Alaska Behavioral Health

Finding help when you need it

April 2008

Resource Guide
Treatment Works.
Recovery Happens.

Funded in part by
The Alaska Mental Health Trust Authority

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

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

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

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

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

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

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

or

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

Thank you.
Section 1. Some First Steps

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

**See Your Doctor or Clinic**

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

**Addiction and Mental Health Care Professionals**

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

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

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

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

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

Psychiatrists, psychologists and other behavioral health professionals such as social workers, counselors, and clinicians can help the recovery process as they help identify the external factors that may be impacting a person’s behavioral health. This is the same as the heart patient who takes medication but also needs to learn new eating habits and develop coping skills for external factors such as stress.
Recovery refers to the ways in which people with a mental illness and/or addiction experience and manage their disorders in the process of reclaiming their life in their community. Recovery-oriented care is what mental health and addiction treatment and rehabilitation service workers offer in support of a person’s recovery.

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

**Emergency Care**

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

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

**Hospitals & Residential Treatment Services**

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

**Education and Information**

This guide provides you with a list of resources that offer additional support and information about behavioral health. Included in the back is a glossary of basic terms and a definition of behavioral health.
Section 2. Finding Resources in Your Community

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

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

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

- Counselors
- Drug Abuse & Addiction- information & treatment
- Mental Health Services
- Social Workers
- Psychologists
- Physicians & Surgeons-MD Psychiatry
Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

Alaska Statewide

Access Alaska (serves Southwest AK & Aleutian chain, Anchorage, Fairbanks, and Wasilla)
Targeted to consumers experiencing a major mental illness or a traumatic brain injury. Service Coordination, Case Management, Support groups, & Peer support.
248.4777 or (800) 770.4488
121 W. Fireweed Ln., St. 105, Anchorage, AK 99503
www.accessalaska.org

Advisory Board on Alcoholism & Drug Abuse (ABADA)
SA Planning, Coordinating, Educating, Advising, Evaluating, & Advocating
465.8920 or (888) 464.8920
431 N. Franklin St, Suite 200, Juneau, AK 99801
www.hss.state.ak.us/abada/

Alaska Mental Health Consumer Web
Peer support, Information, Referrals, & Resources
222.2980
1248 Gambell Street, Anchorage, AK 99520-2162
www.akmhcweb.org

Alaska Brain Injury Network
Information, Referral, Peer Support groups, & Advocacy services
274.2824 or (888) 574.2824 – in Alaska
3745 Community Park Loop, Suite 240, Anchorage, AK 99508
www.alaskabraininjury.net/

Alaska Mental Health Board (AMHB)
MH Planning, Coordinating, Educating, Advising, Evaluating, & Advocating
465.3071 or (800) 478.6422
431 N. Franklin St, Suite 200, Juneau, AK 99801
www.hss.state.ak.us/amhb/

Alaska Mental Health Trust Authority (AMHTA)
Advocacy, Planning, & Funding for BH services
269.7960
3745 Community Park Loop, Suite 200, Anchorage, AK 99508
www.mhtrust.org/

Alaska Psychiatric Institute/Alaska Recovery Center
MH IP Telepsychiatry
269.7100 or (888) 825.5274
2900 Providence Drive, Anchorage, AK 99508-4677
hss.state.ak.us/dbh/API/default.htm

Alaska Statewide Careline Crisis Intervention
Intervention information & referral services for individuals considering suicide or suicidal thoughts and concerned family/friends
(877) 266.4357 or for Fairbanks 452.4357
www.hss.state.ak.us/suicideprevention/

Alaska Youth and Family Network
770.4979 or (888) 770.4979
P. O. Box 23-3142, Anchorage, AK 99523-3142
www.ayfn.org/

Alaska VA Healthcare System
BH OP DeTox
257.4700 or (888) 353-7574
2925 DeBarr Rd., Anchorage, AK 99509-2989
www1.va.gov/directory

Alcoholics Anonymous – Alaska
12-step Support Group Targeted to individuals interested in quitting drinking
www.area02alaska.org/

Consumers Consortium
Fellowship of Alaska Behavioral Health Organization
Peer Support & Consumer Driven Services
262.2824
54932 Burdock Rd., Kasilof, AK 99610
www.consumersconsortium.org

Department of Health & Social Services
Alaska’s governmental department that serves to promote and protect the health & well-being of Alaskans. Within the Department are Divisions that further this mission.
www.hss.state.ak.us/
Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

Disability Law Center
Provides legal advocacy services for people with disabilities
565.1002
3330 Arctic Blvd, suite 103, Anchorage, AK 99503
www.dlcak.org

Ionia, Inc.
MH Peer Support Consumer-Run
262.2824
54932 Burdock Road, Kasilof, AK 99610
www.ionia.org

NAMI statewide (National Alliance on Mental Illness)
Education, Support, Advocacy
277.1300 or (800) 478-4462
144 W. 15th Avenue, Anchorage, AK 99501
www.nami.org
(go to Alaska from this national site)

Stone Soup Group
Parent Navigation, Advocacy, Parent Training & Information Center on Special Education, & Positive Behavioral Support Training targeted to families who have youth with developmental disabilities, traumatic brain injury, and/or fetal alcohol spectrum disorders
561.3701 or (877) 786.7327
3350 Commercial Dr. Suite 100, Anchorage, AK 99501
www.stonesoupgroup.org/

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

Aleutian/Pribilof Island Association, Inc.
Aleutian Counseling Centers
MH SA OP Telepsychiatry
564.8301
P.O. Box 65, St. Paul Island, AK 99660
581.2742
Box 1130, Unalaska, AK 99685
www.apiai.org

Eastern Aleutian Tribes, Inc.
MH SA Telepsychiatry
277.1440 or (800) 478.2673
P.O. Box 527, Sand Point, AK 99661
www.easternaleutiantribes.com

Iliuliuk Family & Health Services, Inc
BH OP
581.1202 or 24 hour crisis line: 581.1233 UPD
P.O. box 144, Unalaska, AK 99685
www.ifhs.org

Unalaskans Against Sexual Assault & Family Violence (USA-FV)
DV Shelter Advocacy
581.1500 or (800) 478.7238
156 W. Broadway, Unalaska, AK 99685

Anchorage
Access Alaska
BH OP
Targeted to all ages
248.4777 or (800) 770-4488
121 W. Fireweed Ln., Ste. 105, Anchorage, AK 99503
www.accessalaska.org

Akeela, Inc.
SA OP Res
565.1200
4111 Minnesota Dr., Anchorage, AK 99503
www.akeela.org

Alaska Baptist Family Services
MH Res
Targeted to boys ages 12 to 18 yrs
349.2222 x 203
1600 O’Malley Rd., Anchorage, AK 99507
www.alaskabaptistfamilyservices.com/

Alaska Children’s Services
MH SA OP Res & therapeutic foster homes
Targeted to youth, 5 – 18 yrs & their families
346.2101
4600 Abbott Road, Anchorage, AK 99507
www.acs.ak.org

BH= substance abuse & mental health treatment
Casemngt=case management
DeTox=detoxification
DV=domestic violence service
IP=inpatient services
MH=mental health treatment
OP=outpatient services
Res=residential
SA=substance abuse treatment

Advisory Board on Alcoholism & Drug Abuse and Alaska Mental Health Board
Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

Alaska Women’s Aid in Crisis (AWAIC)
DV Shelter Transitional living Casemngt Advocacy
Targeted to women & children
272.0100 – crisis line
www.awaic.org

Alaska Women’s Resource Center
SA  DV  OP  RES
276.0528
610 C Street, Anchorage, AK  99501
www.awrconline.org

Alaska Youth & Parent Foundation
Outreach & Residential services for homeless & severely emotionally disturbed youth
243-9502
P.O. Box 232053, Anchorage, AK  99523-2053
www.aypf.ak.org

Anchorage Community Mental Health Services
MH  OP  Casemngt & Child Trauma Center
Specializes in services for individuals experiencing a severe mental illness.
563.1000
4020 Folker St., Anchorage, AK  99508
www.acmhs.com

ARC of Anchorage
BH
Targeted to individuals with a developmental disability
TTY 258.2232
2211 Arca Drive, Anchorage, AK  99508
www.arc-anchorage.org

Assets, Inc
MH  Assisted living & supportive employment services
279.6617
2330 Nichols St, Anchorage, AK 99508-3495
www.assetsinc.org

CHOICES, Inc. - Consumers Having Ownership in Creating Effective Services
BH  OP  Community reintegration & skills development services
Targets young adults ages 18 – 25 yrs
333.4343
1569 S. Bragaw, Suite 200, Anchorage, AK  99508

Cook Inlet Tribal Council, Inc.
BH  DeTox  OP  IP  Res  Casemngt & Cherish the Children project
793.3600 or (877) 985.5900
3600 San Jeronimo Dr., Anchorage, AK  99508
www.citci.com

Covenant House
Advocacy, Transitional Living Program, Shelter, Health Care Services
targets homeless youth ages 13 – 20 yrs.
1.800.999.9999 – crisis or talk line
609 F St., Anchorage, AK  99510-3533
www.covenanthouse.org

Denali Family Services
BH  OP  Care Coordination  Assisted Foster Homes
targeted for children with intensive behavioral health care needs
274.8281 or (888) 337.6525
1251 Muldoon Rd, Anchorage, AK  99504
www.denalifs.org

Elmendorf AFB Alcohol Drug Abuse Program
SA  DeTox  OP
257.4854
2925 Debarr Road, Anchorage, AK  99508
www.elmendorf.af.mil

Genesis Recovery Services
SA  MH  OP  Res
243.5130
2825 West 42nd Avenue, Anchorage, AK  99517
www.genesisrecovery.org

Hope Community Resources
Therapeutic Foster Care  OP  Wrap Around Services
Targeted to youth birth – 21 yrs., with dual diagnosis of MH & DD
550.6551 or (800) 478.0078
3500 E. 20th Ave. Anchorage, AK  99518
www.hopealaska.org

BH= substance abuse & mental health treatment
Casemngt=casemanagement
DeTox=detoxification
DV=domestic violence service
IP=inpatient services
MH=mental health treatment
OP=outpatient services
Res=residential
SA=substance abuse treatment
Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

NAMI/Anchorage
Family Support & Advocacy
272-0227
P.O. Box 243302, Anchorage, AK 99524-3302
www.nami.org
(go to Alaska from this national site & then
Anchorage)

Narcotic Drug Treatment Center, Inc.
Center for Drug Problems
SA DeTox OP Methadone (Maintenance & DeTox)
276.6430
520 East 4th Ave, Suite 102, Anchorage, AK 99501
www.ndtc.ak.org

North Star Behavioral Health
MH OP Res IP
258.7575 or (800) 458.7575
2530 DeBarr Road, Anchorage, AK 99508
www.northstarbehavioral.com

Programs for Infants & Children, Inc
Early intervention services for infants and children
ages 0 - 3 with developmental delays or disabilities
561.8060
3330 Arctic Blvd, suite 101, anchorage, AK 99503
www.picak.org

Providence Behavioral Health
MH OP Res Hospitalization
Crisis recovery center – 563.3200
Psychiatric emergency – 261.2800
Adult mental health – 261.4843
Adolescent mental health – 261.4843
3200 Providence Drive, Anchorage, AK 99508
www.providence.org/alaska/bhs

Rural Alaska Community Action Program
(RuralCAP)
SA homeless outreach project & Headstart programs
279.2511 or (800) 478.7227
P.O. Box 200908, Anchorage, AK 99520
www.ruralcap.com/

The Salvation Army Alaska Division
Booth Memorial
BH OP Res targeted towards young women (12 – 18 yrs) & their families
279.0522
3600 E. 20th Ave, Anchorage, AK 99508
Clitheroe Center
BH IP OP Res Casemngt & Detox
276.2898
P.O. Box 190567, Anchorage, AK 99508
www1.salvationarmy.org/Alaska

Southcentral Foundation Behavioral Health Services
BH OP Res
729.3250 or 729.2500 option 2
4320 Diplomacy Drive, Anchorage, AK 99503
http://www.southcentralfoundation.com/bhs.cfm

Standing Together Against Rape (STAR)
DV & sexual assault Advocacy
276.7273 or (800) 478.8999
1057 W. Fireweed Ln, #230, Anchorage, AK 99503
www.staralaska.com

Volunteers of America – Alaska
Arch & Assist Programs
SA Res OP targeted to 12 – 18 yrs
279.9634
1675 C St. Suite 201, Anchorage, AK 99501
www.voaak.org

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

Arctic Women in Crisis
DV
852.0261
4470 N. Star St., Barrow, AK 99723

BH= substance abuse & mental health treatment
DV=domestic violence service
IP=inpatient services
Res=residential
SA= substance abuse treatment
MH=mental health treatment
OP=outpatient services

Advisory Board on Alcoholism & Drug Abuse and Alaska Mental Health Board
Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

NAMI Barrow
Education, Support, Advocacy
852.3006
P.O. Box 786, Barrow, AK 99723
www.nami.org
(go to Alaska from this national site & then Barrow)

North Slope Borough Health & Social Services Department
BH OP & Res targeted to youth in need DV shelter
852.0366
P.O. Box 69, 5200 Karlouk Street, Barrow, AK 99723
www.north-slope.org/departments/health

Arctic Slope Native Association
BH village aides
852.2762 or (800)478.3033
P.O. Box 1232, Barrow, AK 99723

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

Yukon-Kuskokwim Health Corporation (YKHC)
BH Res OP serves adults & adolescents
543.6100 or (800) 478.2642 (All of Kuskokwim area)
P.O. Box 528, Bethel, AK 99559
www.ykhc.org

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

Copper River Community Mental Health Center
MH SA OP Res
822.5241
Drawer H, Copper Center, AK 99573

Copper River Native Association
BH OP Village Health Aides
822.5241
P.O. Box H, Copper Center, AK 99573
http://crnative.org/bhs.html

Cordova
(serves – Chenega Bay, Eyak, & Tatitlek)

Cordova Family Resource Center
DV safe homes & help line
424.4357
P.O Box 863, Cordova, AK 99557

NAMI Cordova
Education, Support, Advocacy
424.7785
P.O. Box 2616, Cordova, AK 99574

Sound Alternatives Behavioral Health
BH OP Casemngt
424.8300
After hours: 424.8000 (Cordova Community Medical Center)
602 Chase Ave., Cordova, AK 99574

Tundra Women’s Coalition
DV Shelter Advocacy serves women & children
543.3456 or (800) 478.7799 – crisis line
P.O. Box 2029, Bethel, AK 99559
www.twcpeace.org

| BH= substance abuse & mental health treatment | DV=domestic violence service | OP=outpatient services |
| Casemngt=casemanagement | IP=inpatient services | Res=residential |
| DeTox=detoxification | MH=mental health treatment | SA=substance abuse treatment |
Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

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

Communities Organized for Health Options (COHO)
BH  OP  Casemngt  Day Treatment School-based Services
826.3662
P.O. Box 805, Craig, AK  99921

Community Connections
MH  Therapeutic Foster Care  Day Treatment  OP
(targeted to children & their families)
826.3891
P.O. Box 420, Craig, AK  99921
www.comconnections.org

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

Bristol Bay Area Health Corporation (BBAHC)
Bristol Bay Counseling Center & Jake’s Place
BH  OP  IP  Res
824.1230 or (800) 510.1230
P.O. Box 130, Dillingham, AK  99576
www.bbahc.org

Safe and Fear-Free Environment - SaFE
DV shelter & emergency shelter for adults & youth
842.2320 or (800)478-2316 – crisis line
P.O. Box 94, Dillingham, AK 99576
www.safe@besafeandfree.org

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

Fairbanks Community Behavioral Health Center
MH  OP  Res  Casemngt
452.1575
3830 S. Cushman, Fairbanks, AK  99701
www.fairbankscommunitybehavioralhelathcenter.org

Fairbanks Memorial Hospital, Behavioral Health
MH  IP
458.5250
1650 Cowles Street, 4th Floor, Main Entrance, Fairbanks, AK  99701

Fairbanks Native Association
Ralph Perdue Center
SA  Res
456.1053
3100 S. Cushman St, Fairbanks, AK 99709

Long House
SA  Res
451.1170
3051 N. Van Home Rd, Fairbanks, AK  99701

Woman & Children Center of Inner Health “WCCIH”
SA  Res
451.8164
1027 Evergreen Ave, Fairbanks, AK  99701

Fairbanks Native Association Detox
Detox
456.1053
100 S. Cushman St, Fairbanks, AK 99701

Graf Rheeneerhaanjii & New Life (targeted to youth)
SA  Res  OP
2550 Lawlor Rd, Fairbanks, AK  99709
www.fairbanksnative.org

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DeTox= detoxification
DV= domestic violence service
IP= inpatient services
MH= mental health treatment
OP= outpatient services
Res= residential
SA= substance abuse treatment
Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

Family Centered Services of Alaska
MH OP Res targeted to youth with severe mental health problems
474.0890
620 5th Ave., 2nd Floor, Fairbanks, AK 99701
www.familycenteredservices.com

Interior Alaska Center for Non-Violent Living
DV Shelter Advocacy serves women & children
452.2293 or (800) 478.7273
726 26th Ave, Fairbanks, AK 99701

NAMI Fairbanks
Education, Support, Advocacy
456.4704
P.O. Box 72543, Fairbanks, AK 99707
www.nami.org
(go to Alaska from this national site & then Fairbanks)

Tanana Chiefs Conference, Inc., Counseling Center
BH OP Res
459.3800 or (800) 478.4741
1650 Cowles St., 3rd Floor, Rm 359, Fairbanks, AK 99701
www.tananachiefs.org/health/counseling_center.html

Yukon Tanana Counseling Services
SA OP MH-SA
452.8251, Ext. 3460 or (800) 478-6822, Ext. 3460
1302 21st Ave, Fairbanks, AK 99701

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

Yukon Flats Care Center
BH OP Telepsychiatry Village-based counselors
662.2526
P.O. Box 21, Fort Yukon, AK 99740
www.catg.org

Galena
Edgar Nollner Health Center, Department of Behavioral Health
BH OP Telepsychiatry Village-based counselors
656.1617 or (800) 478.1618
17 Antoski Road, Galena, AK 99741

Haines
(serves – Klukwan, Mosquito Lake, & Skagway)

Lynn Canal Counseling Services
BH OP Casemngt
766.2177
P.O. Box 90, Haines, AK 99827

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

CICADA (Cook Inlet Council on Alcohol & Drug Abuse)
SA OP
235.8001
P.O. Box 2352, Homer, AK 99603

NAMI Homer
Education, Support, Advocacy
235.5284
P.O. Box 1205, Homer, AK 99603
www.nami.org
(go to Alaska from this national site & then Homer)

South Peninsula Behavioral Health Services
MH OP Casemngt
235.7701
3948 Ben Walters Lane, Homer, AK 99603

South Peninsula Haven House
DV Shelter Advocacy serves women & children
235.8943 or (800) 478.7712
3776 Lake St, Homer, AK 99603
www.havenhousealaska.org

BH= substance abuse & mental health treatment
Casemngt= casemanagement
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DV= domestic violence service
IP= inpatient services
MH= mental health treatment
OP= outpatient services
Res= residential
SA= substance abuse treatment
Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

Hoonah
Hoonah Indian Association
SA  OP
945.3235
568 Ravin Dr, Hoonah, AK 99829

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

Aiding Women in Abuse and Rape Emergencies (AWARE)
DV  Shelter  Advocacy targeted for women & children
Batterers accountability program for men
586.6623 (business), 586.1090 (crisis), or (800) 478.1090
P. O. Box 20809, Juneau, AK 99802
www.juneau.com/aware

Rainforest Recovery Center
Bartlett Regional Hospital
796.8610
SA  OP  IP  Casemngt
Mental Health Unit 796.8391
BH  IP  DeTox  DET  Casemngt
Bartlett Outpatient Psychiatric Services 796.8498
BH  OP
3260 Hospital Drive, Juneau, AK 99801
www.bartlethospital.org

Catholic Community Services
Family Support Services
463.6100
419 6th St, Juneau, AK 99801
www.ccsjuneau.org

South East Alaska Regional Health Consortium (SEARHC)
BH  OP  Casemngt
364.4445
3245 Hospital Dr, Suite 119, Juneau, AK 99801
www.searhc.org

Tlingit & Haida Tribal Family & Youth Services
In-Home Family Support & Casemngt
463.7169
320 W. Willoughby Ave, Suite 300, Juneau, AK 99801
www.CCTHITA.org

Juneau Alliance for Mental Health, Inc. (JAMHI)
MH  Res  OP
463.3303
3406 Glacier Highway, Juneau, AK 99801
www.jamhi.org

Juneau Youth Services
BH  OP  Res  Casemngt
789.4733
P.O. Box 32839, Juneau, AK 99803
www.jys.org

NAMI Juneau
Education, Support, Advocacy
780.6775
P.O. Box 21661, Juneau, AK 99802
www.nami.org
(go to Alaska from this national site & then Juneau)

National Council on Alcoholism & Drug Abuse (NCADD)
Education, Outreach, Assessment & Referral
463-3755
211 4th St. Suite 102, Juneau, AK 99801
www.ncadd-j.org

Polaris House
MH  Peer  Consumer-Run  Club House
780.6775
P.O. Box 21661, Juneau, AK 99802

Catholic Community Services
Family Support Services
463.6100
419 6th St, Juneau, AK 99801
www.ccsjuneau.org

Gastineau Human Services
SA  OP  Res  Transitional Housing
780.4338
5597 Aisek Street, Juneau, AK 99801
www.ghscorp.org

BH= substance abuse & mental health treatment
DV=domestic violence service
IP=inpatient services
MH=mental health treatment
OP=outpatient services
Res=residential
SA=substance abuse treatment
Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

**Kenai/Soldotna**
(serves – Kasilof, Kenai, Nikiski, & Sterling)

Central Peninsula Counseling Services
MH OP
283.7501
506 Lake Street, Kenai, AK 99611
www.cpcservices.org

Central Peninsula General Hospital – Serenity House
SA Res
714.4521
Kalifornsky Beach Rd, Soldotna AK 99669
www.cpgh.org

Cook Inlet Council on Alcohol and Drug Abuse (CICADA)
SA OP
Intake: 235.8001
10200 Kenai Spur Highway, Kenai, AK 99611

Ionia, Inc
MH Community Model for Living Alternatives
262.2824
54932 Burdock Rd, Kasilof, AK 99610
www.ionia.org

Kenai Peninsula Community Care Center
BH Res Therapeutic Foster Care targeted to 13 – 19 yrs & In-home Family Support Program
283.7635
320 S. Spruce St, Kenai, AK 99611

LeeShore Center
DV Shelter Advocacy Transitional Living Center Childcare Assistance targeted to women & their children
Batters Intervention Program for men
283.9479 or crisis line: 283.7257
325 S. Spruce St, Kenai, AK 99611
www.alaska.net/~leeshore

Nakenu Family Center (Kenaitze Indian Tribes)
BH OP
283.3633
P.O. Box 988, Kenai, AK 99611
www.kenaitze.org/Nakenu

**Ketchikan**

Community Connections
MH Res OP (targeted to children & their families)
225.7825 or (800) 478.7825 (in AK)
201 Deermount St., Ketchikan, AK 99901
www.comconnections.org

Gateway Center for Human Services
BH DeTox Res
225.4135
3050 Fifth Avenue, Ketchikan, AK 99901

Ketchikan Indian Corporation
BH OP Casemngt
228.4917 or (800) 252.5158
2960 Tongass Ave, Ketchikan, AK 99901
www.kictribe.org

NAMI Ketchikan
Education, Support, Advocacy
225.8552
P.O. Box 8552, Ketchikan, AK 99901
www.nami.org
(go to Alaska from this national site & then Ketchikan)

Residential Youth Care, Inc
BH Emergency Shelter & Res
Targeted to youth 10 – 19 yrs
247.2022
2514 1st Ave, Ketchikan, AK 99901
www.residentialyouthcare.org

Women In Safe Homes
DV Shelter Advocacy serves women & children
225.2472
2002 1st/, Ketchikan, AK 99901

| BH= substance abuse & mental health treatment | OP=outpatient services |
| Casemgmt=casemanagement | Res=residential |
| DeTox=detoxification | SA=substance abuse treatment |
| DV=domestic violence service | MH=mental health treatment |
| IP=inpatient services | |
Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

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

Kodiak Area Native Association
BH  OP Intensive OP Aftercare  Village-Based Counselors
486.9812 or (800) 478.5721
3449 E. Rezanof Dr, Kodiak, AK 99615
www.kanaweb.org

Kodiak Island Counseling Center (Providence)
BH  OP  Casemngt
481.2400
717 Rezanof Drive, Kodiak, AK 99615
www.providence.org/Alaska/bhs/nkodiakmhc.htm

Kodiak Women’s Resource Center
DV  Shelter
486-6171
422 Hillside, Kodiak, AK 99615

NAMI Kodiak
Education, Support, Advocacy
486.5604
P.O. Box 2578, Kodiak, AK 99615
www.nami.org
(go to the national site for Alaska and then Kodiak)

Maniilaq Counseling Services
MH  OP  Itinerant therapists & Village-based counselors
442.7400
P.O. Box 256, Kotzebue, AK 99752
www.manillaq.org/behavioralServices.html

Manillaq Family Crisis
DV  Shelter  Advocacy
442.7879 or (888) 478.3969
P.O. Box 38, Kotzebue, AK 99752

Manillaq Recovery Center
SA  DeTox  OP  Res  & Village-based counselors
442.7640
2nd Avenue, Kotzebue, AK 99752
www.manillaq.org

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

Alaska Family Services
SA  OP  DV  Shelter
376.4000 and CRISIS LINE: 376.4000
291 E. Swanson Ave., Wasilla, AK 99654
www.akafs.org

Daybreak, Inc.
Casemngt
745-6019
1111 S. Glenn Hwy, Suite B, Palmer, AK 99645

Mat-Su Health Services
MH  OP  Casemngt
376.2411 or CRISIS LINE: 376.2411
1363 W. Spruce Ave, Wasilla, AK 99654

Nugens Ranch/Alaska Addiction Rehabilitation Services
SA  Res  Casemngt
376.4534 or (800)376.4535
3701 Palmer Wasilla Hwy, Wasilla, AK 99654
www.nugensranch.org

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

McGrath Behavioral Health
(Southcentral Foundation)
BH  OP triage for emergency services
524.3400
P.O. Box 10, McGrath, AK 99627
Finding Resources in Your Community

Prevention, Treatment & Recovery Resources

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

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

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

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

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

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

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

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

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

- **Women’s Aid in Violent Emergencies (WAVE)**
  - Volunteer support service & temporary safe home
  - 518.0555
  - [www.petersburgwave.org](http://www.petersburgwave.org)

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

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

### Sitka

- **Sitka Counseling & Prevention Services**
  - BH OP Residential Casemngt Housing Facility
  - 747.3636
  - 701 Indian River Rd, Sitka, AK 99835
  - [www.scpsak.org](http://www.scpsak.org)

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

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BH= substance abuse & mental health treatment  
Casemngt=casemanagement  
DeTox=detoxification  
DV=domestic violence service  
IP=inpatient services  
MH=mental health treatment  
OP=outpatient services  
Res=residential  
SA=substance abuse treatment  

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State of Alaska, Department of Health and Social Services
### Finding Resources in Your Community

#### Prevention, Treatment & Recovery Resources

<table>
<thead>
<tr>
<th>Location</th>
<th>Type</th>
<th>Services</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>South East Alaska Health Consortium (SEARHC)</strong></td>
<td>BH, OP, Res</td>
<td>SA Res targeted to adolescents</td>
<td>966.8716, Bill Brady Healing Center, SA Res targeted to adults 966.8641, Deeilee Hit (Safe Harbor) SA Res targeted to women 966.8641, 222 Tongass Dr, Sitka, AK 99825, <a href="http://www.searhc.org">www.searhc.org</a></td>
</tr>
<tr>
<td><strong>Youth Advocates of Sitka, Inc</strong></td>
<td>BH, Res, Day Treatment</td>
<td>Targeted to youth</td>
<td>747.3687, P.O. Box 664, Sitka, AK 99835</td>
</tr>
<tr>
<td><strong>Talkeetna</strong></td>
<td>BH, OP, Res</td>
<td>SA Res targeted to youth</td>
<td>874.2373, Alaska Island Community Services, P.O. Box 1231, Wrangell, AK 99929, <a href="http://www.akics.org">www.akics.org</a></td>
</tr>
</tbody>
</table>

**Notes:**
- BH = substance abuse & mental health treatment
- OP = outpatient services
- Res = residential
- SA = substance abuse
- DV = domestic violence service
- IP = inpatient services
- MH = mental health treatment
- Casemgmt = casemanagement
- DeTox = detoxification
- Outreach funding through AK Family Services - Wasilla

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Advisory Board on Alcoholism & Drug Abuse and Alaska Mental Health Board
Finding Resources in Your Community

Opioid Treatment Programs

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

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

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

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

Anchorage

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

Fairbanks

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

Helpful websites:

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

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

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

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

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

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

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

Statewide
- Spirit of Youth
- Stone Soup Group

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

Seward
- Seaview Community Services

Sitka
- Sitka School District

Valdez
- Valdez Youth Awareness Coalition

Yakutat
- Yakutat Tlingit Tribe

Juneau
- Big Brothers/Big Sisters

Kasilof
- Bridges Community Resource Network, Inc

Kotzebue
- Maniilaq Association
Finding Resources in Your Community

Alcohol Safety & Action Programs (ASAP)

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

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

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

The benefits of ASAP monitoring are:

- Increased accountability of offenders;
- Reduced recidivism resulting from successful completion of required education or treatment;
- Significant reductions in the amount of resources spent by prosecutors, law enforcement officers, judges, attorneys, and corrections officers enforcing court-ordered conditions; and
- Increased safety for victims and the larger community because offenders are more likely to be receiving treatment, making court appearances, and complying with other probation conditions.

Anchorage ASAP Misdemeanor Services
264.0735
303 K St, Anchorage, AK 99501
ADULT

Anchorage, Volunteers of America
279.9609
1675 C St, Suite 201, Anchorage, AK 99501
JUVENILE

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

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

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

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

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

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

Mat-Su ASAP
357.6729
293 E. Swanson Ave, Wasilla, AK 99654
ADULT/JUVENILE
The State of Alaska, Department of Health & Social Services Division of Behavioral Health approves the following Adult (over 18 years of age) and Youth (under 21 years of age) Alcohol/Drug Information School Programs. Programs listed for YOUTH are currently approved only for any person under 21 years of age at the time of program completion. ADULT programs are only for those who are at least 18 years of age at the time they begin the program.

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

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

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

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**Aleutian/Pribilof Islands**

**Aleutian/Pribilof Island Association (APIA)**
St. Paul
Unalaska
ADULT/YOUTH

**Anchorage**

**Addiction Assessments**
562.0181
600 W. 41st Ave, Suite 202B, Anchorage, AK 99502
ADULT/YOUTH

**Aeon Counseling**
227.0795
4325 Laurel St, Suite 245, Anchorage, AK 99508
ADULT/YOUTH

**Akeela Inc**
565.1238
4111 Minnesota Dr, Anchorage, AK 99503
YOUTH/ADULT

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**Alaska Human Services**
561.4535
3305 Arctic Blvd, Suite 106, Anchorage, AK 99503
ADULT/YOUTH

**Alaska Native Justice Center**
793.3550
3600 San Jeronimo, Suite 254, Anchorage, AK 99508
YOUTH

**Anchorage Multi-services Counseling Center**
561.2805
4325 Laurel St, suite 101A, Anchorage, AK 99508
ADULT/YOUTH

**Center for Growth & Development**
563.0151
5100 Cordova St, #208, Anchorage, AK 99503
ADULT

**Life-Giving Choices**
Cornell Companies Inc
274.1022
130 Cordova St, Anchorage, AK 99501
ADULT
Finding Resources in Your Community

Alcohol/Drug Information Programs (ADIS)

**Life Skills Academy Inc**  
561.5252  
414 B St, Suite 210, Anchorage, AK 99503  
ADULT/YOUTH

**Providence Breakthrough**  
562.7325  
2401 E. 42nd Ave, Suite 103, Anchorage, AK 99503  
ADULT

**The Recovery Connection**  
332.7660  
500 Muldoon Rd, Suite 9, Anchorage, AK 99504  
ADULT/YOUTH

**Starting Point Inc (and LA CASA)**  
562.6116  
11832 Old Glenn Hwy, Suite 105  
Eagle River, AK 99577  
ADULT/YOUTH

**Volunteers of America of AK**  
279.9677  
1675 C St, Suite 201, Anchorage, AK 99501  
YOUTH

**Barrow**  
North Slope Borough Dept. of Health & Social Services  
852.0366  
P.O. Box 69, Barrow, AK 99723  
ADULT/YOUTH

**Bethel**  
Yukon Kuskokwim Health Corporation (YKHC)  
543.6977  
P.O. Box 1087, Bethel, AK 99599  
YOUTH

**Cordova**  
Sound Alternatives  
424.8300  
P.O. Box 160, Cordova, AK 99574  
ADULT/YOUTH

**Craig**  
Communities Organized for Health Options (COHO)  
826.3662  
210 Cold Storage Rd, Craig, AK 99921  
ADULT

**Dillingham**  
Bristol Bay Area Health Corporation (BBAHC)  
842.5266  
P.O. Box 130, Dillingham, AK 99576  
ADULT

**Eagle River**  
Starting Point Inc  
694.6116  
11832 Old Glenn Hwy, Suite 105, Eagle River, AK 99577  
ADULT/YOUTH

**Fairbanks**  
Aurora Solutions Inc  
374.3232  
3435 Airport Way, Fairbanks, AK 99701  
ADULT

Circle of Hope/Hope Counseling Center  
451.8208  
926 Aspen St, Fairbanks, AK 99701  
ADULT

Fairbanks Native Association Inroads to Healing (FNA)  
451.1830  
605 Hughes Ave, Fairbanks, AK 99701  
ADULT/YOUTH

**Family Centered Services of Alaska Inc**  
474.0890  
620 5th Ave, Fairbanks, AK 99709  
YOUTH

Pacific Rim Counseling  
452.5252  
607 4th Ave, Fairbanks, AK 99701  
ADULT/YOUTH
Finding Resources in Your Community

Alcohol/Drug Information Programs (ADIS)

Raven’s Wing
978.1359
1030 2nd Ave, Fairbanks, AK 99706
YOUTH

Steps Program
374.7881
59 College Rd, Suite 215-3, Fairbanks, AK 99701
ADULT/YOUTH

Girdwood
Creative Living Publications
345-0107
Correspondence
ADULT/YOUTH

Homer
Cook Inlet Council on Alcohol & Drug Abuse (CICADA)
235.8001
126 Pioneer Ave, Suite 11, Homer, AK 99603
ADULT

Juneau
Nat’l Council on Alcoholism & Drug Dependence
463.3755
211 4th St, suite 102, Juneau, AK 99801
ADULT/YOUTH

Kenai
Cook Inlet Council on Alcohol & Drug Abuse (CICADA)
283.3658
10200 Kenai Spur Hwy, Kenai, AK 99611
ADULT/YOUTH

Kenaitze Indian Tribe/Nakenu
283.6423
110 N. Willow, Kenai, AK 99611
ADULT

The Recovery Connection
335.5660
502 A Overland Ave, Kenai, AK 99611
ADULT/YOUTH

Ketchikan
Gateway Center for Human Services
225.4135
3050 5th Ave, Ketchikan, AK 99901
ADULT/YOUTH

Ketchikan Indian Community Tribal Health Clinic
228.4917
2960 Tongass Ave, Ketchikan, AK 99901
ADULT/YOUTH

Kodiak
Providence Kodiak Island Counseling Center
486.3535
115 Mill Bay Rd, Kodiak, AK 99615
ADULT/YOUTH

McGrath
4 Rivers Counseling Services
524.3867
P.O. Box 229, McGrath, AK 99627
ADULT

Nenana
Railbelt Mental Health & Addictions
832.5557
P.O. Box 159, Nenana, AK 99760
ADULT/YOUTH

Nome
Norton Sound Health Corporation Behavioral Health Services
443.4535
P.O. Box 966, Nome, AK 99762
ADULT/YOUTH

North Pole
Seven Secrets Counseling & Social Skills
590.0064
2515 Mission Rd, North Pole, AK 99705
ADULT/YOUTH
Finding Resources in Your Community

Alcohol/Drug Information Programs (ADIS)

Palmer
Ascent Treatment Services
745.7039
2151 Hemmer Rd, Palmer, AK 99645
ADULT/YOUTH

Starting Point Inc
745.6116
415 Bailey St., #B, Palmer, AK 99645
ADULT/YOUTH

Petersburg
Petersburg Mental Health Services
772.3332
201 N. Nordic, Suite 204, Petersburg, AK 99833
ADULT/YOUTH

Seward
Seaview Community Services
224.5257
302 Railway Ave, Seward, AK 99664
ADULT/YOUTH

Sitka
Sitka Counseling & Prevention Services
747.3636
P.O. Box 1034, Sitka, AK 99835
ADULT/YOUTH

South East Alaska
South East Alaska Regional Health Consortium (SEARHC)
Community Family Services Programs
966.8776
ADULT/YOUTH

Angoon
Haines & Klukwan
Kake
Prince of Wales Island
Sitka

Tok
Upper Tanana Alcohol Program (TCC)
(800) 478.5185
P.O. Box 83, Tok, AK 99780
ADULT/YOUTH

Valdez
Valdez Counseling Center
835.2838
337 Egan Dr, Valdez, AK 99686
ADULT/YOUTH

Wasilla
Alaska Family Services Treatment Center – Mat-Su
376.4000
291 E. Swanson St, Wasilla, AK 99654
ADULT/YOUTH

Seven Bridges
357.2216
2521 Mountain Village Dr, Wasilla, AK 99687
ADULT

Wrangell
Avenues
874.3338
110 Lynch St, Wrangell, AK 99929
ADULT/YOUTH

Wrangell Youth Center
874.3304
413 Zimovia Hwy, Wrangell, AK 99929
YOUTH
The therapeutic court model is not an “easy way out” of a felony or misdemeanor, but an alternative justice model in which a collaborative court team made up of a supervising judge, district attorney, defense counsel adult or juvenile probation officer and/or substance abuse or mental health treatment provider, oversees and closely monitors participants who chose the treatment program in lieu of incarceration.

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

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

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

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

Anchorage
Coordinated Resources Project/Anchorage Mental Health Court
264.0886

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

Family CARE Court
264.0466

Juneau
Therapeutic Court
463.4756 or 321.5157

Ketchikan
Therapeutic Court
225.9874

Palmer
Coordinated Resources Project
746.8142

Bethel
Therapeutic Court
543.1121
Fetal Alcohol Syndrome Diagnostic Teams

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

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

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

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

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

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

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

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

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

Ketchikan, Prince of Wales, Metlakatla Team
Ketchikan Indian Corporation
Jasmine Stewart-Nelson
2960 Tongass Ave, Ketchikan, AK 99901
228.4947

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

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

Sitka, Southern Southeast Team
SEARHC
Marilyn Lande
222 Tongass Dr, Sitka, AK 99835
966.8815

Tok, Upper Tanana Valley Team
Tok School District
Leann Young
P. O. Box 226, Tok, AK 99780
833.5151 X 110
Other Helpful Websites

Alaska's Division of Behavioral Health
www.hss.state.ak.us/dbh

Alaska's Suicide Prevention Council
www.hss.state.ak.us/suicideprevention

The Disability Law Center of Alaska
www.dlcak.org

Substance Abuse and Mental Health Services Administration (SAMHSA)
http://mentalhealth.samhsa.gov

Alaska Psychological Association
www.psychologyinfo.com

AK Info
statewide directory of human service providers
www.ak.org
Section 3. What is Behavioral Health?

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

www.thefreedictionary.com/mental+health

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

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

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

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

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

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

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

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

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

**Drug Abuse (includes alcohol)**
This is defined as a maladaptive pattern of drug use leading to clinically significant impairment or distress and at least one other symptom such as: failure to fulfill major role obligations because of drug use, recurrent use in situations in which it is physically hazardous, recurrent drug related legal problems, or continued use despite having persistent social or interpersonal problems caused or exacerbated by the use.
**Hallucination**
A perception of something (such as a visual image or a sensation of sound) with no external cause, usually arising as a disorder of the nervous system (as in psychosis) or in response to a drug (for example, LSD).

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

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

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

**Mental Illness**
A person can be said to experience a mental illness if it:
1.) impairs her/his functioning; 2.) causes the person distress; and 3.) is not culturally expected behaviors, thoughts, or feelings. The first part, “functioning”, means that individuals are limited in achieving or maintaining developmentally appropriate social, behavioral, cognitive, communicative, or adaptive life skills. A temporary and expected response to stressful events is not called “mental illness.”

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

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

**Withdrawal**
The signs and symptoms that arise when the use of a drug is abruptly stopped. There is a continuum of symptoms that may happen when a person stops using a drug that they have been using a long time, from a hangover, to serious seizures that can be fatal if not closely monitored.
Section 4. How to Pay for Behavioral Health Services

What is private insurance?

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

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

1. Community-based resources: many communities have behavioral health centers. These centers offer a range of substance use disorder and mental health treatment and counseling services, usually at a reduced rate for individuals and families with a lower income. Many of these programs are listed in this resource guide and can help you identify other resources as well.

2. Pastoral counseling: your church or faith-based organization may be able to put you in touch with a counseling program or provide some support for dealing with your behavioral health questions.

3. Self-help groups: another option is to join a self-help or support group. Such groups give people a chance to learn about, talk about, and work on common problems. A group may already be in existence, for instance an Alcoholics Anonymous (AA) meeting group can be found throughout Alaska, or can be formed when enough individuals with a similar problem such as depression, family issues, relationships, substance abuse, or eating disorders. Self-help groups are generally free and can be found in virtually every community in America.

4. Denali KidCare: provides excellent health insurance coverage for children and teens through age 18, and for pregnant women who meet income guidelines. Further information is available at http://hss.state.ak.us/dhcs/DenaliKidCare/

5. Public assistance: People experiencing mental illness, substance-use disorder, or other disabilities may be eligible for several forms of public assistance, both to meet the basic costs of living and to pay for health care. Examples of such programs are Social Security, Medicare, and Medicaid.

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

For additional information regarding any of Alaska’s medical assistance programs, call the Recipient Information Helpline Toll Free: 1-800-780-9972, or go to the DHC website: www.hss.state.ak.us/dhcs/PDF/2003-MA-Handbook.pdf.
Section 5. Tackling Stigma

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

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

1. Stigma discourages people from getting help. Early and appropriate services can be the best way to prevent an illness from getting worse. Many people don’t seek help because they don’t want to be labeled, such as a “drunk”, “mentally ill”, or “crazy.”

2. Stigma keeps people from getting good jobs and advancing in the workplace. Some employers are reluctant to hire people who have addictions or mental illnesses. Thanks to the Americans with Disabilities Act (ADA), such discrimination is illegal. But it still happens!

3. Stigma leads to fear and mistrust. Even though the vast majority of people who have addictions or mental illnesses are no more violent that anyone else, frequently characters with mental illnesses or addictions in prime time television drama are portrayed as violent or unreliable. Such inaccurate portrayals lead the general public to be distrustful or afraid of those who are experiencing a mental illness or substance use disorder.

4. Stigma results in prejudice and discrimination. Many individuals try to prevent people who have serious behavioral health problems from living in their neighborhoods.

5. Stigma results in inadequate insurance coverage. Many insurance plans do not cover behavioral health services to the same degree as other illnesses. When behavioral health is covered, coverage may be limited, inappropriate or inadequate.

What can you do about stigma?

1. Accept that behavioral health disorders are real illnesses. They are as real as diabetes, cancer, or Alzheimer’s disease. Most behavioral health problems have well known causes and a variety of treatment options. Recovery is a realistic goal and common outcome.

2. Learn about mental illness and substance use disorders. Learn about the symptoms and treatments. Find out where to get help in case you or someone you know needs help.

3. Stop associating blame with the illness or addiction. Recognize that while people can take care of their physical and mental health, we cannot completely control our destiny. Like physical illness, addictions and/or mental illness can happen in spite of our best efforts.

4. Be careful how you talk. Stigma starts with labeling. How often do people use terms such as “weak,” “nuts,” “immoral,” or “a few bricks shy of a load?” Don’t let labels dictate how you treat people.

5. Treat people with dignity and respect. People with addictions and mental illnesses often include your friends, your neighbors, your co-workers, and your family.
Section 6. What Are My Legal Rights?

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

**The Americans with Disabilities Act (ADA)**

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

**What are my rights in housing?**

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

**Do I have a right to privacy?**

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

**What is ‘informed consent’?**

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

**Can I refuse treatment?**

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

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

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

www.adapartners.org/

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

http://psychrights.org/index.htm
Alaska Behavioral Health Resource Guide

Finding help when you need it

Sarah Palin, Governor
State of Alaska

Karleen K. Jackson, Commissioner
Dept. of Health and Social Services

Kathryn L. Craft, Acting Executive Director
Advisory Board on Alcoholism and Drug Abuse
Alaska Mental Health Board

The Advisory Board on Alcoholism and Drug Abuse
The Alaska Mental Health Board
431 N. Franklin, Suite 200
Juneau, AK 99801
Toll Free (888)464-8920
In Juneau 465-8920

http://hss.state.ak.us/abada/
http://hss.state.ak.us/amhb

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