



SouthEastern Arizona Behavioral Health Services, Inc.

☺ ☺ Resources for ☺ ☺
Children - Youth - Families

COCHISE COUNTY
DIRECTORY

INFORMATION REGARDING:
Social/Health
Youth/Family
Prevention/Intervention

Phone: (520) 459-6377, Fax: (520) 458-0237
SEABHS Community Development / Prevention
4755 Campus Drive
Sierra Vista, Arizona 85635

E-Mail: susan_richards@seabhssolutions.org or susan-sv@mindspring.com
www.infoseaz.org SEARCH Resource Website
www.seabhs.org SEABHS Website

August 6, 2008

Citizens of Cochise County:

SEABHS Community Development / Prevention would like to present the seventh edition of the Cochise County Directory for Children, Youth and Families. The first half of the directory includes local resources, activities, services, agencies and schools. The second half has a variety of new information on many current issues that face youth and families. Every attempt was made to be inclusive of area resources but in the event the user would like to add additional information the adjacent page has been included.

We also have an extensive library of resource materials available and can search for specific information to meet your needs.

Sincerely,

Susan Richards
Community Development Admin. Manager

The following agreement was developed in 1996 through the cooperation of thirty agencies and organizations throughout Cochise County. Many of whom are listed in and/or supported the printing of this directory.

COLLABORATIVE AGREEMENT

"We as a collaborative community of Cochise County believe in a holistic system based on respect and integrity, responsive to the needs of our county by providing relevant services that are inclusive, accessible and culturally diverse. As partners, we strive for enjoyable, cooperative and ethical relationships driven by passion and quality." Interpersonally we will speak simply, authentically and directly. We will listen openly and in support of solution based communication.

Developed at 1997 W.T.W. Retreat

SERVICES

COUNSELING/FAMILY INTERVENTION

Arizona Baptist Children's Services
Arizona's Children Association (AzCa)
Army Alcohol/Drug Abuse Prevention & Control Program
Army Community Service
Catholic Community Services of Cochise County
Carmichael Family Resource Center
Child & Family Resources, Inc.
Chiricahua Community Health Center, Inc.
Cochise County Adult Probation Department
Cochise County Children's Center
Cochise County Health & Social Services-Maternal Child Health
Cochise County Juvenile Probation Office
Court Appointed Special Advocate (CASA)
Department of Economic Security (DES)

- Child Protection Service (CPS)
- Adult Protection Service (APS)

Douglas For Stronger Families Council
Forgach House Domestic Crisis Shelter
Fort Huachuca Community Mental Health
Good Neighbor Alliance
Healing Connections Counseling Services, LLC
Mary's Mission & Developmental Center
NAMI-National Alliance for the Mentally Ill
Outreach Services, Inc.
Planned Parenthood of Southern Arizona
PPEP, Inc.(Portable Practical Education Preparation)
Southeastern Arizona Behavioral Health Services, Inc. (SEABHS)
Southeastern Arizona Human Resource Council (SEAHRC)
Southeastern Arizona Governments Organization (SEAGO)
Strategies For Change
We Care Crisis Pregnancy Service, Inc.

DAYCARE (See supplemental listing)

HEALTH SERVICES & RESOURCES

Aires
American Red Cross
Benson Hospital
Blake Foundation
Carmichael Family Resource Center

Child & Family Resources, Inc.
Chiricahua Community Health Center, Inc.
Cochise*Ability*
Cochise Area Network of Therapeutic Equestrian Resources (CANTER)
Cochise County Health & Social Services
Cochise County Health & Social Services - B.U.T.T. Project
Cochise Health Alliance Medical Group, P.C. (CHAMG)
Copper Queen Community Hospital
High Desert Clinic
La Leche League
Mary's Mission & Developmental Center
Ohana House
NAMI-National Alliance for the Mentally Ill
The Neighborhood Clubhouse
New Turf Prevention Resource Center / SEABHS
Northern Cochise Community Hospital
Southeastern Arizona Behavioral Health Services, Inc. (SEABHS)
SEABHS / Coronado Behavioral HealthCare
Southeastern Arizona Governments Organization (SEAGO)
Sierra Vista Regional Health Center
Sierra Vista Regional Health Center – Hospice, Casa de la Paz
Southeast Arizona Medical Center

EMERGENCY ASSISTANCE (General/Food/Housing)

Arizona's Children Association
American Red Cross
Army Emergency Relief
Carmichael Family Resource Center
Catholic Community Services of Cochise County
Chiricahua Community Health Center, Inc.
Cochise County Health & Social Services-Housing Assistance
Cochise County Children's Center
Department of Community Services

- Oscar Yrun Community Center

Department of Economic Security (DES)
Forgach House Domestic Crisis Shelter
Good Neighbor Alliance
Habitat for Humanity, Inc.
Information and Referral Services, Inc.
Outreach Services, Inc.
Renaissance House
Salvation Army
Society of St. Vincent de Paul

Southeastern Arizona Human Resource Council (SEAHRC)
Southeastern Arizona Governments Organization (SEAGO)
St. Vincent de Paul / Our Lady of the Mountains

EMPLOYMENT

Cochise Private Industry Council
Colors of Success
Job Service - Department of Economic Security
PPEP, Inc.

FAMILY PLANNING

Arizona Baptist Children's Services
Cochise County Health & Social Services-Nursing & Community Health
Planned Parenthood of Southern Arizona
We Care Crisis Pregnancy Service, Inc.

LEGAL ASSISTANCE

Adoption Services
Catholic Community Services of Cochise County
Cochise County Attorney
Court Appointed Special Advocate (CASA)
Department of Economic Security

- Child Protective Services (CPS)
- Adult Protective Services (APS)

We Care Crisis Pregnancy Service, Inc.
General Assistance
Cochise County Attorney
Fort Huachuca Staff Judge Advocate
Cochise County Attorney's Victim Witness Program
Immigration
Project Care (Court Assistance, Review and Evaluation)
Southern Arizona Legal Aid

LIBRARIES

Benson Public Library
Copper Queen Library
Douglas Public Library
Huachuca City Library
Tombstone City Library
Elsie s. Hogan library (Willcox)
Jimmie Libhard Library (Bowie)
Elfrida Library
Myrtle-Kraft Library (Portal)

Sierra Vista Public Library
Alice Woods-Sunizona Library
Sunsites-Community Library
Cochise County Library District Bookmobile
Cochise County Library District Minibookmobile

PARENTING, INFORMATION/CLASSES

Arizona's Children Association
Army Community Services
Blake Foundation
Carmichael Family Resource Center
Catholic Community Services of Cochise County
Center for Academic Success (CAS) High School
Child & Family Resources, Inc.
Chiricahua Community Health Center, Inc.
Cochise County Adult Probation Department
Cochise County Children's' Center
Cochise County Health & Social Services
Cochise College
Darkness to Light
District VI Advisory Council on Developmental Disabilities
Douglas Public Schools
Forgach House Domestic Crisis Shelter
La Leche League
Lowell School, Bisbee
Mary's Mission & Developmental Center
SouthEastern Arizona Behavioral Health Services, Inc. (SEABHS)
SEABHS / Coronado Behavioral HealthCare
Parents Anonymous of Arizona
Recovery Ministries
Salvation Army
University of Arizona Cooperative Extension

PREVENTION SERVICES

Army Alcohol/Drug Prevention & Control Program
Blake Foundation
Chiricahua Community Health Center, Inc.
Project B.U.T.T. - Cochise County Health & Social Services
Committee for the Prevention of Child Abuse
Companeros
Darkness to Light
Department of Economic Security

- Child Protective Services (CPS)

- Adult Protective Services (APS)
- D.A.D. (Douglas Against Drugs)
- D.A.R.E. (Drug Abuse Resistance Education)
- G.R.A.P.E. (Gang Reduction Awareness Prevention & Education)
- New Turf Prevention / SEABHS
- Mary's Mission & Developmental Center
- S.A.D.D. (Students Against Driving Drunk)
- SEABHS / Coronado Behavioral HealthCare
- Sierra Vista Public Library
- S.A.F.E. (Substance Abuse Free Environment) Task Force
- San Pedro Valley Governor's Alliance Against Drugs
- Southeastern Arizona Youth Advocate Mentor Program
- W.A.S.A. (Willcox Against Substance Abuse)

POLICE DEPARTMENTS (See supplemental listing)

PRESCHOOLS (See supplemental listing)

RECREATION

- Benson Parks and Recreation
- Bisbee Community Y
- Boys & Girls Club of Sierra Vista
- Boy Scouts of America
- City of Bisbee Parks and Recreation
- City of Douglas Parks and Recreation
- Elfrida Youth Center
- 4-H Youth Development
- Fort Huachuca Youth Activities Center
- Girl Scouts of America
- New Turf Prevention / SEABHS
- Sierra Vista Parks & Leisure Services
- Salvation Army
- University of Arizona Cochise County Cooperative Extension
- Willcox Parks and Recreation

SCHOOLS (See supplemental listing)

SUBSTANCE ABUSE TREATMENT, COUNSELING AND SUPPORT

- Army Alcohol/Drug Abuse Prevention & Control Program
- Chiricahua Community Health Center, Inc.
- Cochise County Health & Social Services
- Cochise County Juvenile/Adult Court Services
- Healing Connections Counseling Services, LLC

Mary's Mission & Developmental Center
PPEP, Inc.
Salvation Army
SouthEastern Arizona Behavioral Health Services, Inc. (SEABHS)
SEABHS / Coronado Behavioral HealthCare
Strategies For Change
Verhelst Halfway House

HOW DO I GET HELP? (For Behavioral Health Services)

TUCSON SERVICES (see supplemental listing)

WEBSITES (see supplemental listing)

SELF HELP AND SUPPORT GROUPS (see supplemental listing)

RESOURCE INFORMATION ON THESE TOPICS:

- ◆ Teenage Depression
- ◆ Adolescent Suicide
- ◆ Anorexia Nervosa & Bulimia
- ◆ What about Tobacco
- ◆ Sexually Transmitted Disease
- ◆ Teens & Booze
- ◆ Tips for Better Communication
- ◆ Straight Facts About... Marijuana, Methamphetamines, Alcohol, Inhalants, Hallucinogens, Cocaine, Crack Cocaine & Rohypnol
- ◆ Messages for Teenagers: Just Say Know... Know What is out There and the Risks
- ◆ How can I Tell if a Friend or a Loved One has a Problem with Alcohol, Marijuana, or other Illicit Drugs?
- ◆ How can I Tell if I have a Problem with Drugs or Alcohol?

AGENCIES & PROVIDERS

AID TO ADOPTION OF SPECIAL KIDS

Education and information, education/training, information and Referral, Mentoring, Parenting Skills Training, Peer/Self-Help Groups, Respite, Socialization and Recreation, Family Counseling Behavior Management Consultation, Play Therapy for Post Traumatic Stress, Intensive Family
501 E. Thomas Rd. Ste.#100, Phoenix, AZ 85012
602-254-2275 or 800-370-2275

AIRES

We provide a variety of small group residential facilities, day programs, life-skills training, vocational training and rehabilitation and in-home services for disabled adults in Arizona. Aires offers its services to consumers who qualify for assistance through the Department of Economic Security, Division of Developmental Disabilities. These services are also available to those who pay on a private basis and to those who qualify through Pima Health and Yavapai Long Term Health Care. 520 459-5362 (Sierra Vista Office serving Cochise, Santa Cruz and Graham Counties)

ARIZONA DEPARTMENT OF EDUCATION/ EXCEPTIONAL STUDENT SERVICES

E-Mail: merkade@cybertrails.com

Karen Santa Maria, Parent Information Network Specialist (PINS) for Cochise, Graham, and Greenlee. PINS work with parents, schools, agencies, and caregivers on assisting students with disabilities. We offer trainings and individual support. Our network has a large clearinghouse of information on a variety of topics. All services are free of charge.

239 Weosshorn, Oro Valley, AZ 85737
(520) 742-6075, Fax: (520) 742-1154

AMERICAN RED CROSS-SOUTHERN ARIZONA CHAPTER

E-Mail: svcross@theriver.com

The Red Cross helps people prevent, prepare for and cope with emergencies. Disaster assistance is given as a grant. The Red Cross also offers a variety of health and safety classes to include; CPR, First Aid, and Water Safety. Emergency communications for military personnel and their families is provided as well as refugee tracing services. There are also opportunities for volunteer services.

1939 S. Frontage Road, Sierra Vista, AZ 85635 458-4858, Fax 458-4666

ANGEL TEAM SERVICES

Supportive Care for disabled, elderly.
378-1554

ARIZONA BAPTIST CHILDREN S SERVICES

E-Mail: www.abcs-tucson.org

Counseling for families, couples, and individuals. Adoption Assistance. Foster home recruitment and placement. Sierra Vista-520-515-9013
Regional office: 1-800-678-0648

ARIZONA S CHILDREN ASSOCIATION

E-Mail: www.arizonaschildren.org

Arizona's Children Association (AzCa) is a statewide agency that offers a variety of services throughout all of Cochise County, including family preservation services. Families may be referred for 8-12 weeks of intensive, in-home family therapy through Child Protective Services or through Choices for Families. A team composed of a master's level therapist and a family resource specialist provides services to the families to address the families' issues, which may include parenting, behavioral management, marital issues, communication skills and stress management. Referrals are also accepted from juvenile Probation for family preservation services in the RAFT (Renewing Arizona's Family Traditions) program. RAFT is an intensive, in-home family therapy programs provided by a master's level therapist designed to assist families maintaining the adolescent's placement in the home.

Benson/Willcox office: 360 S. Ocotillo, Benson, AZ 85602, 586-7695, Fax 586-3470

Bisbee/Douglas office: 7 Bisbee Road, #H, Bisbee, AZ 85603, 432-2375, Fax 432-1313

Sierra Vista office: 400 W. Fry Blvd., #11, Sierra Vista, AZ 85635, 458-2131, Fax 459-2959

ARIZONA COURT APPOINTED SPECIAL ADVOCATE PROGRAM (CASA)

Court Appointed Special Advocates are trained community volunteers making significant contributions to the community by becoming actively involved in protecting the fragile rights of abused, neglected and abandoned children. CASA's are trained to speak up for these vulnerable children and make sure their calls for help are being heard.

P.O. Box 4219, Bisbee, AZ 85603, 432-7521, Fax 432-7247

ARMY ALCOHOL/DRUG ABUSE PREVENTION & CONTROL PROGRAM

ATZS-MWF-P, Ft. Huachuca, AZ 85613

Provides a full spectrum of services, to include community prevention and education services, out-patient and in-patient alcohol drug abuse counseling services, and support for related problems. Services are available for active

and retired military, their families, and Department of the Army civilians and their families.

533-3604, 533-2071, Fax 533-5492

ARMY COMMUNITY SERVICES

ATZS-MWF-A, Ft. Huachuca, AZ 85613

Family assistance service, support groups, parenting classes, swap shop, welcome center, emergency food locker, budget counseling, tax service, consumer affairs spouse support and public relations. No fees required, services to active duty military and their dependents. 533-3234

ARMY EMERGENCY RELIEF

ATZS-MWF-A, Ft. Huachuca, AZ 85613

Provides financial assistance when a valid emergency need exists for items such as food, rent, utilities and emergency travel. Educational assistance available through National Headquarters for spouses and unmarried children under 23 years of age. Available to active duty, retired military and their dependents. 533-5972

BENSON FOOD BANK

Huachuca Street (behind City Hall)

Provide food boxes (3 boxes in a 6 month period) to people in need who have been referred by DES.

586-7916

BENSON HOSPITAL

450 S. Ocotillo, Benson, AZ 85602

A 22-bed acute care and skilled nursing facility, Benson Hospital has a 24-hour physician-staffed emergency department, comprehensive in and out patient rehabilitation services, laboratory and radiology services, home health services; medication and nutritional consultations, limited chemotherapy, IV antibiotics, injections and EKGs. Outpatient specialty programs include pain management, gastroenterology, urology and out patient surgery. Our KOMEN program provides low cost or fee breast cancer screening to women who qualify. 586-2261

BISBEE COMMUNITY Y

26 Howell Avenue, P.O. Box 968, Bisbee, AZ 85603

Provides a wide variety of community services which include: low income residential housing, youth hostel, youth center available for special programs, youth leadership, teen health center, various programs and classes. Thrift store with clothing bank for qualified individuals and families, retail job training certification, volunteer training program and facility space for

public/private events available. Various community classes and workshops.
Fees for some workshops and for facility rental.
432-3542 Thrift Store 432-1295

BISBEE FOOD BANK

Emmanuel Baptist Church, Hwy. 92, Bisbee AZ. 85603
Food boxes for people who have a referral from an agency or church.
432-5188

BLAKE FOUNDATION

1939 Frontage Road, Suite A, Sierra Vista, AZ 85635
Blake Foundation offers services that promote the healthy development of children and families by assisting, supporting and encouraging them to grow, learn, and achieve their goals through inclusive developmentally appropriate education, timely intervention, respectful partnerships and facilitation of opportunities within their own family and community resources. Services of the Blake Foundation include, AZ Early Intervention Program, Project "MeToo", Early Head Start, Traumatic Brain Injury Service Coordination of Children (2-17), Great Leaps Toddler Program for children age 2, Parent-Tot Play Group.
452-9784, ext. 0 or 11

BORDER ECOLOGY PROJECT

P.O. Drawer CP, 619 Briggs, Bisbee, AZ 85603
E-Mail: bep@mindspring.com

BEP has an archive of local environmental & toxics information going back to the mid 1970's. We will try to refer any caller with environment health question to the appropriate resource. 432-7456, FAX Same

BOY SCOUTS OF AMERICA

Cochise County: 1600 Buena Drive, Sierra Vista, AZ 85635
Scouting is an educational and recreational program centered on developing moral character, citizenship and fitness in the youth of today through activities directed by adults. Scouting is available to boys in grades 1-12. The Boy Scouts of America program Venturing is for both young men and women ages 14 through 20. Where they also plan and direct their activities with adult advisors. Cochise County: 439-5942

BOYS & GIRLS CLUB OF SIERRA VISTA

128A South 1st Street, P.O. Box 688, Sierra Vista, AZ 85636
E-Mail: www.svkids.com, admin@svkidsplace.com

The mission of the Club is to inspire and enable all young people, especially those from at-risk or disadvantaged circumstances to realize their full potential as productive, responsible and caring citizens. The Club provides youth

development programming in five core areas: Education & Career Development, Health & Life Skills, The Arts, Character & Leadership Development, and Sports, Fitness & Recreation. The Club is a non-profit 501(c) 3 organization that relies on the generosity of the community to maintain the general operating budget. The membership age is 6-17 years of age. Membership cost is \$6.00 per year. There is a separate fee for the summer day camp. Registration times are Tuesdays at 6:00 p.m., and Saturdays at 11:00 a.m. Parents and child(ren) must be together to register. A copy of the birth certificate is required to register a 6 year old. The Club is open Monday - Friday, 2:30 - 7:00 P.M. There is bus transportation provided by the Sierra Vista Public School District from all elementary schools, both middle schools and the high school to the Club after school. 515-1511, Fax 515-0055

CARE GIVER CONNECTION

In-home health care email- caregiverconnect@uswest.net
500 E. Fry Blvd, Suite L-9, Sierra Vista, AZ 85635
439-9359 Fax 439-4295

CARE-NET Pregnancy Center of Cochise County.

222 E. Fry Blvd., Suite E., Sierra Vista, AZ 85635
Free pregnancy testing, confidential counseling, alternative to abortions and post abortion counseling. Food banks for baby food, formula, diapers, baby clothes, maternity clothes, cribs, etc. Shepherding homes and adoption assistance available. 459-LOVE (459-5683) - 24 HOUR HOTLINE

CARMICHAEL FAMILY RESOURCE CENTER

701 N. Carmichael Avenue, Sierra Vista, AZ 85635
E-Mail: carrithersm@svps.k12.az.us

Services available for families of Carmichael Elementary School are as follows: (services provided to those outside of Carmichael in emergency situation.) parenting workshops, community referrals, emergency food baskets, clothing bank, parent volunteer training. Check-out services include: parent library, parenting videos, children books and videos. While our hand is extended in time of need, you will be treated with kindness and respect. We are working together for the well-being and education of our children, families and our community. 515-8142 Family Center, 515-2950 Office, Fax 515-2951

CATHOLIC COMMUNITY SERVICES IN SOUTHEASTERN ARIZONA

P.O. Box 1777, 17 Howell Ave., Bisbee, AZ 85603
Counseling for individual, couple, and family; food banks, foster home recruitment; adoption services; transitional housing; home health services; transportation; congregate and home delivered meals; pregnancy counseling. Sliding Fee. Domestic Crisis Shelters in Sierra Vista & Douglas. Bisbee 432-

2285, Fax 432-2009; Benson 586-9775 Nutrition, 586-9005-Home Health;
Sierra Vista 459-0595; Transportation 459-0595
Email-maccs@theriver.com

CENTER FOR ACADEMIC SUCCESS (CAS) High School

650 E, Wilcox Drive, Sierra Vista, AZ 85635
510 G Avenue, Douglas, AZ 85607

Public High School for students 14-21, work based learning, school-to-work,
computer based classes, self-based study, innovative curriculum, ability to
earn college and high school credits.

Sierra Vista 458-4200, Fax 458-1409, Douglas 364-8906, Fax 364-9826

CHILD & FAMILY RESOURCES, INC.

999 E. Fry Blvd., Ste. 222, Sierra Vista, AZ 85635
855 Cochise Ave., Douglas, AZ 85607

Healthy Families: Community-based home visitation program serving prenatal
families and families of newborns. **Child and Adult Care Food Program:**
focuses on children by reimbursing childcare providers for nutritious meals
and snacks served to children in their care. **Child Care Resource and Referral:**
provides parents with names of childcare providers and centers in their area.

Child Care Home Recruitment: certifies individuals to care for children in their
home and provides access to a lending library. **Choices for Families:** works
with families in a range of support services to help find different approaches to
raising a family and rediscovering strengths in themselves. **Grandparents As
Caregivers:** offers support, shares resources and promotes intergenerational
activities to grandparents who are caregivers to their grandchildren.

SUCCEEDS: statewide registry system encourages and tracks professional and
educational growth of individuals in the child care and early education field.
Sierra Vista 458-7348, Fax 458-7535; Douglas 364-5150, Fax 364-5703;
Safford (928) 428-7231, Fax (928) 428-7248; Nogales (520) 281-9303, Fax
(520) 281-9560

CHIRICAHUA COMMUNITY HEALTH CENTER, INC.

10566 Hwy 191, P.O. Box 263, Elfrida, AZ 85610, 520-642-2222 Fax 642-3591
1205 F. Avenue, Douglas, AZ 85607 520-364-3285 Fax 364-3378
108 Arizona Street, Bisbee, AZ 85603 520-432-3309 Fax 432-3717

Affordable primary and preventive care in a culturally welcome atmosphere,
with respect for the dignity and uniqueness of each individual. Services
include: primary care for all ages, diagnostic, urgent care, well child, OB/GYN,
mental health counseling, transportation and well women & well man checks.
CCHCI also offers satellite services in Douglas and Bisbee. CCHCI accepts
most insurances and AHCCS. If you are uninsured or underinsured, we offer a
sliding fee scale. No one is denied treatment because of lack of funds.

Se habla Espanol. 642-2222, Fax 642-3591

CITY OF BENSON PARKS AND RECREATION

435 N. Adams, Benson, AZ 85602

Variety of recreational and leisure activities.

586-9645, Fax 586-3375

CITY OF BISBEE PARKS AND RECREATION

118 Arizona Street, Bisbee, AZ 85603

Variety of summer programs including day camp, swimming, swim lessons, tennis, etc. Some fees required. Youth Council Organization who meet regularly and participate in special events etc.

432-5446, Fax 432-6069

CITY OF DOUGLAS PARKS AND RECREATION

1800 N. Estrella Ave Douglas, AZ 85607

E-Mail: David.Cota@ci.douglas.az.us

Recreation Center use, special events. Recreation Center Hours at Castro Park Teen Unit, Castro Park Senior Site, Skate and Bicycle Park, Special Community Festivals, Holiday Festivals, parades, Summer Youth Leadership Academy, After school Recreation Programs, Summer Recreation Programs, Community Carnivals, Assisting Agency. For more information contact Douglas Recreation at (520) 364-2496 or fax at (520) 805-9345

COCHISE *ABILITY* a Satellite Center for Independent Living

333 W. Wilcox Drive, Suite 109, Sierra Vista, AZ 85635

E-Mail: rmgarcia@cochiseability.org

We are a consumer-directed, community based advocacy organization, promoting independent living and offering a variety of programs for all people with disabilities which encourages them to achieve their full potential and to participate in the community. **Housing Accessibility Program:** Provides assessments for accessibility/modifications in the home. Adaptations for homes can range from bathroom modifications to in the installation of a ramp. All adaptations are provided by a licensed and bonded contractor. Income and home ownership limitations may apply. Please call 1-800-342-1853.

Information/Referral: Provides information and referrals regarding all current Cochise Ability program, services, and other resources available in our community. Please call 520 456-1181. You may also visit our website for more information; www.cochiseability.org. **Advocacy:** provides peer mentor and self-advocacy training, nursing home and rehabilitation center outreach, and transportation advocacy. We also sponsor public policy forums and legislative advocacy training. **Independent Living Skills Training:** Allows the consumer to express their abilities through a wide range of activities while

learning new skills. We provide training in money management, cooking/nutrition, use of public transportation services, home management and recreation/socialization with an emphasis on development of peer relationships and consumer responsibility, decision making, and control. **Peer Counseling:** Focuses on adjustment to disability issues. Common issues are assertiveness and self-esteem. Individual and/or group counseling and one-to-one peer mentor counseling are available. **Outreach:** Community outreach promotes the philosophy of independent living and the services/programs of Cochise *Ability* through education and training. Systemic and individual advocacy is the focus of our workshops/presentations featuring the history of disability culture in the U.S., disability sensitivity and etiquette, the American with Disabilities Act (ADA and Fair Housing Act, and the Ticket to Work and Work Incentives Improvement Act. **Benefits Planning Assistance & Outreach:** This program assists the Social Security Administration (SSA) in reaching all beneficiaries and recipients by providing timely and accurate information related to Work Incentives offered by SSA, allowing the individual to make informed choices regarding which path to work is best for them.
1-800-417-0901, (520) 417-0901 Voice, (520) 417-0902 Fax

COCHISE AREA NETWORK OF THERAPEUTIC EQUESTRIAN RESOURCES (CANTER)

P.O. Box 1316, Sierra Vista, AZ 85636,

The Mission of CANTER is to promote the health and independence of individuals with disabilities using therapeutic riding in a safe and caring environment. Under the supervision of trained instructors CANTER employs Hipo-therapy and Therapeutic Riding, recognized forms of therapy, for the treatment of individuals with physical and/or mental impairments. Physically the horse's movement can improve/influence equilibrium, reflexes, coordination, sensory motor skills and posture. Psychologically Riding Therapy develops self-awareness, self-esteem, self-discipline and improves concentration. The bond between horse and rider provides strong motivation for achievement like no other form of therapy.
378-7004

COCHISE COLLEGE ADULT EDUCATION

901 N. Colombo, Sierra Vista, AZ 85635

Free non-credit courses provide basic education for students at least 16 years of age wishing to improve skills in citizenship, reading, writing, math, and English. Morning and evening classes are available in several locations in Cochise County. Classes: 1) English for Speakers of Other Languages (ESOL) Courses develop English proficiency for Speakers of Other Languages. 2) General Educational Development (GED) Courses prepare students for the state GED (General Educational Development) examination; 3) Citizenship (CIT)

Courses are designed to assist immigrants in completing and submitting the INS application and preparing for the citizenship examination.
Sierra Vista 515-5456, Douglas 364-3736, County-wide 1-800-966-7943, 5456

COCHISE COMMUNITY FOUNDATION

P.O. Box 3094, Sierra Vista, AZ 85635

E-Mail: tpartington@azfoundation.org

The Cochise Community Foundation encourages local philanthropy to harness charitable resources for our communities. Together, charitable donors, community leaders, and service providers pool resources to find solutions to challenges at home. Gifts of many contributors are managed by the Arizona Community Foundation, and the income is distributed to a wide variety of causes. Bisbee 432-3647

COCHISE COUNTY ADULT PROBATION DEPARTMENT (CCAPD)

100 Colonia de Salud, Suite 101, Sierra Vista, AZ 85635

A Superior Court department which provides evaluation/investigation services to the court as well as supervision to adult probationers. CCAPD also offers educational and enhancement programs to probationers in-house.

803-3100, Fax: 417-0869

COCHISE COUNTY ADULT PROBATION LEARN LAB

100 Colonia de Salud, Suite 101, Sierra Vista, AZ 85635

803-3116 Fax 417-0869 E-Mail: learnlab24@hotmail.com

Literacy is one of the resources which contributes to success. The Cochise County LEARN (Literacy Education and Resource Network) Lab recognizes that the education of parents and children is mutually dependent. Therefore, we provide for the needs and goals of the adult leaders of the family to help them acquire new educational, social, employability and life skills. The LEARN Lab life skill's program includes: Parenting Skills, Anger Management, Goal Setting, Stress Management, Communication Skills, and Self-Esteem Building.

COCHISE COUNTY ADULT PROBATION DEPARTMENT (CCAPD)

100 Clawson Avenue, P.O Box AD, Bisbee, AZ 85603

E-Mail: afernandez@co.cochise.az.us or adultprobation_bisbee@cochise.co.az.us

Website: www.co.cochise.az.us/criminaljustice/Default.htm

A Superior Court department which provides evaluation/investigation services to the court as well as supervision to adult probationers.

432-8800, Fax 432-2906

COCHISE COUNTY ATTORNEY'S - VICTIM WITNESS PROGRAM

P.O. Drawer CA, Bisbee, AZ 85603

24 hour on- scene crisis intervention for victims & witnesses of crime in Cochise County. Follow-up assistance, Victim Notification and Victims Rights assistance. Courtroom accompaniment with a professional Victim Advocate at Superior Court and Justice Court levels. Assistance to victims in understanding and dealing with the criminal justice system victim. Application for Crime Victim Compensation, Information Referral. Training and educational programs for the community. No fees.
Program Manager; Carole Emigh 432-8731
432-8700, Fax 432-8777

COCHISE COUNTY CHILDREN'S CENTER

P.O. Box 4338, Huachuca City, AZ 85616
Temporary shelter for runaway, homeless and abused children ages newborn - 17 years. Informal individual, family and group counseling, peer support groups, crisis intervention, advocacy, and referral. No fee, Donation accepted.
456-1000 - 24 hour HOTLINE, Fax 456-1323

COCHISE COUNTY HEALTH DEPARTMENT

1415 Melody Lane, Bisbee, AZ 85603
Dianne Carper, Director
Family Planning; Immunizations; Adolescent Maternal & Child Health and Newborn Intensive Care follow up Program; Health Start; Tuberculosis Skin Testing; Blood Pressure/Hypertension Screening; Communicable Disease Control; HIV Prevention and Control; Environmental Health; Food Handler Certification; Nutrition Information; National 5-A-Day classes for 3rd graders and PLAY (Promoting Lifetime Activity for Youth) for 4-8th graders;

Nutrition Supplemental Program for Women, Infants and Children (W.I.C.);
WIC Income Guidelines; (add one for each unborn child)(Revised April 08)
Family of 2 \$2159 gross income per month
Family of 4 \$3269 gross income per month
Family of 6 \$4379 gross income per month

Continuing Education; Women's Cancer Screening; Tobacco Use Prevention; Case Management; Mental Health Services. Some services are free, others sliding scale. **Cochise County Health & Social Services is sponsoring Turning Point. Five community partnerships and a countywide partnership are working together to improve the health of Cochise County residents.
Benson 586-8205; Bisbee 432-9400; Douglas 805-5600; Ft. Huachuca 533-5020; Sierra Vista 803-3900; Willcox 384-7115.

COCHISE HEALTH SYSTEMS

Dee Peterson

1415 Melody Lane, Bisbee, AZ 85603
Title 36, Elder Care and technical care.
432-9462 Fax 432-9480

COCHISE COUNTY JUVENILE COURT SERVICES

P.O. Box 4219, 915 Tovreaville Rd, Bisbee, AZ 85603

Referral from law enforcement, schools or parents. Operates juvenile temporary detention center and, through the probation department receives and screen all complaint referrals from law enforcement and schools; tracks appropriate cases through the formal court process after County Attorney's Office reviews and files petitions to bring the offense before the court; prepares disposition recommendations for the juvenile judge; and supervises youth put on probation. Also provides individual, group, and family counseling, through public and private providers, to youth and families involved with Juvenile Court or families of youth from the community who are at risk of becoming involved with the law. Other services include peer support groups in most communities; community work service programs and projects; and Juvenile Intensive Probation services.

Bisbee 432-5458, Fax 432-0393, Benson 586-3994, Fax 586-9569,
Douglas 364-4044, Fax 364-4105, Sierra Vista 803-3200, Fax 417-0762,
Willcox 384-3661 Fax 384-5221

COCHISE HEALTH ALLIANCE, MEDICAL GROUP, P.C. (CHAMG)

77 Calle Portal, Suite C-220, Sierra Vista, AZ 85635

CHAMG is a professional team of family practice physicians, physician assistants, nurse practitioners and support staff. CHAMG provides a variety of health care specialists whose specialties include Cardiology, Internal Medicine, Dermatology, General Surgery, Orthopedics/Sport Medicine, Obstetrics/Gynecology, Urology, Radiology and Podiatry. CHAMG also has a provider panel representing numerous specialties, which include: Ear Nose & Throat, Gastroenterology, Ophthalmology, Pediatric/Adolescent Services and Physical Therapy. CHAMG has visiting specialists providing medical services such as Neurology, Pulmonology, Pediatric Cardiology and Pediatric Neurology. Administration Office: 458-6331, Fax 458-3266

COCHISE COUNTY WORKFORCE DEVELOPMENT, INC.

1843 Paseo San Luis, Sierra Vista, AZ 85635

1706 E. 10th Street Douglas, AZ 85607

Provides one-stop employment services to include access to Internet, resource library, job listings, job referrals, resume preparation, career exploration/counseling, goal setting, and training programs to include Occupational Training and On-the Job Training. Some services may require meeting federal guidelines. For Youth Services (ages 14-21), ask for

Professional Youth Quest (PYQ). For Charter School Services see Center for Academic Success (CAS). Sierra Vista 458-9309, Fax 417-9910; Douglas 364-8906, Fax 364-8926

COCHISE YOUTH CLASSIC RUN (Thunder Mountain Running Club)

c/o Don Tordsen, 5034 E. Marble Drive, Hereford, AZ 85615

Six age and gender group run from 1 to 2 miles in distance to encourage youth fitness, social interaction, parental involvement and self confidence. Ages 6-12 yrs. 378-3025

COLORS OF SUCCESS

Colors of Success provides job training and placement of youth into high growth, high demand career oriented jobs throughout Cochise County for youth between the ages of 16 - 21. Colors also provides tutoring services, internships and college assistance for youth in program. You can contact us at 520-458-3449 or visit our website at www.colorsofsuccess.com

COMFORT ZONE

Tucker Blanchard, Director

1201 E. Fry Blvd. Suite 3B Sierra Vista, AZ 85635

Day Shelter for homeless, Job Skills training.

520-459-2624

COMMITTEE FOR THE PREVENTION OF CHILD ABUSE (CPCA)

P.O. Box 3186, Sierra Vista, AZ 85636

Continuous education of general public, children and families at risk, regarding prevention, early detections of child abuse and access to community resources. Fosters cooperative atmosphere where coordinated case management can be facilitated for the benefit of all concerned.

No fees required.

458-6168, Fax 458-7810, or Emergency 888-767-2445

COMPAÑEROS

1815 Ninth St., Douglas, AZ 85607

E-Mail: compa@theriver.com

Companeros, located in Douglas, Arizona, is a community-based field office of the Border Health Foundation (BHF), which is based in Tucson, Arizona. The BHF's mission is to improve the health of people in the America's with a particular focus on the U.S. Mexico border by developing relationships that further knowledge, empower people and maximize the utilization of resources. BHF programs seek to improve coordination and cooperation while respecting diversity.

Projects include: 1) the Disparities Project, health education for Latina women; 2) Strengthening Families, a comprehensive, science-based parenting program

inclusive of parents and youth; 3) tobacco cessation and education; and 4) diabetes prevention education.
364-8200, Fax 364-5617

COPPER QUEEN COMMUNITY HOSPITAL

101 Cole Ave., Bisbee, AZ 85603

Inpatient acute care and outpatient services; 24 hours emergency service; Occupational Medicine Services; Diagnostic Imaging: On-site Ultrasound, CT Scanner and Mammography; Full service laboratory; Cardio-Pulmonary Services; Out-Patient Surgery; Copper Valley Home Health Care; Rehabilitation Services; & Comprehensive Medical Staff. Community education classes, and Lifeline Personal Emergency Response System. www.cqch.org
432-5383, Fax 432-8018

COURT APPOINTED SPECIAL ADVOCATE (CASA)

P.O. Box 4219, Bisbee, AZ

The Superior Court appoints a CASA Volunteer to be an independent advocate for a child who has been made a ward of the court. A CASA Volunteer has the entrusted responsibility to ensure the child's right to a safe, permanent home is actively pursued and protected.

Cochise County 432-9312 Fax 520-432-7247, Graham County 428-3310, Greenlee County 865-2323, Santa Cruz County 281-1808

DARE (Drug Abuse Resistance Education)

911 N. Coronado, Sierra Vista, AZ 85635 (Sierra Vista Police Department)

Email: darecop@mindspring.com

Project D.A.R.E. is the combined effort of the local schools and law enforcement agencies. The statewide effort is being coordinated by the Arizona Department of Public Safety, responsible for the training of the officers and for providing instructor materials. It provides effective prevention instruction that focuses on sharing/teaching accurate information, coping and decision-making skills and positive alternatives to substance abuse.

Sierra Vista Police 458-3311, Fax 458-3563; Sheriff's Dept. 1-800-362-0812; Bisbee Police 432-2261; Douglas Police 384-8422; Benson Police 586-2211; Willcox Police 384-4673

DARKNESS TO LIGHT

P.O. Box 12503, Fort Huachuca, AZ 85670

Email: m.kevinmD2L@gmail.com

A national nonprofit organization committed to increasing public awareness of child sexual abuse. *Stewards of Children* is a revolutionary prevention training program developed for youth organizations. It was designed to educate adults to prevent, recognize, and react responsibly to child sexual abuse. *Stewards of*

Children equips and empowers adults to keep children safe. The training program incorporates a seven-step approach.
(520) 234-3708

DEPARTMENT OF ECONOMIC SECURITY (DES)

Provides Food Stamps, Medical, Cash and General Assistance for those who qualify.

551 W. 4th St., Benson, AZ 85602; (520) 586-2303

256 S. Curtis, Willcox, AZ 85643; (520) 384-3583

820 E. Fry, Sierra Vista, AZ 85635; 459-6901

207 Bisbee Rd., Bisbee, AZ 85603; 432-5415

615 2nd Str., Douglas, AZ 85607; Douglas 364-1291

1843 N. State Dr., Nogales, AZ 85621, (520) 281-2634

DEPARTMENT OF ECONOMIC SECURITY, (DES)

209 Bisbee Road, Bisbee, AZ 85603

DES is the Administration for Children, Youth and Family. The local office for child protective services investigations, foster care, and adoptions is located at 207 Bisbee Road, Bisbee, AZ 85603

432-5337, Fax 432-2981

DES - ADULT PROTECTIVE SERVICES (APS)

Investigates reports of abuse, neglect or exploitation of vulnerable adults, both in institutions and in their own homes. 1-877-767-2385

Benson (520) 586-7830; Bisbee 432-2248; Douglas 364-4446;

Sierra Vista-2981 E. Tacoma, 459-1859; Willcox (520) 384-3505

DES - CHILD PROTECTIVE SERVICES (CPS)

Child Protective Services (CPS) is a part of the Division of Children and Family Services within the Arizona State Department of Economic Security and works on behalf of children and families of Arizona. The role of CPS is to ensure the safety of children while maintaining the integrity of the family. When allegations of child abuse, neglect, exploitation, or abandonment indicate the need, Arizona law requires that CPS conduct an investigation. One of the most important functions of CPS is to help families receive the services necessary to enable them to remain and to build better relationships.

Benson 586-3671; Willcox 384-4616; Bisbee 432-5337; Douglas 364-4446;

Sierra Vista 458-4003 & 459-2965; Safford 928-428-2722; Nogales 520-287-

4126; Clifton 928-865-4613 and Hotline 1-888-767-2445 if you suspect Child Abuse.

Kids Need U – recruits & trains foster/resource family and adoptive families.
1-877-Kids (5437)

DES - CHILD AND YOUTH SERVICES

Child and Youth Services is comprised of the New Beginnings Child Development Center, Family Child Care, School-Age Services, youth Services, and the Child & Youth Liaison, Education, and Outreach Services. These various programs offer full day, part day, before and after school, and hourly care for children and youth from 6 weeks to 19 years of age. Youth Services offers classes such as Tae Kwon Do and ballet. Child and Youth Services also offers a referral service and a one-stop registration process for all programs. The program serves active duty military, Department of Defense civilians, and installation contractors. The Rolling Thunder Skate Park, an aggressive skating facility designed for skate-boarding and in-line skating is open to the public. Fees are charged for most programs. For more information, contact the registration staff at 533-0738.

ATZS-MWF-C, Ft. Huachuca, AZ 85613-6000
533-0460/0461; Fax 533-2125

DES - JOB SERVICE

Assist job seekers in finding suitable employment. Special assistance to Veterans, unemployment insurance claimants, and migrant and seasonal farm worker.

Benson 586-2513; Bisbee 432-2206; Douglas 364-4446;
Sierra Vista 459-3206; Willcox 384-3583

DEVEREUX ARIZONA

400 W. Fry Blvd., Suite 11, Sierra Vista, AZ 85635

E-Mail: lball@devereux.org or Website: www.devereux.org

Our Arizona Center focuses on a variety of areas from adult care, to foster care and group homes, and RTC. In District VI, which covers Cochise, Santa Cruz, Graham and Greenlee counties, our focus is on providing quality foster care and finding quality families for children in need of crisis care, short-term care or long term care. We currently contract with DES/CPS and SEABHS; working together to place children in safe and loving homes. Programs include: FBS (Family Based Shelter), Children TFC (Therapeutic Foster Care), Adult TFC (Therapeutic Foster Care), and Respite Care. We also offer free pre-service training, on-going foster parent training, and 24-hour crisis support care to our families, children, and adult clients. 520-515-9096, Fax 520-458-2795

DISTRICT VI ADVISORY COUNCIL ON DEVELOPMENTAL DISABILITIES

120 N. 6th Street, Suite A, Sierra Vista, AZ 85635 E-Mail: dacvi@theriver.com

Goal is to render outreach through provision of information and referral services. These include the provisions of technical assistance and activities related to systemic change, capacity building and advocacy for persons with

disabilities that reside in District VI. 452-0040, Fax 452-0042, Toll free within the District: 800 940-2870

DOUGLAS AREA FOOD BANK

660 G. Ave, Douglas, AZ 85607

Supplies three food boxes per six month period to people in need. 364-4170 or 364-6407

DOUGLAS FOR HEALTHY COMMUNITY NETWORKING GROUP

Meet at the Douglas Fire Station, 1400 10th St. 7:30am, 3rd Wednesday of each month. Discussions of Community interests and needs. Carol Huddleson-Facilitator, 520-364-5028

DOUGLAS FOR STRONGER FAMILIES COUNCIL

P.O. Box 2633, Douglas, AZ 85608

Provides public education and community awareness to prevent child abuse and domestic violence. Offers clothing for Douglas. Contact: Deana Irey, 805-1599.

DOUGLAS LUPUS/AUTOIMMUNE SUPPORT GROUP

2140 11th Street, Douglas, AZ 85607 520-364-5028

Monthly meetings of Douglas- area residents with Lupus or related autoimmune illnesses, such as Fibromyalgia, Rheumatoid Arthritis, Discoid and Systemic Lupus, Scleroderma, etc. Speakers, educational materials, books, etc

EDUCATIONAL DIAGNOSTICS & CONSULTING SERVICES

Education Diagnostics and Consulting, Learning Disabilities. 452-0289

ELFRIDA YOUTH CENTER

P.O. Box 1301, Elfrida, AZ 85610

E-Mail: planart@c2i2.com

School age youth activities from dances, bikes rallies, trips to swimming, bowling and Art & Craft instruction. 642-9304, Fax 642-1004

4-H/YOUTH DEVELOPMENT

1140 N. Columbo, Sierra Vista, AZ 85635; 450 S. Haskell, Willcox, AZ 85643

4-H Youth Development is the youth education program of The University of Arizona for youth five to eighteen years of age. Youth can be involved in 4-H through year long clubs, school enrichment, special interest activities, and special teen programs. Educational programs provide hands-on learning experiences in a variety of subject areas of interest to youth. No cost to belong, but some activities may require a participation fee. Sierra Vista: 458-8278,

ext. 2141; Willcox: 384-3594.

**FORGACH HOUSE DOMESTIC CRISIS SHELTER
(Catholic Community Services)**

P.O. Box 1961, Sierra Vista, AZ 85635

Emergency Shelter offered for victims and their children to have a safe place to live during a time of crisis. 24-hour HOTLINE. Resident and non-resident counseling to help sort out options and provide support while decisions are being made about what steps to take next. Children's Program provides activities at the shelter to help them express their feelings about their family situation and to learn to cope with family stresses in a healthy and nonviolent way. 458-9096, 24-Hour HOTLINE, Fax 458-0796

FORT HUACHUCA COMMUNITY MENTAL HEALTH

Raymond W. Bliss Army Health Center, Bldg. 45001, 2nd Floor, Room P-5
Wide variety of outpatient mental health services to active duty and retired military personnel and their dependents that are experiencing emotional, psychiatric, family, substance abuse and/or behavioral problems.
No fees required. 533-5161, 533-7030

FORT HUACHUCA FAMILY ADVOCACY PROGRAM

Raymond W. Bliss Army Health Center, Bldg. 45001, 2nd Floor, Room P-46
Commander, USAMEDDAC, Ft. Huachuca, AZ 85613-7040

Outpatient evaluation and treatment services for active duty and retired military personnel and their family members who are involved in incidents of spouse abuse, child abuse or child neglect. Clients can also be seen on a space available basis if they are at risk of becoming involved in abuse or neglect situations. No fees. 538-0625, Fax 533-5715

FORT HUACHUCA YOUTH SERVICES

Building 49013, Cushing Street, Fort Huachuca, AZ 85613

E-Mail: brownn@hua.army.mil

Complete recreational facility with gym, game room, snack bar and meeting facilities for youth in grades 1-12. A variety of programs offered include sports, dance, martial arts, after-school program and social events. Rolling Thunder Skate Park is an aggressive skating facility for youth roller-bladers and skate boarders, located behind the Youth Center. Annual registration fee for members. 533-3212, Fax 533-2877

F.R.I.E.N.D.S. (Families Reaching Individuals with Exceptional Needs and Developing Supports)

705 N. Arizona Avenue, Willcox AZ 85643

E-Mail: wreco@ssvecnet.com

Quarterly activities in Willcox and surrounding areas for families who have individuals with special needs. Affiliated with Willcox office of Division of Developmental Disabilities.

(520) 384-5363, Fax: (520) 384-3729

GIRL SCOUTS - SAHUARO GIRL SCOUT COUNCIL, INC.

4300 E. Broadway Blvd., Tucson, AZ 85711

Web Site: sahuarogsc.org

Through the Girl Scout program, girls in our community learn about developing to their fullest potential by fostering feelings of self-acceptance, and their own heritage. Girl Scouts are taught to develop a positive value system that will guide them in their future decision making. Girls learn leadership skills and develop a concern for the well being of others. The knowledge and skills they gain through the program inspire girls with the highest ideals of character, conduct, and service that they may become happy and resourceful citizens. The Tucson office will put you in touch with local Cochise County Girl Scout volunteers.

1-800-331-6782, ext. 3169 Fax (520) 327-3986

G.R.A.P.E. (GANG REDUCTION AWARENESS, PREVENTION, & EDUCATION, INC.)

Email- cochisegraper@yahoo.com

G.R.A.P.E. seeks to provide a formal structure for the sharing of information, to empower youth assets throughout Cochise County and to pool resources in order to reduce the duplication of efforts. G.R.A.P.E. is a collaborative non-profit organization that operates county-wide. G.R.A.P.E. works on all prevention issues, including substance abuse, gang, and community violence prevention, primarily by providing public education, organizing public meetings, and funding local grassroots prevention groups.

HABITAT FOR HUMANITY SIERRA VISTA AREA, Inc.

P.O. Box 1574, Sierra Vista, AZ 85636

Builds affordable homes throughout Cochise County for people who do not qualify for the current housing market. Home prices are kept low through volunteer labor and tax-deductible donations (land, materials, etc.) allowing qualified buyers to afford modest, no-interest mortgage payments. As a non-profit, ecumenical, Christian ministry, all funds are reinvested to build other homes. Buyers must qualify and participate. 378-6966

HIGH DESERT CLINIC (Urgent & Occupational Care)

77 E. Fry Blvd., Sierra Vista, AZ 85635

520-459-8915

Regular Clinic Hours are: Monday – Friday 9am to 7pm

Weekends: 10am to 6pm

Urgent Care: Immediate access to care, no appointment necessary, extended hours of operation, open 361 days per year, basic radiological service, limited laboratory services, immunization administration, injury care.

Occupational Medicine: Worker's compensation management, pre-employment physicals, drug and alcohol screening, audiometry, pulmonary function testing, DOT physicals.

LA LECHE LEAGUE

Website: www.lalecheleague.org

We are an International non-profit organization that provides breast-feeding information and phone assistance by accredited leaders who are volunteer mothers. Services also include a monthly support group in Sierra Vista, a lending library of materials on breast-feeding, parenting and nutrition. 458-8409.

LIBRARIES:

BENSON PUBLIC LIBRARY

300 S. Huachuca, Benson, AZ 95602

Website: <http://cochise.lib.az.us>

The Benson Public Library stocks thousands of books, videos, DVDs, music CDs, audiobooks, and magazines for all ages, and will lend them free to any county resident who promises to take care of them and return them on time. Through the Cochise County Library District network, the Benson Library also offers easy access to materials in other libraries in the county and around the U.S. The library also provides Internet access for adults and young people under age 18 who have written parental permission. If you are registered, you can request books and other library materials at our Website, which also provides access to magazine and newspaper articles and other useful research materials. The library is open six days a week and offers preschool storytimes as well as a summer reading program to encourage children to read for fun on summer vacation. Call 586-9535 for more information or visit our website.

COPPER QUEEN LIBRARY

6 Main Street, Bisbee, AZ 85603

Website: <http://cochise.lib.az.us>

The Copper Queen Library stocks thousands of books, videos, DVDs, music CDs, audiobooks, and magazines for all ages, and will lend them free to any county resident who promises to take care of them and return them on time. Through the Cochise County Library District network, the Copper Queen Library also offers easy access to materials in other libraries in the county and around the U.S. The library also provides Internet access for adults and young

people under age 18 who have written parental permission. If you are registered, you can request books and other library materials at our Website, which also provides access to magazine and newspaper articles and other useful research materials. The library is open six days a week and offers preschool storytimes as well as a summer reading program to encourage children to read for fun on summer vacation. Call 432-4232 for more information or visit our website.

DOUGLAS PUBLIC LIBRARY

560 East 10th Street, Douglas, AZ 85607

Website: <http://cochise.lib.az.us>

The Douglas Public Library stocks thousands of books, videos, DVDs, music CDs, audiobooks, and magazines for all ages, and will lend them free to any county resident who promises to take care of them and return them on time. Through the Cochise County Library District network, the Douglas Public Library also offers easy access to materials in other libraries in the county and around the U.S. The library also provides Internet access for adults and young people under age 18 who have written parental permission. If you are registered, you can request books and other library materials at our Website, which also provides access to magazine and newspaper articles and other useful research materials. The library is open six days a week in the summer and seven the rest of the year. The library presents preschool storytimes as well as a summer reading program to encourage children to read for fun on summer vacation. Call 364-3851 for more information or visit our website.

HUACHUCA CITY LIBRARY

506 N. Gonzales Blvd., Huachuca City, AZ 85616

Website: <http://cochise.lib.az.us>

The Huachuca City Library has thousands of books, talking books, videos, music CDs and audiotapes, and magazines for young people and adults of all ages. We also have Internet access for adults and young people under age 18 with parental permission. Our staff offers a variety of youth programs throughout the year including the annual summer reading program; weekly storytimes: Tuesday 11-12 noon (preschool/homeschool), Wednesday 3:15-4 pm; Library Mascot Day, Friday 1-3 pm. We are open Monday – Friday 10 am – 6 pm, Saturday 12 noon – 5 pm, closed Sundays and holidays. Call 456-1063 for more information or visit our Website.

TOMBSTONE CITY LIBRARY

Corner of 4th & Toughnut Streets, Tombstone, AZ 85638

Website: <http://cochise.lib.az.us>

The Tombstone City Library stocks thousands of books, videos, DVDs, music CDs, audiobooks, and magazines for all ages, and will lend them free to any county resident who promises to take care of them and return them on time. Through the Cochise County Library District network, the Tombstone Library also offers easy access to materials in other libraries in the county and around the U.S. The library also provides Internet access for adults and young people under age 18 who have written parental permission. If you are registered, you can request books and other library materials at our Website, which also provides access to magazine and newspaper articles and other useful research materials. The library is open five days a week and offers a summer reading program to encourage children to read for fun on summer vacation. Call 457-3612 for more information or visit our website.

ELSIE S. HOGAN LIBRARY (WILLCOX)

207 W. Maley, Willcox, AZ 85643

Website: <http://cochise.lib.az.us>

The Elsie S. Hogan Library in Willcox is open 6 days open week/46 hours per week for your convenience. All Cochise County residents are eligible for membership. Some of the services we provide are: books and magazines; Internet access; newspapers; Spanish-language books; Southwest collection; large-print books; talking-book information; federal tax booklets and information; consumer guides; children's audios/videos; interlibrary loans; reference service; various programs throughout the year for children and teenagers; and some programs for senior citizens such as Internet training. For more information about any of the services we offer, please contact the library staff at 520-384-4271, ext. 503

JIMMIE LIBHART LIBRARY (BOWIE)

201 N. Central (next to the Justice Court)

Website: <http://cochise.lib.az.us>

The Jimmie Libhart Library in Bowie stocks thousands of books, videos, DVDs, music CDs, audiobooks, and magazines for all ages, and will lend them free to any county resident who promises to take care of them and return them on time. The library also offers Internet access for adults and young people under age 18 who have written parental permission. If you are registered, you can request books and other library materials at our Website, which also provides access to magazine and newspaper articles and other useful research materials. The library is open three days a week and offers occasional preschool storytimes as well as a summer reading program to encourage

children to read for fun on summer vacation. The library also offers informal classes for adults on basic computer skills. Call 847-2522 for more information or visit our website.

ELFRIDA LIBRARY

10552 N. Highway 191 (behind the Community Center)

Website: <http://cochise.lib.az.us>

The Elfrida Library stocks thousands of books, videos, DVDs, music CDs, audiobooks, and magazines for all ages, and will lend them free to any county resident who promises to take care of them and return them on time. The library also offers Internet access for adults and young people under age 18 who have written parental permission. If you are registered, you can request books and other library materials at our Website, which also provides access to magazine and newspaper articles and other useful research materials. The library is open five days a week and offers weekly preschool storytimes as well as a summer reading program to encourage children to read for fun on summer vacation. . Call 642-1744 for more information or visit our website.

MYRTLE KRAFT LIBRARY (PORTAL)

Old Portal Schoolhouse (next to the Post Office)

Website: <http://cochise.lib.az.us>

The Myrtle Kraft Library in Portal stocks thousands of books, videos, DVDs, music CDs, audiobooks, and magazines for all ages, and will lend them free to any county resident who promises to take care of them and return them on time. The library also offers Internet access for adults and young people under age 18 who have written parental permission. If you are registered, you can request books and other library materials at our Website, which also provides access to magazine and newspaper articles and other useful research materials. The library is open six days a week and offers occasional programs such as book discussions for adults and a summer reading program to encourage children to read for fun on summer vacation. The library also offers informal classes for adults on basic computer skills. Call 558-2468 for more information or visit our website.

SIERRA VISTA PUBLIC LIBRARY

2600 E. Tacoma Street, Sierra Vista, AZ 85635

Email: www.ci.sierra-vista.az.us/svlibrary.

The Sierra Vista Public Library has thousands of books, talking books, videos, music on CD and audiotape, and magazines for young people and adults of all ages. We also have Internet access for adults and young people under age 18 with written parental permission. Our staff offers a variety of youth programs throughout the year including the annual Summer Reading Program, "Read-to-Me" for toddlers and their parents, and Friday Preschool Storytimes. Programs for adults include Book Discussion Groups, Wednesday Movie Matinee, and a variety of special programs on local history and culture. We are open seven days each week. Call 458-4225 for more information or visit our website

www.ci.sierra-vista.az.us/svlibrary.

ALICE WOODS SUNIZONA LIBRARY

At Ash Creek School, 6460 E. Highway 181

Website: <http://cochise.lib.az.us>

The Alice Woods Sunizona Library, which is jointly operated with the Ash Creek School Library, stocks thousands of books, videos, DVDs, music CDs, audiobooks, and magazines for all ages, and will lend them free to any county resident who promises to take care of them and return them on time. The library also offers Internet access for adults and young people under age 18 who have written parental permission. If you are registered, you can request books and other library materials at our Website, which also provides access to magazine and newspaper articles and other useful research materials. The library is open five days a week to the public and offers a summer reading program to encourage children to read for fun on summer vacation. The library also offers informal classes for adults on basic computer skills. Call 824-3145 for more information or visit our website.

SUNITES COMMUNITY LIBRARY

210 Ford Rd. (next to the LDS Church)

Website: <http://cochise.lib.az.us>

The Sunites Community Library stocks thousands of books, videos, DVDs, music CDs, audiobooks, and magazines for all ages, and will lend them free to any county resident who promises to take care of them and return them on time. The library also offers Internet access for adults and young people under age 18 who have written parental permission. If you are registered, you can request books and other library materials at our Website, which also provides access to magazine and newspaper articles and other useful research materials. The library is open five days a week and offers weekly preschool storytimes as well as a summer reading program to encourage children to read for fun on summer vacation. The library also offers informal classes for adults on basic computer skills. Call 826-3866 for more information or visit our website.

BOOKMOBILES SERVICE:

COCHISE COUNTY LIBRARY DISTRICT BOOKMOBILE

Old Bisbee High School, Bisbee, AZ 85603

Website: <http://cochise.lib.az.us>

The Bookmobile makes forty regular monthly stops to provide library services to residents of unincorporated areas. Stops are at rural schools, post offices, trailer parks, and sometimes just a group of mailboxes. The Bookmobile stocks a rotating collection of books and other materials for all ages, and also takes requests.

Any county resident may use the Bookmobile at any of its stops. To register, simply show a valid ID to Bookmobile Librarian Ted Weller. Stops are sometimes rescheduled around holidays and other events. Please contact the Library District headquarters at 520-432-8930 or 800-231-1574 to verify the date & time of any Bookmobile stop, or to suggest a new stop in your community.

COCHISE COUNTY LIBRARY DISTRICT MINIBOOKMOBILE

Old Bisbee High School, Bisbee, AZ 85603

Website: <http://cochise.lib.az.us>

The Library District's Minibookmobile provides monthly library services for homebound and disabled county residents. If you have a physical disability that prevents you from visiting your local library, your local library may be able to send someone to your home. If you live in a rural area, the Minibookmobile will bring large print books and other requests right to your door.

Minibookmobile Librarian Gwyn Coe can also register you for the Talking Books program, a free service of recorded books and magazines for the visually handicapped. Call your local library or the Library District headquarters at 520-432-8930 or 800-231-1574 to arrange for homebound service and the Talking Books program.

MANZANITA ASSOCIATES

75 N. Garden Ave., Sierra Vista, AZ 85635

Individual, Marital & Family Therapy. Child-Adolescent-Adult

A full range of professional services since 1984. 459-2229

MARY'S MISSION & DEVELOPMENTAL CENTER

Level II Therapeutic Center E-Mail: wlacey@c2i2.com

345 Taylor Drive, Sierra Vista, AZ 85635 417-2115 Fax 417-2114

Mary's Mission is a 16 bed, Level II therapeutic residential treatment center providing services for male youth between the ages of 11-17. Individual and Group counseling, AA/NA or Drug Abuse Counseling, Mentorship Program, Volunteer Program, Educational Program, Life Skills Program, Behavioral Management, Medication Monitoring, Tutoring Services, Employment Opportunities, Parents Anonymous, Independent Living Program, Room and

Board, Case Management, Discharge Planning and After Care.
Outpatient Clinic 416 Avenida Cochise Suite N, Sierra Vista, AZ 85635
439-0074
Girls Facility- 8 bed, 8360 S. Hwy 92, Hereford, AZ 85615 378-5175
417-2115 Fax 417-2114

NAMI SOUTHEASTERN ARIZONA

77 Calle Portal, Suite B260, Sierra Vista, AZ 85635
(520) 459-3228; (800) 380-2322; Fax: (520) 378-4266; info@namiseaz.org
(NAMI SEAZ) is affiliated with the *National Alliance on Mental Illness (NAMI)*.
NAMI SEAZ is dedicated to improving the quality of life for individuals and families impacted by mental illness, by providing education and support programs, and promoting activities which support recovery from brain disorders.

NAMI SEAZ is one of 10 chapters in Arizona featuring peer support groups, FREE workshops, educational programs relating to mental health recovery, a resource library with over 700 titles, a quarterly newsletter, and information and referral services.

Please contact the NAMI Resource Center local chapter for meeting times, or other information.

THE NEIGHBORHOOD CLUBHOUSE (Division of Branches of Family, Inc. which is a non-profit corporation) -Adult Day Care

4859 Chaparral Loop, Sierra Vista, AZ 85635
(520) 458-2219. **Email:** debnc@theriver.com (and/or) sandynhc@gmail.com
Hours: 7am to 6pm, Monday through Friday; Clients are welcome for any part of the week. **Fees:** Dependent on time used; call for information. **Admission requirements:** Call for information.

About the program: Adult day care provides autonomy for everyone involved in a relationship that requires giving and receiving care. It allows the family to stay together, gives the caregiver personal time and the person needing care independence. It is designed to meet the needs of functionally and/or cognitively impaired adults by providing socialization, meaningful activities, and physical care in a safe, nurturing, and supportive environment. Daily fees for care vary depending upon the services provided, but are generally less than home health care and about half the cost of a skilled nursing facility.

The goal of the Neighborhood Clubhouse is two fold: to provide affordable, nourishing day care for adults who may have mild dementia or need assistance with activities of daily living, and to provide the primary care

giver/family with assistance in care giving through education and emotional support. For more information or a tour of the clubhouse, please call

the director at 520-458-2219.

NEW LIFE CHRISTIAN COUNSELING

1447 S. 7th Street, Room 101, Sierra Vista, AZ 85635. 515-9013

NEW TURF PREVENTION / SEABHS COMMUNITY DEVELOPMENT

4755 Campus Drive, Sierra Vista, AZ 85635 E-Mail: newturf@mindspring.com

The New Turf Prevention offers comprehensive county-wide prevention services that seek to support healthy communities by building resiliency in youth.

Providing positive alternatives to substance abuse, delinquency and academic failure through a variety of prevention program strategies. New Turf has a regional Prevention Resource Center with free resources, Internet access, materials and offers an array of programs, activities, trainings and support services. 459-6377, Fax 458-0237

NORTHEAST SONORA - COCHISE COUNTY BINATIONAL HEALTH COUNCIL

c/o Susan Peru / CCH & SS

1415 W. Melody Lane., Building A, Bisbee, AZ 85603

NSCCHC offers health and environmental health activists from both sides of the border the chance to collaborate on epidemiology, health care, women and children's health, environmental health, substance abuse treatment and emergency planning. 432-9469, Fax 432-9479

NORTHERN COCHISE COMMUNITY HOSPITAL

901 West Rex Allen Drive, Willcox, AZ 85643

Northern Cochise Community Hospital is a full service, rural general hospital with 24 beds for inpatient (acute, skilled nursing and long term care) and outpatient services. Radiology (X-ray, CAT scan, sonography, mammography, venogram, intravenous pylorogram and upper & lower GI), elective surgery, scopes, 24 hour emergency department, specialty clinics, respiratory therapy including pulmonary function testing, laboratory and pharmacy are services included. A complete therapy department including physical, occupational and speech therapy is available. NCCH, Inc. also operates the Northern Cochise Nursing Home (24 beds), Sulphur Springs Medical Center and the Sunsites

Medical Clinic. Switchboard and gift shop services are provided by the Northern Cochise Community Hospital Auxiliary on a volunteer basis.

384-3541 / 800 696-3541 / Fax 384-9212

OHANA HOUSE

P.O. Box 2042, Sierra Vista, AZ. 85636

Residential Foster Care Group Home for adolescent males ages 12-17.
520-459-4266 fax 520-459-4267

OUTREACH SERVICES, INC.

Naco Group Home, 3749 S. Encinas, P.O. Box 473, Naco AZ 85620

E-Mail: itmission@aol.com

Group Home, staff model, male and female, ages 8-17, licensed for 6; siblings preferred. For program description contact: Outreach Services Administration
638 W. Broadway, #312, Mesa, AZ 85210
432-1402, Fax (602) 827-1693

PARENTS ANONYMOUS OF ARIZONA

P.O. Box 877, Douglas, Arizona 85608

Ongoing support groups and parent education workshops up request.
805-2266, Fax 805-2267 Crisis-1-800-352-0525

PLANNED PARENTHOOD OF SOUTHERN ARIZONA

1658 E. Fry Blvd., Sierra Vista, AZ 85635 www.ppsaz.org

We provide these services; Pap Smears, Birth Control Methods, Pregnancy Tests, Sexually Transmitted Infection tests and treatment, HIV tests, Menopause Exams and Hormones, The morning After Pill.

Sliding scale fees available, We accept APIPA. Hours: Tuesday, Thursday & Friday, 9:00am. - 5:00pm. 458-3123, 800-230-PLAN Fax 458-7326

PROFESSIONAL YOUTH QUEST

650 E. Wilcox Drive, Sierra Vista, AZ 85635

E-Mail: hwright@cpic-cas.org

Professional Youth Quest (PYO) mission is to introduce, motivate, train and prepare low-income at-risk youth to successfully enter a technologically diverse workforce at above entry level salaries and positions. PYO will do this through training, mentoring, and preparing participants to enter the workforce with the skills and confidence needed to obtain professional employment.

458-9309, Fax: 458-9308

PROJECT B.U.T.T. - COCHISE COUNTY HEALTH DEPARTMENT

1415 Melody Lane, Bldg. A, Bisbee, AZ 85603

E-Mail: projectbutt@co.cochise.az.us

The Tobacco Use Prevention Project, also know as Project B.U.T.T. (Beneficial Use of Tobacco Taxes) is county wide effort to educate and inform the citizens

of Cochise County of the dangers of tobacco use as well as providing cessation services for people interested in quitting.

432-9490, Fax 432-9498

PROJECT CARE (Court Assistance, Review and Evaluation)

P.O. Box CK, Bisbee, AZ 85603

A coordinated effort between the office of the clerk of the court (main Point-of-Contact) and the office of court administration. Administrative and judicial attention will be directed toward a caseload of nearly 3000 guardianship and conservatorship matters in need of review, evaluation and judicial action.

432-9360, Fax 432-4850

PROJECT HOPE FLOATS

“Safe Haven” for the rescue of newborn infants. The birth mother can remain anonymous, if she wishes; she can provide additional information such as a birth date and any possible health conditions. No questions will be asked, no repercussions from family or legal authorities. Total Privacy.

Sierra Vista United Methodist Church, 3225 St. Andrews Dr., Sierra Vista, AZ 85650 Email- www.projecthopefloats.com

520-378-3352 Toll free: 1-866-707-2229

RENAISSANCE HOUSE (formerly WTP)

240 O’Hara / P.O. Box 943, Bisbee, AZ 85603

E-Mail: womenstransition@theriver.com

Renaissance House will provide housing to homeless, low-income women and women with children. Participants can stay up to 24 months if they actively take steps that lead to self sufficiency and permanent housing. Renaissance House will provide housing, food, and access to job training, counseling, education, healthcare and legal assistance. 432-1771, Fax: 432-4703

SADD (Students Against Driving Drunk)

Organizes students all across the country to combat the No. 1 killer of their age group-death due to drinking and driving. SADD's goals are to alert the students and the community to the dangers of drinking/driving and to have drug free fun. SADD is a contract for life between the parent/teenager and is meant to act as a safe guard against death. 458-7880 or 458-0712

SAFE (Substance Abuse Free Environment)

P.O. Box 3562, Sierra Vista, AZ 85636

Community volunteers promoting an environment free of substance abuse and its effects on individuals, families and on the community. Provides prevention and educational information to community organizations; supports community

prevention efforts; partners in community prevention activities & community mobilization; encourages legislation that addresses substance free

environments. 515-2789

SALVATION ARMY

Sierra Vista Corps - Community Center

156 E. Wilcox Drive, Sierra Vista, AZ 85635

Thrift Store: 280 E. Wilcox Drive, Sierra Vista, AZ 85635

Social services, counseling, alcohol rehabilitation program, youth camp and Bible School, Church and Sunday school, women's group, senior services, seasonal programs (Thanksgiving Dinner, Christmas Jr./Sr. Angel Tree /Adopt-A Family, Easter, Back-to-School, etc.). No Fees. For information on other offices within Cochise County call 459-8411.

Admin.: Sierra Vista 459-8411, Fax 515-0045; Thrift Store: 459-4612

SAMARITAN STATION/GOOD NEIGHBOR ALLIANCE

420 North 7TH Avenue, Sierra Vista, AZ 85635

E-Mail: naborsv@c2i2.com

Good Neighbor Alliance opened the doors of Samaritan's Station on January 16, 2003, the first homeless helter serving men, and families with children under the age of 18 in Sierra Vista and Cochise County. Samaritan Station provides the basic necessities such as a clean safe place to stay, shower and some food, while offering services and advocacy for our guests. The goal of GNA is to assist our homeless guests with skills and resources need to help them become self-sufficient.

Check in time for families, is 4:00 pm., single men can check at 5:00pm daily. Guests must vacate the shelter each day by 7:30 am as Samaritan Station currently has no day program. Guests are encouraged to job hunt, seek educational opportunities and also social services already in place at other agencies. Samaritan Station does not have a commercial kitchen therefore a hot meal cannot be offered on a daily basis. A morning continental breakfast and evening snack are offered.

SAN PEDRO VALLEY GOVERNOR'S ALLIANCE AGAINST DRUGS

709 South Ridge Dr., Benson, AZ 85602

The primary goals of the alliance are to educate the communities about substance abuse and to provide alternative activities for the youth in the area. The San Pedro Alliance will assist other communities to establish similar activities and is a member of the Governor's Alliance Against Drugs.

586-2687

SIERRA FAMILY ASSOCIATES

JoLynne Buehring, MSW, P.C.

3965 E. Foothills Drive, Suite C. Sierra Vista, AZ 85635
Family, Child, Individual, Group Counseling & Therapy
Depression, Anxiety, Anger and Stress Management. Relationships, Marital
and Divorce. Grief and Loss Counseling. Physical and Sexual Abuse,
Readjustment and Trauma Counseling. Parenting Issues.
459-3928 Fax 459-3929

SIERRA VISTA PUBLIC SCHOOLS

3555 E. Fry Blvd., Sierra Vista, AZ 85635, Attn: Prevention Coordinator

E-Mail: garrison@theriver.com

Prevention in Substance Abuse to school age adolescents. Coordinates school
prevention activities within the 9 district schools. Collaborate with outside
prevention agencies within the Sierra Vita Community.

515-2700, Fax 515-2726

SIERRA VISTA REGIONAL HEALTH CENTER

300 El Camino Real, Sierra Vista, AZ 85635

Linda Kamrowski, 520-417-3095,

Email: Linda.Kamrowski@svrhc.org Website: www.svrhc.org

Sierra Vista Regional Health Center - Full service acute care hospital; inpatient
and outpatient services; 24-hour full service emergency room; onsite helicopter
transport; intensive care; cardiac catheterization; EKG, EEG and stress testing;
laboratory; medical/surgical services; ambulatory surgery center; nutritional
assessment; physical, speech, occupational and sports medicine therapy;
complete radiology services; respiratory services; diabetes self-management
program; cardiac and pulmonary rehabilitation programs; Hospice, Casa de la
Paz; infusion; maternal/child service; advanced care nursery; prenatal classes;
stroke support group; better breather's club; medical sales and service. (520)
458-4641.

Fun & Fitness: Step Into Action, The Wellness Depot: 459-8210

Aquatic Therapy: 417-3110

Community Nutrition Services: Weight Management Program: 417-3055

Medical Nutrition Therapy: 417-3055

Chronic Disease Prevention and Management:

Better Breathers Club: 417-4528

The Wellness Depot -- Health Information 459-8210

Cardiac Rehabilitation: 417-3182

Pulmonary Rehabilitation: 417-3182

Physical Therapy: 417-4560

Occupational Therapy: 417-4560

Stroke Support Group: please specify “SVRHC.” It is held at the Ethel Berger Center, but the staff is from our hospital.

Telecare: – daily call-in service for homebound or elderly 417-3153

Perinatal Grief Support: for the loss of a baby or pregnancy, no matter how long ago 417-3547

Speakers Bureau: health-related speakers for your group 417-3158

Sierra Vista Regional Health Center’s **Diabetes Support Group** provides up-to-date information to anyone with Type 1 or Type 2 diabetes. The group is open to all age groups and to anyone who supports those with diabetes. Through a network of speakers to include people who work with diabetes, those of have diabetes, physicians, nurses, pharmacists, physical therapists, and foot care specialists, group members can expect to receive the latest information about diabetes. The group meets the first Wednesday monthly, from 6:30 to 7:30 p.m. at the Hospital’s Outreach Education Center at 1840 Paseo San Luis in Sierra Vista. Intended participants: For individuals or family members, caregivers of those who have Type 1 or Type 2 diabetes including all age groups. No cost and no reservations required. For more information please call 458-0136.

SIERRA VISTA REGIONAL HEALTH CENTER - HOSPICE, CASA DE LA PAZ
300 El Camino Real, Sierra Vista, AZ 85635

Email: Gayl.Murphy@svrhc.org Website: www.svrhc.org

Description of Services: Hospice, Casa de la Paz providing Hospice care brings comfort to persons with a life-limiting illness and offers support to them as well as to their families. Hospice care is provided in the familiar surroundings of their own home or place of residence. (520) 417-3080. (520) 417-3080

SOUTHEASTERN ARIZONA BEHAVIORAL HEALTH SERVICES, INC. (SEABHS)

A publicly funded, behavioral health service provider covering Cochise, Santa Cruz and Graham/Greenlee counties. An array of mental health services are offered based on individual client needs. Services include: case management for eligible children and adults, (SMI-SED, drug/alcohol and mentally ill), individual and group counseling. Intake assessment. In addition, SEABHS manages the Benson Psychiatric Health Facility (PHF) (see listing) that provides and administers comprehensive prevention program services. Service fee for clients on a sliding scale or no fee.

Benson Administration (520) 586-0800, Fax 586-0116; Benson OutPatient (800) 586-7080, Fax 586-3163; Psychiatric Health Facility (520) 586-7737, Fax

586-7939 - Emergency/Crisis (800) 586-9161; Willcox (520) 384-2521, Fax 384-0543; Sierra Vista 458-3932, Fax 458-3585; Bisbee (520) 432-7751, Fax 432-7672; Douglas (520) 364-1286, Fax 364-6601; Safford OutPatient (928) 428-4550 Fax 428-4588; Safford Admin/Prevention Office (928) 428-6051, Fax 428-0788; Morenci (928) 865-4531, Fax 865-4821, Nogales OutPatient (520) 281-9189, Fax 281-0916; Nogales Prevention 287-4030, Fax 287-4035; Sierra Vista Youth & Family Team (520) 458-9200, Fax 458-2021; Douglas Youth & Family Team (520) 364-4001 x 204; Douglas Outreach Prevention 364-4001, x 205.

SOUTHEASTERN ARIZONA FOOD BANK WAREHOUSE

401 E. Maley, Willcox, AZ 85643

Warehouses and distributes food supplies to food bank and commodities sites in Cochise, Graham, Greenlee, Santa Cruz Counties; coordinates volunteers who clean fruits and vegetables for distribution to food programs; assists interested parties in enlisting as food bank hosts; and is a host organization for Value Food Purchases. 520-384-4433, Fax 520-384-5378

SIERRA VISTA PARKS & LEISURE SERVICES

1011 N. Coronado Drive, Sierra Vista, AZ 85635

Leisure, recreational, and social activities for youth, adults, and families within the Sierra Vista area. Programs include: After School Program, Summer Jobs Program for Youth, Summer Volunteer Program and Summer Enrichment Programs. Facilities include: Sierra Vista Aquatic Center "The Cove," Oscar Yrun Community Center, Ethel Berger Center and Youth workshops, along with Community Festivals.

520-458-7922 Fax 520-452-7035

SOCIETY OF ST. VINCENT DE PAUL

616 Bartow Drive, Sierra Vista, AZ 85635

Emergency services in food, housing, transportation, medical and utility needs, clothing and household items. All services available through agency referral. Thrift store.

Bisbee 432-3178, 432-2110; Douglas 364-7573; Willcox - 384-4900

Sierra Vista - Food Bank 458-9725 Store 458-0870, Office 458-0500

SOUTHEASTERN ARIZONA GOVERNMENTS ORGANIZATION (SEAGO)

118 Arizona St., Bisbee, AZ 85603 E-Mail: seago@seago.org

SEAGO is a regional planning agency, mission is to assist local governments in seeking cooperative solutions to area-wide problems; to provide a forum for regional policy development and serve as a coordinating link between city, county, regional, state, and federal agencies. Goal is to provide accurate, credible information to decision makers so that the best choices can be made

for the region 's future. Programs include: Area Agency On Aging, Community Development Program, Economic Development Program, Environmental Program, Housing Program, Social Service Block Grant Program, and Transportation Program. Serves Cochise, Santa Cruz, Graham, and Greenlee Counties. 432-5301, Fax 432-5858

SOUTHEASTERN ARIZONA YOUTH ADVOCATE MENTOR PROGRAM

A community and school collaborative, the Youth Advocates are coordinated by SEABHS New Turf Prevention. The youth provide services in the following areas: Youth Leadership (Trainer Facilitators), Peer Education, Teen Lay Health Workers, HIV/AIDS Peer Educators, Message Plays. For Teen Lay Health Workers; 432-9471 and for HIV/AIDS Peer Educators, Cochise County Health and Social Services; 432-9463, for Message Plays contact WASA @ 384-4777; for Youth Leaders/Facilitators, Peer Educators or regional program information contact New Turf at 459-6377.

ST. VINCENT DE PAUL / OUR LADY OF THE MOUNTAINS

1425 Yaqui Street, Sierra Vista, AZ 85635

Emergency Services in food, clothing, transportation, medical and monetary needs. We service clients south of Buffalo Soldiers Trail. 378-2720

SOUTHEASTERN ARIZONA HUMAN RESOURCE COUNCIL (SEAHRC)

San Jose Square #11, Bisbee, AZ 85603

Provides emergency assistance, commodity food distribution, budget counseling, translation services, client advocacy, Christmas toy drive, Thanksgiving food baskets, letters, calls and referrals for low income in Cochise County. No fees required. Bisbee 432-5401; Benson 586-9454; Douglas 364-7573; Willcox 384-3120

SOUTHERN ARIZONA LEGAL AID

2 Copper Queen Plaza, 2nd Floor, P.O. Box AL, Bisbee, AZ 85603

Attorney and paralegal services to low income indigent individuals and families on civil matters. No fees required. 520-432-1639 or 1-800-231-7106 Fax 520-432-1641

SOUTHEAST ARIZONA MEDICAL CENTER

2174 W. Oak Ave., Douglas, AZ 85607

Inpatient and outpatient services; swing beds; respiratory therapy; physical therapy; radiology and ultrasound. Fees required. 520-364-7931

TOMBSTONE FOOD BANK

Fourth and Allen (rear), Tombstone, AZ 85638

Supplies food boxes, clothing, shoes and emergency medicines to people in need. 457-3801

UNIVERSITY OF ARIZONA COCHISE COUNTY COOPERATIVE EXTENSION

1140 N. Colombo, Sierra Vista, AZ 85635; 450 S. Haskell, Willcox, AZ 85643
Cooperative Extension, the outreach arm of The University of Arizona, is “*taking the university to the people.*” Extension serves as a statewide network of knowledgeable faculty and staff that provides lifelong educational programs for all Arizonans.

The Cooperative Extension System helps people improve their lives through an educational process which uses scientific knowledge focused on issues and needs. Programs include Community Development, Crop Production, Family Development Healthy Lifestyles, Home Horticulture, Natural Resources and Youth Development. Programs are scheduled on a community need basis and are held throughout Cochise County. Sierra Vista 458-8278, ext. 2141, Fax 458-5823, Willcox 520-384-3594, Fax 520-384-3681

VALLEY FOOD BANK

10293 Central Highway, Elfrida, AZ 85610

Supplies one food box per month (as long as supplies are available) to people in need who are referred by churches, DES, or other social service agencies (pick up at the Elfrida Fire Department). Fax 520-642-3749

VERHELST RECOVERY HOUSE

936 Tovreaville Road, P.O. Box 4098, Bisbee, AZ 85603

10 Bed Residential Treatment Facility (BH-License #1640) for adult males (18-75) who sincerely want to make changes in their lives as a result of chemical substance abuse. 3 - 6 month residential program. Fee required, Sliding Scale, Referrals Accepted. 432-3764, Fax 432-5794

VOLUNTEER INTERFAITH CAREGIVER PROGRAM (VICAP)

Provides Medicare/Medigap counseling, transportation to medical appointments, friendly phoning and visits.

P O Box 3004, Sierra Vista, AZ 85636. 459-8146 Fax- 459-8141

WASA (Willcox Against Substance Abuse)

480 North Bisbee Avenue, Willcox, AZ 85643

A community coalition united to assist Northern Cochise County in being safe, well and abuse free. WASA provides prevention programs and activities, community awareness and mobilization, school and police support and social policy change. Major WASA activities include: Youth Court, Message Theater, Youth Activities, Project BUTT tobacco prevention, MDT coordination, summer

youth activities and alternative events at high risk times (i.e. After Prom, Grad Night, New Years Eve) 384-4777, Fax 384-1141

WILLCOX COMMUNITY FOOD PANTRY

1001 S. Rex Allen Jr. Dr., Willcox, AZ. 85643

Supplies food boxes to people in need, limit depends on availability of food.
520-384-2114, 520-384-2302

WILLCOX PARKS AND RECREATION *in partnership with WASA*

101 S. Railroad Ave. Willcox, AZ 85643

Unique partnership between City and Community Organization allows a wide variety of activities and events. Summer Youth activities occur on almost a daily basis ranging from sports camps to open gym nights to theater and dance-call (520) 384-4777 for a calendar of events. Year around activities include holiday festivities, rodeo and sporting events, youth dances and special interest conferences with heavy emphasis on family fun. Active baseball, softball and soccer leagues. Check out our website at www.willcoxcity.org (click the WASA link for latest updates on activities). 384-4777

How do I Get Help? (For Behavioral Health Services)

The Community Partnership of Southern Arizona (CPSA) ensures the provision of accessible, high-quality, cost-effective behavioral health services to the people of Southern Arizona.

What is CPSA?

CPSA is the Regional Behavioral Health Authority (RBHA) designated by the State of Arizona to coordinate and manage publicly funded behavioral health services in Cochise, Graham, Greenlee, Pima and Santa Cruz counties.

What is SEABHS?

SEABHS provides, the delivery of routine and crisis mental health and substance abuse treatment services for children and adults living in Cochise, Graham, Greenlee and Santa Cruz counties.

Once a person is enrolled with SEABHS, we will set up a treatment plan will be set up to meet the care of the individual.

SEABHS staff is also available to work with individuals to establish eligibility for public medical assistance such as AHCCCS or Kids Care. SEABHS will also coordinate private insurance benefits and co-payment arrangements.

Anyone who may need behavioral health services for a mental health or substance abuse problem, or who may know someone who does, may call SEABHS any SEABHS location in your area.

SEABHS can help people in the following areas:

Child & Adolescent Services

- Serious conduct problems at home or school
- Alcohol or drug use
- Depression, anger or other signs of mental illness

Adult Mental Health Services

- Depression
- Anxiety
- Psychotic disorders
- Other mental illness

Adult Substance Abuse Services

- Alcohol or drug use
- Arrests for DUI or other drug-related charges
- Unsuccessful attempts to stop using substances
- Intravenous drug use
- Substance abuse during pregnancy

Prevention and Early Intervention

- Parenting and life skills
- Conflict resolution
- Self-esteem building
- Community building

Eligibility for Services

Persons in need of behavioral health services who are enrolled in Medicaid (Title XIX) or in Kids Care (Title XXI) or who are Seriously Mentally Ill (SMI) are eligible for services through CPSA.

Other persons may be eligible for services funded with state money (subject to available funding) and/or may be asked to contribute a co-pay amount. Eligibility for services and the co-payment amount are determined through financial screening.

Getting Help:

Entering the System

There are three ways for a person seeking services to enter the behavioral health system:

- Be referred by a Primary Care Physician or a state agency
- Be referred by Crisis Services
- Call to make an appointment

After an initial contact has been made, an appointment will be scheduled so that basic clinical information may be obtained. The clinical assessment includes past history of problems and determination of a preliminary diagnosis and initial treatment plan.

Financial Screening

Some individual may be eligible to receive public assistance such as health care, food stamps, or social security. At the time of intake, and periodically thereafter, all clients are interviewed to identify whether they meet the eligibility criteria for these programs. At the time of the intake meeting, an individual will need:

- A copy of an AHCCCS or health plan card, if applicable.
- A copy of a Social security card or number, if available.
- Copies of pay stubs and unpaid medical bills.
- Information about other health insurance coverage.

Receiving Services

Once it is determined that a person is eligible, services will begin within 14 days from the date of evaluation.

A sign or foreign language interpreter will be provided, if necessary.

Crisis or Emergency Services

An individual believed to be experiencing a life-threatening crisis situation should dial 911.

An individual in a non-life threatening crisis situation should call: (800) 586-9161.

Even those SEABHS is the regional Behavioral Health Service provider through CPSA for Southeastern Arizona (four counties; Cochise, Santa Cruz, Graham & Greenlee) private services are also available for Behavioral Health Services throughout the region.

TUCSON SERVICES

Arizona Children's Association: (General)	La Candada 888-3351 or 318-4882
Compass Health Care (Detox) (Main Office)	(520) 624-5272 (520) 882-5602
Cottonwood de Tucson	(520) 743-0411
Girls Ranch, Inc. of Arizona Tucson, Mesa, Scottsdale	(480) 941-0150 www.azgirlsranh.org
Humane Society of Southern AZ	(520) 321-3074 Ext. 115
Kino	(520) 741-6852
La Frontera	(520) 884-9920
Palo Verde Psychiatric Hospitals	1-800-232-2034
Reflection Family Services	(520) 795-0981
Riverside Shelter	(520) 743-9474
Sierra Tucson	(520) 624-4000
Teen Challenge	(520) 792-1790

**EMERGENCY SERVICES CAN
BE ACCESSED BY CALLING:
911**

POLICE

Benson	586-2211
Bisbee	432-2261
Douglas	364-8422
Fort Huachuca	533-2181
Huachuca City	456-1353
Sierra Vista	458-3311
Tombstone Marshall	457-2244
Willcox - DPS	384-4673

COCHISE COUNTY SHERIFF'S DEPT.

Cochise County Jail	432-9552
Benson	586-2221
Bisbee	432-9505
Douglas	364-3422
Elfrida	642-3648
Sierra Vista	803-3850
Willcox	384-4288

FEDERAL BUREAU OF INVESTIGATION

Sierra Vista	459-2232
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POISON CONTROL 1-800-362-0101

DEPARTMENT OF PUBLIC SAFETY 1-888-411-7623

Benson	586-3957
Bisbee	432-5561
Sierra Vista	458-8301
Willcox	384-4673

FIRE DEPARTMENTS

Benson	586-3333/586-2245
Bisbee	432-4110
Douglas	364-2481
Elfrida	642-3725
Ft. Huachuca	533-2111
Huachuca City	456-1353

Naco	432-3662
Palominas	366-5696
Pearce-Sunsites	826-3770
Pirtleville	364-4111
San Simon	845-2221
Sierra Vista	458-3319
Sunnyside	364-3350
Tombstone	457-2244
Willcox	384-4673

AMBULANCE

Benson/St. David	586-1615
Bisbee	911
Douglas	911
Tombstone	457-2244
Ft. Huachuca	533-2111
Huachuca City	456-1353
Sierra Vista	911
Willcox	384-4673

SCHOOLS

Apache School, Portal	558-2364
Ash Creek School, Sunizona	824-3340
Benson School System	
District Office	586-2213
Union High School	586-2214
Middle School	586-2215
Primary School	586-2216

Bisbee Public Schools	
District Office	432-5381
Senior High School	432-5714
Bisbee Middle School	432-6100
Lowell Middle School	432-5391
Greenway Elementary	432-4361

Bonita School District, Bonita	928-828-3363
Bowie Unified School, Bowie	847-2545
Calvary Christian School, Hereford	378-1020
Cochise Elementary, Cochise	384-2540
Double Adobe School, McNeal	364-3041
Douglas Public Schools	

District Office	364-2447
Special Services	364-4416
A Avenue Elementary	364-8473
Clawson Elementary	364-8466
Douglas High School	364-3462
Douglas Jr. High	805-4120/364-1226
E. Campus Alternative Program	805-0712
Douglas Alternative High School	805-4164
Paul H. Huber Jr. High	364-2840
Faras School, Pirtleville	364-8461
Joe Carlson Elementary	364-4401
Maryvale School	364-8531
Sara Marley Elementary	364-3408
Stevenson Elementary	364-2442
Elfrida Public Schools	
Elfrida Elementary	642-3428
Valley Union High School	642-3492
Forrest Elementary	642-9297
First Baptist Christian Academy	458-2983
Loretto School, Douglas	364-5754
McNeal School, McNeal	642-3356
Double Adobe	364-3041
Mountain View Christian School, Douglas	364-3596
Naco School, Naco	432-5060
Nova School, Sierra Vista	459-5404
Palominas School District (office)	366-6204
Palominas Elementary	365-5441
Coronado Elementary	378-0616
Pearce Elementary, Pearce	826-3328/826-3085
Pomerene Grammar School,	586-2407
St. David Unified School, St. David	720-4781
San Simon School, San Simon	845-2275
Shiloh Christian School, Sierra Vista	459-2869
Sierra Summit Academy Grade 9-12	803-0508
Fort Huachuca Accommodation Schools	
Myer Elementary	459-8986
Johnston Elementary	459-8798
Smith Middle School	459-8892
Sierra Vista Public Schools	

District Office	515-2700
Special Services	515-2790
Buena High School	515-2800
Apache Middle School	515-2920
Sierra Vista Middle School	515-2930
Carmichael Elementary	515-2950
Huachuca Mountain Elementary	515-2960
Pueblo del Sol Elementary	515-2970
Town and Country Elementary	515-2980
Village Meadows Elementary	515-2990
Bella Vista Elementary	515-2940
Tombstone Public Schools	
District Office	457-2217
Walter J. Meyer School	457-3371
Tombstone High School	457-2215
Huachuca City School	456-9842
Willcox Unified School District	
District Office	384-4211
Elementary Office	384-4216
Middle School	384-4218
High School	384-4214

CHARTER SCHOOLS

Center for Academic Success (C.P.I.C.)	
Sierra Vista	458-4200
Douglas	364-2616
Chancellor Charter School @ Sierra Vista	459-7286
Omega Alpha Academy Sierra Vista	452-7965
PPEP TEC High School/Sierra Vista	458-8205
PPEP TEC High School/Bisbee	432-5445
PPEP TEC High School/Douglas	364-4405
PPEP TEC High School/Willcox	384-2050
Sierra Summit Academy 9-12	803-0508
Veritas Christian Community SchoolK-12	417-1113

DAY CARE/PRESCHOOL

Cactus Wren Preschool	459-3535
Carmichael Head Start	458-4366
Chancellor Early Learning Center	458-3965
Emmanuel Child Care Center	456-2867
First Baptist Christian Academy	458-2983

Learning Tree Private Preschool	458-3520
Shepherd's Fold Day care & Preschool	459-0115
Child and Youth Services	533-0460
Child Care Center, Douglas	364-2582
Childtime Children's Centers	459-2909
Head Start, Douglas	364-8298
Head Start, Bisbee	432-2664
Head Start, Willcox	384-0016
Head Start, Sierra Vista	458-4366
Isle of Happiness, Douglas	364-7867
Our Lady of the Mountains	378-7012
Village Christian Preschool	378-4310
Willcox Utd Methodist Church Pre-School	384-3482

HOTLINE INFORMATION & PROGRAMS

Adoption Services: Birth Hope	1-800-822-8484
Al-Anon Family Group Headquarters	1-888-425-2666
Alateen	1-800-344-2666
Allergy & Asthma Network/Mothers of Asthmatics	1-800 878-4403
Alcoholics Anonymous	1-212-870-3400
Alzheimer's Disease & Related Disorders Assoc.	1 800-272-3900
America's Charities	1-800-458-9505
American Cancer Society	1-800-227-2345
American Council for Drug Education	1-800-488-3784
American Lung Association	1-800-LUNG-USA
American Red Cross	1-800-842-7349
Arizona Center for Disability Law	1-520-327-9547
Arizona Child Abuse Hotline	1-888-SOS-CHILD
Arizona Coalition Against Domestic Violence	1-800-782-6400
Arizona Department of Education Hotline	1-800-352-4558
Arizona Anti-Gang Hotline	1-888-664-2647 1-888-NOGANGS
Arizona Department of Health Services	(Computer Help Desk) 1-800-382-8231 Director 520-542-1025
AZ Early Intervention Program	1-800-226-7350

Arizona Health Care Cost Containment (AHCCCS)	1-800-654-8713
Arizona Smokers Helpline (ASH)	1-800-556-6222
Arizona Poison and Drug Information	1-800-362-0101
Arizona Prevention Resource Center	1-800-432-2772
Association of Arizona Food Banks	1-800-445-1914
Behavioral Health Services	1-602-364-4558
Boys & Girls Club of America	1-800-854-CLUB
Boystown National Hotline	1-800-448-3000
CDC National AIDS Hotline	1-800-342-2437
Spanish/en Espanol #	1-800-344-7432
Child Care Resource & Referral	1-800-308-9000
Child Help USA Child Abuse Hotline	1-800-422-4453
Children's Info Center	1-800-232-1676
Children of the Night	1-800-551-1300
Children of Alcoholics Foundation, Inc.	1-800-359-COAF
Cocaine Anonymous National Referral Line	1-800-347-8998
Community Information & Referral Service	1-800-362-3474
(CPSA) Compulsive Gambling Program Helpline	1-888-991-1234
Covenant House Nine-Line	1-800-999-9999
Cult Awareness Hotline	1-800-556-3055
Dating Violence Information Line	1-800-897-LINK

Department of Economic Security (DES/Referral)	1-800-352-8401
Domestic Violence National Referral	1-800-799-7233
Drug & Crime Data Center	1-800-666-3332
Families Anonymous	1-800-736-9805
Family Lifeline/Parents Anonymous of AZ	1-800-352-0528
Funding Education or	1-800-USA-LEARN 1-800-4-FEDAID
Health Connection	1-800-548-8700
Info and Referral Services (Southern Arizona)	1-800-362-3474
Mothers Against Drunk Driving	1-800-438-6233
M.I.S.S. Foundation	1-623-979-1000
Mt. Graham Safehouse	1-888-269-9104
National Abuse Hotline Arizona Child Abuse Hotline	1-800-422-4453 1-888-SOS-CHILD
National Adolescent Runaway Hotline	1-800-621-4000
National AIDS Hotline (English)	1-800-342-2437
National AIDS Hotline (Spanish)	1-800-344-7432
National AIDS Hotline (TTY service for the deaf)	1-800-243-7889
National Child Abuse Hotline	1-800-4-A-CHILD
National Clearing House of Alcohol and Drug Information	1-800-729-6686
National Department of Health & Human Services, Substance Abuse, Mental Health Services, National Drug & Treatment	

Referral Services	1-800-662-4357
Narcotics Anonymous	1-520-881-8381
National Domestic Violence Hotline	1-800-799-7233
National Highway Traffic Safety Administration	1-800-424-9393
National Herpes Hotline	1-919-361-8488
National Institute of Mental Health	1-800-64-PANIC
National Runaway Switchboard	1-800-621-4000
(Hearing Impaired Runaway Hotline)	1-800-621-0394
National STD Hotline	1-800-227-8922
National Youth Crisis Hotline	1-800-448-4663
NIDA Hotline (National Institute of Drug Abuse)	1-800-662-HELP
Nutrition Services. Women, Infants & Children (WIC)	1-800-252-5942
Office for Children/Special Health Care Needs	1-800-232-1676
Our Town Family Center Crisis Hotline	1-800-537-8696
Parents Anonymous (24 Hour Crisis Line)	1-800-352-0528
Pilot Parents	1-877-365-7220
Poison Control	1-800-362-0101
Pregnancy & Breast-feeding Hotline	1-800-833-4642
Runaway Hotline	1-800-621-4000
Sex Abuse Hotline	1-800-656-4673
Sexually Transmitted Diseases	1-800-227-8922

Social Security Administration	1-800-772-1213
Southern Arizona AIDS Foundation	1-520-628-7223
Substance Abuse Treatment Referral	1-800-622-HELP
Suicide Hotline	1-800-SUICIDE
Supreme Court Hotline	1-800-732-8193
Teen Link (taped messages on teen concerns)	1-800-235-9678
Teen Life Line	1-800-248-8336
Tucson Rape Crisis Center (24 Hour Line)	1-520-327-7273 1-800-400-1001
YMCA Volunteerism	1-888-333-9622

INFORMATIVE WEB SITES:

Alcohol Anonymous:	www.aa-cochisecounty.org
American Cancer Society	www.cancer.org
Anorexia Nervosa & Eating Disorders	www.anred.com/
Arizona Tobacco Information Network	www.tepp.org/atin/
Boys & Girls Club of America	www.bgca.org/
Cocaine Anonymous:	www.ca.org/
Comprehensive Addiction Programs	www.helpfinders.com/
Depression/Mental Health Sources	http://stripe.colorado.edu/~judy/depression/
Eating Disorder Recovery Online	www.edrecovery.com/
Marijuana Anonymous:	www.marijuana-anonymous.org/
M.I.S.S. Foundation	www.misschildren.org/
Narcotics Anonymous	www.wsoinc.com/
Nicotine & Tobacco Networks:	www.nicnet.org/ www.lungusa.org/ www.tobacco.org/ www.tobaccofreekids.org/ www.ash.org/
National Runaway Switchboard	www.nrscrisisline.org
Partnership for Drug-Free America	www.drugfreeamerica.org/
SEARCH (SEABHS New Turf)	www.infoseaz.org
Students Against Destructive Decisions (SADD)	

www.saddonline.com

SEARCH - Southeastern Az Resource Collaborative Homepage

www.infoseaz.org

Sexual Assault Information Page

www.cs.utk.edu/~bartley/salInfoPage.html/

United Way

www.unitedway.org/

YMCA

www.ymca.net/

SELF HELP & SUPPORT GROUPS

AL-ANON 12-step support group for spouses or significant others of persons experiencing chemical dependency or substance abuse problems. For information regarding time and locations of meetings in Graham and Greenlee Counties. (928) 428-1484

ALCOHOLICS ANONYMOUS 12-step support group for people experiencing problems with alcohol consumption and want to be free from alcohol dependency. No fees required. Meeting times vary, for times and locations in Graham & Greenlee Counties. (928) 428-1484 or 1-800-333-4444.

AMERICAN CANCER SOCIETY Self help and support group for those persons suffering from the various types of cancer. Loan closet available, transportation support available. For information on meetings and times. 1-800-227-2345 or Phoenix Office (602) 224-0524.

GRAHAM COUNTY DIABETES SUPPORT This program provides support, education and information to individuals with diabetes or that live with people who have diabetes. For more information, please call (928) 428-6387.

LOVED ONES INCARCERATED A support meeting to share resources, ideas, letter writing, visiting our Loved One or discuss any needs you might want addressed. Meets the first Thursday of every month, 6:30pm, Bisbee Research Institute, Arizona and Congdon Streets, Bisbee. Currently under discussion is a mentoring group for individuals recently release from prison. 520-432-6636

MADD (MOTHERS AGAINST DRUNK DRIVING) Outreach program to stop drunk driving and support victims and their families of this violent crime. Supports legislation to reform laws on drunk driving. Public speakers available. (928) 485-2941.

NARCOTICS ANONYMOUS 12-step support group for people experiencing problems with drug abuse and a desire to be free of drug dependency and stay clean. For information on meetings and times in Graham and Greenlee Counties. (928) 428-1484

PARENTS ANONYMOUS Self help support group to help deal with and prevent the many forms of child abuse. No fees required. For more information on meetings call (928) 428-8005 and/or the HOTLINE 1-800-352-0528

PULMONARY REHABILITATION SUPPORT GROUP Northern Cochise Community Hospital, 901 W. Rex Allen Drive, Willcox Drive, AZ 85643, (520) 384-3541

WILLCOX AREA DIABETIC SUPPORT GROUP Meet every 3rd, Wednesday, Time: 6:00 p.m. - 7:00 p.m. at Cochise County Health & Social Services, 450 Haskell Ave., Willcox – (520) 384-4662

THE MASKS OF TEENAGE DEPRESSION

Emotionally, the teen years can be a roller coaster, sometimes a dangerously fast one. Teens throughout time have had to confront the onset of adolescence and the emotional, mental, and physical changes that go with puberty. On top of all these changes, today's teenagers have to worry about more than passing their driving tests and finding dates to the prom. Many also confront serious problems such as: surviving the trauma of broken homes, experimenting with drugs, escaping gang violence, and protecting themselves against AIDS and unwanted pregnancies.

Although most teenagers successfully navigate through these hurdles without too much wavering, there are some who find themselves overwhelmed and act out their distress. How do parents, or teens themselves, tell if they are just experiencing the natural ebb and flow of the "wonder years" or whether there is something more serious going on? And what happens to adolescents who become upset or depressed and due to their sad mood and catastrophic thinking can no longer deal with their daily lives?

The onset of depression during the teenage years can be gradual or sudden, brief or long-term; and it can be hidden or "masked" by other clinical conditions such as anxiety, eating disorders, hyperactivity, and substance abuse. Although the incidence of more severe depression is less than 10 percent in all teenagers, many of the symptoms (sadness, poor appetite, physical complaints) are seen more often. In fact, research has shown that up to a third of all teens experience some of these symptoms, even so-called "normal" teens.

The signs of clinical depression refer to marked changes in mood and associated behaviors that range from sadness, withdrawal, and decreased energy to intense feelings of hopelessness and suicidal thoughts. It is often described as an exaggeration of the duration and intensity of "normal" mood changes. A key indicator is drastic changes in eating and sleeping patterns. Another vital observable feature is a significant loss of interest in previous activity levels and interests, a change that lingers. For example, a top high school or college student loses all interest in school and no longer has direction.

Many parents berate themselves for not picking up on signs of depression in their children. "How was I so blind?" "How could I have thought that this was just a stage all kids go through?" The fact is clinical depression can be difficult to discern. If parents feel that they are picking up on signs of depression, they should not rely solely on their teen's reassurances that everything is fine. Unlike adult depression, symptoms of youth depression are often "masked". Instead of expressing sadness, teenagers may express boredom and irritability, or may choose to engage in risky behaviors. Most youngsters do not say "Hey mom, hey dad, guess what, I'm depressed."

Even the mask of success can be misleading. Overachievers rarely express their genuine feelings, especially anger. They are driven to succeed and try fiercely to be independent. But many are actually very dependent on outside accomplishments to

justify their existence. These teens can crash emotionally when they experience rejection or failure such as the break-up of a relationship or failing to be admitted to a "competitive" university. The most important message a parent can send to an overachieving teen is "I know you are human and struggling just like everyone."

For many teens, symptoms of depression are a reflection of troubles in the family. When parents are struggling over marital or career problems, or are ill themselves, teens may feel the tension and try to distract their parents. One powerful option that teens possess is to blatantly express severe depressive or suicidal feelings; they may do this so the parents can clearly see that they are still needed in their primary role as parents. Teenagers may be trying to help their parents in the only way they know how.

Most parents, more than other adults, know their children best. But they can't diagnose a troubled teen alone. They need advice from neighbors, friends, teachers and others who know their son or daughter. Sometimes, it takes a more objective person, such as a mental health professional, to establish that the changes taking place justify treatment for depression. It often strengthens the entire family when they have the courage to intervene and get help to face the issue troubling their teenager.

If you suspect that your child is struggling with many of these signs of depression, there are positive ways to help. Some of these ways include:

- * Encourage them to share their thoughts and feelings; listen to their concerns without being judgmental; acknowledge the pain and suffering;
- * Share similar unpleasant experiences that ended positively to provide a basis of hope; but make sure not to minimize their concerns and worries.
- * Seek professional help from someone experienced in normal adolescent developmental changes;
- * The possibility of suicide is always there. References, threats and attempts at hurting oneself should always be taken seriously.

When adults seek treatment, they choose their own therapist and therapy. However, for the child or teenager someone else makes the choices. Usually an adult will say "my pain is horrible, I need relief," but with youth it is the parent, relative, or teacher who must recognize this suffering.

You can help stop the downward spiral of clinical depression by helping teens receive the help they need; this can be emotionally draining and painful, but well worth the effort. Until recently, teen depression was largely ignored by health professionals, now the "mask" has been unveiled and there has been excellent progress in its diagnosis and treatment. With the aid of teachers, school counselors, mental health professionals, and other caring adults, the seriousness of a teen's depression can be accurately evaluated, and plans can be made to improve his or her well-being and ability to fully engage in a positive life.

Gerald D. Oster, Ph.D. and Sarah S. Montgomery, LCSW-C, are the co-authors of

"Helping Your Depressed Teenager: A guide for parents and care givers" (John Wiley, 1995)

ADOLESCENT SUICIDE-IT CAN BE PREVENTED

According to public health authorities, in the next two hours a young person will die by suicide; an average of thirteen each day, 5,000 each year. An estimated one in eleven teenagers has attempted suicide, and another 15% report that they have come close. Six in ten teens report knowing someone who has attempted or completed suicide. These are tragic and alarming statistics. Perhaps, what is most tragic is that many of these deaths and injuries could have been prevented...if someone had recognized the warning signs and sought professional help.

WHAT ARE THE WARNING SIGNS?

Research shows that eight out of ten teens who attempt suicide have given clear warnings to others. Yet two thirds of those who know a teen who attempted suicide say they were not aware how upset that teenager was! Troubled teens rarely seek help on their own. If we can better recognize the warning signs, we may be able to make a difference in their lives. Young people who are considering suicide such as, "I'd be better off dead, or "What's the point of living?" should be taken very seriously.

BEHAVIORAL SIGNS, SIGNS OF DEPRESSION

- * low self-esteem, statements of worthlessness sadness
- * withdrawal from friends, activities and/or school
- * drop in quality of school work or attendance
- * difficulty making decisions, confusion, trouble concentrating
- * guilt, perfectionism
- * a loss of enthusiasm, motivation, or energy
- * significant changes in sleeping or eating behavior
- * vague physical complaints (headaches, G.I. distress)

Four or more of the above signs and symptoms over some days may signal a clinical depression. Teens at risk for being suicidal may show their pain and despair in other behaviors:

- * heavy drug or alcohol use
- * sudden, unexplained changes in behavior
- * agitation, restlessness, panic
- * getting into trouble with authority figures
- * sexual promiscuity, truancy, vandalism, etc.
- * unexplained giving away of important possessions

HOW CAN YOU HELP?

Offer help and listen, talk of suicide seriously, call professional help, local Crisis hotline, school counselor, minister, or call New Turf Prevention; 459-6377(for referral), or 1-800-586-9161 SEABHS/PHF, or Teen Life Line 1-800-248-8336.

ANOREXIA NERVOSA & BULIMIA

Anorexia and bulimia are serious eating disorders which mainly affect females, although males may also become sufferers. Statistics vary, but among teenage girls, anorexia is thought to affect between 1% and 2%. The prevalence of bulimia, which tends to affect people from the late teens on, may be as great as one-in-six students. Approximately 5% of sufferers of anorexia are male, with a higher instance among bulimics.

Anorexia nervosa is an eating disorder characterized by:

- * a loss of at least 15% body weight resulting from refusal to consume sufficient food, despite extreme hunger
- * usually a disturbance of perceptions of body image. The anorexic may regard self as fat, overestimating body size the thinner he/she becomes
- * an intense fear of becoming "fat" and of losing control of eating
- * often the tendency to exercise obsessively
- * a preoccupation with the preparation of food for others to eat. Collection of recipe books, slimming magazines and health "facts", resulting in lists of "good and bad" foods.

Many of the effects of anorexia are related to malnutrition.

- * absence of menstrual periods, if female
- * severe sensitivity to the cold
- * growth of down-like hair all over the body
- * inability to think rationally and to concentrate

Usually anorexia begins with a weight loss: either resulting from a physical illness or from dieting. Favorable comments cause the person to believe that if thin is good, then thinner is better. The body does not react well to starvation, and the erratic behavior associated with anorexia begins to dominate the person's life.

WHAT IS BULIMIA?

Bulimia nervosa is characterized by:

- * eating binges which involve consumption of large amounts of calorie-rich foods, during which the person feels a loss of personal control and self disgust.
- * attempts to compensate for binges, and to avoid weight-gain, by self-induced vomiting, and/or abuse of laxatives/fluid tablets: together with strict dieting or fasting, and generally vigorous exercise.
- * a combination of restricted eating and compulsive exercising; so that control of weight dominates the person's life.

The person with bulimia is usually average, or slightly above average, weight, so is less visible than the anorexic. Often bulimia starts with rigid weight reduction dieting. Inadequate nutrition causes tiredness and powerful urges to binge-eat. Vomiting after a binge seems to bring a sense of relief; but this is temporary and soon turns to depression and guilt. Other people use laxatives: apparently unaware those laxatives do not reduce kilojoules/fat content, and serve only to eliminate vital trace elements and to dehydrate the body. There can be frantic efforts to break from the pattern: but the vicious binge/purge/exercise cycle, and

the feelings associated with it, may have become compulsive and uncontrollable. The person with bulimia experiences chemical imbalances in the body which brings about lethargy, depression and clouded thinking.

About 40% of anorexics develop bulimia later...

WHAT ARE THE PHYSICAL EFFECTS OF ANOREXIA/BULIMIA?

The physical effects can be very serious, but are generally reversible if the disorders are tackled in the early stages.

Both disorders, when severe, can cause:

- * kidney dysfunction
- * urinary tract infections: damage to the colon
- * dehydration: constipation or diarrhea
- * seizures, muscle spasms or cramps (resulting from chemical imbalances)
- * chronic indigestion
- * loss of menstruation or irregular periods for females
- * strain on most of the body's organs

In particular severe bulimia is likely to cause:

- * erosion to dental enamel from vomiting practices
- * swollen salivary glands
- * the possibility of a ruptured stomach
- * chronic sore throat and gullet

Anorexia and bulimia can be fatal. It is most unwise to ignore the warnings or delay treatment. Left unattended, the disorders can detract from a person's quality of life-- for a lifetime. **THE TIME AND EFFORT TO RECOVER ARE THEREFORE WELL WORTHWHILE.**

SUGGESTIONS FOR TREATMENT:

- * psychotherapy: individually or in groups, helps to correct concepts of body-image and to develop positive self-esteem which enables the lessening of feelings of inadequacy and guilt.
- * family therapy: is encourage to develop ways to cope with the disorder.
- * Cognitive Behavioral Therapy (CBT): A process which allows people to re-examine existing thought and behavior patterns.
- * drug therapy: e.g. Where severe depression is present, drug therapy might be used to correct hormonal or chemical imbalances.
- * hypnosis: This technique may be helpful for some people as an adjunct to other therapies.
- * realities imaging: Through writing or drawing, people are assisted to see themselves as they really are.
- * education: Dietitians or nutritionalists may assist in the retraining of healthy eating patterns. Books portraying positive role models can also be helpful.

“SEEK PROFESSIONAL HELP, TALK WITH SOMEONE THAT WILL LISTEN, AND DON'T GIVE UP.”

WHAT ABOUT TOBACCO

TOBACCO PREVENTION PROJECT, BENEFICIAL USE OF TOBACCO TAXES B.U.T.T.) Cochise County Health & Social Services is coordinating activities throughout the county that work toward prevention and cessation of tobacco use. The nicotine in tobacco is a very addictive drug, and most people who smoke or chew want to quit. Helping young people to avoid using tobacco today is essential to prevent them from getting hooked tomorrow. Youth prevention and cessation are a major focus of B.U.T.T., and there are a number of tobacco use prevention activities taking place in many of the schools county-wide. These programs are aimed at elementary, middle and high school with this strong message, "Don't start smoking."

Services provided by B.U.T.T. include: cessation services, including classes and support groups and acupuncture for tobacco cessation; training of health care providers in cessation and prevention strategies; community based projects focused on prevention; and promoting smoke-free environments.

We have a large lending library of tobacco-related literature and many educational models and videos, which can be borrowed for teaching purposes. B.U.T.T. is also the county contact for the state funded tobacco educational Ash-Kicker Hum-Vee and exhibit trailer, as well as the ATIN Clearinghouse-In-A-Van that can be reserved through us for many local events.

Community input is very important to the success of Beneficial Use of Tobacco Taxes, and community members are invited to become involved in the county coalition, local committees and many local projects and events which we coordinate. BUTT's main office is located at Cochise County Health & Social Svcs, 1415 W. Melody Lane, Bldg. A, Bisbee, AZ 85603 - (520) 432-9416/Satellites: Douglas - (520) 364-9270 and in Willcox - (520) 384-4662

ARIZONA TOBACCO INFORMATION NETWORK, OR ATIN, maintains a clearinghouse which distributes free pamphlets, posters and other literature for the purpose of furnishing agencies, organizations and the general public with prevention and cessation materials that can be useful aids in personal and public education, in professional development and in school programs.
1-800-432-2772 or WEBSITE: www.tepp.org/atin/

"SMELLY, PUKING HABIT" MERCHANDISE CENTER, for ordering low-cost promotional items, such as T-shirts, caps, pens, stickers, etc. They include the "Tobacco, Tumor Causing, Teeth Staining, Smelly, Puking Habit" logo as well as other anti-tobacco messages.
802 N. Third Ave., Phoenix, AZ 85003, 1-888-828-7774

COALITION FOR TOBACCO-FREE ARIZONA (CTFA) is a statewide coalition with members representing public health, medical, youth, education, media, government and business organizations. Their mission is to reduce tobacco-related death and disease; create a tobacco-free atmosphere; and to eliminate initiation of the use of cigarettes and smokeless tobacco among school age children. Meetings are held monthly for general

members and the public, as well as advocacy and education committee meetings. For more info contact: 2929 E. Thomas Rd., Phoenix, AZ 85016 - (602) 224-0524

ARIZONIANS CONCERNED ABOUT SMOKING (ACAS) has been involved in tobacco issues since 1966, focusing their efforts on: smoke-free environment in public places and the workplace; educating children about the health risks of tobacco and; reducing youth access. P.O. Box 1335, Scottsdale, AZ 85627, (480) 451-4006

ARIZONIANS FOR NON-SMOKERS' RIGHTS AND THE COALITION FOR SMOKE-FREE AIR are statewide organizations working toward clean indoor air. They provide technical assistance and support to cities throughout Arizona working to pass local ordinances regarding smoking and to enforce state law prohibiting the sale of tobacco to minors. P.O. Box 35201, Phoenix, AZ 85069, (602) 938-0838

NICOTINE AND TOBACCO NETWORK (NICNET), a comprehensive World Wide Web guide to nicotine, smoking, tobacco and health info on the INTERNET.

For more information:

<http://www.nicnet.org/>

Also other useful Internet sites:

www.tepp.org/atin/

www.lungusa.org

www.tobacco.org

www.tobaccofreekids.org

www.ash.org

WHAT DOES TOBACCO DO IN THE BODY?	WHAT'S SO BAD ABOUT TOBACCO
The nicotine in tobacco is both a stimulant and a sedative to the central nervous system.	Third leading preventable cause of death in the US-over 400,000 die each year from heart, lung, and blood vessel diseases; cancer; fires; and other tobacco causes.
The stimulation is followed by depression and fatigue, leading the user to seek more nicotine.	One of the most addictive drugs in the U.S.; as addictive as alcohol, heroin or cocaine for most people.
Nicotine is absorbed from the lungs or mouth into the bloodstream and then to the brain.	The nicotine in tobacco contributes to chronic bronchitis, emphysema, congestive heart failure, and other diseases of the heart and lungs.
SOME REASONS WHY KIDS SMOKE:	THE TRUTH:
Some kids believe they will be accepted by their peers if they smoke or chew tobacco.	The truth is most kids don't use tobacco; the smokers are minority and nonsmoking peers may ostracize them. But peer influences are a big factor in

	experimenting with tobacco.
Some believe they appear more mature.	Stained teeth, foul-smelling breath and clothes, coughing, wheezing, nausea, dizziness, and being short of breath are not the grown-up attributes most kids really want.
Some kids say smoking helps them cope with stress.	The problems smoking brings on may be even more stressful; there are lots of other coping strategies that be used to manage stress.
Some kids say it's better than drinking or using drugs.	Nicotine is an addictive drug, and kids who smoke or chew tobacco are more likely to drink or use other drugs.
Some kids see smoking as a symbol of independence.	The tobacco industry spends millions of dollars on advertising that is directed at young people. Kids are being manipulated by an industry that needs young smokers to replace all the older ones who quit or die.

WHAT CAN YOU DO ABOUT TOBACCO?
If you're still smoking or chewing, get help to quit. It's tough to break free without support. Call (520) 432-9416
Help young people by making their air smoke-free; make homes, business, and public place tobacco-free.
Work with the local groups Beneficial Use of Tobacco Taxes (B.U.T.T.) on prevention and cessation activities.
Get involved with state and national groups that work with tobacco education and prevention.

“EDUCATE YOURSELF”

WHAT IS A SEXUALLY TRANSMITTED DISEASE?

Sexually transmitted disease (STD) is serious, sometimes painful, and can cause a lot of damage. Some STDs infect your sexual and reproductive organs. Others (HIV, hepatitis B, syphilis) cause general body infections. STD used to be called VD, or venereal disease. Most STD can be cured if you get treated. Sometimes you can have an STD with no signs or symptoms. Other times, the symptoms go away on their own. Either way, you still have the STD until you get treated. Some STD's cannot be cured.

HOW IS AN STD SPREAD?

STD is spread during close, sexual activity. It is spread during vaginal, anal and oral sex. Some STDs (HIV and hepatitis B) are also spread by contact with infected blood. Most STD germs need to live in warm, moist areas. That's why they infect the mouth, rectum and sex organs (vagina, vulva, penis and testes).

WHAT TO DO?

If you think you might have an STD, get checked out. Don't just hope the STD will go away. It won't! You can get help at the county health department special STD clinics. Private doctors also treat STD's. No matter where you get treated, your case will be kept private. You may feel embarrassed about having an STD. It may be hard for you to go to a doctor or clinic for help. But you must get treatment for the STD, even if it is a hard thing for you to do. This is the only way you will get well.

Many STDs can be treated with antibiotics. To kill STD germs, do exactly what your doctor tells you. Be sure to use all of your medicine. You also must tell your sexual partner(s). If they aren't treated, they can spread the STD. They might even give it to you again!

HOW CAN YOU PROTECT YOURSELF FROM STD?

1. Not having sex is the best way to protect yourself from STD.
2. Talk to your partner about past sex partners and about needle drug use. Don't have sex with someone who you think may have an STD.
3. Get checked for STD every time you have a health exam. If you have more than one sex partner, get an STD check any time you think you might be at risk, even if you don't have symptoms.
4. Use a latex condom (rubber with spermicide) for vaginal, anal and oral sex. Condoms will help protect you from STD much of the time.
5. In addition to condoms, use birth control foam, cream or jelly. These kill many STD germs.
6. Before you have sex, look closely at your partner for any signs of STD--a rash, a sore, redness or discharge. If you see anything you are worried about don't have sex!

7. Know the signs and symptoms every time you have a health exam. If you have more than one sex partner, get an STD check any time you think you might be at risk, even if you don't have symptoms.
8. If you have an STD, your partner(s) must get treated when you do. If you have an STD, don't have sex until your doctor says you're cured.

WHAT IS AIDS?

AIDS stands for Acquired Immune Deficiency Syndrome. AIDS is a condition in which the body's immune system - the system that fights off sickness - breaks down. Because the system fails, a person with AIDS typically develops a variety of life-threatening illnesses.

WHAT IS HIV INFECTION?

AIDS is caused by the virus that scientists call the Human Immunodeficiency Virus, or HIV. A virus is a small germ that can cause disease. If HIV enters your bloodstream, you may become infected with HIV. From the time a person is infected, he or she can infect others, even if no symptoms are present. A special blood test can detect HIV infection.

HOW DOES SOMEONE BECOME INFECTED WITH HIV?

A person becomes infected when HIV is introduced into his or her bloodstream. There are four ways that people become infected with HIV: By engaging in unprotected sexual activity - vaginal, anal, or oral - with an infected person, intravenous drug use, blood to blood exposure and women who are infected with HIV can pass it on to their babies during pregnancy, birth, or through breast-feeding.

HOW CAN I AVOID HIV INFECTION?

- * Don't do drugs of any kind. Sharing needles to inject drugs can infect you. And many drugs, especially alcohol, can cloud your judgment and cause you to do things that place you at risk for HIV infection.
- * Abstinence is the only sure protection. When you decide you are ready to become sexually active, make sure you practice "safe sex", always use condoms. Avoid sexual intercourse with people who may be infected with HIV. Don't have sex with multiple or anonymous sex partners, (or have had any unprotected sex without a condom).
- * HIV Testing can be performed anonymously at a public health agency or by your physician. Law requires positive HIV test results to be reported to local and state departments which can only release this information if there is written authorization from the person tested for statistical purposes without identifying the individual.

TEENS & BOOZE - 10 QUICK TIPS

1. Be firm in the “no use before 21” message you give your child.
2. If you drink, be a good role model. Your actions speak louder than words.
3. Never serve alcohol to anyone under 21.
4. Educate yourself about the health and legal consequences of underage drinking.
5. Teach your child to have a critical eye when viewing alcohol industry advertisements and promotions.
6. Talk to your child about how to say no to alcohol and other drugs, yet still save face with friends.
7. Team up and talk with other parents.
8. Make sure you know the views of parents at the homes that your children visit, particularly if your children plan to stay overnight.
9. Don’t allow your child to host or attend a party that is unsupervised by adults. Make sure you have the same definition of supervision.
10. Develop open lines of communication so your children feel comfortable talking to you about alcohol and other difficult subjects.

“LISTEN”

TIPS FOR BETTER COMMUNICATION...

Children are special people, and how we interact with them is a special skill that some parents have trouble learning or understanding. Perhaps these pointers will lead to ways of communicating effectively with your child. After you complete this exercise, find out which one of the numbered pointers you used the most, and which the least. Does that tell you something about your personal style with your child?

1. Show yourself as a good person worthy of being looked up to.
2. Pay careful attention to what your children are trying to tell you. Let them know what they are saying is important and valuable to you.
3. Use a gentle voice to show acceptance and love.
4. Don't intervene when a child makes an error that can be the source of important firsthand information about the world. Let children make mistakes that are harmless and instructive.
5. Avoid "talking down" to children, making them feel you have no regard for their capacity to understand or appreciate what you know.
6. Try to keep from saying things that will make children feel guilty about things they have little or no control over.
7. Appreciate both the limitations and the special gifts of each stage of development in the child.
8. Keep scorn or sharp words designed to humiliate the child from your speech, and keep any violent emotions in check. Size and physical strength are never excuses for physical abuse.
9. Use reason as your principal tool in dealing with older children. They will respond to it much better than just the silent application of discipline.
10. If a child continues to have problems in some task, it may be a sign of a cognitive or motor problem unrelated to the will of the child to succeed. Examine all alternatives. Are you expecting too much?
11. Set time aside to be with your children on a one-to-one basis. Each child deserves some time to be with a parent exclusively, without having to compete with a sibling.
12. Study any special skills or interests your child may have. By encouraging individual efforts, the parent may give the child an early opportunity to excel.
13. Don't force your child in to your own image. Each child comes into this world with special gifts that often do not correspond with the parents' agenda. Children have their own agenda.

STRAIGHT FACTS ABOUT...Marijuana, Alcohol, Methamphetamines, Inhalants, Hallucinogens, Cocaine, Crack Cocaine AND ROHYPNOL

ABOUT MARIJUANA:

Marijuana is the most widely used illicit drug in the United States and tends to be the first illegal drug teens use. The physical effects of marijuana use, particularly on developing adolescents, can be acute.

Short-term effects of using marijuana:

- * sleepiness
- * difficulty keeping track of time, impaired or reduced short-term memory
- * reduced ability to perform tasks requiring concentration and coordination, such as driving a car
- * increased heart rate potential cardiac dangers for those with pre-existing heart disease
- * bloodshot eyes
- * dry mouth and throat
- * decreased social inhibitions
- * paranoia, hallucinations

Long-term effects of using marijuana:

- * enhanced cancer risks
- * decrease in testosterone levels for women; also increased risk of infertility
- * diminished or extinguished sexual pleasure
- * psychological dependence requiring more of the drug to get the same effect

Marijuana blocks the messages going to your brain and alters your perceptions and emotions, vision, hearing, and coordination. The marijuana used today is 20% stronger than the marijuana of the 60's and 70's.

A recent study of 1,023 trauma patients admitted to a shock trauma unit found that one-third had marijuana in their blood. Smoking five marijuana joints is like smoking 125 tobacco cigarettes.

ABOUT ALCOHOL:

Alcohol abuse is a pattern of problem drinking that result in health consequences, social problems, or both. However, alcohol dependence, or alcoholism, refers to a disease that is characterized by abnormal alcohol-seeking behavior that leads to impaired control over drinking.

Short-term effects of alcohol use include:

- * distorted vision, hearing, and coordination
- * altered perceptions and emotions
- * impaired judgment
- * bad breath; hangovers

Long-term effects of heavy alcohol use include:

- * loss of appetite
- * vitamin deficiencies
- * stomach ailments
- * skin problems
- * sexual impotence
- * liver damage
- * heart and central nervous system damage
- * memory loss

How do I know if someone close, has a drinking problem?

Here are some quick clues:

- * Inability to control drinking--it seems that regardless of what you decide beforehand, you frequently wind up drunk
- * Using alcohol to escape problems
- * A change in personality--turning from Dr. Jekyll to Mr. Hyde
- * A high tolerance level--drinking just about everybody under the table
- * Blackouts--sometimes not remembering what happened while drinking
- * Problems at work or in school as a result of drinking
- * Concern shown by family and friends about drinking

If you have a drinking problem, or if you suspect you have a drinking problem, there are many others out there like you, and there is help available. Talk to a school counselor, a friend, or a parent.

ABOUT METHAMPHETAMINE:

Methamphetamine is a stimulant drug chemically related to amphetamine but with stronger effects on the central nervous system. Street names for the drug include "speed," "math", and "crank."

Methamphetamine is used in pill form, or in powdered form by snorting or injecting. Crystallized methamphetamine known as "ice," "crystal," or "glass," is a smoke able and more powerful form of the drug.

The effect of methamphetamine use include:

- * increased heart rate and blood pressure
- * increased wakefulness; insomnia
- * increased physical activity
- * decreased appetite
- * respiratory problems
- * extreme anorexia
- * hyperthermia, convulsions, and cardiovascular problems, which can lead to death
- * euphoria
- * irritability, confusion, tremors
- * anxiety, paranoia, or violent behavior
- * can cause irreversible damage to blood vessels in the brain, producing strokes

Methamphetamine users who inject the drug and share needles are at-risk for acquiring HIV/AIDS. Methamphetamine is an increasingly popular drug used at Raves (all night dancing parties), and as part of a number of drugs used by college-aged students. Marijuana and alcohol are commonly listed as additional drugs of abuse among methamphetamine treatment admissions. Most of the methamphetamine-related deaths (92%) reported in 1994 involved methamphetamine in combination with at least one other drug, most often alcohol (30%), heroin (23%), or cocaine (21%). Researchers continue to study the long-term effects of methamphetamine use.

ABOUT COCAINE AND CRACK COCAINE:

Cocaine is a white powder that comes from the leaves of the South American coca plant. Cocaine is either "snorted" through the nasal passages or injected intravenously. Cocaine belongs to a class of drugs known as stimulants, which tend to give a temporary illusion of limitless power and energy that leave the user feeling depressed, edgy, and craving more. Crack is a smoke able form of cocaine that has been chemically altered. Cocaine and crack are highly addictive. This addiction can erode physical and mental health and can

become so strong that these drugs dominate all aspects of an addict's life. Physical risks associated with using any amount of cocaine and crack:

- * increases in blood pressure, heart rate, breathing rate, and body temperature
- * heart attacks, strokes, and respiratory failure
- * hepatitis or AIDS through shared needles
- * brain seizures
- * reduction of the body's ability to resist and combat infection

Psychological risks:

- * violent, erratic, or paranoid behavior
- * hallucinations and "coke bugs"--a sensation of imaginary insects crawling over the skin
- * confusion, anxiety and depression, loss of interest in food or sex
- * "cocaine psychosis"--losing touch with reality, loss of interest in friends, family, sports, hobbies, and other activities

Some users spend hundreds or thousands of dollars on cocaine and crack each week and will do anything to support their habit. Many turn to drug selling, prostitution, or other crimes. Cocaine and crack use has been a contributing factor in a number of drownings, car crashes, falls, burns, and suicides. Cocaine and crack addicts often become unable to function sexually. Even first time users may experience seizures or heart attacks, which can be fatal.

ABOUT HALLUCINOGENS:

Hallucinogenic drugs are substances that distort the perception of objective reality. The most well-known hallucinogens include phencyclidine, otherwise known as PCP, angel dust, or loveboat; lysergic acid diethylamide, commonly known as LSD or acid; mescaline and peyote; and psilocybin, or "magic" mushrooms. Under the influence of hallucinogens, the senses of direction, distance, and time become disoriented. These drugs can produce unpredictable, erratic, and violent behavior in users that sometimes leads to serious injuries and death. The effect of hallucinogens can last for 12 hours.

LSD produces tolerance, so that users who take the drug repeatedly must take higher and higher doses in order to achieve the same state of intoxication. This is extremely dangerous, given the unpredictability of the drug, and can result in increased risk of convulsions, coma, heart and lung failure, and even death.

Physical risks associated with using hallucinogens:

- * increased heart rate and blood pressure
- * sleeplessness and tremors
- * lack of muscular coordination
- * sparse, mangled, and incoherent speech
- * decreased awareness of touch and pain that can result in self-inflicted injuries
- * convulsions
- * coma; heart and lung failure

Psychological risks associated with using hallucinogens:

- * a sense of distance and estrangement
- * depression, anxiety, and paranoia
- * violent behavior
- * confusion, suspicion, and loss of control
- * flashbacks
- * behavior similar to schizophrenic psychosis
- * catatonic syndrome whereby the user becomes mute, lethargic, disoriented, and makes meaningless repetitive movements

Everyone reacts differently to hallucinogens--there's no way to predict if you can avoid a "bad trip".

ABOUT OPIATES:

Opiates are central nervous system depressants used medically to relieve pain. Street names for these narcotics are: Heroin; dope, H, junk, scag, smack, brown sugar, Mexican mud, horse. Codeine; schoolboy. Dilaudid; Big, D, D's, dillies, stuff, pills. Morphine; dope, M, Miss Emma, mud, sister. The above mentioned can be taken orally, injected, inhaled and smoked. Psychological dependence is probable with continued use of opiates. When a user becomes dependent, finding and using the drug becomes the main focus of life.

The following are signs and symptoms often associated with opiate use:

- * Lethargy, drowsiness
- * Constricted pupils and reduced vision
- * Shallow breathing
- * Needle or track marks on inner arms or other parts of the body from injecting needles
- * Redness and raw nostrils from sniffing heroin

- * Excessive perspiration, shaking, vomiting, chills or other withdrawal symptoms
- * Use or possession of paraphernalia including syringes, bent spoons, bottle caps, eye droppers, rubber tubing, cotton and needles.

Treating Opiate addiction:

- * Detoxification - supervised withdrawal from the drug in a hospital or on an outpatient basis
- * Therapeutic Community - patients live in a highly structured drug-free environment
- * Outpatient Drug-Free Programs - emphasize various forms of counseling such as group or individual

ABOUT INHALANTS:

Inhalants refer to substances that are sniffed or huffed to give the user an immediate head rush or high. They include a diverse group of chemicals that are found in consumer products such as aerosols and cleaning solvents. Inhalant use can cause a number of physical and emotional problems, and even one-time use can result in death.

Using inhalants even one time can put you at risk for:

- * sudden death
- * suffocation
- * visual hallucinations and severe mood swings
- * numbness and tingling of the hands and feet

Prolonged use can result in:

- * headache, muscle weakness, abdominal pain
- * decrease or loss of sense of smell
- * nausea and nosebleeds
- * hepatitis
- * violent behavior
- * irregular heartbeat
- * liver, lung, and kidney impairment
- * irreversible brain damage
- * nervous system damage
- * dangerous chemical imbalances in the body
- * involuntary passing of urine and feces

Short-term effects of inhalants include:

- * heart palpitations
- * breathing difficulty
- * dizziness
- * headaches

Remember, using inhalants, even one time, can kill you. According to medical experts, death can occur in at least five ways:

1. asphyxia--solvent gases can significantly limit available oxygen in the air, causing breathing to stop;
2. suffocation--typically seen with inhalant users who use bags;
3. choking on vomit;
4. careless behaviors in potentially dangerous settings; and
5. sudden sniffing death syndrome, presumably from cardiac arrest.

ABOUT ROHYPNOL:

Rohypnol, or "Roofies" as they are known in high schools, are getting more and more popular with students. As the "rave" culture grows larger, the need for new drugs increases. Rohypnol is one drug filling this need.

Rohypnol effects are similar to the effects of Valium, however "Roofies" are considered a sedative, and is sometimes used by teenagers after they have spent the night dancing at a rave party while under the influence of ecstasy. Teenagers also use Rohypnol in place of alcohol (and often with alcohol) as the effects are similar.

Rohypnol usually takes about thirty minutes to take affect after the pill is taken, and the effects usually peak in two hours. The effects can last up to eight hours, and often cause dizziness, drowsiness, and low blood pressure.

Many teenagers believe Rohypnol is a safe drug because it is made by an established pharmaceutical company. Rohypnol is illegal to make, sell or possess in the United States. Rohypnol is addicting, and overcoming a Rohypnol addiction is very hard to do. Look for signs of effects, remember they are similar to those of alcohol. If a student is acting like he or she is intoxicated, and you don't smell an alcoholic beverage, the student may be under the influence of Rohypnol. Know the above and if your son or daughter talk about this new drug or express concern, please listen and get help immediately.

MESSAGES FOR TEENAGERS: JUST SAY KNOW... KNOW WHAT IS OUT THERE AND THE RISKS!

Know the law. Marijuana, hallucinogens, crack, cocaine, methamphetamines, roofies and many other substances are illegal. Depending on where you are caught, you could face high fines and jail time. Alcohol is illegal to buy or possess if you are under 21.

Be aware of the risks. Drinking or using drugs increases the risk of injury. Car crashes, falls, burns, drowning, and suicide are all linked to drug use. Keep your edge. Drug use can ruin your looks, make you depressed, and contribute to slipping grades. Play it safe.

One incident of drug use could make you do something that you will regret for a lifetime. Do the smart thing. Using drugs puts your health, education, family ties, and social life at risk. Get with the program. Doing drugs isn't "in" anymore.

Face your problems. Using drugs won't help you escape your problems, it will only create more. Be a real friend. If you know someone with a drug problem, be part of the solution. Urge and support your friend to get help.

Remember, you DON'T NEED drugs or alcohol. If you think "everybody's doing it," you're wrong! Over 86% of 12-17 year-olds have never tried marijuana; over 98% have never used cocaine; only about half a percent of them have ever used crack. Doing drugs won't make you happy or popular or help you to learn the skills you need as you grow up. In fact, doing drugs can cause you to fail at all of these things.

HOW CAN I TELL IF A FRIEND OR A LOVED ONE HAS A PROBLEM WITH ALCOHOL, MARIJUANA, OR OTHER ILLICIT DRUGS?

Sometimes it is tough to tell. Most people won't walk up to someone they're close to and ask for help. In fact, they will probably do everything possible to deny or hide the problem. But, there are certain warning signs that may indicate that a family member or friend is using drugs and drinking too much alcohol.

If your friend or loved one has one or more of the following signs, he or she may have a problem with drugs or alcohol:

- * Getting high on drugs or getting drunk on a regular basis
- * Lying about things, or the amount of drugs or alcohol they are using
- * Avoiding you and others in order to get high or drunk
- * Giving up activities they used to do such as sports, homework, or hanging out with friends who don't use drugs or drink
- * Having to use more marijuana or other illicit drugs to get the same affects
- * Constantly talking about using drugs or drinking
- * Believing that in order to have fun they need to drink or use marijuana or other drugs
- * Pressuring others to use drugs or drink
- * Getting into trouble with the law
- * Taking risks, including sexual risks and driving under the influence of alcohol and/or drugs
- * Feeling run-down, hopeless, depressed, or even suicidal, suspension from school for an alcohol or drug-related incident
- * Missing work or poor work performance because of drinking or drug use

Many of the signs, such as sudden changes in mood, difficulty in getting along with others, poor job or school performance, irritability, and depression, might be explained by other causes. Unless you observe drug use or excessive drinking, it can be hard to determine the cause of these problems. Your first step is to contact a qualified alcohol and drug professional in your area who can give you further advice.

HOW CAN I TELL IF I HAVE A PROBLEM WITH DRUGS OR ALCOHOL?

Drug and alcohol problems can affect every one of us regardless of age, sex, race, marital status, place of residence, income level, or lifestyle.

You may have a problem with drugs or alcohol, if:

- * You can't predict whether or not you will use drugs or get drunk.
- * You believe that in order to have fun you need to drink and/or use drugs.
- * You turn to alcohol and/or drugs after a confrontation or argument, or to relieve uncomfortable feelings.
- * You drink more or use more drugs to get the same effect that you got with smaller amounts.
- * You drink and/or use drugs alone.
- * You remember how last night began, but not how it ended, so you're worried you may have a problem.
- * You have trouble at work or in school because of drinking or drug use.
- * You make promises to yourself or others that you'll stop getting drunk or using drugs.
- * You feel alone, scared, miserable, and depressed.

HOW CAN I GET HELP?

While you or your friend or loved one may be hesitant to seek help, know that treatment programs offer organized and structured services with individual, group, and family therapy for people with alcohol and drug abuse problems. Research shows that when appropriate treatment is given, and when clients follow their prescribed program, treatment can work. By reducing alcohol and/or drug abuse, treatment reduces costs to society in terms of medical care, law enforcement, and crime. More importantly, treatment can help keep you and your loved ones together.

Remember, some people may go through treatment a number of times before they are in full recovery. Do not give up hope. Each community has its own resources. Some common referral sources that are often listed in this directory and your local phone book are:

- * **Community Drug Hotlines**
- * **Local Emergency Health Clinics, or Community Treatment Services**
- * **City/Local Health Departments/Hospitals**
- * **Check out your local Prevention and/or Intervention Programs**

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