



mercy maricopa
integrated care



Women's Services Directory

A guide to substance abuse and mental health support services

www.MercyMaricopa.org

AZR-16-01-05

Helpful information

Mercy Maricopa Member Services

602-586-1841 or toll-free **1-800-564-5465**

Hearing impaired (TTY/TDD) **711**

Hours: 24 hours a day, 7 days a week

Mailing address

Mercy Maricopa Integrated Care
4350 E. Cotton Center Blvd., Bldg. D
Phoenix, AZ 85040

Online:

www.mercymaricopa.org

Twitter: @mercymaricopa

Facebook: facebook.com/mercymaricopa

Emergency call: 911

Behavioral Health Crisis Line:

602-222-9444 or **1-800-631-1314**;

Hearing impaired (TTY/TDD) at **1-800-327-9254**

Contract services are funded, in part, under contract with the State of Arizona.

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Women's Services Network

Mercy Maricopa Integrated Care's network of providers offers substance abuse and mental health services. Some services are designed especially for women, their children and family members.

Agencies in this directory provide treatment and other services to eligible women. To qualify, you must be eligible for Medicaid. You also may qualify for some of these services through federal Substance Abuse Block Grant (SABG) funding.

Connecting you to care

You can get connected to care. It's easy. Just call Mercy Maricopa Member Services at **602-586-1841** or **1-800-564-5465**; (TTY/TDD) **711** to make an appointment. You can also call to schedule a ride. Member Services representatives are available 24 hours a day, 7 days a week.

Women's Services Network

Referrals to the Women's Services Network: MMICWSN@gmail.com

The Women's Services Network is a group of providers in Maricopa County that specialize in providing services to women. Together with Mercy Maricopa Integrated Care, the network focuses on providing complete, whole-health care and evidence-based services for women. Providers in the network work to reduce barriers women face when seeking care and to promote positive health outcomes.

Women's Services Network agencies:

- Center for Hope of Arizona
- Ebony House
- Lifewell
- Mercy Maricopa Integrated Care
- Native American Connections
- NCADD
- New Casa de Amigas

The Women's Services Network provides:

- Screening and assessments
- Services within Maricopa County jails
- Estrella Jail, screening and assessments
- Placement and transportation upon release
- Case coordination with probation and courts.

- Case coordination with Department of Child Safety
- Evidence-based services, including Thinking for a Change groups and Beyond Trauma
- Job training and placement
- Supportive housing programs
- Locations in Central Phoenix and East Valley
- Transportation to and from all appointments
- Transportation upon release from Maricopa County jails
- Substance abuse and mental health counseling
- Trauma therapy
- Domestic violence support groups
- Self-help groups
- Peer support services and intensive case management
- Family therapy and groups
- Residential and outpatient programs, including day treatment with supportive housing
- In-home visits and monitoring
- 24-hour support and crisis services
- Child care to allow program participation

Recovery through involvement

Many people living with mental illness or substance use concerns find their path to recovery by getting involved. They get involved in their treatment and their community.

Getting involved is an important part of recovery. It can help connect members to services. It also helps members to take charge of their goals.

Mercy Maricopa's Office of Individual and Family Affairs (OIFA) can help you get involved. Just contact them at **602-453-8070** or OIFATeam@MercyMaricopa.org.

Arizona Peer and Family Coalition works to make sure peers and families' have a voice in Arizona's behavioral health system. You can also reach out to them. Just call Vicki Johnson at **480-236-2552** or president@azpeerandfamily.org.

Peer support groups are another helpful resource. They can offer support and education. There are other benefits. They can be:

- A safe place for people to share their experience
- A place to get ideas on ways to cope
- A way to connect with others and possibly make new friends

- A place to remind ourselves that recovery is possible

Peers run the groups for people 18 years and older. Family members and loved ones are welcome to attend groups in support of their loved one. Peer support groups don't replace treatment, but they can be a helpful tool. There's no cost or registration needed.

Mental Health Guild of Arizona sponsors several groups throughout the Valley. For information on available groups, visit www.mentalhealthaz.org/support-groups or call Andy at **480-994-4407**.

When you're facing a crisis

Behavioral Health Crisis Line

If you are experiencing a behavioral health crisis, help is available 24 hours a day, 7 days a week. You can call **602-222-9444**; TTY/TDD **602-274-3360**; or toll-free at **1-800-631-1314**; TTY/TDD **1-800-327-9254**.

Warm Line

The Warm Line is a free and confidential service staffed by peers who have, themselves, dealt with behavioral health issues. You can reach them 24 hours a day, 7 days a week at **602-347-1100**. Warm Line specialists offer peer support for callers who just need to talk.

The National Suicide Prevention Lifeline

If you are having thoughts of suicide or experiencing crisis, you can call the National Suicide Prevention Lifeline at **1-800-273-8255** for immediate assistance. They are available 24 hours a day, 365 days a year.

Casa de Amigas Residential Facility

1648 W. Colter St., Ste. 8, Phoenix, AZ 85015

Phone: 602-265-9987

Childcare: Not available

Capacity: 7

Services include:

- Mindfulness exercises
 - Psycho-educational groups
 - Individual counseling
 - Life skills
 - Relapse prevention
 - Narrative therapy
 - Stress reduction techniques
 - Medication monitoring
 - 12-step facilitation
-

Community Bridges - Center for Hope Day Treatment Program

554 S. Bellview, Mesa, AZ 85204

Phone: 480-461-1711

Childcare: Yes

Capacity: 24 Transitional Housing units for pregnant/postpartum women. 32 children, 6 years old and younger, can stay with their mothers, who are in the intensive day-treatment program.

Services include:

- Programming is available 24-7
- Substance abuse/behavioral health treatment
- Day treatment programs for women living off-campus
- Long-term intensive outpatient
- Standard outpatient programs
- Supportive housing programs
- Onsite child development center
- Prenatal care
- Child birth education and support
- Parenting education
- Developmental services for infants and toddlers
- Parent/child interaction play therapy
- Services for pregnant, postpartum and parenting women

- Individual and group therapy
- Family counseling
- Trauma therapy
- Health and wellness education
- Relapse prevention
- Life skills training
- Transportation
- Peer support
- Employment preparation services

Community Bridges - ASPIRE Outpatient Program

1012 S. Stapley Dr., Bldg. 5, Mesa, AZ 85204

Phone: 480-768-6022

Childcare: Yes

Services include:

- Medication services
- Outpatient treatment program
- Substance abuse and mental health issues
- Individual and group counseling
- Trauma therapy
- In-home visits
- Peer support
- Permanent supportive housing for women
- Transportation
- Onsite childcare
- Families-specific support groups
- Vocational services and support
- Career center

Community Bridges - Permanent Supportive Housing

Mesa, AZ

Phone: 1-877-931-9142

Childcare: Yes

Capacity: 25 permanent supportive housing units; 13 scattered site apartments or single-family homes

Services include:

- Rent based on an individual's ability to pay
- Rent subsidized with federal grant funding
- Safe and affordable living environment
- Case management
- Outpatient services
- Life skills training
- In-home visits
- Transportation assistance
- 24-hour crisis support

The Crossroads for Women

4201 N. 16th St., Ste. 110, Phoenix, AZ 85016

Phone: 602-263-5242

Childcare: No

Capacity: 58 residential beds

Services include:

- Residential substance abuse treatment (30-day and 90-day programs)
- Substance abuse/intensive outpatient treatment
- Assessments
- Individual and group counseling
- 96-hour substance abuse treatment
- Relapse prevention
- Life skills education 12-step program
- Recovery group
- Employment and financial education
- Aftercare
- Drug and alcohol testing

Ebony House - Elba House

Phoenix, AZ

Phone: 602-243-5491

Childcare: Yes (Children up to the age of 10)

Capacity: 10 beds

Services include:

- 24-hour rehabilitative treatment
 - Cognitive behavioral therapy
 - Individual therapy
 - Parenting skills
 - Peer groups
 - Holistic group methodology for:
 - Anger management/conflict resolution
 - Cocaine addiction
 - Co-dependency
 - Family grief and loss
 - Alcohol addiction
 - Single and poly-substance additions
 - Relapse
 - Domestic violence
 - Co-occurring disorders
 - Licensed counselors
 - Case managers
 - Supported housing
-

Ebony House - HIV Care Education and Outreach

32 E. Jackson St., Phoenix, AZ 85004

Phone: 602-254-6180; 602-276-4288

Services include:

- Advanced outreach specialists
- Focus on high-risk African-Americans in Maricopa and Pinal Counties
- One-on-one interventions
- Group counseling
- Highly supportive services to persons with HIV/AIDS
- Rapid HIV testing (by appointment preferred) available at no cost
- Health education and risk reduction sessions
- Case management

La Frontera/Empact

618 S. Madison St., Tempe, AZ 85281

4425 W. Olive Rd., Ste. 194, Glendale, AZ 85302

Phone: 480-784-1514

Sexual Assault Hotline: 480-736-4949

RAINN (Rape, Abuse and Incest National Network)

Hotline: 1-800-656-4673

Q Line: 1-800-5-CRISIS

Childcare: Not available

Services include:

- Behavioral therapy skills
- Cognitive behavioral therapy
- Eye-movement desensitization reprocessing
- Psychiatric services

Family Service Agency

943 S. Gilbert Rd., Ste. 204, Mesa, AZ

Phone: 602-264-9891

Childcare: Not available

Services include:

- Licensed counselors
- Psychiatrist
- Nurse practitioner
- Treatment for co-occurring disorders
- Outpatient groups
- Employment programs
- Group, individual and family counseling
- Group for women with co-occurring disorders
 - Targeting women with substance abuse issues and history of abuse

Lifewell Behavioral Health - Pinchot Gardens Residential

Phoenix, AZ

Phone: 602-808-2825

Childcare: Yes (Children under the age of 5)

Capacity: 53 residential beds for women. 15 beds for children ages 5 and under.

Services include:

- Individual and group counseling
- Relapse prevention
- Trauma counseling
- Anger management
- Health counseling
- Communication counseling
- Treatment for co-occurring disorders
- Nurse practitioners
- Psychiatric evaluation
- Medication monitoring
- Independent living skills
- Childcare
- Parenting classes
- Educational tutoring
- Vocational training

Lifewell Women's Intensive Outpatient Day Treatment

Mesa and Phoenix

Phone: 602-808-2822

Childcare: Not available

Services include:

- Treatment for co-occurring disorders
- Nurse practitioners
- Psychiatric evaluation
- Medication monitoring
- Substance abuse group counseling
- Anger management group counseling
- General mental health group counseling
- Individual counseling

Native American Connections (NAC) - Guiding Star Residential

Phoenix, AZ

Phone: 602-424-2060

Online: intake@nativeconnections.org

Childcare: Yes (Children up to the age of 10)

Capacity: 32 beds

Services include:

- Behavioral health professionals
- Case managers
- Peer support
- Registered nurse monitors client medical needs
- Substance abuse and co-occurring disorder treatment
- Treatment for pregnant/parenting women and their dependent children
- 24-hour therapeutic setting
- Blends conventional treatment with traditional Native American healing practices
- Group, individual and family counseling
- Parenting classes
- Childcare
- Physical wellness classes
- Traditional healing practitioners
- A two-day family treatment program
- 8-week Intensive Outpatient Program (IOP)

National Council on Alcoholism and Drug Dependence (NCADD)

4201 N. 16th St., Ste. 140, Phoenix, AZ

Phone: 602-264-6214

Childcare: Formal childcare not offered. Women can bring infants (usually up to 12 months) to treatment while they arrange for childcare.

Capacity:

- **Weldon House** - 20 apartments for single mothers and their children. Teenage boys are not accepted.
- **Legacy House** - Stopgap housing. Pregnant women are the priority. The house can accept up to six women. Single women and women with one small child (usually under 12 months) are accepted. Women may have visitation while waiting for permanent placement.
- **HER House** - Housing for single women with vocational goals and clinical needs. At present, can accept three women. That may increase.

Services include:

- Licensed counselors
- Vocational counselors
- Psychiatric nurse practitioner
- Psychologist
- Case managers
- Peer support
- Treatment for co-occurring disorders
- Group, individual and family counseling
- GED preparation courses
- Vocational counseling
- Parenting classes
- Credit counseling
- Relapse prevention group
- Supportive housing for women and their children
- Healthy Connections, an intensive case management program for pregnant women with substance abuse issues

New Horizons Counseling

5062 N. 19th Ave., Ste. 102, Phoenix, AZ

Phone: 623-939-6567

Childcare: Not available

Services include:

- Master's level counselors
- Psychiatric nurse practitioner
- Specialized women's mental health treatment
- Treatment of clients with co-occurring disorders
- Individual counseling for women's issues with female counselors
- Domestic violence group (for women offenders)
- Domestic violence survivors group
- Post-traumatic stress disorder issues (female instructor)
- Parenting education program (female instructor)
- Licensed substance abuse counselors
- Social workers
- Counselors
- Specialized counseling for individuals diagnosed with a serious mental illness
 - Domestic violence
 - Anger management

Terros (formerly NOVA)

7022 N. 48th Ave., Glendale, AZ
4425 W. Olive Ave., Ste. 200, Glendale, AZ

Phone: 623-937-9203

Childcare: Not available

Services include:

- Licensed counselors
- Licensed social workers
- Psychiatric nurse practitioners
- Substance abuse clinicians
- Peer support services
- Treatment for co-occurring disorders
- Medication management
- Group and individual counseling
 - Mood management
 - Women’s empowerment
 - Anger management
 - Substance abuse (36 or 72 hours)
 - Groups may satisfy court-required treatment

Valle del Sol

Avondale, Phoenix, Mesa, Tempe

Phone: 602-258-6797 or 602-258-6797, extension 160

Childcare: Not available

Services include:

- Trauma-informed care at all sites
- Mental health and substance abuse treatment
- Licensed counselors
- Clinicians
- Nurses/nurse practitioners
- Psychiatrists
- Peer support
- Well-women, primary care services (central Phoenix)
- Integrated outpatient behavioral health
- Individual, family and group counseling
- General mental health women’s group
- Healthy living group
- Women in recovery group

- Methadone and suboxone maintenance (central Phoenix/east Valley)
(Group attendance is required in opiate treatment programs)
- Court-ordered treatment
 - DUI education and treatment groups
 - Gender-specific domestic violence groups for offenders
 - Parenting groups
 - Anger management
 - Substance abuse

