0228

HOUSE OF REFUGE SUNNYSLOPE

700 N. Central Ave.

Phoenix, AZ 85020

602-678-0223

SALVATION ARMY FAMILY SERVICE CENTER

2707 E. Van Buren St.

Phoenix, AZ 85008

602-267-4130

OZANAM MANOR

1730 E. Monroe St.

Phoenix, AZ 85034

602-850-6900

FAMILY PROMISE FOR GREATER ARIZONA

7221 E. Belleview St.
Scottsdale, AZ 85257
480-659-5227

TRANSITIONAL LIVING CENTERS

24 S. McDonald St.
Mesa, AZ 85201
480-833-0143

GIFT OF MARY MEN'S SHELTER

1406 S. 17th Ave.
Phoenix, AZ 85007
602-254-8424

I-HELP CHANDLER

345 S. California St.
Chandler, AZ 85225
480-963-1423

EAST VALLEY WOMEN'S SHELTER (A NEW LEAF)

149 N. Mesa Dr.
Mesa, AZ 85201
480-969-1691

TEMPE YOUTH RESOURCE CENTER

17 E. 7th St.
Tempe, AZ 85281
480-966-2036

MARICOPA HOUSING AUTHORITY

Multiple locations
602-733-6693
<http://maricopahousing.org/>

TUMBLEWEED CENTER FOR YOUTH

3707 N. 7th St., Ste. 305
Phoenix, AZ 85014
24-hour crisis hotline: 602-841-5799
602-271-9904 or 1-866-SAFE703

COMMUNITY HOUSING RESOURCES

4020 N. 20th St., Ste. 20
Phoenix, AZ 85016
602-631-9780

LAMPLIGHTER

1945 W. Van Buren St., Ste. 16
Phoenix, AZ 85009
602-254-5282

PHOENIX SHANTI GROUP

2345 W. Glendale Ave.
Phoenix, AZ 85021
602-279-0008

LA MESITA FAMILY HOMELESS CENTER

651 E. Commonwealth Ave.
Chandler, AZ 85225
480-834-8723

MADISON STREET VETERANS ASSOCIATIONS

233 S. 11th St.
Phoenix, AZ 85007
602-254-5752

DANA'S CENTER

731 W. Dana
Mesa, AZ 85210
480-461-1033

Emergency food and clothing resources

HIGHWAYS AND HEDGES MINISTRIES

Monday-Friday 9:30 a.m. -5: p.m.
2515 E. Thomas Rd.
Phoenix, AZ 85016
602-212-0850

ICM FOOD AND CLOTHING BANK

Monday-Saturday, 9-11 a.m.
501 S. 9th Ave.
Phoenix, AZ 85007
602-254-7450

PARADISE VALLEY EMERGENCY FOOD BANK

Must live in Paradise Valley Unified School District.
Same day appointments.
10862 N. 32nd St.
Phoenix, AZ 85028
602-867-9228

ST MARY'S FOOD BANK ALLIANCE

Collects and distributes food throughout the state, provides emergency food boxes, mobile pantry, child nutrition programs, and a community kitchen.
2831 N. 31st Ave.
Phoenix AZ 85009
602-242-3663

FOOTHILLS FOOD BANK

6038 E. Hidden Valley Dr.
Cave Creek, AZ 85331
Call for eligibility: 480-488-1145

Behavioral health crisis resources

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For medical, police and fire, and emergency situations, always call **911**.

NATIONAL DISASTER DISTRESS HELPLINE

The National Disaster Distress Helpline is a 24/7 national service that offers phone- and text-based crisis counseling and support to people in distress related to any natural or human-caused disaster. You may reach the Helpline at 1-800-985-5990 or by texting "TalkWithUs" or ("Hablamos" for Spanish-speaking) to 66746. Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), the Helpline immediately connects callers to trained professionals from the closest crisis counseling center in the nationwide network of centers.

1-800-985-5990

www.disasterdistress.samhsa.gov

Crisis facilities (in Maricopa County)

The crisis facilities listed below support and help individuals experiencing a behavioral health crisis. They are locally-run organizations. They are located throughout the Valley to meet the needs of the Maricopa County community.

Psychiatric Urgent Care Centers

CONNECTIONS AZ URGENT PSYCHIATRIC CARE CENTER

903 N. 2nd St.
Phoenix, AZ 85004
602-416-7600

RECOVERY RESPONSE CENTER WEST (PRC-WEST)

11361 N. 99th Ave.
Peoria, AZ 85345
602-650-1212, press 2

Detox Centers

COMMUNITY BRIDGES CENTRAL CITY ADDICTION RECOVERY CENTER (CCARC)

2770 E. Van Buren St.
Phoenix, AZ 85008
1-877-931-9142

COMMUNITY BRIDGES EAST VALLEY ADDICTION RECOVERY CENTER (EVARC)

560 S. Bellview
Mesa, AZ 85204
1-877-931-9142

Crisis inpatient

SOUTHWEST BEHAVIORAL HEALTH CRISIS RECOVERY UNITS I & II

1424 S. 7th Ave.
Phoenix, AZ 85007
602-257-8970

Time-limited residential

COMMUNITY BRIDGES WEST VALLEY TRANSITION POINT

824 N. 99th Ave.
Avondale, AZ 85323
1-877-931-9142

COMMUNITY BRIDGES EAST VALLEY TRANSITION POINT

358 E. Javelina Ave.
Mesa AZ 85210
1-877-931-9142

24/7 outpatient

COMMUNITY BRIDGES WEST VALLEY ACCESS POINT

824 N. 99th Ave.
Avondale AZ 85323
1-877-931-9142

COMMUNITY BRIDGES EAST VALLEY ACCESS POINT

358 E. Javelina Ave.
Mesa AZ 85210
1-877-931-9142

23-hour Psychiatric Observation

BANNER PSYCHIATRIC OBSERVATION

575 E. Earll Dr.
Scottsdale AZ 85251
1-800-254-HELP or 602-254-4357

ST. LUKE'S BEHAVIORAL HEALTH CENTER

1800 E. Van Buren St.
Phoenix, AZ 85006
602-251-8535

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Suicide prevention resources

Arizona Suicide Prevention Coalition

Survivors, professionals, supporters and anyone who is interested in the issues surrounding suicide are invited to come into our site for additional information. Coalition meetings are held the second Tuesday of every month.

602-248-8337

www.azspc.org

National Hope Line Network

Free 24-hour hotline for anyone in crisis
1-800-442-4673

National Suicide Prevention Lifeline

Offers free 24 hour hotline available to anyone in suicidal crisis or emotional distress.

1-800-273-8255

www.suicidepreventionlifeline.org

Teen Lifeline

Peer counseling suicide hotline from 3-9 p.m. daily. Life skills development training for teens interested in becoming peer counselors. Awareness, education, prevention materials and training opportunities available.

602-248-8336

www.teenlifeline.org

Domestic violence

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-7233

ARIZONA COALITION AGAINST SEXUAL AND DOMESTIC VIOLENCE

Provides education and training, technical assistance, advocacy, legal advocacy hotline and legal hotline

602-279-2900; 1-800-782-6400; TTY

602-279-7270

www.cadv.org

RAPE, ABUSE AND INCEST NATIONAL NETWORK

Information, referrals and telephone or online support for victims of rape or abuse

1-800-656-4673

www.rainn.org

SOJOURNER CENTER

Offers 24-hour crisis line with information about shelters and safety planning, emergency food, housing, clothing and other support services for families affected by domestic violence. Offers transitional housing for families leaving shelters. Also provides advocacy services, lay legal advocacy and family enrichment programs.

Crisis hotline: 602-244-0089; 602-889-1610,
602-244-0997

www.sojournercenter.org

THE NATIONAL DOMESTIC VIOLENCE HOTLINE

Hotline advocates are available for victims and anyone calling on their behalf to provide crisis intervention, safety planning, information and referrals to agencies in all 50 states. Information is offered in both English and Spanish. Offers information on the Violence Against Women Act, which allows domestic abuse victims to pursue citizenship if they are married to their abuser, if the abuser is a U.S. citizen or legal resident, and if the victim assists law enforcement.

1-800-799-7233; TTY 1-800-787-3224

www.thehotline.org

ORGANIZATION FOR NON-VIOLENCE EDUCATION

Provides individual and group counseling for anger management and domestic violence for \$180/12 sessions, up to 52 weeks. Sessions are gender specific and court-ordered. Men's groups are offered Mondays in the East Valley and Wednesdays in Glendale; women's groups are offered Thursdays in Glendale.

623-934-0696

www.oneincusa.org

NEVER AGAIN

Provides civil litigation and legal representation for surviving family members of victims of domestic violence deaths.

25 S. Arizona Pl.

Chandler, AZ 85225

480-539-9111

www.neveragainfoundation.org

Utility & rental assistance

QUALITY OF LIFE COMMUNITY SERVICES

623-937-9034

COMMUNITY SERVICES OF ARIZONA

480-963-6276

INTERFAITH COOPERATIVE MINISTRIES

602-254-7450

PEORIA AND GLENDALE COMMUNITY ACTION PROGRAM CAP

602-506-5911

MESA HOUSING AND REVITALIZATION AGENCY

480-644-3536

TEMPE COMMUNITY ACTION AGENCY

480-350-5880

CHANDLER COMMUNITY ACTION PROGRAM

480-963-4321

TEMPE SALVATION ARMY

480-967-9103

SOCIETY OF SAINT VINCENT DE PAUL

602-254-3338

ARIZONA UTILITY ASSISTANCE PROGRAM (LIHEAP)

www.benefits.gov/benefits/benefit-details/1529

LABORS COMMUNITY SERVICES PROGRAM

602-263-5741

LUTHERAN SOCIAL SERVICES OF THE SOUTHWEST

480-654-4539

TEMPE HOUSING SERVICES DIVISION

480-350-5880

DESERT MISSION INC.

602-331-5792

General information and resources

ARIZONA 2-1-1 (COMMUNITY INFORMATION & REFERRAL)

Information and referrals for various community resources 24/7.

Phone: 2-1-1

www.211Arizona.org

MY FAMILY BENEFITS

Information about medical, cash and nutrition assistance

1-855-432-7587 or 1-855-HEAplus

www.azdes.gov/myfamilybenefits

ARIZONA PARTNERSHIP TO END CHILDHOOD HUNGER

Collaboration of families, nonprofits, community organizations and governments working to end child hunger in Arizona

602-542-5071

www.endchildhungeraz.org

ARIZONA SELF HELP

Online access to 40 different health and human services programs

www.arizonaselfhelp.org

ARIZONA WORKFORCE CONNECTION

Employment tools designed for job seekers, students, case managers, employers, training providers, workforce professionals, and others seeking benefits and services

602-542-2460

www.arizonaworkforceconnection.com

CHILD CARE RESOURCE & REFERRAL

Statewide program that helps families find child care

1-800-308-9000

www.arizonachildcare.org

EMERGENCY FOOD ASSISTANCE LOCATIONS

Location and contact information for emergency food assistance in Arizona

www.azdes.gov/TEFAP/

SOCIAL SECURITY AND DISABILITY RESOURCE CENTER

Provides information on the federal disability benefit programs, SSD (social security disability, mandated under Title II of the Social Security Act) and SSI (supplemental security income, mandated under Title 16), in addition to answering questions about Social Security retirement benefits and providing resource links on Medicare and other topics.

www.ssdrc.com

DISABILITY BENEFITS 101

Disability Benefits gives you tools and information on health coverage, benefits and employment.

1-866-304-WORK (9675)

www.az.db101.org

INDIGENT BURIAL SERVICES (Maricopa County Public Fiduciary)

The Indigent Burial Program helps determine final arrangements for decedents when there is lack of family involvement and/or income and resources are limited. Both the deceased and the next of kin must financially qualify.

602- 506-5801

www.maricopa.gov/PubFid/CIB.aspx

U.S. IMMIGRATION SUPPORT

Latest U.S. immigration news and application, including information on the U-Visa for immigrants who are the victims of crimes.

1-646-233-3836

www.usimmigrationsupport.org

Legal services

ARIZONA CENTER FOR DISABILITY LAW

The designated protection and advocacy system in Arizona to assure that the human and civil rights of persons with disabilities are protected. The center can pursue legal and administrative remedies on behalf of persons with disabilities to ensure enforcement of their rights.

5025 E. Washington St.

Phoenix, AZ 85034

602-274-6287; 1-800-927-2260

www.acdl.com

ARIZONA LAW HELP

Lawyers On Call program provides free legal advice via telephone on the first Tuesday of every month on a pre-determined topic.

1-866-637-5341

www.azlawhelp.org

ARIZONA SENIOR CITIZEN'S LAW PROJECT

Offers free information and legal assistance to seniors over 60 in Maricopa County. Call on Wednesdays from 1-4:30 p.m.

1818 S. 16th St.

Phoenix, AZ 85034

602-252-6710

ARIZONA STATE UNIVERSITY LEGAL CLINIC

Accepts new cases on or after the start of each new semester based on type of case and need.

480-965-6968

COMMUNITY LEGAL SERVICES

Provides civil legal services to indigent and low-income residents, including consumer and disability law.

602-258-3434

www.clsaz.org

DAVID'S HOPE

Provides information, advocacy and resources for those dealing with legal issues or re-entering the community after incarceration. Arizona Mental Health and Criminal Justice Coalition meets on the first Friday of the month from 9-11 a.m. at Community Bridges, Bill Wilson Hall, 2770 E. Van Buren St., Phoenix.

602-774-4382

www.davidshopeaz.org

FAMILY ADVOCACY CENTER

Provides comprehensive services to victims of violence, including counseling referrals, financial assistance referrals and light case management. Assists with orders of protection and other legal issues.

602-534-2120 or 1-888-246-0303

www.phoenix.gov/fac/index.html

FAMILY LAWYER'S ASSISTANCE PROJECT

Offers free or reduced fee (\$35) consultation with a volunteer lawyer.

201 W. Jefferson, 6th Fl.

Phoenix, AZ 85003

602-506-7948

BREAKING BARRIERS RESOURCE CENTER

Offers programs to assist displaced workers and ex-offenders re-enter society and the workforce. Provides life skills classes, resume assistance and employment development. Many services are free, but classes require a \$25/year membership fee. No eligibility criteria. Some transportation assistance to food banks, job interviews and clothing stores.

1008 E. Buckeye Rd.

Phoenix, AZ 85034

623-931-2801

LAW FOR KIDS

Provides information and resources to teach children about the law. Created by the Arizona Foundation for Legal Services and Education with the specific goal of educating Arizona's youth, their parents, communities and schools to increase their knowledge about youth laws and to encourage law-abiding behavior.

www.lawforkids.org

NATIONAL RESOURCE CENTER ON PSYCHIATRIC ADVANCE DIRECTIVES

Information and resources related to creating a psychiatric advance directive specific to each state. Provides a link to specific forms necessary for completing an Advance Directive.

www.nrc-pad.org

NEVER AGAIN

Legal representation for surviving family members of victims of domestic violence deaths.

25 S. Arizona Pl.

Chandler, AZ 85225

480-539-9111

www.neveragainfoundation.org

PROJECT ALWAYS

Free legal services to empower youth and young adults impacted by homelessness, sex trafficking and abuse.

5025 N. Central Ave., Ste. 335

Phoenix, AZ 85014

602-248-7055

www.projectalways.org

info@projectalways.org

Health and wellness resources

ARIZONA SMOKERS HELPLINE (ASHLINE)

Many people have quit smoking through programs by the Arizona Smokers Helpline (ASHLine). The ASHLine has several valuable and no cost resources. If you want more information to help quit tobacco, please call the ASHLine at 1-800-556-6222, or visit www.ashline.org or talk to your PCP. ASHLine also offers information to help protect you and your loved ones from second hand smoke.

ASHLine: 1-800-556-6222

www.ashline.org

ST. VINCENT DE PAUL

Free medical and dental clinic based on need and availability. Medical equipment loan program for low income individuals. By appointment.

420 W. Watkins

Phoenix, AZ 85003

602-261-6868

Low-cost dental clinics

Reduced fee and community dental clinics in Maricopa County

CARRINGTON COLLEGE DENTAL CLINIC

Offering free dental care to children ages 12-17, conducted by supervised students in the college's dental-hygiene program, including X-rays, cleaning and polishing. Available 5-8:30pm Mondays, 8am-9pm Tuesdays, 1-5pm Wednesdays, 8am-5pm Thursdays and Fridays.

1300 S. Country Club Dr.

Mesa, AZ 85210

480-717-3510

CHANDLER CARE CENTER

Provides free medical, dental, counseling and social services for children and families through the Chandler Unified School District.

777 E. Galveston Rd.

Chandler, AZ 85225

480-812-7900

www.mychandlerschools.org

BOB AND RENEE PARSONS DENTAL CLINIC

Low cost dental care for children ages 5-18 who do not qualify for AHCCCS or private insurance.

Open Tuesday through Friday, 7am - 6pm. Parents must bring proof of income. Proof of citizenship not required.

1601 W. Sherman St.

Phoenix, AZ 85007

602-271-9961

www.bgcamp.org/dental.htm

FIRST TEETH FIRST - MARICOPA COUNTY OFFICE OF ORAL HEALTH

First Teeth First provides dental screenings, parent education, fluoride varnish and referrals to children under 6 years old in Maricopa County.

602-506-6900

www.firstteethfirst.org

Women's services

Below are some community resources that can help you during your pregnancy and after your baby is born.

ARIZONA WOMEN, INFANTS, AND CHILDREN (WIC)

Women, Infants, and Children (WIC) provides food, breastfeeding education, and information on healthy diet to women who are pregnant, infants, and children under five years old.

150 N. 18th Ave., Ste. 310

Phoenix, AZ 85007

1-800-252-5942

www.azdhs.gov/azwic/

To find a WIC location near you, visit <http://clinicsearch.azbnp.gov/>

ARIZONA POSTPARTUM WELLNESS COALITION

Peer support, resources and education for new mothers who are feeling weepy, exhausted, overwhelmed, frustrated, sad, angry, worried. Find support groups in your area.

Arizona Postpartum Warmline: 1-888-434-6667 (1-888-434-MOMS)

www.azpostpartum.org

LA LECHE LEAGUE OF ARIZONA

No cost mother-to-mother support for women who choose to breastfeed via our Valley Help Line and support groups that meet monthly.

La Leche League Valley Help Line: 602-234-1956 or 1-800-525-3243 (1-800-LALECHE)

www.llofaz.org

SUPPORT GROUPS

- Amigas Chapter
Serving all areas west of I-17
www.llofaz.org/amigaschapter.htm
- Buenas Chapter
Serving areas west of I-17, Cave Creek, Carefree, Scottsdale, Paradise Valley, Anthem
www.llofaz.org/buenas-chapter
- Tri-City Chapter
Serving Ahwatukee, Apache Junction, Maricopa, Chandler, Gilbert, Mesa & Tempe
www.llofaz.org/tricitychapter.htm

NURSE-FAMILY PARTNERSHIP

For first-time mothers who are less than 28 weeks pregnant in North or South Phoenix. A registered nurse will come to the home of a pregnant member. The nurse will help to make sure that the mother has a healthy pregnancy. There is no cost to the member for this service.

602-224-1740

www.nursefamilypartnership.org/locations/Arizona

STRONG FAMILIES AZ

Partnership of home-visiting programs for young families, from teaching parents how to be their child's first teachers; to providing guidance and information in regards to developmental milestones; to early childhood literacy and optimal physical and emotional health for their young children. Programs include Healthy Families Arizona, Early Head Start, Nurse-Family Partnership, SafeCare.
www.strongfamiliesaz.com

CHILD AND FAMILY RESOURCES

Provides knowledge, resources, and a support network to strengthen family relationships. Participation may start during pregnancy, and families must enroll before the child is three months old. Parents learn about healthy child development and age appropriate expectations. Workshops and in-home visits encourage healthy attitudes and positive parenting techniques. Programs for teen parents.
2830 W. Glendale Ave.
Phoenix, AZ 85051
602-234-3941
www.ChildFamilyResources.org

Transportation resources

Transportation for behavioral health emergencies may be available by contacting Mercy Maricopa Member Services at 602-586-1841 or 1-800-564-5465; (TTY/TDD) 711.

VALLEY METRO MOBILITY CENTER

On-site travel training center, in-person ADA interviews and certification, information on alternative travel programs. Provides free travel training program to individuals with a disability and at least one identified route to learn. ADA-certified individuals in Avondale, Chandler, Gilbert, Mesa, Peoria or Tempe can obtain a free ADA Platinum Pass for free bus or light rail transportation.
4600 E. Washington, Ste. 102
Phoenix, AZ 85034
602-716-2100
www.valleymetro.org/valley_metro/overview/mobility_center

RIDE PLUS

Provides door-through-door transportation by medical assistants with the option of assistance and accompaniment for any travel need (\$3/pick up fee, \$.60/minute w/ 15 minute minimum). No additional passenger or gas surcharge fees. Must schedule 24 hours in advance (Monday- Friday, 9 a.m.- 5 p.m.).
1-877-743-3090
www.rideplus.net

LABOR'S COMMUNITY SERVICE AGENCY - SHIFT

S.H.I.F.T. program offers eligible families (80% or below median income level with a history of homelessness) reliable, affordable car ownership. The family must be able to afford \$300/month, and applications are accepted year-round
3117 N. 16th St., Ste. 100
Phoenix, AZ 85016
602-263-5741
www.lcsaphx.org

VALLEY METRO

Offers reduced fare bus passes to youth (ages 6-18), seniors (age 65+), and persons with disabilities and Medicare card holders (must have proof of disability). Reduced fare is \$0.85/ride. Ask your doctor to complete the Reduced Fare Application, and call the Customer service line is 602-253-5000 for information on sites that can issue the Reduced Fare ID card. There is a \$2.50 fee for the Reduced Fare ID card.
602-253-5000
www.valleymetro.org

Employment resources

Disability related employment services

BEACON GROUP

2222 North 24th St.
Phoenix, AZ 85008
Nichole Walla-Director of Operations
602-685-9703
nwalla@beacongroup.org

FOCUS EMPLOYMENT SERVICES

2345 E. Thomas Road, Ste., 412
Phoenix, AZ 85016
602-312-1045
www.focusemployment.com

150 S. Ash Ave.
Tempe, AZ 85281

11225 N. 28th Dr., Ste. D110
Phoenix, AZ 85029

DKA

2106 N. 24th St.
Phoenix, AZ 85008
602-277-5787
www.dkajobs.com

LIFEWELL

202 E. Earl, Ste. 200
Phoenix, AZ 85012
602-808-2822
www.lifewell.us

MARC COMMUNITY RESOURCES

924 N. Country Club Dr.
Mesa, AZ 85201
480-969-3800
Information and referral line: 480-994-4407
www.marccr.com

TETRA SERVICES

2222 N. 24th St.
Phoenix, AZ 85008-2716
602-275-0180

VALLEY LIFE

1142 W. Hatcher Rd.
Phoenix, AZ 85021
602-371-0806
www.valleylifeaz.org
info@valleylifeaz.org

WEDCO EMPLOYMENT AND TRAINING CENTER

2929 E. Camelback Rd., Ste. 210
Phoenix, AZ 85016
602-274-2605
www.wedco.net

Unemployment Benefits

ARIZONA DEPARTMENT OF ECONOMIC SECURITY EMPLOYMENT ADMINISTRATION

Provides a web portal for Arizonans seeking jobs and job support services.
www.azdes.gov/esa

ARIZONA DEPARTMENT OF ECONOMIC SECURITY UNEMPLOYMENT BENEFITS

Apply for unemployment benefits.
602-364-2722
www.azui.com

ARIZONA DEPARTMENT OF ECONOMIC SECURITY ARIZONA REHABILITATION SERVICES

Arizona Rehabilitation Services Administration works with persons with disabilities to achieve their goals for employment and independence.
1-800-564-1221, TTY 1-855-475-8194
www.azdes.gov/rehabilitation_services/

Veterans' services

THE NATIONAL CAREGIVER SUPPORT LINE

Provides information regarding new caregiver benefits, referrals to local caregiver support coordinators and emotional support to those concerned with their ability to provide care to loved ones who are veterans.

1-855-260-3274

www.caregiver.va.gov

VA HOME FRONT

The U.S. Department of Veterans Affairs has specialized programs to get veterans on their feet before they end up on the street.

1-877-424-3838

www.va.gov/homeless/

PHOENIX VA HEALTH CARE SYSTEM

Provides physical and behavioral health care for military veterans. Also offers an online resource directory.

VA Help Line at 602-222-6550; toll-free

1-888-214-7264

Community mental health: 602-277-5551, ext. 6731

Eligibility and enrollment: 602-222-6508

www.phoenix.va.gov

www.nationalresourcedirectory.gov

VETERAN'S CRISIS LINE

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. The website also offers a resource locator and additional online resources.

800-273-8255 (press 1)

www.veteranscrisisline.net

NAMI - VETERAN'S RESOURCE CENTER

Go to the website, and click on "Veterans and Military Resource Center" for available veteran specific information regarding Mental Health Care.

1-800-950-6264

www.nami.org

GIVE AN HOUR

National nonprofit organization that offers free counseling for military personnel and their families.

www.giveanhour.org

Resources for seniors

THE NATIONAL CAREGIVER SUPPORT LINE

Information regarding new caregiver benefits, referrals to local caregiver support coordinators and emotional support to those concerned with their ability to provide care to loved ones who are veterans.

1-855-260-3274

www.caregiver.va.gov/

AREA AGENCY ON AGING

Provides programs and community resource referrals for improve the lives of seniors.

602-264-2255

www.aaaphx.org

1366 E. Thomas Rd., Ste. 108

Phoenix, AZ 85014

AZ LINKS

Online resource for seniors and individuals with disabilities. Provides information and referrals for services.

www.azlinks.gov

AARP ARIZONA

Information and referrals for services and advocacy for seniors.

1-866-389-5649

www.aarp.org

AARP FOUNDATION SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP)

Helps unemployed job seekers, age 55 years and older, improve their skills, obtain training and find a job. Income eligibility requirements apply, but are individualized.

602-841-0403

www.aarpworksearch.org/pages/SCSEP.aspx

ABOUT CARE

Free transportation for homebound adults living in the East Valley to get to medical or social appointments.

480-802-2331

www.aboutcare.org

Child and youth services

FAMILY INVOLVEMENT CENTER (FIC)

Provides information, support, resources and parent education for parents and caregivers raising children with emotional, physical and behavioral health care needs in Phoenix and Northern Arizona. Workshops and support groups include parenting, effective communication, collaboration and non-adversarial advocacy techniques.

5333 N. 7th St., Ste. A-100

Phoenix AZ 85014

602-412-4095

www.familyinvolvementcenter.org

For telephone support, contact the Parent Assistance Center, 602-288-0155, toll-free 1-877-568-8468 or email pac@familyinvolvementcenter.org.

MENTALLY ILL KIDS IN DISTRESS (MIKID)

MIKID provides support to families with behaviorally challenged children, youth and young adults. Offers respite, skills training, referrals to resources, support groups, educational speakers, and family and peer support.

2642 E. Thomas Rd.

Phoenix, AZ 85016

602-253-1240 or 1-800-356-4543

www.mikid.org

AGING SERVICES OF ARIZONA

Offers referrals for long-term care, housing and other senior services.

602-230-0026

www.azaha.org

ALZHEIMER'S ASSOCIATION

Offers 24/7 free helpline with caregiving tips, emotional support, information and referrals for local resources. Support groups and online message board support forums.

1-800-272-3900

www.alz.org/dsw/

CARRINGTON COLLEGE DENTAL CLINIC

Offering free dental care to children ages 12-17, conducted by supervised students in the college's dental-hygiene program, including X-rays, cleaning and polishing. Available 8-11 a.m. Mondays; 8 a.m.-12:30 p.m., 1:30-5 p.m. Tuesdays; 8 a.m.-12 p.m., 1-5p.m., Wednesdays; 8 a.m.-12:30 p.m., 1:30-5 p.m. Thursdays; 8 a.m.-12 p.m., 1-5p.m. Fridays

1300 S. Country Club Dr.

Mesa, AZ 85210

480-717-3510

CHANDLER CARE CENTER

Provides free medical, dental, counseling and social services for children and families through the Chandler Unified School District.

777 E. Galveston Rd.

Chandler, AZ 85225

480-812-7900

www.mychandlerschools.org

BOB AND RENEE PARSONS DENTAL CLINIC

Low cost dental care for children ages 5-18 who do not qualify for AHCCCS or private insurance. Open Tuesday through Friday, 7 a.m. - 6 p.m. Parents must bring proof of income. Proof of citizenship not required.

1601 W. Sherman St.

Phoenix, AZ 85007

602-271-9961

www.bgcmp.org/dental.htm

FIRST TEETH FIRST - MARICOPA COUNTY OFFICE OF ORAL HEALTH

First Teeth First provides dental screenings, parent education, fluoride varnish and referrals to children under 6 years old in Maricopa County.

602-506-6900

www.firstteethfirst.org

FOUNDATION FOR BLIND CHILDREN

Three Valley locations (East Valley, West Valley and Central Phoenix) to serve as a community resource for blind, visually-impaired, and multi-handicapped children, adults and their families.

1235 E. Harmont Dr.

Phoenix, AZ 85020

602-331-1470

www.seeitourway.org

HEAR FOR KIDS

Provides financial assistance to obtain hearing aids for children who do not qualify for AHCCCS. Also offers loaner hearing aids while awaiting permanent devices.

602-690-3975

www.earfoundationaz.com

WORKSHOPS FOR YOUTH AND FAMILIES

Educational programs to foster leadership skills, inspire positive growth and change, and enhance resiliency for a healthy transition through the adolescent years.

480-245-9724; 602-467-3028

www.workshopsaz.org

info@workshopsaz.org

WRIGHT'S LAW

Provides information about special education law, education law, and advocacy for children with disabilities.

www.wrightslaw.com/

Children and Youth Counseling Services

THE CENTER FOR AUTISM AND RELATED DISORDERS

Treats children with autism and autism spectrum disorders through the use of applied behavior analysis.

2400 W. Dunlap Ave., Ste. 100

Phoenix, AZ 85021

602-325-2485

www.phoenix.centerforautism.com

PHOENIX INDIAN MEDICAL CENTER

Offers outpatient substance abuse treatment and mental health counseling, as well as inpatient medical services for Native Americans belonging to a federally recognized tribe.

4212 N. 16th St.

Phoenix, AZ 85016

602-263-1200

SOUTHWEST AUTISM RESEARCH AND RESOURCE CENTER

Advance research and provides education, evidence-based treatment, family support and community outreach.

602-340-8717

www.autismcenter.org

sarrc@autismcenter.org

SCOTTSDALE YOUTH AND FAMILY SERVICES

Provides free resources and referrals for counseling services.

4201 N. Hayden Rd.

Scottsdale, AZ 85251

480-312-7922

TERROS

Individual counseling with sliding-scale fee schedule. Locations in Phoenix, Glendale, Mesa and Scottsdale.

602-685-6000

www.terros.org

1 VOICE COMMUNITY CENTER

Provides a community center for LGBT individuals including a library and art gallery, multiple support and social networking groups. All services are free, no proof of citizenship required.

725 W. Indian School Rd.

Phoenix, AZ 85013

602-712-0111

<http://1vcc.org>

1N10

1n10 provides a safe, social environment for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. Offers drop-in social support services for LGBTQ youth ages 14-22 to develop positive self-acceptance through life enhancing programs and connection with local resources. Offers weekly meetings, social events, GED services, job development, benefits assistance, HIV testing, and soup kitchen/food boxes. All services are free, no citizenship requirements.

4121 North 7th Ave.

Phoenix, AZ 85013

602-754-1175

www.1n10.org

GLBT NATIONAL HOTLINE

Provides free, confidential telephone and Internet peer-counseling, information and local resources for gay, lesbian, bisexual, transgender and questioning callers throughout the United States.

1-888-843-4564

www.glbtnationalhelpcenter.org

GLBT NATIONAL YOUTH TALKLINE

Provides free, confidential telephone and Internet peer-counseling, information and local resources for gay, lesbian, bisexual, transgender and questioning youth up to age 25 throughout the U.S.

1-800-246-7743

www.glbtnationalhelpcenter.org

PFLAG PHOENIX

Provides support, education, and advocacy for parents, families, and friends of lesbians and gays. Offers a monthly support group meeting.

2942 N. 24th St.

Phoenix, AZ 85016

602-843-1404

www.pflagphoenix.org

Organizations providing assistance to the behavioral health community

There are many local and national organizations that provide resources for people with behavioral health needs, family members, and caretakers of persons with behavioral health needs. They include:

ARIZONA DEPARTMENT OF HEALTH SERVICES, DIVISION OF BEHAVIORAL HEALTH SERVICES

The Arizona Department of Health Services, Division of Behavioral Health Services (ADHS/DBHS) oversees the use of federal and state funds to provide behavioral health services to Arizonans.

150 N. 18th Ave.

Phoenix, AZ 85007

602-364-4558, 1-800-867-5808

DBHS Member Services: 602-364-4558,

1-800-421-2124

Hearing impaired individuals may call the Arizona Relay Service at 711 or 1-800-367-8939 for help contacting the Division of Behavioral Health Services.

www.azdhs.gov/bhs/

dbhsinfo@azdhs.gov

OFFICE OF HUMAN RIGHTS

Providing advocacy to individuals determined to have a Serious Mental Illness (SMI) to help them understand, protect and exercise their rights, facilitate self-advocacy through education and obtain access to behavioral health services.

Maricopa, Pinal, or Gila County: 602-364-4585

or 1-800-421-2124. Pima, Santa Cruz, Cochise,

Graham, Greenlee County, Yuma or La Paz County:

520-770-3100 or 1-877-524-6882; Mohave,

Coconino, Yavapai, Navajo or Apache County:

1-928-214-8231 or 1-877-744-2250

www.azdhs.gov/bhs/ohr/index.htm

HUMAN RIGHTS COMMITTEES

Committee members are dedicated to promoting and protecting the rights of individuals who receive publicly funded behavioral health services. Committee members are made up of people who understand the needs of individuals with a mental illness. The Committees are comprised of consumers, or family members of consumers, and professionals with expertise in these areas: psychology, law, medicine, education, special education, social work, or behavioral health. To learn more and get involved, please contact the Human Rights Committee Coordinator at 602-364-4577 or 1-800-421-2124, or visit www.azdhs.gov/bhs/advisory/humanrights/index.htm.

ARIZONA DEPARTMENT OF HEALTH SERVICES, DIVISION OF LICENSING SERVICES

The Division of Licensing Services licenses and monitors health and child care facilities and providers statewide, including behavioral health facilities. They investigate complaints against behavioral health facilities and inspect facilities.

150 N. 18th Ave.
Phoenix, AZ 85007
602-364-2536
www.azdhs.gov/als/index.htm

ARIZONA DEPARTMENT OF ECONOMIC SECURITY AGING AND ADULT ADMINISTRATION, ADULT PROTECTIVE SERVICES (APS)

APS facilitates services and supports to protect vulnerable adults from abuse, neglect or exploitation, and help them live as independently as possible.

1789 W. Jefferson St., Site Code 950A
Phoenix, AZ 85007
602-542-4446
www.azdes.gov/aaa/programs/aps/
Report abuse, neglect, and misuse of Arizona's vulnerable or incapacitated adults, 24 hours a day, 7 days a week at the state's hotline: 1-877-SOS-ADULT (1-877-767-2385); 1-877-815-8390 (TDD).

ARIZONA DEPARTMENT OF CHILD SAFETY (DCS)

The Arizona Department of Child Safety receives, screens, and investigates allegations of child abuse and neglect, performs assessments of child safety, assesses the imminent risk of harm to the children, and evaluates conditions that support or refute the alleged abuse or neglect and need for emergency intervention.

P.O. Box 44240
Phoenix, AZ 85064-4240
Hotline: 1-888-SOS-CHILD (1-888-767-2445);
602-530-1831 (TDD)
<https://www.azdes.gov/dcyf/cps/>

ARIZONA HEALTH CARE COST CONTAINMENT SYSTEM (AHCCCS)

The Arizona Health Care Cost Containment System is Arizona's Medicaid program. AHCCCS oversees contracted health plans in the delivery of health care to individuals and families who qualify for Medicaid and other medical assistance programs. AHCCCS also contracts with the Division of Behavioral Health Services for behavioral health service coverage.

801 E. Jefferson, MD 3400
Phoenix, AZ 85034
602-417-7000
www.MyAHCCCS.com
To apply for AHCCCS coverage:
www.healtharizonaplus.gov

Peer-run recovery centers and family-operated organizations

Peer-run recovery centers

C.H.E.E.E.R.S (CENTER 4 HEALTH, ENLIGHTENMENT, ENRICHMENT, AND EMPOWERMENT RENEWAL SERVICES)

1950 W. Heatherbrea Drive, Ste. 5
Phoenix, AZ 85015
602-246-7607
www.cheeers.org

RECOVERY EMPOWERMENT NETWORK

www.renaz.org

CENTRAL EMPOWERMENT CENTER

212 E. Osborn
Phoenix, AZ 85012
602-248-0368

SAN TAN

1465 W. Chandler Blvd.
Chandler AZ 85224
480-786-8205

OSBORN

3640 W. Osborn Rd.
Phoenix, AZ 85019
602-269-5307

METRO

10240 N. 31st Ave., Ste. 210
Phoenix, AZ 85051
602-395-1797

STAR (STAND TOGETHER AND RECOVER)

www.thestarcenters.org

STAR East

1310 W. University Dr.
Mesa, AZ 85201
480-649-3642

STAR Central

2502 E. Washington St.
Phoenix, AZ 85034
602-685-1295

STAR West

605 N. Central Ave.
Avondale, AZ 85323
623-882-8463

Vive la Esperanza-Hope Lives

1016 E. Buckeye Rd., Ste. 145
Phoenix, AZ 85034
1-855-747-6522
www.vivehopelives.org

Family-operated organizations

Family Involvement Center

Provides information, support, resources and parent education for parents and caregivers raising children with emotional, physical and behavioral health care needs in Phoenix and Northern Arizona. Workshops and support groups include parenting, effective communication, collaboration and non-adversarial advocacy techniques.
5333 N. 7th St., A-100
Phoenix AZ 85014
602-412-4095
www.familyinvolvementcenter.org

For telephone support, contact the Parent Assistance Center, 602-288-0155, toll-free 1-877-568-8468 or email pac@familyinvolvementcenter.org.

Mentally Ill Kids In Distress (MIKID)

MIKID provides support to families with behaviorally challenged children, youth and young adults. Offers respite, skills training, referrals to resources, support groups, educational speakers, and family and peer support.
2642 E. Thomas Rd.
Phoenix, AZ 85016
602-253-1240 or 1-800-356-4543
www.mikid.org

NAMI Arizona (National Alliance on Mental Illness)

NAMI Arizona offers a helpline for information on mental illness, referrals to treatment and community services, and information on local consumer and family self-help groups throughout Arizona. NAMI Arizona provides emotional support, education and advocacy to people of all ages who are affected by mental illness.

5025 E. Washington St., Ste. 112

Phoenix, AZ 85034

602-244-8166

www.namiaz.org

Raising Special Kids

Support and information for parents of children, from birth to age 26, with a full range of disabilities and special health care needs. Authorized under the Individuals with Disabilities Education Act (IDEA) to provide assistance in special education to families and schools. Serves as a Family-to-Family Health Information Center, funded by the U.S. Department of Health & Human Services, Maternal and Child Health Bureau.

5025 E. Washington St., Ste. 204

Phoenix, AZ 85034

602-242-4366 or 1-800-237-3007

www.raisingpecialkids.org

info@raisingpecialkids.org

Peer support groups

There is no charge or registration requirement to attend. Because the groups are subject to change, you are encouraged to contact Andy at 480-994-4407 to verify meeting times and dates. You can also go online to <http://mentalhealthaz.org/support-groups/>

The peer support groups are facilitated by trained mental health consumers and focus on adult 18+ consumer issues. Sponsored by Mental Health

Guild, the support groups provide empowerment, support, information, education and socialization for individuals diagnosed with a mental illness. They are for those living with a mental illness and facilitated by peers. Family members and loved ones are welcome to come with their loved one to support them.

Clinic services for members determined to have a serious mental illness

In Maricopa County, adult members determined to have a Serious Mental Illness (SMI) and their families are served by one of four provider network organizations (PNOs). Just like us, all four PNOs - Southwest Network, CHOICES Network of Arizona, Partners In Recovery and People of Color Network - are local, community-run organizations. Together, we are providing high-quality, integrated health care for individuals determined to have a Serious Mental Illness.

Southwest Network

San Tan

Chandler Blvd./Alma School
1465 W. Chandler Blvd., Bldg. A
Chandler, AZ 85224
Valley Metro bus route: 156
Phone: 480-786-8200

Garden Lakes

107th Ave./Indian School Rd.
4170 N. 108th Ave.
Phoenix, AZ 85037
Valley Metro bus route: 41
Phone: 623-932-6950

Hampton

Southern/Country Club
1440 S. Country Club Dr., Ste. 12
Mesa, AZ 85210
Valley Metro bus route: 112
Phone: 480-838-5550

Highland

16th St./Camelback
4707 N. 12th St.
Phoenix, AZ 85014
Valley Metro bus route: 12
Phone: 602-241-4600

Osborn

35th Ave./Osborn
3640 W. Osborn Rd., Ste. 1
Phoenix, AZ 85019
Valley Metro bus route: 35
Phone: 602-269-5300

Saguaro

32nd St./Bell Rd.
3227 E. Bell Rd., Ste. 170
Phoenix, AZ 85032
Valley Metro bus route: 170, 16
Phone: 602-652-3500

Bethany Village

39th Ave./Bethany Home
4210 W. Bethany Home Rd.
Glendale, AZ 85301
Valley Metro bus route: 60
Phone: 602-353-2340

PARTNERS IN RECOVERY

East Valley

University/Greenfield
4330 E. University Dr.
Mesa, AZ 85205
Valley Metro bus route: 30
Phone: 480-218-3280

Metro Center

35th Ave./Peoria
10240 N. 31st Ave., Ste. 200
Phoenix, AZ 85051
Valley Metro bus route: 106, 27
Phone: 602-997-9006

West Valley

99th Ave./Peoria
11361 N. 99th Ave., Ste. 601
Peoria, AZ 85345
Valley Metro bus route: 106
Phone: 623-583-0232

Hassayampa Campus

Palm Dr./Tegner St.
811 N. Tegner, Ste. 121
Wickenburg, AZ 85390
Valley Metro bus route: n/a
Phone: 928- 684-5131

Arrowhead

56th Ave/Bell Rd.
5625 W. Bell Rd.
Glendale, AZ 85308
Valley Metro bus route: 170
Phone: 602-239-4100

CHOICES**Enclave**

Priest/Broadway
1642 S. Priest Dr., Ste. 101
Tempe, AZ 85251
Valley Metro bus route: 56
Phone: 480-929-5100

Midtown

7th Ave./Osborn
3333 N. 7th Ave.
Phoenix, AZ 85013
Valley Metro bus route: 8
Phone: 602-264-4331

South Central

16th St./Roeser
1616 E. Roeser Rd.
Phoenix, AZ 85040
Valley Metro bus route: 16, 52
Phone: 602-323-3000

Townley

19th Ave./Dunlap
8836 N. 23rd Ave., Ste. B-1
Phoenix, AZ 85201
Valley Metro bus route: 90
Phone: 602-944-9810

West McDowell

51st Ave./McDowell
5030 W. McDowell Rd., Ste. 16
Phoenix, AZ 85035
Valley Metro bus route: 51, 17
Phone: 602-278-1414

Arcadia

44th St./Thomas Rd.
3311 N. 44th St., Ste. 100
Phoenix, AZ 85018
Valley Metro bus route: 44
Phone: 602-957-2220

People of Color Network**Centro Esperanza**

Broadway/Extension
310 S. Extension
Mesa, AZ 85210
Valley Metro bus route: 45
Phone: 480-615-3800

Comunidad

7th Ave./Jefferson
1035 E. Jefferson St., Ste. A
Phoenix, AZ 85034
Valley Metro bus route: 1, 12 & Light Rail Station 12th
St. and Jefferson
Phone: 602-251-0650

Capitol Center

7th Ave./ Van Buren
1540 W. Van Buren St.
Phoenix, AZ 85007
Valley Metro bus route: 3, 15
Phone: 602-252-7330

Support services and providers

PSA ART AWAKENINGS

PSA Art Awakenings offers psycho-social rehabilitation through art studios that allow youth and adults to work toward empowerment and recovery through creativity. Studios statewide, including three in Maricopa County.

www.artawakenings.org

1014 N. 2nd St.
Phoenix, AZ 85004
602-340-1675

4655 Lakeshore Dr.
Tempe, AZ 85282
480-894-1568

2255 W. Northern Ave., Ste. 100
Phoenix, AZ 85021
602-995-1937

LIFEWELL BEHAVIORAL WELLNESS

Rehabilitation Services, Supported Education Services,
Employment Services, Respite Services

602-808-2822
www.lifewell.us

262 E. University Dr.
Mesa, AZ 85201
602-808-2812

6915 E. Main St.
Mesa, AZ 85207
602-808-2811

2505 W. Beryl Ave.
Phoenix, AZ 85021
602-808-2813

MARC COMMUNITY RESOURCES

Educational, therapeutic, rehabilitation and social services to children and adults with developmental and physical disabilities and behavioral health challenges. Adult in-home supports, peer support, day programs, residential, supportive housing, outpatient clinics, and independent living and employment-related services.

924 N. Country Club Dr.
Mesa, AZ 85201
480-969-3800

Information and referral line: 480-994-4407
www.marccr.com

EAST VILLAGE

4250 E. Florian Ave., Bldg. 2
Mesa, AZ 85206
480-222-0078

WEST VILLAGE

3532 W. Thomas Rd., Ste. 9
Phoenix, AZ 85019
602-443-3555

Zip Code Resources by Food Bank

AGUAFRIA - 402 E. Harrison 623-932-9135

85323 Avondale-Goodyear
85326 Buckeye
85329 Cashion
85338 Avondale- Goodyear
85340 Litchfield - Litchfield Park
85353 Tolleson
85392 85395 Avondale- Goodyear

HOPE FOR HUNGER - 5605 N. 55th Ave 602-773-4344

85019 85029 8503185033 Phoenix
8505185053 Phoenix
85083 N. Glendale
8530185302 85303 85304 Glendale
85305 85306 85308 85310 Glendale
85345 85381Glendale

SMFBA-SURPRISE - 13050 W. Elm St. 623-583-9240

85307 85309 Glendale- Luke AFB
85335 El Mirage
8535185372 85373 Sun City
85374 85375 85376 85379 85387 85383 Surprise- Sun City
85382 85383 Peoria
85396 Buckeye

DESERT MISSION - 9229 N. 4th St. 602-870-6062

85020 8502185022 85023 85024 85027 Phoenix
85028 85032 85050 85085 85086 85097 Phoenix
85253 Paradise Valley
85331Cave Creek

ICM - SOI S. 9th Ave. 602-254-7450

85003 85004 85006 85007 85008 Phoenix
85012 85013 85014 85016 85018 Phoenix
85034 85040 85042 Phoenix

SMFBA-KNIGHT CENTER - 3131 WThomas 602-242-3663

85009 85015 85017 85035 85037 85041Phoenix
85043 85044 85045 85048 Phoenix
85239 Maricopa
85339 Gila River