



Direct Support and Specialty Provider Directory

Updated 12/26/19

Direct Support and Specialty Provider Directory

The following directory contains a list of direct support and specialty providers contracted with Care1st and should be utilized as a resource to behavioral health staff. The directory contains program descriptions, contact, and referral information.

These services are available to those children enrolled within Care 1st that are TXIX (TXXI), and are eligible for the services based on individualized need. All services are to be determined through the Child and Family Team. Please follow the general referral process for the below providers, and note any special referral requirements that each agency may have (listed within directory).

The general referral process includes the Direct Support Provider form completed, completed core assessment or annual update, CASII, and current service plan. Please include as appropriate: Strengths Needs Cultural Discovery, Crisis Plan and Safety Plan.

Service Education Tool

In-Home and Community Based Services

- **Behavior Coaching / Positive Behavior Support:** Designed to provide less intensive in-home and community based support and rehabilitative behavior health services. Strives to keep children and families together.
- **Functional Behavioral Assessment:** Problem-solving process for addressing behavior; identifying significant social, affective, cognitive and environmental factors associated with the occurrence of the behaviors. Consultant will go into the homes, schools and anywhere the youth is to gather data for development of the FBA.
- **Meet Me Where I Am (MMWIA):** Designed to deliver intensive in-home and community-based support to families who have children that are at risk of being placed out of home, have frequent use of crisis services- hospitals, or involved with juvenile justice. Purpose is to prevent or assist with transitioning back into the home/community. **Criteria to receive the service.**
- **Adult and Youth Peer Support:** Adult Peer Support services are provided by a person who has experienced Behavioral Health challenges, and successfully completed a state approved Peer Support Certification Training. Youth Peer Support is provided by an individual that experienced receiving services through one of the child serving systems, i.e. behavioral health, special education services, child welfare, and justice system involvement and successfully completed a State approved Youth Peer Support Certification Training. This service can be provided in-home, in the community or facility based, and may be combined with other Direct Support Services such as Respite, Skills, Wellness, and Pre-Vocational, Educational/Vocational support.
- **Parent/Family Support Partner Services:** Provided by parents who have lived -experience raising a child with behavior health and involved in one or more “child serving system” and successfully completed a state approved Parent/Family Support Provider Credentialed Training. This service is designed to provide peer support which focuses on the needs of the parent including but not limited to 1) support navigating the behavioral health system and other child-serving systems, 2) activities training delivered to individual parents or in group settings with the goal of increasing parenting

skills and knowledge to more effectively collaborate with the Child and Family Team processes and in understanding and working with their child's needs. Parents employed in these positions have firsthand experience and training to serve in this role, and their personal life experience prepares them to serve as peers and mentors. This service may be provided in family homes, community settings or provider offices. This service can be paired with Adult Peer Support, Youth Peer Support, Respite, Skills, and Wellness, Pre-Vocational, if the member continues to need additional skill development, or the Parents/Family need additional support or relief.

Parent Services

- **Parent Management Training:** guided discussion and role-play to teach parents very specific ways to interact with their child to improve aggressive, oppositional and antisocial behavior.
- **Triple P Parenting Program:** Aims to prevent or reduce severe behavioral, emotional, and developmental problems in children by enhancing the knowledge, skills, and confidence of parents. Counseling, hands-on parenting skills training and groups.
- **Parent Education and Kid Support (PEAKS):** 6-week program for caregivers of children and adolescents that have incurred trauma.
- **Parent/Family Education and Support:** Provided in individual and group settings, and in the family homes and community; covering a wide range of topics or services; from trauma informed care, Active Parenting, Mental Health First Aid, self-care for the caregiver, to navigating the behavioral health, child welfare, or juvenile justice system, the children's education system, enrollment in in AHCCCS or behavioral health services, follow-up from hospitalization or crisis episodes and more.
- **Parent/Family Support Partners:** Individuals who have personal experience with navigating the behavioral health system.
- **Wonder Years:** Parenting groups with in home support
- **Love and Logic:** Parenting group with in-home support
- **Common Sense Parenting:** Toddlers & Preschoolers – Both versions are evidence-based practical training programs that give parents effective parenting skills and help them to be more positive with their children.

Phase of Life Services

Birth to Five

- **Assessments:** Developmental stage screening and determination for on-going treatment.
- **BRIEF:** an intensive individualized program with curricula and treatment plans, conducted in clinical and preschool environments
- **Triple P Parenting Program:** Aims to prevent or reduce severe behavioral, emotional, and developmental problems in children by enhancing the knowledge, skills, and confidence of parents. Counseling, hands-on parenting skills training and groups.

Transition Age Youth (16- 18+)

- Focuses on educational and job preparedness training, development of independent living skills.
- Can include academic training, college preparation, life skills, career workshops, employment support.
- Includes psychoeducational groups on substance use, anger management, parenting skills, safety plans, identification of community supports
- **Transition to Independence Program (TIP):** Model developed for youth 16-21 years old to help engage in their future planning process. ** IQ will be considered

Sexually Maladaptive Behaviors ** IQ will be considered

- **Sexual Risk Assessments:** for youth 12 and older, must be pre-authorized through Mercy Maricopa Integrated Care
- **Wings for Change:** intensive wrap program, family centered treatment for youth 11 and older. ** IQ will be considered.
- **Victim Therapy:** Youth who have experienced sexual abuse and/or exposure. ** IQ will be considered, along with age consideration and limits.

Intensive Outpatient Programs: Utilizes cognitive treatment interventions which include the sex offense cycle, high risk behaviors, empathy building, relapse prevention, clarification and reunification. For youth 12 and older.

- **Multi-systemic Therapy for Problem Sexual Behaviors (MST-PSB):** Evidence based therapy designed to treat problematic sexual behavior for youth 11 and older. www.mstpsb.com

Stabilization Services

- **Family and Communities Team (FACT), Hospital Stabilization Team:** Focused on youth transitioning out of acute care hospitalizations and residential treatment centers. Promotes community stabilization, skill development, resiliency
- **Child Crisis Hospital Team (CCHT), Hospital Stabilization Team:** Services are designed for children who have been discharged from a hospital for behavioral health needs, been turned away from a hospital due to not meeting criteria or can be utilized as a prevention service to avoid further crisis escalations and disruptions.
- **TERROS D1:** Crisis response for youth that are dually diagnosed.
- **TERROS D2:** Coaching services for youth that are dually diagnosed.
- **St Luke's OSCA:** Provides 23 hour assessment and hold to determine the need for inpatient stay or return to the community. **Will consult with outpatient prescriber if medication adjustments are needed.**
- **Peer Parent/Family Support Services:** This is a targeted service that focuses on meeting the needs of the Parent/caregiver in stabilizing the family or home situations to avoid placement disruptions, deeper involvement in juvenile justice /corrections or child welfare, or other challenges related to chronic behavioral or physical health needs. Staff providing this service are peer parents with lived experience in navigating the child-serving systems and training in working with the children's behavioral health system, or parents with adult children with Behavioral Health needs. This service can be enhanced as a stabilization service when paired with Certified Adult or Youth Peer Support and or additional Direct Service providers.

Substance Abuse Treatment

- **Intensive Outpatient Programs:** Group, Individual and Family counseling. Designed for youth who suffer from addiction and have a diagnosis of substance abuse.
- **Adolescent and Community Reinforcement Approach (A-CRA):** adolescent and family based intervention, enhances pro-social activities

Evidenced Based Therapies

- **Applied Behavior Analysis (ABA):** the use of these techniques and principles to bring about meaningful and positive change in behavior for those with Autism Spectrum Disorder.
- **Dialectical Behavioral Therapy:** Cognitive behavioral therapy which supports an array of chronic or severe mental health issues, including self-harm, eating and food issues, addiction, and posttraumatic stress, as well as personality traits.
- **Trauma Focused CBT:** is a component-based model of psychotherapy that addresses the unique needs of children with PTSD symptoms, depression, behavior problems, and other difficulties related to traumatic life experiences.
- **EMDR- Eye Movement Desensitization and Reprocessing:** is a psychotherapy treatment that was originally designed to alleviate the distress associated with traumatic memories.
Moral Recognition Therapy: MRT is a cognitive-behavioral counseling program that combines education, group and individual counseling, and structured exercises designed to foster moral development in treatment-resistant clients.
- **Multi-Systemic Therapy (MST):** Evidence based intervention for youth with conduct disorder for youth 10-17 years old. www.mstservices.com ** IQ will be considered, along with age consideration and limits.
- **Functional Family Therapy (FFT):** Evidence based intervention for youth with conduct disorder for youth 10-17 years old. www.fftllc.com ** IQ will be considered, along with age consideration and limits.
- **Substance Abuse Treatment:** Intensive treatment for youth who suffer from addiction and have a diagnosis of substance abuse.
- **Sexually Maladaptive Behaviors:** Treatment for youth who display sexualized behavior with intent or coercion, with a history of sexual abuse or exposure. ** IQ and diagnosis will be considered, along with age consideration and limits.

Other

- **Respite Services:** family or facility based service. Helps to alleviate and provide a break for youth and their families.
- **Expressive therapies (art, drama, play, sand tray):** All therapies are provided in conjunction with a trauma therapist, with the exception of Art Therapy, this can be provided solely by an individual agency.

Category of Services

Art Therapy

Arizona Center for Change
PSA Art Awakenings

Attachment Therapy

Child Crisis Arizona
ChildHelp
Christian Family Care
West Valley Child Crisis

Autism Behavioral Support

AZ Autism United Hope Group
S.E.E.K. Arizona
Touchstone Health Services
Unique Family Services
Youth Advocate Program

Autism Counseling Programs

Arizona Autism United
Child and Family Support Services
S.E.E.K. Arizona
TERROS
Touchstone Health Services

Birth to Five Specialty Services

Child Crisis Arizona

Dialectical Behavioral Therapy

AZ Center for Change
Florence Crittenton
Open Hearts
Phoenix Interfaith Counseling C/O
TERROS
Valle Del Sol

Eating Disorder

Community Connections

Functional Behavior Assessments

Arizona Autism United

Hope Group

Open Hearts

S.E.E.K. Arizona

Unique Family Services

Family Functional/Multi-systemic Therapy

Touchstone Health Services

Family Support/Parent Partner

All Behavioral Health Home Service Providers

General Direct Support

Black Family and Child Services

Human Resource Training (HRT)

San Tan Behavioral Health

Southwest Behavioral Health

Southwest Human Development

TERROS

Valle Del Sol

Youth Advocate Program

Group Therapy

Ebony House

Southwest Network

Intensive Outpatient- Mental Health

Touchstone Health

Oasis Psychological: Sexual Behavior

Intensive Substance Use

Bayless Health Group Desert

Christian Family Center

Ebony House

Jewish Family & Children's Service

Native American Connections

Open Hearts
San Tan Behavioral Health
Valle Del Sol

Crisis/Hospital Teams

Child and Family Support Services
EMPACT
Jewish Family & Children's Service
St. Luke's OSCA
TERROS D1 and D2

First Episode Centers

Epicenter: Institute for Mental Health Research
Maricopa Integrated Health System (MIHS)

Intensive Direct Support Services (MMWIA)

A New Leaf
Arizona Youth and Family Services
New Hope of Arizona, Inc.
Child and Family Support Services
Devereux
Open Hearts
Touchstone Health Services

Mentoring

Desert Edge Mentoring
Family Involvement Center
New Hope of Arizona
MIKID
Reach Family Services
San Tan Behavioral Health

Outpatient Counseling

Desert Edge
Ebony House
Mentoring
Open Hearts
San Tan Behavioral
Touchstone Health Services

Parent/Child Therapy

San Tan Behavioral Health
Southwest Behavioral Health

Parent Support Groups

Arizona Autism United
Christian Family Care
Family Involvement Center
MIKID
Reach Family Services
Southwest Behavioral Health

***Family Support/Parent
Partners' services***

Family Involvement Center
Human Resource Training (HRT)
MIKID
Reach Family Services

Respite- Facility Based

Devereux
New Hope of Arizona, Inc.
Touchstone Health Services
Zarephath

Respite- In Home

Human Resource Training (HRT)
MIKID

Sexual Maladaptive Behaviors

AZ Center for Change
Encourage Empowerment
Oasis Psychological Services
The Resolution Group
Touchstone Behavioral
The U Turn Foundation

Sexual Reactive Youth

Encourage Empowerment
Oasis Psychological

The Resolution Group

Sex Trafficking

Intensive Direct Support Services (MMWIA)

A New Leaf

Arizona Youth and Family Services

Child and Family Support Services

Devereux New Hope of Arizona, Inc.

Open Hearts

Touchstone Health Services

Transition Aged Youth Services

A New Leaf

Desert Edge Mentoring

Florence Crittenton

Jewish Family & Children's Service

MARC Community Resources, Inc.

MIKID

Native American Connections

Southwest Network

Valle Del Sol

Triple P Services

Devereux

Jewish Family & Children's Service

San Tan Behavioral Health

West Valley Child Crisis

Victims of Abuse Therapy/Trauma Therapy

AZ Center for Change

Childhelp

Child Crisis Arizona

Christian Family Care

Encourage Empowerment

Oasis Psychological

Open Hearts (Group)

The Resolution Group

The U Turn Foundation

Southwest Network.

West Valley Child Crisis

A New Leaf

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

These services include but are not limited to:

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

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

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

- a. Oppositional Behaviors
- b. Relational Issues
- c. Social Skills
- d. Self-esteem
- e. Anger Management

- f. Living Skills
- g. Coping Skills

STAR- Sex Trafficking Awareness and Recovery: S.T.A.R. is an intervention program developed for those who have experienced sexual exploitation or are at-risk for being a victim of sexual exploitation. It is an 11- session 90 minute psychoeducational group that addresses individual motivation/personal responsibility, comprehensive supports, developmental issues, safety and stability. The S.T.A.R. group will be held in both the East and West Valley locations of A New Leaf.

Contact information	Referral details
<p><u>East Valley</u> *Community Based 960 N. Stapley Dr., Mesa, AZ 85203 P: 480-489-5580</p> <p><u>West Valley</u> *Community Based 8802 N. 61st Ave., Glendale, AZ 85301 P: 480-489-5580</p> <p>S.T.A.R. referral form also to be complete.</p>	<p>DSPreferrals@turnanewleaf.org</p> <p>Admin 480-969-4024</p> <p>West Valley- Alena Garcia: Algarcia@turnanewleaf.org</p> <p>East Valley- Katina Walker: kwalker@turnanewleaf.org</p>

Arizona Autism United

Arizona Autism United is a specialty provider committed to treating the unique behavioral issues associated with autism. AZA United’s Behavioral Health program approaches treatment with an Eco-behavioral philosophy. This approach examines the child’s behavior in the context of the entire family ecosystem. Our Behavioral Health team will work to address all relevant, environmental factors in an effort to promote meaningful and durable change for participant families.

Family Coaching: is an intensive parent and family training program. This program involves parents and family members working directly with a Behavior Coach from 2-5 days per week, for 2-4 hours at a time, in the family home or in the community. These sessions focus on helping parents learn the skills to prevent manage and replace difficult behavior. Through this program parents and family members learn how making changes to how they approach discipline, communication, rewards, and routines can impact behavior challenges they are experiencing with their child (ren). Parents are also taught strategies to improve their relationships with family members as well as their own challenging emotions if and when they are an obstacle to behavior change.

Supportive Programs: We understand that families seeking behavioral treatment often have needs beyond those of direct intervention. For this reason we offer supportive programs designed to make Family Coaching as successful as possible.

- Parent Management Training (PMT). PMT uses guided discussion and role play to teach parents very specific ways to interact with their child to improve aggressive, oppositional and antisocial behavior. PMT is available as a home-based or group class format.
- Sibshops - Sibshops are offered once per month. AZA United is trained and credentialed to offer the internationally recognized program to support siblings of children with disabilities.

Contact information	Referral details
5025 E. Washington St. Ste. 212 Phoenix, AZ 85034 P: 602-773-5776 F: 602-273-9108	referrals@azaunited.org Contact: Jenifer Werntz, COO, jen@azaunited.org *Special referral requirements: Treatment option selection and schedule of availability

Arizona Center for Change

Wings for Change: This is an intensive wraparound program for youth with problem sexual behavior designed to assist youth with problem sexual behavior. The program involves multi-systemic approaches, wrap around services, problem sexual behavior specific treatment, family centered treatment, victim treatment and collaboration with all agencies and professionals involved in the youth and families’ lives. The program uses a team made up of a specialized master’s level clinician and a BHT level staff. The main goal of the Wings of Change program is to reduce the likelihood of future problem sexual behavior by reducing and intervening in the static and dynamic risk factors associated with youth who continue engaging in this behavior. The program serves youth with problems sexual behaviors that are at least 12 years old or older. The program has capacity to serve 10 youth at any given time. The length of stay will vary depending on the needs of the youth and family and the pace of progress with treatment goals.

Problem Sexual Behavior Standard Outpatient Program- Includes Group, Individual and family therapy. Clients are offered group counseling a minimum of once a week for approximately 90-100 minutes. Some may need group counseling more than once a week. The frequency will be determined in conjunction with the referring agency, the counselor and the level of acuity of the client’s problem. Individual and family counseling are offered as an adjunct to group therapy.

Victim Treatment: The victim treatment will be done in accordance with the standards of practice for victim treatment in the context of family reunification, if applicable. The program can accommodate treatment for children 12 years old and up. Victim treatment may include EMDR treatment. Victims receiving EMDR will also have access to direct support staff to assist them in managing any negative emotions or urges that may arise between clinical sessions. EMDR sessions tend to run approximately 90 minutes in length. After the identified

EMDR targets have been successfully completed, sessions can return 60 minutes in length while the remainder of the EMDR protocol is being completed.

Sexual Abuse Counseling: These clients are seen weekly in individual sessions and weekly in group treatment as identified on the treatment plan. Individual sessions will last approximately 50 minutes in duration unless otherwise specified on the treatment plan. Group sessions last approximately 90-100 minutes in duration. This program is designed for clients at least 13 years old and older.

Dialectical Behavioral Therapy: DBT involves individual therapy at least once a week and the skills training group once a week. There is also family component which provides parents and caretakers with specific skills for managing and interacting with clients who are in the program. The program is appropriate for adolescents who are at least 14 years of age up to 17 years. We do not provide these services to individuals with severe developmental disabilities where such a disability would interfere in their ability to respond to the services provided. We do not provide behavioral health crisis services; however, we do provide our clients with information on how to receive crisis services. We also provide “phone coaching” which is part of the program.

Expressive Art Therapy: Expressive Art Therapy provides alternative interventions to address a client’s cognitive, social or behavioral problems, including a wide range of personal, interpersonal, situational and functional problems. AZCFC provides Expressive Arts Therapies (EAT), which are adjunctive therapies using expressive activities or tasks to assist in reaching the client’s treatment goals. We deliver Expressive Arts Therapies in individual, family, and group settings. The main goal of EAT is to identify and treat behavioral and emotional needs within the cultural context of the client using the appropriate EAT activities and/or tasks. Additionally we seek to provide individualized treatment services in the least restrictive environment, which addresses therapeutic goals indicated on the individual service plan. We may provide EAT within the context of other programming such as Dialectical Behavior Therapy, Sexual Abuse Trauma Recovery Program, and Anger Management Programming. A client can be referred specifically for EAT or EAT can be requested as part of other specialty programs we provide. We can provide this service to clients who are 12 years old and older.

Moral Recognition Therapy (MRT): Moral Recognition Therapy (MRT) is a systematic treatment strategy that seeks to decrease recidivism among young people who engage in antisocial and/or criminogenic thinking and behavior by increasing moral reasoning. MRT is a cognitive-behavioral counseling program that combines education, group and individual counseling, and structured exercises designed to foster moral development in treatment-resistant clients. As long as clients’ judgments about right and wrong are made from low levels of moral reasoning, counseling them, training them in job skills, and even punishing them will have little long-lasting impact on their behavior. MRT takes the form of group and individual counseling using structured group exercises and prescribed homework assignments. The MRT workbook is structured around 16 objectively defined steps (units) focusing on seven basic treatment issues: confrontation of beliefs, attitudes, and behaviors; assessment of current relationships; reinforcement of positive behavior and habits; positive identity formation; enhancement of self-concept; decrease in hedonism and development of frustration tolerance; development of higher stages of moral reasoning. We can provide this service to boys and girls 13 years and older.

Contact information	Referral details
4205 N. 7th Ave #311 Phoenix, AZ 85013 P: 602-253-8488 F: 602-253-8340	Diane Genco: dgenco@azcfc.com

Arizona Youth & Family Services, Inc.

Agency provides in-home and community-based direct support services for children ages 0 through 17 who have behavioral health or developmental needs and their families and/or caregivers. This agency focuses on returning youth to their home or preventing admission to an out-of-home placement. This program operates under a “no reject, no eject” policy. The specific services provided will be tailored to the individual needs of the family according to the plan created by the child and family team (CFT). Transportation will also be provided, as needed, to meet treatment goals. This agency will have a variety of options for customizing the type, frequency and amount of services provided. These services include but are not limited to Rehabilitation Services; Skills Training and Development and Psychosocial Rehabilitation Living Skills Training; Behavioral Health Prevention/Promotion Education and Medication Training and Support Services; Psycho- educational Services and Ongoing Support to Maintain Employment and Support Services; Case Management; Personal Care Services; Home Care Training Family (Family Support); Unskilled Respite Care; and Transportation.

Contact information	Referral details
3707 N. 7th St., Ste. 200 Phoenix AZ 85014 P: 602-277-4833 F: 602-277-4820 (specifically for referrals F: 602-277-4820 (general fax)	DSPPreferral@azyfs.org Jennifer.Sander@azyfs.org , Clinical Director

Bayless Healthcare Group

The Lighthouse Program: is designed as an intensive outpatient program for teenagers from 14 to 17 years of age of moderate to high risk for disruptive behavioral disorders, mood disorders, and substance abuse/dependency. All youth are assigned a primary therapist who takes the lead on individual counseling, family counseling, and multi-disciplinary team meetings. However, each teenager also works with the entire staff of the Lighthouse Clinical team through individual check-ins and specialized group sessions in the following topic areas: Orientation, Substance Abuse, Emotions, Psychodrama, Boys Discussion Group, Expressive Arts, Interpersonal Relationships, Life Skills, Leadership, and Girls Discussion Group. Group Sessions are conducted Monday through Friday from the evening hours of 4 to 5:30 p.m. and 6 to 7:30 p.m. A Parents

Discussion Group is facilitated on a monthly basis. A Youth Community Group is also held on the 1st Saturday of each month. Placement in groups is subject to the individual needs, readiness availability of each youth.

Contact information	Referral details
9014 S Central Avenue Phoenix, AZ 85042 P: 602-230-7373 English Referrals x277 Spanish Referrals x177 F: 602-682-7455	Email referrals to following; Dr Jon McCain, Program Director: jmccaine@baylesshealthcare.com A.Montoya, Program Coordinator: amontoya@baylesshealthcare.com

Black Family and Child Services

Family Enhancement Program: BFCS provides in-home and community-based direct support services for children ages 5 through 18 who have behavioral health or developmental needs and their families and/or caregivers. The specific services provided will be tailored to the individual needs of the family according to the plan created by the child and family team (CFT). Services include: Skills Training and Development; Psychosocial Rehabilitation; Living Skills Training; Behavioral Health Prevention/Promotion Education; Support Services; Psycho-educational Services; Ongoing Support to Maintain Employment; Case Management; and Home Care Training Family (Family Support).

Contact Information	Referral details
1522 E. Southern Ave Phoenix AZ 85040 P: 602-243-1773 F: 602-276-1984 *In-home and community based	Una Ankrah, DSP Director P: (602) 243-1773 F: (602) 276-1984 Or e-mail referrals to: UAnkrah@ bfcsfamily.org www.BFCSfamily.org

Child & Family Support Services, Inc. (CFSS)

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

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

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

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

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

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

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

Contact information	Referral details
10439 S. 51st Ste. 100 Phoenix AZ, 85004 *community based P: 480-635-9944 F: 480-635-9987	MMWIA and Project Connections to: referrals@cfssinc.com FACT referrals: referrals@cfssinc.com RBAC referrals: referrals@cfssinc.com MMWIA and Project Connections: Utilize MMWIA referral form FACT: Utilize CFSS FACT referral form Contact: Denat@cfssinc.com

Child Crisis Arizona

Integrative Treatment for Attachment Trauma: Children that have experienced early abuse neglect or trauma exhibit neurological differences in the brain, which appear as delayed emotional and social growth. These children may not attach emotionally to caregivers, and often do not respond well to normal parenting interventions. Our counselors address trauma issues with a variety of interventions designed to integrate your child’s brain. Treatment modalities include therapeutic play, drama, and other trauma therapies, and a wide spectrum of play therapy techniques. These include art, sand tray, narrative storytelling and metaphors using puppets. Parental involvement in sessions is essential, although individual sessions for your child may be provided as necessary. Therapists provide highly specialized parent coaching and training to strengthen the parent/child relationship and create a more skilled parent. Therapy helps a child develop new skills and coping strategies to help them be successful in their day-to-day activities. Therapy also gives families support in providing children with a safe, loving and structured environment. The Counseling program sees patients on Monday-Thursday from 9 a.m. to 8 p.m. and Friday from 9 a.m. to 6 p.m.

In addition to Counseling, we host monthly support groups for Relatives As Parents (RAP), as well as RAP parenting classes. These classes are meant to help and support relative caretakers with parenting duties, social and developmental issues in children and managing the daily responsibilities of relative care. Monthly legal guardianship clinics are help to help relative caretakers gain legal guardianship of related children. Child Crisis Arizona provides and refers various resources to families in need. We also provide information to obtain financial assistance from the state in order to relieve some of the stress of caring for kids.

Relative/Kinship Support Group: Meets the second Monday of each month from 6:00-7:30pm at 10:30 a.m. to 12 p.m. at **817 N. Country Club Drive, Mesa, AZ 85201**. To register, contact Elsa Villalobos at 480.834.9424 or elsa.villalobos@childcrisisaz.org. Drop-ins welcome.

Guardianship Clinics (Title 14 Guardianship Form Assistance): Free clinics for Kinship Caregivers raising minor children. All clinics are held at **817 N. Country Club Drive, Mesa, AZ 85201** from 2-4 p.m. the second Thursday of each month. Clinics are available in English and Spanish.

Contact information	Referral details
170 W. University Dr. Mesa, AZ 85201 P: 480-834-9424 F: 480-889-0139	Jillian.Boettsher@childcrisisaz.org Chelsea.Grieve@childcrisisaz.org

Childhelp

This agency will provide specialized treatment services for children experiencing trauma/attachment. The services are provided to child abuse victims and their families. Therapists work with children ranging in age from three to eighteen years, and also are available to work with other family members when deemed appropriate. Spanish-language counseling services are available.

Contact information	Referral details
2120 North Central Suite 130 Phoenix, AZ 85004 P: 602-271-4500 F: 602-282-0102	CH-therapyreferralsAZ@childhelp.org Contact; Beth Coty , Director BCoty@childhelp.org

Christian Family Care Agency

Children that have experienced abuse, neglect or trauma exhibit neurological differences in the brain, which appear as inappropriate coping behaviors and delayed emotional and social growth. Foster and adoptive children deal with issues of loss, attachment trauma, and abuse/neglect. Christian Family Care’s counselors use therapy techniques chosen to help these children. These children may not attach emotionally to caregivers, and often do not respond well to normal parenting interventions. Our counselors address trauma issues with a variety of interventions designed to integrate your child’s brain. Treatment modalities include family therapy, therapeutic play, drama, EMDR and other trauma therapies, and a wide spectrum of play therapy techniques. Play therapy techniques include art, sand tray, narrative storytelling and metaphors using puppets. Caregiver involvement in sessions is essential, although individual sessions for your child may be provided as necessary. Therapists provide highly specialized parent coaching and training to strengthen the parent/child relationship and create a more skilled caregiver. Therapists have a wide range of expertise in family and child counseling in

order to provide therapy for each child and family. We base our parent training on material from: Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma.

Contact information	Referral details
2346 N. Central Ave Phoenix, AZ 85013 P: 602-234-1935 F: 602-234-0022	Send referrals to; Counseling.referrals@cfcare.org Contact- Anna Cervantes acervantes@cfcare.org

Community Connections

Community Connections, LLC is program dedicated to treating individuals with eating disorders. Community Connections LLC. Recognizes that each individual has a unique story, and his or her own distinctive strengths and challenges. They may be seeking treatment for the first time; or, may be suffering a relapse following a stay at another eating disorder treatment center. With input from the individual, his or her loved ones, and our professional staff, we develop an individualized eating disorder treatment plan for each individual. We help each individual develop the skills he or she will need to experience recovery. Intensive Outpatient treatment provides these individuals with a supportive peer group who understand the challenges of recovering from an eating disorder. By attending the IOP together with therapeutic support, individuals learn to practice making healthy decisions when they experience feelings that accompany their eating disorder. An individual will learn to be mindful of feelings like anxiety, fear or shame, and to experience them in ways that won't compromise their life. The Individual must be between the age of 12 and 17 and medically stable. Aspects of individualized eating disorder treatment include:

- Individualized Counseling
- Group Counseling
- Family Counseling
- Multi-family education
- Education sessions
- Nutrition counseling
- Body Image group
- Creative Expression
- Stress Reduction
- Assertiveness Training
- Discharge planning

Contact information	Referral details
4025 West Bell Road Suite #6 Phoenix, AZ 85053 P: 623-242-8460 F: 623-242-8643	Elizabeth Rodgers lrodgers@communityconnectionsaz.org

Desert Edge Mentoring Services

As an outpatient treatment center, Desert Edge Mentoring Services (DEMS) aims to serve Maricopa County’s members: male and female youth ages 10 to 17 and male and female adults ages 18 and older. DEMS offers a safe learning environment and provides age-appropriate mentoring and counseling services for youth to build confidence, increase academic awareness, develop leadership skills, and problem solving abilities. In order to best serve our members in the community, DEMS offers quality services to assist them in attaining their goals as they work to become productive, independent members.

These include:

- **Counseling:** These services include individual and group counseling. Personal Growth, Anger Management, Crisis/Trauma, Life Transitions, Self Esteem, Stress Management, Substance Abuse and more.
- **Mentoring:** These services include role modeling, coaching, instructing life skills, offering family support and budgeting. Individuals who work with a mentor develop leadership skills, build confidence, and develop problem solving abilities, in addition to building vocational and educational success.
- **Transitional Age Youth:** These services focus on educational and job preparedness training and independent living skills. For transitional age youth ages 14 to 17 include GED preparation, academic tutoring, computer training, college preparation, basic life skills, and assistance with scholarship applications. Services for transitional age youth ages 18 and older include job preparation, college preparation, career interest workshops, on-going employment support, and job skills support. Additionally, psycho-educational groups are also offered to educate clients about substance abuse, anger management, parenting skills, safety plans, and to identify resources within their own community.

Contact information	Referral details
1950 W Heatherbrae Dr Suite 10 Phoenix, AZ 85015 P: 602-237-2485 F: 602-274-6531	records@desertedgementoring.com cc. Dace Tapley or Dennis Gregory, Directors

Devereux

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

Triple P: is evidence based Parenting Program proven to reduce physical aggression and outbursts, build positive communication, promote pro-social development, and manage misbehavior through positive reinforcement. Services are offered in English and Spanish.

- Sessions (7 weeks of group sessions, 2 hours, once per week) build upon the last to provide parents with strategies, techniques and skills that will work in real-life parenting situations.
- Therapeutic Kids Group is offered to children 5 and up on the same dates and times parents/caregivers will attend Triple P program. In Therapeutic Kids Group children will be presented with various Triple P concepts from a child perspective and work on modifying their own behavior.
- We also offer an under 5 Therapeutic Kids group 5x/year; children learn basic social skills, boundaries and explore through play.
- Children will experience Triple P techniques as facilitators utilize them during group.
- Standard Triple P (1:1 program-10 sessions) and Stepping Stones Triple P (1:1 Program for parents of children with developmental disabilities-10 sessions) are also offered.

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

Facility Based: Devereux Arizona is committed to providing the least restrictive and most appropriate services to individuals referred for care. Facility based Respite care is designed to provide short-term relief to primary care-givers (parents/guardians) of children (ages 4-17) with developmental, emotional, or behavioral needs. Facility Based Respite is best described as a camp-like atmosphere. Respite is provided in adjacent homes with trained

staff supervision day and night. Activities are provided throughout the stay including excursions within the community. **Hours of Operation:** Friday 3pm - Sunday 6pm (overnight), Saturday 8am-8pm (Day Only), Sunday 8am-6pm (Day Only)

Contact information	Referral details
<p>Facility Respite: 6411 E. Eugie Terrace Scottsdale, AZ 85254 P: 480-634-2028 F: 480-368-4671</p> <p>MMWIA: 11024 N. 28th Drive, Suite 110 Phoenix, AZ 85029 (Community Based) P: 623-435-6840 F: 623-937-8502</p>	<p>azrespite@devereux.org</p> <p>Email-karos@devereux.org Phone- 623-512-3819</p> <p>Maria Lujan Tomasini/Janna McGuire aztriplep@devereux.org</p>

Ebony House

The program provides in office, in community or in home individual therapy sessions (weekly, bi-weekly or monthly as determined by service plan), CFT and wrap around services, and intensive or standard outpatient groups using evidenced based curriculums and workbooks. We offer Birth – 5 Early Intervention Program, specialized parenting/kinship groups, youth groups including but not limited too; ADHD social skills, Gender Specific Resiliency/Self-esteem, Substance Abuse/Relapse Prevention, and Children’s Grief and Loss. The program has limited capacity for Behavioral Coaching and Direct Support. Our program serves children and adolescents ages 0-17. Walk-in referrals accepted. We specialize in Conduct Disorders. We are also able to accept Rapid Response (Crisis) and DCS referrals.

Contact information	Referral details
<p>1616 E. Indian School Rd., Ste. 100 Phoenix AZ 85016 P: 602-254-6137 F: 602-254-6140</p>	<p>Ebony house intake line: 602-254-6137 Fax line: 602-254-6140 cbhsintake@ebonyhouseinc.org Contact ; Dora Jackson, Director, at 602-254-6140 <i>*Special referral requirements</i> Newly required records and information related to school, medical and dental.</p>

Encourage Empowerment

Outpatient counseling; Trauma Treatment: Encourage Empowerment specializes in complex interpersonal trauma (physical abuse, sexual abuse, neglect, and exposure to domestic violence) and traumatic grief. We serve children (ages 3 to 18) via individual, family, and group interventions. Therapists specialize in forensically informed trauma based treatment. In addition, therapists are trained in victim clarification / reunification protocols and when applicable, collaborate with agencies that treat youth with sexually maladaptive behaviors in order to support successful family system reunification.

Assessments: Encourage Empowerment utilizes empirically supported trauma based assessments at intake and discharge to document client progress and success.

Therapeutic Approaches: Encourage Empowerment promotes a mind body perspective that also encourages healthy attachment and regulation while supporting concepts of safety, trust, and hope via evidenced based treatment interventions. Therapeutic Approaches include: TF-CBT, Directive and Non-Directive Developmental Play Therapy, Sand Tray, EMDR, Somatic Experiencing (SE), and Sensory Based Interventions.

Caregiver support: PEAKS: Parent Education and Kid Support (PEAKS) is a six week closed format psychoeducational support group for non-offending caregivers of children and adolescents that have incurred trauma or traumatic grief.

PEAKS address the impact of trauma upon the following systems: behavioral, psychological, emotional, neurological, developmental, and social while providing discipline support that promotes victim empowerment and regulation while supporting behavior compliance. In addition, individual caregiver / family support sessions are available to further support concepts of PEAKS and the importance of assertive communication and consistent parenting expectations and strategies.

Exclusionary criteria for services through Encourage Empowerment include children with a diagnosis on the Autism Spectrum, Reactive Attachment Disorder, and children with an IQ lower than 75.

Contact information	Referral details
1819 S. Dobson Road Suite 103 Mesa, AZ 85202 P: 480- 467-2470 F: 480-820-2770	Tammy Ohm, Clinical Director and Angela Benitez; Admin Assist contact at; admin@eempower.net.

Epicenter: (Institute for Mental Health Research)

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

Contact information	Referral details
1415 N. 1 st St Phoenix, AZ 85004 P: 602-595-5447 F: 602-595-4537	Email: Referrals@RHAZ.org Glen.Cummings@RHAZ.org

Maricopa Integrated Health System (MIHS)

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

- Recovery coaching
- Individualized goal setting
- Peer support
- School and employment support
- Family education and support
- various therapies, including Cognitive Enhancement Therapy and Cognitive Behavioral Therapy
- Individual, group, and family therapy
- Medication treatment, if a person and their doctor decide it is needed

Contact information	Referral details
950 E Van Buren Street Avondale, AZ 85323 P: 623-344-6860 After Hours: 480-341-7073	https://www.mihs.org/behavioral-health/first-episode-center Shasa Jackson-Clinical Director Shasa.Jackson@valleywise.org

Family Involvement Center (FIC)

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

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

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

Youth Support Services:

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

Youth Mentoring:

FIC provides mentoring services to children/youth currently enrolled in 4th through 8th grade. Through an activity/skill building program the youth are supported in creating stronger connections to their family and peers. This program takes place in the community to allow the youth to practice skills learned in a natural environment.

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

Contact information	Referral details
5333 N 7th St Suite A-100 Phoenix, 85014 P: 602-288-0155 Email: info@familyinvolvementcenter.org Web: www.familyinvolvementcenter.org	For enrolled youth and families: Please Complete the DSP Referral Form for “Parent Peer Support and Education” and send to : referrals@familyinvolvementcenter.org . or medreds@familyinvolvementcenter.org Contact; Chrystal Krough at 602-288-0155

Florence Crittenton

Independent Living Skills Program builds bridges to independent adulthood for young people who do not have traditional family support. Training and skill development consist of one-on-ones as well as group and classroom instruction and is based on the youth’s individual needs. Specializes in providing individualized, gender-responsive services to boys and girls. Each youth is assigned a Case Specialist, who comes to the home and creates an individual service plan based on each youth’s specific needs. Service plans identify goals and services necessary to achieve objectives. All youth enrolled in the program are expected to pursue education and/or employment activities and to develop life skills that will help them build positive and supportive adult relationships. Areas of training: balancing work, school and family, community resources, educational planning, food management, goal setting and decision making, job seeking and maintenance, housing-related assistance, money management, personal development, self-sufficiency, and transportation planning. Eligibility: Youth ages 14 to 18 years who: have a behavioral health diagnosis, Title XIX/XXI eligible, actively enrolled in an AHCCCS Plan, are not residing in a therapeutic group home, HCTC, or facility that already provides life skills training. *Youth who meet the above criteria and have an active case with the Department of Child Safety are also eligible for services. Adults age 18+ who: Qualify for Serious Mental Illness (SMI) or General Mental Health (GMH), Title XIX eligible, actively enrolled in an AHCCCS Plan, and are not residing in a therapeutic group home or facility already providing life skills training.

A representative from Florence Crittenton will contact the referring party upon receipt of the referral and will assign a Case Specialist to the participant once the information is verified.

Contact information	Referral details
715 W. Mariposa St. Phoenix, AZ 85013 P: 602-274-7318 F: 602-274-7549	cbsinfo@flocrit.org , Contact; Deana Morgan, Clinical Director- dmorgan@flocrit.org *Special referral requirements: <ul style="list-style-type: none"> • Independent Referral Form • ISP with guardian signature • Most Current Assessment, A-C or E, with BHP Signature (youth), or psychiatric evaluation (adults) • CAS II Assessment and applicable • Crisis Plan

Hope Group

HOPE Group provides behavioral health services to those diagnosed with developmental and neurological disorders, including individuals affected by autism spectrum disorder. All of HOPE Group's programs are based on applied behavior analysis (ABA) and grounded in evidence-based practices. HOPE Group's clinical leadership team comprised of Ph.D. and Masters level professionals possess extensive experience and training in Applied Behavior Analysis (ABA). We provide evidence-based behavioral health services to individuals with developmental and neurological disorders, including Autism Spectrum Disorders (ASD).

Comprehensive ABA: Through a combination of Discrete Trial Teaching (DTT), Natural Environment Teaching (NET), and verbal behavior approaches, treatment is provided in the home and then generalized into the community and educational settings as the individual acquires new skills.

Services include, but are not limited to:

- Behavior Reduction
- Skill Acquisition
- Daily Living Skills
- Language & Communication
- Pre-Academic Skills
- Social Skills & Play Skills

Severe / Complex Outpatient Services: Specialized programming provided to individuals who display severe problem behavior that poses a significant risk to self, others, or the environment.

Services include, but are not limited to:

- Evaluation & Assessment

- Intensive Community-Based Treatment
- Outpatient Treatment
- Parent/Caregiver Training
- Training for other support staff

Contact information	Referral details
<p>Phoenix Office 4530 E Muirwood Dr, Ste 103 Phoenix, AZ 85048 P: 480-610-6981 F: 480-898-7419</p>	<p>referrals@hopegroupaz.com Contact; Stacy Smith, Clinical Coordinator Stacy@hopegroupaz.com</p>

Human Resource Training (HRT)

FAST Program: The FAST program was designed by HRT to support families and children that are involved in foster care, adoptive care or kinship care to increase their stability and to ultimately prevent disruption. These children must be enrolled in AHCCCS and they are or have been involved in the DCS/child welfare system. This program is designed to work directly with the family and the child (ren) in the placement home to provide support over an intensive period of 60 days (on average). FAST uses a trauma-informed perspective, as the belief is that every child that has been removed from a caregiver has potential trauma responses. A team is comprised of a Clinical Supervisor, a Family Support Specialist and a Family Resource Aide. Each has their own role to assist the child and the family in the following areas:

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

Contact information	Referral details
2131 E. Broadway Rd., #14 Tempe, AZ 85282 P: 602-433-1344 F: 602-249-1570	<ul style="list-style-type: none"> • Amna Gilmore, LPC #14545 • HRT • Clinical Supervisor / FAST Supervisor • amnag@hrtaz.com • 480 207-9584 • • Medical Records and Referral Attn: MollieVegamedicalrecords@hrtaz.com

Jewish Family & Children’s Service

Adolescent Community Reinforcement Approach (A-CRA): A-CRA is a behavioral intervention that seeks to replace environmental factors contributing to substance abuse with pro-social activities and behaviors supportive of recovery. This approach includes sessions with the adolescent alone, with the caregiver alone, and with adolescents and caregivers together. The program can work with adolescents who do not have involved caregivers. A-CRA is not strictly an abstinence model; treatment goals related to reduction in substance use are mutually determined with the adolescent. National studies indicate effectiveness with Native American and Latino youth.

Average number of sessions per adolescent is 18 to 22. Priority

Populations: Services through this project are prioritized to the following populations of youth with substance abuse issues: pregnant or parenting adolescent females; adolescents involved in the juvenile justice system; Latino and Native American youth and children enrolled with DCS. All services are for Title XIX/XXI and Non-Title XIX/XXI eligible adolescents.

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

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

crisis escalations and disruptions. Eligible children are Title 19 enrolled. Emergent intakes are also available to bring children into the behavioral health system and get connected with a clinical home for longer-term needs and behavioral health services. Services are available 7 days a week.

Contact information	Referral details
<p>A-CRA P: 602-358-0441 F: 602-353-0703</p> <p>TIP P: 602-567-8353 F: 602-254-8611</p> <p>Hospital Team P: 602-353-0718 F: 602-688-8834</p>	<p>Diane.Palacios@jfcsaz.org</p> <p>Jessica.Woodruff@jfcsaz.org</p> <p>childcrisisreferrals@jfcsaz.org</p>

La Frontera, AZ EMPACT-SPC DCS Crisis Stabilization

The team provides support to children and their families who are involved with the Department of Child Safety and who may or may not be placed outside of their family homes. Various placement situations would include but not limited to In Home Dependency; Foster Homes; Group Homes; and Kinship Family Homes. The support is all inclusive providing immediate crisis intervention, crisis dts/dto assessments; care giver education; intake into the systems; building child and family teams; safety planning; crisis prevention; trauma focused symptoms management; one on one behavioral support; grief and loss and counseling to help the family and child adjust to their current situation and whatever it takes to ensure the stabilization of the family and to keep the child from further disruptions. The teams are available 7 days a week including holidays. There is a Crisis Stabilization Specialist/Therapist on call until 11:00 PM Monday through Thursday and midnight on the weekends to provide immediate crisis intervention, in essence giving the child and family their own personal crisis response team.

Contact information	Referral details
<p>La Frontera, AZ EMPACT-SPC 618 S. Madison Dr. Tempe ,AZ 85281</p> <p>P: 480-784-1514 F: 480-967-3528, Contact; Dr. Benet Press</p>	<p>Department of Child Safety Case Managers. Direct referrals are also accepted from families; foster placements; kinship placement; group homes/shelters; Residential Treatment; Hospitals; Rapid Response and Mobile Crisis as well as all Quality Service Providers; Direct</p> <p>Service Providers and Specialty Providers. DCS Case Managers submit referrals to Crisis Response Network who then will dispatch the provider. Direct referrals are submitted to Crisis Stabilization Management Team</p>

MARC Community Resources, Inc.

SAIL: provides services for young adults (16 – 25 years), with Autism Spectrum Disorder and various other disabilities that are in need of support as they transition from youth to adulthood. Transition facilitators help to support individuals in their homes and communities by targeting the following domains: Continuing education opportunities, employment related services, adaptive and social skills training and community integration. Behavior analytic services are also available to help individuals decrease behavior excesses to live a healthy and happy life. Eligibility: C/A in the GMHSA system with TXIX benefits and Adults in GMHSA or SMI with TXIX benefits. Monday – Friday 8am – 5pm with some flexibility.

Contact information	Referral details
4250 E Florian Ave #1 Mesa AZ, 85206 P: 480- 969-3800 F: 480-539-4947	Referral requests sent to: kellie.mccants@marccr.com

MIKID

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

Contact information	Referral details
7816 N. 19 th Avenue Phoenix, AZ 85021 P: 602-253-1240 F: 602-840-3408	Centralazrecords@mikid.org Referral Coordinator: Jennifer Diaz Montano Jenniferd@mikid.org

Native American Connections

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

Intensive Outpatient Substance User Program (IOPSU): For teens age 14 – 17 years old that have an existing substance abuse disorder. NAC also accepts non-AHCCCS eligible teens with substance use issues for IOPSA program. Clinical services include psycho-educational topics related to substance use, relapse prevention, emotional and behavioral concerns, family dynamics and life skills related to sobriety and recovery. The program combines evidence-based practices with Native American cultural practices to provide integrated mind-body-spirit treatment. Group meets Monday – Thursday evenings from 5:00 pm to 7:00 pm, a light snack is provided prior to group and central location is located near a light rail stop.

Transitional Aged Youth Program (TAY): Assists young adults (ages 15 – 21) by offering independent living goals and social skill building to enhance the youth’s ability to successfully live in the community. Topics addressed may include employment, education, housing, social and family relationships, independent and daily living skills, finance and budgeting, decision making, emotional and physical health and wellbeing, and community-life functioning. The program has a specialty in working with youths who have substance abuse or co-occurring disorders. Available services include one on one skills building, small group skills training, and community-based service projects.

Contact information	Referral details
4520 N. Central Ave., Suite 100, Phoenix, AZ 85012 P: 602-424-2060 F: 602-424-1623 Christy Vaughn, Operations Manager , P. 602-424-2060	intake@nativeconnections.org <ul style="list-style-type: none">Also, we are accepting non-AHCCCS eligible teens with substance use issues for the IOPSA/Standing Strong program.

New Hope of Arizona, Inc.

New Hope of Arizona, Inc. works with children and families with complex behavioral, developmental and/or emotional needs, ages 3-17. Agency provides a majority of services within the home and community of children and their families during day, evening, and weekend hours based on the family's need. Services that may be offered in the home and/or community include MMWIA-behavioral coaching, mentoring, individual therapy, family therapy, play therapy, in-home respite, facility based respite services and functional behavior assessments. New Hope of Arizona, Inc. also partners with St. Luke's OSCA Unit and other Emergency Departments in Maricopa County to provide emergency 48-hour respite services for hospital discharges. In addition, New Hope of Arizona, Inc. provides Level II Behavioral Health Residential Facility-Therapeutic Group Home Services.

New Hope of Arizona, Inc. partners with families, provider organizations, and the community to provide quality interventions in both English and Spanish in a community based and family centered manner. New Hope of Arizona, Inc. will provide transportation to and from services if needed. Requirements for Services Include: Referral, MMWIA Prioritization From (if applicable), CASII, SN&C, Crisis Plan, Current Assessment or Psych Eval, and Current Treatment Plan.

Contact information	Referral details
12406 N 32nd St., Ste. 101 Phoenix, AZ 85032 P: 602-535-5686 F: 602-535-5912	referral@newhopeofarizona.com Joey Canez, Clinical Director: Jcanez@newhopeofarizona.com Ricardo Sainz: Rsainz@newhopeofarizona.com (for TGH Referrals)

Oasis Psychological Services

Intensive Outpatient Program: Sexual Behavior Treatment: The Sexual Behavior Treatment Program (SBTP), at Oasis Psychological Services is a comprehensive, trauma-informed treatment program for adolescents who demonstrate sexual misbehavior. All clinical staff for the SBTP have the following certifications: Certified Juvenile Sex Offender Specialist, Certified Clinical Trauma Professional, and Certified Family Trauma Professional. The SBTP consists of a combination of individual, group, and family therapy. All youth undergo an in-depth intake process that includes an interview with the youth, their involved family members, and their probation officer, if applicable. In addition to the interviews, members may also take various psychological and/or psychosexual assessments. Based on the results of the intake process, the youth is rated low moderate or high risk, are assigned to the proper level of treatment, and an individualized treatment plan is made based on their needs. In order for youth to successfully complete the SBTP, they must meet all of the program competencies by completing their treatment work, pass four polygraphs, have a decrease in their dynamic risk factors, comply with terms of probation (if applicable), demonstrate a decrease in familial conflict, and demonstrate increase in self-regulation skills.

Contact information	Referral details
1930 S. Alma School Rd Suite A216 Mesa, AZ 85210 P: 480-282-4237 F: 623-900-7217	602-253-1240: drleclerc@oasispsych.com

Open Hearts Family Wellness

General Outpatient Therapy: Therapists are Certified Clinical Trauma Professionals or Certified Family Trauma Professionals specializing in modalities such as Motivational Interviewing, Play Therapy, CBT, DBT, and EMDR. Referrals are submitted to the Office Coordinator (contact information listed below) and require supportive documentation: DSP Referral form listing individual or family therapy as the type of service requested, updated Service Plan with individual or family therapy listed as an action step (including BHP and guardian signature), SNCD, Crisis Plan, CASII Score Sheet, and Assessment/Annual Update with BHP signature and qualifying diagnosis. Upon receiving the referral, a Clinician will contact the assigned case manager to arrange a CFT meeting to commence services. Family Support Partner/Specialist is available upon family or team request.

Project STAR: Survivors of Trauma Adapting and Recovering is a trauma specialty program designed to meet the needs of children of all ages impacted by interpersonal trauma, abuse, and deprivation. Project STAR psychotherapists employ an array of empirically validated approaches to facilitate healing and growth, including Eye Movement Desensitization and Reprocessing (EMDR), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), interventions consistent with principles of Theraplay® to enhance attachment within the caregiving system, and adjunct approaches including sand tray therapy, play therapy, and expressive arts therapies. Requirements for referral include a PTSD Diagnosis, or other diagnostic code reflecting history of trauma (physical/sexual/neglect of child focus on victim).

Referrals are submitted to the Clinical Office Coordinator (contact information listed below) and must include the following supportive documentation: DSP Referral form listing Project STAR/trauma therapy as type of service requested, updated Service Plan with trauma therapy/Project STAR listed as an action step (including BHP and guardian signature), SNCD, Crisis Plan, CASII Score Sheet, and Assessment/Annual Update with BHP signature and qualifying diagnosis. Upon receiving the referral, a STAR Clinician will contact the assigned case manager to arrange a CFT meeting to commence services. Family Support Partner/Specialist is available upon family or team request.

Managing Emotions Mindfully Group: The 16 week Skills Group facilitated through Open Hearts focuses on providing education and instruction regarding the meaning of dialectics and teaching skills consistent with the dimensions of Mindfulness, Distress Tolerance, Interpersonal Effectiveness, and Emotion Regulation.

Teenagers (13-17 years old) are the targeted population for this particular group, which empowers members to apply acquired skills to current and future life experiences. Requirements for referral include a minimum of no DTO/DTS or hospitalizations within 60 days of the referral, and concurrent participation in individual therapy outside of the skills group. Referrals are submitted to the Operations Team Specialist (contact information listed below) and must include the following supportive documentation: DSP Referral form listing.

Managing Emotions Mindfully Skills group as type of service requested, an updated Service Plan with Managing Emotions Mindfully Skills group listed as objective/action step (including BHP and guardian signature), SNCD, Crisis Plan, CASII Score Sheet, and Assessment/Annual Update with BHP signature. Case Managers assigned to enrolled clients are responsible for arranging transportation to and from the office location. Upon receiving the referral, a group facilitator will arrange an intake and assessment required to enroll the client in the group. Family Support Partner/Specialist is available upon family or team request.

Intensive Outpatient Substance Abuse Group (IOPSA): The Intensive Outpatient Substance User Program is evidence based program designed to motivate a young person's decisions and commitment to change. The IOPSA program is based on the Seven Challenges, an informed decision-making model. Teenager's ages 13-17 years old are accepted and must have a current substance abuse diagnosis. Clinical services will address substance abuse, relapse prevention, emotional and behavioral concerns, family dynamics, and life skills. Referrals are submitted to the Clinical Therapist (Contact Information listed below) and criteria include: DSP Referral form listing IOPSA group as type of service requested, an up to date (within the last year) behavioral health assessment with a substance abuse diagnosis (including BHP signature), a current Service Plan with an action step for IOPSA (including BHP and guardian signature), and a CASII Score. If the identified CASII score is a 4 or above, a Strengths, Needs, and Cultural Discovery and Crisis Plan are also required for the service. Once referral items are received a clinician will contact the family to complete an intake. Family Support Partner/Specialist is available upon family or team request.

The Spectrum Specialty Team (SST): The SST program works closely with children, families, providers, educators, and medical professionals to serve children diagnosed with Autism Spectrum Disorder. Our intensive services include assessment, relational enhancement, adaptive skills reinforcement, communication skill development, behavioral management, as well as support for the family and in the community as needed. In addition, we also provide individual and family therapy as necessary. All interventions are based upon careful assessment of each child's strengths, abilities, and needs and are guided by the developmental model of treatment for spectrum disorders that views relationship as paramount to facilitating meaningful change. Referrals are submitted to the Operations Team Specialist (contact information listed below) and must include the following supportive documentation: DSP Referral form listing SST as type of service requested, Updated Service Plan (including BHP and guardian signature) listing SST as an action step, SNCD, Crisis Plan, CASII Score Sheet, and Assessment/Annual Update with BHP

signature, and qualifying diagnosis. Family Support Partner/Specialist is available upon family or team request.

Next Step (NS): Is a Meet Me Where I Am (MMWIA) provider that specializes in delivering intensive direct support services to families with children at risk of being placed out of home, or who is in transition back into the home. NS provides family and community centered interventions, guided by positive behavior support principals to address the needs identified by the Child and Family Team (CFT). Data is gathered to track progress made by the client and family, in relation to the family’s vision, values, and goals. Next Step strives to assist families to develop natural supports while working to achieve individualized, identified goals developed by the team. Referrals are submitted to the Operations Team Specialist (contact information listed below) and must include the following supportive documentation: The DSP Referral Form, the most current Service Plan with BHP and guardian signatures (listing behavior coaching services as an identified objective), a current Assessment or Annual Update with BHP Signature, CASII Score Sheet (if 6 or older), a current Crisis Plan, a current Strength Needs Cultural Discovery (SNCD), and a Referral Prioritization Form. Upon receiving the required referral documentation, contact will be made with the referring case manager and guardian to complete an initial screening to identify specific needs of the family. Family Support Partner/Specialist is available upon family or team request.

Contact information	Referral details
IOPSU 4414 N 19th Ave Phoenix, AZ 85015 P: 602-285-5550 X 348 F: 602-285-5551	Referrals made to the IOPSU-Journey Therapist: Megan Greenwalt (mgreenwalt@openheartsaz.org) *Special Dx of Substance abuse required.
FBA’s & SST 4414 N 19th Ave Phoenix, AZ 85015 P: 602-285-5550 x 400 F: 602-285-5551	Referrals made to the Operations Team Specialist: Megan Greenwalt (mgreenwalt@openheartsaz.org) *Special Dx of Autism Spectrum Disorder required
Next Step 4414 N 19 th Ave Phoenix, AZ 85015 P: 602-285-5550 Ext: 400 F: 602-285-5551	Referrals made to the Operations Team Specialist: Megan Greenwalt (mgreenwalt@openheartsaz.org)
Managing Emotions Mindfully 4414 N 19 th Ave Phoenix, AZ 85015	Referrals made to the Operations Team Specialist: Megan Greenwalt (mgreenwalt@openheartsaz.org)

P: 602-285-5550 X 400 F: 602-285-5551	
Outpatient Individual and Family Therapy 4414 N 19 th Ave Phoenix, AZ 85015 P: 602-285-5550 X 400 F: 602-285-5551	Referrals made to the Operations Team Specialist: Megan Greenwalt (mgreenwalt@openheartsaz.org)

Phoenix Interfaith Counseling c/o TERROS

Dialectical Behavioral Therapy (DBT) for Adolescents: This outpatient program targets suicidal and self-harming behaviors, impulsivity, emotion dysregulation and interpersonal chaos by teaching mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness and middle path skills. This is a model adherent DBT program. We are accepting referrals for adolescents ages 13-17 who have a HNCM/ICM. Participants will have one hour of individual therapy and two hours of skills group weekly for approximately six months.

Contact information	Referral details
12835 N 32nd St. Phoenix, AZ 85032 P: 602-389-3660	Send secure emails to: ADBTreferrals@terros.org Contact: Monica.Cawley@terros.org

Resilient Health (Formerly PSA Behavioral Health Agency- Art Awakenings)

Outpatient Art Therapy and Therapeutic Arts Program for Children and Adolescents- Art therapy is a creative process that helps youth and adolescents improve physical, mental and emotional well-being. Art Therapists use a variety of art media, storytelling, poetry, music, movement, visual arts, painting, and sculpture to individualize the experience. Challenges experienced by youth include symptoms or behaviors which interfere with well-being, such as difficulty in verbal and emotional expression which can affect success in school, at home, with peers or in the community. The therapeutic process utilizes creative expression to transform attitudes, expand perceptions, create hope, cope with difficulties and work towards successful school and family relationships. Therapeutic art groups use innovation in a safe and supportive environment, free of judgment or criticism. Youth participate in meaningful activities to encourage positive socialization, life skills and problem solving focused on unique strengths. Trained Art Therapists facilitate youth groups that range from ages 6-17. All group interventions consider the developmental stage and age of the youth; are sometimes placed in different age groups depending upon the group make-up, appropriateness and individual’s needs.

Service hours for Maricopa Youth Studio are:

- Ages 11-13, 3:30 pm – 4:30 pm & 4:30 pm – 6:00 pm [Mon]

- Ages 7-10, 4:00 pm – 5:30 pm [Tues]
- Ages 14-17, 4:00 pm – 6:00 pm [Wed]
- Ages 14-17, 4:00 pm – 6:00 pm
- Ages 11-13, 5:00 pm – 6:00 pm [Thurs]

Service hours for Tempe Youth Studio are:

- Ages 7-10, 4:30 pm – 6:00 pm Monday
- Ages 7-10, 5:00 pm – 6:00 pm Tuesday
- Ages 11-13, 4:00 pm – 5:00 pm, Ages 11-13 5:00pm – 6:30 Wednesday
- Ages 14-17, 4:00 pm – 6:00 pm; Thursday
- Ages 14-17, 4:00 pm – 5:30 pm; Friday

Contact information	Referral details
2255 W. Northern Ave. Phoenix, AZ 85021 P: 602-242 1238 F: 602-995-1863 4655 S. Lakeshore Drive Tempe, AZ 85282 P: 480-894-1568 F: 480-894-5469	Nicole Gordon: Nicole.Gordon@RHaz.org referrals@RHaz.org

Reach Family Services, Inc.

Reach Family Services, Inc. operates several programs in Arizona providing community-based, direct support services to children and their families. We also work to promote & sustain collaboration with other community stakeholders. Reach Family Services, Inc. also has bilingual English and Spanish services for parents. The intention of this program is to teach participants how they can support their children who have behavioral challenges. Parents will learn about important topics including: communication, positive discipline, self-esteem, and dealing with emotions, forgiveness, decision making and many more. Groups are also offered for children and youth which focus on: bullying, controlling anger, and dealing with emotions through training and interactive activities. The following is an example of some services and programs provided by Reach.

- Parent/Youth Mentoring
- Family Support Partners
- Social/Independent Skills Trainings
- Parenting classes
- Assistance with Individual Education Plans (IEP) or 504

Contact information	Referral details
3535 W. Southern Ave Suite 128 Phoenix, AZ 85041 P: 602-512-9000. www.contactus@reachfamilyservicesinc.org Webpage: www.reachfamilyservicesinc.org	referrals@Reachfs.org Contact: Nancy Rodriguez, NRodriguez@Reachfs.org

San Tan Behavioral Health

Behavior Coaching: This program is a unique platform that is designed to teach children and adolescents how to address and cope with their behavioral issues in a manner that allows them to remain in the given school, home or community. Under this program, San Tan provides Behavioral Coaches to address in-home and/or in school support services to children/youth in the corresponding area of need. STBHS coaches use direct and indirect measures to observe the client and try to determine why a behavior is occurring and what interventions may be effective to change or reduce the behavior. Behavioral Coaches utilize life skill building, personal care services and promotes parent/guardian participation.

Therapeutic Weekends: This Program is a collection of therapeutic services designed to address concentrated behavioral health issues such as grief and loss, anger management, self-esteem, specific family issues etc. The entire weekend is run by San Tan behavioral health technicians or therapists who are familiar with the clients and their families. Staff also takes clients on “outings with a purpose” throughout the weekend to engage them in the community and provide an opportunity to work on life and social skills. A small staff to client ratio is always maintained, typically 1 staff to 4 clients. Weekends are conducted in a San Tan Behavioral home. While this Program does provide a period of rest and relief for families, the overarching purpose of the program is to impart new coping/living skills to the client, and to then provide feedback to the family who can support the client in their progress. The program is therapeutic, and therefore respite services are not a part of the Program.

Therapeutic Recreational/Afterschool Programs: San Tan Behavioral Health Recreational Programs are therapeutic after school programs which run Monday-Saturday. Our planned recreational activities, which include Karate, Dance, and Boxing & Basketball, are instrumental to improving or maintaining our clients physical, cognitive, emotional, and social functioning. During these recreational activities, Behavioral Health Technicians provide behavioral support while participating with the clients. Put simply, our recreational programs, which are at no cost to the client, help them get better and/or learn to experience overall health by guiding them through a process of participating in goal oriented activities.

Mentoring: San Tan’s Mentoring Program provides support services that allow adults to be positive role models in the lives children, adolescents and young adults. What makes our Mentoring

Program unique is that we can provide a mentor to work with adults as well, to model appropriate parenting skills and household management. We strive to find and empower natural support systems by involving parents and siblings, extended family members, community members (with consent) and community programs to provide these services alongside mentors until the natural support system is ready to replace the mentor relationship with the client. Mentors work with clients to help them reach their treatment plan goals through activities, emotional support, and overall empowerment.

Community Based Counseling: Counselors work with children, adolescents, young adults and families in their schools, homes and/or communities to help decrease stress and increase positive behaviors while improving familial relationships. Counselors use a variety of techniques including play therapy, cognitive behavioral therapy and client centered approaches while maintaining a strength-based perspective. Individual and family counseling is provided to the family as often as the family and/or referring party requests. All Counselors have Masters Degrees and work under the supervision of an Arizona Board of Behavioral Health Licensed Professional. STBHS has general practitioners as well as practitioners with specialties in trauma.

Triple P: San Tan offers a specialized Birth-to-Five program under the general umbrella of Community Based Counseling. Triple P Parenting is a nationally recognized program with very successful outcome measures, and San Tan currently has staff certified in administering services under this program. With Triple P, a qualified clinician meets with families in their homes or a San Tan office and provides specific developmental education and hands-on parenting skills training. Upon completion of this service parents will receive a certificate of achievement.

Contact information	Referral details
459 N. Gilbert Rd., Suite C-100	For all inquiries and referrals please contact Dan Brewer
Gilbert, AZ. 85234 Tel: 480-507-3644 Fax: 480-632-0026	email at Danb@santanbhs.com Office: 480-507-3644 Email referrals to: Referrals@santanbhs.com

S.E.E.K Arizona

S.E.E.K. Arizona offers several evidence-based behavioral health services for clients who wish to learn appropriate, safe, and positive behavior choices to improve their quality of life and relationship with others. Services include Counseling, Positive Behavior Support, Functional Behavioral Assessments, Behavior Support Plans, Behavior Coaching, Family Support Training, Social Thinking Programs, and intensive evidenced-based classroom programming through our Life Skills Learning Academy and BRIEF program. All children and adult services are led by specialists who have extensive training or certifications in Applied Behavior Analysis and are experienced with developmental disabilities, behavioral disorders, or autism spectrum disorders.

Counseling: Provides counseling services that take a behavioral approach to individual and family therapy. Therapists target issues impacting a youth or young adult's functional success and create behavioral interventions that address parenting, sibling, and other family stressors.

Positive Behavior Support (PBS): Provides individualized, home and community based behavioral support to families with developmental or behavioral health needs through empirically validated interventions. Utilizing function-based assessment, behavior analysts build intensive intervention and skill acquisition programs that target socially important outcomes. This support provides assessment, coaching, and family support training as part of its service delivery.

Functional Behavior Assessment (FBA): For many clients, an assessment is recommended to determine what the functions of their challenging behaviors are, before effective treatment options can be developed. An FBA is conducted by a licensed or board certified behavior analyst (BCBA) and can include a variety of tools such as interviews, severity scales, and functional analysis, in addition to observation and data collection, to aid in development of an appropriate behavior support plan.

Behavior Support Plan (BSP): Through observation and input from parents, teachers, caregivers, and other professionals, our BCBA's develop a Behavior Support Plan targeting socially significant areas that will improve a client's life and lead to happy, healthy and productive choices. Behavioral technicians implement the Behavior Support Plan (see Behavior Coaching) and provide Family Support Training, relying upon a family centered approach to treatment, by encouraging parents and siblings to participate in sessions.

Behavior Coaching: Behavioral technicians support clients and their families in their home, schools, or communities and target behaviors that lead to independence and productive interactions within their community. Behavior coaching targets both behaviors for reduction and acquisition, focusing on: Self-Regulation, Daily/Independent Living, Organization/Planning, Executive Functioning, Decreasing Aggression, Anxiety/Coping, Interpersonal Relationships, and Social Integration. Daily data and monthly treatment evaluations ensure treatment effectiveness.

Family Support Training: Family support services provide parents and caregivers with training, coaching, and education surrounding their child's behavioral needs in their home or community settings, with the goal of improving the child's functioning. This service is facilitated by behavior coaches and behavior analysts.

Life Skills Classroom Programs: S.E.E.K. Arizona offers various classroom environments for adolescent, teen, and young adults in transition, to provide social skill building and independent living goals in a group context with their peers. Participants engage in a variety of activities that promote individual independence and the interpersonal skills necessary for success in a variety of home and community settings.

BRIEF Program: BRIEF is an intensive and individualized, direct instruction program, led by Licensed and Board Certified Behavior Analysts geared towards young learners having difficulty with inclusive preschool classrooms or who require intensive or individual support. This evidence based program supports the 0-5 population with functional curricula and treatment plans tailored to each learner’s individual needs and is conducted in a clinical, preschool environment.

Social Thinking Programs: S.E.E.K. Arizona uses the Superflex curriculum designed to teach younger learners how to regulate their behaviors and become stronger social problem solvers. Professionals, coaches, and parents alike use this engaging teaching approach to help students learn about their own inner Superflex (their super heroic, flexible social thinking) and the related strategies they can use to outwit and outsmart various social challenges, represented by Unthinkable characters, such as Glassman, Brain Eater, One-Sided Sid, Mean Jean, and others.

Contact information	Referral details
<p>Outpatient 1830 S. Alma School Rd, Ste. 130 Mesa, AZ 85210 P: 480-902-0771 F: 602-795-1663</p> <p>Life Skills Academy 921 S. Val Vista Dr., Unit 104 Mesa, AZ 85204 P: 480-902-0771 F: 602-795-1663</p>	<p>Contact : Liz Merkel at 480-902-0771 ext. 150 Send referrals to; Bhservices@seekarizona.org *Special referral requirements: Please call and staff case for appropriateness prior to submission of a referral</p>

Southwest Behavioral Health

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

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

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

Contact information

SBH Clinics (Valley wide)—Referrals can go to each site directly

Contact: Dominic Miller, VP Outpatient Services-DominicMi@SBHServices.ORG

Broadway Clinic 4420 South 32nd Street

85040 Phoenix , AZ

P: 602-268-8748

F: 602-253-1557

Mesa Clinic 1255 W. Baseline Road, #138

85202 Mesa , AZ

P: 480-820-5422

F: 480-775-4938

Erickson Clinic 2632 E. Thomas Road, #100

85016 Phoenix , AZ

P: 602.957.2507

F: 602-957-2510

Metro Clinic 11221 North 28th Drive, Building E

85029 Phoenix , AZ

P: 602.997.2233

F: 602.997.2667

Buckeye Clinic 26428 W. MC85

85326 Buckeye , AZ

P: 623.882.9906

F: 623.882.9908

Southwest Human Development

Direct Support Services: The Direct Support Services program provides in-home, in-school, and community based direct support services for children, birth through seventeen (17) years old, who have behavioral health diagnoses or developmental needs. Services are designed to include the child, their parents and/or caregivers, family members, teachers, and any community partners involved in the child's life. The services are tailored to the individual strengths and needs of the child and family according to the plan created by the Child and Family Team (CFT). The agency uses a variety of options for customizing the type, frequency, and amount of services provided. These services include but are not limited to: Individual and Group Parenting Training, Development and Psychosocial Rehabilitation Living Skills Training, Behavior Coaching, Family Support, Parenting Skills Training, Independent Living Skills Training, Psycho-educational Services, Crisis Prevention Education and Intervention, Ongoing Support to Maintain Employment, Behavioral Health Education, Medication Training and specialized services for the birth to five (0-5) population who have behavioral health diagnoses or developmental needs. The Direct Support Services program offers Common Sense Parenting: School-Aged Children and Common Sense Parenting: Toddlers & Preschoolers to parents of children birth through seventeen (17) years old. Both versions of Common Sense Parenting are evidence-based practical training programs that give parents effective parenting skills and help them to be more positive with their children. The Direct Support Services staff includes a diverse population of professionals with a wide array of mental health, cultural, and linguistic experiences. Services are offered using a culturally sensitive model. These services are supported by Case Management, Home Care Training, Unskilled Respite, and Transportation.

Contact information	Referral details
2850 N 24 th St Phoenix, AZ 85008 P: 602-266-5976 F: 602-274-8952	directsupport@swhd.org Contact: Filipa Lerma, Program Director FLerma@swhd.org

Southwest Network

Transition to Independence Process (TIP): program at Southwest Network offers a full array of services tailored to the unique needs and goals of young people ages 16.5 to 22 with emotional or behavioral difficulties. Community-based Transition Facilitators provide training and activities in the areas of employment, education, housing, social and family relationships, independent and daily living, finances and budgeting, decision making, emotional and physical health and wellbeing, and community-life functioning. Transition Facilitators work one-on-one with young people to help

them meet their unique goals, coach and support them, set the foundation for their transition to adult roles, and build a future for themselves.

STAR (Sex Trafficking Awareness and Recovery) Teen Group: provide an opportunity for teens to participate in an 11 week psycho-educational group designed to increase awareness and recovery regarding sex trafficking and exploitation. This knowledge will empower teens with the ability to identify elements of power and control within a relationship so they can develop healthy boundaries and engage in future healthy relationships. Topics will include: Understanding Abuse & Gender-Based Violence, Exploring the Effects of Trauma Family Violence & Abuse, Relationship Abuse, Self-Harm, Myths & Facts about Sex Work, Grief, Surviving & Healing, Relationships & Trust and Facing the Future.

Canyon State Academy Skills Building Groups: are facilitated by staff from Southwest Network. CSA life skills groups are designed for youth who are residents of the shelter while at Canyon State. These groups will educate youth about a variety of skills that will help them be successful in the community or futures placements after they leave Canyon State. Ages of group participants range between 10-17 years old. Maximum group size will be 10 youth. Topics of groups can include goal setting, anger/aggression management, stress management, money management, career building, employment, and communication skills.

Contact information

Community Based:

TIP Team Lead: Nathan Jackson, email Nathanj@southwestnetwork.org
602.304.0014

STAR Groups 2 Locations:

Bell Clinic

9051 W. Kelton Lane

Suite 13

Peoria, AZ 85382

Phone: (623) 815-5700

Fax: (623) 815-5759

Chandler Clinic

3140 N San Marcos Pl

Chandler, AZ 85225

Phone: (480) 497-4040

Fax: (480) 497-4141

St. Luke's OSCA

The OSCA program is a unique resource available to Maricopa County residents (age 5-17) with AHCCCS insurance. OSCA provides an observation period which cannot exceed 23 hours. If criteria for admission are not met, the patient will be released back to the guardian and additional outpatient support will be established. If Inpatient is the recommendation, OSCA staff will coordinate with the SLBHC Intake Department to get authorization from the RBHA for admission. The patient will be admitted to an appropriate psychiatric inpatient facility. OSCA's intended purpose is to help de-escalate a behavioral health crisis, by allowing an assessment or further monitoring to occur in hopes that the patient can be safely returned to his/her guardian. OSCA is not to be utilized to replace routine pharmacy needs, nor should it be a substitute to attending regular visits with your outpatient community Psychiatric Practitioner. The patient's medication regimen will be reviewed during the observation period and consultation with the outpatient Psychiatric Practitioner will occur so that necessary adjustments can be made when appropriate. Medications previously taken will be assessed and generally continued while in the program. St. Luke's Behavioral Health Center does not have an Emergency Department and does not offer emergency services.

Contact information	Referral details
1800 E. Van Buren St. Phoenix, AZ 85006 P: 602-251-8547 Contact: Ashley.Mullen@steward.org Referrals to: SLBH.intake@steward.org	To set an appointment for an assessment to determine if you are in need of our behavioral health services, please call: 602-251-8535 in the metro Phoenix area or toll-free, 1-800821-4193.

TERROS Developmental Behavioral Supports

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

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

Contact information	Referral details
TERROS P: 602-685-6000	Email completed service referral packet to: dbsreferrals@terros.org .

TERROS DCS Stabilization Team

The Team provides up to 90 days of in home stabilization to families, relatives, foster homes and group homes. We assist when there have been: multiple crisis incidents, risk of disrupting, history of defiance and non-compliance, physically aggressive, threatening self-harm, or self-mutilation, danger to self or danger to others, tantrums, threatening to run away. We work with placement to develop a plan to manage and decrease the intensity, frequency and duration of the behaviors being exhibited. We become a member of the treatment team and help advocate for the family and child.

Contact information	Referral details
TERROS P: 602-685-6000	Families involved with DCS can request DCS case manager submit request for DCS stabilization team. DCS Case Managers submit referrals to Crisis Response Network who then will dispatch the provider. Direct referrals are submitted to Crisis Stabilization Management Team

The Resolution Group

Intensive Out-Patient for Juvenile Sexual Behaviors: Four day a week program designed for Adolescents (females or males) ages 12-17 that have sexually maladaptive behaviors. Utilizes cognitive treatment interventions which include the sex offense cycle, high risk behaviors, social skills, empathy building, relapse prevention, clarification and reunification.

Relapse/Aftercare: Two day a week program geared for those who have successfully completed a Residential Treatment Program or an Intensive Outpatient Program and are back in the community. This program provides support education and check-ins, as well as clarification and reunification when clinically appropriate.

Boundaries: In the Boundaries Group, adolescent youth are brought together to develop an understanding of appropriate vs. inappropriate touch and language. Youth are taught several tools that will aid in the identification and setting of health distance, touch, sexual touch and internal boundaries. Youth will be educated on how to assess and interpret intact boundaries, damaged boundaries, walls as boundaries and lack of boundaries. Using assertive communication, youth will learn how boundaries serve as protectors of our basic rights and personal preference as human beings. Finally, youth will develop an understanding of how boundaries are formed and how to set boundaries utilizing trust in other individuals

Victim/Trauma Services: Individual and family treatment for victims (ages 2 to 99 years) of sexual abuse, physical abuse, and neglect. Therapists specialize in: forensically informed treatment interventions with open investigations, individual victim treatment addressing guilt, shame, feelings of responsibility as a result of the abuse history or the impact of the disclosure, individual and family treatment regarding safety and prevention, and social skill building groups addressing, social delays, difficulties in interpersonal relationships, and anger management.

E.M.D.R.EMDR therapy utilizes an eight phase approach to treatment comprised of client history, client preparation, assessment, desensitization processing past, present and future aspects of trauma memory, installation of a positive cognition, body scan, and closure and on-going evaluation. EMDR is most effective for those clients meeting criteria of single incident trauma. Clients with complex trauma may benefit from aspects of treatment dependent upon selection criteria

Family Empowerment Training: Parent Night provides a once-a-month meeting for the parents/adults involved in the child’s treatment process. This meeting will work towards understanding child’s sexual behaviors, the legal/Court Process, Rationale and Goal of Early Intervention, Rehabilitation, Goals and Methods of Treatment, Safety Planning, Risk of Continued Poor Choices, Dispelling Misconceptions about Child sexual abuse, Talking Action, and How to Decrease Problematic Sexual Behaviors. Parent Night will also work towards helping you to communicate with your child in a healthy manner, hold them accountable for their choices, and assist in the clarification and family reunification process.

Abel Assessment for Sexual Interest-2: Tool for the evaluation of boys and girls, ages 12-17, who sexually abuse younger children or who have other problematic sexual behavior. It is specifically designed to objectively measure a client’s sexual interests and obtain information regarding involvement in a number of abusive or problematic sexual behaviors. The AASI-2 is available in English or Spanish. Because different sections of the assessment system work together, the AASI-2 is really a system of evaluation tools that allow the therapist to quickly receive a range of valuable information organized in one detailed report.

Contact information	Referral details
623 W Southern Ave. Suite 7 Mesa, AZ 85210 P: 480-962-9288 F: 480-962-1293 1608 E Earll Rd Suite 1 Phoenix, AZ 85016 P: 480-962-9288	referrals@trzg.net Contact : Darin Chokey, Clinical Director Email; Dechokey@trzg.net

Touchstone Health Services

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

Multisystemic Therapy for Problem Sexual Behaviors (MST-PSB): is a clinical adaptation of the Multisystemic Therapy Program (MST) that has been specifically designed and developed to treat youth (and their families) for problematic sexual behavior. Building upon the research and dissemination foundation of standard MST, the MST-PSB model represents a state-of-the-art, evidence-based practice uniquely developed to address the multiple determinants underlying problematic juvenile sexual behavior. MST-PSB relies heavily on family therapy as a mechanism of change for the youth and family, and draws on models of parent training, structural and strategic family therapy, cognitive-behavioral therapy, and social skills building. Utilization of family-based clarification work is utilized to encourage sustainable change of both the youth and the family environment. Ensuring client, victim and community safety is a paramount mission of the model. Extensive assessment and planning underlie the individualized safety plan of every youth and family. The program is designed to work with youth who are in a home setting with at least one identified caregiver. MST-PSB Therapists meet with youth and families in the community, in homes, schools and neighborhoods to encourage success in the youth's natural environment for long-term sustainability. Therapists typically meet with families three to four times each week and are on-call 24/7. Treatment average is 5 to 7 months. Serves youth 10-17. MST-PSB is a Blueprints Model Program. For additional information and research on the MST-PSB program, please visit www.mstpsb.com.

Functional Family Therapy (FFT): is an intensive home-based family therapy program for youth who demonstrate maladaptive and acting out behaviors. FFT consists of five major components: engagement, motivation, relational assessment, behavior change and generalization. At its core,

FFT focuses on assessment and intervention to address risk and protective factors within and outside of the family that impact the adolescent and his or her adaptive development. A strong relational, cognitive and behavioral component is integrated into systematic skill training in several areas such as family communication, parenting, and conflict management skills. The program is designed to work with youth who are in a home setting with at least one identified caregiver. Service delivery takes place primarily in the home or community. Treatment average is 3 to 5 months (1x per week). Serves youth ages 11-17. FFT is a Blueprints Model Program. For additional information and research, please visit www.fftlc.com

Family Centered Autism Program: FCAP provides integrated and comprehensive treatment services, in the natural environment, to children, and their families, affected by Autism Spectrum Disorder (ASD) and other developmental disabilities. The goal is improving the lives of both children with autism and their family members. This goal is achieved by focusing on functional skills with the use of evidenced-based behavior analytic procedures, such as positive reinforcement to increase or decrease significant behaviors. The program emphasis is a family-based intervention protocol (Family Therapy) that centers on building family communication and developing relationships. FCAP recognizes the key role that parents/guardians play in a child's development and encourage family involvement throughout treatment. When appropriate FCAP takes into consideration the Trans generational trauma cycles and sensory sensitivity commonly observed among youths diagnosed with ASD. FCAP treatment services can involve a trauma-centered approach to helping youths build resiliency as they develop emotional self-regulation skills. Higher functioning youths and young adults on the spectrum will also learn how to take control of their behavioral and physical health through integrative behavioral health care. FCAP accepts DSP referrals for Therapy, Behavioral Technician, Group Social Skills, and AuSome Sibling Shop.

FCAP Therapy: Our FCAP Therapist have various backgrounds, including trauma, sand tray, etc. They provide therapy services in the home, office or community setting. Therapists work with clients on various things, such as self-esteem, healthy relationship, communication skills, expressing emotions appropriately, social skills, etc.

FCAP Group Therapy: FCAP Group takes place once a week for 12 weeks total. FCAP currently has three different curriculums to best meet the client's needs, which are offered at all 4 different Touchstone Health Services locations.

- Pre Social Skills group works with clients' ages 4-6 years old. Group facilitators work with clients on adapting and learning social environments, as well as learning expected behavior in group settings.
- Social Skills group focuses on clients learning expressive and receptive communication, as well as identifying and expressing emotions appropriately.

There is currently a teen group for this curriculum, which works on preparing the youth for Teen Social Skills Group. Teen Social Skills group works with youth to identify and respond appropriately to complex conversations. Youth also learn to develop positive and healthy relationships.

FCAP AuSome Sib Shop: Once a month, FCAP offers a workshop for siblings of children with special needs, with a focus on Autism. FCAP offers opportunities for siblings to obtain peer support and education within a recreational context.

FCAP Behavior Technician: Our Behavior Technicians (BT) work directly in the home, school, and/or community to work on problem behavior. After completing observations, the BTs work directly with the youth and family to implement a behavioral plan that works on decreasing and/or replacing target behavior.

FCAP Playground Partners: FCAP currently partners with five schools throughout the valley. Facilitators work with youth in the playground to work on social skills in youth's natural environment. Youth must be enrolled in any of the five schools to participate in this service

Intensive Outpatient Program (IOP): is a highly structured therapeutic treatment program designed to help children and adolescents who struggle with emotional and behavioral management in developing social, communication and coping skills that will help them improve their functioning at home, school and in the community. We utilize therapy groups and therapeutic activities along with goal setting, development of social skills & positive peer interaction, behavioral management, skills assessment, recreational activities, and development of decision making skills. Our Intensive Outpatient Program utilizes the Dialectical Behavioral Treatment (DBT) Steps A-curriculum. The curriculum was adapted from the skills training program in Dialectical Behavior Therapy which is an evidenced based treatment with empirically supported strategies. The skills from each of the DBT skills modules include areas of focus around: Orientation & Goal Setting, Dialectical Thinking, Core Mindfulness Skills, Distress Tolerance Skills, Emotion Regulation Skills, Interpersonal Effectiveness. IOP strives towards the following goals: prevent crisis situations from occurring in the home environment, mainstreaming of the client in the least restrictive environment, prevention of psychiatric hospitalization and/or risk of out-of-home placement, increase emotional regulation skills to develop self-control, increase positive coping skills and a healthy self-concept, promote social competency and social skills, and preserve the family unit by increasing family functioning and parental empowerment to manage problem behaviors in order to increase sustainability for the youth and parent/caregiver. The program works closely with the parents to help develop consistency between environments and includes a family education/support group. The treatment team works with each Child and Family Team (CFT) to help identify goals and treatment strategies. During the school year, the program meets from 3:30 pm to 6:30 pm daily. During summer and winter break, the program meets from 9:30 am to 3:30 pm. The program accepts children between the ages of 8 and 17.

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

**The respite program is a facility based service only, based out of our Main location (15648 N. 35th Ave. Phoenix, AZ 85053). All participants need to be toilet-trained and be able to use the restroom independently in order to attend the respite program.

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

Contact Information	Referral Details
<p><i>Whatever it Takes (WIT)</i> Phone: 1-866-207-3882 15648 N 35th Ave Phoenix, AZ 85053 *community based Contact: Candy Garcia, IOP, Clinical Director Outpatient Programs Candy.Gracia@touchstonebh.org</p>	<p><u>To send referrals or questions about referrals:</u></p> <ul style="list-style-type: none"> • Wit.referral@touchstonebh.org • Phone: 866-207-3882 <p>Referrals need to be made by a high needs case manager. Exceptions can be made if a child is waiting for high needs CM assignment. All standard referral documentation needs to be included as well as the MMWIA prioritization completed.</p>

<p><i>Family Centered Autism Program (FCAP)</i> Phone: 1-866-207-3882 15648 N 35th Ave Phoenix, AZ 85053</p> <p>2150 S Country Club Dr., Ste. 35/36 Mesa, AZ 85210</p> <p>3602 E Greenway Rd., Ste. 102 Phoenix, AZ 85032</p> <p>Candy.Gracia@touchstonebh.org</p>	<p><u>To send referrals or questions about referrals:</u></p> <ul style="list-style-type: none"> Email: dsp.referral@touchstonebh.org ☐ <p>For social skills group: dsp.referral@touchstonebh.org</p> <ul style="list-style-type: none"> Phone: 866-207-3882 <p>Referrals need to be made by a case managers or therapists. All standard referral documentation needs to be received including a protracted assessment.</p>
<p><i>Intensive Outpatient Program (IOP)</i> Phone: 1-866-207-3882 15648 N 35th Ave Phoenix, AZ 85053 Contact: Candy Trejo Garcia, Clinical Director Outpatient Programs Candy.Gracia@touchstonebh.org</p>	<p><u>To send referrals or questions about referrals:</u></p> <ul style="list-style-type: none"> Email: dsp.referral@touchstonebh.org Phone: 866-207-3882 <p>. All standard referral documentation needs to be included.</p>
<p><i>Respite</i> Phone: 1-866-207-3882 15648 N 35th Ave Phoenix, AZ 85053 Contact: Candy Trejo Garcia, Clinical Director Outpatient Programs Candy.Gracia@touchstonebh.org</p>	<p><u>To send referrals or questions about referrals:</u></p> <ul style="list-style-type: none"> Email: dsp.referral@touchstonebh.org Phone: 866-207-3882 <p>Referrals can be made by case managers. All standard referral documentation needs to be included.</p>

<p><i>Multisystemic Therapy (MST)</i> Phone: 1-866-207-3882 (Community Based) Contact: Candy Trejo Garcia, Clinical Director Outpatient Programs Candy.Gracia@touchstonebh.org</p>	<p><u>To send referrals or questions about referrals:</u></p> <ul style="list-style-type: none"> • Email: dsp.referral@touchstonebh.org • Fax: 602-732-5477 • Phone: 866-207-3882 <p>*MST requires a HNCN or in the process of requesting a HNCM.</p> <p>*Referrals require:</p> <ul style="list-style-type: none"> • DSP requesting MST. • MST Referral packet - Please email our DSP email to request a copy of the MST referral packet if you do not have one. • All standard referral documentation needs to be included. <p>*If referring for MST through the SABG grant, we only need the SABG referral form which can be requested through the DSP email as well.</p>
<p><i>MST for Problem Sexual Behaviors (MST-PSB)</i> Phone: 1-866-207-3882 (Community Based)</p>	<p><u>To send referrals or questions about referrals:</u></p> <ul style="list-style-type: none"> • Email: dsp.referral@touchstonebh.org • Fax: 602-732-5477 • Phone: 866-207-3882
<p>Contact: Candy Trejo Garcia, Clinical Director Outpatient Programs</p>	<p>Referrals require:</p> <ul style="list-style-type: none"> • DSP requesting MST-PSB. • MST-PSB Referral packet. Please email our DSP email to request the MST-PSB referral packet. • All standard referral documentation needs to be included. If CASII score is above a 4, please include signed Strengths, Culture, Needs, Discovery (SCND) and a signed Crisis/Safety Plan.

<p>Functional Family Therapy (FFT) (Community Based) Phone: 1-866-207-3882 Contact: Candy Trejo Garcia, Clinical Director Outpatient Programs</p>	<p><u>To send referrals or questions about referrals:</u></p> <ul style="list-style-type: none"> • Email: dsp.referral@touchstonebh.org • Fax: 602-732-5477 • Phone: 866-207-3882 <p>Referrals require:</p> <ul style="list-style-type: none"> • DSP requesting FFT. • FFT Referral packet. Please email our DSP email to request the FFT referral packet. • All standard referral documentation needs to be included. If CASII score is above a 4, please include signed Strengths, Culture, Needs, Discovery (SCND) and a signed Crisis/Safety Plan.
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Unique Family Services

Unique Family Services (UFS) is an agency that provides in-home and community-based direct support for youth with a combination of complex behaviors and cognitive delays, specializing in those diagnosed with Autism spectrum disorder. UFS also provides a 90-day stabilization program in our group homes for individuals with ASD and problem sexual/complex behavior, who may or may not be adjudicated. UFS provides development of FBAs as well their implementation either with our staff or other agencies. UFS strives to focus on the individual needs of not only the child who is our client, but his/her family as well and address them in ways that teaches them new behaviors. Many agencies report as specialty agencies, but at UFS, individuals must have a diagnosis of ASD or similar diagnosis in order to be deemed appropriate for our services. These services include:

- In-home and community-based supports
- Outpatient counseling
- Bridge services from our 90-day stabilization program to the client’s home setting (whatever that looks like).
- FBA’s

Contact information	Referral details
<p>4801 S Lakeshore Dr. Tempe , AZ 85282</p> <p>P: 480-462-0142 F: 866-682-6631</p>	<p>dspreferrals@uniquefamilyservices.com. LMurrillo@uniquefamilyservices.com Landis Murrillo, Clinical Director</p>

The U- Turn Foundation

Services for Adolescents with Sexual Maladaptive Behaviors: Out-patient program designed for Adolescent males (ages 12-17) that have sexual problematic behaviors. Treatment services include Group Counseling, Individual, and Family Counseling. Adolescents participate in the treatment program minimum two times per week, giving individuals an opportunity to explore cognitive distortions and erroneous patterns of sex, boundaries, and an ability to develop tools to appropriately express themselves and enhance their understanding of appropriate vs. inappropriate touch and language. Program utilizes cognitive treatment interventions which include the sex offense cycle, high risk behaviors, social skills, empathy building, relapse prevention, clarification and reunification when clinically appropriate.

Aftercare Services for Adolescents with Sexual Maladaptive Behaviors: Two day a week Outpatient program intended for Adolescent males (ages 12-17) who have successfully completed a Residential Treatment Program or an Intensive Outpatient Program and is back in the community. This program provides support to the adolescent and his family, psycho-education, and check-ins, via Group Counseling, Individual, and Family Counseling, as well as clarification and reunification when deemed clinically appropriate.

Victim/ Trauma services: Treatment goals are developed with input from the client, guardian, and identified needs from assessments. Interventions vary based on the client's needs and developmental level but may include CBT, sand tray/play therapy, art therapy, experiential interventions, psychoeducational, and Trauma Focused CBT. There is a specialty and emphasis based on working in collaboration with offender's therapists to facilitate both clarification and reunification and ultimately working on bringing families back together.

Contact information	Referral details
5235 East Southern Ave D106-606 Mesa, AZ 85206 P: 480.678.6069 / P:480-634-1163 F: 480-678.6072	rowreferrals@uturnfnd.org Melony Opheim; clinical director theuturnfoundation@gmail.com

Valle Del Sol

Intensive Outpatient Substance Abuse Program (IOPSU): This is a 64 Session, 16 week Intensive Outpatient Treatment group. The group meets from 5:00p-7:00p on Monday, Tuesday, Wednesday and Thursday. The program serves adolescents ages 13–17. The group is facilitated by Master's level clinicians alongside Recovery Coaches with substance abuse experience. The program utilizes the evidence-based Matrix Model and motivational interviewing techniques. The program will include recovery skills and relapse prevention; individual, group and family counseling; 12 step aftercare program; family education and support groups; along with weekly

Direct Support and Specialty Services

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drug screens. The program is located at 3 Valle del Sol locations across the Valley and collocated at Canyon State Academy.

Pre-teen Intensive Outpatient Substance Abuse Program (Pre-IOPSU): This is a 24 sessions, 16 week Intensive Outpatient Treatment group. The group meets from 5:00-7:00 p.m. on Tuesday, Wednesday, and Thursday. The program services pre-teen adolescents, ages 10-12. The group is facilitated by Master's level clinicians alongside Recovery Coaches with substance abuse experience. The program utilizes the evidence-based Matrix Model and motivational interviewing techniques. The program will include recovery skills and relapse prevention; individual, group and family counseling; 12 step aftercare program; family education and support groups; along with weekly drug screens.

Dialectal Behavior Therapy (DBT): DBT is a form of therapy for those who struggle with emotional regulation, intense and unstable relationships, and extreme impulsiveness, which include self-harm and/or self-injurious behaviors. In treatment members will learn important skills to modify their thought process in order to be more present in their lives, decrease impulsivity, gain tools to express themselves constructively, and overall improve his or her quality of life. This is a group that is offered once a week for a total of 22 weeks and it is paired with weekly individual DBT therapy. The group is facilitated by Master's level clinicians.

Parent/guardian participation is required for these services and the services are offered at our main office location on Mondays from 5pm-7pm. It services teens ages 13-17. Services are available in English and in Spanish.

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

Transition Age Youth (TAY): The TAY program promotes independence and goal-setting in transition-age youth who have emotional or behavioral challenges related to an Axis I disorder. This program assists youth in developing goals in the domains of education, employment, living situation, community functioning, personal effectiveness and well-being. Services are provided in the community by transition facilitators who guide and support the process of young adults' transition from youth to adulthood. The minimum age requirement is 16.

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

and are well versed in community resources to empower patients and guide them towards better health.

Contact information	Referral details
8410 W Thomas Rd #116 Phoenix, AZ 85037 (community based/behavior coaching) 602-258-6797 x1195	Contact: Arbita Ferozpurwalla P: 602-258-6797 ext.1195 arbitaf@valledelsol.com Referrals to: dsp@valledelsol.com
509 S Rockford Tempe, AZ 602-258-6797 x1195	
3807 N 7 th St Phoenix 85014 602-258-6797 x1195	
502 N 27 th Ave Phoenix 85009 602-258-6797 x1195	

West Valley Child Crisis Center

Trauma Services: WVCCC has 30 years of experience in providing comprehensive and culturally responsive services to children and their families, and specialize with those in the child welfare system. WVCCC specializes in the following interventions;

- Trauma Assessments
- Individual TF-CBT
- Trauma Focused Family Therapy
- Psychotherapeutic trauma informed group
- Psychoeducational family involvement model
- Substance Abuse
- Triple P

Contact information	Referral details
13760 W 93 rd Ave., Suite 101 Peoria ,AZ585381 P: 623-848-8863 F: 623-848-8864	Kary Goitia: KGoitia@wvccc.org

Youth Advocate Program

Agency will provide in-home and community-based direct support services for children who have behavioral health or developmental needs and their families and/or caregivers. The specific services provided will be tailored to the individual needs of the family according to the plan created by the child and family team (CFT). Agency will have a variety of options for customizing the type, frequency and amount of services provided. These services include but are not limited to Counseling Services; Skills Training and Development and Psychosocial Rehabilitation Living Skills Training, Behavioral Health Prevention/Promotion Education and Psychoeducational Services and Ongoing Support to Maintain Employment as well as Support Services; Case Management, Personal Care Services, and Home Care Training Family (Family Support). Specializing in ASD support services. Bilingual/Bicultural staff available.

Contact information	Referral details
4494 W Peoria Ave Suite 103 Glendale, AZ 85302 P: 623-209-1510 F: 623-209-1513	Nicole Sivesind, MBA Program Director Nsivesind@yapinc.org

Zarephath

In providing day and overnight respite, Zarephath strives to provide a safe, secure, culturally relevant and therapeutic respite program. In collaboration with the Child-Family Team(s), (“CFT”), Zarephath will provide opportunities for social development, positive peer interactions, and adaptive living skills acquisition. We serve youth ages Birth-17 for overnight weekend and Saturday day respite (Ages 5-17).

Contact information

Main Office (Zarephath Main OTC)
4856 E. Baseline Rd. Suite 104
Mesa, AZ 85206

Central Drop / Main Day Group
Freestone Park
1045 East Juniper Avenue
Gilbert, AZ 85234

Referral contact:
Denise Dewey, Community Liaison
denised@zrpath.com

Phone:
Phoenix: 480.518.6826

Fax:
Phoenix: 480.361.9144

24 Hour Availability Line (when clients are in care)
Phoenix 480.510.7013

24 Hour Spanish Line
800.782.2837

Referrals details