This resource guide has been compiled to help people obtain information and select various mental health and other related treatment and support services in the Sedona/Verde Valley communities.
This Mental Health Resources Guide is a partnership production of NAMI Sedona, the Mental Health Coalition Verde Valley, and Spectrum Healthcare. The main focus of this Guide is to provide mental health resources in the Sedona / Verde Valley areas. Please note that the Guide includes some resources in Prescott and Flagstaff as well as at the Arizona state and federal level. This is because these resources are not available in the Sedona/Verde Valley communities. The Table of Contents on page 3 provides the various categories of services and the corresponding page numbers where these resources can be found in the Guide. Inclusion in this Guide should in no way be construed to constitute an endorsement of a practitioner, an agency, organization, or its service, nor should exclusion be construed to constitute disapproval. It is up to a person using these resources to determine if they offer something needed and whether or not they are appropriate for a particular situation.

Emergency/crisis phone numbers are also provided on this page, as follows:

**Crisis Contact Numbers:**

- **Spectrum Healthcare:** For immediate emergency, call 911. For other crisis situations, call Spectrum Healthcare at 928-634-2236, available 24/7.
- **NAZCARE:** If you feel like you just need to talk to someone, call the NAZCARE Warmline at 1-888-404-5530, or 928-649-3771; the staff is available from 5:00 to 10:30 p.m., 7 days a week, including holidays.
- **NARHBA:** The crisis line is available 24/7, at 1-877-756-4090; for the hearing-impaired, 1-800-367-8939. **Note:** NARHBA will become Health Choice Integrated Care as of October 1, 2015. The crisis line number will remain the same.

**Crisis Hotlines**

**24-Hour Crisis Hotlines – National**

- 1-800-SUICIDE – [HopeLine Suicide Hotline](#)
- 1-800-273-TALK or 1-800-273-8255 National Suicide Prevention Lifeline

**Arizona Suicide/Crisis Hotlines by County**

- 1-800-631-1314 and 602-222-9444 (Maricopa County)
- 1-800-796-6762 or 520-622-6000 (Pima County)
- 1-866-495-6735 (Graham, Greenlee, Cochise and Santa Cruz Counties)
- 1-800-259-3449 (Gila River and Ak-Chin Indian Communities)
- 1-866-495-6735 (Yuma, LaPaz, Pinal and Gila Counties)
- 1-877-756-4090 (Mohave, Coconino, Apache, Navajo and Yavapai Counties)

Call **1-800-662-HELP** for 24-hour free and confidential information (in English and Spanish) on substance use disorder issues and referral to treatment.

*For updates/revisions to the Resources Guide, please contact Rose Boerner at rboerner14@gmail.com or complete the form included at the end of this Guide.*
Contents

Coconino / Yavapai Counties .......................................................... 4
Advocacy ......................................................................................... 4
Behavioral Health & Substance Abuse ........................................... 4
Children’s Services ......................................................................... 8
Counseling Services ........................................................................ 9
Developmental Disabilities .............................................................. 10
Educational/Vocational ................................................................... 10
Elder Care Services ......................................................................... 10
Employment .................................................................................... 11
End-Of-Life Care/Hospice ............................................................... 11
Estate Planning ................................................................................. 12
Financial Aid ................................................................................... 12
Food Banks / Assistance ................................................................. 12
Health Information .......................................................................... 13
Hotlines ............................................................................................ 14
Legal Assistance .............................................................................. 19
Outreach Programs ........................................................................... 20
Parenting ........................................................................................... 22
Prescription Drugs / Rx Drug Assistance Information .................... 22
Respite ............................................................................................. 23
Shelters/Housing ............................................................................. 23
Support Groups ............................................................................... 23
Transportation - Long Distance ....................................................... 26
Northern Arizona Domestic Violence Resource Directory .............. 26
Northern Arizona Native American Resource Directory ................. 27
Services & Agencies ......................................................................... 27
Programs and Services .................................................................... 27
Yavapai-Apache Nation & Yavapai Prescott Indian Tribe ..................... 27

A Guide to Veterans Services in Northern Arizona
................................................................................................................. 28

General Information and Services .................................................. 28
Behavioral Health & Substance Abuse .......................................... 29
Education .......................................................................................... 30
Employment ..................................................................................... 31
Financial Assistance ......................................................................... 31
Health Care ......................................................................................... 32
Housing .............................................................................................. 32
Legal Aid ............................................................................................ 33

Form to Report Revisions to Mental Health Resources Guide ............ 34
Coconino / Yavapai Counties

COCONINO COUNTY
Coconino County Community Services Department (CCCSD)
2625 N King St., Flagstaff, AZ
928-522-7979
Coconino County Health Department
Access to Health Care Unit: 928-522-7830
Southern region (Flagstaff, Williams, Sedona, Grand Canyon): 928-522-7800 or 877-522-7800
Responsible for maintaining and safeguarding the health of the residents of Coconino County. CCHD provides a wide range of health care services in the following programs: Nursing, Nutrition, Health Promotion, Immunization, Communicable Disease, Dental Clinic, Environmental Health, Health Education, Home Care, Developmentally Disabled, Prenatal Care, Teen Clinic.

YAVAPAII COUNTY
YCCHS Cottonwood
Phone: (928) 639-8130
51 Brian Mickelsen Parkway, Cottonwood, AZ 86326
WIC Offices – Cottonwood
Phone: (928) 639-8134
10 South 6th Street, Cottonwood, AZ 86326
YCCHS Prescott
Phone: (928) 771-3122
1090 Commerce Drive, Prescott, AZ 86305
YCCHS Prescott Valley
Phone: (928) 771-3377
3212 Windsong Drive, Prescott Valley, AZ 86314
Yavapai County Community Health Services
http://www.yavapaihealth.com/

Advocacy

Adult Protective Services (APS)
1-800-SOS-ADULT
Use APS when there is a situation where the person may be considered at risk or vulnerable and is unwilling to seek services, but there is no element of harm. If the individual is in a situation where self-care, safety, and well-being are compromised, this is considered an inability to care for basic needs. APS also investigates reports of abuse or neglect of adults and elderly individuals. If you suspect abuse or neglect, or are a victim of abuse, exploitation, abandonment or neglect, call the numbers above. If you or another is in immediate danger, call 911.
Adult Abuse Hotline 1-877-767-2385
TTY: 877-815-8390

Court Appointed Special Advocate (CASA)
928-226-5423
1001 E. Sawmill Rd. Flagstaff, AZ 86001
Volunteer advocates for children who are wards of the court and who have been abused and/or neglected.

NAMI Flagstaff
National Alliance on Mental Illness
Flagstaff, AZ / admin@nami-flagstaff.org
928-214-2218

NAMI Sedona/Verde Valley
National Alliance on Mental Illness
P.O. Box 3865, Sedona, AZ 86340
928-282-4827 / 928-300-9013 / 928-274-1542
www.nami-sedona.org
Support group meetings on the 1st and 3rd Friday of each month at 9:45 AM, Sedona Guidance Clinic, 2880 Hopi Dr., Sedona.
Support, information, resources, and advocacy are provided.

NAMI Yavapai County
National Alliance on Mental Illness
Prescott, AZ / jimfrost.nami@yahoo.com
928-717-2045

Behavioral Health & Substance Abuse

Arizona Department of Health Services (ADHS)
Division of Behavioral Health Services (DBHS)
150 N. 18th Avenue, 2nd Floor
Phoenix, AZ 85007
(602) 364-4558 / Toll-free: 1-800-867-5808
http://www.azdhs.gov/bhs/index.htm
ADHS/DBHS Office of Individual and Family Affairs
http://www.azdhs.gov/bhs/oifa.htm

ADHS/DBHS Provider Manual Section 3.18 - Pre-Petition Screening, Court-Ordered Evaluation, and Court-Ordered Treatment

ADHS/DBHS Substance Addiction
http://www.azdhs.gov/bhs/recipients/addiction.htm
Call 1-800-662-HELP which offers 24-hour free and confidential information (in English and Spanish) on substance use disorder issues and referral to treatment.

Arizona State Hospital
2500 E. Van Buren St., Phoenix, AZ 85008
(602) 244-1331

Community Health Center of Yavapai County
http://www.chcy.info/
Adult, outpatient, behavioral health counseling and psychiatric services are available to Community Health Center patients who are receiving their primary care medical services from the Community Health Center of Yavapai and are not eligible for behavioral health services elsewhere. These counseling services are provided to children and adolescents on a limited basis.

Cottonwood: 928-639-8132
51 Brian Mickelsen Parkway, Cottonwood, AZ

Prescott: 928-583-1000
1090 Commerce Drive, Prescott, AZ

Prescott Valley: 928-583-1000
3212 N. Windsong, Prescott Valley, AZ

Hours: Monday through Friday 8:00 AM to 5:00 PM

Flagstaff Medical Center Behavioral Health Services
928-213-6400 (outpatient)
928-213-6300 (Inpatient)
1200 N Beaver St. (West Campus)
Flagstaff, AZ. 86001
www.nahealth.com/pp_fmc/dept_services/bhs.htm
Adult and adolescent services, inpatient and outpatient care, mental health, including treatment for compulsive gambling and chemical dependency, 24 hours, 7 days-a-week.

Health Choice Integrated Care
http://www.healthchoiceintegratedcare.com/
Beginning on October 1, 2015, Health Choice Integrated Care (HCIC) will cover both physical and behavioral health services for Arizona Health Care Cost Containment System (AHCCCS) members with serious mental illness in Mohave, Coconino, Apache, Navajo, Gila, Yavapai and portions of Graham counties. HCIC was formed in 2014 as a collaboration between Health Choice, the managed-care solutions division of IASIS Healthcare, and the Northern Arizona Regional Behavioral Health Authority (NARBHA), a managed care organization that has served the behavioral health needs of northern Arizona residents for more than 50 years.

Contact Information for HCIC:
1300 South Yale Street, Flagstaff, AZ 86001
Get Directions
Member Services Phone: 1-800-640-2123
Business Phone: 928-774-7128
Toll Free Business Phone: 1-877-923-1400
24-Crisis Line: 1-877-756-4090
For hearing impaired, use Arizona Relay Service at 711 or call: 800-367-8939

LGBTQ
Center for American Progress - rights and experiences of LGBTQ people in mental health care
https://www.americanprogress.org/issues/lgbt/view/?tag=lgbt-health
Gay and Lesbian Medical Association’s Provider Directory -
https://glmaimpak.networkkats.com/members_online/new/members/dir_provider.asp

Marc Community Resources
(Resources in the Phoenix area)
http://marccr.com/marc-services/
Andy Arnowitz
Information & Referral Coordinator
480-994-4407

MATFORCE
Working together reducing substance abuse in Yavapai County
8056 E. Valley Road, Suite B
Prescott Valley, AZ 86314 /928-708-0100
matforce@cableone.net

Mental Health America of Arizona
(480) 982-5305
info@mharizona.org
Crisis Line – Yavapai/Cochonino Counties:
877-756-4090

Mental Health Coalition Verde Valley (MHCVV)
The mission of MHCVV is to build community
support for families and individuals living with
mental illness through education, advocacy and
community support services.
http://www.mentalhealthcoalitionvv.org/

Mental Help.net
http://www.mentalhelp.net/
The Mental Help Net website exists to promote
mental health and wellness education and
advocacy.

Mingus Mountain Academy
928-335-2000 / Prescott Valley, AZ 86301
Accredited residential treatment center for
emotionally and behaviorally at-risk adolescent
girls.

NAMI Flagstaff
National Alliance on Mental Illness
Flagstaff, AZ / admin@nami-flagstaff.org
928-214-2218

NAMI Sedona/Verde Valley
National Alliance on Mental Illness
P.O. Box 3865, Sedona, AZ 86340
928-282-4827 / 928-274-1542
www.nami-sedona.org
Support group meetings on the 1st and 3rd Friday of
each month at 9:45 AM, Spectrum Healthcare, 2880
Hopi Dr., Sedona.
Support, information, resources, and advocacy are
provided.

NAMI Yavapai County
National Alliance on Mental Illness
Prescott, AZ / jimfrost.nami@yahoo.com

928-717-2045

National Institute of Mental Health
Information Center: 1-866-615-64664

National Suicide Crisis Hotline
(800) 273-TALK

NAZCARE
928)-442-9205 / www.nazcare.org
If you feel like you just need to talk to someone, call
the NAZCARE Warmline at 1-888-404-5530. The
staff is available from 5:00 to 10:30 p.m., 7 days a
week.
Life skills training and peer support services for
adults with a mental health diagnosis and/or co-
occuring substance abuse issues.
Transportation provided. Hours: Monday through
Thursday, 8-3. Funding through NARBHA
Wellness Centers in Cottonwood, Prescott, Flagstaff
provide services such as: recovery support services,
individual support, support groups, recreation,
arts/crafts, supportive housing services, community
integration and wellness programs such as:
diet/nutrition, peer whole health, wellness checks,
and Wellness in Action.
Serenity Circle Wellness Center, Cottonwood:
1229 E. Cherry St. Cottonwood, AZ 86326
(928) 634-1168

New Hope Wellness Center
599 White Spar Rd. Prescott, AZ 86303
(928) 442-9205 Ext. 7

A.Z.P.I.R.E. Wellness Center
201 N. Vickey St. Flagstaff, AZ 86004
(928) 213-0742

Northern Arizona Council of Governments
(NACOG) 928-774-1895
119 E Aspen Ave, Flagstaff, AZ 86001
928-778-1895 / 928-778-1422
221 N. Marina St. #201, Prescott, AZ 86302

Northern Arizona Regional Behavioral
Health Authority (NARBHA) --
NARBHA is the current Regional Behavioral Health
Authority (RBHA) for Coconino, Navajo, Yavapai,
Apache and Mohave counties until September 30,
2015, after which Health Choice Integrated Care will
be the RBHA for Northern Arizona. Please see the listing for Health Choice Integrated Care on page 5 of this Guide. NARBHA has been the behavioral health managed care organization in Northern Arizona for 50 years, during which it has demonstrated its commitment to providing behavioral health care through innovative and cost-efficient health management. HCIC was formed in 2014 as a collaboration between Health Choice, the managed-care solutions division of IASIS Healthcare, and NARBHA. On October 1, 2015, NARBHA will become The NARBHA Institute. The mission and goals of The NARBHA Institute are still being developed and their public charity focus will continue. The framework of The NARBHA Institute will be to build coalition and capacity and be a catalyst for change by identifying needs, promising practices and solutions that sustain and enhance in Northern Arizona. The Institute will be located at 616 N. Beaver St. and will open on 10/1/15. Until 9/30/15, NARBHA’s contact information will remain the same as follows: 1300 South Yale Street, Flagstaff, AZ 86001 Business Phone: (928) 774-7128 Toll Free: 1-877-923-1400 Member Services: 1-800-640-2123 24-Crisis Line: 1-877-756-4090 http://www.narbha.org/ 

Pronghorn Psychiatric Hospital  
(formerly Valle del Sol)  
5940 E. Copper Hill Dr., Suite B  
Prescott Valley, AZ 86314  
928-583-7799 - Main Phone  
928-583-7891 - Fax  
Pronghorn Psychiatric Hospital is a provider of court ordered evaluation, psychiatric hospitalization, and drug and alcohol detoxification services.

RIAZ - Recovery Innovations of Arizona  
Mission: To create opportunities and environments that empower people to recover, to succeed in accomplishing their goals, and to reconnect to themselves, others and to meaning and purpose in life. (866) 481-5361 or (602) 650-1212  
http://www.recoveryinnovations.org/index.html

SMART Recovery  
The leading self-empowering addiction recovery support group. The SMART Recovery 4-Point Program® helps people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, and problem addiction to other substances and activities. SMART Recovery sponsors face-to-face meetings around the world, and daily online meetings. In addition, our online message board and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support.  
http://www.smартrecovery.org/  
For veterans only: Tuesdays, 7:00 PM, Center for Positive Living, 45 Castle Rock Rd., Unit 1A, VOC, Sedona glamunyon@aol.com

Steps to Recovery Homes  
Mission is to provide a safe environment, free from any illicit drugs or alcohol, for people with substance abuse issues. We focus on behavior modifications and are dedicated to consistency, structure, and direction in our homes.  
Stepstorecoveryhomes@gmail.com  
748 N. Main St. Cottonwood AZ. 86326  
Cottonwood / Anne: 928-821-3526  
Damien: 928-592-2603

TASC  
Treatment Assessment Screening Center  
Camp Verde: (928) 567-8671  
Cottonwood: (928) 649-1312  
Primary Focus: Substance Abuse Counseling, Anger Management Counseling, Domestic Violence Counseling, DUI Classes  
Services Provided: Referrals, group and individual counseling  
Type of Care: Outpatient  
Population Served: Women, men  
Qualifications to receive services: Refers out for dual diagnosis  
Forms of Payment Accepted: Flat fees for different services (Cash, checks)  
Payment Assistance: Willing to work with client  
Language Accommodations: None  
Required Referrals: None  
Warmline (non-crisis support):
Sedona / Verde Valley Mental Health Resources Guide

928-443-5800 / 6:30-11p.m.
609 West Gurley, Prescott, AZ

Spectrum Healthcare (formerly Verde Valley Guidance Clinic)
Spectrum Healthcare offers an integrated system of healthcare delivery. It is the coordination of general and behavioral healthcare. It incorporates mental health, primary care, and substance abuse services. This system is complex, with many levels of care, screening, communication, and education. It produces the best outcomes and proves to be the most effective approach in caring for people with multiple healthcare needs. Integration at Spectrum Healthcare seeks to provide these services with high quality, and ease of access. Spectrum is contracted through NARBHA, the Regional Behavioral Health Authority for Coconino, Navajo, Yavapai, Apache and Mohave counties. NARBHA will become Health Choice Integrated Care as of October 1, 2015.

Main Number: 928-634-2236
8 E Cottonwood St., Cottonwood, AZ 86326
651 W. Mingus Ave., Cottonwood, AZ 86326
2880 Hopi Drive, Sedona, AZ 86336 / 928-282-4357
452 Finnie Flat Road, Camp Verde, AZ 86322 / 928-567-4026.

Crisis Contact Numbers: in any life-threatening emergencies, call 911 immediately. For other crisis situations, call 928-634-2236, available 24/7. For hearing impaired, please use the Arizona Relay Service at 711 or 1-800-367-8939 or internet assistance at www.azrelay.org

Verde Valley Medical Center
Behavioral Health Unit (for adults 18+)
Sandy Roberge, Clinical Manager
269 S. Candy Ln., Cottonwood, AZ / 928-639-6450

Women in New Recovery
928-776-1828 or 717-0603, Prescott, AZ
www.winr.org
Structured living environment for women in recovery from alcohol and/or drug addiction. Must have at least 3 days of sobriety to enter. A seven-month commitment is required.

Children’s Services

Arizona’s Children Association
928-443-1991 or 1-888-771-3435
Information and Referral: 928-772-3435
440 N. Washington Ave, Prescott, AZ 86301
Website: www.arizonaschildren.org
In-home family counseling; foster care and adoption; counseling and consultation; Child Haven (crisis nursery); respite; independent living services.

Arizona DES-Division of Children, Youth, and Family services
Substance Abuse case management
928-634-7561 or 928-669-6800
1500 E Cherry St., Cottonwood, AZ

Arizona Early Intervention Program (AzEIP)
928-759-5591, 3343 N. Windsong Dr. Suite 5
Prescott Valley, AZ 86314
Website: www.azdes.gov/AzEIP
Services bring families and professionals together, working in collaboration to support a child’s growth, development and learning. Available to infants and toddlers, birth to three years of age, with disabilities or developmental delays.

Boys and Girls Club of Cottonwood
928-639-3057
Smart Moves and Street Smarts-resistance training for drugs, alcohol and gang involvement.

Buena Vista Children’s Services
928-646-5200 / http://bv-cs.org/
A community based, grassroots, nonprofit organization that designs, develops, and implements model programs for children, parents and educators. Programs address emerging needs in the areas of child care, education, parenting, resource and referral.

Child Abuse Hotline
Child Youth and Family Administration
Cottonwood: 24 hours: 928-634-7561
24 hours - Toll Free: 888-530-1831
1645 E. Cottonwood St., Cottonwood, AZ
Sedona / Verde Valley Mental Health Resources Guide

Sedona: 1-888-767-2445

Childcare Resource & Referral Service
1-800-308-9000

Yavapai Community Health Center
http://www.yavapaihealth.com/
Counseling services are provided to children and adolescents on a limited basis.
Cottonwood: 928-639-8132
51 Brian Mickelsen Parkway, Cottonwood, AZ
Prescott: 928-583-1000
1090 Commerce Drive, Prescott, AZ
Hours: Monday - Friday 8:00 AM to 5:00 PM

Department of Economic Security - Child Protective Services (CPS)
www.azdes.gov/dcyf/cmdps/cps/default.asp
Flagstaff: 928-779-3681
397 Malpais Lane, Suite 11, Flagstaff, AZ 86001
Investigates abuse and neglect referrals reported to the statewide hotline, and provides services to children and families.
Prescott: 928-277-2825
1519 W. Gurley St. Ste. 2, Prescott, AZ 86305
Prescott Valley: 928-759-0316
8128 E. Hwy. 69 Ste. 101, Prescott Valley, AZ
Provide childcare and/or counseling for any open CPS case, including psychological evaluations. We place children in foster care whose lives are at risk from abuse/neglect. Assist in transporting CPS clients to services.
Cottonwood: Child Protective Services
928-649-6844

Kids Care 1-877-764-KIDS
Health Insurance for kids in low income families.

Make-A-Wish® Arizona
info@arizona.wish.org / 602-395-WISH (9474)
Make-A-Wish Arizona grants wishes to children with life-threatening medical conditions to enrich the human experience with hope, strength and joy.

Northern Arizona Regional Behavioral Health Authority (NARBHA)*
928-774-7128 or 1-800-640-2123
1300 S. Yale, Flagstaff, AZ 86001

Website: www.narbha.org
*NARBHA will become Health Choice Integrated Care as of October 1, 2015 (see page 5 of Guide)

SADD (Students Against Destructive Decisions) -- National Office
1-877-SADD-INC. (1-877-723-3462)
Website: www.azsadd.org (Arizona)

TORC (Teen Outpatient Rehab Center)
928-649-9479 / Cottonwood, AZ

Spectrum Healthcare (formerly Verde Valley Guidance Clinic)
928-634-2236
8 E. Cottonwood St., Cottonwood, AZ 86326
2880 Hopi Drive Sedona, AZ 86336
452 Finnie Flat Road Camp Verde, AZ 86322

Counseling Services

Catholic Charities Community Services
Cottonwood: 736 N. Main St., Cottonwood, AZ 86326 / 928-634-4254
434 W. Gurley, Prescott, AZ 86301 / 928-778-2531
Website: www.catholiccharitiesaz.org
Catholic Charities offers an array of programs in Yavapai County, which include: PATH – a program that connects seriously mentally ill homeless with treatment and housing through outreach and also distributes items such as tents, sleeping bags and water, as well as referrals and transportation to treatment or shelter - 928.634.4254 ext. 54135; adoption services; pregnancy counseling; medical equipment to low income elderly, disabled and persons with immediate health needs; financial assistance for utility payment; referral resources; emergency shelter (waiting lists and eligibility criteria apply); in-home parenting support; supportive services to veteran families; housing programs; foster care; North Star Youth Partnership; The Loft (a daytime drop-in center in Cottonwood for homeless people, where clients can do laundry, bathe, cook a meal, apply for work and maintain social connections). Catholic Charities helps people of all faiths, backgrounds and abilities.
H.E.L.P.
Free counseling services now available online
334-357-6404

Spectrum Healthcare (formerly Verde Valley Guidance Clinic)
928-634-2236
8 E. Cottonwood St., Cottonwood, AZ 86326
2880 Hopi Drive Sedona, AZ 86336
452 Finnie Flat Road Camp Verde, AZ 86322

**Developmental Disabilities**

DES Division of Developmental Disabilities
**Cottonwood:** 928-649-6883 / 928-649-6800
1500 E. Cherry St., Cottonwood, AZ 86326
**Flagstaff:** 928-773-4957
2705 N 4th St., Suite A, Flagstaff, AZ. 86004
Website: [www.azdes.gov/ddd/](http://www.azdes.gov/ddd/)
**Prescott:** 928-277-2700
1519 W. Gurley St. Ste. 3, Prescott, AZ 86305
Provides an array of home and community-based services, including information, referral and respite care.

IHD Child and Family Program
928-523-7010 or 877-628-3180 Toll Free
P.O. Box 5630, Flagstaff, AZ. 86011
Website: [www.nau.edu/ihd/cfs/](http://www.nau.edu/ihd/cfs/)
Provides home-based early intervention services for children (birth to 3 years) with developmental disabilities and their families. Developmental monitoring and support are provided.

Four County Conference on Developmental Disabilities
928-778-3391 / 4ccdd@commspeed.net
325 N. Arizona Avenue, Prescott, AZ 86302
Mailing Address: P.O. Box 3262, Prescott, AZ
An advocacy group for persons with developmental disabilities and their families. Seminars, workshops, training opportunities, newsletters, lending library, and toy library are offered.

**Educational/Vocational**

Camp Verde Adult Learn Center
395 S. Main St., Room 305, Camp Verde
928-567-3187 / [www.cvarp.org](http://www.cvarp.org)

DES Job Services Office 928-649-6856
1500 Cherry Street, Cottonwood

**Elder Care Services**

Arizona Care Management Solutions
Bonnie Shimko, Certified Senior Advisor and Elder Care Advisor for JacksonWhite Attorneys at Law.
928-300-0172 / [Bonnie@AZCareManagement.com](mailto:Bonnie@AZCareManagement.com)

C.A.S.A. Senior Center
928-772-3337
Telephone and face to face contact, homebound elders receive companionship and know that someone “out there” cares. Activities vary by program but may include having a listening ear, playing cards, receiving telephone calls, and more.

JacksonWhite Attorneys at Law
1-800-243-1160 / 1-480-464-1111
[www.ArizonaSeniorLaw.com](http://www.ArizonaSeniorLaw.com)
JacksonWhite will prescreen anyone for Arizona Long-Term Care System (ALTCS) and VA for free and give guidance in this area. Ask for an elder care advisor (Bonnie Shimko in Northern Arizona – see listing in this section under Arizona Care Management Solutions).

National Committee for the Prevention of Elder Abuse
202-682-4140
1612 K Street NW, Washington DC 20006
Website: [www.preventelderabuse.org](http://www.preventelderabuse.org)
The mission of the NCPEA is to prevent abuse, neglect and exploitation of older adults through research, advocacy, public and professional awareness, interdisciplinary exchange and coalition building.

Northern Arizona Council of Governments (NACOG) – Area Agency on Aging, Family Caregiver Program
A nurse and certified nurse assistance provides personal in home care and social services for patients. They also help with community resources. Physical and speech therapy is offered within the home. Most insurance companies cover the fees for services, but private pay or financial assistance is available for those who are not covered.

**Northern Arizona Seniors in Action Coalition (NAZSAC)**
Established 2001: Verde Valley Seniors in Action Coalition - 501(c)3, dba Northern Arizona Seniors in Action Coalition
Established 2007: Seniors in Action Business Alliance (SABA)
Christine Bryson-Lazo, Chair & President
Certified Senior Advisor – 2009 CSA Trailblazer Award Recipient
PO Box 305, Sedona, AZ 86339-0305
928.282.1122 / 928.282.5074 (fax)
[www.nazsac.org](http://www.nazsac.org)

**Ask about the Arizona Elder Economic Security Initiative Coalition (AZEESI)**

---

**Employment**

**Arizona Department of Economic Security (DES)/Rehabilitation Services Administration Vocational Program**
928-445-6432
1555 Iron Springs Road, Ste. 11, Prescott AZ 86305
Serves people with a physical, emotional, or mental disability impairing employment.

**Arizona Women’s Education & Employment**
928-778-3010 / 202 North Granite Street, Suite 203
Prescott AZ 86301
Helps set a career path, teaches new skills and provides job coaching. Many resources are available to assist with finding employment.

**Arizona Workforce Connection of Yavapai County**

---

**End-Of-Life Care/Hospice**

**Arizona Hospice and Palliative Care Organization 1-866-552-4726**
PO Box 5189, Sun City West AZ 85376-5189
Website: [www.arizonahospice.org](http://www.arizonahospice.org)
Provides consumer information on hospice care. Offers assistance with palliative and local hospice care contacts.

**Hospice Family Care 928-541-1740**
100 E. Sheldon, Ste. 100, Prescott AZ 86301
Serving the Tri-City area and most of Yavapai County; Medicare Licensed Hospice Inpatient Care Center in Yavapai County.

**National Hospice and Palliative Care Organization**
1-800-658-8898 / [www.nhpco.org](http://www.nhpco.org)

---

**Northern Arizona Homecare and Hospice Cottonwood:** 928-639-6674/800-654-5910

---

**Circles of Support**
928-445-8382 / 505 W. Gurley, Prescott, AZ 86305
Coach the families in the areas of job acquisition and retention, medical insurance, housing, nutrition, clothing, childcare, budgeting and finance and car acquisition.

**National Network for Women’s Employment**
Website: [www.womenwork.org](http://www.womenwork.org)

**New Horizons Disability Empowerment Center**
Provides programs and services in Northern Arizona which encourage and empower people with disabilities to self-determine the goals and activities of their lives.
8085 E Manley Dr. Prescott Valley, AZ 86314
928-772-1266
[http://www.chamberorganizer.com/prescott/mem_newhorizons](http://www.chamberorganizer.com/prescott/mem_newhorizons)
Northern Arizona Homecare and Hospice
Flagstaff: 928-773-2238 Winslow: 928-289-0980
Cottonwood: 928-639-6674/800-654-5910
107 E Oak Ave. Suite 102, Flagstaff, AZ. 86001
A nurse and certified nurse assistance provides personal in home care and social services for patients. They also help with community resources. Physical and speech therapy is offered within the home. Most insurance companies cover the fees for services, but private pay or financial assistance is available for those who are not covered.

**Estate Planning**

NAMI - Special Needs Estate Planning Guidance System
This site contains information to assist families in understanding the process and working with qualified attorneys, as well as state specific information, resources, and protocols.
[http://www.nami.org/Template.cfm?Section=Special_Needs_Estate_Planning&Template=/ContentManagement/ContentDisplay.cfm&ContentID=8120](http://www.nami.org/Template.cfm?Section=Special_Needs_Estate_Planning&Template=/ContentManagement/ContentDisplay.cfm&ContentID=8120)

NAMI - Special Needs Estate Planning Resources
The goal of Special Needs Estate Planning is to provide for the special needs of loved ones with disabilities when we are no longer there to organize and advocate on their behalf. It is important to plan now for the coordination of the legal, financial, and care components that will provide for the maintenance of the quality of life and dignity of the beneficiary of the plan.

NAMI - PLAN (Planned Lifetime Assistance Network)
PLAN programs were developed to meet the needs of families who are actively planning for the future of an adult child with a disability. The mission of these independent, not-for-profit programs is to help families develop a future-care plan, establish the resources for payment, and identify the person(s) or program(s) responsible for carrying out the plan. Most PLAN programs also provide current services that relieve parents of part of the daily burden of care. Currently, throughout the country, there are 18 PLAN affiliates in 22 states. There are four programs in the development stage. These programs comprise the National PLAN Alliance, a service component of NAMI.
[http://www.nami.org/Template.cfm?Section=Legal_Support&Template=/ContentManagement/ContentDisplay.cfm&ContentID=25569](http://www.nami.org/Template.cfm?Section=Legal_Support&Template=/ContentManagement/ContentDisplay.cfm&ContentID=25569)

**Financial Aid**

Social Security Administration
928-774-0201
1585 S. Plaza Way, Suite 130
Flagstaff, AZ. 86001 / Website: [www.ssa.gov](http://www.ssa.gov)
Provides cash benefits for adults, disabled children, those at the retirement age, survivors, and widowers. Medicare and Medicaid is provided.

Yavapai County Department of Economic Security
Cottonwood Office: 928-634-0780
1500 E. Cherry St., Cottonwood, AZ
AHCCCS, Food Stamps, general assistance

**Food Banks / Assistance**

**EMERGENCY FOOD:**

**Bread of Life Mission**
Camp Verde – 928-567-6931
Faith-based food distribution ministry providing weekly hot meals and boxes of groceries to people in need.

**Central Arizona Food Bank**
Cottonwood – 928-634-7447
Community-based, nonprofit, all-volunteer organization dedicated to dispensing emergency food in the entire Verde Valley.

**Old Town Mission**
116 E Pinal St., Cottonwood AZ 86326
928-634-7869
Programs and services include food, clothing, showers, hot lunches, school
supplies, eyeglasses, haircuts, legal advice and medical and dental referrals. Food Pantry is open 9:00 to 11:30 AM on Mon., Wed., Thu., Fri.

**Salvation Army**
928-774-1403
[http://www.salvationarmy.org/ihq/ourwork](http://www.salvationarmy.org/ihq/ourwork)
507 N. Humphreys, Flagstaff, AZ
Hours: 9:00-12:00 M-Th. Provides clothing and emergency food vouchers, sack lunches, and rent and utility assistance.

**Sedona Food Bank**
Sedona and VOC - 928-204-2808
[http://sedonafoodbank.org/](http://sedonafoodbank.org/)
Community supported organization which provides food and assistance to people in need, specifically those who live in Sedona, the Village of Oak Creek, Cornville or Page Springs.

**Seventh Day Adventist Church**
Camp Verde - 567-4281

**Arizona Department of Economic Security/Family Assistance**
928-277-2800 or 1-800-352-8401
Prescott - 1519 W. Gurley, Suite #1
Prescott Valley 928- 775-3140
7875 Florentine
Welfare, Food Stamps, AFDC, GA

**Catholic Charities**

**Cottonwood/Sedona Area**
736 Main St., Cottonwood, AZ 86326
928-634-4254

**Prescott Tri-City Area** 928-778-2531

**Department of Economic Security**
1500 E. Cherry St., Cottonwood, AZ
Health Insurance & Nutrition Assistance: 928-649-6800

**Yavapai Community Services – Food Plus Program**
**Cottonwood Office:** 928-639-8134
Provides monthly food box as nutrition supplement to income-eligible county residents age 60+.

**Yavapai Food Council**
[http://yavapaifoodcouncil.org/](http://yavapaifoodcouncil.org/)
928-593-0755
(Lower Level) Church of the Red Rocks
54 Bowstring Drive, Sedona, AZ 86336
Serving the hungry in Cottonwood, Camp Verde, Sedona, Rimrock and the entire Verde Valley.
The Yavapai Food Council’s mission is “To build community support for meeting the needs of the hungry through education and resource development; to increase the production and distribution of locally grown healthy food, and to be a voice for the hungry.”

**Health Information**

**Arizona Health Care Cost Containment System**
(AHCCCS)
**Cottonwood Office:**
928-634-0780 / 1500 E. Cherry Street, Cottonwood
**Prescott Office:**
928-277-2800 / 1519 W. Gurley Suite #1, Prescott
AHCCCS, Food Stamps, general assistance -
Online application:

**Arizona Medical Board 1-877-255-2212**
9545 East Doubletree Ranch Road
Scottsdale, AZ 85258 / [www.azmd.gov](http://www.azmd.gov)
Resource for checking on the license status of allopathic physicians (MDs) and filing a complaint against an MD. Complaints can be filed through an online form on the website.

**Medline Plus**
[www.medlineplus.gov](http://www.medlineplus.gov)
This service of the US National Library of Medicine and the National Institute of Health is a comprehensive site of health information.

**MedicineNet**
[www.medicinenet.com](http://www.medicinenet.com)
Information is available on over 550 diseases and conditions. A dictionary with medical terms can be accessed online.
National Rehabilitation Information Center
1-800-346-2742
www.naric.com

Northern AZ VA Health Care System (VAMC)
Cottonwood:
501 S Willard St., Cottonwood, AZ 86326
(928) 649-1532
http://www.prescott.va.gov/locations/cottonwood_cboc.asp

Prescott:
500 Hwy 89N, Prescott, AZ 86313
928-445-4860 | 800-949-1005
http://www.prescott.va.gov

Flagstaff:
1300 W. University Ave. Suite 200
Flagstaff, AZ 86001
928-226-1056 or 800-949-1005 X 5650
http://www.prescott.va.gov/locations/Flagstaff_CBOC.asp

United Way Information Network
928-443-5321 or 1-888-449-5321
3343 N. Windsong Drive, Suite 8, Prescott Valley, AZ
Web site: www.unitedwayyavapai.org
Provides centralized information and referral to health and human service providers for Yavapai County residents through enhancement of nonprofit and public partnerships, networking, and the development of services.

United Way of Northern Arizona
1515 E. Cedar Ave., Suite D-1
Flagstaff, AZ 86004 / 928-773-9813
www.nazunitedway.org

Spectrum Healthcare (formerly Verde Valley Guidance Clinic)
Spectrum Healthcare offers an integrated system of healthcare delivery. It is the coordination of general and behavioral healthcare. It incorporates mental health, primary care, and substance abuse services.
Main Number: 928-634-2236
8 E Cottonwood St., Cottonwood, AZ 86326
651 W. Mingus Ave., Cottonwood, AZ 86326
2880 Hopi Drive, Sedona, AZ 86336 / 928-282-4357
452 Finnie Flat Road, Camp Verde, AZ 86322 / 928-567-4026.

Verde Valley Medical Center
http://www.verdevallymedicalcenter.com/
Cottonwood:
269 S. Candy Lane, Cottonwood, AZ 86326
928-634-2251

Sedona:
3700 Arizona 89A, Sedona, AZ 86336
928-204-3000

Camp Verde Health Center
460 Finnie Flat Road, Camp Verde, AZ

Yavapai County Community Health Services
Services provided include: medical services, dental services, behavioral health, family planning, pediatrics, well-woman health check.
http://www.yavapaihealth.com/
Cottonwood: 928-639-8132
51 Brian Mickelsen Parkway, Cottonwood, AZ
Prescott: 928-583-1000
1090 Commerce Drive, Prescott, AZ
Hours: Monday through Friday 8:00 AM to 5:00 PM

National Rehabilitation Information Center
1-800-346-2742 www.naric.com

Hotlines

Abortion Information 1-800-772-9100

Adoption Network 1-866-942-3678

Adoptions- Rosie Adoptions
(If you are pregnant)
1-800-841-0804

AIDS Treatment Information Services
1-800-HIV-0440 (1-800-448-0440)
AIDS National Hotline  
1-800-342-2437

Al-Anon/Alateen Hotline  
1-888-4AL-ANON (1-800-425-2666)  
Hope & Help for young people who are the relatives & friends of a problem drinker

Al-Anon Family Group Headquarters  
1-800-356-9996

Alcohol/Drug Abuse Hotline  
1-800-662-HELP (4357)

Abortion Federation - National (USA)  
1-800-772-9100

American Psychiatric Association  
800-964-2000

Anasazi Foundation  
1-866-678-3445

Arizona Smokers’ Helpline  
1-800-556-6222 -- www.ashline.org

Arizona Poison & Drug Information Center  
1-800-222-1222

Arizona Postpartum Wellness Coalition (APWC) Quad Cities Chapter  
1-888-434-MOMS (6667)  
AZ Warmline for Postpartum Support International; volunteers provide phone support to new mothers. Calls are returned within 3 hours from 9 a.m. – 9 p.m. in English or Spanish.

Be Sober Hotline  
1-800-BE-SOBER (1-800-237-6237)

Birthright  
1-800-550-4900

Birth To Five Helpline  
1-877-705-KIDS (5437)

Boys Town National Hotline  
1-800-448-3000

Care Net  
1-800-395-HELP (4357)

Center for the Prevention of School Violence  
1-800-299-6504

Centers for Disease Control AIDS Info  
1-800-342-2437

CHADD-Children & Adults with Attention Deficit/Hyperactivity Disorder  
1-800-233-4050

Child Abuse Hotline--Child help USA  
1-800-4-A-CHILD (1-800-422-4453)

Children of the World  
(If you want to adopt a child)  
1-973-239-0100

Cocaine Help Line  
1-800-COCAINE (1-800-262-2463)

24 Hour Cocaine Hotline  
1-800-992-9239

Crisis Hotlines  
1-800-656-HOPE (4673)

Drug Addiction Hotline  
1-888-268-9185

Drug Help National Helplines  
1-800-378-4435

Drug and Alcohol Resource Center  
1-800-784-6776

Eating Disorders Awareness and Prevention  
1-800-931-2237  
Hours: 8 am - noon daily, PT

Eating Disorders Hotline  
1-800-448-4663

Eating Disorders Center  
1-888-236-1188

Eating Disorders Help Bulimia/Anorexia  
1-800-227-4785

Ecstasy Addiction  
1-877-254-3348
Elder Abuse Hotline 1-800-252-8966

Emergency Contraception Information 1-888-NOT-2-LATE (1-888-668-2528)

Family Violence Prevention Center 1-800-313-1310

Incest Awareness Foundation 1-888-547-3222

Incest Hotline for guys: M.A.L.E. 1-800-949-MALE (1-800-949-6253)

Food Addiction 1-800-872-0088

Gay & Lesbian National Hotline 1-888-THE-GLNH (1-888-843-4564)

Independent Adoption Center 1-800-877-6736

Hours: 9am - 5pm PT

Gay, Lesbian, Bisexual and Transgender (GLBT) National Youth Talkline 1-800-246-7743

The Trevor Project – http://thetrevorproject.org/ - Provides a national, 24-hr, toll-free confidential suicide hotline for LGBTQ youth at 866-488-7386. Confidential text messaging – text “Trevor” to 202-304-1200

Incest Hotline for guys: M.A.L.E. 1-800-949-MALE (1-800-949-6253)

Independent Adoption Center 1-800-877-6736

Hours: 9am - 5pm PT

Gay & Transgender Hate Crime Hotline 1-800-616-HATE (4283)

Lyme Disease Hotline 1-800-886-LYME (1-800-886-5963)

Mental Health InfoSource 1-800-338-7657

National Headache Foundation 1-800-843-2256 or 1-888-643-5552

Marijuana Anonymous 1-800-766-6779

Missing & Exploited Children Hotline 1-800-843-5678

Gay & Transgender Hate Crime Hotline 1-800-616-HATE (4283)

Mother Against Drunk Drivers 1-800-438-MADD (1-800-438-6233)

National Adoption Center 1-877-648-4400

National Adolescent Suicide Hotline 1-800-621-4000

National Abortion Federation Hotline 1-800-772-9100

National Association for Children of Alcoholics 1-888-55-4COAS (1-888-554-2627)

National Adoption Center 1-877-648-4400

National Sexual Assault Hotline 1-800-656-4673

National Headache Foundation 1-800-843-2256 or 1-888-643-5552

Healing Woman Foundation (Abuse) 1-800-477-4111

Healing Woman Foundation (Abuse) 1-800-477-4111

Help Finding a Therapist 1-800-THERAPIST (1-800-843-7274)

Herpes Resource Center 1-800-230-6039

Rev. November 2015
National Alliance on Mental Illness (NAMI) 1-800-950-6264

National Child Abuse Hotline 1-800-252-2873 or 1-800-4AChild (422-4453)

National Clearinghouse for Drug and Alcohol Information 1-800-729-6686

National Domestic Violence Hotline 1-800-799-SAFE (1-800-799-7233)
TTY: 1-800-787-7224

National Drug Abuse Hotline 1-800-662-HELP (1-800-662-4357)

National Hispanic Family Health Hotline 1-800-783-2645

National Hotline for Missing & Exploited Children 1-800-843-5678

National Inhalant Prevention Coalition 1-800-269-4327

National Institute on Drug Abuse & Alcoholism 1-888-644-6432

National Institute of Mental Health 1-888-ANXIETY (1-888-269-4389)

National Mental Health America 1-800-969-6642

National Office of Post Abortion Trauma 1-800-593-2273

National Resource Center on Domestic Violence 1-800-537-2238

National Runaway Switchboard & Suicide Hotline 1-800-786-2929

National Runaway Switchboard Crisis Line 1-800-621-4000

National STD Hotline 1-800-227-8922

National Youth Crisis Hotline 1-800-448-4663

National Victim Center 1-800-FYI-CALL (1-800-394-2255)

National Women’s Health Hotline (PMS Access) 1-800-558-7046

Panic Disorder Information Hotline 1-800-64-PANIC (1-800-647-2642)

People against Rape 1-800-877-7252

Pet Loss Support Hotline – Grief Counseling 1-888-ISU-PLSH (1-888-478-7574)

Pet Loss Support Hotline 1-800-565-1526

PMS Access National Women’s Health Hotline 1-800-222-4767

Planned Parenthood, Inc. 1-800-230-PLAN (7526)

Post-Abortion Project Rachel 1-800-5WE-CARE (1-800-593-2273)

Pregnancy Hotline 1-800-4-OPTIONS (1-800-467-8466) or 1-800-848-5683

Options Hotline 1-800-375-HELP (1-800-375-4357)

Pregnancy Hotline (National) 1-800-914-4600

Pregnancy and Breastfeeding Hotline 1-800-833-4642
Pregnant & Young Hotline
1-800 550-4900

RAINN Sexual Assault Hotline
1-800-SUICIDE (1-800-784-2433)

Rape, Abuse, Incest, National Network (RAINN) 1-800-656-HOPE (1-800-656-4673)

Resource Center on Civil and Criminal Law Aka Battered Women's Justice
1-800-903-0111

Resource Center of Child Custody Protection
1-800-527-3223

Rosie Adoptions (If you are pregnant)
1-800-841-0804

Runaway Hotline
1-800-231-6946

Sacred Circle, National Resource Center to End Violence against Native Women
1-877-733-7623

Safe Choice Hotline (STDs & Pregnancy)
1-800-878-2347

Self Help Hotline (Bulimia / Anorexia)
1-800-227-4785

Self-Injury Hotline - SAFE (Self Abuse Finally Ends) Alternatives Program
1-800-DONT CUT (1-800-366-8288)
www.selfinjury.com

Sexual Assault Hotline 1-800-656-4673 / 1-800-838-8238

Smoker's Helpline: 1-800-556-6222

Stop It Now! (Sexual Abuse)
1-888-PREVENT (1-800-773-8368)

Students against Violence Everywhere
1-888-343-SAVE (7283)

Society's League against Molestation (SLAM) 1-609-858-7800

Sports Foundation for Women
1-800-227-3988

Stepping Stone Agencies (for Women)
928-445-HOPE (4673).

Suicide Hotline - (National Adolescent)
1-800-621-4000

Suicide Hotline
1-800-SUICIDE (1-800 784-2433)

Suicide Prevention - The Trevor HelpLine (Specializing in gay and lesbian youth suicide prevention) 1-800-850-8078

Survivor's Youth Hotline
1-800-448-4663 or 1-800-427-0009

TalkZone (Peer Counselors)
1-800-475-TALK (1-800-475-2855)

Teen Helpline
1-800-400-0900

TeenLine
1-800-522-8336

USA National Suicide Hotlines
1-800-SUICIDE (1-800-784-2433) or 1-800-273-TALK (1-800-273-8255)

Voices in Action
1-800-7-VOICE-8 (1-800-786-4238)
(Hours: 9 am - 6 pm CT)
Listings for treatment and support of incest and child sexual abuse

WAVE (Working against Violence Everywhere) 1-888-960-9600

Yellow Ribbon Suicide Prevention Program
1-800-SUICIDE (1-800-784-2433) or

Youth Crisis Hotline 1-800-968-8454
Youth America Hotline 1-877-968-8454

Legal Assistance

Arizona Attorney General's Office
www.azag.gov/children_family/
928-526-8028
2323 N Walgreens, Suite 100, Flagstaff, AZ

Coconino County Law Library and Self-Help Center
928-779-6656 / 877-806-3187
200 N San Francisco St., Flagstaff, AZ 86001
Email: ghornberger@coconino.az.gov
http://www.coconino.az.gov/lawlibrary

Community Legal Services (CLS)
928-445-9240 or 1-800-233-5114
401 N. Mt Vernon St., Prescott, AZ 86301
CLS is a non-profit Arizona law firm dedicated to providing equal access to our civil justice system for those who cannot afford it. CLS provides free legal advice, services, and when appropriate, direct representation to low-income, eligible persons in certain civil matters such as family law, housing law, health/education/benefits/employment law, consumer law.

DNA People’s Legal Services
928-774-0653 / http://www.dnalegalservices.org/
2323 E. Greenlaw Ln., Flagstaff, AZ 86004
Hours Tuesday 9:00-11:00 & 1:00-3:00. Offers free legal advice and services for low income or indigent people. New intakes 1:30pm – 4pm Tuesdays - County Residents

David’s Hope
David’s Hope is an education and advocacy agency designed to provide people living with mental illness, and all those involved in their care, the skills and knowledge needed to navigate the behavioral health and criminal justice systems. David’s Hope teaches people how to advocate for themselves and others by empowering them with information, training, resources, and mentoring.
Mary Lou Brncik / 602-774-4382
http://www.davidshopeaz.org/

JacksonWhite Attorneys at Law
1-800-243-1160 / 1-480-464-1111
www.ArizonaSeniorLaw.com
JacksonWhite will prescreen anyone for Arizona Long-Term Care System (ALTCS) and VA for free and give guidance in this area. Ask for an elder care advisor (Bonnie Shimko in Northern Arizona).

Global Family Legal Services
928-282-2590
2940 Southwest Dr., Suite 5
Sedona, AZ 86336

Northern Arizona Council of Governments (NACOG)
928-213-5246 or 1-877-521-3500

Legal Advocacy Program
125 Grove Avenue, Prescott AZ 86301
Provides opportunity for resolution through mediation (except for real estate mediation). Service is free of charge to anyone in the community.

NAMI Resources re Mental Illness and the Criminal Justice System
Please click on this link to a NAMI document that provides answers to some of the frequently asked questions regarding the criminal justice system: Criminal Justice Self-Advocacy FAQ or, copy this address to your browser: http://www.nami.org/Content/NavigationMenu/NA MILand/CJguidetomentalillnessandcjsystem.pdf
This FAQ addresses common questions such as, “How do I make sure that my loved one gets his medication in jail?” and “Why won’t my public defender use my loved one’s mental illness in their defense?” It provides information about the individual’s rights in these particular situations, recommendations for appropriate courses of action and links to other helpful websites and resources. NAMI has also developed a comprehensive guide as an aid for individuals and families navigating this system. Please click on this link: Guide to Mental Illness and the Criminal Justice System or, copy this address to your browser: http://www.nami.org/Content/NavigationMenu/NA MILand/CJguidetomentalillnessandcjsystem.pdf
National Disability Rights Network
Nonprofit membership organization for the federally mandated Protection and Advocacy (P&A) Systems and Client Assistance Programs (CAP). There is a P&A/CAP agency in every state. For Arizona:

Arizona Center for Disability Law
100 North Stone Street, Suite 305
Tucson, AZ 85701
Phone: 520-327-9547 \ 800-927-2260
E-Mail: center@azdisabilitylaw.org
Website: http://www.azdisabilitylaw.org
The above agency deals with criminal justice issues as follows:

• What their rights are.
• How to get their medication to them.
• What to do if you believe the person may be in danger of harming himself/herself.
• How they can get mental health services.
• What they can do before getting out of prison to have their benefits, such as Social Security.

Old Town Mission
928-634-7869 / 116 E Pinal St., Cottonwood, AZ
Free Legal Consultation Clinics: Legal professionals offer free consultation concerning a variety of legal matters. No appointment is needed. All Individuals requesting legal aid should arrive at 5:45 pm.
Clinics are held:
Sedona: 1st Tuesday of the month at Solid Rock Church, 2301 W Highway 89A # 101 in West Sedona
Cottonwood: 3rd Tuesday of the month at the Old Town Mission in Cottonwood.

Treatment Advocacy Center
(legal resources in every state)
http://www.treatmentadvocacycenter.org/

Arizona
Arizona has its own civil commitment laws that establish criteria for determining when court-ordered treatment is appropriate for individuals with severe mental illness who are too ill to seek care voluntarily. In Arizona, the court may order a patient to undergo inpatient (hospital) or outpatient (community) treatment if there is clear and convincing evidence that a proposed patient, as a result of mental disorder, is:

• a danger to self, or
• a danger to others, or
• persistently or acutely disabled, or
• gravely disabled and in need of treatment, or
• and is either unwilling or unable to accept voluntary treatment.

The state of Arizona offers an application for emergency admission for evaluation, which is available online or you can copy this address to your browser:
Also available online is the Arizona state petition for court-ordered treatment. You can also copy this address to your web browser:

Victim Witness Services - Coconino County
928-779-6163
201 E. Birch Avenue, Suite 4, Flagstaff, AZ 86004
Victim/witness advocacy, crisis intervention, victim compensation, social service referrals.

Yavapai County Detention Center
2830 N. Commonwealth Drive, Camp Verde, AZ 86322. Call 928-567-7734 (Lobby) to get information on visitation, property, bonds, etc. For medical questions/information, ask to be transferred to the on-duty nurses.
Sheriff’s Office: www.ycsoaz.gov
Yavapai County Public Defender’s Office:
928-771-3588
County Attorney’s Office:
2830 N. Commonwealth Drive, Suite 106
Camp Verde, AZ 86322 / 928-567-7717

Outreach Programs

ABRIO Family Services and Support
1760 East Villa Dr., Cottonwood, AZ 86326
(928) 634-6758
Focus on the individual and family to create services for their personal needs. Services include; home outreach, residential support, days services, consulting and training.

Catholic Charities Community Services
Cottonwood: 736 N. Main St., Cottonwood, AZ 86326 / 928-634-4254
434 W. Gurley, Prescott, AZ 86301 / 928-778-2531
Website: www.catholiccharitiesaz.org
Catholic Charities offers an array of programs in Yavapai County, which include: PATH – a program that connects seriously mentally ill homeless with treatment and housing through outreach and also distributes items such as tents, sleeping bags and water, as well as referrals and transportation to treatment or shelter - 928.634.4254 ext. 54135; adoption services; pregnancy counseling; medical equipment to low income elderly, disabled and persons with immediate health needs; financial assistance for utility payment; referral resources; emergency shelter (waiting lists and eligibility criteria apply); in-home parenting support; supportive services to veteran families; housing programs; foster care; North Star Youth Partnership; The Loft (a daytime drop-in center in Cottonwood for homeless people, where clients can do laundry, bathe, cook a meal, apply for work and maintain social connections). Catholic Charities helps people of all faiths, backgrounds and abilities.

Community Information & Referral
http://www.cirs.org/
Phoenix - 800-351-3792 or 602-263-8845

Cornucopia Community Advocates
A nonprofit organization dedicated to the mission of enhancing community spirit and effectiveness through sharing resources. CCA is involved in direct service programs and in community resource development. As a Community Foundation, Cornucopia provides the support for over 24 tax-exempt public charities serving thousands of people who share a common interest—improving the quality of life in their area. Individuals, families, businesses, and organizations create permanent charitable funds that help their region meet local challenges.
http://www.cornucopiacomunity.org/
928-284-3284

Four County Conference on Developmental Disabilities
928-778-3391
4ccdd@commspeed.net
325 N. Arizona Avenue, Prescott, AZ 86302
Mailing Address: P.O. Box 3262, Prescott, AZ 86302
An advocacy group for persons with developmental disabilities and their families. Seminars, workshops, training opportunities, newsletters, lending library, and toy library are offered.

Northern Arizona Council of Governments (NACOG) Community Services Administration
119 E. Aspen Ave., Flagstaff, AZ 86001
928-774-1895 / Fax: 928-556-9142
NACOG Cottonwood:
1500 E. Cherry St., Suite F, Cottonwood, AZ 928-308-2988
NACOG Prescott Valley:
3262 Bob Dr., Suite 8, Prescott Valley, AZ 928-308-2988
Assistance to limited-income families and individuals as they move from public assistance to self-sufficiency. Assistance with utilities, housing, appliance replacement/repair, transportation services.

Trauma Intervention Programs of Arizona, Inc.
Trauma Intervention Program (TIP)
The Trauma Intervention Programs of Arizona, Inc (TIP) has been serving Yavapai County since 2000. The program is a group of volunteers who are requested by hospital, police and fire personnel to provide emotional and practical support to victims, survivors, and witnesses of a tragic event including child abuse, DUI auto accident, homicide, arson, physical and sexual assault, domestic violence, and other tragedies. Our volunteers are available 24/7/365 and arrive on scene within 30 minutes of the request for service. TIP is a non-profit 501(c)(3)
organization, and assists over 1500 community members and 3000 emergency workers every year. TIP currently serves Chino Valley, Paulden, Prescott, Prescott Valley, Dewey-Humboldt, Mayer, Cottonwood, Camp Verde, Clarkdale, Montezuma-Rimrock, Verde Valley, Sedona, and surrounding communities.

Verde Valley Caregivers Coalition
299 Van Deren Rd. Ste. 2, Sedona, AZ 86336
928-204-1238 / http://vvcaregivers.org/
Verde Valley Caregivers Coalition provides volunteers, programs and services to support adults in need of assistance in maintaining their independence and quality of life at home.

Yavapai Family Advocacy Center
928-775-0669 / www.yfac.org
P.O. Box 26495, Prescott Valley, AZ 86312
Seeks to minimize further trauma to victims of violent crimes and family violence by coordinating law enforcement, CPS, prosecution, and victims support services. Counseling is provided for clients who have come through YFAC and other clients when available. Staff identifies and assists in locating resources for victims. Domestic Violence Support Groups are held weekly. Child care is provided.

Parenting
Adoptive Parents Support Group
(928) 445-6519
3005 Sequoia Lane, Prescott, AZ 86305
Email: familiesforadoption@yahoo.com
Pre-adoption workshops where interested families can explore many adoption options, i.e. lending library of adoption resources, including basic information as well as children’s books.

Adults and Children Together Against Violence (ACT)
928-759-3616
“Parent’s Raising Safe Kids” is an 8-week parent education program for community members who raise, care for, and/or teach children ages 0-9 years. ACT for Dad’s is designed specifically for male caregivers and is facilitated by a trained, experience ACT dad.

Raising Special Kids
1-800-237-3007 or 602- 242-4366
www.raisingspecialkids.org
2400 N. Central Ave. #200, Phoenix, AZ 85004-1313

Em.P.A.C.T. Headstart Family Literacy Program
928-773-4609
2300 E. 6th Ave. Flagstaff AZ 86004
Provides a free pre-school, adult education, parenting education, child development, and volunteer opportunities in the Sunnyside neighborhood. Offers snacks, breakfast and lunch for the children, and lunch for the participating adults. These services are free as funds are available.

Parenting Arizona
928-773-9133
1515 E Cedar Ave, Suite E-1, Flagstaff, AZ
www.parentingaz.org/
Helps families develop positive approaches to parenting through parenting education classes and support services.

Women, Infants, Children
Statewide: 1-800-252-5942
Cottonwood: 928.639.8134
Special Supplemental Nutrition Program for Women, Infants, and Children.

Prescription Drugs / Rx Drug Assistance Information

AARP Pharmacy Services
1-800-456-2277

Arizona CoppeRX Card Prescription Program
1-888-227-8315 / www.rxamerica.com
All Arizona state residents may take advantage of this prescription program. Savings of 10%-55% or more available. Enrollment is free.

Food & Drug Administration - MedWatch
1-888-463-6332 / www.fda.gov/medwatch
Reports safety warnings and recalls for products regulated by the FDA.

**Prescription Drug Assistance information**
Information on government programs, non-profit organizations and pharmaceutical companies offering free or low-cost medication.
http://www.nami.org/Template.cfm?Section=HelpLine1&Template=/ContentManagement/ContentDisplay.cfm&ContentID=156228

**RX List – The Internet Drug Index**
www.rxlist.com
Directory of medications and news relating to pharmaceuticals. Updates and news pertaining to new medications.

**Yavapai County Prescription Program**
Phone: (928) 442-5596

**Respite**

**NACOG – Area Agency on Aging, Family Caregiver Program**
928-213-5245 or 1-877-521-3500
Resource for family caregivers.

**Shelters/Housing**

**Angie’s House**
Emergency and transitional housing for men, women and families. For intake 24-hours: 928-301-2169

**Catholic Charities Community Services**
Cottonwood: 736 N. Main St., Cottonwood, AZ 86326 / 928-634-4254
434 W. Gurley, Prescott, AZ 86301 / 928-778-2531
Website: www.catholiccharitiesaz.org
Catholic Charities offers an array of programs in Yavapai County, which include: PATH – a program that connects seriously mentally ill homeless with treatment and housing through outreach and also distributes items such as tents, sleeping bags and water, as well as referrals and transportation to treatment or shelter - 928.634.4254 ext. 54135; emergency shelter (waiting lists and eligibility criteria apply); The Loft (a daytime drop-in center in Cottonwood for homeless people, where clients can do laundry, bathe, cook a meal, apply for work and maintain social connections). Catholic Charities helps people of all faiths, backgrounds and abilities.

**Home Sweet Home for Men**
Intake – 24 hours: 928-301-2169

**Old Town Mission**
928-634-7869 / 116 E Pinal St., Cottonwood AZ
Emergency food, gas vouchers, travelers’ assistance, medical prescriptions.

**Rainbow Acres**
2120 W. Reservation Loop Rd., Camp Verde, AZ 928-567-5231 / www.rainbowacres.com

**Spectrum Healthcare (formerly Verde Valley Guidance Clinic)**
928-634-2236
8 E Cottonwood St., Cottonwood, AZ 86326

**Yavapai County Veterans Administration**
Help line: 928-445-4673
928.445.4860 ext. 6018

**Support Groups**

**AARP Grief & Loss Program**
1-888-687-2277
www.griefandloss.org
Grief and loss programs and resources available to all; web site offers extensive information, resources and support, including chat rooms and discussion boards, consumer tips, online journaling and information on support groups and their locations.

**Alcoholics Anonymous**
Women’s meeting: Wednesdays, noon, Unity Church, 65 Deer Trail Drive; Monday through Friday, noon, Jewish Community of Sedona and Verde Valley, 100 Meadowlark Dr., Sedona; Monday through Friday, 6:30 AM, 5:30 PM, 8:00 PM, 40 Stutz Bearcat Dr., Sedona; Monday through Friday, 7:00 AM, 690 Bell Rock Blvd., VOC. 928-646-9428; Young People’s Meeting, Sundays, 7:00 PM, 44
Stutz Bearcat Dr., Sedona; Seniors in Sobriety, Thursdays, 10:30 AM, Sedona Winds Library, 405 Jacks Canyon Dr., VOC, 928-282-7375. Call 928-646-9428 or 928-634-8664 for times/places in Camp Verde and Cottonwood.

Al-Anon
Wednesdays, 6:00 PM, Sedona United Methodist Church, 110 Indian Cliffs Rd., Sedona; Saturdays, 10:00 AM, Spectrum Healthcare (formerly Verde Valley Guidance Clinic), 2880 Hopi Dr., Sedona; Sunday, 3:00 PM, Christ Center Wesleyan Church, 580 Brewer Rd., Sedona; Tuesday, 5:30 PM, Immaculate Conception Catholic Church, 700 N. Bill Gray Rd., Cottonwood, 928-649-5444.

www.al-anon-az.org / 1-800-344-2666
Support groups for people who are affected by a loved one’s drinking.

Alzheimer’s Support Groups
First Wednesdays, 10:00 to 11:00 AM, Verde Valley Presbyterian Church, 1500 E. Hombre Dr., Cottonwood, 928-634-2638, or 928-634-6495; first Tuesdays, 9:30 AM, Sedona Sunrise Center for Adults, Sedona United Methodist Church, 110 Indian Cliffs Rd., Sedona, 928-282-8969.

Bereavement Support
First and third Thursdays, 10:30 AM to Noon, Sedona Community Center, 2615 Melody Lane, West Sedona, 928-284-2834. First and third Wednesdays, 1:30 to 3:00 PM, Church of the Red Rocks, 54 Bowstring Dr., Sedona, 928-282-0180. Second Tuesday, 10:30 AM and fourth Tuesday, 1:30 PM, 301 S. Candy Lane, Suite 10A, Cottonwood, 928-6349-6676.

Brain Injury, Traumatic
928-772-2985

Celebrate Recovery
Saturdays, 6:00 PM, Church of the Nazarene, 55 Rojo Dr., VOC, 507-412-7036

Codependents Anonymous
A fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery -- learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.
Monday and Wednesday 6:30-7:30 PM
Christ Center Wesleyan Church
580 Brewer Rd., Sedona, AZ 86336

Family Caregiver Support Group
Family caregivers discuss issues such as grief, mourning and guilt; sleep problems; stress, depression and anxiety; and the importance of self-care. Meets every Friday, 10:00-11:00 AM, VVMC Conference Room A, 269 S. Candy Lane, Cottonwood.

Grief Support Group / Life After Loss
First and third Thursdays, 10:30 AM, Sedona Community Center, 2615 Melody Lane, Sedona, 928-282-2834

NAMI Flagstaff
National Alliance on Mental Illness
Flagstaff, AZ / admin@nami-flagstaff.org
928-214-2218

NAMI Sedona/Verde Valley
National Alliance on Mental Illness
P.O. Box 3865, Sedona, AZ 86340
928-282-4127 / 928-300-9013 / 928-274-1542
www.nami-sedona.org
Family Support Group meetings on the 1st and 3rd Friday of each month at 9:45 AM, Spectrum Healthcare, 2880 Hopi Dr., Sedona. Support, information, resources, and advocacy are provided.

NAMI Connection support groups for people in recovery living with a mental illness:
Cottonwood: 1st and 3rd Wednesday of each month at 10:00 AM, Spectrum Healthcare, Mingus Room, 8. E. Cottonwood St., Cottonwood
Sedona: 2nd and 4th Wednesday of each month at 10:00 AM, Spectrum Healthcare, 2880 Hopi Dr., Sedona.
NAMI Yavapai County
National Alliance on Mental Illness
Prescott, AZ / jimfrost.nami@yahoo.com
928-717-2045

Narcotics Anonymous
Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. NA was founded in 1953. We offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. Our name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA’s approach makes no distinction between drugs including alcohol. Membership is free, and we have no affiliation with any organizations outside of NA including governments, religions, law enforcement groups, or medical and psychiatric associations. Through all of our service efforts and our cooperation with others seeking to help addicts, we strive to reach a day when every addict in the world has an opportunity to experience our message of recovery in his or her own language and culture.

Narcotics Anonymous - Verde Valley Arizona
http://www.vvana.info/ 928-634-2119
Sundays, 3:00 PM, 44 Stutz Bearcat Dr., Sedona, 204-9639 or 634-2119; Fridays, 7:00 PM and Sundays, 6:00 PM, Jewel House, 499 S. Second St., Camp Verde, 928-567-3447. Thursdays, 7:30 to 9:00 PM at Friendship Hall, Unity of Sedona Church, Deer Trail Rd., Sedona.
For more information on meetings in Camp Verde, Cottonwood, Jerome, Flagstaff, Williams, Tuba City: http://www.vvana.info/Page_2.php

Informational pamphlets:
"Am I an addict?"
"Welcome to NA".
"An Introduction to NA Meetings."

New Hope Recovery Center – NAZCARE
928-442-9205 / www.nazcare.org

Life skills training and peer support services for adults with a mental health diagnosis and/or co-occurring substance abuse issues. Transportation provided. Hours: Monday through Thursday, 8-3.

Obsessive/Compulsive Disorders
Tuesdays, 5:30 to 6:30 PM, Keep Sedona Beautiful, 616-706-6951 / grelusime@hotmail.com

PFLAG Sedona/Verde Valley
PO Box 20033, Sedona, AZ 86341
(928) 351-1076
pflagsedona@gmail.com
Parents, Families Friends and Allies United with LGBTQ People to move equality forward
Support Groups: Second Monday of the month - 7:00 p.m. – 8:30 p.m.
The Church of the Red Rocks
54 Bowstring Drive, Sedona, AZ (off Hwy 179, 1.5 miles south of the 89A/Route 179 roundabout)

RI Discovery
A self-help mental health group that deals with fear, anger, anxiety, depression and worry. Free. Sundays at 2:00 PM. Call Lorraine at 928-282-7226 for location.

SMART Recovery
SMART Recovery is the leading self-empowering addiction recovery support group. The SMART Recovery 4-Point Program® helps people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, and problem addiction to other substances and activities. SMART Recovery sponsors face-to-face meetings around the world, and daily online meetings. In addition, our online message board and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support.
http://www.smartrecovery.org/
For veterans only: Tuesdays, 7:00 PM, Center for Positive Living, 45 Castle Rock Rd., Unit 1A, VOC, Sedona glamunyon@aol.com

Rev. November 2015  Page 25
Social Anxiety Group
http://anxietynetwork.com
Offers support and education with anxiety disorders; members exchange coping skills with online support meetings for people with social phobias.

Transportation – Local
Safe Ride
1-800-797-7433

Cottonwood Area Transit Service (CAT)
928-634-2287 / www.cat.az.gov
827 N. Main St., Cottonwood, AZ 86326
Bus service in Cottonwood, Clarkdale and Verde Village. For route map:

Verde Lynx
928-282-0938 / www.verdelynx.az.gov
Verde Lynx buses run from the Cottonwood Library to Poco Diablo and the Municipal Parking Lot in Uptown Sedona. For route map:
http://cottonwoodaz.gov/media/pdf/Lynx-Guide.pdf

Verde Valley Care Givers
928-204-1238
Sedona and Camp Verde

Transportation - Long Distance

Angel Flight
1-888-426-2643
Volunteer private pilots provide medical transportation in 14 western states.

Northern Arizona Domestic Violence Resource Directory

Domestic Violence Programs and Shelters

National 24 hr Domestic Violence Hotline
(800) 799-7233 & (800) 787-3224 (TDD)
National Sexual Assault Hotline-RAINN
(800) 656-HOPE (4673)

Arizona Coalition Against Domestic Violence (602)
279-2900, (800) 782-6400 & TTY: (602) 279-7270

Stepping Stones Agencies
Prescott / Hotline: (928) 445-4673
Admin. (928) 772-4184
Primary Focus: Domestic Violence
Services Provided: Shelter, transitional housing, referrals, support services, advocacy and support.
Type of Care: Outpatient, Shelter
Population Served: Women, women with children
Qualifications to receive services: Must be in a Domestic Violence situation
Payment Assistance: All services free
Language Accommodations: Spanish

Spectrum Healthcare (formerly Verde Valley Guidance Clinic)
(928) 634-2236 Cottonwood
Primary Focus: Mental Health, Substance Abuse
Services Provided: Referrals, crisis intervention, individual counseling, transportation.
Type of Care: Outpatient
Language Accommodations: Spanish, hearing impaired, additional languages available upon request.

TASC
Treatment Assessment Screening Center
Camp Verde: (928) 567-8671
Cottonwood: (928) 649-1312
Primary Focus: Substance Abuse Counseling, Anger Management Counseling, Domestic Violence Counseling, DUI Classes
Services Provided: Referrals, group and individual counseling
Perpetrator Services: Only perpetrator services, topics listed above
Type of Care: Outpatient
Population Served: Women, men
Qualifications to receive services: Refers out for dual diagnosis
Forms of Payment Accepted: Flat fees for different services (Cash, checks)
Payment Assistance: Willing to work with client
Language Accommodations: None

Verde Valley Sanctuary
Serves the areas of: Camp Verde, Clarkdale, Cottonwood, Jerome, Sedona, and Village of Oak Creek
Hotline- 1-800-930-7233 or 928-634-2511; Legal Office- 928-639-2079
Primary Focus: Domestic Violence
Services Provided: Housing, financial assistance, referrals, therapy/ group and individual, court services, 24 hour services, employment assistance, YES program for adolescents
Type of Care: Outpatient, Housing
Population Served: Women, women and children, men, men and children
Qualifications to receive services: Must be in a domestic violence situation or abusive situation
Payment Assistance: All services free
Language Accommodations: Spanish

Victim Witness Services
Primary Focus: Domestic Violence/Abuse
Services Provided: Emergency Assistance, referrals, crisis intervention, court services, 24 hour services, attached to NACASA- sexual assault services.
Type of Care: Outpatient
Population Served: Anyone meeting program criteria
Qualifications to receive services: Must meet program criteria, dual-diagnosis
Payment Assistance: All services free
Language Accommodations: Spanish, will accommodate others as needed

Yavapai Family Advocacy Center
Prescott Valley / (928) 775-0669
Primary Focus: Domestic Violence, Families and Children
Services Provided: Referrals, group and individual counseling, court services and advocacy, help with clothing, toiletries and toys, forensic interviewing, medical examinations, education
Type of Care: Outpatient
Population Served: Anyone meeting program criteria
Qualifications to receive services: Must file police report, no dual-diagnosis, no drug users, no criminal charges, must meet program criteria
Payment Assistance: All services free
Language Accommodations: Spanish, others as needed
Required Referrals: Police or Sheriff, sometimes makes exceptions

Northern Arizona Native American Resource Directory

Services & Agencies

National Suicide Prevention Lifeline
(800) 273-8255

Suicide Hotline for Native American Youth
(877) 209-1266

Crisis Hotline for Arizona
(866) 205-5299

Northern Arizona Behavioral Health Crisis Line
(877) 756-4090

National Suicide Crisis Line (800) 784-2433
Hotline for the Deaf – TDD (800) 799-4889

Programs and Services

Yavapai-Apache Nation & Yavapai Prescott Indian Tribe

Spectrum Healthcare (formerly Verde Valley Guidance Clinic)
928-634-2236
8 E. Cottonwood St., Cottonwood, AZ 86326
2880 Hopi Drive Sedona, AZ 86336
452 Finnie Flat Road Camp Verde, AZ 86322
Crisis Line: 928-634-2236
Agency Affiliation: NARHBA (will become Health Choice Integrated Care as of 10/1/15)
Primary Focus: Mental health and substance abuse
Services Provided: Must ensure that eligible members are offered the full range of medically necessary covered behavioral health services including mental health and substance abuse
Type of Care: Outpatient, non-hospital residential
Special Programs/Groups: Adolescents,
DUI/DWI offenders
Special Language Services: Spanish, hearing impaired, additional languages available upon request

Yavapai Apache Nation
Camp Verde: (928) 567-2168, (928) 567-3977
Agency Affiliation: None
Primary Focus: Substance abuse
Services Provided: Substance abuse treatment
Type of Care: Outpatient
Special Programs/Groups: Adolescents
Forms of Payment Accepted: AHCCCS, any Indian Health Insurance
Payment Assistance: None
Special Language Services: None

Secondary Behavioral Health Services and Agencies
Secondary services include shelters and domestic violence agencies. The following are secondary services and agencies listed by reservation, with the city and type of service offered.

Yavapai-Apache Nation
Drug Treatment Facilities
Yavapai Apache Nation Alcohol/Substance Abuse Program P.O. Box 1188 3452 Smith Avenue Camp Verde, AZ 86322 / 928-567-3977

Domestic Violence
Verde Valley Sanctuary
928-634-2511 / Cottonwood

Catholic Charities Community Services
736 N Main, Cottonwood / 928-634-4254

Old Town Mission 928-634-7869
116 E Pinal St., Cottonwood
Emergency Food/Gas Vouchers/Travelers Assistance/Medical Prescriptions

Adult Community Senior Center
928-282-2834 / Sedona
Emergency/Families/Women/Meals

A Guide to Veterans Services in Northern Arizona

General Information and Services
This section lists local, state and federal agencies providing general information and services to Veterans. Additional agencies are also listed under the specific area of services each agency provides: Housing, Employment, Education, Health Care, Behavioral Health & Substance Abuse, Financial Assistance, and Legal Aid. For the full guide, go to: http://www.narbha.org/includes/media/docs/Download-Trial-NAVSC-Guide.pdf

Catholic Charities Community Services
Cottonwood: 736 N. Main St., Cottonwood, AZ 86326 / 928-634-4254
434 W. Gurley, Prescott, AZ 86301 / 928-778-2531
Website: www.catholiccharitiesaz.org
Catholic Charities offers an array of programs in Yavapai County, which include supportive services for veteran families. Catholic Charities helps people of all faiths, backgrounds and abilities.

Crisis Line for Veterans
The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available. http://www.veteranscrisisline.net/

Division of Behavioral Health Services
Mental Health Resources for Service Members & Veterans
Crisis Lines: 1-877-756-4090 (Mohave, Coconino, Apache, Navajo and Yavapai Counties)
24-Hour Crisis Hotlines – National
1-800-SUICIDE – HopeLine Suicide Hotline
1-800-273-TALK or 1-800-273-8255 National Suicide Prevention Lifeline
Arizona Department of Veterans Services
Sedona / Verde Valley Mental Health Resources Guide

**US Department of Veterans Affairs National Resource Directory**

**Traumatic Brain Injury (TBI)**
**Post-Traumatic Stress (PTSD)**
**Chronic Pain | Substance Abuse | Suicide**
Rehabilitation centers for treating severe traumatic brain injury are licensed by the Arizona Department of Public Health and their histories are available online at: [www.azcarecheck.com](http://www.azcarecheck.com)

**NAMI Yavapai for Veterans**
Jim Frost / 928-830-7847

**National Coalition for Homeless Veterans**
800-VET-HELP / [http://www.nchv.org](http://www.nchv.org)
3331/2 Pennsylvania Ave., SE Washington, DC 20003-1148
Helps with locating homeless Veteran service providers in your local area.

**United Way of Northern Arizona**
1515 E. Cedar Ave., Suite D-1
Flagstaff, AZ 86004 / 928-773-9813
[www.nazunitedway.org](http://www.nazunitedway.org)
Offers referrals to local services.

**US Department of Veterans Affairs Benefits**
800-827-1000
**Persian Gulf War Helpline**
800-749-8387 / [http://www.va.gov](http://www.va.gov)
Offers outreach, clinical assessments and referrals for medical and mental health care, transitional residential assistance, links to permanent housing, and employment assistance.

**Veterans Healing Bridge**
Massage and Reiki – Healing One Another
Joseph Modica, Retired Army
928-821-3974
Spiritwarrior53@gmail.com
[www.healingbridgestudio.com](http://www.healingbridgestudio.com)

**Veterans of Foreign Wars (VFW)**
**San Francisco Peaks Post 1709**
409 W. Santa Fe Ave., Flagstaff, AZ 86001
Service Officer 928-774-7722
DAV Transport 928-214-8170
email: vfwpost1709@npg.com
Providing financial, social, and referral assistance to veterans of foreign wars and their families. Help with entry into VA system and processing VA medical claims. Free DAV transport to VA facilities in Bellemont, Prescott and Phoenix.

**Veterans Representative - Northern Arizona**
Ed Pennell: 928-773-0084 Ext. 14
American Legion/Marine Corps League
Works with the VA. Helps Vets with VA paperwork, claims, disability and represents the Vet when necessary.

**Yavapai County Veterans Administration**
500 Highway 89 North, Prescott, AZ 86313
928.445.4860 ext. 6018

**Veterans - Behavioral Health & Substance Abuse**

**Focus on Recovery Helpline**
Sedona / Verde Valley Mental Health Resources Guide

800-888-9383
A 24-hour national alcohol and drug abuse, addiction and treatment hotline.

HHS Drug and Alcohol Treatment Referral Routing Service
800-662-4357
Offers referrals to local programs.

NAU Counseling Center
P.O. Box 6045, NAU, Flagstaff, AZ 86011-6045
928-523-2261 / http://www.nau.edu/counseling
Hours M-F 8:00-5:00, closed 12:00-1:00. Works to enhance the psychological growth, emotional well-being, and learning potential of enrolled NAU students. Provides short-term psychological counseling, behavioral health and substance abuse educational programming.

NAU Fronske Health Center
P.O. Box 6033, NAU, Flagstaff, AZ 86011-6033
928-523-8995 / http://www4.nau.edu/fronske/
Hours M-F 8:00-5:00. Offers physical and behavioral health services to enrolled NAU students.

National Suicide Prevention Lifeline
800-273-8255 or 888-784-2433
An immediate connection with a trained VA professional.

North Country Health Care
2920 N. Fourth Street, Flagstaff, AZ 86004
928-213-6100
http://www.northcountryhealthcare.org/
Hours M-F 7:45am-8:00pm, Sat 7:45-5:00. Provides physical and behavioral health care.

Northern Arizona Regional Behavioral Health Association (NARBHA) *
1300 S. Yale Street, Flagstaff, AZ 86004
928-774-7128 (general)
800-640-2123 (member services)
Crisis: 877-756-4090 http://www.narbha.org/
Hours 8:00-5:00 M-F. Coordinates publicly-funded comprehensive behavioral health care services. *Will become Health Choice Integrated Care effective October 1, 2015 (see page 5 of Guide).

SMART Recovery
SMART Recovery is the leading self-empowering addiction recovery support group. The SMART Recovery 4-Point Program® helps people recover from all types of addiction and addictive behaviors, including: drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, prescription drug abuse, and problem addiction to other substances and activities. SMART Recovery sponsors face-to-face meetings around the world, and daily online meetings. Our online message board and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support.
http://www.smartrecovery.org/

For veterans only: Tuesdays, 7:00 PM, Center for Positive Living, 45 Castle Rock Rd., Unit 1A, VOC, Sedona glamunyon@aol.com

Veterans in School Support Group
NAU Counseling Center, P.O. Box 6045, NAU, Flagstaff, AZ 86011-6045
928-523-2261 / http://www.nau.edu/counseling
Thursdays 1:00-2:30. This group provides an environment for Vets enrolled at NAU to discuss problems and challenges they face. The facilitator, also a Veteran, creates a place where Vets can share information about local and regional resources and share experiences with other NAU students with similar backgrounds.

Prescott Vet Center
3180 Stillwater Dr. Suite A, Prescott, AZ 86305
928-778-3469 / email: Catherine.Brinnon@va.gov
Offers counseling services for Northern Arizona Veterans. Has therapists on contract in Prescott, Flagstaff, Sedona and Winslow. The vet center is also responsible for operating the Northern Arizona Mobile Vet Center, which travels to communities throughout Northern Arizona.

Veterans - Education

Coconino Community College Veterans Services
Student Financial Aid Office, Main Commons Bldg.,
2800 S. Lone Tree Rd., Flagstaff, AZ 86001 928-527-
1222 (4219)
http://www.coconino.edu/finaid/vainfomain.htm
email: finaid@coconino.edu
Hours 8:00-5:00 M-F. Assists Veterans with filing VA claims to receive GI Bill benefits.

NAU Educational Opportunity Center
NAU Field House, NAU, P.O. Box 6035, Flagstaff, AZ 86011-6035 / 800-628-4494
http://home.nau.edu/edsup/eoc/services.asp
email: eoc@nau.edu
Assists with admissions and financial aid applications for those 19 or older to enter any college or vocational technical school nationwide. Has local coordinators throughout Northern Arizona.

NAU Native American Student Services
LEADS Center, Student Union, NAU, P.O. Box 5653, Flagstaff, AZ 86011-5653
928-523-9011 / http://www.nau.edu/nass
Hours 8:00-6:00 M-Th. 8:00-5:00 F. Offers academic advising, socializing, study areas, tribal scholarships and job resources to Native American students.

NAU, Office of Student Financial Aid-Veterans
Office of Student Financial Aid, Gammage Bldg., P.O. Box 4110, Flagstaff, AZ 86011-4110
928-523-4931
email: veterans.services@nau.edu
Hours 8:00-5:00 M-F. Assists veteran students and their dependents file VA claims to receive educational GI Bill benefits.

Veterans - Employment

Arizona Department of Economic Security
1500 E. Cherry St., Cottonwood, AZ
Employment assistance
928-649-6800

Arizona Department of Economic Security Job Service
397 Malpais Lane Suite 9, Flagstaff, AZ 86001
928-779-4557 / http://www.azdes.gov

Hours 8:00-5:00 M-F. Veteran Employment Representatives help Vets find and keep jobs. Disabled Veterans Outreach Program Specialists develop job and training opportunities for Vets with service-related disabilities. Vocational Rehabilitation personnel help folks with non-service-related disabilities find and keep jobs.

Goodwill Industries
2225 N. Steves Blvd., Flagstaff, AZ 86004
928-526-9188
Hours 8:30-12:00 M-F. Career Center helps with online employment searches, writing resumes, and computer skills.

One Stop
2403 N. Isabel, Flagstaff, AZ 86004
928-779-7011 / Hours 9:00-4:00 M,W,F 12:00-8:00pm Tu. Th. Help with online employment searches, writing resumes, job interview skills, computer and typing classes.

U.S. Vets
928-445-4860, ext. 5901
Employment training for veterans

VA Vocational Rehabilitation and Employment Service
www.vba.va.gov/bln/vre / 800-827-1000
Helps Veterans with service-related disabilities by providing job training and counseling.
500 N. Highway 89, Prescott, AZ 86313

Veterans - Financial Assistance

American Legion
http://www.legion.org
Offers temporary financial assistance to help maintain a more stable environment for children of Veterans.

Flagstaff/Coconino County Community Services
877-679-7425 or 928-679-7425
2625 N. King St., Flagstaff, AZ
Hours M-F 8:00-4:30. Provides emergency rent and utility assistance, food, clothing, and bus tickets.
Salvation Army
928-774-1403
http://www.salvationarmy.org/ihq/ourwork
507 N. Humphreys, Flagstaff, AZ
Hours 9:00-12:00 M-Th. Provides clothing and emergency food vouchers, sack lunches, and rent and utility assistance.

**Veterans - Health Care**

Coconino County Health Department
928-679-7272 or 877-679-7272
Health Clinic 2625 N King St., Flagstaff, AZ 86004
Dental Clinic 304 S. Humphreys St., Flagstaff, AZ 86001
Assists with obtaining access to medical care, health education, and testing for communicable diseases.

NAU Fronske Health Center
NAU Campus, P.O. Box 6033, NAU, Flagstaff, AZ 86011-6033 / 928-523-8995
http://www4.nau.edu/fronske/
Hours M-F 8:00-5:00. Offers physical and behavioral health services to enrolled NAU students.

North Country Health Care
2920 N. Fourth Street, Flagstaff, AZ 86004
928-213-6100
http://www.northcountryhealthcare.org/
Hours M-F 7:45am-8:00pm, Sat 7:45-5:00. Offers physical and behavioral health care.

Northern AZ VA Health Care System (VAMC)
Cottonwood:
501 S Willard St., Cottonwood, AZ 86326
(928) 649-1523
http://www.prescott.va.gov/locations/cottonwood_cboe.asp
Prescott:
500 Hwy 89N, Prescott, AZ 86313
928-445-4860 | 800-949-1005
http://www.prescott.va.gov
Flagstaff:
1300 W. University Ave. Suite 200
Flagstaff, AZ 86001
928-226-1056 or 800-949-1005 X 5650
http://www.prescott.va.gov/locations/Flagstaff_CBOC.asp

**Veterans - Housing**

Catholic Charities
http://catholiccharitiesaz.org/veteran-services/00001j
Supportive Services for Veteran Families:
Catholic Charities Community Services is committed to helping Veterans and Veteran families to achieve stability through permanent housing. We assist Veterans and Veteran families who are homeless or at-risk of becoming homeless through the Supportive Services for Veteran Families program. Eligibility requirements apply.
Cottonwood Office: 928-634-4254 ext. 0

Flagstaff Housing Authority
928-526-0002
Administers long-term subsidized housing assistance.

Flagstaff Shelter Services
216 W. Phoenix Ave., Flagstaff, AZ 86001
928-225-2533
Hours 7:30am-noon M-W & F-Sat. Offers showers, laundry, mail & phone services, plus treatment and job training to homeless men & women. From Oct. 18- April 14, provides overnight shelter and a hot daily meal. http://www.flagstaffshelterservices.org/

HUD Services and Shelters in Coconino County
http://www.hud.gov/local/az/homeless/sheltersinfo.cfm
Provides a list of local emergency shelters for men, women and children.

Health Care for Homeless Veterans 877-222-8387 / http://www.va.gov Offers outreach, clinical assessments and referrals for medical and mental health care, transitional residential assistance, links to permanent housing, and employment assistance.
**Veterans - Legal Aid**

DNA People’s Legal Services
2323 E. Greenlaw Ln., Flagstaff, AZ 86004
Hours Tuesday 9:00-11:00 & 1:00-3:00. Offers free legal advice and services for low income or indigent people. New intakes 1:30pm – 4pm Tuesdays -

**JacksonWhite Attorneys at Law**
1-800-243-1160 / 1-480-464-1111
JacksonWhite will prescreen anyone for Arizona Long-Term Care System (ALTCS) and VA for free and give guidance in this area.
Form to Report Revisions to Mental Health Resources Guide

To report any updates or revisions, or to add/delete an agency, please fill out this form and e-mail it directly to Rose Boerner, rboerner14@gmail.com or mail it to: Rose Boerner, NAMI Sedona, P. O. Box 3865, Sedona, AZ 86340.

Please make the following revisions to the Resources Guide:

<table>
<thead>
<tr>
<th>Resource Category:</th>
<th>Page Number:</th>
</tr>
</thead>
</table>

Name of Organization
From: _________________________ To: _________________________

Address
From: _________________________ To: _________________________

E-mail address
From: _________________________ To: _________________________

Phone number
From: _________________________ To: _________________________

Website
From: _________________________ To: _________________________

Contact Person(s)
From: _________________________ To: _________________________

Description of Services
From: _________________________ To: _________________________

To add or delete an agency, please provide the name and all relevant contact information here:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________