



# 2024 Topock Resource Guide

FOR FAMILIES WITH CHILDREN BIRTH-5 YEARS

 FIRST THINGS FIRST

# FIRST THINGS FIRST

## **Mission**

First Things First (FTF) is an essential leader and partner in creating a family-centered, equitable, high-quality early childhood system that supports the development, well-being, health and education of all Arizona's children, birth to age 5.

## **Vision**

All Arizona's children are ready to succeed in school and in life.



Scan here to view  
this guide online

**For updates call FTF Lake Havasu City office  
928-854-873**

**[www.FirstThingsFirst.org/Regions/La-Paz-Mohave](http://www.FirstThingsFirst.org/Regions/La-Paz-Mohave)**

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First Things First is Arizona's early childhood agency, with free programs, information and resources to support children's health and development.

**[www.FirstThingsFirst.org](http://www.FirstThingsFirst.org)**

# TABLE OF CONTENTS

<b>Assistance Programs</b> .....	<b>4</b>
<b>Birth to Five Resources</b> .....	<b>5</b>
Breastfeeding Resources .....	5
Child Care Resources .....	5
Home Visitation .....	5
Other .....	6
<b>Disabilities &amp; Special Needs Resources</b> .....	<b>7</b>
<b>Education</b> .....	<b>7</b>
<b>Emergency/Non-emergency</b> .....	<b>7</b>
<b>Early Intervention Information</b> .....	<b>8</b>
<b>Early Intervention Services</b> .....	<b>9</b>
<b>Health Services</b> .....	<b>10</b>
Mental Health .....	10
Pediatrician .....	11
FQHCs (Federally Qualified Health Centers are outpatient clinics that serve rural areas) .....	11
<b>Nutrition and Food Resources</b> .....	<b>12</b>
<b>Library</b> .....	<b>12</b>
<b>NOTES</b> .....	<b>13-14</b>
<b>INDEX</b> .....	<b>15</b>

# CHILDREN AND FAMILY SERVICES

## Assistance Programs

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### **APS Crisis Bill Assistance Program WACOG**

928-753-6247

Provides utility assistance. They offer other services ranging from weatherization of homes to cut energy cost to rental assistance on a case by case basis.

### **Arizona Department of Economic Security (AZDES)**

2601 Hwy 95  
Bullhead City, AZ 86442

928-704-7776

<https://des.az.gov/>

Basic Needs: Adult Protections Services, Food Assistance, Medical Assistance ([www.healthearizonaplus.gov](http://www.healthearizonaplus.gov)), Refugee Resettlement, Shelter and Housing

Child and Family: Cash Assistance, Child Care, Child Support Services, Community Resources

Disabilities: Developmental Disabilities, Early Intervention, Achieving a better life experience

Older Adults: Home and Community Based Services, Healthy Living, Medicare Assistance, Legal Services Assistance, Family Caregiver Support, LongTerm Care Ombudsman, Aging Publications, World Elder Abuse Awareness Day Conference

Employment: Job Seekers, Reentry Services, Employer Resources, Apprenticeship, Unemployment-Employer, Senior Community Service Program, Veterans, Workforce Innovation and Opportunity Act, Eligible Training Provider List

### **River Cities United Way**

Debi Pennington

[Debi@rcuw.org](mailto:Debi@rcuw.org)

Main: 928-855-6333

Alt.: 928-683-4270

Helping Businesses and individuals with rent utilities, and various needs.

### **The River Fund BULLHEAD CITY OFFICE**

1343 Hancock Road  
Bullhead City, Arizona 86442  
(928) 704-0039

Monday - Friday: 9:00 AM to

Services include, but are not limited to:

- Utility bills/deposits;
- Appliance repair/replacement;
- Disaster relief (partial or complete destruction of dwelling);
- Transportation/vehicle repairs;
- Rent and Mortgage payments;
- Medical bills (office visit co-pays, prescriptions, COBRA payments, transportation, medical equipment, and other medical-related issues or needs;
- Temporary housing;
- An unexpected loss of living expenses;
- Legal document replacement; and
- Other major hardships on a case-by-case basis.

### **Social Security Office**

1502 Bailey Ave.  
Needles, CA. 92363  
800-772-1213

Obtain social security cards, name change, social security benefits.

# CHILDREN AND FAMILY SERVICES

## Birth to Five Resources:

### Breastfeeding Resources

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#### Arizona 24/7 Breastfeeding Hotline

1-800-307-4231

#### La Leche League

1-877-452-5324

<https://llusa.org/>

#### Pregnancy and Breastfeeding Hotline

1-800-833-4642

## Birth to Five Resources:

### Child Care Resources

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#### Child Care Resource & Referral

##### Child and Family Resources, Inc.

P. 1-800-308-9000

[www.azccrr.com](http://www.azccrr.com)

M-F 8:00 AM - 6:00 PM, Sat 8:00 AM - 12:00 PM

Child Care Information Line: P. 1-800-308-9000

Child Care Resource & Referral, CCR&R, is a statewide program of Child & Family Resources, Inc. Funding is provided by the Arizona Department of Economic Security's Child Care Administration through federal Child Care Development Block Grant funds. Staff provides referrals to families including but not limited to: child care, financial assistance, housing/utility assistance. Staff also provides consumer education on the different types of childcare options in the state & how to make the best option for your child and family.

## Birth to Five Resources: Home Visitation

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#### Healthy Families Program

1355 Ramar Rd Ste 8

Bullhead City, AZ 86442

928-753-4410

Home visitation program, families can enroll while pre-natal or before the baby turns 3 months old. The program also includes a car seat safety program, assistance with diapers and community based referrals as needed.

#### Health Start Program

##### Mohave County Department of Public Health

1222 Hancock Road

Bullhead City, AZ 86442

JoBeth Giovanardi Giovalj@mohave.gov

928-753-0714 ext. 4323

Community home visiting program that collaborates with pregnant women and their families. The goal of Health Start is to give your child and family the best chance of success with a strong support system through education, development, and referrals to community resources. Health Start services Kingman

#### High Risk Perinatal and Occupation Program Mohave County Department of Public Health

1222 Hancock Road

Bullhead City, AZ 86442

JoBeth Giovanardi Giovalj@mohave.gov

928-753-0714 ext. 4323

HRPP Community Health Nursing services for NICU families. The Community Health Nurse provides support to families during the transition of a NICU (5 days or more) infant to home; conducts physical, developmental, psychosocial, and environmental assessment and screening. The CHN provides support to the family by providing education and connections to community resources. The Children and Youth with Special Health Care Needs (CYSHCN) provides community health nurse visits for children (birth to 19 years) with chronic medical conditions or demonstrates risks for developmental delay.

# CHILDREN AND FAMILY SERVICES

## Birth to Five Resources: Other

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### Bright By Text

Text "ARIZONAPBS" to 274448

[www.azpbs.org/kidstext](http://www.azpbs.org/kidstext)

Bright by Text is a free program for parents and caregivers that sends tips and resources promoting child development, targeted to a child's age from prenatal to 5 years old, right to their cell phone.



### Bullhead City Lion's Club

928-514-5062

Janis Young

Bullhead City Lions Club serves the areas of Bullhead City, Fort Mohave, Mohave Valley, Topock, AZ; Laughlin, NV, Needles, CA with eye exams and glasses. The club also provides vision screening for children 2 yrs to 14 years of age in all the public, private & charter schools. We often will vision screen at local health fairs to address any need for homeschooled children.

### CASA Council of Mohave County

928-753-0790 x4229

The State CASA Program (Court Appointed Special Advocate) recruits and trains volunteers who advocate for foster children in Court and do monthly visits.

### CASA Council Helping Children of Mohave County

530-632-5567

Beverly Siemens

[casasupport.org](http://casasupport.org)

CASA Council is a 501(c)(3) non-profit organization, which is a Foundation that raises money to benefit the unmet needs of children in out-of-home care (foster care, relative placements, and fictive care) and In-Home Services.

### Family Support Coordination Parenting Arizona

Hanany Topete

602-684-1192

[familysupport@cplc.org](mailto:familysupport@cplc.org)

Chicanos Por La Causa/Parenting Arizona's Family Support Coordination program supports families with children age birth to 5. Our goal is to assist them in understanding, accessing, and navigating services that promote family well-being by engaging families and connecting them with community resources. Family Support Coordinators provide guidance, advocacy, and coordination throughout the process. Our aim is to refer families to timely and essential services, fostering family well-being and self-sufficiency.

### First Things First

1940 Mesquite Ave Suite E

Lake Havasu City, AZ 86403

928-854-8732

[www.FirstThingsFirst.org](http://www.FirstThingsFirst.org)

Local region covers Mohave and La Paz County

First Things First is Arizona's early childhood agency, with programs and resources to support great childhoods. By focusing on the first five years, we are making a difference in the lives of young children, their families and our communities. Quality early learning and child care are essential for stronger, healthier families and for the economic future of Arizona.

# CHILDREN AND FAMILY SERVICES

## Disabilities & Special Needs Resources

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### **Arizona Center for Disability Law, Inc**

<https://www.azdisabilitylaw.org>

### **Arizona Early Intervention Program (AZEIP) Contracted by Essential Therapy Solutions**

480-677-3349

<https://www.etherapyaz.com/>

To make an online referral:

[https://bit.ly/FTF\\_AZEIP](https://bit.ly/FTF_AZEIP)

A statewide system of services and supports for families of infants and toddlers, birth to three years of age, with delays or disabilities. AzEIP provides eligible children and their families' access to services to support the child's development through in-home individualized parent education and support.

*See pages 8 and 9 for more information*

### **Raising Special Kids**

5025 E. Washington St. Ste. 204

Phoenix, AZ 85034

(602)242-4366

[www.raisingpecialkids.org](http://www.raisingpecialkids.org)

Raising Special Kids exists to improve the lives of children with the full range of disabilities, from birth to age 26, by providing support, training, information and individual assistance so families can become effective advocates for their children.

## Education

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### **Mohave Valley Elementary School District**

8450 S. Olive Ave.

Mohave Valley, AZ 86440

928-768-2507

[info@mvdistrict.net](mailto:info@mvdistrict.net)

### **Topock Elementary /Preschool**

5083 Tule Dr.

Topock, AZ 86436

928-768-3344

Serving Families Pre-k through 6th grade.

Preschool accepts children ages 3 to 5 years old.

### **Topock Elementary School District**

5083 Tule Dr.

Topock, AZ 86436

928-768-3344

Services grades pre-k - 6

### **WACOG Head Start Mohave Valley**

1425 E. Willow Dr.

Mohave Valley, AZ 86440

928-768-1090

Center based early childhood development program.

Eligibility Requirements: Income guidelines and age (3 & 4 years old by August 31). Priority to children with disabilities, homeless, foster children, lowest income

## Emergency/Non-Emergency

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### **Arizona Department of Child Safety**

2440 Adobe Rd., Ste. 110

Bullhead City, AZ 86442

928-704-5880

Child Abuse Hotline 1-888-767-2445

### **AZ Statewide Crisis Line**

1-844-534-4673 or 1-844-534-HOPE

### **Golden Shores Fire Department**

12950 Oatman-Topock Hwy,

Topock, AZ 86436

(928) 768-4546

Emergency services.

# CHILDREN AND FAMILY SERVICES

## Early Intervention Information

### What is Early Intervention?

Parents, guardians, foster parents and family members know their child best. They observe the health and development of their child daily through routines, play and interactions. Sometimes parents/caregivers may have concerns that their child is not meeting the milestones for his or her age. Other times home visitors, health care providers, child care providers or early education teachers may identify concerns for a child's development and share them with the parent/ caregiver.

These concerns may be observed by the way a child:

- Plays, sees, hears (physical development),
- Interacts with others (social-emotional development),
- Learns (cognitive development),
- and communicates (language/speech development).

### Why is Early Intervention important?

Addressing concerns early on in a child's life is important. If the parent, guardian or caregiver is interested in learning more about the additional support their child can receive, there are early intervention resources that can help them. Early intervention resources can have a maximum impact by enhancing the early growth and development in infants and toddlers, who may have or are at risk for developmental delays or disabilities, by providing individualized support and services to the child and their family.

- Children who receive early intervention have improved outcomes and increased success and independence in the long run.
- Early intervention can have a positive impact on a child's health, development and academic success.
- Early intervention therapies can alleviate the financial burden of therapy in the long run by reducing the need for continuing intensive therapy.

### What can I do if I have concerns about my child's development?

- Talk to your child's doctor and share your concerns. Don't wait. Acting early can make a real difference!
- Complete a milestone checklist for your child's age.
  - Center for Disease Control (CDC) Milestone checklist Search online: CDC Milestone Checklist. The CDC's Developmental Milestones link will provide checklists for age 2 months to 5 years.
  - CDC's Milestone Tracker App Download it free today on iOS and Android devices.
- Ask about a developmental screening.
  - Ask your child's doctor to conduct a developmental screening and/or if you are concerned about possible signs of autism, an autism screening (generally completed at 18 and 24 months).
  - Parents have FREE access to the Ages & Stages Questionnaires® (ASQ), one of many general developmental screening tools, by visiting **easterseals.com** and searching ASQ.
- Get an Evaluation for your child.
  - Call your local public school district to get information about their upcoming Child Find events. The Individuals with Disabilities Education Act (IDEA) includes the Child Find mandate. Child Find requires all Public Education Agencies (school districts) to identify, locate and evaluate ALL children birth through 21, who may have or are at risk for developmental delays or disabilities. Screening procedures include vision and hearing screenings along with developmental screenings.



# CHILDREN AND FAMILY SERVICES

## Early Intervention Services

### CHILD IDENTIFICATION

There is a concern about the child's growth, development and/or learning. These concerns can be identified by parents/ caregivers, relatives, home visitors, child care providers, school teachers or health care providers based on:

- Observation – the way a child plays, sees, hears, interacts with others, learns and communicates and/or
- A milestone checklist or a developmental screening completed.

#### THE CHILD IS BIRTH TO AGE 3.

##### Referral & Intake

- The parent/guardian can start the online or phone referral process for their child; or,
- A home visitor, child care provider, early education teacher or health care provider obtains permission from the parent/guardian before referring and starting the online or phone referral process.

##### Who to contact:

**Arizona Early Intervention Program (AZEIP)**  
**Contracted by Essential Therapy Solutions**

To make an online referral:  
[https://bit.ly/FTF\\_AZEIP](https://bit.ly/FTF_AZEIP)

##### Evaluation & Assessment

The **Early Intervention program** (for children age 0-3) conducts a comprehensive multidisciplinary developmental evaluation and assessment of the child's development and the family's needs and concerns.

##### Child is Found Ineligible for Services

###### If the child is age 0-3:

The child's family receives information on growth and development. Referrals are made to other community resources, if appropriate. The child may be reevaluated at a later date.

###### If the child is age 3-21:

The school system will notify the parent/guardian in writing and explain why the child has been found "not eligible." The parent/guardian will be given information about what they can do if they disagree with the decision.

#### THE CHILD IS AGE 3 TO 21.

##### Referral & Intake

- The parent/guardian can contact their local school district (Public Education Agency) to get information on the next Child Find event, where the child can be evaluated; or,
- The parent/guardian can take the child to their local school district (Public Education Agency) to be evaluated; or,
- A home visitor, child care provider, early education teacher or health care provider obtains permission from the parent/guardian before referring the child to be evaluated by their local school district or Child Find event.

##### Evaluation & Assessment

The **school district** (for children age 3-21) conducts a comprehensive multidisciplinary developmental evaluation and assessment of the child's development and the family's needs and concerns within **45 calendar days** of the date they are notified about the child.

#### ELIGIBILITY DETERMINATION

##### Child is Found Eligible for Services

###### If the child is age 0-3:

**Individualized Family Service Plan (IFSP)** The family of an eligible child meets with the Early Intervention (EI) team to create an IFSP, usually in the home or in a community setting. The EI team provides services as outlined in the IFSP. The EI team reviews the child's IFSP as needed throughout the year. The IFSP is updated annually with the family.

**Transition:** As the child approaches their third (3rd) birthday, the family and local EI program prepare for transition to special education preschool, school district (K-12) and/or other community based services.

###### If the child is age 3-21:

When a concern is identified through evaluation procedures, the parent/guardian must be notified within 10 school days and informed of procedures to follow up on the child's needs. For example:

- The child may be referred to the school's study team for pre-intervention services; or,
- If the child may have a disability, a comprehensive evaluation will be necessary to determine the child's eligibility for special education and related services. A team, of which the parent/guardian will be a member of, will meet to begin the process.

# CHILDREN AND FAMILY SERVICES

## Health Services

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### **Mohave County Health Department**

700 Beale St.  
Kingman, AZ. 86402  
928-753-0714

Mailing Address: PO Box 7000  
Kingman, AZ. 86402

Family Planning Clinics, Environmental Health Programs, Mental Health Services, Nutrition Programs, Vaccination Programs, Woman, Infant and Children Program (WIC), Women's Health Programs.

Birth & Death Certificates, Vital Records

Flu & Pneumonia Shots, HIV & STD testing, Laboratory Services.

### **River Cities United Way Community Health Outreach Workers**

145 N. Lake Havasu Ave.  
LHC, AZ 86403

Main: 928-855-6333  
Alt.: 928-683-4270

Debi Pennington  
Debi@rcuw.org

Community Health Outreach Workers will work closely with medical providers, primary care teams, and other agencies to improve patient care and outcomes.

## Health Services: Mental Health

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### **MiKID-Bullhead**

810 Gemstone Ave.  
Bullhead City, AZ 86442  
928-753-4354  
bullhead@mikid.org

Provides support, education, and skill development to families and their children, youth, and young adults who are experiencing mental health and behavior changes.

Eligibility: AHCCCS, Mercy Care, Care First or other State insurance.

### **Mohave Mental Health Children's Clinic**

2580 HWY 95 Suite 209  
Bullhead City, AZ 86442  
928-757-8111  
www.mmhc-inc.org

Outpatient clinics offer a full array of behavioral health services to both children and adults. Services may include assessment, psychiatric interventions, therapy and counseling (provided in individual, family, and groups), medication, residential or inpatient programs, case management, vocational services, and living skills training. Other supportive services, such as peer support services, health promotion, and family support services are also offered, geared towards helping individuals and families develop additional self-awareness and specialized recovery skills to improve independent functioning and quality of life. All services are provided by qualified behavioral health staff and are driven by a service plan developed by the client and the client's child and family team or adult recovery team.

### **Southwest Behavioral Health - Outpatient Clinic**

2580 HWY 95 Suite 119  
Bullhead City, AZ 86442  
928-763-7776  
Mon-Fri 8am-7pm  
www.sbhservices.org

Services provided: Individual, Group and Family Counseling, Medication Services, Psychiatric Care, Skills Training, Case Management, Vocational Services, DUI Education, and DV Education.

# CHILDREN AND FAMILY SERVICES

## Health Services: Pediatrician

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### Children's Medical Center

Dr. Naila Tariq  
1225 Hancock Road #B  
Bullhead City, Az 86442  
928-758-0183  
Pediatric Services.

### Colorado River Pediatrics

Dr. Barton  
NP Theresa Marin  
1611 Joy Lane #2  
Fort Mohave, AZ 86426  
928-788-8000  
Pediatric Services.

### Havasu Medical Group-Primary Care and Diabetes

1851 Mesquite Ave Ste #202  
LHC, AZ 86403  
928-854-0094  
Dr. Changizzadah Dr. Carl Satori Dr. Denise Satori  
Pediatric services.

### Havasu Rainbow Pediatrics

1980 Mesquite Ave., #101  
LHC, AZ 86403  
Medical group practice located in LHC that specializes in Pediatrics.

### North Country Healthcare

2090 N. Smoketree Ave  
LHC, AZ 86403  
928-854-1800  
Provides family practice clinic, well-woman exams, well-baby checkups, immunizations and referrals to necessary specialists.

### Tiny Tots Pediatric

Dr. Marilou Reyes  
2585 Miracle Mile #124  
Bullhead City, Az 86442  
928-763-7020  
Pediatric Services.

## Health Services: FQHC

*(Federally Qualified Health Centers are outpatient clinics that serve rural areas)*

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### North Country Healthcare

2585 Miracle Mile Ste. 116  
Bullhead City, AZ 86442  
928-704-1221  
Provides family practice clinic, well-woman exams, well-baby checkups, immunizations and referrals to necessary specialists.

# CHILDREN AND FAMILY SERVICES

## Nutrition and Food Resources

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### **Salvation Army Family Services**

1461 Palma Rd.  
Bullhead City, AZ 86442  
928-758-3141

Provides food boxes and baby formula to people in need in the Bullhead City, AZ and Laughlin, NV area.

### **WIC Program - Mohave County Department of Public Health**

1222 Hancock Road  
Bullhead City, AZ. 86442  
928-758-0722

Open Mon.-Thurs. 7am.-5pm. & Fri. 8am.-12pm.

Supplemental healthy foods, nutrition education, referrals to health services Prenatal-5 years of age qualify.  
Appointments available by phone or virtually.

### **WIC Program - Mohave County Department of Public Health**

2001 College Drive  
LHC, AZ 86403  
928-453-0716

Supplemental healthy foods, nutrition education, referrals to other health services Prenatal-5 years of age qualify.

## Library

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### **Mohave County Library- Golden Shores/Topock Community**

13136 S. Golden Shores Parkway  
Topock, AZ 86436

928-768-2235

Open Tues, Thurs, Sat 9:00 a.m. to 1:00 p.m.

Open Wednesdays 2:00 p.m. to 5:00 p.m

Library loans books, e-books, audio books, videotapes, CDs and DVDs.

## NOTES

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## NOTES

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# INDEX

APS Crisis Bill Assistance Program WACOG .....	4
Arizona Center for Disability Law, Inc .....	7
Arizona Department of Child Safety .....	7
Arizona Department of Economic Security (AZDES) .....	4
Arizona Early Intervention Program (AZEIP) .....	7
Arizona 24/7 Breastfeeding Hotline .....	5
AZ Statewide Crisis Line .....	7
Bright By Text .....	6
Bullhead City Lion's Club .....	6
CASA Council of Mohave County .....	6
CASA Council Helping Children of Mohave County .....	6
Child Care Resource & Referral Child and Family Resources, Inc. ....	5
Children's Medical Center .....	11
Colorado River Pediatrics .....	11
Family Support Coordination Parenting Arizona .....	6
First Things First .....	6
Golden Shores Fire Department .....	7
Havasu Medical Group-Primary Care and Diabetes .....	11
Havasu Rainbow Pediatrics .....	11
Healthy Families Program .....	5
Health Start Program Mohave County Department of Public Health .....	5
High Risk Perinatal and Occupation Program Mohave County Department of Public Health .....	5
La Leche League .....	5

MiKID-Bullhead .....	10
Mohave Valley Elementary School District .....	7
Mohave County Health Department .....	10
Mohave County Library-Golden Shores/Topock Community .....	12
Mohave Mental Health Children's Clinic .....	10
North Country Healthcare .....	11
North Country Healthcare .....	11
Pregnancy and Breastfeeding Hotline .....	5
Raising Special Kids .....	7
River Cities United Way .....	4
River Cities United Way Community Health Outreach Workers .....	10
Salvation Army Family Services .....	12
Social Security Office .....	4
Southwest Behavioral Health - Outpatient Clinic .....	10
The River Fund BULLHEAD CITY OFFICE .....	4
Tiny Tots Pediatric .....	11
Topock Elementary /Preschool .....	7
Topock Elementary School District .....	7
WACOG Head Start Mohave Valley .....	7
WIC Program - Mohave County Department of Public Health (2) .....	12



[www.swhd.org](http://www.swhd.org)

*"Nothing Out of the Question"*  
*"Toda Pregunta es Buena"*

**1-877-705-KIDS(5447)**

**Call the Helpline to speak with an early childhood specialist, on duty Mon-Fri. 8:00 a.m. to 8:00 p.m.**

The Birth to Five Helpline is a free service available to all Arizona families with young children, as well as parents-to-be, with questions about their infants, toddlers and preschoolers.

**Topics addressed include but not limited to:**

- Sleep
- Health and Nutrition
- Safety
- Challenging Behaviors
- Feeding and Eating
- General Child Development
- Potty Training/Learning
- Fussiness/Colic
- Parenting

An extension of the Birth to Five Helpline is the **Fussy Baby** program. This program provides telephone, home visiting and virtual video consultation and support to help families navigate challenges associated with hard-to- soothe infants, excessive crying, sleeping problems and feeding difficulties during their child's first year of life.

**Download the Birth to Five Helpline app!**

