

CMDP MEMBER NEWS

Comprehensive Medical and Dental Program

Fall 2020

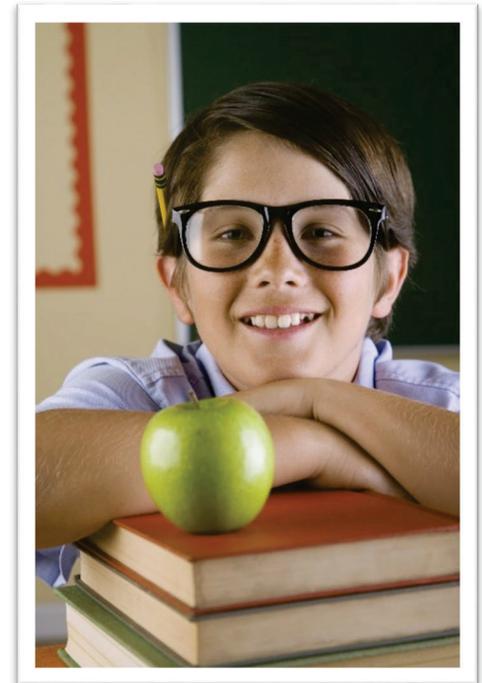
GOING BACK TO SCHOOL DURING COVID-19

Right now, there are still many things we do not know about COVID-19. This type of uncertainty can cause stress and worry. Starting a new school or going back to school can also cause anxiety. With these two things happening together, both parents and children may have concerns. Here are four points that can help you prepare for the return to school during the COVID-19 pandemic.

Be Open. It is best to have honest conversations with your child on what to expect with going back to school. Let your child know that some things will be different to help everyone be healthy and safe at school. Help your child remember some of the positive things that come with going back to school, such as seeing friends and learning new things.



ARIZONA
DEPARTMENT
of CHILD SAFETY
Comprehensive Medical
and Dental Program



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There will likely be new rules. There may be fewer students in each class. Teachers may move from class to class rather than having the students switch rooms. Desks may be spaced further apart. Only small groups may be allowed in the cafeteria or on the playground. Students and teachers may be asked to wear face coverings. There will be more focus on cleaning and hand washing. The buses may have assigned seats. These are just a few examples of some of the new rules that schools may put in place. Your child's school will let you know ahead of time what changes they are planning to make.

Students with special needs. If your child has a disability, call the school to see how your child's needs will be met. This may take some extra planning. If your child has a medical condition and is high-risk for COVID-19, you will also need to talk with school staff and your child's medical provider to see if it is safe for your child to return to school.

Check in with your child. All of these changes can be a lot to take in. You may need to have more than one conversation with your child in preparation for going back to school. Continue to check in with your child even after school starts. Children often look to key adults in their lives to get emotional cues. Remaining calm, actively listening to concerns and speaking kindly will help reassure your child.



COVID-19 Testing for CMDP Members

Children in foster care who have been exposed to COVID-19 can get a COVID-19 test at a Banner Urgent Care facility even if they are asymptomatic or exhibiting symptoms. Contact your DCS Specialist for more information. You can also visit the DCS website or [CLICK HERE](#) for the steps to schedule a testing appointment at a Banner Urgent Care facility near you.

Talking to Kids about COVID-19

The resources below offer information and tips for talking to kids about COVID-19.

Centers for Disease Control and Prevention (CDC)
[Talking with Children about Coronavirus Disease](#)

American Academy of Pediatrics
[2019 Novel Coronavirus \(COVID-19\)](#)

American Academy of Pediatrics
[Caring for Children in Foster Care During COVID-19](#)

Harvard Medical School
[How to Talk to Children about the Coronavirus](#)

AZ Coalition to End Sexual & Domestic Violence
[Talking to Kids about COVID-19](#)

*Adapted from AZ Department of Child Safety,
[DCS Caregiver Message #21](#)*



Meals to Go

Many schools around the state are serving Grab and Go meals at no cost during the COVID-19 emergency. Children and teens ages 18 and younger can get Grab and Go meals at participating locations. [CLICK HERE](#) to find a school location near you. If you can't find a location listed in your area, call the **AZ Hunger Hotline** at **602-528-3434** or **1-800-445-1914**. Or text "Food" to 877-877.

COMING SOON

INTEGRATED HEALTH CARE: The Department of Child Safety (DCS) recently announced efforts to form a fully integrated health care model for children in foster care [READ MORE](#). DCS contracted with Mercy Care for statewide delivery of ALL health services. This means caregivers and health care providers can work together under one health plan and one provider network to get the best health care services for the children they care for.

COMING SPRING 2021. CMDP will fully integrate physical and behavioral health care services. Upon completion, CMDP will change its name to DCS Comprehensive Health Plan (DCS CHP). Children will have access to the same covered services with DCS CHP as they do with CMDP and the Regional Behavioral Health Authorities (RBHAs).

WE WANT TO HEAR FROM YOU. You will have opportunities to share your thoughts and ideas about the fully integrated health care model. Stay tuned for more detailed information in the months to come.

well child visits during the **COVID-19 PANDEMIC**

Staying home keeps you and your children safe, but well child care and immunizations during the first 24 months of life are essential to long-term health.

Adapting to Unprecedented Times

Physicians are making adjustments to usual clinic operations to best serve you.

- Telehealth when possible
- Forms, surveys and payments handled virtually when possible
- Specific hours and rooms used for well visits and sick visits

Vaccinations

- Postponing immunization visits could increase your child's risk for whooping cough, measles and other vaccine preventable diseases
- According to CDC guidelines, physicians should prioritize newborn care and vaccination of infants and young children (up to 24 months of age)

Check with your child's pediatrician to see how they are keeping patients safe & healthy.

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EPSDT WELL CHILD VISITS

In this time of COVID-19 emergency, well child visits are more important than ever. Well child visits are also called **Early and Periodic Screening, Diagnostic and Treatment (EPSDT)** visits. These visits help children and teens stay healthy. They also let caregivers ask questions and get advice from the child's doctor.

CMDP would like families to follow the **American Academy of Pediatrics (AAP)** recommended **Well Child Visit Schedule** from infancy to adolescence. To access the AAP schedule, [CLICK HERE](#).

For more information from the AAP on what to expect at Well child visits, [CLICK HERE](#).

Talk to the child's DCS Specialist and ask for available medical records. Doctors can use these records to determine if the child is behind on any visits and vaccines. Remember to keep records of all vaccines the child receives.

If you need assistance finding a doctor or scheduling an appointment, contact CMDP Member Services at 602.351.2245, toll free 1.800.201.1795, TTY/TDY 711, or email us at CMDPMemberServices@azdcs.gov

Adapted from [American Academy of Pediatrics \(AAP\)](http://AmericanAcademyofPediatrics.org), Healthychildren.org.

STAY ON TRACK WITH IMMUNIZATIONS

With doctors' hours and operations changing due to Coronavirus (COVID-19), you may be wondering, should my child still get immunizations?

The answer to that question is YES. Vaccinating children on time, especially babies, birth to 24 months, protects them from preventable diseases.

Older children need their vaccines too. School requirements for vaccines are still in place for this school year.

Most vaccines are given by shots during well child (EPSDT) visits. Doctors are taking steps to make well child visits as safe as possible during the COVID-19 outbreak. Office visits may be a little different than usual. Calling ahead is important so your doctor can tell you the best way to come in.

CMDP recommends that caregivers follow the American Academy of Pediatrics guidelines for child immunizations. [CLICK HERE](#) to view the most up-to-date immunization schedules.

Adapted from [American Academy of Pediatrics, HealthyChildren.org](https://www.aap.org)

Even during social distancing, children need checkups!

Well child visits and routine immunizations are important, especially now. Children keep growing and it's important that they stay on track with checkups and vaccinations.

Contact your child's pediatrician to learn more about available checkup options!



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THE AMERICAN ACADEMY OF
PEDIATRICS
ARIZONA CHAPTER

PCP and the Medical Home

Choosing the right Primary Care Provider (PCP) is important. The PCP is the child's medical home. He or she is the doctor the child will see most for services. The PCP tracks medical history and refers the child to a specialist when needed.

CMDP can help you find a PCP. Our online Provider Directory lists the names, locations, telephone numbers, and languages spoken by health care providers registered with CMDP. This includes dental providers and other health care specialists. You can access the CMDP Provider Directory by visiting our website at <https://dcs.az.gov/services/cmdp>.

If you need help finding a PCP or if you would like a copy of the provider directory mailed to you at no cost, contact Member Services at 602.351.2245, toll free, 1.800.201.1795, or email CMDPMemberServices@azdcs.gov.



Good Nutrition and Healthy Weight

In these days of physical distancing to try to prevent getting sick from COVID-19, eating healthy is important. Good nutrition is more than just not eating “junk food”. Good nutrition is making sure your body has the right foods to help you be your best.

HEALTHY MEALS. There is no such thing as a bad food. A healthy meal has colorful foods, fruits and vegetables. A healthy meal also needs whole grains and protein. Drink water instead of sugary drinks. Try to limit grain, deserts and snacks such as cakes, cookies and pastries.

STAY ACTIVE. Regular physical activity has many health benefits for children and teens. Keep it fun. Fun physical activity can help keep bones strong, decrease blood pressure, reduce stress and anxiety, and helps maintain a healthy weight.

HEALTHY WEIGHT. At each well child visit the doctor checks weight and height and calculates the child’s body mass index or BMI. A high BMI is one sign of being overweight. Talk to your doctor about things you can do to keep your child’s weight healthy.

Some medications can affect a child’s weight. Talk to your doctor about the child’s medications. You can ask to change the medicine or to work with a nutritionist. CMDP covers nutrition visits to help families learn more about managing children’s weight.

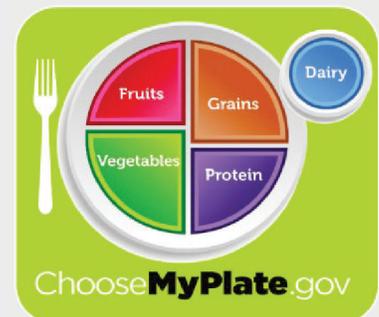
Adapted from [CDC Healthy Weight](#) and [USDA ChooseMyPlate.gov](#)

Get Plenty of Sleep

Did you know that too little sleep is associated with obesity? Children need more sleep than adults. The amount of sleep a child needs depends on the child’s age. The Centers for Disease Control (CDC) offers ways to improve sleep and recommended hours of sleep for children and adults. For more information from the CDC, [CLICK HERE](#). Talk with a doctor if you or your child are having trouble sleeping.

Recipes and More

The U.S. Department of Agriculture (USDA) has recipes for healthy meals and suggestions on how to make healthy choices. [CLICK HERE](#) for more information or visit the USDA website at [ChooseMyPlate.gov](#).





What is compound medicine?

Compound medicine is medicine that is made of two or more ingredients and is not available in a retail pharmacy. It is often made for children who cannot take tablets or capsules.

CMDP covers compound medicines when a compounding pharmacy is used. Pharmacies that use compounding kits are NOT covered by CMDP.

Pharmacy information is located on the back of the CMDP Member ID Card. If you have problems getting a prescription filled at the pharmacy or compounding pharmacy during or after business hours, call the pharmacy helpline listed on the back of the CMDP Member ID Card. Or you can call the doctor who prescribed the medicine.

To find a pharmacy or compounding pharmacy near you, visit the CMDP website at or contact CMDP Member Services at 602.351.2245, toll free 1.800.201.1795, TTY/TDY 711, or email us at CMDPMemberServices@azdcs.gov



Drug Recalls and FDA Black Box Warnings

FDA black box warnings alert CMDP about adverse side effects a drug may have. Drug recalls happen when a drug is faulty or could be unsafe. If there is an issue with a drug or health device given to a member CMDP will reach out to the member and their doctor to let them know. It is key to talk to your doctor about options that are best for your health and any actions that may need to take place. As always, CMDP is here for you and ready to help.

CMDP Preferred Drug List

CMDP has a Preferred Drug List (PDL). This is a list of medicines that are covered by CMDP. Your doctor or pharmacist can help you find medicines that are covered on the PDL. If a medicine is not on the PDL the doctor needs to contact OptumRx to get a Prior Authorization before you go to the pharmacy. It may take 1-2 business days for OptumRx to review the doctor's request. [CLICK HERE](#) to view a full list of medicines covered by CMDP or visit our website at dcs.az.gov/services/cmdp/members.

REMEMBER: It's important to give the pharmacy the right information when you go to fill a prescription. Drugs prescribed by a behavioral health specialist are covered by the Regional Behavioral Health Authorities (RBHA). The pharmacy needs the name of the RBHA and the member's AHCCCS identification number listed on the front of the CMDP Member ID Card.



Protect Your Family Against Flu

This year with COVID-19 it is more important than ever to protect your children and your family against influenza or the flu. The flu is passed person to person and can spread quickly through communities. Flu season usually starts in the fall and ends in the spring.

Getting vaccinated is the best way to reduce your risk of getting the flu. Doctors recommend that everyone 6 months and older get a flu shot every year.

A flu shot can reduce flu illnesses, doctors' visits and missed work and school. [CLICK HERE](#) for a helpful flu factsheet from the American Academy of Pediatrics or visit [Healthychildren.org](https://www.healthychildren.org) for more information on the flu.

If you have questions about the flu vaccine, contact your doctor. If you need assistance scheduling a flu shot for a CMDP member, contact CMDP Member Services at 602.351.2245, 1.800.201.1795, or CMDPMemberServices@azdcs.gov.

Adapted from [Centers for Disease Control and Prevention](#) and the [American Academy of Pediatrics](#), [HealthyChildren.org](https://www.healthychildren.org)

After Hours Urgent Care

It's important that members be seen by their Primary Care Provider (PCP) when they are sick and it is not an emergency. The PCP can treat the illness or condition and provide follow up care if needed. Schedule appointments with the child's PCP whenever possible before using urgent care or a hospital emergency department. If you have questions on where to seek routine non-emergency care, try calling the PCP first. The PCP may give you advice, or you can leave a message and they'll return your call. If the child needs non-emergency care when the PCP's office is closed, go to an urgent care center.

If you think the child's life is in danger or may cause harm if not treated fast, go to the nearest hospital emergency department or call 911. This includes any feelings of suicide or homicide.

For a list of urgent care centers and hospitals closest to you, visit the CMDP Provider Directory on our website or contact CMDP Member Services at 602.351.2245, 1.800.201.1795, or CMDPMemberServices@azdcs.gov for assistance.

Prevent Childhood Lead Poisoning

Lead poisoning is a serious problem for children. Children can get lead poisoning by breathing in or swallowing dust that contains lead. Unborn children and children under 6 years old are most at risk for lead poisoning. Even at low levels, lead can cause irreversible damage to a child's hearing, growth and development.

Lead is most often found in:

- Paint on the inside and outside of homes built before 1978
- Dust and paint chips from old paint
- Hobby materials such as paints
- Food stored in certain ceramic dishes (especially if dishes were made in another country)
- Older painted toys and furniture such as cribs
- Tap water, especially in homes that have lead solder on pipes

Lead poisoning is 100% preventable. All children should get a blood lead test at one and two years old at their well child visit. If your child has not had this test because of the precautions of COVID-19, please talk to your doctor about getting tested as soon as you are able. If you are pregnant, talk to your prenatal care doctor about lead poisoning and how to avoid it.

The Centers for Disease Control has steps you can take to make your home lead-safe. [CLICK HERE](#) to learn more.

For information from the Arizona Department of Health Services about testing for lead in your home [CLICK HERE](#).

Adapted from the [Centers for Disease Control and Prevention](#) and the [AZ Department of Health Services](#)



CONTACT CMDP

CMDP service representatives can assist you with questions, concerns or issues about medical and dental services for the child in your care. Please call us. We are ready to assist Monday through Friday, 8 a.m. to 5 p.m.

CMDP Member Services can help you with:

- General information about your child's health benefits
- Picking or changing doctors
- Getting a new CMDP Member ID card
- Medical bill issues
- Getting appointments
- Problems getting prescriptions filled
- Interpreter services

CMDP Member Services
1-800-201-1795 TTY/TDD Services 7-1-1
CMDPMemberServices@azdcs.gov

CMDP Medical Services
1-800-201-1795
CMDPNurse@azdcs.gov

Aging Out of Foster Care

Are you currently in foster care and close to turning 18 years old or already 18 years or older? You may qualify for a special health insurance program and many other services through the State of Arizona.

HEALTH INSURANCE. If you are currently in foster care and close to turning 18 or already 18 or older, you may qualify for a special health insurance program called Young Adult Transitional Insurance (YATI). This insurance gives you access to low or no-cost medical checkups, prescription medicines, medical specialists, and doctor visits when you are sick.

You can apply for YATI at any time. There is no enrollment deadline. Talk to your DCS Specialist about YATI. Or you can apply online on your own by visiting [Health-e-Arizona Plus](#) or www.healtharizonaplus.gov.

SCHOOL, WORK, HOUSING PROGRAMS. If you are aging out of foster care, there are services available to you that can begin before your 18th birthday or later and extend until you're 21 years old. You may be eligible for school, work and housing programs supported by the State of Arizona.

To learn more about these programs visit the Young Adult Program on the Arizona Department of Child Services website at <https://dcs.az.gov/services/young-adult/young-adult-program> or [CLICK HERE](#).

Adapted from the [AZ Department of Child Safety Young Adult Program](#) and [Fostering Advocates Arizona](#)



Youth and Tobacco

Using tobacco products in any form is unsafe. There are products that can help young people to stop using tobacco. CMDP will pay for these products if the doctor writes a prescription. This includes over-the-counter products and products like nicotine replacement treatment. Ask your doctor about available medications.

ASHline. The Arizona Smokers Helpline provides support for quitting tobacco including a quit coach at no cost to you. Call 1-800-556-6222 or visit ashline.org.

STAND. Students Taking a New Direction is a group of AZ teenagers who want to raise awareness of the dangers of tobacco and addiction in their communities, schools and circle of friends. [CLICK HERE](#) for more information.

Tobacco Free AZ. Is a program through the AZ Department of Health Services has additional treatment care and resources. [CLICK HERE](#).





Talk to Your Doctor About STIs

Sexually Transmitted Infections (STIs) are infections you can get by having sexual contact with someone who already has an infection. You cannot always tell if a person is infected. Many STIs have no symptoms. But STIs can still be passed from person to person even if there are no signs of infection.

Untreated STIs can cause health problems such as cancer, pelvic inflammatory disease, and infertility. Your doctor can screen you for STIs so they can be treated. CMDP pays for all screening tests.

Planning for the future and taking care of your health are important. Have an honest and open talk with your doctor about abstinence and safe sex. Ask whether you should be tested for STIs.

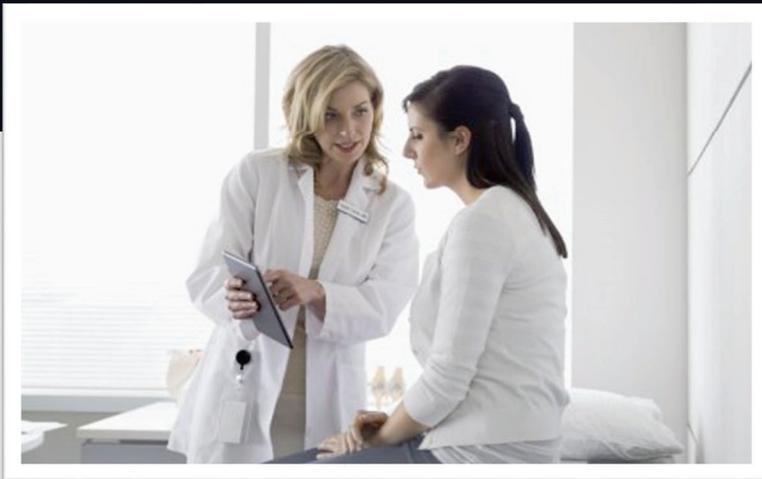
Adapted from the [American College of Obstetricians and Gynecologist](#)

Family Planning

CMDP members can get family planning and birth control services at no cost. This includes:

- Annual physical exams, well woman and well visit exams
- Lab tests
- Testing, treatment and counseling for sexually transmitted infections (STIs), including Chlamydia
- Human Immunodeficiency Virus (HIV) testing and counseling
- Education on preventing pregnancy, choosing not to have sex (*abstinence*) and STIs
- Prescribed birth control supplies and education
- Birth control pills
- Birth control injections (*Depo Provera*)
- Birth control implants
- Condoms (*male and female*)
- Diaphragms and sponges
- Intrauterine Device (*IUD*)
- Birth control patches
- Spermicides and lubrication
- Emergency contraception (*Plan B or Ella*)

Get the information you need to make good choices for yourself. Talk with your doctor, DCS Specialist or caregiver for help with family planning decisions. Or you can contact the CMDP Nurse Line at 602-351-2245 or 1-800-201-1795, to learn more about family planning services. You do not need to give us your name.



Increase Your Health Literacy

How well do you understand what the doctor tells you? Health literacy is the ability to read and understand information about health and medical care so you can make good choices for you and your family.

Many find it hard to understand the health information they need to take care of themselves and their children. Here are a few things you can do to increase your health literacy:

Ask for Help. If you need help filling out forms ask for help. Ask for written material in the language that is easiest for you to read. Ask for an interpreter if you need one.

Keep a Notebook. Write down the questions you would like to ask at doctor visits. Write down what the doctor says during visits. Keep your notes together.

Speak Up. Let doctors and their staff know if you do not understand what they are saying.

The American Academy of Pediatrics offers good resources that can help increase your health literacy. **[CLICK HERE](https://brightfutures.aap.org/families/Pages/Resources-for-Families.aspx)** for more information or visit <https://brightfutures.aap.org/families/Pages/Resources-for-Families.aspx>.

Adapted from American Academy of Pediatrics, Bright Futures, Resources for Families

Culturally Competent Health Care

CMDP wants members of all cultures and languages to get the care they need. You may want a doctor who speaks your language or understands your culture. You might prefer a male or a female doctor. It's important to let the doctor know what makes you the most comfortable.

Let us know if you have problems talking to the doctor or their staff. We can arrange interpreter services. We can also help if you have vision and hearing difficulties.

Language Line Services. If you need to talk to a doctor or staff person who speaks the same language as you do, we can help. CMDP provides access to a Language Line for interpretation services to help you with health care visits. Translation is available either by phone or in writing. Contact CMDP Member Services at 602.351.2245, toll free 1.800.201.1795, TTY/TDY 711, or email us at CMDPMemberServices@azdcs.gov at least one week before your appointment.

Material in Alternative Formats. If you need to receive information in another format, such as another language, large print, braille or audio tape, please contact CMDP Member Services at 602.351.2245, toll free 1.800.201.1795, TTY/TDY 711, or email us at CMDPMemberServices@azdcs.gov. If you have hearing or speech loss and use Telecommunications Relay Services (TRS) or a Text Telephone (TTY), dial 711 to connect with a TRS operator.

ATTENTION:

If you speak a language other than English, language assistance services, are available at no cost to you. Call 1-866-874-3972; code: 544167.

Español (Spanish)

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-874-3972; código: 544167.

Français (French)

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-874-3972; code: 544167.

繁體中文 (Chinese)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-874-3972; 碼 544167 。

Русский (Russian)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-866-874-3972; код: 544167.

Diné Bizaad (Navajo)

Díí baa akó nínízin: Díí saad bee yánílti'go Diné Bizaad, saad bee áká'ánída'áwo'dęę', t'áá jiik'eh, éí ná hóló, kojí' hódíílnih 1-866-874-3972; 544167.

العربية (Arabic)

ثمة انخو عذة انمس ذم انلختم اذتة حذك ث ت إذا: ربية ملحوظة 3972-874 زم. 1-866-544167 ة ائصل نم نجة ة وا



Members Never Pay

You are not responsible to pay out of pocket costs for covered medical services, including co-payments, even if you are asked to do so. CMDP should be listed as the responsible party on any forms the health care provider asks you to sign. Do not list your home address, phone number or Social Security number on any bills or claims. If your healthcare provider has questions regarding payment or if you receive a bill, contact CMDP at 602.351.2245 or 1.800.201.1795. Or email CMDPMemberServices@azdcs.gov and a CMDP Service Representative will contact the health care provider to address the billing issue.

CMDP Member Handbook

The CMDP Member Handbook has information you need. It explains how to get health care services and medicines. It tells you which services are covered and not covered. It also outlines member rights and caregiver responsibilities to participate in the member's health care.

The Member Handbook is available on the CMDP website at dcs.az.gov/services/cmdp/members. If you have questions about covered benefits or if you want a printed copy of the CMDP Member Handbook mailed to you at no cost, contact CMDP Member Services at 602.351.2245, toll free 1.800.201.1795, TTY/TDY 711, or email us at CMDPMemberServices@azdcs.gov.

Appointment Wait Time Standards

CMDP has rules about how long members should wait to get a doctor appointment. You should be able to make appointments within standard timeframes. For a list of wait time standards for medical, dental and other specialty appointments [CLICK HERE](#). Or you can visit the CMDP website at <https://dcs.az.gov/services/cmdp/providers>.

If you are attending a routine appointment, your waiting room time should be about 45 minutes or less except when the health care provider is not available due to an emergency.

If you have trouble scheduling appointments, contact CMDP Member Services at 602.351.2245, 1.800.201.1795, or CMDPMemberServices@azdcs.gov for assistance.

REMEMBER, if you have a medical emergency and need help right away, dial 911 or go to your nearest emergency room.



Your Opinion Matters

CMDP wants to know if you have a complaint with the health care services you receive. A complaint is also called a grievance.

To file a grievance, contact CMDP Member Services at 602.351.2245, toll free, 1.800.201.1795, fax 602.264.3801 or email CMDPMemberServices@azdcs.gov. You can also write to us at:

Arizona Department of Child Safety
CMDP C010-18
Attention: Member Grievances
P.O. Box 29202
Phoenix, AZ 85038-9202

CMDP will resolve your grievance within 10 business days of receipt unless there are extraordinary circumstances. CMDP resolves all grievances within 90 days of receipt. You also have the right to contact AHCCCS if we do not resolve the issue for you.

Community Resources

Women, Infants and Children (WIC) is a Supplemental Nutrition Program for Women, Infants and Children (WIC) serves women, infants and children up to the age of 5 who are at risk nutritionally. CMDP members qualify for WIC services. WIC's toll-free number is 1.800.252.5942. More information can be found on the Arizona Department of Health Services at <https://www.azdhs.gov/prevention/azwic/index.php>.

Head Start and Early Head Start are child development programs that serve children from birth to age 5, pregnant women and their families. Children in foster care are given preference to participate in Head Start programs. For more information on Head Start, call 1.866.763.6481 or visit www.azheadstart.org.

The Arizona Early Intervention Program (AzEIP) offers programs and services that support families of infants and toddlers, newborn to 3 years old, with disabilities or delays. A newborn to 3-year-old child who is the victim of abuse or neglect can get an AzEIP evaluation. For more information on the AzEIP program, call 602.532.9960, toll free 1.888.439.5609 or visit www.azdes.gov/azeip/.

Area Agency on Aging provides services and advocacy to adults aged 60 and older, adults aged 18 and older with HIV/AIDS, disabilities, long-term care needs. To find your local office, visit <https://des.az.gov/services/aging-andadult/aging-and-disability-services/area-agency-aging>.

Alzheimer's Association provides information and resources for caring for someone with



Alzheimer's or other dementias. Call toll free, 24/7 Helpline at 1.800.272.3900 or visit their website at <https://www.alz.org/dsw>.

Mentally Ill Kids in Distress (MIKID) is a statewide non-profit organization serving children and families with mental health needs. Visit <http://www.mikid.org/locations/> or call 602.253.1240 for assistance.

AZ Suicide Prevention Coalition is a non-profit organization to promote suicide awareness, intervention and action. Email AZSPC@gmail.com for more information.

National Alliance on Mental Illness (NAMI) is dedicated to quality treatment for persons with mental illness. Visit <http://www.namiarizona.org>.

Dump the Drugs AZ provides drop-boxes to dispose unwanted medications. Visit <https://www.azdhs.gov/gis/dump-the-drugs-az/>.

Nutrition, Physical Activity and Obesity (NUPAO)
www.azdhs.gov/phs/bnp/nupao/

Arizona Nutrition Network at
www.eatwellbewell.org/.

If you need help getting services from any of these programs, contact CMDP Member Services at 602.351.2245, 1.800.201.1795, or visit us at CMDPMemberServices@azdcs.gov.



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DEPARTMENT
of CHILD SAFETY
Comprehensive Medical
and Dental Program

Arizona Department of Child Safety
Comprehensive Medical and Dental Program
Website: <https://dcs.az.gov/services/cmdp>
Phone: 602.351.2245 TTY/TDD Services 711
Secondary Phone: 1.800.201.1795
Address: PO Box 29202, S/C CH010-18
Phoenix, AZ 85038