

A New Diagnosis: What Do I Do Now?

Whenever you receive news that your child has a congenital anomaly – whether it's during pregnancy, after birth, during the infant years or later – it can be distressing and can lead you and your family to experience a range of emotions including shock, anger, denial, fear, guilt, sadness, and helplessness. Remember, there are supports and resources to help when you want or need help.

If you're not sure where to start, contact the [Office for Children with Special Health Care Needs](#) by telephone at 602-542-1860/1-800-232-1676 or by email at OCSHCN@azdhs.gov.

Lots of information is available through Arizona's support and information networks you can simply check out on your own. Click on the hyperlinks below to learn more about what programs are available for your family.

The [Arizona Early Intervention Program](#) provides services to children from birth to age 3, who are at risk for a developmental delay.

The [Children's Rehabilitative Services Program](#) serves children birth and adults who have some of the most serious health conditions and are enrolled in [Arizona Health Care Cost Containment System](#) (AHCCCS). Arizona's Long Term Care System provides care to children and adults with a physical or developmental disability who need the type of daily care a nurse might provide. If you've not yet applied for coverage, you can do so at [Health-e-Arizona Plus](#).

The [Division of Developmental Disability](#) provides services to children at risk of having a developmental disability (up to age six) and those over age six with a diagnosis of epilepsy, cerebral palsy, cognitive/intellectual disability or autism.

[Emily Center Family Health Library](#) offers families of children access to pediatric health information, books, videos and online resources that that is accurate, easy to understand and free of charge.

[Pilot Parents of Southern Arizona](#) provides a wide variety of programs and services that support families of children with disabilities.

[Raising Special Kids](#) offers a connection to families in Arizona are connected with veteran "mentor" parents who have walked a similar path, and who understand the challenges of raising a child with a disability or special health care need.

The [Regional and Tribal Behavioral Health Authorities](#) (RBHA & TBHA) provide community based behavioral health services to children and adults.

[Strong Families AZ](#) (SFAZ) is a network of home visiting programs that helps families raise healthy children ready to succeed in school and in life. SFAZ partners specialize in an array of programs from teaching parents how-to be their child's first 'teachers'; to providing guidance and information in regards to developmental milestones; to early childhood literacy and optimal physical and emotional health for their young children.