

what makes healthy families great

“My FSS makes me feel like I am doing a good job as a single mom.” – Mohave County

“Being new parents and no other relatives to support us, it is very assuring that there are people who can guide us as parents and help our family become more cohesive.” – Pima County

“I’ve changed a lot. I learned to take care of myself and respect myself for who I am. I learned I have the power to change. No one else has that power.” – Yavapai County

HFAz Successes and Outcomes in 2016:

- Over 4,600 families served in 2016
- 96% of families participating in HFAz had no substantiated cases of child abuse or neglect.
- HFAz supports working mothers in maintaining their employment. By the time their child was 2 years old, 46% of HFAz mothers were working.
- HFAz encourages families to seek educational opportunities. 11% of mothers were enrolled in school while participating in the program.
- For some families, a subsequent birth can lead to increased stress and parenting difficulties. 93% of families did not have subsequent births while enrolled.
- 96% of parents received substance abuse screening. Those that tested positive received referrals for treatment.
- 89% of children received immunizations in the first year.
- 93% of children received screenings for developmental delays at 1 year. Those that showed signs of delays were referred for further testing or support services.



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Supporting Families

support

Nurturing Children

nurture

Strengthening Communities

strengthen

Healthy Families
Statewide Assistance

602-255-2601

www.azdcs.gov

program description

Healthy Families Arizona (HFAz) is a free and voluntary home visitation program that serves pregnant women and families of newborns. HFAz is a prevention program dedicated to supporting families in their quest to be the best parents they can be. Program services are designed to strengthen families during the critical first years of a child's life. Through its efforts to support and educate families, the program has shown to reduce incidences of child abuse and neglect, provide stability for at-risk families, and increase economic self-sufficiency. It has grown a new generation of healthy families in Arizona.

HFAz program goals are to:

- enhance positive parent/child interaction
- promote child health and development
- prevent child abuse and neglect

program services

HFAz services include:

- providing emotional support and encouragement to parents
- teaching and supporting appropriate parent-child interaction and discipline
- providing periodic developmental assessments and referrals if delayed
- linking families with community services, health care, child care, and housing
- encouraging self-sufficiency through education and employment
- providing child development, nutrition, and safety education

Clinical support is available for staff consultation on difficult issues. Intensity of services is based on each family's needs, from weekly to quarterly home visits as families become more self-sufficient. Healthy Families services may continue if needed until the child turns five years old.



program eligibility

- The infant must be under three months of age at enrollment
- Pregnant women and parents of newborns who have life stressors that might lead to bad outcomes for their children
- Stressors might include:
 - Poverty, unemployment, lack of education, lack of health insurance
 - Lack of prenatal care, low birth weight of baby
 - High life stressors, single or teen parenthood
 - Having a baby with special needs or disabilities
 - History of abuse or neglect as a child
 - Social isolation, lack of available friends and family for support
 - Substance abuse, domestic violence, or mental health

If you are a parent or work with a pregnant woman or family of a newborn under the age of 3 months, with any of the risk factor and stressors mentioned, make a referral to the HFAz program in your community or contact the Statewide Coordinator listed on the front of this brochure.

program referral

- ◆ **Cochise County**
Child & Family Resources
Jean McNeil • 520-458-7348
- ◆ **Coconino County (Page/Flagstaff)**
Coconino County Public Health Services District
Eve Wolters • 928-679-7216
- ◆ **Coconino County (Tuba City)**
Chicanos Por La Causa-Parenting Arizona
Teresa Honahni • 928-283-4217
- ◆ **Graham County**
Child & Family Resources
Michelle Pursley • 928-428-7231
- ◆ **Maricopa County**
Southwest Human Development
Elizabeth Nunez • 602-427-4725
- ◆ **Mohave County (Kingman/Bullhead City)**
Child & Family Resources
Jo Harper • 928-753-4410
- ◆ **Mohave County (Lake Havasu)**
Social Services Interagency Council
Neddie Robertson • 928-453-5800
- ◆ **Pima County**
Child & Family Resources
Lupe Ricardez • 520-321-3754
- ◆ **Pinal County**
Child & Family Resources
Clara Hill • 520-518-5292
- ◆ **Navajo County (Holbrook/Winslow)**
Chicanos Por La Causa-Parenting Arizona
Sue Branch • 928-587-8155
- ◆ **Santa Cruz County**
Child & Family Resources
Margarita Elias • 520-281-9303
- ◆ **Yavapai County (Prescott)**
Yavapai Regional Medical Center
Lina First • 928-442-8861
- ◆ **Yavapai County (Cottonwood)**
Verde Valley Medical Center
Susan Lacher • 928-639-6566
- ◆ **Yuma County**
Child & Family Resources
Bertha Fuentes • 928-783-4003