

## 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.*

Equal Opportunity Employer/Program. The Department of Child Safety (DCS) prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, disability, genetics, or retaliation or any other status protected by federal law, state law, or regulation. Reasonable accommodations to allow a person with a disability to take part in a program, service, or activity are available upon request. To request this document in alternative format or for further information about this policy contact your local office. TTY/TDD Services: 7-1-1. Free language assistance for DCS services is available upon request. Ayuda gratuita con traducciones relacionadas con los servicios del DCS esta disponible a solicitud del cliente.

CSO-2107 (1-2024)



## 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 Arizona 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 caregivers and families 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 of HFAz.



## PROGRAM LOCATIONS

### MARICOPA COUNTY

Beias Families  
Child Crisis Arizona  
Onward Hope Inc.  
Southwest Human Development

### PIMA COUNTY

Child & Family Resources

### MOHAVE COUNTY

Child & Family Resources

### COCHISE COUNTY

Child & Family Resources

### SANTA CRUZ COUNTY

Child & Family Resources

### GRAHAM COUNTY

Child & Family Resources

### PINAL COUNTY

Beias Families (Gila River)  
Child & Family Resources  
Child Crisis Arizona

### COCONINO COUNTY

Coconino County Health Dept.  
Child & Family Resources (Tuba City)

### YAVAPAI COUNTY

Yavapai Community Hospital Assoc./YRMC  
Northern Arizona Healthcare/VVMC

### YUMA COUNTY

Child & Family Resource

### NAVAJO APACHE COUNTIES (WHITE MOUNTAINS)

Northland Therapy Services