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This resource guide is designed to take you **directly to help**. (See Sections 1 to 3). Information and education about mental health and illnesses are provided in the remaining sections.

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*Listings are based on best information available as of June 30, 2004. Send updates to the Alaska Mental Health Board, 431 N. Franklin St., Suite 200, Juneau, AK 99801-1121.

The President talks about mental health

"Political leaders, health care professionals, and all Americans must understand and send this message: mental disability is not a scandal. It is an illness. And like physical illness, it is treatable, especially when the treatment comes early."

President George W. Bush,
establishing the **New Freedom Commission on Mental Health** to recommend improvements in the U.S. mental health service system, April 29, 2002.

Section 1. Looking for help?

Because you have opened this resource guide, it is likely that you or someone you love is struggling with a mental health issue. You are looking for help, but don't know where to start.

WHERE DO I BEGIN?

SEE YOUR OWN DOCTOR OR CLINIC.

When you are physically sick and not getting better, you turn to your doctor or health clinic. The same approach also works when your mental health is not good. Start with your personal doctor or the health care professional who takes care of you most frequently. They can assist with appropriate medication, a plan of action and refer you to mental health professionals if necessary.

Like the U.S. population at large, research shows that one in five Alaskans will be affected by mental illnesses this year.

This guide will also help you find information about a variety of community support organizations including some run by Alaskans with mental illness or their families. (See page 28)

MENTAL HEALTH CARE PROFESSIONALS

You may choose to go directly to mental health services in your community. Those listings start on page 8.

Many smaller 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 are listed on page 26.

The following section explains the role of mental health professionals.

PSYCHIATRISTS AND PSYCHOLOGISTS, SOCIAL WORKERS, NURSES, THERAPISTS AND COUNSELORS—WHO DOES WHAT? This is where many people get stumped (and sometimes even use this confusion as an excuse to avoid getting care).

Just as a heart patient may need the services of a cardiac surgeon, a cardiologist, nurses, physical therapists, dietitians and other medical services, a person with mental health illness may benefit from the services of several types of mental health professionals.

A psychiatrist is a medical doctor specializing in psychiatry. Since psychiatrists are physicians, they are the only mental health professionals who can prescribe medications. They treat the *illness* of mental health diseases.

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 problems.

You've Got Company.
In Alaska, adults (18 and over) report their mental health is "not good" an average of 2.3 days a month. (Alaska Behavioral Risk Factor Surveillance System.)

While the psychiatrist treats and monitors physical symptoms of mental illnesses, psychologists and other mental health professionals such as social workers, case workers and clinicians

can help the recovery process as they identify the external factors that may be impacting a patient's mental health. (This is just 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.)

Today's approach to mental health healing is to focus on the future—not dwell on the past. Recovery is a different process for every person. Just like any kind of illness, it takes time to determine the right treatment, medication and lifestyle changes that work for you. Just remember: **treatment works and recovery does happen!**

24-HOUR CRISIS LINES AND MEDICAL ADVICE TELEPHONE SERVICES:

This resource guide provides phone numbers to call in your community. You may also have a 24-hour medical advice service through your health insurance plan where you work. These phone lines are also set up to help you figure out what to do and where to go for help.

EMPLOYEE ASSISTANCE PROGRAMS

Many employer health plans offer mental health counseling services through a confidential off-site, third party employee assistance program. Information on how to use this service should be provided in your employee health benefit packet.

EMERGENCY CARE

THE HOSPITAL: Just as you would head to your hospital emergency room with a health crisis, you can do the same with a mental health crisis (such as thoughts of suicide). All Alaska hospital emergency departments are prepared to assist and connect you with mental health services. A number of hospitals provide short term psychiatric care.

PSYCHIATRIC HOSPITALS

For the most serious cases, a stay at a psychiatric hospital may be called for. Alaska Psychiatric Institute, in Anchorage, is Alaska's only full service psychiatric hospital. (See page 8.)

EDUCATION AND INFORMATION: This directory provides you with a list of resources—organizations and websites that offer additional support and information about mental health.

THE BOTTOM LINE:

Any medical or mental health service will help you begin to figure out what you need.

The important thing is to ASK FOR HELP!

**Connect with the system at any point,
and you'll find direction and help.**

Section 2. Finding Help in Your Community

WHERE TO CALL OR GO WHEN YOU HAVE A MENTAL HEALTH PROBLEM

This section helps you find the mental health services available in your area of Alaska. Communities are listed alphabetically. Both daytime and 24-hour emergency/crisis response phone numbers are provided. Local Community Mental Health Centers (funded mostly by the state and federal governments) are identified.

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

- Physicians & Surgeons-MD Psychiatry
- Physicians & Surgeons MD Psychiatry-Child and Adolescent
- Physicians & Surgeons MD Psychiatry-General
- Psychologists
- Clinics--psychiatric clinics
- Mental Health Services
- Therapists

As noted earlier in this directory, all Alaska hospital emergency departments are also prepared to assist and connect you with available mental health resources.

Support Organizations and Other Community Resources

This resource guide lists some of the community mental health support organizations that provide valuable information, referrals and assistance. It also offers suggestions for other community resources you may find useful.

COMMUNITY LISTINGS

With the exceptions of the toll-free 800 and 866 numbers, all area codes for phone numbers listed here are 907 (Alaska's area code).

24-hour response can include either a live person or recorded directions on how to get emergency help.

Community Mental Health Centers are non-profit agencies that provide or have access to a range of mental health services. (Larger communities are more likely to have a full complement of services.) As noted earlier many smaller communities have a Rural Human Services worker (see page 24).

A

Aleutian/Pribilof Islands

Aleutian/Pribilof Island Association, Inc.

Aleutian Counseling Center (Unalaska)

(Community Mental Health Center)

276-2700 (800) 581-2562

(Also 201 East 3rd Ave., Anchorage, AK)

www.apiai.com

Eastern Aleutian Tribes, Inc. (Akutan, Cold Bay, False Pass, King Cove, Nelson Lagoon, Sand Point)

(Community Mental Health Center)

24-hour "COPE" line (800) 478-COPE (2673)

(Anchorage office 1600 A. Street, Suite 104)

Anchorage

Psychiatric Crisis Emergency Service

Southcentral Counseling Center

(Community Mental Health Center)

563-1000 24-hour crisis line 563-3200

4020 Folker St., Anchorage, AK 99508

Southcentral Counseling provides a full range of Mental Health services in addition to crisis/emergency services.

Alaska Psychiatric Institute

269-7100

2900 Providence Dr. Anchorage, AK 99508-4677

API provides inpatient psychiatric care to individuals from all regions of the state whose need for psychiatric services exceed the capacity of local service providers.

North Star Behavioral Health System

24-hour crisis line 258-7575 (800) 458-7575

2530 DeBarr Rd., Anchorage, AK 99508

Acute psychiatric inpatient services. (Child and Adolescent)

Providence Alaska Medical Center

Psychiatric Emergency Room

561-2211

3200 Providence Drive, Anchorage, AK 99508

The Providence Psychiatric Emergency Department serves as the “single point of entry” or central emergency center for all psychiatric emergency care in Anchorage. Further care is then coordinated with other behavioral health services in the community.

Providence Mental Health Services

Adult services 563-3040 Adolescents 261-4843

3200 Providence Drive, Anchorage, AK 99508

Providence Professionals Nurse Advice Line

261-4900 (800) 969-6949 (24-hour response).

Providence Alaska Medical Center,

3200 Providence Drive, Anchorage, AK 99508

Nurses trained to assist with mental health issues as well as other health needs.

Providence Behavioral Medicine Group – Langdon Clinic

550-2300

4001 Dale St., Suite 101, Anchorage, AK 99508

Southcentral Foundation Behavioral Health Services

265-4220

401 E. Fireweed Lane, Anchorage, AK 99503

Crisis calls Southcentral Counseling Psychiatric Crisis
Emergency Service 563-3200 or Alaska Native Medical
Center Emergency Department 563-2662

Alaska Veterans Health Administration

Mental Health

257-4854

2925 DeBarr Road, Anchorage, AK 99508

After hours contact USAF 3rd Medical Group - Elmendorf
AFB Emergency Department

Other Community Services

NAMI Anchorage

277-1300

144 W. 15th Avenue, Anchorage, AK 99501

www.nami-alaska.org

NAMI (formerly known as the National Alliance for the Mentally Ill) is the nation's largest organization dedicated to improving the lives of persons affected by serious mental illness. An educational and support program to assist individuals and families that experience mental disabilities and an advocacy program that supports the rights of people experiencing mental illness. (See full organization description on page 26.)

Website links to mental health definitions and descriptions.

Veterans project: (866) NAMI-VET (626-4838)

(See full organization description on page 29)

Computer Connection/Alaska Mental Health Consumer Web

222-2980

1248 Gambell St., Anchorage, AK 99520-2162

The Computer Connection clubhouse is a peer-support drop-in center operated by mental health consumers. It provides a number of programs to promote independence and recovery.

Mental Health Association in Alaska

563-0880

P.O. Box 231208, Anchorage, AK 99523

www.alaska.net/~mhaa

The Mental Health Association is dedicated to prevention of mental illness, the promotion of good mental health, and ongoing improvement in the care and treatment of the mentally ill through advocacy, education, referral, research, legislative input and monitoring of existing programs.

Alaska Children's Services, Inc.

346-2101

4600 Abbott Rd., Anchorage, AK 99507

www.akchild.org

Psychiatric residential treatment center for children and adolescents with moderate to severe emotional and behavioral disorders. Aftercare case management, recruitment of therapeutic foster homes, intensive day treatment, and activity therapy.

Alaska Youth & Parent Foundation

274-6541

3745 Community Park Loop #202, Anchorage, AK 99501

www.aypdirak.org

Operates three residential childcare facilities offering mental health services for homeless, runaway and seriously emotionally disturbed youth. Provides a variety of outpatient clinical mental health services.

ARC of Anchorage

277-6677

2211 Arca Dr., Anchorage, AK 99508

www.arc-anchorage.org

Helps those with disabilities and other conditions find the community services and supports.

Assets, Inc.

279-6617 Hot Line 258-7235

2330 Nichols St. Anchorage, AK

www.assetsinc.org

Works to improve employment opportunities, home environments, and community connection of individuals with developmental disabilities or mental illnesses. Offers Recovery By Choice, an intensive outreach program for individuals with very severe mental illnesses.

Denali Family Services (Alternatives Community Mental Health Center)

222-2322

1675 C Street, Suite 117, Anchorage, AK 99501

www.denalifs.org

Outpatient services for children and youth and their families, including care coordination, psychotherapy, individual and group support, therapeutic foster care, psychological testing, psychiatric services, and a school program for children between ages 3 and 6.

Parents Inc.

337-7678 (800) 478-7678 TTY 337-7629

4743 E. Northern Lights Blvd. Anchorage, AK

www.parentsinc.org

A mutually supportive partnership of Alaska families of children with disabilities, which provides support, training, resources and advocacy statewide. Offices also in Juneau, Fairbanks.

Safe Harbor Inn (Anchor Arms Inc.)

868-7373

2005 E. 4th Ave. Anchorage, AK

The non-profit 28-unit Safe Harbor Inn offers safe, comfortable, affordable lodging for homeless families and individuals as a transition to permanent housing. A number of rooms are set-aside for persons with disabilities (a referral is required). Because of a growing waiting list, expansion is underway.

Aniak (Includes Lower Kalskag, Upper Kalskag, Chuathbaluk, Crooked Creek, Red Devil, Sleetmute, Stony River, Lime Village, Russian Mission)

Kuskokwim Native Association Community

Counseling Center

(Community Mental Health Center)

24-hour response 675-4445 (800) 478-5622.

P.O. Box 155, Aniak, AK 99557

B

Barrow (Includes all North Slope villages)

North Slope Borough Community Counseling Center

24-hour response - 852-0266, (800) 478-6606 Ex. 0266

P.O. Box 69, Barrow, AK 99723

Other Community Services

NAMI Barrow

852-3006

P.O. Box 786, Barrow, AK 99723

An educational and support program to assist individuals and families that experience mental disabilities and an advocacy program that supports the rights of people experiencing mental illness. (See full organization description on page28)

Bethel

Yukon-Kuskokwim Health Corporation Behavioral Health

(Community Mental Health Center)

543-6100 24-hour response line for all communities in the Kuskokwim Area (800) 478-2642

P.O. Box 1662, Bethel, AK 99559

Crisis Respite 543-6465

Residential Diagnostics and Treatment Center 543-6453

www.ykhc.org

Bethel Community Services, Inc.

24-hour response 543-2840

P.O. Box 2188, Bethel, AK 99559

NAMI Bethel

543-4382

P.O. Box 2535, Bethel, AK 99557

An educational and support program to assist individuals and families that experience mental disabilities and an advocacy program that supports the rights of people experiencing mental illness. (See full organization description on page 28)

C

Copper River Area

Copper River Community Mental Health Center

(Community Mental Health Center)

822-5241

Drawer "H", Copper Center, AK 99573

www.copperiverna.org

Cordova

Sound Alternatives

424-8300 After hours 424-8000 (through Cordova Community Medical Center)

P.O. Box 160, Cordova, AK 99574

www.cdvcemcc.com

Cordova Family Resource Center

424-Help (4357)

Other Community Services

NAMI Cordova

424-7785

P.O. Box 2616, Cordova, AK 99576

An educational and support program to assist individuals and families that experience mental disabilities and an advocacy program that supports the rights of people experiencing mental illness. (See full organization description on page 28)

Craig

Community Organized for Health Options (C.O.H.O.)

(Community Mental Health Center)

826-3662 After hours 826-1334

P.O. Box 805, Craig, AK 99921

D

Dillingham

Bristol Bay Area Corporation, Mental Health Center

(Community Mental Health Center)

842-1230 (800) 510-1230 after hours 842-5354

(through police/emergency services.)

P.O. Box 130, Dillingham, AK 99576

www.bbahc.org

F

Fairbanks

Fairbanks Community Mental Health Center

(Community Mental Health Center)

24-hour response 452-1575

122 First Ave, #5

Fairbanks, AK 99701

www.fairbanksinfo.com

North Star Center

474-4955
353.5 Parks Hwy. Ester, AK 99725
Children's residential services

Fairbanks Memorial Hospital Mental Health Unit

458-5100
1650 Cowles Street, Fairbanks, AK 99701
Adult inpatient psychiatric services.

Family Centered Services of Alaska

474-0890
620 5th Ave., Fairbanks, AK 99701
Adolescent and child mental health
www.fairbanksinfo.com

Tanana Chiefs Conference, Inc.

Tanana Chiefs Counseling
459-3800
Chief Andrew Isaac Health Center,
1408 19th Avenue, Fairbanks, AK 99701
www.tananachiefs.org

Yukon-Tanana Counseling Services

452-8251
1302 21st Ave., Fairbanks, AK 99701

Other Community Support

NAMI Fairbanks

456-8255
3281 Anella Ave., Fairbanks, AK 99709
An educational and support program to assist individuals and families that experience mental disabilities and an advocacy program that supports the rights of people experiencing mental illness. (See full organization description on page 29)

Parents Inc.

456-6770

620 5th Ave., Fairbanks, AK 99701

www.parentsinc.org

A mutually supportive partnership of Alaska families of children with disabilities, which provides support, training, resources and advocacy statewide.

Offices also in Anchorage and Juneau.

Fort Yukon

Yukon Flats Health and Care Center

662-2526

P.O. Box 309, Fort Yukon, AK 99740

G

Galena

Yukon-Koyukuk Mental Health & Alcohol Program

(Community Mental Health Center)

656-1617 24-hour response services 800 478-1618

P.O. Box 17, Galena, AK 99741

H

Haines

Lynn Canal Mental Health Counseling Services

(Community Mental Health Center)

766-2177, Emergency 766-2121 (local police/ emergency services)

Box 90, Haines, AK 99827

Healy

Railbelt Mental Health & Addictions

(Community Mental Health Center)

683-2743 800-478-2744

Homer

South Peninsula Behavioral Health Services, Inc.

(Community Mental Health Center)

235-7701 or 235-6990

3948 Ben Walters Lane, Homer, AK 99603

www.southpen.com

South Peninsula Hospital

235-8101 24-hour emergency

4300 Bartlett Street, Homer, AK 99603

Other Community Services

NAMI—Homer

235-1081

P.O. Box 837, Homer, AK 99603

An educational and support program to assist individuals and families that experience mental disabilities and an advocacy program that supports the rights of people experiencing mental illness. (See full organization description on page 29)

J

Juneau

Bartlett Regional Hospital Mental Health Unit

796-8430

3260 Hospital Dr., Juneau, AK 99801

www.bartletthospital.org

Juneau Alliance for Mental Health, Inc.

(Community Mental Health Center)

463-3303

3406 Glacier Hwy, Juneau, AK 99801

www.jamhi.org

Juneau Recovery Hospital

586-9508

3250 Hospital Dr., Juneau, AK 99801

Residential substance abuse services.

Juneau Youth Services, Inc.

789-7610

P.O. Box 3-2839, Juneau, AK 99803

www.jys.org

Emergency crisis and family mediation services for youth.

Other Community Services

NAMI–Polaris House

780-6775

P.O. Box 32386, Juneau, AK 99803

www.polarishouse@gci.net

Operates a drop-in center, Polaris House, run by consumers, which provide computer and other skills training. (See full organization description on page 26 under Mental Health Support Organizations.)

NAMI–Juneau Chapter

780-6775

P.O. Box 32386, Juneau, AK 99803

An educational and support program to assist individuals and families that experience mental disabilities and an advocacy program that supports the rights of people experiencing mental illness. (See full organization description on page 29)

Parents Inc.

586-6171 PO Box 32613, Juneau, AK 99803

www.parentsinc.org

A mutually supportive partnership of Alaska families of children with disabilities, which provides support, training, resources and advocacy statewide. Offices also in Anchorage and Fairbanks.

REACH, Inc.

586-8228

P.O. Box 34197, Juneau, AK 99803

www.reachak.org

K

Kasilof

Ionia, Inc.

262-2824

54932 Burdock Rd, Kasilof, AK 99610

www.ionia.org

A community that incorporates therapy for mental illness into its work and lifestyle.

Kenai

Central Peninsula Counseling Service

(Community Mental Health Center)

283-7501 24-hour 283-7511

506 Lake Street, Kenai, AK 99611

cpcservices.org

Kenai Peninsula Community Care Center

(Community Mental Health Center)

283-7635

320 S. Spruce St., Kenai, AK 99611

Kenaitze Indian Tribes

262-8123 After-hours crisis: Central Peninsula General Hospital Emergency Department 262-8123

P.O. Box 988, Kenai, AK 99611

Ketchikan (Includes Dolomi, Edna Bay, Fire Cove, Hyder, Kasaan, LaBouchere Bay, Long Island, Metlakatla, Meyer's Chuck, Point Baker, Port Alice, Port Protection, and Saxam)

Gateway Center for Human Services

(Community Mental Health Center)

225-4135, 24-hour service.

3050 Fifth Avenue, Ketchikan, AK 99901 (located adjacent to the Public Health Center).

www.city.ketchikan.ak

Also substance abuse services.

Community Connections

225-7825

2030 Sealevel Dr., Suite 350, Ketchikan, AK 99901

www.comconnections.org

Other Community Services

NAMI—Ketchikan

225-3300

632 Park Ave., Ketchikan, AK 99901

An educational and support program to assist individuals and families that experience mental disabilities and an advocacy program that supports the rights of people experiencing mental illness. (See full organization description on page 29)

King Cove

Eastern Aleutian Tribes

(Community Mental Health Center)

497-2342 (800) 478-COPE (2673)

P.O. Box 206, King Cove, AK 99612

Kodiak Island

Providence Kodiak Island Mental Health Center

(Community Mental Health Center)

481-2400 24-hour phone service

717 Rezanof Drive, Kodiak, AK 99615

www.providence.org

Other Community Services

NAMI—Kodiak

486-6350

P.O. Box 2578, Kodiak, AK 99615

Terrie6@hotmail.com

An educational and support program to assist individuals and families that experience mental disabilities and an advocacy program that supports the rights of people experiencing mental illness. (See full organization description on page 29)

Kotzebue Area

Maniilaq Counseling Services

(Community Mental Health Center)

24-hour service (800) 478-3969

P.O. Box 256, Kotzebue, AK 99752

Kuskokwim Area (Also see Bethel)

Yukon-Kuskokwim Health Corporation Behavioral Health

543-6100 24-hour response line for all communities in the Kuskokwim Area (800) 478-2642

P.O. Box 528, Bethel, AK 99559

M

McGrath-Anvik

Four Rivers Counseling (McGrath-Anvik Educational and Mental Health Association) *(Community Mental Health Center)*

524-3867 24-hour and toll free (866) 584-6248

P.O. Box 229, McGrath, AK 99627

Metlakatla

Children's Mental Health Services

886-6911 886-6914

Human Resource Bldg., 508 Upper Milton St., Metlakatla, AK 99926

N

Nenana

Railbelt Mental Health & Addiction

(Community Mental Health Center)

683-2743 24-hour assistance (Directions to emergency services if necessary.)

P.O. Box 159, Nenana, AK 99760

www.railbelt.com

Nome Area

Norton Sound Behavioral Health Services

(Community Mental Health Center)

443-3290, After hours access through hospital 443-3493

P.O. Box 966, Nome, AK 99762

www.nortonsoundhealth.org

P

Palmer

Daybreak, Inc.

(Community Mental Health Center)

746-6019

263 S. Bonanza, Palmer, AK 99645

Valley Residential Services

745-0102

2080 Hemmer Rd., Suite 211, Palmer, AK 99645

Also see Wasilla listings

Petersburg

Petersburg Mental Health Services

772-3332

P.O. Box 1309, Petersburg, AK 99833

S

Sand Point

Eastern Aleutian Tribes, Inc.

24-hour "COPE" line 1-800-478-COPE (2673)

Seward Area

Seaview Community Services

(Community Mental Health Center)

224-5257 24-hour crisis line 224-3027

P.O. Box 1045, Seward, AK 99664

www.seaviewseward.org

(Also offer senior, substance abuse and developmental disabilities services.)

Sitka

SEARHC - Behavioral Health Services Division

966-8611 After hours access through

Mt. Edgumbe/SEARHC Hospital emergency department

966-2411

222 Tongass Dr., Sitka, AK 99835

(Also see Rural Providers listing on page 25.)

Islands Counseling Services (Sitka Mental Health Clinic)

(Community Mental Health Center)

747-8994 After hours access through Sitka Community

Hospital 747-3241

514 Lake St., Suite C, Sitka, AK 99835

Youth Advocates of Sitka

747-3682

P.O. Box 664, Sitka, AK 99835

Other Community Services

NAMI Sitka, NAMI VET

747-6248

232 Lance Dr. Sitka, AK 99835

hubscher@ptialaska.net

An educational and support program to assist individuals and families that experience mental disabilities and an advocacy program that supports the rights of people experiencing mental illness. (See full organization description on page 29)

Soldotna-Kenai

Central Peninsula Counseling Services

(Community Mental Health Center)

283-7511 24-hour crisis line

506 Lake Street, Kenai, AK 99611

cpcservices.org

Kenaitze Indian Tribes

283-6423 After-hours crisis: Central Peninsula General

Hospital Emergency Department 262-8123

P.O. Box 988, Kenai, AK 99611

St. Paul Island

Aleutian/Pribilof Counseling Center

(Community Mental Health Center)

546-2342 546-2409

Box 65, St. Paul, Island, Alaska 99660

T

Tok Area

Tok Area Counseling Center

(Community Mental Health Center)

883-5106 After hours crisis 478-5106

883-5107 Box 398, Tok, AK 99780

U

Unalaska

Aleutian Counseling Center (Unalaska)

(Community Mental Health Center)

581-2742 (800) 581-2562

Box 1130 Unalaska. AK 99685

[www. Apiiai.org](http://www.Apiiai.org)

Illiuliuk Family and Health Services Inc.

(Community Mental Health Center)

581-1202

P.O. Box 144, Unalaska. AK 99685

V

Valdez Area

Valdez Counseling Center

(Community Mental Health Center)

835-2838 24-hour crisis line 835-2999

P.O. Box 550, Valdez, AK 99686

Valdezhra.org

W

Wasilla

Life Quest

(Community Mental Health Center)

376-2411 (800) 478-2410 24-hour crisis counseling and
crisis respite services

230 East Paulson, Suite 68

www.lifequest.org

Other Community Support Services

NAMI Mat-Su Valley

357-7106

HC 33, Box 2888, Wasilla, AK 99654

An educational and support program to assist individuals
and families that experience mental disabilities and an
advocacy program that supports the rights of people
experiencing mental illness. (See full organization
description on page 29)

Wrangell**Wrangell Community Services, Inc.***(Community Mental Health Center)*

874-2373 After hours 874-7000

P.O. Box 1615, Wrangell, AK 99929

www.wrangellsvcs.com

RURAL HUMAN SERVICES PROVIDERS

The following communities have local substance abuse/mental health counselors—village based counselors, family service workers or behavioral health aides. (This information is subject to constant change, check with your regional health corporation.)

Bristol Bay Area Health Corporation

Naknek	Port Heiden	South Naknek
Chignik Bay	New Stuyahok	Newhalen
Kokhanok	Levelock	Togiak
Ekwok	Clarks Point	Perryville
Manokotak	Chignik Lake	
Pilot Point	Goodnews Bay	

Eastern Aleutian Tribes

Sand Point	Nelson Lagoon	Unalaska
King Cove	Atka	St. George
False Pass		

McGrath	Anvik	Holy Cross
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Kenaitze

Kenai Peninsula

Kodiak Area Native Association

Port Lions	Larsen Bay	Karluk
Old Harbor	Akhiok	Itinerant
Ouzinkie		

Maniilaq

Noatak	Deering	Selawik
Ambler	Buckland	Shungnak
Noorvik	Kiana	Pt. Hope
Kivalina		

Norton Sound Health Corporation

Elim	Shaktoolik	Brevig Mission
Koyuk	Shishmaref	Unalakleet
Savoonga	White Mountain	Wales
St. Michael	Gambell	Stebbins
Golovin	Teller	Nome

Seward

AVTEC

SouthEast Alaska Regional Consortium

Sitka	Angoon	Kake
Klawock		

Tanana Chiefs Conference

Minto	Allakaket	Itinerant
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Yukon Koyuk MHC

Huslia	Nulato	Kaltag
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Yukon-Kuslokwim Health Corporation

Hooper Bay	Akiak	Napakiak
Mekoryuk	Quinhagak	Napaskiak
Alakanuk	Kipnuk	Nunapitchuk
Kotlik	Kongiganak	Grayling
Emmonak	Chefornak	Mountain Village
Kwethluk	Toksook Bay	Upper Kalskag
Lower Kalskag	Tununak	Eek

MENTAL HEALTH SUPPORT ORGANIZATIONS

NAMI Alaska

277-1300

144 W. 15th Avenue Anchorage, AK 99501

www.nami-alaska.org

Formerly known as National Alliance for the Mentally Ill, an educational and support program to assist individuals and families that experience mental disabilities and an advocacy program that supports the rights of people experiencing mental illness. Website links to mental health definitions and descriptions.

Veterans project: (866) NAMI-VET (626-4838). Affiliates in Anchorage, Barrow, Bethel, Cordova, Fairbanks, Homer, Juneau, Ketchikan, Kodiak, Sitka, Wasilla.

Alaska Mental Health Board

(See Section 8, page 43.)

AK Mental Health Consumer Web

(907) 222-2980

www.akmhweb.org

124 Gambell Street, Anchorage, AK

This Internet site is a wide-ranging resource and voice for mental health consumers, particularly focused on paths to recovery.

Mental Health Association in Alaska

278-2281

P.O. Box 231208, Anchorage, AK 99523

www.alaska.net/~mhaa

The Mental Health Association in Alaska (MHAA) is a Division of the National Mental Health Association and is dedicated to the promotion of good mental health, the prevention of mental illness and ongoing improvement in the care and treatment of the mentally ill through advocacy, education, referral, research, legislative input and the monitoring of existing programs.

Alaska Youth and Family Network

Uses technologies such as their website to connect families, youth, partner organizations and state public service.

www.ayfn.org

Parents, Inc.

337-7678 (800) 478-7678 TTY 337-7629

4743 E. Northern Lights Blvd.

www.parentsinc.org

A mutually supportive partnership of Alaska families of children with disabilities, which provides support, training, resources and advocacy statewide. Offices also in Juneau, Fairbanks.

**State of Alaska Department of Health and Social Services,
Division of Behavioral Health** (previously Division of Mental Health and Developmental Disabilities).

PO Box 110620, Juneau, AK 99811-0620

350 Main St. Room 214

The state agency responsible for promoting the mental health of all Alaskans and assisting individuals with mental disorders to improve their quality of life. It funds services for youths with serious emotional disturbances; community support for adults with severe mental illness; psychiatric evaluation and treatment for individuals who are mentally ill and involuntarily committed; community based suicide prevention; and peer helpers through grants to local providers. The division operates API.

OTHER COMMUNITY RESOURCES

Many other community organizations and professionals offer supportive resources: your local clergy, Native Health organizations, and youth organizations such as 4 H, Camp Fire, Big Brothers and Big Sisters, Boys & Girls Clubs, and Scouting.

Alaska 4 H website: www.uaf.edu (University of Alaska Fairbanks Cooperative Extension Office)

Big Brothers and Big Sisters: www.bbbsa.org

Boys & Girls Clubs

Neighborhood drug-free clubhouses for after-school/vacation time programs. Nationally researched and evaluated programs reduce risk factors including suicide and substance abuse.

Teaching life skills and guidance about health and lifestyle choices. Professional youth development staff. Clubs in Anchorage, Angoon, Barrow, Brevig Mission, Dillingham, Eagle River, Elim, Fairbanks, Galena, Homer, Hydaburg, Juneau, Kake, Koyuk, Naknek, Kenai, Kivalina, Kotzebue, Metlakatla, New Stuyahok, Nikiski, Nome, North Pole, Soldotna, Seldovia, Seward, Tok, Tyonek, Wasilla, Wrangell.

Website Information

Kenai Peninsula: www.positiveplaceforkids.com

Tanana Valley (Fairbanks area): www.bgctv.org

All other areas of Alaska: www.bgcalaska.org

Boy Scouts of America: www.bsawac.org

Camp Fire USA Alaska Council: www.campfireak.org

Girl Scouts: Fairbanks: www.home.gci.net/~fngsc

Anchorage: www.girlscouts.ak.org

Juneau: www.Juneau.com/girlscouts/index.html

Section 3. Help Paying for Services

Alaska's Medical Assistance Programs:

Alaska Medicaid, Denali KidCare and CAMA are all medical assistance programs administered by the State of Alaska, Division of Health Care to assist individuals and families with health care coverage.

- **Medicaid** is health insurance but is available only to certain low-income individuals and families who fit into an eligibility category recognized by federal and state law. Medicaid does not pay money to individuals receiving health care, instead sends payment directly to health care providers.
- **Denali KidCare** provides excellent health insurance coverage for children and teens through age 18 and for pregnant women who meet income guidelines.
- **The Chronic and Acute Medical Assistance program (CAMA)** is a state funded program designed to help needy Alaskans who have specific illnesses to get the medical care they need to manage those illnesses. It is a program, primarily for people age 21 through 64 who do not qualify for Medicaid benefits, have limited income, and have inadequate or no health insurance.

For additional information regarding any of Alaska's medical assistance programs, call the:

Recipient Information Helpline

In Anchorage: (907) 339-1932

Toll Free: 1-800-780-9972

Or go to the DHC website at:

www.hss.state.ak.us/dhcs/PDF/2003-MA-Handbook.pdf

Division of Vocational Rehabilitation (DVR)

The Division of Vocational Rehabilitation is a State agency that helps people with disabilities enter, re-enter or remain in the workforce. Services include but are not limited to tests and tools to better understand your talents, assistance choosing job goals that match your strengths and interests, work and disability related counseling, on the job training, job search and placement services, and referral to other appropriate agencies. For more information please contact DVR at

1-800-465-2814

TTY: 1-800-478-2815

Or go to the DVR website at:

www.labor.state.ak.us/dvr/disable.htm

Section 4. Helpful Websites

Statewide Suicide Prevention Council

www.hss.state.ak.us/suicideprevention

President's New Freedom Commission on Mental Health

www.mentalhealthcommission.gov

NAMI-Alaska

www.nami-alaska.org

Alaska Mental Health Board

www.amhb.org

Alaska Mental Health Consumer Web and Clubhouse

www.akmhweb.org

The Disability Law Center of Alaska

(www.dlcak.org)

**The United States Department of Health and Human
Services Substance Abuse and Mental Health Services
Administration**

www.mentalhealth.org

Alaska Psychological Association

www.psychologyinfo.com

Alaska Mental Health Trust Authority

www.mhtrust.org

State of Alaska Division of Behavioral Health

www.hss.state.ak.us

AK Info Statewide directory of human service providers

www.ak.org

Alaska Youth and Family Network

www.ayfn.org

Section 5. What is Mental Illness?

The term “Mental Illness” is a general description of disorders that affect functioning of the brain. It is a “catch-all” phrase covering a wide range of symptoms and experiences as diverse as depression, anxiety, phobias, eating disorders and schizophrenia.

A person is not born with a mental illness, nor is the condition part of someone’s personality. Mental illness is often biologically based, as are physical conditions, such as diabetes. Genetic factors may contribute, as they do for heart disease. Mental illnesses can last anywhere from several weeks to a lifetime.

Mental illnesses do not discriminate against age, race, gender, religion, or income. In fact, they are actually quite common. According to the National Institute for Mental Health, more than 54 million Americans have a mental disorder of some type in a given year. Mental illnesses not only directly affect so many people, they also affect their families, neighbors and co-workers.

Mental illness is treatable and recovery is possible Just as many physical conditions can be treated and controlled with appropriate medicine and lifestyle changes, people with mental illness can recover or control their symptoms effectively through medications, counseling support or other approaches. The most common mental illnesses such as depression, severe depression, bipolar disorder, eating disorders and anxiety are treatable and can be controlled in the majority of cases.

Research is constantly providing new information about the brain and its “geography” and so more effective treatments are available today than ever before.

The Signs of Mental Illness

There are several early warning signs that could indicate mental illness. Although each of us may exhibit certain

symptoms at one time or another, if they continue, it is important to get professional help. Some of the most common signs are:

- Changes in behavior or personality
- Frequent fears or worries
- Racing thoughts or rapid speech
- Panic or anxiety attacks
- Tension-caused physical problems
- Excessive crying
- Withdrawal from society
- Seeing or hearing things that aren't there
- Thoughts of suicide or death
- Frequent angry outbursts
- Unexplained changes in appetite or weight
- Sleeping more or less
- Changes in sexual drive
- Feeling hopeless or worthless
- Feeling restless or agitated
- Loss of pleasure in ordinary activities

Myths that Hurt. Truths that Help

Statistics show that one out of five Alaskans is affected by a mental illness during a given year. This means most of us will be faced with mental illness in a friend, family member or co-worker. **In other words, mental illnesses, from mild to chronic, touch us all.** Yet in spite of this fact, people are more aware of the myths of mental illness than the facts.

Myth #1: Mental illness is unusual

Fact: Mental illness varies in its severity, but it's hardly uncommon. One in five Americans experiences a mental illness of some kind each year.

Myth # 2: Mental illness is a single disorder.

Fact: Mental illness is not a single disease but a collective description of many specific illnesses such as anxiety, depression, seasonal affective disorder (SAD), eating disorders, personality disorders, schizophrenia, and organic brain disorders.

Myth # 3: Mental illness only happens to people with a family history.

Fact: Some mental illnesses do run in families; but many conditions are caused by biochemical disturbances in the brain, while others are triggered by extremely stressful events.

Myth #4: People with mental illness are poor and/or less intelligent.

Fact: Many studies show that most mentally ill people have average or above-average intelligence. Mental illness, like physical illness, can affect anyone regardless of intelligence, social standing, or income level.

Myth #5: People with mental illness are violent

Fact: Only a small percent of people with mental illness are violent. Most of the “violence” is the inaccurate and sensational media portrayal of people experiencing mental illness. In truth, people experiencing mental illness are far more often *victims* of violence.

Myth #6: Mental illness is caused by personal weakness.

Fact: A serious mental illness cannot be “willed” away. Ignoring the problem does not make it go away, either. It takes courage to seek professional help.

Myth # 7 Mental illness is the same as mental retardation.

Fact: Mental illness is not the same as mental retardation an outdated term for developmental conditions that usually appear at birth. Mental illness usually develops later in life. There is not a correlation between intelligence and mental illness.

Myth # 8: People with a mental illness are unable to function well.

Fact: People with mental illnesses can recover and resume normal activities thanks to a variety of medications and support tools. Examples of recovery are Mike Wallace of CBS Television’s “60 Minutes” and football Hall of Famer and broadcaster Terry Bradshaw who talk publicly about their treatment and recovery from clinical depression.

Myth #9: Depression and anxiety disorders are part of growing up.

Fact: Children and adolescents can develop severe mental illnesses. In the United States, one in 10 children and adolescents has a mental disorder severe enough to cause problems at home or in school, yet only about 20 percent receive needed help. Left untreated, these problems can worsen. Anyone talking about suicide should be taken very seriously.

Myth #10: Depression is a normal part of aging.

Fact: It is not normal for older adults to be depressed. Depression in the elderly is often undiagnosed, and it is important for seniors and their family members to recognize the problem and seek professional help.

Myth #11: Mentally ill employees tend to be second-rate workers.

Fact: Research has shown that there is no difference between the productivity of workers with and without mental illness, whether they are working in skilled, managerial or professional positions. Employers who have hired these individuals report that attendance, motivation and work quality is as good as or better than that of other employees.

Myth #12: Posttraumatic Stress Disorder (PTSD) happens only after you fight in a war. That's why it's called shell shock.

Fact: PTSD can occur after any traumatic event such as a rape or other violent attack, natural disaster, or learning of the unexpected death of a loved one. A person with PTSD avoids reminders of the event and feels "on edge" or anxious most of the time.

Section 6. Tackling the Stigma

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

The Center for Mental Health Services (U.S. Department of Health and Human Services) identifies the five most damaging impacts of the stigma. Understanding these impacts is an important first step in changing public opinion regarding mental illness.

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 as “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 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 mental illnesses are no more violent than anyone else, over 70% of characters with mental illnesses in prime time television drama are portrayed as violent. Such inaccurate portrayals lead people to fear those who have mental illnesses.
4. *Stigma results in prejudice and discrimination.* Many individuals try to prevent people who have mental illnesses from living in their neighborhoods.
5. *Stigma results in inadequate insurance coverage.* Many insurance plans do not cover mental health services to the same degree as other illnesses. When mental illnesses are covered, coverage may be limited, inappropriate or inadequate.

What can you do about stigma?

1. *Accept that mental illness is real illness.* Mental illness is as real as diabetes, cancer or Alzheimer's disease. Most mental illnesses have well known causes and a variety of treatment options. Recovery is a realistic goal and common outcome.
2. *Learn about mental illness.* 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.* Recognize that while people can take care of their physical and mental health, we cannot completely control our destiny. Like physical illness, mental illness can happen in spite of our best efforts.
4. *Watch your language.* Stigma starts with labeling. How often do people use the terms "crazy," "nuts" 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 mental illness may include your friends, your neighbors, your co-workers and your family.
6. *Recognize and appreciate the contributions made by people with mental illness.* Many have made major contributors to the arts, medicine, the sciences and every aspect of society—and include historic public figures such as Abraham Lincoln and Winston Churchill.

Section 7. What Are My Legal Rights if I Have a Mental Illness?

There are a number of Federal and Alaska state laws that ensure the legal rights of those with mental illnesses.

The Americans with Disabilities Act (ADA)

The Americans with Disabilities Act ensures that people with disabilities, such as severe mental illness, 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 working with the Commission.

What Are My Rights at Work?

If you have a disability and are qualified to do a job, the ADA protects you from job discrimination on the basis of your disability. To be protected under the ADA you must have a record of having a substantial impairment and be qualified to perform the essential functions of a job. An employer cannot refuse to hire you because of your disability prevents you from performing duties that are not essential to the job.

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.

What are State Protection and Advocacy programs?

Alaska, as is the case with all other states, the District of Columbia and the five Territories, has a Protection and Advocacy for Individuals with Mental Illness (PAIMI) program. PAIMI programs safeguard the rights of people with mental illness. Where problems are found, PAIMI programs pursue legal, administrative, and other remedies to ensure

protection of rights for people with severe mental illness. People with disabilities who are not eligible for PAIMI services may be eligible for other programs within the Protection and Advocacy (P&A) system, such as the Protection and Advocacy for Individual Rights (PAIR) program or the Client Assistance Program (CAP).

Do I have a right to privacy?

Mental health providers agree 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 refers to when a patient agrees to undergo or participate in a medical or surgical procedure, treatment, or study after learning what is 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. This can include involuntary civil commitment, which can be for either outpatient or inpatient treatment, as well as forced medication. If you have questions about the commitment process, contact the Alaska Mental Health Board, Alaska Legal Services or the Disability Law Center (see page 29).

What is an advance directive?

If you frequently seek and use mental health services, you may want to establish an advance directive. There are two general types of advance directives: instructional, such as living wills, and proxy, such as durable power of attorney. Each directive is a legal document that lets you describe what services you want to receive if an illness renders you unable to make decisions about your care. Give a copy of the directive to your usual service provider(s) so that it can become part of your medical record. Work with a lawyer, paralegal, or advocate to write

your advance directive or you may use a Personal Declaration of Preferences for Mental Health Treatment (Alaska Statute 47.30.950) provided in the Appendix of this resource guide.

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).

Section 8. Mental Illness And The Workplace

When thinking about the causes of work-related disabilities, illnesses such as heart disease or back problems come to mind. **But the fact is 5 of the 10 leading causes of disability worldwide are mental illnesses.**

More working days are lost each year as the result of mental conditions than from physical conditions. This should not be surprising, given that 1 in 5 Americans experiences some type of mental illness during a given year. However, the stigma of mental illness creates significant barriers for those who could benefit from help. The fear of losing a job or not being hired causes many to hide their condition from employers, co-workers, insurance companies, even family members.

Can Those with Mental Illness Hold a Job?

Historically, the workplace has largely ignored the existence of mental health problems, or restricted the types of work and career opportunities of those who acknowledge their illness.

While we may not want to admit it, many Alaskans subscribe to this belief. A recent statewide study¹ (June 2002) indicated that only 4% of those surveyed believed a person with mental illness could hold a job “full time”; 25% felt they could be successful on the job “most of the time.” However, the more alarming finding indicated that 59% of the respondents believed that a person with mental illness was only “sometimes” capable of holding down a job. This startling statistic underlines the pervasive myth that those suffering from mental illness tend to be second-rate workers. Fortunately, **this belief is being debunked by national reports** indicating that there is no difference between the productivity of workers with and without mental illness. Employers who have hired these individuals report that their attendance and punctuality exceed the norm, and that their motivation, work quality, and job tenure is as good as or better than that of other employees.

The Law Against Employment Discrimination.

The Americans with Disabilities Act, signed into law in 1990, “prohibits discrimination against qualified individuals with disabilities who otherwise meet the skill, experience and requirements of a given position”. The result of this law, along with the work of the Equal Employment Opportunity Commission, sends a clear message to employers that people with psychiatric disabilities are capable of making valuable, productive contributions in the workplace.

Improving the Work Environment

So, what can employers and employees do to help promote a healthy workplace? “Experts increasingly acknowledge that work is a key factor in supporting mental wellness and warding off its reverse -- mental illness. Just as work is vital to the psychosocial well-being of those who do not suffer from persistent mental illness, it is equally vital to the well-being of those who do.”²

Here are some positive steps employers and employees may take.

Employers

- Be open about mental health. Set a positive tone and create a safe environment where workers are encouraged to talk about their workloads, stress levels, family commitments and other issues.
- Learn more about mental illness. Teach employees and management to recognize the signs. Encourage people to be aware of their own health.
- Recognize the common causes of workplace stress. Implement ways to help reduce or eliminate them.
- Recognize the links between work and home. No employee can totally make that separation; home stresses will come to work. Be understanding
- Don't add to the stigma. Show how your organization will help employees with mental health problems.
- Make accommodation. Learn how low or no-cost accommodations in the workplace can assure productivity and longevity.

Employees

- Take personal responsibility. Make good mental health a priority at work.
- Recognize your stress points and take steps to manage them day-to-day.
- Balance your life. Establish a good mix between work and family.
- Learn more about mental illness. Remember, 1 in 5 Alaskans will have mental health problems during any given year. Whether it happens to you, a family member or co-worker, know the issues.
- Become a mental health companion. Choose to be a person who asks co-workers about their workload, stress or other factors. Be a listener.

Find out More

Good help is available in Alaska and from many national organizations dedicated to helping both employers and employees learn more about mental health and the workplace.

Here are some suggestions.

Alaska Mental Health Board www.amhb.org (See page 43.)

Alaska Mental Health Trust Authority www.mhtrust.org (See page 46.)

Alaska Mental Health Consumer Web www.akmhweb.org
(See page 29.)

State of Alaska Division of Behavioral Health
www.hss.state.ak.us

Alaska Department of Labor & Workforce Development
www.labor.state.ak.us

U.S. Department of Health
www.mentalhealth.samhsa.gov/cornerstone

The Center for Reintegration
www.reintegration.com

U.S. Department of Education
www.worksupport.com

Notes

¹2002 Public Awareness Survey commissioned by the Alaska Mental Health Board, Advisory Council on Alcohol and Drug Abuse, Governor's Council on Disabilities and Special Education, and the Alaska Commission on Aging.

² The Center for Reintegration – www.reintegration.com

Section 9. Alaska Mental Health Board

The Alaska Mental Health Board is dedicated to reducing the stigma against mental illness and encouraging people to seek the necessary treatment.

It is the state board charged with developing strategic plans and coordinating mental health services. The Board also serves as an advocate for clients of the state mental health program and beneficiaries of the Alaska Mental Health Trust that experience mental illness.

What does the AMHB see as its major challenges?

In addition to working to eliminate the stigma attached to mental illness, the AMHB is dealing with several other important challenges.

- Alaska does not have adequate in-state treatment programs for young people.
- Alaskans in small or isolated communities have limited access to mental health services.
- Like the rest of the country, Alaska's prisons house more people with serious mental illnesses than any other institutions.
- The effort to identify and measure appropriate outcomes for consumers using the mental health system is just beginning.

How is the AMHB addressing these challenges?

- The AMHB is increasing public advocacy to fight the stigma faced by those with mental illnesses.
- We are working with other state agencies and organizations to improve in-state resources for Alaska's children.
- We support innovative options such as tele-psychiatry and on-call emergency service teams to support mental health professionals in rural Alaska.
- The AMHB continues to advocate for a parity law requiring private health insurers to cover mental illnesses just like physical illnesses.

- We work with other groups of Alaskans with disabilities to develop reforms that will allow more Alaskans with disabilities to work without losing crucial medical benefits.
- We collaborate with the Division of Mental Health and Developmental Disabilities to ensure effective, responsive and culturally acceptable emergency services are available to people in crisis statewide.

How Many Alaskans Experience Mental Illness?

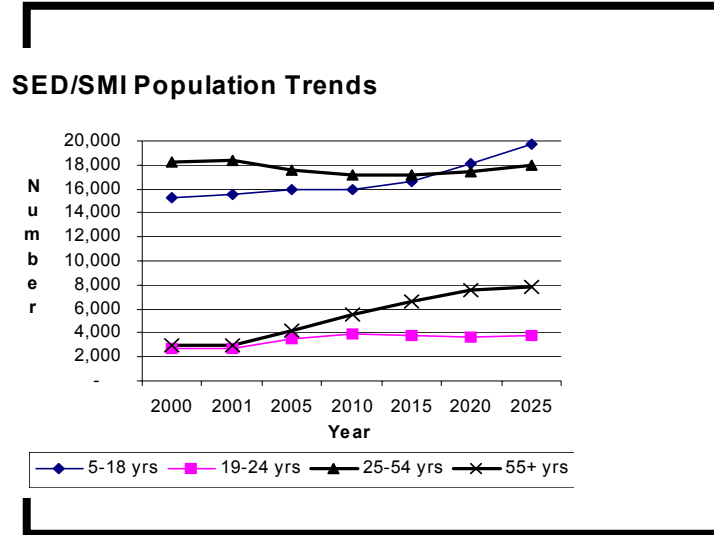
The Alaska Mental Health Board estimates the prevalence of mental illness in Alaska based on methods developed by the federal government. The concept of “functional impairment” lies at the core of estimating the prevalence of serious mental illnesses (SMI) among adults and severe emotional disorders (SED) among children. We count only individuals whose impairments substantially interfere with or limit achieving or maintaining one or more developmentally appropriate social, behavioral, cognitive, communicative, or adaptive skills. We exclude temporary and expected responses to stressful events.

National studies show that about 5% of adults and 10% of children ages 9-18 experience mental or emotional disorders as serious as those described above. The table below shows how that translates in terms of the number of Alaskans affected.

SERIOUS MENTAL AND EMOTIONAL DISORDERS in Alaska	
2001 Alaska Population (US Census)	634,900
Total SED/SMI population	44,000
Children and Youth (age 5-18)	15,500
Adults (age 19 and over)	24,200
Institutional/homeless	4,300

Population forecasts suggest that Alaska may face some serious challenges in its mental health system in the near future. Some

time before 2020, children will surpass adults as the largest group of Alaskans needing mental health services (see chart below). Young adults ages 19-24, will increase in number by nearly 50% by 2010. Finally, the 55 and over population will mushroom, nearly tripling by 2025. Should these trends in fact come to pass, services in Alaska may not be prepared to handle the need.



Section 10 The Alaska Mental Health Trust Authority

The History of the Alaska Mental Health Trust.

Prior to statehood, there were no mental health services available for individuals who experienced disabilities in the Territory of Alaska. These individuals were removed from their homes by the federal government and sent to live in an institution in Portland, Oregon.

As part of the transition from territory to state, Congress passed the Alaska Mental Health Enabling Act of 1956. This act transferred the responsibility of providing mental health services from the federal government to the Territory of Alaska and created the Alaska Mental Health Trust. To establish The Trust, the state selected one million prime acres of land to provide funds for the development of a comprehensive integrated mental health program.

Although the state legislature held a fiduciary responsibility to manage these lands to fund mental health services to benefit Alaskans with disabilities, it did not do so. Instead the state transferred the most valuable parcels of lands to private individuals and the government. By 1982, 50,000 acres had been transferred to individuals; 40,000 acres conveyed to municipalities; and over 350,000 acres designated by the legislature as forests, parks or wildlife areas. Only about 35 percent of the land trust remained unencumbered and in state ownership.

In 1982, Alaskan Vern Weiss filed a lawsuit on behalf of his son, who required mental health services that were not available in Alaska. The case of *Weiss v State of Alaska* was joined by other beneficiary groups and preceded as a class action suit, which ultimately prevailed in the State Supreme Court.

The State Supreme Court ordered that the original trust be restored. Much of the original trust property had been transferred away so the parties faced a long and complicated process to make the Trust whole again. In 1994 a final settlement reconstructed the Trust with 500,000 acres of original Trust land, 500,000 acres of replacement land, and \$200 million dollars. The settlement established an independent Board of Trustees appointed by the governor and confirmed by the legislature. Among its other duties, the Board of Trustees spends Trust income and recommends expenditures of state funds to pay for a comprehensive integrated mental health program.

The assets of The Trust are used to produce income to ensure a comprehensive integrated mental health program is developed for use by its beneficiaries.

The governor appoints four boards to plan services for The Trust's Beneficiaries and advise the Trust on issues and funding. The Alaska Mental Health Board is one of these advisory boards. The other three boards are the Advisory Board on Alcoholism and Drug Abuse, the Alaska Commission on Aging, and the Governor's Council on Disabilities and Special Education.

Information about the Trust is available at its website:
www.mhtrust.org

Section 11. State Alcohol and Substance Abuse Services

ANCHORAGE

Akeela, Inc.

4111 Minnesota Drive
Anchorage, AK 99501
(907) 565-1200

Alaska Human Services

(Private)
P.O. Box 230215
Anchorage, AK 99523
(907) 561-4535

Alaska Women's Resource Center

813 "D" Street
Anchorage, AK 99501
(907) 276-0528

Aleutian/Pribilof Island Association, Inc.

201 East 3rd Avenue
Anchorage, AK 99501
(907) 222-4209

Arc of Anchorage

2211 Arca Drive
Anchorage, AK 99508
(907) 277-6677

Eastern Aleutian Tribes, Inc.

1919 S. Bragaw Street
Anchorage, AK 99508-3340
(907) 277-1440

Providence Breakthrough

(Private)
2401 E. 42nd Ave., Suite 103
Anchorage, AK 99508
(907) 562-7325 (800) 478-0615

The Recovery Connection

(Private)
1251 Muldoon Road, Suite 104B
Anchorage, AK 99524-1045
(907) 332-7660

R.I.T.E., Inc. *(Private)*

301 East Fireweed, Suite 102
Anchorage, AK 99503
(907) 562-7483

Salvation Army Booth Memorial

3600 East 20th Avenue
Anchorage, AK 99508
(907) 279-0522

Salvation Army Clitheroe Center

P.O. Box 190567
Anchorage, AK 99519
(907) 276-2898

Southcentral Foundation

Dena A. Coy
431 San Ernesto
Anchorage, AK 99508
(907) 729-4955

**CITC - The Ernie Turner
Center
Alaska North Addiction
Recovery Center**
4330 South Bragaw Street
Anchorage, AK 99508
(907) 561-5537 (800) 478-4786

Starting Point (Private)
341 West Tudor, Suite 205
Anchorage, AK 99503
(907) 562-6116

CITC – Mobile Treatment Unit
670 W. Fireweed Lane
Anchorage, AK 99501
(907) 265-5980

**Volunteers of America of
Alaska / ASSIST**
1675 “C” Street Suite 201
Anchorage, AK 99501
(907) 279-9634
Fax: (907) 276-5489

Genesis Recovery Services, Inc.
(Private)
2825 W. 42nd Place
Anchorage, AK 99517
(907) 243-5130

**Volunteers of America of
Alaska
Youth Intervention Programs**
1675 “C” Street Suite 201
Anchorage, AK 99501
(907) 279-9634
Fax (907) 276-5489

**Narcotic Drug Treatment
Center, Inc.**
520 East 4th Avenue, Suite 102
Anchorage, AK 99501
(907) 276-6430

ANGOON
**Community Family Services
SEARHC**
P.O. Box 70
Angoon, AK 99820
(907) 788-3893/3636

ANIAK
**Kuskokwim Native Association
KNA Community Counseling
Center**
P.O. Box 155
Aniak, AK 99557
(907) 675-4445 (800) 478-5622

BARROW
**North Slope Borough
Counseling Service**
P.O. Box 69
Barrow, AK 99723
(907) 852-0366

BETHEL

Bethel Group Home, Inc.
P.O. Box 385
Bethel, AK 99559
(907) 543-2846

Yukon-Kuskokwim Health Corporation
Family Spirit Project
P.O. Box 528
Bethel, AK 99559
(907) 543-6700

Yukon-Kuskowim Health Corporation
Behavioral Health Services
P.O. Box 528
Bethel, AK 99559
(907) 543-6104

Yukon-Kuskowim Health Corporation
Phillips Ayagnirvik Treatment Center
P.O. Box 528
Bethel, AK 99559
(907) 543-6735

COLD BAY

Eastern Aleutian Tribes, Inc.
P.O. Box 67
Cold Bay, AK 99571
(907) 532-2585

CORDOVA

Cordova Community Medical Center
Sound Alternatives
P.O. Box 160
Cordova, AK 99574
(907) 424-8300

CRAIG

Communities Organized for Health Options (COHO)
P.O. Box 805
Craig, AK 99921
(907) 826-3662

DILLINGHAM

Bristol Bay Area Health Corp.
P.O. Box 130
Dillingham, AK 99576
(907) 842-5201

EAGLE RIVER

Starting Point (Private)
11823 Old Glenn Highway, Suite 205
Eagle River, AK 99557
(907) 562-611

Volunteers of America of Alaska/ARCH
HC 85, P.O. Box 9549
Mile-2, Highland Road
Eagle River, AK 99577
(907) 694-3336

FAIRBANKS

Fairbanks Native Association Graf-Rheeneerhaahii 2550 Lawlor Road Fairbanks, AK 99709 (907) 455-4725	Fairbanks Native Association Inroads to Healing 605 Hughes Avenue Fairbanks, AK 99701 (907) 451-1830
Fairbanks Native Association LifeGivers 605 Hughes Avenue Fairbanks, AK 99701 (907) 452-1274	Fairbanks Native Association New Hope Center – Domiciliary Care 3051 N. Vanhorn Fairbanks, AK 99701 (907) 451-1170
Fairbanks Native Association Ralph Perdue Center 3100 South Cushman Street Fairbanks, AK 99701 (907) 452-6251	Fairbanks Native Association Women & Children’s Center for Inner Healing P.O. Box 71048 Fairbanks, AK 99707 (907) 451-8164
Family Recovery Center <i>(Private)</i> Fairbanks Memorial Hospital 1650 Cowles St. Fairbanks, AK 99701 (907) 458-5540	Interior AIDS Association / Project Special Delivery P.O. Box 71248 Fairbanks, AK 99707-1248 (907) 452-4222
Pacific Rim Counseling <i>(Private)</i> 529 6 th Avenue, Suite 200 Fairbanks, AK 99701 (907) 452-5252	Tanana Chiefs Conference, Inc. Old Minto Family Recovery Camp 122-1 st Avenue, Suite 600 Fairbanks, AK 99701 (907) 452-8251 ext. 3144
Tanana Chiefs Conference, Inc. Regional Prevention Program 201 1 st Avenue, Suite 300 Fairbanks, AK 99701 (907) 452-8251 ext. 3166	Unloading Zone <i>(Private)</i> 542 4 th Avenue, Suite 230 Fairbanks, AK 99701 (907) 452-2412 Fax: (907) 451-7258

GALENA

P.O. Box 12
Galena, AK 99741
(907) 656-1617 Fax: (907)
656-1581

HAINES

Community Family Service
SEARHC
P.O. Box 69
Haines, AK 99827
(907) 766-2959

HEALY

**Railbelt Mental Health &
Addictions**
P.O. Box 128
Healy, AK 99743
(907) 683-2743

HOMER

**Cook Inlet Council on Alcohol
& Drug Abuse**
P.O. Box 2352
Homer, AK 99603
(907) 235-8001

HOONAH

Hoonah Indian Association
P.O. Box 602
Hoonah, AK 99829-0602
(907) 945-3545

HYDABURG

Community Family Services
SEARHC
P.O. Box 356
Hydaburg, AK 99922
(907) 285-3465

JUNEAU

Gastineau Human Services
**Gastineau Behavioral Health
Program**
5597 Aisek Street
Juneau, AK 99801
(907) 780-4338

Juneau Recovery Hospital
3250 Hospital Drive
Juneau, AK 99801
(907) 586-9508 ext. 234 Fax:
(907) 586-5605

Juneau Youth Services, Inc.
P.O. Box 32839
Juneau, AK 99803
(907) 796-4137

**National Council on
Alcoholism & Drug
Dependence**
211 4th Street, Suite 102
Juneau, AK 99801
(907) 463-3755, 463-4410 JSAP
(907) 586-4859 or (800) 654-
4073 Intervention Hotline
Only

KAKE

Community Family Services
SEARHC
P.O. Box 589
Kake, AK 99830
(907) 785-3895/4892

KENAI

**Cook Inlet Council on Alcohol
& Drug Abuse**
P.O. Box 882
Kenai, AK 99611
(907) 283-3658 ext. 204 Fax:
(907) 283-5046

Kenaitze Indian Tribe IRA
P.O. Box 988
Kenai, AK 99611
(907) 283-6693

The Recovery Connection
(Private)
11355 Frontage Rd., Suite 200B
Kenai, AK 99611
(907) 335-5660

KLUKWAN

Community Family Services
SEARHC
P.O. Box 690
Klukwan, AK 99827
(907) 767-5592 (800) 486-3535

KODIAK

Kodiak Council on Alcoholism
Safe Harbor
115 Mill Bay Road
Kodiak, AK 99615
(907) 486-3535

KOTZEBUE

**Manilaq Addiction & Support
Services**
P.O. Box 256
Kotzebue, AK 99752
(907) 442-7644

McGRATH

4 Rivers Counseling Service
**McGrath-Anvik Educational &
MH Association**
P.O. Box 229
McGrath, AK 99627
(907) 524-3781 (800) 478-3781

NENANA

**Railbelt Mental Health &
Addictions**
P.O. Box 159
Nenana, AK 99760
(907) 832-5557

NOME

Nome Community Center
P.O. Box 98
Nome, AK 99762
(907) 443-5259

**Norton Sound Behavioral
Health Program
Norton Sound Health
Corporation**
P.O. Box 966
Nome, AK 99762
(907) 443-3311/3344

PALMER

Starting Point – Palmer
(Private)
415 South Bailey Street, Suite B
Palmer, AK 99645
(907) 376-6116

PELICAN

**Community Family Services
SEARHC**
P.O. Box 703
Pelican, AK 99832
(907) 735-2278

PETERSBURG

**Changing Tides Counseling
Services**
P.O. Box 1350
Petersburg, AK 99833
(907) 772-3552

SAND POINT

Eastern Aleutian Tribes, Inc.
P.O. Box 527
Sand Point, AK 99661
(907) 383-6074

SELDOVIA

**Seldovia Village Tribe
Prevention Program**
P.O. Box 197
Seldovia, AK 99663
(907) 234-7807

SEWARD

SeaView Community Services
P.O. Box 1045
Seward, AK 99664
(907) 224-5257

SITKA

**SEARHC
Bill Brady Healing Center**
222 Tongass Drive
Sitka, AK 99835
(907) 966-8360

**SEARHC
Community Family Program**
222 Tongass Drive
Sitka, AK 99835
(907) 966-8710

**SEARHC
Raven's Way**
222 Tongass Drive, Pouch R
Sitka, AK 99835
(907) 966-8767

**SEARHC
Safe Harbor House (Deilee Hit)**
222 Tongass Drive
Sitka, AK 99835
(907) 966-8641

**Sitka Prevention & Treatment
Services, Inc.**
**Aurora's Watch / Haven's
House**
P.O. Box 1034
Sitka, AK 99835
(907) 747-3636/3500

ST. PAUL
Pribilof Counseling Center
Aleutian/Pribilof Island
Association, Inc.
P.O. Box 65
St. Paul, AK 99660
(907) 546-2342

THORNE BAY
Communities Organized for
Health Options (COHO)
P.O. Box 805
Craig, AK 99921
(907) 826-3662

UNALASKA
Aleutian/Pribilof Island
Association, Inc.
Aleutian Counseling Center
P.O. Box 1130
Unalaska, AK 99685
(907) 581-2742

Alaska Addiction
Rehabilitation Service, Inc.
Nugen's Ranch
P.O. Box 871545
Wasilla, AK 99687
(907) 376-4534

Starting Point-Wasilla (Private)
1075 Check Street, Suite 102

TANANA
Tanana Counseling Center
Tanana Tribal Council
P.O. Box 130
Tanana, AK 99777
(907) 366-7154

TOK
Upper Tanana Alcohol
Program
Tanana Chiefs Conference,
Inc.
P.O. Box 83
Tok, AK 99780-0083
(907) 883-5185 (800) 478-5185

VALDEZ
Valdez Counseling Center
P.O. Box 1050
Valdez, AK 99686
(907) 835-2838

WASILLA
Mat-Su Recovery Center, Inc.
291 E. Swanson Avenue
Wasilla, AK 99654
(907) 376-4000

Wasilla, AK 99654
(907) 376-6116

Avenues
P.O. Box 1108
Wrangell, AK 99929
(907) 874-3338

YAKUTAT
Yakutat Tlingit Tribe
P.O. Box 418
Yakutat, AK 99689
(907) 784-3375

WRANGELL

Wrangell Police
Department/School Liaison
P.O. Box 531
Wrangell, AK 99929
(907) 874-3304

Appendix

PERSONAL DECLARATION OF PREFERENCES FOR MENTAL HEALTH TREATMENT FORM

DECLARATION FOR MENTAL HEALTH TREATMENT

I, _____, being an adult of sound mind, willfully and voluntarily make this declaration for mental health treatment to be followed if it is determined by a court, two physicians that include a psychiatrist, or one physician and a professional mental health clinician, that my ability to receive and evaluate information effectively or communicate decisions is impaired to such an extent that I lack the capacity to refuse or consent to mental health treatment.

'Mental health treatment' means electroconvulsive treatment, treatment of mental illness with psychotropic medication, and admission to and retention in a health care facility for a period up to 17 days. I understand that I may become incapable of giving or withholding informed consent for mental health treatment due to the symptoms of a diagnosed mental disorder. These symptoms may include:

PSYCHOTROPIC MEDICATIONS

If I become incapable of giving or withholding informed consent for mental health treatment, my wishes regarding psychotropic medications are as follows:

_____ I consent to the administration of the following medications: _____

_____ I do not consent to the administration of the following medications: _____

Conditions or limitations: _____

ELECTROCONVULSIVE TREATMENT

If I become incapable of giving or withholding informed consent for mental health treatment, my wishes regarding electroconvulsivetreatment are as follows:

_____ I consent to the administration of electroconvulsive treatment.

_____ I do not consent to the administration of electroconvulsive treatment.

Conditions or limitations:

_____.

ADMISSION TO AND RETENTION IN FACILITY

If I become incapable of giving or withholding informed consent for mental health treatment, my wishes regarding admission to and retention in a health care facility for mental health treatment are as follows:

_____ I consent to being admitted to a health care facility for mental health treatment for up to _____ days.

_____ I do not consent to being admitted to a health care facility for mental health treatment.

This directive cannot, by law, provide consent to retain me in a facility for more than 17 days.

Conditions or limitations:

_____.

ADDITIONAL PREFERENCES OR INSTRUCTIONS

_____.

Conditions or limitations:

_____.

ATTORNEY-IN-FACT

I appoint:

NAME

ADDRESS

_____.

TELEPHONE NO. _____

to act as my attorney-in-fact to make decisions regarding my mental health treatment if I become incapable of giving or withholding informed consent for that treatment.

If the person named above refuses or is unable to act on my behalf, or if I revoke that person's authority to act as my attorney-in-fact, I authorize the following person to act as my attorney-in-fact:

NAME

ADDRESS

TELEPHONE NO. _____

My attorney-in-fact is authorized to make decisions that are consistent with the wishes I have expressed in this declaration or, if not expressed, as are otherwise known to my attorney-in-fact. If my wishes are not expressed and are not otherwise known by my attorney-in-fact, my attorney-in-fact is to act in what my attorney-in-fact believes to be my best interests.

OTHER DOCUMENTS

_____ I have executed a general power-of-attorney or a power-of-attorney under AS 13.26 that includes the power to make decisions regarding health care services for myself. I authorize the attorney-in-fact appointed under this declaration and the attorney-in-fact appointed under a general power-of-attorney under AS 13.26 to serve

_____ jointly with consent of each other as to my mental health treatment;

_____ separately without each other's consent as to my mental health treatment.

_____ I have not executed a general power-of-attorney or a power-of-attorney under AS 13.26 that includes the power to make decisions regarding health care services for myself.

(Signature of Declarant/Date)

(Address)

(Telephone Number)

AFFIRMATION OF WITNESSES

We affirm that the principal is personally known to us, that the principal signed or acknowledged the principal's signature on this declaration for mental health treatment in our presence, that the principal appears to be of sound mind and not under duress, fraud, or undue influence, and that neither of us is a person appointed as an attorney-in-fact by this document; the principal's attending physician or mental health service provider or a relative of the physician or provider; the owner, operator, or relative of an owner or operator of a facility in which the principal is a patient or resident; or a person related to the principal by blood, marriage, or adoption.

Witnessed By:

(Signature of Witness/Date) (Printed Name of Witness)

(Address)

(Telephone Number)

(Signature of Witness/Date) (Printed Name of Witness)

(Address)

(Telephone Number)

ACCEPTANCE OF APPOINTMENT AS ATTORNEY-IN-FACT

I accept this appointment and agree to serve as attorney-in-fact to make decisions about mental health treatment for the principal. I understand that I have a duty to act in a manner consistent with the desires of the principal as expressed in this appointment. I understand that this document gives me authority to make decisions about mental health treatment only while the principal is incapable as determined by a court, two physicians that include a psychiatrist, or one physician and a professional mental health clinician. I understand that the

principal may revoke this declaration in whole or in part at any time and in any manner when the principal is not incapable.

(Signature of Attorney-in-fact/Date) (Printed name)

(Address)

(Telephone Number)

(Signature of Alternate Attorney-in-fact/Date) (Printed name)

(Address)

(Telephone Number)

**NOTICE TO PERSON MAKING A DECLARATION
FOR MENTAL HEALTH TREATMENT**

This is an important legal document. It creates a declaration for mental health treatment. Before signing this document, you should know these important facts:

(1) This document allows you to make decisions in advance about three types of mental health treatment: psychotropic medication, electroconvulsive therapy, and short-term (up to 17 days) admission to a treatment facility. The instructions that you include in this declaration will be followed only if a court, two physicians that include a psychiatrist, or a physician and a professional mental health clinician believe that you are incapable of making treatment decisions. Otherwise, you will be considered capable to give or withhold consent for the treatments.

(2) You may also appoint a person as your attorney-in-fact to make these treatment decisions for you if you become incapable. The person you appoint has a duty to act consistent with your desires as stated in this document or, if your desires are not stated or otherwise made known to the attorney-in-fact, to act in a manner consistent with what the person in good faith believes to be in your best interest. For the appointment to be effective, the person you appoint must accept the appointment in writing. The person also has the right to withdraw from acting as your attorney-in-fact at any time.

(3) This document will continue in effect for a period of three years unless you become incapable of participating in mental health treatment decisions. If this occurs, the directive will continue in effect until you are no longer incapable.

(4) You have the right to revoke this document in whole or in part at any time you have not been determined to be incapable. **YOU MAY NOT REVOKE THIS DECLARATION WHEN YOU ARE CONSIDERED INCAPABLE BY A COURT, TWO PHYSICIANS THAT INCLUDE A PSYCHIATRIST, OR A PHYSICIAN AND A PROFESSIONAL MENTAL HEALTH CLINICIAN.** A revocation is effective when it is communicated to your attending physician or other provider.

(5) If there is anything in this document that you do not understand, you should ask a lawyer to explain it to you. This declaration will not be valid unless it is signed by two qualified witnesses who are personally known to you and who are present when you sign or acknowledge your signature.