



Health Choice Integrated Care Crisis Support Resources -Goodwin Fire

- Our 24/7 Crisis Line is available at 877-756-4090. We are prepared to provide recent fire information and shelter resources. Mobile crisis services are also available and can be accessed through this number.
- If you have forgotten your medications during evacuation, HCIC Pharmacy Help Desk can help you to get a refill **1-877-923-1400**
- West Yavapai Guidance Clinic, Southwest Behavioral Health Services and Child and Family Support Services are providing support and wellness checks to members.

<p>West Yavapai Guidance Clinic: 642 Dameron Dr. Prescott, AZ 86301 928-445-5211</p>	<p>Southwest Behavioral Health Services: Florentine Rd. Ste. 201 Prescott Valley, AZ 86314 928-772-1610</p>	<p>Child and Family Support Services: 8652 E. Eastridge Dr. Ste. 103 Prescott Valley, AZ 86314 928-775-2500</p>
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Most recent information on Goodwin Fire can be found at: Inciweb; <https://inciweb.nwcg.gov/incident/5278/>

Shelters Available: Red Cross Shelter Bradshaw Mountain High School at 6000 Long Look Drive, Prescott Valley AZ 86314

Animal Shelter: Animal Disaster Services is on site at Red Cross Shelter for small animals. Large animals can be taken to the Coors building at the old horse track at 10501 East State Rte 89A. Large animal owners will need provide containers for feeding and watering. Water is available on site.

If you have to evacuate here are some things to consider taking with you.

Evacuation List:

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| <ul style="list-style-type: none"> • Prescriptions/pills • Important papers • Prescription Glasses/dentures • Personal hygiene items • Additional clothing • Sleeping bags, blankets, pillow • Baby food, bottles, diapers, change of clothes • Checkbook, credit cards/cash • Drivers License | <ul style="list-style-type: none"> • Pets, bowls, leash or carrier, recent photo • Turn off gas and electric, or • Unplug or turn off all appliances (except fridge and freezer) • Lock doors and windows • Tie a white towel or large white cloth on front door • Close drapes and blinds • Secure in/outdoor possessions |
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Shelter In place with smoke impacts:

Please keep window and doors closed, put a wet towel at the bottom and around windows and doors if necessary. Do not use evaporative coolers however most air conditioning units can filter light to moderate smoke. If you are using oxygen please keep it close by and contact your health care provider soon if you need assistance with more. Don't hesitate if you feel impacted by smoke, seek medical attention right away.

Practice Self-Care

You may have experienced a major, life-changing event. It is normal to be experiencing distress, confusion, and sadness. Here are some common symptoms experienced by people coping with disaster, keeping in mind this list is not all-inclusive:

- Shock, disbelief
- Tension and irritability
- Fear, anxiety, guilt
- Difficulty making decisions
- Emotionally numb
- Loss of appetite
- Anger
- Sadness
- Sleep disturbances, nightmares
- Feeling powerless and/or hopeless
- Headaches, back pain, stomach issues
- Fatigue, low energy
- Trouble concentrating
- Desire to be alone

It is important in situations like this to practice self-care, and allow others to do the same. Self-care means listening to what you need in the moment and then doing that. If you need more sleep, then sleep. If you need to take frequent breaks, take breaks. It is honoring what you need without judgment or guilt, and allowing others to do the same. It is giving yourself space, time, and comfort to heal.

Here are some important self-care tips to remember:

- Be mindful, aware in the present moment of your needs and honor them without judgment
- Talk with others
- Connect socially
- Eat well
- Exercise
- Get plenty of sleep
- Be kind and gentle with yourself
- Maintain a routine
- Take frequent breaks
- Avoid drugs and alcohol
- Remember – it will not always be/feel this way
- Engage in your spiritual practice
- Express your feelings in healthy outlets

Please remember Help is always available 24/7 HCIC Crisis Line 1 (877) 756-4090