

Healthy Families Flagstaff Newsletter

April 2022



WELCOME TO SPRING!

Family Snack!

Trail Mix Recipe

This trail mix recipe is super simple to make and perfect for on-the-go snacks! Ready in 5 minutes and easily customizable with all your favorite mix-in's!

Prep Time: 5 minutes Total Time: 5 minutes

Servings: 8

Ingredients

- 1 cup cashew halves, or nut of choice
- 1 cup peanuts, or nut of choice
- 1/2 cup almonds
- 1 cup raisins or dried cranberries
- 1/2 cup M&M's

Instructions:

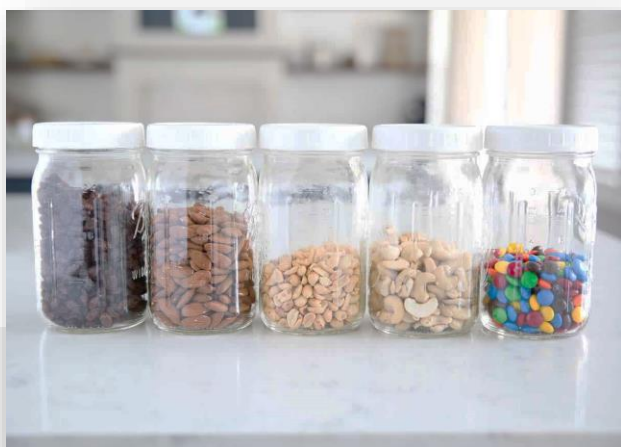
In a large bowl, combine the cashews, peanuts, almonds, raisins, and M&M's. Stir until combined.

Store trail mix in a mason jar or zip top bag.

Optional mix-in's:

Pretzels, mini marshmallows, cheerios, gold fish or teddy grahams, Chex or golden grahams, sunflower seeds, granola, dried fruit, candied nuts or pecans, chocolate or yogurt covered raisins, apple chips.

<https://www.iheartnaptime.net/kids-trail-mix/>



*"Where flowers bloom, so does hope."
Lady Bird Johnson*

FAMILY GRADUATION MARCH 2022

We are excited to congratulate 2 families who have completed the 5 year Healthy Families program.



Thank you for allowing us to be part of your family.



PROGRAM OVERVIEW

About the Healthy Families Program:

The Healthy Families program provides free, in-home family support services to any family living in, and within, a 50-mile radius of Flagstaff who is expecting a baby or has a baby less than 3 months old. The frequency of visits starts with 3 to 4 visits a month and can be adjusted based on the type of support that is suitable for your family. We believe you are the best family your baby can have!

After completing an interview with the Family Resource Specialist, what can be expected from the Healthy Families program?

- Expect an introductory call from your Family Support Specialist (FSS) within 7 working days of the interview.
- During this call, your FSS will schedule your first home visit.
- Thereafter, your FSS will schedule home visits with you on a weekly basis. If there is day and time of the week that consistently works best for you this is the perfect time to inform your FSS.

What occurs during the weekly home visits?

- Your Family Support Specialist will take the time to get to know you and your family so that you are getting the support and resources tailored for you and your family
- Routine screening to monitor your child’s development with informative feedback about ways to support their development. Screenings for your health and well-being
- Information and referrals to community resources and services (WIC, housing, childcare, health care, job training, GED, school readiness, etc.).

SAVE THE DATE!

FireWise Community Principles and Practices.

Downtown Library: 300 W. Aspen Ave

May 26th @ 6:00pm



Meet the Team

Team photo left to right: **Erika Escobar-Rodriguez** (Family Support Specialist), **Heike Kelly** (Family Resource Specialist), **Angeles Arenas** (BSW Intern), **Geri Gordy** (Family Support Specialist), **Tamara Littlesalt-Butler** (Program Manager), **Helaman Garcia** (Program Supervisor).

Contact

<i>Program Manger:</i> Tamara Littlesalt-Butler tlittlesaltbutler@coconino.az.gov (928) 679-7216 (office)	<i>Family Resource Specialist:</i> Heike Kelly hkelly@coconino.az.gov (928) 679-7221 (office)
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Healthy Families Program Agreement

We, _____ & _____ agree to the following:
Name of Caregiver Name of Family Support Specialist

Our Home Visit Schedule:

A day and time of the week that will consistently work best for our schedule is:

Circle a day of the week: Mondays Tuesdays Wednesdays Thursdays Fridays

Write in a 1-hour time frame between _____
8am to 5:30pm: _____

We understand that situations change, so if this day and time no longer works for you feel free to let me know so we can make the adjustment.

What happens if I am unavailable to meet with you, my FSS?

- At least an hour before our scheduled home visit, please contact me by text, phone or e-mail to cancel our home visit. I will then reach back out to you to reschedule for an alternative date and time that week.

What happens if you're unavailable to meet with me?

- When I am unavailable due to a scheduled training, a planned vacation, or any other type of planned leave, another available FSS or the Program Manager will proceed with our home visit.
 - In this instance, a 2-week advance notice will be provided to you.
 - At this time, I will introduce you to your substitute FSS so that when the visit occurs you are not surprised.
- When I am unavailable to meet with you due to an unscheduled emergency or illness, I will text or call you to cancel the home visit. I will then follow up with you to see if we can reschedule for an alternative date and time that week.

What is the program's policy regarding COVID?

- To maintain the health and safety of the family and the FSS, the program can provide a virtual option for up to two home visits or until the contagious period ends in the event a family member or the FSS is exhibiting symptoms of COVID or any contagious illness that might pose a risk to you and/or the child.
- In this instance, please notify me immediately if you would like to conduct a home visit virtually.

