



## Healthy Families

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.

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

For more information about the programs, visit our website:

<https://dcs.az.gov/services/office-prevention>

## Arizona Department of Child Safety



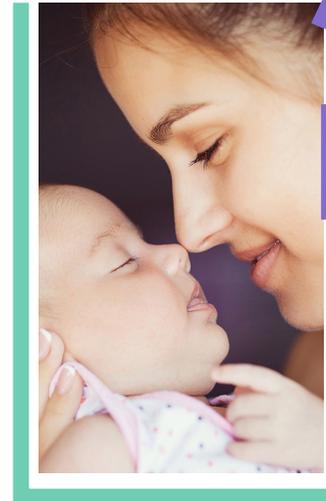
### Equal Opportunity Employer/Program

Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI & VII), and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, the Age of Discrimination Act of 1975, and Title II of the Genetic Information Nondiscrimination Act (GINA) of 2008; the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, disability, genetics and retaliation. The Department must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. For example, this means if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understands a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in an alternate format or for further information about this policy, contact your local office; TTY/TDD Services: 7-1-1. Free language assistance for department services is available upon request.

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## Infants

*Our most vulnerable citizens*

*Our most valuable assets*

## Substance Exposed Newborn Safe Environment Program

### S.E.N.S.E. PROGRAM

The SENSE program provides services for families referred by DCS after the birth of a substance exposed infant. The program develops and implements a coordinated Family Service Plan with your family and with staff from Intensive In-Home services, Arizona Families FIRST, Healthy Families, and DCS case management. A nurse also visits your home to perform their own assessment and evaluations concerning development and overall health of your infant. This program aims to keep your infant in your home while you work with service providers to learn new skills and work to maintain your sobriety.



### Team Decision Making (TDM)

A Team Decision Making meeting may be called to discuss with your family whether your child should remain in the home or be placed out of the home, and to determine the safest placement for your children. During the Team Decision Making process, you will be offered resources from agency programs listed in this brochure.

## DCS In-Home Units

If it is decided at the TDM that your child will stay in your home, you will be assigned to an In-Home unit. DCS In-Home units work to arrange services, monitor parents, ensure child safety and monitor family progress so that families can be preserved and reunified whenever possible. These units provide:

- Intensive case management
- Frequent home visits (1-12 times monthly)
- Referrals to appropriate services
- Collaboration with service providers
- May assist families with
  - Housing
  - Food boxes
  - Child care
  - Transportation



### In-Home Services Program (Family Preservation)

All SENSE cases are referred to In-Home intensive services that are crisis oriented services. These services are individualized to meet the needs of your family, with an emphasis placed on increasing self-sufficiency. Crisis intervention is offered 24 hours a day.

These intensive services are 120 days, with a minimum of three visits each week during the first 60 days. Your family will be assigned a counselor and a family support worker. A registered nurse consults on all cases and makes home visits to assess the newborn and any other children or family members with medical and developmental needs.

The following is an overview of intensive services:

- Individual, family and couples counseling
- Parenting skills education
- Child development education
- Positive discipline education
- Coordination of services and treatment planning with other providers
- Referrals to other agencies
- Linkage with community resources such as long-term counseling
- Home management and budgeting education
- Medical & developmental consultation



### Arizona Families F.I.R.S.T.

Arizona Families F.I.R.S.T. (Families In Recovery Succeeding Together) is a family centered Substance Abuse Treatment Program that promotes family independence, stability, self-sufficiency, and recovery from chemical dependency. A referral to the Families F.I.R.S.T. program will include an assessment to determine the level of care and the type of services necessary to assist in each individual's recovery. Services include out-patient substance abuse treatment (generally in a group setting), case management, and possible assignment of a Recovery Coach. Recovery Coaches act as mentors and support to parents.