Resources

for treatment planners/case managers who are developing services for children with severe emotional or behavioral disorders.

Alaska has a variety of resources housed in different parts of the system: this list provides an overview of resources with links to information about services and supports for children and their families.

State of Alaska Department of Health and Social Services
Bring the Kids Home

Sean Parnell, Governor
Bill Streur, Commissioner
Brita Bishop, Bring the Kids Home Coordinator

March 31, 2013

This list is designed to help treatment planners/case managers find resources to keep children with severe emotional or behavioral disorders in community settings. Many children and families have unique challenges and individualized needs.

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How can I get a young child assessed for social/emotional or developmental issues?

OCS Infant Learning Programs (ILP): The Office of Children's Services has a statewide network of ILP, which screen and treat children birth to three for delays (including social-emotional delays).

- **Learn about ILP**: http://hss.state.ak.us/ocs/InfantLearning/information/default.htm
- **Make a Referral**: http://hss.state.ak.us/ocs/InfantLearning/referral/default.htm
- **Find an ILP Program**: http://hss.state.ak.us/ocs/InfantLearning/program/program_dir.htm

Early Childhood Mental Health Consultation (ECMHC): ECMHC provides individual and programmatic consultation to families, childcare or early learning to improve services for young children showing social emotional delays or challenging behaviors.

- **Anchorage ECMHC Program**: Anchorage Community Mental Health Services, Josh Arvidson, (907) 762-2817
- **Fairbanks ECMHC Program**: Alaska Center for Children and Adults, Susan Kessler (866)456-4003
- **Juneau ECMHC Program**: Juneau Youth Services, Kathleen Rhea, (907)523-6533

Are there services to help children with emotional, behavioral or other disorders who are struggling at school?

Special Education Planning: Children with a developmental, emotional or behavioral condition that affects their ability to learn in school can receive an Individual Education Plan (IEP). To determine eligibility, the parent must consent to an evaluation of the child. Contact the principal of the school or the special education director for the district to request an evaluation.

- **District and School Information**: http://education.alaska.gov/Alaskan_Schools/
- **Special Education Directors**: http://education.alaska.gov/tls/sped/pdf/FY12%20General%20Update/120327%20Sped%20Directors.pdf
- **Special Education Links**: http://education.alaska.gov/tls/sped/

Where can a family get help to access services, learn skills to parent a child with challenging behaviors, and get peer support?

Peer Navigation and Support: Peer navigation assists families to learn about behavioral health treatment, obtain parenting skills, get peer support, and access necessary services. The primary target population is children with severe emotional and behavioral disturbances and their families.

- **Alaska Youth and Family Network**: Children with behavioral health needs and their families - **http://www.ayfn.org/** , Phone (907) 770-4979
- **Stone Soup Group**: Children with special needs and their families - **http://www.stonesoupgroup.org/** Phone (907) 561-3701 or toll free (877) 786-7327
- **Other Family Support and Navigation**: Other communities have also developed behavioral health peer and family support groups: look on-line or in the local phone book.

How can a child or adolescent with an emotional or behavioral disorder or their family access behavioral health services?

Behavioral Health Grant and Medicaid Funded Outpatient and Residential Services: The Alaska Division of Behavioral Health (DBH) has a statewide network of grantees who provide behavioral health services. In rural areas, grantees deliver services on an itinerant basis and via telemedicine. Services include outpatient treatment and residential treatment in some communities. DBH program staff manages grants and can provide information about behavioral health resources. Agency links are also available on-line.

- **DBH Treatment and Recovery Grantees**: **http://dhss.alaska.gov/dbh/Pages/default.aspx**
- **DBH Program Managers**: **http://dhss.alaska.gov/dbh/Pages/TreatmentRecovery/default.aspx**
- **DBH Brochure**: **Supports for Alaska's Children with Severe Emotional Disturbance**: **http://dhss.alaska.gov/dbh/Documents/PDF/200811_sed_%20brochure.pdf**

Behavioral Rehabilitation Services (BRS) Residential Treatment: DBH also has a statewide network of BRS grantees who provide short-term crisis stabilization and long-term behavioral health residential treatment. Some programs have on-site schools and a high level of structure while others allow children to attend school and community activities.

- **BRS Bed Availability Tracking**: **http://www.hss.state.ak.us/ocs/ResidentialCare/facilities/statewide.aspx**

Residential Psychiatric Treatment Center (RPTC): RPTC provide intensive long-term behavioral health residential treatment for children when less restrictive behavioral health services have proven insufficient. Placement in out-of-state RPTC through Alaska Medicaid requires a determination that in-state treatment is unavailable or inappropriate.

- **RPTC Bed Availability Tracking**: **http://www.qualishealth.org/healthcare-professionals/alaska-medicaid-behavioral-health/provider-resources**

Are there behavioral health resources for children in rural communities?

Tribal Community Behavioral Health Centers: Many tribes operate grant and Medicaid funded community-behavioral health centers to deliver outpatient services to children, youth and families. DBH program managers oversee these grants.

- **DBH Treatment and Recovery Grantees**: http://dhss.alaska.gov/dbh/Pages/default.aspx
- **DBH Program Managers**: http://dhss.alaska.gov/dbh/Pages/TreatmentRecovery/default.aspx

Alaska Tribal Health System Members The Alaska tribal health system is a statewide voluntary affiliation of more than 30 tribal organizations providing health services to Alaska Natives and American Indians. The entire ATHS serves approximately 130,000 Alaska Natives and provides comprehensive services across the entire continuum of care.

- **Alaska Tribal Health System Members**: https://www.alaskatribalhealth.org/about/contacts/index.cfm

The **Alaska Native Corporations** often have educational, vocational, counseling, health services and other programs for Native children. Some corporations have a non-profit organization.

- **Alaska Native Regional For-Profit Organizations**: http://dhss.alaska.gov/ocs/Documents/icwa/pdf/AKNativeRegionalCorps.pdf

Indian Child Welfare Act: The State of Alaska Department of Health & Social Services (DHSS), Office of Children's Services (OCS) strongly supports the Indian Child Welfare (ICWA) and continues to build federal ICWA mandates into all levels of OCS Child Welfare.

- **OCS ICWA Website**: http://dhss.alaska.gov/ocs/Pages/icwa/default.aspx
- **Community Partner Contacts**: http://dhss.alaska.gov/ocs/Pages/icwa/contact-partners.aspx
- **OCS ICWA Specialists**: http://dhss.alaska.gov/ocs/Pages/icwa/contact.aspx

Frontline Remote Access Clinic: The Frontline Remote Access Clinic gives primary care and behavioral health providers' quick access to behavioral health consultation and treatment. Providers must have videoconference connectivity.

- **Frontline Remote Access Clinic**: For more information, contact Jaymes Gonzales at 907-269-7278. To make an appointment go to: http://dhss.alaska.gov/dbh/Pages/api/remote_appointment.aspx
- **SDS Primary Staff Contact**: Laurie Cooper, (907)465-3135

How can we improve the school transition for a child returning to rural Alaska from a Residential Psychiatric Treatment Facility?

Educational Transition Support Project (ETSP): ETSP helps children to make a successful educational transition home from a residential psychiatric treatment facility to rural Alaska. ETSP works with the family, the RPTC, the school and community providers to implement the educational and support services transition plan.

- **ETSP Program**: http://sesa.org/content/educational-transition-support-project-alaska
  Direct line: (907)334-1314 Phone: (907)334-1314 or toll free (877)334-1314

Is consultation available on use of psychiatric medications for children?

Alaska Partnership Access Line (APAL): APAL provides free consultation to primary care prescribers on best practices for use of psychiatric medications for children.

- **APAL**: **http://dhss.alaska.gov/dbh/Pages/api/a-pal.aspx**, Kathleen Myers, MD, MPH, Seattle Children's Hospital, at (206)987-1663 or **Kathleen.myers@seattlechildrens.org**

Are there services specifically designed for transition-age youth?

Office of Children's Services (OCS) Resources: OCS provides education and training resources, life skill assessment, family resources and independent living funds to assist children in the custody of the state to transition successfully to adulthood.

- **OCS Independent Living Links**: **http://www.hss.state.ak.us/ocs/IndependentLiving/default.htm**

Peer Support Services: Peer support services, mentoring and recovery planning assistance are available to youth who experience behavioral health challenges or who have been in state services through several organizations – and some community behavioral health centers have also developed additional peer support services.

- **Alaska Youth and Family Network:** Provides peer support, on-line support, young adult parenting classes and a "Youth Move" chapter. **http://www.ayfn.org/wp/**

- **Facing Foster Care Alaska (FFCA)**: FFCA is a group of foster youth and alumni who work together on advocacy and meet quarterly in their regions. **http://www.alaskacasa.org/FFCA.aspx**

- **Alaska Youth and Parent Foundation POWER Program**: The POWER program does outreach and provides training to youth at the free Anchorage POWER Teen Center. **http://www.aypfalaska.org/whoweare/peeroutreachworkers.html**

Transition to Independence Process (TIP): TIP is an evidence-supported process for working with transition age youth who experience severe behavioral health disturbances. A number of agencies have developed (or begun developing) TIP services: Denali Family Services (Anchorage and Matsu), Anchorage Community Mental Health (Anchorage), Juneau Youth Services (Juneau), Presbyterian Hospitality House (Anchorage), Sitka Youth Services (Sitka) and Central Peninsula Behavioral Health (Soldotna).

- **DBH Treatment and Recovery Grantees**: **http://dhss.alaska.gov/dbh/Pages/default.aspx**
- **TIP Website & Alaska Resources**: **http://www.tipstars.org/CommunitySiteResources/Alaska.aspx**

SSI/SSDI Outreach, Access and Recovery (SOAR): SOAR is designed to increase access to benefits administered by the Social Security Administration for eligible adults who are homeless or at risk of homelessness and have a mental illness and/or a co-occurring substance use disorder.

- **Alaska Coalition on Housing and Homelessness: http://www.akcoalition.com/soar-ssissdi-outreach-access-and-recovery**

- **National SOAR Website** (Resources & SOAR trainers in Alaska)**: http://www.prainc.com/soar/**

Adult Public Assistance (APA): Alaska's APA provides cash assistance to needy aged, and disabled Alaskans to help them remain independent. APA gives cash to Supplemental Security Income (SSI) recipients and others who have income and resources within APA income and resource limits. APA recipients are also eligible for Medicaid benefits. People who are under the age of 65 must be blind or disabled in order to be eligible for the APA program.

- **Adult Public Assistance**: http://dhss.alaska.gov/dpa/Pages/apa/default.aspx

Supplemental Security Income (SSI): The SSI program pays benefits to disabled adults and children who have limited income and resources.

- **How to Apply for SSI**: **http://www.ssa.gov/pgm/ssi.htm**
- **Alaska Social Security Offices**: **http://dhss.alaska.gov/dpa/Pages/apa/default.aspx**

Division of Vocational Rehabilitation (DVR): DVR resources help jobseekers with disabilities to obtain employment, including a video designed specifically for high-school students, a pre-transition & transition checklist and other resources.

- **DVR Resources for Jobseekers**: **http://www.labor.state.ak.us/dvr/vrprogram.htm**
- **Alaska Job Center Network: http://www.jobs.state.ak.us/**
- **Alaska Job Center Contact Info**: **http://dhss.alaska.gov/dpa/Pages/features/org/ajcn_info.aspx**

Client Assistance Program (CAP): The CAP at the Disability Law Center helps individuals with disabilities who experience problems when applying for or receiving rehabilitation or independent living services. The CAP assists with information and advocacy.

- **CAP Website**: **http://www.dlcak.org/html/about-us/client-assistance-program.php**

Postsecondary Transition Program: The **TAPESTRY Program** provides students 18 – 21 with intellectual / cognitive disabilities with a postsecondary college experience to develop self-advocacy skills, engage in career exploration, and develop social skills to lead to employment or enrollment in an educational program.

TAPESTRY Program: **http://www.uaa.alaska.edu/centerforhumandevelopment/tapestry/index.cfm**

Office of Children's Services (OCS): Children and youth in OCS foster care, or who are former foster children, have access to education and training vouchers and independent living funds.

- **OCS Independent Living Funds**: **http://www.hss.state.ak.us/ocs/IndependentLiving/ILFunds.htm**
- **OCS Education and Training Vouchers**: **http://www.hss.state.ak.us/ocs/IndependentLiving/ETV.htm**

What resources are available to support children with complex developmental and behavioral needs to remain in a community setting?

Individualized Service Agreements (ISA): ISA pay for items needed to transition a child home from (or to avoid placement in) a residential setting *when no other funding source is available*. (Examples: unbreakable windows, educational tutoring, a bus pass). ISA are available through DBH grantees, the Office of Children's Services, or the Division of Juvenile Justice.

- **DBH ISA Website** (see "provider agreement"): **http://dhss.alaska.gov/dbh/Pages/TreatmentRecovery/isa/default.aspx**
- **DBH ISA Program Manager**: James McLaughlin**, james.mclaughlin@alaska.gov**, (907)269-1044.
- **OCS ISA Program Manager**: Steve Krall, **steve.krall@alaska.gov** , (907)465-2315
- **DJJ ISA Program Manager**: Courtney King, **courtney.king@alaska.gov**, (907)261-4539

Senior and Disability Services (SDS): Some children qualify for *both* behavioral health and developmental disability services. SDS has a network of grantees and a waiver program for individuals with developmental disabilities. Some grantees provide *both* behavioral health and developmental disability services and others work with DBH grantees to serve children with complex needs. Short-Term Assistance and Referral (STAR) Programs assist parents in determining their child's eligibility for SDS services.

- **STAR Website**: **http://www.hss.state.ak.us/dsds/grantservices/starmini.htm,**
- **STAR Program List**: **http://www.hss.state.ak.us/dsds/grantservices/PDFs/STAR_Roster.pdf**
- **SDS Grant Services**: **http://www.hss.state.ak.us/dsds/grantservices/**,
- **DD Provider Agencies**: **http://hss.state.ak.us/dsds/dd/pdfs/DDGranteeProvidList.pdf**
- **SDS Mini-Grants**: **http://www.hss.state.ak.us/dsds/grantservices/mini.htm**,
- **SDS Medicaid Waiver**: **http://www.hss.state.ak.us/dsds/grantservices/hcbwaivers.htm**

Complex Behaviors Collaborative (CBC): The CBC provides consultation and training for service providers, the school, and the family to develop community-based services for individuals with *both* autism spectrum disorders and challenging behaviors. Participants must have a provider and a placement. The CBS will expand to additional communities as new consultants are hired.

- **CBC Information**: **http://dhss.alaska.gov/dbh/Pages/ComplexBehavior/Default.aspx**
- **DBH Program Manager**: Reta Sullivan, **reta.sullivan@alaska.gov**

Enhanced Care Management: CoDI care management services are available in the Matsu and Kenai areas for children in residential psychiatric treatment or at risk of behavioral health residential treatment. The goal is to keep children at home or as close to home as possible.

- **Co-Occurring Disorders Institute**: **http://www.codialaska.org/program-faqs/bring-our-kids-home/** E-Mail: **ContactUs@codi-ak.org**, Phone: (907)745-2634

Autism Resources:

- **DHSS Autism Resources**: **http://www.hss.state.ak.us/autism/**, or Phone (907) 269-3400 or toll free (800)799-7570 or **hss.autism@alaska.gov**

- **Providence Autism Diagnostic Network**: **http://alaska.providence.org/locations/pamc/services/childrens/Pages/autism.aspx** , Phone (907)212-9212

- **Capacity Building for Autism Interventions**: **http://www.uaa.alaska.edu/centerforhumandevelopment/cbai/index.cfm**, Phillip Tafs (907)264-6227, **philt@alaskachd.org**

- **Autism Resource Center**: **http://sesa.org/content/aarc-home**, Phone (907)334-1331 or (866)301-7372 or **aarc@sesa.org**

Trauma Resources: The Anchorage Community Mental Health Services, (ACMHSA) *Child Trauma Center* provides trauma-focused services to children aged 3 – 12, trauma training, and behavioral health assessment for children entering protective services custody in Anchorage.

- **ACMHSA Child Trauma Center**: **http://www.acmhs.com/programs-services/child-family-services/alaska-child-trauma-center**, Lucy Smith (907)762-2852

Fetal Alcohol Spectrum Disorder (FASD): The Division of Behavioral Health supports a network of FASD diagnostic centers. A FASD diagnosis may significantly affect treatment strategies and outcomes and help a youth and family to understand and address the challenges they face.

- **FASD Team Map** (click links to see contact information): **http://www.hss.state.ak.us/fas/teams/default.htm**

- **FASD Resources**: **http://www.hss.state.ak.us/fas/Resources/default.htm**

Department of Health and Social Services Staff: DHSS staff are knowledgeable about in-state resources and can assist in identifying resources for children and families with complex needs.

- **Division of Behavioral Health**
  - Reta Sullivan: (907)269-8869 **reta.sullivan@alaska.gov**
  - Judy Helgeson: (907)269-3697 **judy.helgeson@alaska.gov**
  - Maureen McGlone: (907)269-3793 **maureen.mcglone@alaska.gov**

- **Office of Children's Services**
  - S.E. AK – Diana Grieser: (907)465-3236 **diana.grieser@alaska.gov**
  - Northern – John Luchansky: (907)451-2063 **john.luchansky@alaska.gov**
  - Anchorage - Cheryl Vargo: (907) 357-8909 **cheryl.vargo@alaska.gov**
  - Naomi Harris: (907)465-3548 **naomi.harris@alaska.gov**
  - Steve Krall: (907)465-2315 **steve.krall@alaska.gov**
- **Division of Juvenile Justice**
  - Courtney King: (907)261-4539 **courtney.king@alaska.gov**
- **Senior and Disability Services**
  - Maureen Harwood: (907)451-5041 **maureen.harwood@alaska.gov**
  - Corina Castillo-Shepard: (907)451-2977 or (800)770-1672 **akdhss.sds_ccastillo-shepard@direct.alaskahie.com**

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Resources *for Supporting Children and Youth with Challenging Presentations in Community Settings*