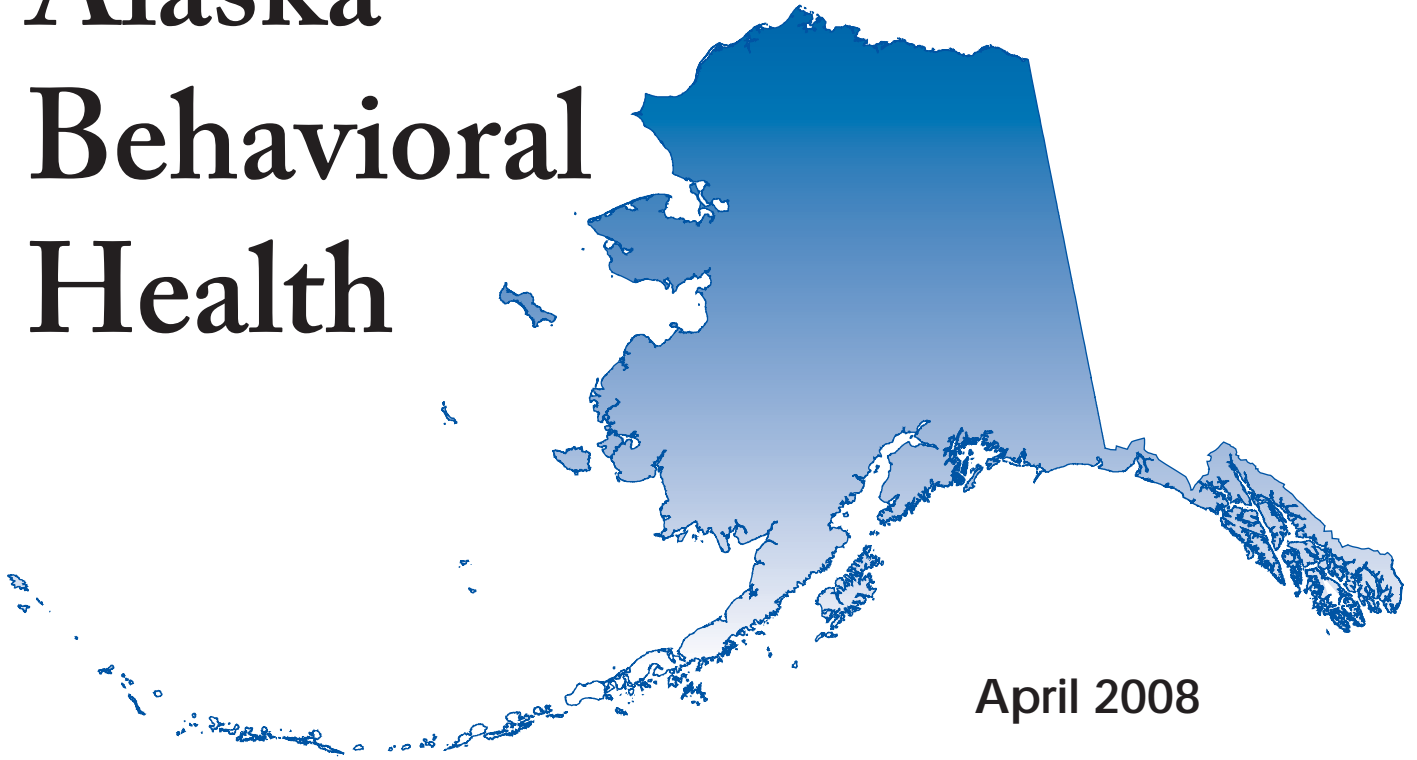


Alaska Behavioral Health

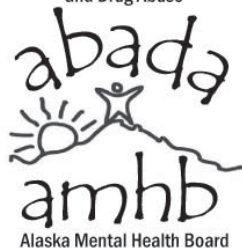


April 2008

Resource Guide

*Finding help
when you need it*

Advisory Board on Alcoholism
and Drug Abuse



Advisory Board on Alcoholism
and Drug Abuse



Treatment Works.

Recovery Happens.

Funded in part by
The Alaska Mental Health Trust Authority

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This resource guide is designed to take you directly to help. (See Sections 1 and 2). Information and education about behavioral health are provided in the remaining sections.

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*Listings are based on best information available as of June 2007. Send updates to the Advisory Board on Alcoholism & Drug Abuse/Alaska Mental Health Board, 431 N. Franklin St., Suite 200, Juneau, AK 99801-1121.

Introduction

This guide has been designed to assist Alaskans in identifying state and community resources available to better understand and treat behavioral health problems. For this document, behavioral health is defined as a person's response to difficulties that result in that person experiencing a mental illness or substance use disorder. Because there is no barrier to age, race, economic level, religion, or family background as to who may experience a mental illness and/or a substance use disorder, the services described are targeted to individual needs.

While we have included the majority of services, there are sure to be other resources not listed in these pages. For that reason, the developers of this guide encourage individuals to look beyond these pages to faith-based programs, private agencies or therapists in communities, internet education, on-line support groups, 12-step groups, and trusted family or friends.

Research shows that all of us need support and connection with others and each of us needs to have many sources of support. Please, don't be afraid to continue to seek assistance and support that best fits the needs you or a loved one are experiencing. None of us are less than any other, and **all of us are entitled** to not only ask for help, but to keep asking for that help. There is no wrong question.

If you see any errors or omissions, please inform us through our websites where there is also an electronic version.

www.hss.state.ak.us/abada/

or

<http://hss.state.ak.us/amhb/>

Thank you.

Section 1. Some First Steps

Because you have opened this resource guide, it is likely that you or someone you know is struggling with a mental health and/or a substance use issue. You are looking for help and are wondering where to start.

See Your Doctor or Clinic

When you are physically sick and not getting better, you turn to your doctor or health clinic. The same approach works when your mental health and/or substance use are causing you to question what you are experiencing. Start with your personal doctor or the health care professional who takes care of you most frequently. They can assist with a plan of action and refer you to addiction and mental health professionals if necessary.

Addiction and Mental Health Care Professionals

You may choose to go directly to an addiction or mental health service in your community. Many smaller Alaskan communities have a Rural Human Services worker (also known as a village-based counselor, family service worker, or behavioral health aide) who provides substance abuse and mental health services. They can be found in Section 2 for each community.

Psychiatrists, Psychologists, Social Workers, Nurses, Therapists, Behavioral Health Aides, and Counselors—Who Does What?

Just as a heart patient may need the services of a cardiologist, nurse, physical therapist, dietitian and other medical services, a person with an addiction or mental illness may benefit from the services of several types of substance abuse and/or mental health professionals. Extensive research shows that our mental health difficulties and substance abuse problems are very closely related. For this reason, more professionals are able, or learning, to give assistance in both areas.

A psychiatrist is a medical doctor specializing in psychiatry, the branch of medicine that deals with mental and emotional disorders. Since psychiatrists are physicians, they can prescribe medications. They treat substance use and mental health disorders.

Psychologists are PhD-credentialed scientists who study human behavior, both normal and abnormal. They focus on the environmental and learning-based causes of mental health and substance abuse problems.

Psychiatrists, psychologists and other behavioral health professionals such as social workers, counselors, and clinicians can help the recovery process as they help identify the external factors that may be impacting a person's behavioral health. This is the same as the heart patient who takes medication but also needs to learn new eating habits and develop coping skills for external factors such as stress.

Recovery refers to the ways in which people with a mental illness and /or addiction experience and manage their disorders in the process of reclaiming their life in their community. Recovery-oriented care is what mental health and addiction treatment and rehabilitation service workers offer in support of a person's recovery.

Recovery is a different process for every person. Like any kind of illness or disorder, it takes time to determine the extent of the problem, the possible treatment, medication, and lifestyle changes needed. Remember: treatment works and recovery does happen!

Emergency Care

If you are having a behavioral health crisis such as thoughts of suicide, immediately go to your closest hospital emergency room or call the statewide hotline **1-877-266-4357**. All Alaska hospital emergency departments are prepared to assist and connect you with behavioral health services that would be most beneficial for you. If you are in a location where access to hospitals/ phones are not available, please reach out to your local clinic, a friend, or family member to get connected to emergency care.

If you are a veteran and having thoughts of harming yourself, **1-800-273-8255** is the national hotline specifically designated for you. If you are a family member or concerned friend of a veteran, please feel free to call this number for assistance as well.

Hospitals & Residential Treatment Services

For the most serious cases, a stay at a residential facility or a hospital with a specialized unit for behavioral health treatment may be called for. Alaska Psychiatric Institute (API), in Anchorage, is Alaska's only state run psychiatric hospital. Other hospitals in Anchorage, Juneau and Fairbanks also have psychiatric units.

Education and Information

This guide provides you with a list of resources that offer additional support and information about behavioral health. Included in the back is a glossary of basic terms and a definition of behavioral health.

Section 2. Finding Resources in Your Community

This section helps you find the behavioral health services available in your area of Alaska. Communities are listed alphabetically.

With the exceptions of the toll-free 800 numbers, all area codes for phone numbers listed here are 907 (Alaska's area code).

In larger communities there are many private behavioral health providers. We are not able to list all medical or other professional groups individually. You can find them in the Yellow Page listings in your phone book under these categories:

Counselors

Drug Abuse & Addiction- information & treatment

Mental Health Services

Social Workers

Psychologists

Physicians & Surgeons-MD Psychiatry

Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

Alaska Statewide

Access Alaska (serves Southwest AK & Aleutian chain, Anchorage, Fairbanks, and Wasilla)

Targeted to consumers experiencing a major mental illness or a traumatic brain injury. Service Coordination, Case Management, Support groups, & Peer support.

248.4777 or (800) 770.4488

121 W. Fireweed Ln., St. 105, Anchorage, AK 99503

www.accessalaska.org

Advisory Board on Alcoholism & Drug Abuse (ABADA)

SA Planning, Coordinating, Educating, Advising, Evaluating, & Advocating

465.8920 or (888) 464.8920

431 N. Franklin St, Suite 200, Juneau, AK 99801

www.hss.state.ak.us/abada/

Alaska Mental Health Consumer Web

Peer support, Information, Referrals, & Resources

222.2980

1248 Gambell Street, Anchorage, AK 99520-2162

www.akmhweb.org

Alaska Brain Injury Network

Information, Referral, Peer Support groups, & Advocacy services

274.2824 or (888) 574.2824 – in Alaska

3745 Community Park Loop, Suite 240, Anchorage, AK 99508

www.alaskabraininjury.net/

Alaska Mental Health Board (AMHB)

MH Planning, Coordinating, Educating, Advising, Evaluating, & Advocating

465.3071 or (800) 478.6422

431 N. Franklin St, Suite 200, Juneau, AK 99801

www.hss.state.ak.us/amhb/

Alaska Mental Health Trust Authority (AMHTA)

Advocacy, Planning, & Funding for BH services

269.7960

3745 Community Park Loop, Suite 200, Anchorage, AK 99508

www.mhtrust.org/

Alaska Psychiatric Institute/Alaska Recovery Center

MH IP Telepsychiatry

269.7100 or (888) 825.5274

2900 Providence Drive, Anchorage, AK 99508-4677

hss.state.ak.us/dbh/API/default.htm

Alaska Statewide Careline Crisis Intervention

Intervention information & referral services for individuals considering suicide or suicidal thoughts and concerned family/friends

(877) 266.4357 or for Fairbanks 452.4357

www.hss.state.ak.us/suicideprevention/

Alaska Youth and Family Network

Peer Navigation, Advocacy, Training, Information & Referral, Recovery Mngt for Youth, & Specialized Parenting Classes. Targets youth with a behavioral health problem

770.4979 or (888) 770.4979

P. O. Box 23-3142, Anchorage, AK 99523-3142

www.ayfn.org/

Alaska VA Healthcare System

BH OP DeTox

257.4700 or (888) 353-7574

2925 DeBarr Rd., Anchorage, AK 99509-2989

www1.va.gov/directory

Alcoholics Anonymous – Alaska

12-step Support Group Targeted to individuals interested in quitting drinking

www.area02alaska.org/

Consumers Consortium

Fellowship of Alaska Behavioral Health Organization

Peer Support & Consumer Driven Services

262.2824

54932 Burdock Rd., Kasilof, AK 99610

www.consumersconsortium.org

Department of Health & Social Services

Alaska's governmental department that serves to promote and protect the health & well-being of Alaskans. Within the Department are Divisions that further this mission.

www.hss.state.ak.us/

BH= substance abuse & mental health treatment
Casemngt=casemanagement
DeTox=detoxification

DV=domestic violence service
IP=inpatient services
MH=mental health treatment

OP=outpatient services
Res=residential
SA=substance abuse treatment

Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

Disability Law Center

Provides legal advocacy services for people with disabilities

565.1002

3330 Arctic Blvd, suite 103, Anchorage, AK 99503

www.dlcak.org

Ionia, Inc.

MH Peer Support Consumer-Run

262.2824

54932 Burdock Road, Kasilof, AK 99610

www.ionia.org

NAMI statewide (National Alliance on Mental Illness)

Education, Support, Advocacy

277.1300 or (800) 478-4462

144 W. 15th Avenue, Anchorage, AK 99501

www.nami.org

(go to Alaska from this national site)

Stone Soup Group

Parent Navigation, Advocacy, Parent Training & Information Center on Special Education, & Positive Behavioral Support Training targeted to families who have youth with developmental disabilities, traumatic brain injury, and/or fetal alcohol spectrum disorders

561.3701 or (877) 786.7327

3350 Commercial Dr. Suite 100, Anchorage, AK 99501

www.stonesoupgroup.org/

Aleutian/Pribilof Islands

(Aleutian Serves -Adak, Akutan, Cold Bay, False Pass, King Cove, Nelson Lagoon, St. George, Sand Point, & Whittier) (Pribilof serves – Atka, Dutch Harbor, Fort Glenn, Nikolski, St. Paul, & Unalaska)

Aleutian/Pribilof Island Association, Inc.

Aleutian Counseling Centers

MH SA OP Telepsychiatry

564.8301

P.O. Box 65, St. Paul Island, AK 99660

581.2742

Box 1130, Unalaska, AK 99685

www.apiai.org

Eastern Aleutian Tribes, Inc.

MH SA Telepsychiatry

277.1440 or (800) 478.2673

P.O. Box 527, Sand Point, AK 99661

www.easternaleutiantribes.com

Iliuliuk Family & Health Services, Inc

BH OP

581.1202 or 24 hour crisis line: 581.1233 UPD

P.O. box 144, Unalaska, AK 99685

www.ifhs.org

Unalaskans Against Sexual Assault & Family Violence (USAFV)

DV Shelter Advocacy

581.1500 or (800) 478.7238

156 W. Broadway, Unalaska, AK 99685

Anchorage

Access Alaska

BH OP

Targeted to all ages

248.4777 or (800) 770-4488

121 W. Fireweed Ln., Ste. 105, Anchorage, AK 99503

www.accessalaska.org

Akeela, Inc.

SA OP Res

565.1200

4111 Minnesota Dr., Anchorage, AK 99503

www.akeela.org

Alaska Baptist Family Services

MH Res

Targeted to boys ages 12 to 18 yrs

349.2222 x 203

1600 O'Malley Rd., Anchorage, AK 99507

www.alaskabaptistfamilyservices.com/

Alaska Children's Services

MH SA OP Res & therapeutic foster homes

Targeted to youth, 5 – 18 yrs & their families

346.2101

4600 Abbott Road, Anchorage, AK 99507

www.acs.ak.org

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Casemngt=casemanagement

DeTox=detoxification

DV=domestic violence service

IP=inpatient services

MH=mental health treatment

OP=outpatient services

Res=residential

SA=substance abuse treatment

Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

Alaska Women's Aid in Crisis (AWAIC)

DV Shelter Transitional living Casemngt Advocacy

Targeted to women & children

272.0100 – crisis line

www.awaic.org

Alaska Women's Resource Center

SA DV OP RES

276.0528

610 C Street, Anchorage, AK 99501

www.awrconline.org

Alaska Youth & Parent Foundation

Outreach & Residential services for homeless & severely emotionally disturbed youth

243-9502

P.O. Box 232053, Anchorage, AK 99523-2053

www.aypf.ak.org

Anchorage Community Mental Health Services

MH OP Casemngt & Child Trauma Center

Specializes in services for individuals experiencing a severe mental illness.

563.1000

4020 Folker St., Anchorage, AK 99508

www.acmhs.com

ARC of Anchorage

BH

Targeted to individuals with a developmental disability

TTY 258.2232

2211 Arca Drive, Anchorage, AK 99508

www.arc-anchorage.org

Assets, Inc

MH Assisted living & supportive employment services

279.6617

2330 Nichols St, Anchorage, AK 99508-3495

www.assetsinc.org

CHOICES, Inc. - Consumers Having Ownership in Creating Effective Services

BH OP Community reintegration & skills development services

Targets young adults ages 18 – 25 yrs

333.4343

1569 S. Bragaw, Suite 200, Anchorage, AK 99508

Cook Inlet Tribal Council, Inc.

BH DeTox OP IP Res Casemngt & Cherish the Children project

793.3600 or (877) 985.5900

3600 San Jeronimo Dr., Anchorage, AK 99508

www.citci.com

Covenant House

Advocacy, Transitional Living Program, Shelter, Health Care Services

targets homeless youth ages 13 – 20 yrs.

1.800.999.9999 – crisis or talk line

609 F St., Anchorage, AK 99510-3533

www.covenanthouse.org

Denali Family Services

BH OP Care Coordination Assisted Foster Homes targeted for children with intensive behavioral health care needs

274.8281 or (888) 337.6525

1251 Muldoon Rd, Anchorage, AK 99504

www.denalifs.org

Elmendorf AFB Alcohol Drug Abuse Program

SA DeTox OP

257.4854

2925 Debarr Road, Anchorage, AK 99508

www.elmendorf.af.mil

Genesis Recovery Services

SA MH OP Res

243.5130

2825 West 42nd Avenue, Anchorage, AK 99517

www.genesisrecovery.org

Hope Community Resources

Therapeutic Foster Care OP Wrap Around Services Targeted to youth birth – 21 yrs., with dual diagnosis of MH & DD

550.6551 or (800) 478.0078

3500 E. 20th Ave. Anchorage, AK 99518

www.hopealaska.org

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MH=mental health treatment

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Res=residential
SA=substance abuse treatment

Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

NAMI/Anchorage

Family Support & Advocacy

272-0227

P.O. Box 243302, Anchorage, AK 99524-3302

www.nami.org

(go to Alaska from this national site & then Anchorage)

Narcotic Drug Treatment Center, Inc.

Center for Drug Problems

SA DeTox OP

Methadone (Maintenance & DeTox)

276.6430

520 East 4th Ave, Suite 102, Anchorage, AK 99501

www.ndtc.ak.org

North Star Behavioral Health

MH OP Res IP

258.7575 or (800) 458.7575

2530 DeBarr Road, Anchorage, AK 99508

www.northstarbehavioral.com

Programs for Infants & Children, Inc

Early intervention services for infants and children ages 0 - 3 with developmental delays or disabilities

561.8060

3330 Arctic Blvd, suite 101, anchorage, AK 99503

www.picak.org

Providence Behavioral Health

MH OP Res Hospitalization

Crisis recovery center – 563.3200

Psychiatric emergency – 261.2800

Adult mental health – 261.4843

Adolescent mental health – 261.4843

3200 Providence Drive, Anchorage, AK 99508

www.providence.org/alaska/bhs

Rural Alaska Community Action Program (RuralCAP)

SA homeless outreach project & Headstart programs

279.2511 or (800) 478.7227

P.O. Box 200908, Anchorage, AK 99520

www.ruralcap.com/

The Salvation Army Alaska Division

Booth Memorial

BH OP Res targeted towards young women (12 – 18 yrs) & their families

279.0522

3600 E. 20th Ave, Anchorage, AK 99508

Clitheroe Center

BH IP OP Res Casemngt & Detox

276.2898

P.O. Box 190567, Anchorage, AK 99508

www1.salvationarmy.org/Alaska

Southcentral Foundation Behavioral Health Services

BH OP Res

729.3250 or 729.2500 option 2

4320 Diplomacy Drive, Anchorage, AK 99503

<http://www.southcentralfoundation.com/bhs.cfm>

Standing Together Against Rape (STAR)

DV & sexual assault Advocacy

276.7273 or (800) 478.8999

1057 W. Fireweed Ln, #230, Anchorage, AK 99503

www.staralaska.com

Volunteers of America – Alaska

Arch & Assist Programs

SA Res OP targeted to 12 – 18 yrs

279.9634

1675 C St. Suite 201, Anchorage, AK 99501

www.voaak.org

Barrow

(serves – Anaktuvuk Pass, Atkasuk, Kaktovik, Nuiqsut, Point Lay, Prudhoe Bay, & Wainwright)

Arctic Women in Crisis

DV

852.0261

4470 N. Star St., Barrow, AK 99723

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DV=domestic violence service
IP=inpatient services
MH=mental health treatment

OP=outpatient services
Res=residential
SA=substance abuse treatment

Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

NAMI Barrow

Education, Support, Advocacy

852.3006

P.O. Box 786, Barrow, AK 99723

www.nami.org

(go to Alaska from this national site & then Barrow)

North Slope Borough Health & Social Services Department

BH OP & Res targeted to youth in need DV shelter

852.0366

P.O. Box 69, 5200 Karlouk Street, Barrow, AK 99723

www.north-slope.org/departments/health

Arctic Slope Native Association

BH village aides

852.2762 or (800)478.3033

P.O. Box 1232, Barrow, AK 99723

Bethel

(serves – Akiachak, Akiak, Alakanuk, Aniak, Anvik, Armautluak, Chefornak, Chevak, Chuathbaluk, Crooked Creek, Eek, Emmonak, Grayling, Holy Cross, Hooper Bay, Kasigluk, Kipnuk, Kongiganak, Kotlik, Kwethluk, Kwigillingok, Lime Village, Lower Kalskag, Marshall, Mekoryuk, Mt. Village, Napakiak, Napaskiak, Newtok, Nightmute, Nunam Iqua, Nunapitchuk, Oscarville, Pilot Station, Pitka's Point, Quinhagak, Red Devil, Russian Mission, Scammon Bay, Shageluk, Sheldon Point, Sleetmute, St. Mary's, Stony River, Toksook Bay, Tuluksak, Tuntutuliak, Tununak, & Upper Kalskag)

Yukon-Kuskokwim Health Corporation (YKHC)

BH Res OP serves adults & adolescents

543.6100 or (800) 478.2642 (All of Kuskokwim area)

P.O. Box 528, Bethel, AK 99559

www.ykhc.org

Tundra Women's Coalition

DV Shelter Advocacy serves women & children

543.3456 or (800) 478.7799 – crisis line

P.O. Box 2029, Bethel, AK 99559

www.twcpeace.org

Copper Center

(serves - Chistochina Chitna, Gakona, Glennallen, Gulkana, Kenny Lake, Kluti-Kaah, McCarthy, Mentasta Lake, Slana, & Tazlina)

Copper River Community Mental Health Center

MH SA OP Res

822.5241

Drawer H, Copper Center, AK 99573

Copper River Native Association

BH OP Village Health Aides

822.5241

P.O. Box H, Copper Center, AK 99573

<http://crnative.org/bhs.html>

Cordova

(serves – Chenega Bay, Eyak, & Tatitlek)

Cordova Family Resource Center

DV safe homes & help line

424.4357

P.O. Box 863, Cordova, AK 99574

NAMI Cordova

Education, Support, Advocacy

424.7785

P.O. Box 2616, Cordova, AK 99574

Sound Alternatives Behavioral Health

BH OP Casemngt

424.8300

After hours: 424.8000 (Cordova Community Medical Center)

602 Chase Ave., Cordova, AK 99574

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Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

Craig

(serves - Coffman Cove, Craig, Hydaburg, Kasaan, Klawock, Myers Chuck, Naukati, Port Protection, Thorne Bay, & Whale Pass)

Communities Organized for Health Options (COHO)

BH OP Casemngt Day Treatment School-based Services

826.3662

P.O. Box 805, Craig, AK 99921

Community Connections

MH Therapeutic Foster Care Day Treatment OP (targeted to children & their families)

826.3891

P.O. Box 420, Craig, AK 99921

www.comconnections.org

Dillingham

(serves – Aleknagik, Chignik, Chignik Lagoon, Chignik Lake, Clark’s Point, Egegik, Ekwok, Ekuk, Good News Bay, Igugig, Iliamna, Ivanof Bay, King Salmon, Koliganek, Kokhanok, Levelock, Manokotak, Naknek, New Stuyahok, Newhalen, Nondalton, Pedro Bay, Perryville, Pilot Point, Platinum, Port Alsworth, Port Heiden, Portage Creek, South Naknek, Togiak, Twin Hills, & Ugashik)

Bristol Bay Area Health Corporation (BBAHC) Bristol Bay Counseling Center & Jake’s Place

BH OP IP Res

824.1230 or (800) 510.1230

P.O. Box 130, Dillingham, AK 99576

www.bbahc.org

Safe and Fear-Free Environment - SaFE

DV shelter & emergency shelter for adults & youth

842.2320 or (800)478-2316 – crisis line

P.O. Box 94, Dillingham, AK 99576

www.safe@besafeandfree.org

Fairbanks

(serves – Alatna, Allakaket, Bettles, Delta Junction, Dry Creek, Evansville, Galena, Hughes, Huslia, Kaltag, Koyukuk, Livengood, Manly Hot Springs, Minto, Nabesna, North Pole, Nulato, Paxson, Rampart, Ruby, Stevens Village, & Wiseman)

Fairbanks Community Behavioral Health Center

MH OP Res Casemngt

452.1575

3830 S. Cushman, Fairbanks, AK 99701

www.fairbankscommunitybehavioralhealthcenter.org

Fairbanks Memorial Hospital, Behavioral Health

MH IP

458.5250

1650 Cowles Street, 4th Floor, Main Entrance, Fairbanks, AK 99701

Fairbanks Native Association

Ralph Perdue Center

SA Res

456.1053

3100 S. Cushman St, Fairbanks, AK 99709

Long House

SA Res

451.1170

3051 N. Van Horne Rd, Fairbanks, AK 99701

Woman & Children Center of Inner Health “WCCIH”

SA Res

451.8164

1027 Evergreen Ave, Fairbanks, AK 99701

Fairbanks Native Association Detox

Detox

456.1053

100 S. Cushman St, Fairbanks, AK 99701

Graf Rheeneerhaanji & New Life (targeted to youth)

SA Res OP

2550 Lawlor Rd, Fairbanks, AK 99709

www.fairbanksnative.org

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Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

Family Centered Services of Alaska

MH OP Res targeted to youth with severe mental health problems

474.0890

620 5th Ave., 2nd Floor, Fairbanks, AK 99701

www.familycenteredservices.com

Interior Alaska Center for Non-Violent Living

DV Shelter Advocacy serves women & children

452.2293 or (800) 478.7273

726 26th Ave, Fairbanks, AK 99701

NAMI Fairbanks

Education, Support, Advocacy

456.4704

P.O. Box 72543, Fairbanks, AK 99707

www.nami.org

(go to Alaska from this national site & then Fairbanks)

Tanana Chiefs Conference, Inc., Counseling Center

BH OP Res

459.3800 or (800) 478.4741

1650 Cowles St., 3rd Floor, Rm 359, Fairbanks, AK 99701

www.tananachiefs.org/health/counseling_center.html

Yukon Tanana Counseling Services

SA OP MH-SA

452.8251, Ext. 3460 or (800) 478-6822, Ext. 3460

1302 21st Ave, Fairbanks, AK 99701

Fort Yukon

(serves – Arctic Village, Beaver, Birch Creek, Central, Chalkytsik, Circle, & Venetie)

Yukon Flats Care Center

BH OP Telepsychiatry Village-based counselors

662.2526

P.O. Box 21, Fort Yukon, AK 99740

www.catg.org

Galena

Edgar Nollner Health Center, Department of Behavioral Health

BH OP Telepsychiatry Village-based counselors

656.1617 or (800) 478.1618

17 Antoski Road, Galena, AK 99741

Haines

(serves – Klukwan, Mosquito Lake, & Skagway)

Lynn Canal Counseling Services

BH OP Casemngt

766.2177

P.O. Box 90, Haines, AK 99827

Homer

(serves – Anchor Point, Fritz Creek, Nanwalek, Nikolaevsk, Ninilchik, Port Graham, & Seldovia)

CICADA (Cook Inlet Council on Alcohol & Drug Abuse)

SA OP

235.8001

P.O. Box 2352, Homer, AK 99603

NAMI Homer

Education, Support, Advocacy

235.5284

P.O. Box 1205, Homer, AK 99603

www.nami.org

(go to Alaska from this national site & then Homer)

South Peninsula Behavioral Health Services

MH OP Casemngt

235.7701

3948 Ben Walters Lane, Homer, AK 99603

South Peninsula Haven House

DV Shelter Advocacy serves women & children

235.8943 or (800) 478.7712

3776 Lake St, Homer, AK 99603

www.havenhousealaska.org

BH= substance abuse & mental health treatment
Casemngt=casemanagement
DeTox=detoxification

DV=domestic violence service
IP=inpatient services
MH=mental health treatment

OP=outpatient services
Res=residential
SA=substance abuse treatment

Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

Hoonah

Hoonah Indian Association

SA OP

945.3235

568 Ravin Dr, Hoonah, AK 99829

Juneau

(serves – Elfin Cove, Gustavus, Pelican, & Tenakee Springs)

Aiding Women in Abuse and Rape Emergencies (AWARE)

DV Shelter Advocacy targeted for women & children

Batterers accountability program for men

586.6623 (business), 586.1090 (crisis), or (800) 478.1090

P. O. Box 20809, Juneau, AK 99802

www.juneau.com/aware

Bartlett Regional Hospital Rainforest Recovery Center

796.8610

SA OP IP Casemngt

Mental Health Unit 796.8391

BH IP DeTox DET Casemngt

Bartlett Outpatient Psychiatric Services 796.8498

BH OP

3260 Hospital Drive, Juneau, AK 99801

www.bartlethospital.org

Catholic Community Services

Family Support Services

463.6100

419 6th St. Juneau, AK 99801

www.ccsjuneau.org

Gastineau Human Services

SA OP Res Transitional Housing

780.4338

5597 Aisek Street, Juneau, AK 99801

www.ghscorp.org

Juneau Alliance for Mental Health, Inc. (JAMHI)

MH Res OP

463.3303

3406 Glacier Highway, Juneau, AK 99801

www.jamhi.org

Juneau Youth Services

BH OP Res Casemngt

789.4733

P.O. Box 32839, Juneau, AK 99803

www.jys.org

NAMI Juneau

Education, Support, Advocacy

780.6775

P.O. Box 21661, Juneau, AK 99802

www.nami.org

(go to Alaska from this national site & then Juneau)

National Council on Alcoholism & Drug Abuse (NCADD)

Education, Outreach, Assessment & Referral

463-3755

211 4th St. Suite 102, Juneau, AK 99801

www.ncadd-j.org

Polaris House

MH Peer Consumer-Run Club House

780.6775

P.O. Box 21661, Juneau, AK 99802

South East Alaska Regional Health Consortium (SEARHC)

BH OP Casemngt

364.4445

3245 Hospital Dr, Suite 119, Juneau, AK 99801

www.searhc.org

Tlingit & Haida Tribal Family & Youth Services

In-Home Family Support & Casemngt

463.7169

320 W. Willoughby Ave, Suite 300, Juneau, AK 99801

www.CCTHITA.org

BH= substance abuse & mental health treatment

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Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

Kenai/Soldotna

(serves – Kasilof, Kenai, Nikiski, & Sterling)

Central Peninsula Counseling Services

MH OP

283.7501

506 Lake Street, Kenai, AK 99611

www.cpcservices.org

Central Peninsula General Hospital – Serenity House

SA Res

714.4521

Kalifornsky Beach Rd, Soldotna AK 99669

www.cpggh.org

Cook Inlet Council on Alcohol and Drug Abuse (CICADA)

SA OP

Intake: 235.8001

10200 Kenai Spur Highway, Kenai, AK 99611

Ionia, Inc

MH Community Model for Living Alternatives

262.2824

54932 Burdock Rd, Kasilof, AK 99610

www.ionia.org

Kenai Peninsula Community Care Center

BH Res Therapeutic Foster Care targeted to 13 – 19 yrs & In-home Family Support Program

283.7635

320 S. Spruce St, Kenai, AK 99611

LeeShore Center

DV Shelter Advocacy Transitional Living Center
Childcare Assistance targeted to women & their children

Batters Intervention Program for men

283.9479 or crisis line: 283.7257

325 S. Spruce St. Kenai, AK 99611

www.alaska.net/~leeshore

Nakenu Family Center (Kenaitze Indian Tribes)

BH OP

283.3633

P.O. Box 988, Kenai, AK 99611

www.kenaitze.org/Nakenu

Ketchikan

Community Connections

MH Res OP (targeted to children & their families)

225.7825 or (800) 478.7825 (in AK)

201 Deermount St., Ketchikan, AK 99901

www.comconnections.org

Gateway Center for Human Services

BH DeTox Res

225.4135

3050 Fifth Avenue, Ketchikan, AK 99901

Ketchikan Indian Corporation

BH OP Casemngt

228.4917 or (800) 252.5158

2960 Tongass Ave, Ketchikan, AK 99901

www.kictribe.org

NAMI Ketchikan

Education, Support, Advocacy

225.8552

P.O. Box 8552, Ketchikan, AK 99901

www.nami.org

(go to Alaska from this national site & then Ketchikan)

Residential Youth Care, Inc

BH Emergency Shelter & Res

Targeted to youth 10 – 19 yrs

247.2022

2514 1st Ave, Ketchikan, AK 99901

www.residentialyouthcare.org

Women In Safe Homes

DV Shelter Advocacy serves women & children

225.2472

2002 1st/, Ketchikan, AK 99901

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Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

Kodiak

(serves – Afognak, Akhiok, Karluk, Larsen Bay, Ouzinkie, Old harbor, & Port Lions)

Kodiak Area Native Association

BH OP Intensive OP Aftercare Village-Based Counselors

486.9812 or (800) 478.5721

3449 E. Rezanof Dr, Kodiak, AK 99615

www.kanaweb.org

Kodiak Island Counseling Center (Providence)

BH OP Casemngt

481.2400

717 Rezanof Drive, Kodiak, AK 99615

www.providence.org/Alaska/bhs/nkodiakmhc.htm

Kodiak Women’s Resource Center

DV Shelter

486-6171

422 Hillside, Kodiak, AK 99615

NAMI Kodiak

Education, Support, Advocacy

486.5604

P.O. Box 2578, Kodiak, AK 99615

www.nami.org

(go to the national site for Alaska and then Kodiak)

Kotzebue

(serves - Ambler, Buckland, Deering, Kiana, Kivalina, Kobuk, Noatak, Noorvik, Pt. Hope, Selawik, & Shungnak)

Maniilaq Counseling Services

MH OP Itinerant therapists & Village-based counselors

442.7400

P.O. Box 256, Kotzebue, AK 99752

www.maniilaq.org/behavioralServices.html

Maniilaq Family Crisis

DV Shelter Advocacy

442.7879 or (888) 478.3969

P.O. Box 38, Kotzebue, AK 99752

Maniilaq Recovery Center

SA DeTox OP Res & Village-based counselors

442.7640

2nd Avenue, Kotzebue, AK 99752

www.maniilaq.org

Matanuska-Susitna Borough

(serves – Big Lake, Houston, Knik, Meadow Lakes, Palmer, Sutton, Talkeetna, Wasilla, & Willow)

Alaska Family Services

SA OP DV Shelter

376.4000 and CRISIS LINE: 376.4000

291 E. Swanson Ave., Wasilla, AK 99654

www.akafs.org

Daybreak, Inc.

Casemngt

745-6019

1111 S. Glenn Hwy, Suite B, Palmer, AK 99645

Mat-Su Health Services

MH OP Casemngt

376.2411 or CRISIS LINE: 376.2411

1363 W. Spruce Ave, Wasilla, AK 99654

Nugens Ranch/Alaska Addiction Rehabilitation Services

SA Res Casemngt

376.4534 or (800)376.4535

3701 Palmer Wasilla Hwy, Wasilla, AK 99654

www.nugensranch.org

McGrath

(serves – Lake Minchumina, Medfra, Nikolai, Takotna, & Telida)

McGrath Behavioral Health

(Southcentral Foundation)

BH OP triage for emergency services

524.3400

P.O. Box 10, McGrath, AK 99627

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Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

Metlakatla

Annette Island Service Unit (AISU)
BH OP
886-7491
P.O. Box 439, Metlakatla, AK 99926

Metlakatla Social Services
MH targeted to youth up to age 18
886.6914
P.O. Box 85, Metlakatla, AK 99926

Women in Need Gaining Safety (WINGS)
DV safe homes
886.4555

Nenana

(serves – Anderson, Cantwell, Clear, Denali Park, & Healy)

Railbelt Mental Health & Addictions
BH OP Casemngt
832-5557 or (800) 478.5554 for Nenana
582.2720 for Anderson
(800) 478-2744 for Healy
P.O. Box 159, Nenana, AK 99760
www.railbelt.com

Nome

(serves - Brevig Mission, Diomed, Elim, Gambel, Golovin, King Island, Koyuk, St. Michael, Savoonga, Shaktoolik, Shishmaref, Solomon, Stebbings, Teller, Wales, White Mt., & Unalakleet)

Bering Sea Women's Group
DV Shelter
443-5444 or (800)-570-5444
P.O. Box 1596, Nome, AK 99762

Norton Sound Health Corporation Behavioral Health Services
BH OP Casemngt Village-Based Counselors
443.3344 or (888) 559-3311X3344
P.O. Box 966, Nome, AK 99762
www.nortonsoundhealth.org

Petersburg

Petersburg Mental Health Services
BH OP Casemngt
772.3332
P.O. Box 1309, Petersburg, AK 99833

Women's Aid in Violent Emergencies (WAVE)
Volunteer support service & temporary safe home
518.0555
www.petersburgwave.org

Seward

(serves – Bear Creek, Cooper Landing, Hope, Moose Pass, & Primrose)

Seaview Community Services
BH OP DV
302 Railway Ave., Seward, AK 99664
224.5257 or Crisis: 224.3027
P.O. Box 1045, Seward, AK 99664
www.seward.net/~seaview

Sitka

Sitka Counseling & Prevention Services
BH OP Residential Casemngt Housing Facility
747.3636
701 Indian River Rd, Sitka, AK 99835
www.scpsak.org

Sitkans Against Family Violence (SAFV)
DV Shelter Advocacy
747.3370 or (800) 478.6511
P. O. Box 6136, Sitka, AK 99835

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SA=substance abuse treatment

Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

South East Alaska Health Consortium (SEARHC)

Raven's Way

SA Res targeted to adolescents

966.8716

Bill Brady Healing Center

SA Res targeted to adults

966.8641

Deeilee Hit (Safe Harbor)

SA Res targeted to women

966.8641

222 Tongass Dr, Sitka, AK 99825

www.searhc.org

SEARHC Community Family Services

Locations served: Angoon, Haines, Hydaburg, Kake, Klawock, Klukwan, Pelican & Petersburg

BH OP

966.8776 for Sitka Program Coordinator

788.4632/4636 – Angoon

766.6313 – Haines

285.3465 – Hydaburg

785.4892 – Kake

755.4918 – Klawock

767.6319 – Klukwan

735.2278 – Pelican

772.4963 – Petersburg

Youth Advocates of Sitka, Inc

BH Res Day Treatment

Targeted to youth

747.3687

P.O. Box 664, Sitka, AK 99835

Talkeetna

Sunshine Community Health Center

BH OP Telepsychiatry Outreach funding through AK Family Services - Wasilla

733.2273

P.O. Box 787, Talkeetna, AK 99676

Tok

(serves – Alcan, Boundary, Chicken, Dot lake, Dry Creek Eagle City, Eagle Village, Healy Lake, Northway, Northway Junction, Northway Village, Tanacross, & Tetlin)

Tok Area Counseling Center

MH OP

883.5106

P.O. Box 398, Tok, AK 99780

toktacc@aptalaska

Upper Tanana Alcohol Program/Tanana Chiefs Conference

SA OP

883.5185

204 E. Chena Way, Tok, AK 99780

Valdez

Providence Valdez Behavioral Health

BH OP Casemngt

835.2838 or crisis line: 835.2249

P.O. Box 1050, Valdez, AK 99686

www.providence.org/alaska/valdez/counseling.htm

Advocates for Victims of Violence (AVV)

DV Shelter Advocacy

835.2980 or crisis line: 835.2999 or (800)835.4044

P.O. Box 524, Valdez, AK 99686

Wrangell

Alaska Island Community Services

BH OP

874.2373

P.O. Box 1231, Wrangell, AK 99929

www.akics.org

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Finding Resources in Your Community

Opioid Treatment Programs

Opioid treatment programs (OTP) provide conjoint comprehensive substance abuse counseling and medication assisted treatment (MAT). Methadone is utilized to prevent the onset of withdrawal symptoms, reduce or eliminate drug craving and block the euphoric effects of any illicitly self-administered narcotics while the patient is undergoing rehabilitation.

Medications are an important element of treatment for opioid dependency; Methadone and Buprenorphine have been proven to be effective when combined with comprehensive treatment. Under-treated patients tend to cycle in and out of treatment programs year after year. Methadone treatment is an evidenced-based treatment practice and said to be the most studied addiction treatment model with over 40 years of U.S. and international research.

Listed below are two programs that offer opioid treatment in Alaska. For further information for Alaska, contact the state methadone authority designee:

Viki Wells
269.3794 (Anchorage) or (800) 770.3930 (in-state only)
viki.wells@alaska.gov

Anchorage

The Narcotic Drug Treatment Center
Methadone Tx & Maintenance OP DeTox Casemngt
276.6430
520 E. 4th Ave., suite 102 Anchorage, AK 99501
www.ndtc.ak.org/

Fairbanks

Interior Aids Association
Methadone Tx & Maintenance OP Casemngt
452.4222
710 3rd Ave., Fairbanks, AK
www.interioraids.org/

Helpful websites:

Division of Pharmacologic Therapies
<http://dpt.samhsa.gov/>

Myths of Methadone
www.medicalassistedtreatment.com/57642/index.html

Buprenorphine Physician Locator
<http://buprenorphine.samhsa.gov/>

American Association for Treatment of Opioid Dependence
www.aatod.org

Finding Resources in Your Community

Prevention & Early Intervention

Prevention and early intervention programs are developed to recognize problem behaviors earlier and can increase an individual's resiliency while decreasing the risk of problem behaviors. Research shows the effectiveness of early identification allows providers to better understand individual needs that lower risk and increase protective factors. Individuals become healthier and more productive members of our communities. The cost savings can be dramatic and can lessen need for expensive crisis treatment.

Listed below are some programs that offer community-based services in Alaska. The list includes early intervention programs such as Alcohol and Drug Information Schools and Alcohol Safety Action Programs. Communities offer prevention services for families, schools, faith-based organizations and through the media.

To learn more about prevention, visit the website listed below. To find the organizations easily, go to the Division of Behavioral Health website; click on the Prevention & Early Intervention Program link, then on Web Links.

www.hss.state.ak.us/dbh/prevention

Statewide

Spirit of Youth
Stone Soup Group

Anchorage

Volunteers of America – Alaska
Cook Inlet Tribal Council
United Way of Anchorage Alaska
Boys & Girls Club of Southcentral Alaska
Rural Alaska Community Action Program (RuralCAP)

Fairbanks

Big Brothers/Big Sisters
United Way of the Tanana Valley

Juneau

Big Brothers/Big Sisters

Kasilof

Bridges Community Resource Network, Inc

Kotzebue

Maniilaq Association

Seward

Seaview Community Services

Sitka

Sitka School District

Valdez

Valdez Youth Awareness Coalition

Yakutat

Yakutat Tlingit Tribe

Finding Resources in Your Community

Alcohol Safety & Action Programs (ASAP)

www.hss.state.ak.us/dbh/prevention/programs/asap/

The Alcohol Safety & Action Program (ASAP) provides substance abuse screening and case management services while ensuring accountability from individuals with DWI and other alcohol/drug related misdemeanor offenses. This involves screening cases referred from the district court into drinker classification categories, as well as thoroughly monitoring cases throughout education and /or treatment requirements.

ASAP operates as a neutral link between justice and health care delivery systems. This requires a close working relationship among all involved agencies: enforcement, prosecution, judicial, probation, corrections, rehabilitation, licensing, traffic records, and public information/education.

The benefits of ASAP monitoring are:

- Increased accountability of offenders;

- Reduced recidivism resulting from successful completion of required education or treatment;

- Significant reductions in the amount of resources spent by prosecutors, law enforcement officers, judges, attorneys, and corrections officers enforcing court-ordered conditions; and increased safety for victims and the larger community because offenders are more likely to be receiving treatment, making court appearances, and complying with other probation conditions.

Anchorage ASAP Misdemeanor Services

264.0735
303 K St, Anchorage, AK 99501
ADULT

Anchorage, Volunteers of America

279.9609
1675 C St, Suite 201, Anchorage, AK 99501
JUVENILE

Fairbanks ASAP

452.6144
530 7th Ave, Suite 4, Fairbanks, AK 99701
ADULT/JUVENILE

Juneau ASAP

463.2539
211 4th St, Suite 102, Juneau, AK 99801
ADULT/JUVENILE

Kenai ASAP

283.6586
805 Frontage Rd, Suite 203, Kenai, AK 99611
ADULT/JUVENILE

Ketchikan ASAP

225.4050
415 Main St, Room 303, Ketchikan, AK 99901
ADULT/JUVENILE

Kodiak ASAP

486.5577
717 E. Rezanof Dr, Unit A, Kodiak, AK 99615
ADULT/JUVENILE

Kotzebue ASAP

442.7643
P.O. Box 256, Kotzebue, AK 99752
JUVENILE

Mat-Su ASAP

357.6729
293 E. Swanson Ave, Wasilla, AK 99654
ADULT/JUVENILE

Finding Resources in Your Community

Alcohol/Drug Information Programs (ADIS)

www.hss.state.ak.us/dbh/prevention/programs/adis/

The State of Alaska, Department of Health & Social Services Division of Behavioral Health approves the following Adult (over 18 years of age) and Youth (under 21 years of age) Alcohol/Drug Information School Programs. Programs listed for YOUTH are currently approved only for any person under 21 years of age at the time of program completion. ADULT programs are only for those who are at least 18 years of age at the time they begin the program.

The ADIS program does not in any way constitute a treatment program, nor does it fulfill any treatment requirements. These programs are designed to be an educational intervention and are best suited for those who may meet Level .05 of ASAM-American Society of Addiction Medicine's Patient Placement Criteria or those in need of prevention education.

If you have any questions regarding this directory or any ADIS program, please contact the Division of Behavioral Health, ADIS Coordinator at 1-800-478-7677 or in writing at:

ADIS Coordinator

Division of Behavioral Health
P.O. Box 240249
Anchorage, AK 99524-0249

Aleutian/Pribilof Islands

Aleutian/Pribilof Island Association (APIA)

St. Paul
Unalaska
ADULT/YOUTH

Anchorage

Addiction Assessments

562.0181

600 W. 41st Ave, Suite 202B, Anchorage, AK 99502

ADULT/YOUTH

Aeon Counseling

227.0795

4325 Laurel St, Suite 245, Anchorage, AK 99508

ADULT/YOUTH

Akeela Inc

565.1238

4111 Minnesota Dr, Anchorage, AK 99503

YOUTH/ADULT

Alaska Human Services

561.4535

3305 Arctic Blvd, Suite 106, Anchorage, AK 99503

ADULT/YOUTH

Alaska Native Justice Center

793.3550

3600 San Jeronimo, Suite 254, Anchorage, AK 99508

YOUTH

Anchorage Multi-services Counseling Center

561.2805

4325 Laurel St, suite 101A, Anchorage, AK 99508

ADULT/YOUTH

Center for Growth & Development

563.0151

5100 Cordova St, #208, Anchorage, AK 99503

ADULT

Life-Giving Choices

Cornell Companies Inc

274.1022

130 Cordova St, Anchorage, AK 99501

ADULT

Finding Resources in Your Community

Alcohol/Drug Information Programs (ADIS)

Life Skills Academy Inc

561.5252

414 B St, Suite 210, Anchorage, AK 99503

ADULT/YOUTH

Providence Breakthrough

562.7325

2401 E. 42nd Ave, Suite 103, Anchorage, AK 99503

ADULT

The Recovery Connection

332.7660

500 Muldoon Rd, Suite 9, Anchorage, AK 99504

ADULT/YOUTH

Starting Point Inc (and LA CASA)

562.6116

11832 Old Glenn Hwy, Suite 105

Eagle River, AK 99577

ADULT/YOUTH

Volunteers of America of AK

279.9677

1675 C St, Suite 201, Anchorage, AK 99501

YOUTH

Barrow

North Slope Borough Dept. of Health & Social Services

852.0366

P.O. Box 69, Barrow, AK 99723

ADULT/YOUTH

Bethel

Yukon Kuskokwim Health Corporation (YKHC)

543.6977

P.O. Box 1087, Bethel, AK 99599

YOUTH

Cordova

Sound Alternatives

424.8300

P.O. Box 160, Cordova, AK 99574

ADULT/YOUTH

Craig

Communities Organized for Health Options (COHO)

826.3662

210 Cold Storage Rd, Craig, AK 99921

ADULT

Dillingham

Bristol Bay Area Health Corporation (BBAHC)

842.5266

P.O. Box 130, Dillingham, AK 99576

ADULT

Eagle River

Starting Point Inc

694.6116

11832 Old Glenn hwy, Suite 105, Eagle River, AK

99577

ADULT/YOUTH

Fairbanks

Aurora Solutions Inc

374.3232

3435 airport Way, Fairbanks, AK 99701

ADULT

Circle of Hope/Hope Counseling Center

451.8208

926 Aspen St, Fairbanks, AK 99701

ADULT

Fairbanks Native Association Inroads to Healing (FNA)

451.1830

605 Hughes Ave, Fairbanks, AK 99701

ADULT/YOUTH

Family Centered Services of Alaska Inc

474.0890

620 5th Ave, Fairbanks, AK 99709

YOUTH

Pacific Rim Counseling

452.5252

607 4th Ave, Fairbanks, AK 99701

ADULT/YOUTH

Finding Resources in Your Community

Alcohol/Drug Information Programs (ADIS)

Raven's Wing

978.1359

1030 2nd Ave, Fairbanks, AK 99706

YOUTH

Steps Program

374.7881

59 College Rd, Suite 215-3, Fairbanks, AK 99701

ADULT/YOUTH

Girdwood

Creative Living Publications

345-0107

Correspondence

ADULT/YOUTH

Homer

Cook Inlet Council on Alcohol & Drug Abuse

(CICADA)

235.8001

126 Pioneer Ave, Suite 11, Homer, AK 99603

ADULT

Juneau

Nat'l Council on Alcoholism & Drug Dependence

463.3755

211 4th St, suite 102, Juneau, AK 99801

ADULT/YOUTH

Kenai

Cook Inlet Council on Alcohol & Drug Abuse

(CICADA)

283.3658

10200 Kenai Spur Hwy, Kenai, AK 99611

ADULT/YOUTH

Kenaitze Indian Tribe/Nakenu

283.6423

110 N. Willow, Kenai, AK 99611

ADULT

The Recovery Connection

335.5660

502 A Overland Ave, Kenai, AK 99611

ADULT/YOUTH

Ketchikan

Gateway Center for Human Services

225.4135

3050 5th Ave, Ketchikan, AK 99901

ADULT/YOUTH

Ketchikan Indian Community Tribal Health Clinic

228.4917

2960 Tongass Ave, Ketchikan, AK 99901

ADULT/YOUTH

Kodiak

Providence Kodiak Island Counseling Center

486.3535

115 Mill Bay Rd, Kodiak, AK 99615

ADULT/YOUTH

McGrath

4 Rivers Counseling Services

524.3867

P.O. Box 229, McGrath, AK 99627

ADULT

Nenana

Railbelt Mental Health & Addictions

832.5557

P.O. Box 159, Nenana, AK 99760

ADULT/YOUTH

Nome

Norton Sound Health Corporation Behavioral Health Services

443.4535

P.O. Box 966, Nome, AK 99762

ADULT/YOUTH

North Pole

Seven Secrets Counseling & Social Skills

590.0064

2515 Mission Rd, North Pole, AK 99705

ADULT/YOUTH

Finding Resources in Your Community

Alcohol/Drug Information Programs (ADIS)

Palmer

Ascent Treatment Services

745.7039

2151 Hemmer Rd, Palmer, AK 99645
ADULT/YOUTH

Starting Point Inc

745.6116

415 Bailey St., #B, Palmer, AK 99645
ADULT/YOUTH

Petersburg

Petersburg Mental Health Services

772.3332

201 N. Nordic, Suite 204, Petersburg, AK 99833
ADULT/YOUTH

Seward

Seaview Community Services

224.5257

302 Railway Ave, Seward, AK 99664
ADULT/YOUTH

Sitka

Sitka Counseling & Prevention Services

747.3636

P.O. Box 1034, Sitka, AK 99835
ADULT/YOUTH

South East Alaska

South East Alaska Regional Health Consortium (SEARHC)

Community Family Services Programs

966.8776

ADULT/YOUTH

Angoon

Haines & Klukwan

Kake

Prince of Wales Island

Sitka

Tok

Upper Tanana Alcohol Program (TCC)

(800) 478.5185

P.O. Box 83, Tok, AK 99780
ADULT/YOUTH

Valdez

Valdez Counseling Center

835.2838

337 Egan Dr, Valdez, AK 99686
ADULT/YOUTH

Wasilla

Alaska Family Services Treatment Center – Mat-Su

376.4000

291 E. Swanson St, Wasilla, AK 99654

ADULT/YOUTH

Seven Bridges

357.2216

2521 Mountain Village Dr, Wasilla, AK 99687
ADULT

Starting Point Inc

376.6116

1075 Check St, Suite 102, Wasilla, AK 99654
ADULT/YOUTH

Wrangell

Avenues

874.3338

110 Lynch St, Wrangell, AK 99929
ADULT/YOUTH

Wrangell Youth Center

874.3304

413 Zimovia Hwy, Wrangell, AK 99929
YOUTH

Finding Resources in Your Community

Therapeutic Courts

www.state.ak.us/courts/trialcts.htm#therapeutic

The therapeutic court model is not an “easy way out” of a felony or misdemeanor, but an alternative justice model in which a collaborative court team made up of a supervising judge, district attorney, defense counsel adult or juvenile probation officer and/or substance abuse or mental health treatment provider, oversees and closely monitors participants who chose the treatment program in lieu of incarceration.

Participants are accepted into a therapeutic court if they meet the eligibility standards of each court and the substance abuse or mental health treatment criteria of the provider. This is a voluntary commitment made by an individual along with a plea of “no contest” or “guilty”. In the case of the family care court, the parent agrees to the allegations of abuse and/or neglect in order to “opt in”.

Participants must be willing to commit to a structured program and plan for the duration of their involvement in the program and have their sentencing deferred. Although the details vary within each of the types of therapeutic courts, the basic structure is the same. Upon successful completion of the program, participants’ sentences are imposed according to the initially negotiated agreements. Participants who are unable or unwilling to complete the program are dismissed and their sentence is immediately imposed.

A listing of the current therapeutic courts is listed below. More in-depth descriptions of Alaska’s Therapeutic Courts can be found at the above web site. For information contact the Therapeutic Courts Program Coordinator:

Michelle Bartley
264.8250
mbartley@courts.state.ak.us

Anchorage

Coordinated Resources Project/Anchorage Mental Health Court
264.0886

**State & Municipal Wellness Court
Felony Drug Court
Felony DUI Court**
264.0892

Family CARE Court
264.0466

Bethel

Therapeutic Court
543.1121

Juneau

Therapeutic Court
463.4756 or 321.5157

Ketchikan

Therapeutic Court
225.9874

Palmer

Coordinated Resources Project
746.8142

Finding Resources in Your Community

Fetal Alcohol Syndrome Diagnostic Teams

www.hss.state.ak.us/fas/

FAS is a medical diagnosis made by a physician specifically trained in the assessment of birth defects. Alaskans are fortunate to have the option of being able to access a specialized, multi-disciplinary diagnostic team in most regions. The individual is assessed and receives a summary of what areas of strengths and needs are found. A plan of care is then developed so that an individual, family, or caregiver can assist in the individual becoming better able to live as independent as possible for the duration of their life.

Anchorage, Southcentral Team

Southcentral Foundation
Michael Baldwin
4320 Diplomacy Dr, 1500, Anchorage, AK 99508
729.4250

Bethel, Yukon-Kuskokwim Delta Team

Yukon-Kuskokwim Health Corporation
Shane Welch
P. O. Box 528, Bethel, AK 99559
543.6100

Bristol Bay Area Team

Bristol Bay Area Health Corporation
Luisa Hanson
P.O. Box 130, Dillingham, AK 99576
842.4936

Copper River Basin Team

Copper River Native Association
Gay Wellman
P.O. Box H, Copper Center, AK 99573
822.8803

Fairbanks North Star Borough Team

Alaska Center for Children & Adults
Shireen Deitrick
1020 Barnette St., Fairbanks, AK 99701
456.4003 X 126

Juneau, Upper Lynn Canal Team

Tlingit & Haida Central Council
Ric Iannolino
320 W. Willoughby Ave., 300, Juneau, AK 99801
463.7373

Kenai Peninsula Team

Frontier Community Services
Vickie Tinker
43335 K-Beach Rd, 36, Soldotna, AK 99669
262.6294

Ketchikan, Prince of Wales, Metlakatla Team

Ketchikan Indian Corporation
Jasmine Stewart-Nelson
2960 Tongass Ave, Ketchikan, AK 99901
228.4947

Kodiak Borough Team

Kodiak Area Native Association
Nancy Wells
3449 E. Rezanof, Kodiak, AK 99615
486.4643

Mat-Su Borough Team

Mat-Su Services for Children & Adults
Teresa Sprague
5000 E. Shennum Dr, Wasilla, AK 99654
352.1200

Sitka, Southern Southeast Team

SEARHC
Marilyn Lande
222 Tongass Dr, Sitka, AK 88835
966.8815

Tok, Upper Tanana Valley Team

Tok School District
Leann Young
P. O. Box 226, Tok, AK 99780
833.5151 X 110

Finding Resources in Your Community

Other Helpful Websites

Alaska's Division of Behavioral Health

www.hss.state.ak.us/dbh

Alaska's Suicide Prevention Council

www.hss.state.ak.us/suicideprevention

The Disability Law Center of Alaska

www.dlcak.org

**Substance Abuse and Mental Health Services
Administration (SAMHSA)**

<http://mentalhealth.samhsa.gov>

Alaska Psychological Association

www.psychologyinfo.com

AK Info

statewide directory of human service providers

www.ak.org

Section 3. What is Behavioral Health?

“Behavioral health is a state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life.”

www.thefreedictionary.com/mental+health

Some of the terms that are used in the behavioral health field are defined below:

Abuse

This is a condition in which individuals consciously and voluntarily overuse drugs, causing danger to themselves or others. (compare with dependence)

Addiction

The general term for a condition of drug use or habitual activity that is beyond voluntary control.

Alcoholic

A person who is alcohol-dependent (scientific definition) or who attends Alcoholics Anonymous (broader definition).

Alcoholism

The general term for a condition of alcohol overuse that is beyond voluntary control. Alcohol dependence is the more accurate diagnostic term for clinical and research purposes.

Anxiety Disorders

Anxiety disorders can include everything from panic attacks to post traumatic stress disorder and obsessive compulsive disorder. Some symptoms or signs include: feelings of fear or dread, restlessness and muscle tension, rapid heart rate, dizziness, perspiration, cold hands/feet, and shortness of breath.

Co-occurring Disorders

Can encompass a wide range such as a person with developmental disabilities who also has emotional problems or an alcoholic who experiences depression.

Drug

Any chemical other than food or water that produces a therapeutic or nontherapeutic pharmacological action (effect) in the body. Alcohol is a drug.

Drug Dependence (includes alcohol)

The process of adaptation to a drug or chemical, generally when taken over a long period of time, resulting in withdrawal upon cessation of the drug's use. Some symptoms might include: needing increased amounts of the drug/alcohol, withdrawal syndrome if the drug is discontinued, a great deal of time spent thinking about how to get the drug/alcohol, decrease of other activities, continuing use of the drug despite the negative impact it has on physical or psychological health.

Drug Abuse (includes alcohol)

This is defined as a maladaptive pattern of drug use leading to clinically significant impairment or distress and at least one other symptom such as: failure to fulfill major role obligations because of drug use, recurrent use in situations in which it is physically hazardous, recurrent drug related legal problems, or continued use despite having persistent social or interpersonal problems caused or exacerbated by the use.

Hallucination

A perception of something (such as a visual image or a sensation of sound) with no external cause, usually arising as a disorder of the nervous system (as in psychosis) or in response to a drug (for example, LSD).

Hangover

A period of discomfort occurring several hours after the overuse of a drug, often related to overdrinking by alcohol abusers or dependent individuals, but also occurring with any drug that causes a “morning-after” array of uncomfortable symptoms.

Impulse Control Disorder

This is a fairly new area and can include attention deficit disorder, intermittent explosive disorder, and other disorder that have an acting-out component.

Mental Health

As used in this guide, this term refers to services for an individual to decrease symptoms of a mental illness.

Mental Illness

A person can be said to experience a mental illness if it:

1.) impairs her/his functioning; 2.) causes the person distress; and 3.) is not culturally expected behaviors, thoughts, or feelings. The first part, “functioning”, means that individuals are limited in achieving or maintaining developmentally appropriate social, behavioral, cognitive, communicative, or adaptive life skills.

A temporary and expected response to stressful events is not called “mental illness.”

Mood Disorders

The best known of these disorders are major depression and bipolar disorder. Some symptoms of depression include: continual sadness, insomnia, decreased appetite, irritability, hopelessness, poor self-esteem, and suicidal thoughts.

Psychosis

This includes schizophrenia and also the more extreme expressions of mood disorders and other conditions where the person experiences disturbances of perception and thought. Symptoms can include hallucinations, flat affect, disorganized thoughts, delusions, and agitation.

Withdrawal

The signs and symptoms that arise when the use of a drug is abruptly stopped. There is a continuum of symptoms that may happen when a person stops using a drug that they have been using a long time, from a hangover, to serious seizures that can be fatal if not closely monitored.

Section 4. How to Pay for Behavioral Health Services

What is private insurance?

About sixty (60) percent of Alaska's adult population has health insurance through their employers. This number does not include those adults who are children or older Alaskans. While private health insurance may offer some coverage for behavioral health treatment, this treatment often is not paid for at the same rate as other health care services. To have the best insurance coverage for behavioral health services, you may need to first ask for authorization for behavioral health services from your insurer or receive a referral from your medical care provider. If you have health insurance, it is useful to call your insurer and find out how to get the best coverage possible for the behavioral health services you seek.

Resources for the uninsured: If you don't have private insurance, there are a number of resources to help you look for assistance.

1. Community-based resources: many communities have behavioral health centers. These centers offer a range of substance use disorder and mental health treatment and counseling services, usually at a reduced rate for individuals and families with a lower income. Many of these programs are listed in this resource guide and can help you identify other resources as well.
2. Pastoral counseling: your church or faith-based organization may be able to put you in touch with a counseling program or provide some support for dealing with your behavioral health questions.
3. Self-help groups: another option is to join a self-help or support group. Such groups give people a chance to learn about, talk about, and work on common problems. A group may already be in existence, for instance an Alcoholics Anonymous (AA) meeting group can be found throughout Alaska, or can be formed when enough individuals with a similar problem such as depression, family issues, relationships, substance abuse, or eating disorders. Self-help groups are generally free and can be found in virtually every community in America.
4. Denali KidCare: provides excellent health insurance coverage for children and teens through age 18, and for pregnant women who meet income guidelines. Further information is available at <http://hss.state.ak.us/dhcs/DenaliKidCare/>
5. Public assistance: People experiencing mental illness, substance-use disorder, or other disabilities may be eligible for several forms of public assistance, both to meet the basic costs of living and to pay for health care. Examples of such programs are Social Security, Medicare, and Medicaid.

Finally, a good way to determine how to pay for services is to call a provider in this directory that looks appropriate and ask them for help in finding ways to get services in your community.

For additional information regarding any of Alaska's medical assistance programs, call the Recipient Information Helpline in Anchorage: (907) 339-1932, or Toll Free: 1-800-780-9972, or go to the DHC website: www.hss.state.ak.us/dhcs/PDF/2003-MA-Handbook.pdf .

Section 5. Tackling Stigma

Unfortunately, discrimination and misconceptions are the most significant barriers to seeking help for behavioral health problems. It is often this “stigma” or mark of shame that keeps people from getting help.

Knowing some of the impacts that can occur if an individual is not able to overcome the stigma or shame are important. Being aware is the first step towards making changes.

1. Stigma discourages people from getting help. Early and appropriate services can be the best way to prevent an illness from getting worse. Many people don't seek help because they don't want to be labeled, such as a “drunk”, “mentally ill”, or “crazy.”
2. Stigma keeps people from getting good jobs and advancing in the workplace. Some employers are reluctant to hire people who have addictions or mental illnesses. Thanks to the Americans with Disabilities Act (ADA), such discrimination is illegal. But it still happens!
3. Stigma leads to fear and mistrust. Even though the vast majority of people who have addictions or mental illnesses are no more violent than anyone else, frequently characters with mental illnesses or addictions in prime time television drama are portrayed as violent or unreliable. Such inaccurate portrayals lead the general public to be distrustful or afraid of those who are experiencing a mental illness or substance use disorder.
4. Stigma results in prejudice and discrimination. Many individuals try to prevent people who have serious behavioral health problems from living in their neighborhoods.
5. Stigma results in inadequate insurance coverage. Many insurance plans do not cover behavioral health services to the same degree as other illnesses. When behavioral health is covered, coverage may be limited, inappropriate or inadequate.

What can you do about stigma?

1. Accept that behavioral health disorders are real illnesses. They are as real as diabetes, cancer, or Alzheimer's disease. Most behavioral health problems have well known causes and a variety of treatment options. Recovery is a realistic goal and common outcome.
2. Learn about mental illness and substance use disorders. Learn about the symptoms and treatments. Find out where to get help in case you or someone you know needs help.
3. Stop associating blame with the illness or addiction. Recognize that while people can take care of their physical and mental health, we cannot completely control our destiny. Like physical illness, addictions and/or mental illness can happen in spite of our best efforts.
4. Be careful how you talk. Stigma starts with labeling. How often do people use terms such as “weak,” “nuts,” “immoral,” or “a few bricks shy of a load?” Don't let labels dictate how you treat people.
5. Treat people with dignity and respect. People with addictions and mental illnesses often include your friends, your neighbors, your co-workers, and your family.

Section 6. What Are My Legal Rights?

There are a number of Federal and State laws that ensure the legal rights of those with a mental illness or substance use disorder.

the Americans with Disabilities Act (ADA)

The Americans with Disabilities Act ensures that people with disabilities, such as severe mental illness or a chronic substance use disorder, have legal protection against discrimination in the workplace, housing, state and local government services, public programs, transportation, and telecommunications. This part of the law is enforced by the U.S. Equal Employment Opportunity Commission and State and local civil rights enforcement agencies.

What are my rights in housing?

As a person with a disability you have a right not be discriminated against due to your disability when seeking housing to rent, lease or purchase. Three federal laws provide this assurance: The ADA, The Fair Housing Act, and Section 504 of the Rehabilitation Act.

Do I have a right to privacy?

Behavioral health providers are required by law to keep your meetings and what you discuss confidential. This means that what you say—as well as your diagnosis and treatment—cannot be disclosed to anyone, including family members, without your written consent.

What is ‘informed consent’?

Informed consent is given by a patient or client who agrees to undergo or participate in a medical or surgical procedure, treatment, or study after learning exactly what will be involved. Informed consent requires that a person know and fully understand the risks and benefits of a certain treatment or procedure.

Can I refuse treatment?

People generally have the right to consent to or refuse treatment. However, under certain conditions, such as when a person is considered a danger to self or others, he or she may be required to seek or receive treatment. If you have questions about the commitment process, contact the Alaska Mental Health Board, Advisory Board on Alcoholism and Drug Abuse, Alaska Legal Services, or the Alaska Disability Law Center.

Additional Information

For a detailed discussion of your rights, contact the Disability Law Center of Alaska (www.dlcak.org). They provide a number of referral and informational services. Additional information regarding your rights is available from The United States Department of Health and Human Services Substance Abuse and Mental Health Services Administration (www.mentalhealth.org).

The ADA Partner's Project is a cooperative effort of the Disability & Business Technical Assistance Centers and Access Alaska. The purpose of the Partner's Project is to provide expert in-depth advice for implementing the Americans with Disabilities Act.

www.adapartners.org/

Law Project for Psychiatric rights provides legal services for individuals who experience mental health or physical disabilities.

<http://psychrights.org/index.htm>

