



The EFMP Connection

RESOURCE GUIDE

This guide contains information about programs and services that address the needs of families with disabilities in the Exceptional Family Member Program.

The guide is limited. It does not contain all family programs and services available in the Yuma area, neither does it include all programs in the community designed to assist families with special needs.

The goal is to assemble as many programs and resources into one guide for convenience.

The information contained in this guide will be updated often to keep up with on-going changes with programs, thereby assuring accurate referrals.

MCCS Marine & Family Services

Building 598
P.O. Box 99132
Yuma, AZ 85369-9132
Phone: (928) 269-2949

Table of Contents

Table of Contents	2
American Cancer Society	5
AWC Services for Students with Disabilities.....	6
AZ Center for Disability Law	7
AZ Department of Vocational Rehabilitation:.....	8
AzEIP - Arizona Early Intervention Program For Infants and Toddlers	9
Bista	10
Butterfly Effects.....	11
Child Development Center (CDC).....	12
Children’s Rehabilitative Services (CRS): <i>Yuma Regional Medical Center (YRMC)</i>	14
City Parks and Recreation.....	15
Crane’s Special Education	16
Crane’s Preschool, Special Education	17
Division of Developmental Disabilities (DDD): <i>A Division of Department of Economic Security</i>	18
Easter Seals Blake Foundation: Yuma Parents As Teaching Coaching Program (YPAT).....	18
Exceptional Family Member Program (EFMP)	19
Marine Corps Family Team Building (MCFTB).....	20
New Parent Support Program (NPSP)	21
Parent Information Network (PIN): <i>AZ Department of Education, Exceptional Student Services</i>	23
Raising Special Kids.....	24
Saguaro Foundation.....	25

S.M.I.L.E - Services Maximizing Independent Living and Empowerment	26
Special Olympics Arizona.....	27
Superstition Mountain Mental Health Center (SMMHC, INC).....	27
Supplemental Security Income (SSI): Social Security Administration.....	28
The Fisher House Program	30
TRIWEST	30
United Cerebral Palsy of Southern Arizona.....	31
WACOG Head Start Program.....	33
WIC – Special Supplemental Nutrition Program for Women, Infants, and Children	34
Yuma Community Food Bank (YCFB).....	35
Yuma County Health Department.....	36
Yuma School District One, Exceptional Student Services.....	36
Yuma Support Groups.....	38
Amputee Support Group	39
Autism Support Groups.....	39
Bereavement Support Group	39
Breast Cancer Support Group.....	39
Cancer Support Group	39
Depression Bipolar Support Group.....	39
Diabetes Support Group	40
Down Syndrome Support Group.....	40
Lung Disease Support Group.....	40
Lupus Support Group.....	41
MIKID Parent to Parent Support Group.....	41

Multiple Sclerosis Support Group.....	41
Ostomy Support Group	42

American Cancer Society

Program / Service

Description

The American Cancer Society provides help to victims of cancer. Assistance may include symptom management tips, general information, and transportation to appointments. Organization volunteers may also provide miscellaneous items such as wigs, hat, etc. at no cost.

Contact Information

Address:	1501 W. 24th St., Suite C. Yuma, AZ 85364
Phone 1:	(928) 336-4969
Phone 2:	1-800-227-2345
POC	Mary Bender
Website	http://www.cancer.org/docroot/home/index.asp (National)
E-mail:	N/A
Hours:	9:00 am - 4:00 pm (M - F) Fall Season: 8:00 am – 12:00 pm (M,T,Th,F) 1:00 – 4:00 pm (W)

Other Notes:

The American Cancer Society welcomes any questions or comments. However, the organization encourages people to re-evaluate the information given with their doctors.

The Arc of Yuma County

Program / Service

Description

The Arc provides advocacy, information,

Contact Information

Address:	PO Box 6830 Yuma, AZ 85366
Phone 1:	(928) 314-0154
Phone 2:	None
POC	N/A
Website	www.thearc.org (National)
E-mail:	rockellm@roadrunner.com
Hours:	

Other Notes:

The American Cancer Society welcomes any questions or comments. However, the organization encourages people to re-evaluate the information given with their doctors.

AWC Services for Students with Disabilities

Program / Service

Description

The Services for Students with Disabilities Office provides reasonable academic accommodations for college students with documented disabilities.

Organizational staff will work with students in partnership with faculty and community members to achieve a better understanding of the disability, while focusing on education.

Contact Information

Address:	2020 S. Ave. 8 E, Yuma, AZ 85366
Phone 1:	(928) 344-7629
POC	Laura Sandigo (<i>Access ABILITY Resource Service Coordinator</i>)
Website	http://www.azwestern.edu/student_services/student_support_services/disability_support_services/
E-mail:	laura.sandigo@azwestern.edu
Hours:	7:00 am - 5:00 pm (M - Th)

Other Notes:

Goals for students:

- Become effective self-advocates, independent and self-sufficient
- Build self-awareness, self-esteem and self-identity
- Work through personal obstacles and obtain academic success

AZ Center for Disability Law

Program / Service

Description

The Arizona Center for Disability Law is a not-for-profit public interest law firm, dedicated to protecting the rights of individuals with a wide range of physical, mental, psychiatric, sensory, and cognitive disabilities. The center provides free legal services and training in the following areas:

- Advocacy for individuals with Developmental Disabilities with civil rights issues
- Legal support for individuals with Disabilities with Housing
- Discrimination
- Advocacy of Individual Rights
- Client Assistance Program
- Assistive Technology Program

Contact Information

Address:	5025 E. Washington St., Suite 202, Phoenix, AZ 85034
Phone 1:	(602) 274-6287
Phone 2:	(800) 927-2260
POC	Kathy Roberts
Www.	www.acdl.com
E-mail:	N/A
Hours:	9:00 am - 1:00 pm (M, T, Th, F)

Other Notes:

The center also enforces the right to a free public education for children with Developmental Disabilities. All referrals are first processed through STAT, an in-house Short-term Assistance Team.

AZ Department of Vocational Rehabilitation: *A Division of Department of Economic Security*

Program / Service

Description

Vocational Rehabilitation (VR) program helps people with disabilities to become or remain economically independent through work. The program is administered by the Rehabilitation Services Administration (RSA). You may contact the agency if the following conditions exist:

- Your disability makes it difficult to secure or maintain employment
- Available services preclude you from obtaining or keeping a job

When re-training or education is the only or best way to go to work or keep a job, RSA may be able to help. The agency may provide:

- Tuition payments
- Other training related costs

Contact Information

Address:	1185 S. Redondo Center Dr. Yuma, AZ 85364
Phone 1:	(928) 247-8620
Phone 2:	N/A
POC	Eva Gonzalez
Website	https://www.azdes.gov/common.aspx?menu=108&menuc=162&id=474
E-mail:	N/A
Hours:	8:00 am - 5:00 pm (M - F)

Other Notes:

DDD is funded by the state of Arizona. Local branch provide a 30 - 40 minute orientation every 2/weeks at 9:00 am and 2:00 pm. Class schedule is based on enrollment. Please call for specific information.

For Rehabilitative Services contact (928) 247-8880

AzEIP - Arizona Early Intervention Program For Infants and Toddlers

Program / Service

Description

AzEIP offers early intervention to children from birth to three years old, or those who are at risk for Developmental Delay. This is achieved through a coordinated, community-based service delivery system, which is family-focused and culturally appropriate.

Call AzEIP if you have concerns about your child's:

- Plays or interactions
- Learning
- Communication
- Movement
- Vision
- Hearing

Contact Information

Address:	201 S. 3 rd Ave. Yuma, AZ 85364
Phone 1:	(928) 783-4003 Ext. 14
Phone 2:	(800) 929-8194
POC	Edith Provazek (<i>Program Director</i>)
Website	www.childfamilyresources.org
E-mail:	eprovezek@cfraz.org
Hours:	8:00 am - 5:00 pm (M - F)

Other Notes:

The program is federally funded.

Bista: *Autism Center*

Program / Service

Description

Behavioral Intervention, Support, Treatment and Assessment (BISTA) Autism Center staff work to enhance the lives of individuals with autism and other developmental and behavioral disorders. Bista provides three broad services within their programming:

- ABA therapy in your home
- Basic Language and Skill Acquisition
- Social Skill Acquisition
- Behavioral Treatment

Contact Information

Address:	10231 N. 35 th Avenue, Suite 113, Phoenix, AZ 85051
Phone 1:	602-926-7200
Phone 2:	N/A
POC	Donald Stenhoff or Christina Barosky
Website	www.accelautism.org
E-mail:	bista@accel.org
Hours:	

Other Notes:

Bista is an Applied Behavior Analysis (ABA) provider. Supervisory staff is Doctoral and Master's level Board Certified Behavior Analysts (BCBAs).

For additional information, visit the above website.

Butterfly Effects: *Autism*

Program / Service

Description

Butterfly Effects provides therapy and tutoring services to individuals of all ages addressing challenges in the areas of academics, behavior, communication, daily living, social and life skills. Providers have expertise and training in the following disciplines and techniques:

- Testing
- Therapies
- Specialties

Contact Information

Address:	
Phone 1:	(888) 880-9270
Phone 2:	(954) 603-7885
POC	Jill Pignatiello
Website	www.ButterFlyEffects.com
E-mail:	jpignatiello@butterflyeffects.com
Hours:	9:00 am – 5:00 pm (M - F) East coast time

Other Notes:

Butterfly Effects is an Applied Behavioral Analysis (ABA) Provider. Their team consists of Psychologists, Board Certified Behavior Analysts (BCBA), Education Consultants, Speech and Language Pathologists and Occupational Therapists.

Child Development Center (CDC)

Program / Service

Description

CDC provides childcare services for children between the ages of 6 weeks to 5 years old (not enrolled in Kindergarten). The organization has an “open door” policy, encouraging parents to visit and interact with their children. Part of the program includes breakfast, lunch, and afternoon snack at no additional costs.

Childcare option availability:

- Full daycare for those who qualify
- Drop-in childcare is also provided

Contact Information

Address:	MCAS, Building 1085
Phone 1:	(928) 269-2350
Phone 2:	N/A
POC	N/A
Website	http://www.usmc-mccs.org/cyt/pocs.cfm?sid=fl&smid=6
E-mail:	N/A
Hours:	6:00 am - 6:00 pm (M - F)

Other Notes:

Parents must have a current drop-in packet that includes immunization record, health assessment, and notarized medical power of attorney on file. CDC charges \$3.00 per hour for each child.

Registration forms can be obtain by visiting the Child Development Center in building 1085, or calling the front desk using the above number for additional information.

Children's Rehabilitative Services (CRS): Yuma Regional Medical Center (YRMC)

Program / Service

Description

Children's Rehabilitative Services (CRS) assist children from birth to 21 years old with the following conditions:

- Orthopedic
- Cleft palate
- Neurological
- Cardiac
- Ophthalmological
- Pulmonary
- Metabolic
- Sickle cell

Children identified as high risk in the newborn period are referred to the Newborn Intensive Care Program. Those from birth to three years old and identified with developmental delay are referred to the Early Intervention Program.

Contact Information

Address:	2400 S. Ave. A, Yuma, AZ 85364
Phone 1:	(928) 336-7294
Phone 2:	(800) 837-7309
POC	Sarah Contreras-Navarro
Website	http://www.yumaregional.org/
E-mail:	N/A
Hours:	8:00 am - 5:00 pm (M - F)

Other Notes:

All managed cases are generated through AHCCSS (*Arizona Health Care Cost Containment System*). <http://www.azahcccs.gov/>

Member Services is available 24 hours a day, 7 days a week by calling 866-275-5776 or 1-800-367-8939 (TDD) for the hearing impaired.

City Parks and Recreation

Program / Service

Description

Yuma City Parks and Recreation serves a diverse, cross-section of citizens in the community. Facilities provide opportunities for physical, social, and cultural enhancement. Some reasons for participating in their services are listed below:

- Personal development
- Health and wellness
- Social networking
- Inclusiveness and cultural unity
- Lifelong learning

Contact Information

Address:	One City Plaza, Yuma AZ 85366
Phone 1:	(928) 373-5236
Phone 2:	(928) 373-5200
POC:	Debbie Wandt
Website:	http://www.yumaaz.gov/1357.htm
E-mail:	N/A
Fax:	(928) 373-5244
Hours:	7:00 am - 6:00 pm (M – Th / 7:00 am – 5:00 pm (F)

Other Notes:

For additional information, visit the above website.

Crane's Special Education

Program / Service

Description

The Crane's District maintains a high standard of compliance with the Individuals with Disabilities Education Act (IDEA). The department strives to reflect current learning standards relating to special education procedures, practices, and programs. For more information, please use the following contact information.

Contact Information

Address:	4250 W. 16 th St., Yuma, AZ 85364
Phone 1:	(928) 373-3451
Phone 2:	N/A
POC	Salvador Rodriguez (District Head – General information)
Website	http://www.craneschools.org/
E-mail:	srodriguez@craneschools.org
Hours:	8:00 am - 4:00 pm (M – F)

Other Notes:

For additional information, visit the above website.

Crane's Preschool, Special Education

Program / Service

Description

To help children prepare for kindergarten, Crane offers preschool for both typical and exceptional youngsters. To determine whether a three or four-year old child qualifies for services, please contact the District, Exceptional Student Services Department.

Contact Information

Address:	4250 W. 16 th St., Yuma, AZ 85364
Phone 1:	(928) 373-3453
Phone 2:	(928) 373-3451
POC	Martha Fugate
Website	http://www.craneschools.org/index.aspx?NID=140
E-mail:	N/A
Hours:	8:00 am - 4:00 pm (M – F)

Other Notes:

For additional preschool options, please call the numbers below:

- Head Start: (928) 782-3621
- Exceptional Student Services: (928) 373-3451
- Crane At-risk Preschools: (928) 373-5500

Division of Developmental Disabilities (DDD): *A Division of Department of Economic Security*

Program / Service

Description

The Arizona Department of Economic Security/ Division of Developmental Disabilities provides support and services for people with the following conditions: Autism, cerebral palsy, epilepsy, cognitive disability, and others.

For conditions that qualify for *Arizona Long Term Care System* (ALTCS), DDD contracts and coordinates with providers of long-term care services. Conditions for qualification:

- Person of any age who applies voluntarily
- Children *under 3 years old* who exhibits significant developmental delay, or is at risk for a developmental disability
- Children between 3 - 6 years old who exhibits significant developmental delay
- Children who are older than 6 years old with the following diagnosed conditions: Cerebral palsy, autism, epilepsy, and cognitive disability
- Teenagers with disability occurred prior to their 18th birthday.

Contact Information

Address:	1185 S. Redondo Center Dr. Yuma, AZ 85364
Phone 1:	(928) 247-8705
Phone 2:	N/A
POC	Michell Wiley
Website	https://www.azdes.gov/aspnew/default.asp
E-mail:	N/A
Hours:	8:00 am - 5:00 pm (M - F)

Other Notes:

The program is state funded.

**Easter Seals Blake Foundation:
Yuma Parents As Teachers Coaching Program
(YPAT),
For Children with Special Needs**

Program / Service

Description

Services for children age birth through 3 years with special needs or at risk for developmental delays

Services that YPAT offer are:

- Personal visits of 60-90 minutes in the convenience of your home, focused on parent-child interaction activities, development centered parenting, and family well-being.
- Monthly group connections at convenient community locations.
- Developmental health, vision, and hearing screenings every 6 months.
- Referrals to community resources.

During personal visits YPAT Coaches facilitate, reflect, and partner with families, promoting maximum child development and family well-being.

Contact Information

Address:	1060 S. 5 th Avenue Yuma, AZ 85364
Phone 1:	(928) 276-9225
Fax:	(928) 276-4313
POC	Nohemi Ortega (Director)
Website	http://blakefoundation.easterseals.com/site/PageServer?pagename=AZTU_homepage
E-mail:	N/A
Hours:	8:00 am – 5:00 pm (M-F)

Other Notes:

Exceptional Family Member Program (EFMP)

Program / Service

Description

The Exceptional Family Member Program (EFMP) assists Marines who have family members with physical, emotional, or educational disabilities. The program provides support to family members while on station and during reassignment.

Enrollment in EFMP is mandatory as per MCO 1754.4B.

Those enrolled in EFMP may qualify for Respite Care. The program is intended to reduce stress on Marines and their families by providing a maximum of 40 hours per month, per family for activities such as the ones listed below:

- Relaxation
- Marine Corps Ball
- Shopping
- A weekend trip with spouse

Contact Information

Address:	MCAS, Building 598
Phone 1:	(928) 269-2425
Phone 2:	N/A
POC	Margy Pracchia (<i>EFMP</i>)
Website	http://www.mccsyuma.org/2009web.mccs/2010MCCShtml/mfs-efmp_new.html
E-mail:	N/A
Hours:	7:00 am - 4:00 pm (M - F)

Other Notes:

Every family enrolled in the Exceptional Family Member Program are encouraged to have a *Family Care Plan*. The plan covers various aspects of family life, including financial matters. For more information, contact *Marine Corps Family Team Building* at (928) 269-6550.

Marine Corps Family Team Building (MCFTB)

Program / Service

Description

MCFTB provides educational resources and services to foster personal growth and enhance the readiness of Marine Corps families. All classes are free, and childcare is provided. Most popular classes are listed below:

- Lifestyles Insights, Networking, Knowledge, Skills (L.I.N.K.S).
- Readiness and Deployment Support
- Children's Programming
- Prevention & Relationship Enhancement Program and Chaplain's Religious Enrichment Development Operations (PREP & CREDO)

Contact Information

Address:	MCAS, Building 598
Phone 1:	(928) 269-6550
Phone 2:	N/A
POC	Brooke Burgess(<i>Director</i>)
Website	www.yuma.usmc-mccs.org (<i>see Family Team Building</i>)
E-mail:	N/A
Hours:	8:00 am - 4:00 pm (M - F)

Other Notes:

Class registration is required. Please visit the website for more information and up-to-date schedule of classes.

New Parent Support Program (NPSP)

Program / Service

Description

The New Parent Support Program is designed to assist new parents with parenthood preparation, guidance, support, etc. Children must be 6 years old or younger. The organization provides assistance and education in the following areas:

- Parenting confidence
- Child's growth and developmental stages
- Family support

Class topics are shown below:

- Dad's Baby Boot Camp
- Mom's Basic Training
- Tours of the Labor and Deliver Ward
- Play Morning
- So You're Pregnant

Contact Information

Address:	MCAS, Building 645
Phone 1:	(928) 269-2308
Phone 2:	N/A
POC	Ron Bailey
Website	http://www.usmc-mccs.org/npsp/?sid=fl
E-mail:	N/A
Hours:	7:30 am - 4:00 pm (M - F)

Other Notes:

The New Parent Support Program is a professional team of social workers and nurses who provide supportive and caring services. Most services include home visits.

Parent Information Network (PIN): AZ

Department of Education, Exceptional Student Services

Program / Service

Description

PIN's purpose is to provide parents essential information that will help them actively participate in their child's special education.

Some of PIN's services include the following:

- Examine documents
- Hold private family review sessions
- Review laws and rights
- Explore options for solutions
- Conduct planning strategies for solutions

Contact Information

Address:	400 W. Congress, Building 241, Tucson, AZ 85701
Phone 1:	(928) 344-0141
Phone 2:	(877) 230-7467
POC	Teri Rademacher
Website	www.azed.gov/ess/pinspals
E-mail:	Teri.rademcher@azed.gov
Hours:	8:00 am - 5:00 pm (M - F)

Other Notes:

PIN provides information in the following broad areas:

- Training
- Consultation
- Team building
- Printing resource

Raising Special Kids

Program / Service

Description

Raising Special Kids provides families with Developmental Disability children support, training, information, and individual assistance.

Programs and services are free with no regard to the child's disability, age, family income, qualifying conditions, or other eligibility factors. Services include:

- Individual Education Program (IEP) and 504 consultation
- Access to information about health care, community resources, and support
- Assistance in health care systems navigation
- Young adult with disabilities transitional assistance into adulthood
- Free workshops and training for families who are interested in acquiring skills and information beneficial to parenting children with disabilities or special healthcare needs.

Contact Information

Address:	5025 E. Washington St., Suite 204 Phoenix, AZ 85034
Phone 1:	(602) 242-4366
Phone 2:	(800) 237-3007
POC	N/A
Website	www.raisingpecialkids.org
E-mail:	info@raisingpecialkids.org
Hours:	8:00 am - 5:00 am (M -Th) & 8:00 am - 4:15 pm (F)

Other Notes:

Parents who are interested in the program need to contact the organization directly, and they will be guided to the appropriate office for help.

Saguaro Foundation

Program / Service

Description

Saguaro Foundation/Group Homes provides all aspects of care for developmentally disabled adults. The Foundation now offers:

- Quality home and community based services in private homes
- Day treatment in a country setting
- Early intervention in private homes
- Sensory stimulation and integration in a state of the art "Snoezelen" qualified center

All intakes are conducted and finalized by AZ Department of Economic Security/Division of Developmental Disabilities Designated Coordinators. Children must be eligible through (AzEIP) and the AZ Arizona DES/Division of Developmental Disabilities.

Contact Information

Address:	1495 S. 4 th Ave. P.O. Box 5556, Yuma, AZ 85366
Phone 1:	(928) 783-6069
Phone 2:	N/A
POC	N/A
Website	http://www.saguarofoundation.net/
E-mail:	info@saguarofoundation.net
Hours:	8:00 am - 5:00 pm (M - F)

Other Notes:

Saguaro Foundation has bilingual representatives, and also those who can communicate in sign language and tagalog.

S.M.I.L.E - Services Maximizing Independent Living and Empowerment

Program / Service

Description

S.M.I.L.E. is a Yuma based non-profit organization that provides various services for people with disabilities. Some of the most common ones: Home modifications, job development, work incentives, equipment loans, peer mentoring, advocacy, etc.

Below is a list of some of the training offered by the organization:

- *Living Well with a Disability:* An eight week class which focuses on reducing health problems and complications, improving access to healthcare services while minimizing costly procedures, and increase social relationships.
- *Independent Living Skills Training:* Promoting consumer's strengths while addressing their needs. SMILE staff teaches consumers basic skills.
- *Benefits Planning, Assistance, and Outreach:* Benefits advisement, planning, and management support to SSI/SSDI beneficiaries and recipients with disabilities who want to work.

Contact Information

Address:	1931 S. Arizona Avenue Suite 4 Yuma, AZ 85364
Phone 1:	(928) 329-6681
Phone 2:	N/A
POC	Laura Duval (<i>Executive Director</i>)
Website	http://www.snap211.com/org/1482438.html
E-mail:	<i>All e-mails are conducted on company's website.</i>
Hours:	8:00 am – 5:00 pm (M - F)

Other Notes:

Note: For privacy reasons, interested parties must create an online account with the S.M.I.L.E for contact and communication. Please visit the above website for more information.

Special Olympics Arizona

Program / Service

Description

Special Olympics Arizona Young Athletes Program is designed for children ages 2 ½ to 7 years old with intellectual disabilities. It provides an avenue through which they can develop physical fitness, demonstrate courage, and experience joy in participating and sharing.

These early building blocks result in notable improvements in the development of motor skills, cognitive abilities, social interactions, and emotional development.

Contact Information

Address:	N/A
Phone 1:	(928) 246-6770
Phone 2:	N/A
POC	Cathy Reeves (<i>Yuma Coordinator</i>)
Website	www.soaz.org
E-mail:	N/A
Hours:	N/A

Other Notes:

All activities and training are conducted on various sites, suitable for the event. For more information visit the above website.

Mountain Health & Wellness

Program / Service

Description

Mountain Health & Wellness provides strength-based, culturally sensitive behavioral health services by partnering with families and individuals to manage challenges and support their recovery.

Contact Information

Address:	3180 E. 40 th St., Yuma, AZ 85365 (Inpatient) Only for AD 290 S. 1 st St., Yuma, AZ 85364 (Outpatient) Only self referral or with Title 36
Phone 1:	(928) 344-9490
Phone 2:	N/A
POC	N/A
Website	www.mhwaz.org
E-mail:	N/A
Hours:	N/A

Other Notes:

This agency does accept TriCare.

Supplemental Security Income (SSI): **Social Security Administration**

Program / Service

Description

The SSI program makes monthly payments to those who qualify for assistance. Below are some stipulated conditions for qualifications:

- Age 65 or older
- Blindness
- Disability

Qualification is based on income and resources. Some of the items considering during an assessment include real estate, bank accounts, cash, stocks, bonds, etc.

For specific information, contact the Social Security Administration.

Contact Information

Address:	1235 S. Redondo Center Dr., Yuma, AZ 85364
Phone 1:	866-613-2970 Ext. 1003
Phone 2:	1-800-325-0778 (TTY)
POC	Eva Garcia (<i>SSI Contact</i>)
Website	www.ssa.gov
E-mail:	N/A
Hours:	9:00 am - 4:30 pm (M - F)

Other Notes:

Individuals must apply for services through the Social Security Administration Office.

The Fisher House Program

Program / Service

Description

A Fisher House™ is "a home away from home" for families of patients receiving medical care at major military and VA medical centers. The homes are normally located within walking distance from treatment facilities.

- All homes are professionally furnished
- One house can accommodate 16 to 42 family members.
- Amenities include: Common kitchen, laundry facilities, spacious dining and living rooms, toys for children, and so forth.

Requirements to stay at Fisher House:

- Patient must be an in-patient at the time of family's check-in
- Family must be traveling from a distance of at least 40 miles
- Each family is an individual case. Therefore, time duration (stay) is determined by the facilities manager.

Contact Information

Address:	34800 Bob Wilson Drive., Building 46, San Diego, CA 92134
Phone 1:	(619) 532-9055
Phone 2:	(619) 532-8751
POC	N/A
Website	http://www.fisherhouse.org/
E-mail:	info@fisherhouse.org
Hours:	9:00 am - 4:00 pm (M - F)

Other Notes:

All lodging fees for guest families at this house are paid through a grant from Fisher House Foundation.

TRIWEST

Program / Service

Description

TRIWEST is the West Regional Contractor of TRICARE, the Department of Defense (DoD) health care program for active duty and retired members of the uniformed services, their families, and survivors.

TRICARE's main function is to optimize the delivery of health care services for active duty members and retired military personnel and their families. The program combines both military and civilian services to deliver the highest quality healthcare.

Contact Information

Address:	N/A
Phone 1:	(888) 874-9378
Phone 2:	N/A
POC	N/A
Website	www.triwest.com
E-mail:	N/A
Hours:	8:00 am - 6:00 pm (M - F)

Other Notes:

Note: Caller must be a service provider, beneficiary, or government worker in order to get assistance. Please the website for additional information.

United Cerebral Palsy of Southern Arizona

Program / Service

Description

United Cerebral Palsy of Southern Arizona's primary goal is to provide home-based services for the elderly and people with disabilities. Some of the services are listed below:

- **Attendant Care:** Includes hygiene, light housekeeping, bathing, and meal preparation.
- **Respite Care:** Allow providers parents and caregivers and opportunity to take a break from regular care giving.
- **Habilitation:** Teaches various activities of daily living.
- **Housekeeping:** Services allow individuals to remain in their own home instead of being institutionalized.

Contact Information

Address:	281 W. 24 th St. Suite 147, Yuma, AZ 85364
Phone 1:	(928) 317-8800
Phone 2:	N/A
POC	Lupita Cuestas (<i>Regional Director</i>)
Website	www.ucpsa.org
E-mail:	staff@ucpsa.org
Hours:	8:00 am – 5:00 pm

Other Notes:

For additional information, please call the number listed above or visit the website.

WACOG Head Start Program

Program / Service

Description

WACOG is a governmental non-profit program that serves the local jurisdictions: income challenged households, and vulnerable populations in Yuma, La Paz, and Mohave Counties.

Head Start is a federally funded child and family development program for low-income families and those who have children with disabilities or special needs. Eligibility requirement:

- Children must be between the ages of 3-4 years old
- Families must meet income requirement
- **Note:** Families with special needs children may not be subject to income requirement

Contact Information

Address:	206 S. 3 rd Ave. Yuma, AZ 85364
Phone 1:	(928) 217-7145
Phone 2:	(928) 782-1886
POC	Raquel Munoz-Aguirre (<i>Disabilities and Mental Health Service Specialist</i>)
Website	http://www.wacog.com/?action=gid_1
E-mail:	Headstart@WACOG.com
Hours:	8:00 am - 5:00 pm (M - F)

Other Notes:

Contact the Head Start Office to apply, or download an application from their website.

WIC – Special Supplemental Nutrition Program for Women, Infants, and Children

Program / Service

Description

WIC is a preventative health program established to promote healthy families through food and education. Individuals who qualify for WIC receive information about healthy eating and breastfeeding support through group sessions or individual counseling. The organization also provides a set of drafts (vouchers) which can be used as cash for milk, cereal, juice, peanut butter, etc.

To qualify for the program, families must meet one of the following requirements:

- Income level
- Pregnant
- Postpartum
- Breastfeeding infant up to one year
- Child up to the 5th birthday

Contact Information

Address:	2200 W. 28 th St., Yuma, AZ 85364
Phone 1:	(928) 317-4500
Phone 2:	N/A
POC	Kathy Lohrenz (<i>Nutritional Manager</i>)
Website	http://www.yumacountyaz.gov/index.aspx?page=369
E-mail:	kathy.lohrenz@yumacountyaz.gov
Hours:	7:00 am - 5:30 pm (M - F)

Other Notes:

Moms, dads, aunts, uncles, and even grandparents who care for children under five years of age can get services from WIC. Participants must:

- Live in Yuma County
- Qualify with a nutritional risk, which is determined at first visit
- Meet income qualification

Yuma Community Food Bank (YCFB)

The Food Bank

Description

The YCFB provides a variety of food assistance programs to help families in emergency situations: Job loss, etc. Those who are referred to the program may use it for a period of 6 months. There is no cost. A food package may include various items: Meat, fruits, vegetables, etc.

The Harvest Club

Description

The Harvest Club is another program within the YCFB. The program focuses on self-sufficiency and nutrition. \$25.00 will purchase several shopping bags full of food with essential components of a meal. No qualification is necessary.

Contact Information

Address:	2404 E 24 th St., Yuma, AZ 85364
Phone 1:	(928) 343-1243
Phone 2:	N/A
POC	Bob Marshall / Andrea
Website	www.yumafoodbank.org
E-mail:	info@yumafoodbank.org
Hours:	9:00 am - 12:00 pm (M,W, F,S) & 9:00 am - 6:00 pm (T & Th)

Other Notes:

Marine and Families Services, Financial Program can make recommendations for a free box of food at the YCFB.

Yuma County Health Department

High Risk Child Program (NICP)

Description

Nursing: High Risk Child Program

Yuma County serves one of the largest populations of high risk children in the state.

Examples of high risk children include: children born prematurely; children with birth defects; children born exposed to street drugs; children with chronic medical problems such as diabetes or cancer; children with developmental delays; children who are neglected and/or abused and those with other concerns as determined by their doctor and/or family. The earlier a high risk child is identified, the quicker needed services such as physical therapy, speech therapy, etc can be started. This allows the child to better reach his/her maximum potential.

Who is Eligible?

Any child from birth to 17 years of age who has special health problems, such as premature babies, babies with birth defects, or children with chronic medical problems or possible developmental delays.

What is Provided?

Home visits by a Public Health Nurse(PHN) trained to provide infant/child health examinations. During these visits, the PHN will assess your child for health and development, offer guidance and instruction about nutrition, parenting, immunizations and specific medical treatments ordered by the doctor. The Public Health Nurse will make referrals to community agencies and resources if specific problems are identified during a home examination. This service is provided at no charge.

How do you arrange a home visit?

Referrals are taken from many sources. You may call for your own infant/child or you may request a visit for a friend or relative. The Public Health Nurse will also accept referrals from doctors, hospitals, and other agencies.

Where do you call for this service?

Yuma County Public Health Services District
2200 W. 28th Street
Yuma, AZ 85364

Hours: Monday thru Friday 8:00 a.m. to 5:00 p.m.
Except Legal Holidays

Contact Information

Phone: (928)- 317-4540

Yuma School District One, Exceptional Student Services

Program / Service

Description

The school district provides services for students ages 3 - 14 years old with special needs. All students with disabilities are categorically eligible under the Individuals with Disabilities Education Act regardless of severity. Students with the following conditions may qualify:

- Speech and language problems
- Hearing impairment
- Mental retardation
- Multiple disabilities
- Emotional and learning disabilities
- Health and vision disabilities

The preschool program for children with special needs include ages 3 - 5 year olds. Those with the following conditions may qualify:

- Significant speech or language delays
- Moderate developmental delays
- Severe developmental delays

Contact Information

Address:	450 W. 6 th St. Ave Yuma, AZ 85364
Phone 1:	(928) 502-8129 ext. 353 (services for 4 years old and up)
Phone 2:	N/A
POC	Evonne Estes
Website	http://www.yuma.org/index.cfm?plD=1052
E-mail:	N/A
Hours:	7:30 am - 4:00 pm (M - F)

Other Notes:

For Exceptional Students Preschool, ages 2 ½ - 4 years old, use the following information: 400 5th St., Yuma, AZ 85364. Contact Mona Evans at (928) 502-8139.

District One has a Behavioral Analyst. Contact Erin Rourke at (928) 502-7797



SUPPORT GROUPS...

**A friendly environment for
people of common interest to
share, support, and learn from
each other.**

Amputee Support Group

Description

A support group for amputee patients and their families. Hosted by Hanger Prosthetics and Yuma Rehabilitation Hospital. Call for additional information:

Day of month: 2nd Tuesday, 5:30 – 7:00 pm.

Address: Yuma Rehabilitation Hospital, 901 W. 24th St., Yuma. AZ 85364. In the therapy gym.

Contact Person: Jean Hobkirk (928) 341-1965.

Autism Support Groups

Description

The following groups provide support for parents with children of various disabilities, including Autism.

Mentally Ill Kids In Distress (MIKID)

Day of Week: Thursday, 10:00 am – 1:00 pm (Please call first)

Address: 100 E. 24th St. #1, Yuma AZ 85364.

Contact Person: Deana Salter (928) 726-2191 or
Luz Escobar (928) 580-9548

Support Group Autism/Disabilities

Day of week: Thursdays, 10:00 – 12:00 pm.

Address: 100 E. 24th St. #1, Yuma AZ 85364. Location varies, call first to verify.

Contact Person: Maria Valdez (928) 329-1732 (Spanish) or
Rosa (928) 388-9802 or (928) 276-336 (English)

- Support group is mostly in Spanish.

Autism Support Group

- **Day of week:** 2nd Monday of each month, 6:30-8:30 pm.
- **Address:** Yuma Community Food Bank 2404 East 24th Street Yuma, AZ 85364
- **Contact Person:** Paul Castanon (928) 287-4914

Bereavement Support Group

Description

The Bereavement Support Group helps people to cope with the loss of a loved one. The group meets in the evening for six weeks. Advance registration is required. For more information:

Day of week: A 6/week program, meets each Wednesday at 4:00 – 5:30 pm.

Address: Location is given after initial screening.

Contact Person: Trina at (928) 336-1529.

Breast Cancer Support Group

Description

Breast Cancer Support Group. Information is usually provided by a medical person or surgeon. Both husband and wife can attend the sessions.

Day of month: 1st Thursday at 7:00 – 8:30 pm.

Address: Yuma Regional Medical Plaza, 1501 W. 24th St. Suite C, Yuma, AZ 85364. (American Cancer Center)

Contact Person: Mary Bender (928) 726-0366.

They do not meet in July or August.

Cancer Support Group

Description

The Cancer Support Group is for cancer patients and their families. For more information:

Day of month: 2nd Monday at 7:00 – 8:30 pm.

Address: Yuma Regional Corporate Center, 399 W. 32nd St., Yuma, AZ 85364.

Contact Person: Melvina Mendez (928) 336.7250.

Depression Bipolar Support Alliance

Description

The Yuma Chapter Depression Bipolar Support Alliance holds meeting for parents with children or teens who are depressed or have bipolar disorder.

Day of week: 1st and 3rd Tuesday from 10:00 to 11:30 am.

And 2nd and 4th Tuesday from 7:00 to 9:00pm.

Address: Yuma Community Food Bank (Board Room)
2404 E 24th Street, Yuma, AZ 85364.

Contact Person: Miriam (928) 580-6645 or Karen 785-2009

Diabetes Support Group

Description

The Diabetes Support Group is for patients with diabetes and their families. For more information:

Day of month: 3rd Tuesday at 6:00 – 7:30 pm. (Doesn't meet in December)

Address: Yuma Regional Corporate Center, 399 W. 32nd St., Yuma, AZ 85364.

Contact Person: Jane Luchene (928) 336-7309.

Down Syndrome Support Group

Description

Down Syndrome Arizona and local support groups educate and empower families with Down Syndrome members. They promote understanding, inclusion, and positive acceptance. The idea is that each life is to be embraced and celebrated.

Day of month: 3rd Sunday at 6:30 – 8:30 pm.

Address: Starbucks at the Big Curve

Contact Person: Donna Smith (928) 446-0968 & Cindy Rabago (928) 261-3124 (Spanish)

Fibromyalgia Support Group

Description

This support group offers support to those diagnosed with fibromyalgia.

Day of month: Last Saturday of the month at 11:00 am.

Address: Calvary Baptist Church, 101 W. 26th Street

Lung Disease Support Group

Description

The Huffer's and Puffer's Support Group helps people with respiratory problems to live life to the fullest.

Day of month: 2nd Thursday at 1:30 – 2:30 pm.

Address: 1501 24th St. Yuma, AZ 85364 (North Conference Room)

Contact Person: Connie Fike (928) 336-1015.

Lupus Support Group

Description

The lupus support group is open to anyone with the illness. The group provides information and help about the various aspect of lupus and teach people ways to cope with the illness.

Day of month: 3rd Thursday at 11:00am.

Address: Yuma Library, 2951 S. 21st St., Yuma, AZ 85364

Contact Person: Terri Jones (928) 782-5079

MIKID Parent to Parent Support Group

Description

Parent to Parent in a support group environment. The meeting provides an open forum for parents with children of similar challenges to discuss issues of concerns. The group is topic driven. Some areas of concern may include the following: ADHD/ADD, asthma, down syndrome, autism, and others.

Day of week: Tuesdays at 5:30 - 7:30 pm.

Address: 100 E. 24th Street, Suite 1, Yuma, AZ 85364.

Contact Person: Deana Salter (928) 726-2191.

Multiple Sclerosis Support Group

Description

The Arizona Chapter of the National Multiple Sclerosis has several different self-help groups that provide valuable information about MS. Please visit the website: <http://www.nationalmssociety.org/search-results/index.aspx?pageindex=0&pagesize=20&keywords=support+group&x=37&y=12>

In Yuma, the support group is no longer active due to lack of participation. However, Beth (the one who conducted the support group) is willing to speak to anyone about the illness. You may contact her at (928) 343-1216.

Ostomy Support Group

Description

Yuma Ostomy Support Group provides support and assistance to individuals who have, or will have, a colostomy, ileostomy, urostomy, or other ostomy surgery. For additional information:

Day of month: 3rd Thursday at 3:30 – 4:30 pm.

Address: Regional Corporate Center, 399 W. 32nd Street, Yuma, AZ 85364.

Contact Person: Mary Jo Beneke at (928) 336-3334.