

PRAISE FOR HEALTHY FAMILIES

"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



HEALTHY FAMILIES ARIZONA



*Involving your family and community
in decisions affecting your child.*

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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

1. The infant must be under three months of age at enrollment
2. Pregnant women and parents of newborns who have life stressors that might lead to bad outcomes for their children
3. 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 LOCATIONS

MARICOPA COUNTY

Southwest Human Development

PIMA COUNTY

Child & Family Resources

MOHAVE COUNTY

Kingman/Bullhead City Child & Family Resources

COCHISE COUNTY

Child & Family Resources

SANTA CRUZ COUNTY

Child & Family Resources

GRAHAM COUNTY

Child & Family Resources

PINAL COUNTY

Child & Family Resources

COCONINO COUNTY

Page/Flagstaff Coconino County Health Dept.

YAVAPAI COUNTY

Prescott Valley Yavapai Regional Medical Center + Verde Valley

YUMA COUNTY

Child & Family Resources