

RESOURCE CONNECTION GUIDE



2025-2026



FIRST THINGS FIRST

Yuma Region

About First Things First

Approved by Arizona voters, First Things First (FTF) works to ensure that your youngest children have access to quality early childhood experiences so they will start school healthy and ready to succeed. Across the state, FTF Regional Partnerships Councils — in collaboration with local leaders — identify the education and health needs of children birth through age 5 in their communities and fund strategies to address those needs.

First Things First Cocopah Regional Partnership Council

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www.FirstThingsFirst.org/regions/cocopah-tribe/



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@AZFTF



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First Things First



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www.linkedin.com/company/first-things-first/

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Welcome to Cocopah Tribe Resource Connections Guide

Families are a child's first and best teacher. It is important that parents and caregivers have the information and support they need to make the best choices.

Especially during the early years, when a child's brain grows and develops the most. In fact, 90% of a child's brain growth happens by age 5, before they start kindergarten. And scientific research has shown that a child's experiences in their early years affect how their brain develops.

That's why First Things First partners with families and communities to help kids have the positive, nurturing experiences they need to arrive at school ready to succeed. We do this through quality early care and education programs, preventive health efforts and supporting parents in their role as their child's first teachers.

The purpose of this guide is to allow organizations, businesses and other entities in the FTF Cocopah Tribe region to come together to create a family-centered, comprehensive, collaborative and high-quality early childhood system that supports the development, health and early education of all children birth through age 5 in the FTF Cocopah Tribe region.

We hope you will find this information useful!

If you would like additional copies of this guide, would like to suggest corrections, or would like to be included in the next edition, please contact First Things First at 928.343.3020 or YumaFTFGuide@FirstThingsFirst.org

Thank you for partnering with us as we work together to build a better future for our children, our families and our community!



Scan to download Cocopah Tribe Resource Connections Guide

Disclaimer

Disclaimer- **Cocopah Tribe Programs are only available to Cocopah Indian Tribal Members Only.** The publishers have taken every reasonable measure to ensure the information in this resource guide is accurate. In the event any information is inaccurate, the publishers assume no liability for damages incurred directly or indirectly as a result of incomplete, incorrect or omitted information. Inclusion of the agency in this directory does not constitute an endorsement of the agency nor their services. If you identify information that is incorrect, please notify First Things First, Yuma regional office at 928.343.3020 or YumaFTFGuide@FirstThingsFirst.org

Cocopah Indian Tribe

The Cocopah Indian Tribe, known as the River People, have lived along the lower Colorado River and delta for centuries, maintaining their traditions and culture throughout many political and environmental changes. The Cocopah are part of the greater Yuman-speaking peoples who have inhabited lands along the Colorado River for millennia have a largely oral language with histories being transmitted from generation to generation and through settler historical accounts documenting Cocopah life.

Established in 1917, the Cocopah Reservation comprises approximately 6,500 acres. Currently about 1,200 tribal members live and work on or near the Reservation. In 1964, the Tribe founded its first Constitution and established a Tribal Council.

Located 13 miles south of Yuma, AZ, the Reservation is home to Cocopah Casino, Cocopah Resort & Conference Center, Cocopah Rio Colorado Golf Course, Cocopah Museum, Cocopah RV & Golf Resort, Cocopah Speedway and Wild River Family Entertainment Center and Korner Store. Visitors enjoy golfing, gaming, shopping, learning about the Tribe's culture and taking in the great scenic beauty of the region.

www.cocopah.com



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FIRST THINGS FIRST Ages & Stages

Available in
English and
Spanish

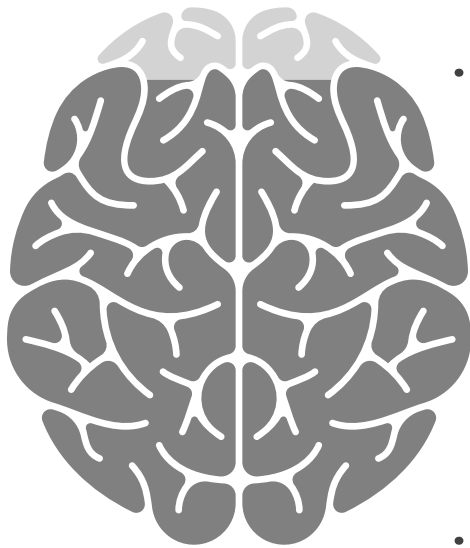


From the day your child is born, understanding how they play, learn, speak, act and move offers important clues about your child's development. While all children develop differently, it helps to know if your child is meeting typical milestones at different ages and stages and how you can support their healthy development. Understand what's happening at different stages of your child's life and how you can help them learn and grow.

VISIT [FirstThingsFirst.org/AgesAndStages](https://www.FirstThingsFirst.org/AgesAndStages)

Why Early Childhood Matters

From birth to age 5, a child's brain grows more than at any other time in life. And early brain development has a lasting impact on a child's ability to learn and succeed in school and life. The quality of a child's experiences in the first few years of life – positive or negative – helps shape how their brain develops.



90%

of Brain Growth Happens Before Kindergarten

At birth, the average baby's brain is about a quarter of the size of the average adult brain. Incredibly, it doubles in size in the first year. It keeps growing to about 80% of adult size by age 3 and 90% – nearly full grown – by age 5.

The brain is the command center of the human body. A newborn baby has all of the brain cells (neurons) they'll have for the rest of their life, but it's the connections between these cells that really make the brain work. Brain connections enable us to move, think, communicate and do just about everything. The early childhood years are crucial for making these connections. At least one million new neural connections (synapses) are made every second, more than at any other time in life.

The early years are the best opportunity for a child's brain to develop the connections they need to be healthy, capable, successful adults. The connections needed for many important, higher-level abilities like motivation, self-regulation, problem solving and communication are formed in these early years – or not formed. It's much harder for these essential brain connections to be formed later in life.



What is Quality First?

Quality First is a program of First Things First, Arizona's early childhood agency, that supports Arizona's child care providers, so they can support our young children. With over 1,200 participants, these programs are licensed and regulated, but participating in Quality First is voluntary. These programs are committed to quality improvement, going beyond regulatory requirements to help the infants, toddlers and preschoolers in their care be ready for success in school and beyond.

Quality Matters

90% of a child's brain growth happens before age 5, and the positive, nurturing relationships young kids have with adults — from parents to child care and early learning professionals — shape their learning now and throughout their lives.

Quality First Scholarships

Early care and education providers enrolled in Quality First may be eligible to offer Quality First Scholarships, which help low-income families with children birth to age 5 afford quality child care. Many low-income families struggle to pay for quality child care. Some must choose between a job or leaving their children in care that is not their first choice. Quality First Scholarships help early care and education providers fill paid slots in their program and reimburse them for some of the expenses of providing quality (higher wages for more experienced and educated professionals, low staff-to-child ratios and small group sizes, etc.).

Find a Quality First Child Care Program Near You

Choosing a child care or preschool program for your young child is a big decision. Things like location, availability, hours and cost are important to consider, and so is the quality of the program. Research shows that quality early care and education programs help young children learn, grow and be ready for success in kindergarten and beyond.

www.FirstThingsFirst.org/quality-first

BASIC NEEDS

Head Start & Preschools

Cocopah Head Start

Cocopah Head Start is a federally funded program that provides free services to support preschool and early learning/development, 3 to 5 years of age, as well as health and well-being for families that meet Head Start eligibility guidelines. Head Start prioritizes services to families with lower income, children with special needs, families experiencing homelessness, or engaged in the foster care system, families receiving public assistance, and other families depending on circumstances and availability. Documents needed for eligibility: Original Birth Certificate; Current immunization records; Proof of income (tax form, TANF letter etc.); Guardianship documentation (if applicable); Physical Exam; Diagnoses (if applicable); Proof of insurance (AHCCCS, Kids Care, Private Insurance etc.); Proof of Residency; Proof of tribal enrollment (if applicable); Parent Identification.

17900 S Cottonwood Dr

Somerton, AZ 85350

928.627.3197

<https://www.facebook.com/cocopahtribe/posts/1718348444934823>

Office hours: Monday to Friday 7:30am to 4:30pm

School hours: 7:30am to 2:30pm

Languages offered: English

Cost: Free

Cocopah Day Care

The Cocopah Day Care is a child care center for children 3-12 years of age who are enrolled in a federally recognized tribe. We provide nutritious meals, child care, tutoring, and provide parents informational flyers that may interest them. We have CPR and First Aide certified staff to ensure the children's safety at all times.

14281 S Centre Ave

Somerton, AZ 85350

928.627.3729 Ext. 20

www.facebook.com/CocopahDaycare

Hours: Mon – Fri 8 a.m. – 5 p.m.

Languages offered: English

Cost: Free

Early Steps Program

The Early Steps Program is a free voluntary home visitation program designed to help with the challenges of parenting and achieving goals that are important to you and your family. Your home visitor will work with you and your family in the areas of early childhood development, health, and the importance of early literacy. Being a parent is both very rewarding, but also challenging. Home visitation can guide you in helping your child grow, learn and thrive.

14515 S Veterans Dr

Somerton, AZ 85350

928.722.7536

928.372.7546

<https://www.facebook.com/groups/1030211004173658/>

Hours: Mon – Fri 8 a.m. – 5 p.m.

Languages offered: English

Cost: Free

Housing & Nutrition Resources

Cocopah Indian Housing and Development (CIHAD)

The Cocopah Indian Housing and Development (CIHAD) is an independent organization created by the Cocopah Tribe to establish a strong cohesive and financially stable community. CIHAD exists to provide safe, decent and sanitary housing for every tribal member and to encourage members already living on the Reservation to remain and to encourage members now living off-reservation to return.

10488 W Steamboat St

Somerton, AZ 85350

928.627.8863

Hours: Mon.- Fri. 8 a.m. – 5 p.m.

Languages offered: English

Cost: Free

Cocopah Elder Nutrition

The Cocopah Elder Nutrition program provides Cocopah Tribal Members who are 55 years or older the following services: Home delivered meals, transportation, information and referral services, nutrition counseling, support services, advocacy and low-income home energy assistance.

14515 S Veterans Dr

Somerton AZ 85350

928.627.1148

Hours: Mon.- Fri. 8 a.m. – 5 p.m.

Languages offered: English

Cost: Free

FAMILY SUPPORT

Art & Recreation Resources

Cocopah Parks Community Center

A safe, fun environment offering recreational and social activities to Cocopah tribal members of all ages. Provides scheduled activities in the Arts, Sports and Fitness, Music and Dance and much more. The center houses a gym, computer room and recreation room which are open for tribe members use daily. The community center employs experienced recreation staff who are trained to ensure tribal members needs are met and all community members feel welcome. Community Center activities can be found on the Cocopah Community Center official Facebook page.

14281 S Centre Ave,
Somerton, AZ, 85350
928.627.5658

<https://www.facebook.com/groups/597209651915119/>

Hours: Mon.- Fri. 7 a.m.-7 p.m.

Languages offered: English

Cost: Free

Cultural Resources Department

The Cocopah Cultural Resources Department serves the Cocopah community by protecting cultural resources, both past and present, as well as engaging in programs to build a brighter future for the Cocopah culture. Cocopah Cultural Resources works with government departments and agencies, both within the Cocopah Tribal Government and with outside organizations to ensure the protection of cultural resources and education about the Cocopah community. Cocopah Cultural Resources also assists Cocopah tribal members who wish to access traditional sites or need traditional plants/animals/knowledge for cultural practices.

14529 S Veterans Dr
Somerton, AZ 85350
928.722.7523

www.facebook.com/cocopahmuseum

Hours: Mon-Fri 8a.m.-5p.m.

Languages offered: English

Cost: Free

Museum

Built in 1996, the Cocopah Museum and Cultural Center feature exhibits on history and culture, meeting spaces, and a gift shop. The Cocopah Museum is a recognized federal repository and its exhibits feature objects and depictions of Cocopah history and culture. Museum guests will see examples of traditional clothing such as bark skirts and leather sandals, modern-day beadwork, pottery, traditional tattoo designs, musical instruments and the Cocopah warriors' display.

14533 S Veterans Dr
Somerton, AZ 85350
928.627.1992
www.cocopah.com/museum.html

Office Hours: Mon - Fri 8 a.m.-5p.m.

Gift Shop & Exhibit Hours: 9am-4pm

Languages offered: English

Cost: No Admission Fee

Reading is vital to a child's ability to learn and be successful in school. And the early literacy skills needed to be a good reader – like language and vocabulary – start developing from birth. But it doesn't happen automatically. A child's brain is not pre-wired for reading.



When babies and toddlers hear words and language from caring adults, their brains develop the important connections needed to learn how to read. Studies show that children whose parents and caregivers regularly talk and read with them develop larger vocabularies, become better readers and do better in school. That's because the first few years of a child's life are when the brain grows and develops the most, and a child's experiences in these early years affect how their brain develops.

Language and early literacy developments starts from the very beginning. Babies are listening in utero, and once they're born, they're communicating through eye contact, facial expressions, crying, smiles and touch. When adults respond with words, conversation and attention, it helps build the child's brain in ways that promote healthy development and learning.



For more information visit:

FirstThingsFirst.org/language-and-literacy

Education & Vocational Resources

Cocopah Education Department

The Education Department exists to address the primary and secondary education issues and concerns of the Cocopah Indian Nation by providing information and funding opportunities which assist the maximum number of enrolled Cocopah Indian students in grades K-12 and higher education.

Programs

■ Higher Education Assistance

The Cocopah Education Department will aid in the funding of graduating high school juniors and seniors with their college or university admissions application fees. The Cocopah Education Department will assist with college or university fees for students who qualify. For more information, contact the Education Department.

■ Johnson O'Malley Program

The Johnson O'Malley program is a math and reading program, with cultural and traditional values integrated for school age children entering kindergarten through 12th grade. The Johnson O'Malley Program is held during the summer months so all Native American school-aged children can participate.

■ Cocopah Summer Youth Program

Cocopah Summer Youth Program is an employment program that is available to high school students who meet the specified criteria and have successfully completed an academic school year. The summer youth program operates during the summer months, please review the K-12 Handbook for further requirements.

14503 S Veterans Dr
Somerton, AZ 85350
928.627.4973

www.cocopah.com

Facebook: www.facebook.com/cocopahtribe

Hours: Mon.- Fri. 8 a.m. – 5 p.m.

Languages offered: English

Cost: Free

Cocopah Vocational Training Center

The goal of the Cocopah Vocational Training Center is to enable Tribal Members to find unsubsidized employment by providing the education and vocational skills required to be competitive in today's job market.

14250 S Ave I
Somerton, AZ 85350
928.627.8026

Hours: Mon.- Fri. 8 a.m. – 5 p.m.

Languages offered: English

Cost: Free

ManPower

Manpower provides GED and on the job training services for adults. Additionally, emergency services and food assistance are also provided.

9803 W Veterans Pl
Somerton AZ 85350
928.210.4163

Hours: Mon.- Fri. 8 a.m – 5 p.m.

Languages offered: English

Cost: Free

FAMILY SUPPORT

Social Services & Legal Resources

Cocopah Social Services

Cocopah Social Services provides support and services to individuals, families and the Cocopah community to ensure family and community unity. The services the department provides are Child & Adult Protection, enforcement of the Indian Child Welfare Act, and assisting community members in finding & applying for services from other agencies. Financial assistance is limited to foster care payments to foster parents and group homes for Cocopah wards and vulnerable adults of the Court. The Department acts as Fiduciary for Tribal members and medical power of attorneys as ordered by Cocopah Court.

14515 S Veteran Dr
Somerton AZ 85350
928.627.3729

Hours: Mon-Fri 8 a.m. – 5 p.m.
Languages offered: English
Cost: Free

Legal Resources

Prosecutors Department

202 South First Ave., Suite 301-C
Yuma, AZ 85364

928.919.7470

Hours: Mon-Fri 8 a.m. – 5 p.m.

Cocopah Tribal Court

9761 Veterans Pl
Somerton, AZ 85350
928.627.2550 Ext 7507

HEALTH & WELLNESS

Behavioral Health & Family Medicine

Alcohol/Drug Abuse Prevention Program (ADAPP)

The Cocopah Alcohol and Drug Prevention Program (ADAPP) delivers culturally sensitive and competent substance abuse/dependence treatment, education and prevention services to Cocopah tribal members. The goal of ADAPP is to improve functioning and relational stability thereby helping clients to overcome barriers and become productive members of their community and society. Tribal Opiate Response Grant, offers services to tribal members and their families who have been impacted by opiates and the negative outcomes surrounding this epidemic.

Perry Thompson, ADAPP Director
9803 Veterans Pl
Somerton, AZ 85350
928.627.2161
Email: adapp@cocopah.gov

Marcos Nieves, BA, Tribal Opiate Response Director
Email: nievesm@cocopah.gov
Hours: Mon.- Fri. 8 a.m. – 5 p.m.
Languages offered: English
Cost: Free

Cocopah Native Connections

Cocopah Native Connections mission is to empower the community to prevent youth suicide and substance misuse by promoting body, mind and spirit wellbeing to establish balance in their lives. Native Connections services include awareness training, suicide prevention coalitions, screening for depression, suicides and substance abuse, youth togetherness activities, behavioral health referrals, youth after-school program, postvention services, at-risk youth well-check visits and youth counseling services. Native Connection services are available for all Cocopah youth from 9 to 24 years of age.

19515 S Veterans Dr
Somerton, AZ 85350
928.627.2681
www.cocopah.com/departments.html
Facebook: www.facebook.com/profile.php?id=100064448156193
Hours: Mon.- Fri. 8 a.m. – 5 p.m.
Languages offered: English,
Cost: Free

HEALTH & WELLNESS

Behavioral Health & Family Medicine

Fort Yuma Indian Health Services (IHS)

The Cocopah Tribe is served by the Fort Yuma Indian Health Services (IHS). The center provides patient centered medical services in the areas of acute illness, behavioral health counseling, chronic illness management, dental care, laboratory, nutrition, pediatrics, pharmacy, physical therapy, public health nursing, preventive care, social services, and wellness care.

Fort Yuma Health Center
401 Picacho Rd
Winterhaven, CA 92283
760.572.4100

Toll Free: 1.800-862-4911

Weekends and After Hours Nurse-Line: 1.866.896.1585

Pharmacy: 760.572.4119

Dental: 760.572.4226

Hours: Mon-Wed, Fri, 8 a.m. -5 p.m.; Thu. 10 a.m.-5p.m.

Languages Offered: English Cost: Free

Tribal Health Maintenance Programs (THMP)

The Cocopah Tribal Health Maintenance Program (THMP) exists to provide services to support the wellness and healthcare needs of the tribal members to maintain and/or improve the quality of life for the community.

THMP Services Include:

- Non-emergency medical transportation *Restriction may apply
- Medication pickup/ delivery
- Diabetic shoe vouchers
- Eyeglasses vouchers
- Incentives

4526 S Veterans Dr
Somerton, AZ 85350
928.627.2681
Fax: 928.627-2929
www.facebook.com/cocopahthmp

Hours: Mon-Fri 8 a.m. – 5 p.m.

On site Public Health Nurse available every Wednesday

10:00am – 3:00pm

Cost: Free

PUBLIC SAFETY & EMERGENCY SERVICES

Environmental Protection

Environmental Protection Office (EPO)

Jennifer Alspach, EPO Director

14500 S Veterans Dr

Somerton, AZ 85350

928.627.2025

Fax: (928) 627-3115

alspachj@cocopah.com

Emergency Readiness

Office of Emergency Preparedness

14500 S Veterans Dr

Somerton, AZ 85350

928.750.6612

<http://www.cocopah.com/oem/>

Fire Department

Somerton/Cocopah Fire Department

445 E Main St

Somerton, AZ 85350

928.722.7381

Police Department

Cocopah Police Department

14540 S Veterans Dr

Somerton, AZ 85350

928.627.8857