

## Individualized Service Agreements

Individualized Service Agreements (ISA) provide for individual, specialized services for youth experiencing severe emotional disturbances (SED) and who are under the age of 22. These youth must also be at risk for residential treatment. ISA funds are designated to maintain youth in the least restrictive setting closest to their families and home community.

ISA funds pay for services not funded by grants or other payers such as Medicaid, Denali Kid Care, Waivers, TEFRA, private insurance or other Third Party Payers. ISA dollars are payment of last resort.

ISAs will pay for services such as music lessons, camps, and transportation. Services requested must be related to the youth's behavioral health treatment planning. To find out more about this program, contact Behavioral Health, or your local Community Behavioral Health Center.

## Behavioral Health Resource

### Contact Information

For information regarding:

#### **Behavioral Health:**

[www.hss.alaska.gov](http://www.hss.alaska.gov) or call toll free in Anchorage (800) 770-3930, or toll free in Juneau (800) 465-4828

#### **Community Behavioral Health Centers:**

[www.hss.alaska.gov/dbh/PDF/provider\\_list](http://www.hss.alaska.gov/dbh/PDF/provider_list) or call (907) 269-3600

#### **Community Health Aide Clinics:**

[www.hss.alaska.gov/directoryhealthcare](http://www.hss.alaska.gov/directoryhealthcare) or [www.akchap.org](http://www.akchap.org)

#### **Maps of sites and descriptions of tribal services:**

[www.anthc.org/cs/chs/behavioral/ruralbehhealthneedsassmnt.dfm](http://www.anthc.org/cs/chs/behavioral/ruralbehhealthneedsassmnt.dfm)

#### **For listing of public schools in Alaska:**

[http://www.eed.alaska.gov/Alaskan\\_Schools\\_public/home.html](http://www.eed.alaska.gov/Alaskan_Schools_public/home.html)

## Payment for behavioral health services

Alaska has a number of programs that pay for behavioral health services:

- Community Behavioral Health Centers (CBHCs) receive grants to provide treatment.
- Individualized Services Agreements may be available to help cover the costs of behavioral health care for some youth. Discuss this option with your CBHC.
- Insurance carriers may cover outpatient and inpatient care.
- Medicaid offers several insurance plans for income eligible persons.
- Many service providers accept payment from families and have sliding fee scales.

## Fetal Alcohol Spectrum Disorder Waiver Demonstration Project

This research project provides services for a limited number of Medicaid eligible Alaskan youth between the ages of 14-21, who have severe emotional disturbance, are in a Residential Psychiatric Treatment Facility (RPTC) or are eligible for RPTC services. Participating youth must have a Fetal Alcohol Spectrum Disorder (FASD) or be suspected of having FASD.

Youth who are accepted into this program will have access to new community-based services that are designed to meet the unique needs of youth with FASD (or suspected FASD) and their families. The project will evaluate the effectiveness of community-based services for youth FASD or suspected FASD.

For further information, contact Shannon Cross at ([shannon.cross@alaska.gov](mailto:shannon.cross@alaska.gov)) (907) 269-3600 or (800) 770-3930.



Alaska Dept. of Health & Social Services  
Division of Behavioral Health  
3601 C Street, Suite 878  
Anchorage, Alaska 99503

# Supports for Alaska's Children with Severe Emotional Disturbance



**State of Alaska**  
**Department of Health & Social Services**  
**Division of Behavioral Health**  
[www.hss.state.ak.us/dbh](http://www.hss.state.ak.us/dbh)

## What is Behavioral Health?

The Alaska Department of Health and Social Services (DHSS) mission is to promote and protect the well-being of Alaskans. As part of DHSS, Behavioral Health's (BH) primary responsibility is to support many services and programs that address the mental health and substance abuse needs of Alaska's children and adults. Medical offices, Community Behavioral Health Centers, Physicians Clinic, Tribal Health Organizations and schools are among the many resources for behavioral health assistance available to persons experiencing behavioral health problems. This brochure describes all of the supports available for patients from birth through 21 years of age.

## How can I tell if my child needs behavioral health help?

If you, or anyone who knows your child, is concerned about their behavior, you may consider seeking support through Alaska's behavioral health system. Behaviors that are likely to be concerning include:

- Running away
- Drug or alcohol use
- Setting fires
- Unusually physically aggressive towards people or animals
- Sudden change in sleeping or eating patterns
- School reports behavioral concerns
- Arrests or other trouble with the law
- Expresses feelings of hopelessness
- Talk of self-harm
- You may also consider having your child assessed for behavioral health problems if a child in your care has experienced:
  - Physical, emotional or sexual abuse
  - Neglect of food, clothing, shelter or emotional support
  - Experienced a traumatic event
  - Experienced a brain injury or trauma to the head

## What kind of Behavioral Health help is available?

### Behavioral Health treatment can take many forms:

- Individual and Group Therapy
- Family Therapy
- Medication
- Crisis Intervention
- Skills Development
- Substance Abuse Counseling

### Help for families may be received:

- In the home
- In the community
- In the school
- Out of the home (foster home, group home, residential)
- Inpatient (Residential Psychiatric Treatment Center or Acute Psychiatric Hospital)

## Types of Medical Assistance Programs for Behavioral Health

**Medicaid** is a program which provides payment for medical services, including behavioral health services, for income-eligible citizens. To qualify, you must meet federal income and asset standards and fit into a specified eligibility category. For more information, contact the Public Assistance at (907) 465-3347 or on the Web at [www.hss.alaska.gov](http://www.hss.alaska.gov).

**Denali Kid Care (DKC)** provides health and behavioral health services for Alaskans up to 18 years of age or women who are pregnant and meet income eligibility. For more information, please contact (907) 269-6529 or visit the Web at [www.hss.alaska.gov/dhcs/DenaliKidCare](http://www.hss.alaska.gov/dhcs/DenaliKidCare).

**The Tax Equity and Fiscal Responsibility Act of 1983 (TEFRA)** is a federal law that allows certain children under age 19 to qualify for Medicaid by excluding parental income.

### Qualifications for TEFRA include:

- Child must be disabled, as defined by federal disability policy
- Child must need the level of care that would usually be provided in a hospital, nursing home or intermediate care facility
- Child must be able to be cared for outside of a behavioral health institution

For more information, contact 1-800-478-3464 or (907) 269-8950 or [www.qualishealth.org](http://www.qualishealth.org).

## Community Resources

Parent and Peer Navigators and other advocates for families can provide support. For more information on these resources, please contact:

**Alaska Youth and Family Network**  
401 E. Northern Lights Blvd., Suite 100  
Anchorage 99503  
Phone (907) 770-4979 or  
1-888-770-4979  
Fax (907) 770-4997  
[www.ayfn.org](http://www.ayfn.org)

**Stone Soup Group**  
307 E. Northern Lights Blvd., Suite 100  
Anchorage, Alaska 99503  
Phone (907) 561-3701 or 1-877-786-7327  
Fax (907) 561-3702  
[www.stonesoupgroup.org](http://www.stonesoupgroup.org)

**Disability Law Center of Alaska**  
3330 Arctic Blvd., Suite 103  
Anchorage, Alaska 99503  
Phone 1-800-478-1234  
Email: [akpa@dlcak.org](mailto:akpa@dlcak.org)

**LINKS Mat-Su Parent Resource Center**  
6177 E. Mtn. Heather Way, Suite 3  
Palmer, Alaska 99645  
Phone (907) 373-3632  
Fax (907) 373-3620  
Email: [linksdf@gci.netjspence@linksprc.org](mailto:linksdf@gci.netjspence@linksprc.org), or  
[amberp@linksprc.org](mailto:amberp@linksprc.org)  
[www.linksprc.org](http://www.linksprc.org)

**Alaska Brain Injury Network, Inc.**  
3745 Community Park Loop, Suite 240  
Anchorage AK 99508  
Phone (907) 274-2824  
Toll Free (888) 574-2824  
Fax (907) 274-2826  
Email: [contact@alaskabraininjury.net](mailto:contact@alaskabraininjury.net)

**CoDi**  
P.O. Box 1907  
Palmer AK 99645  
Phone (907) 745-2634  
Fax (907) 745-4897

**SESA Special Education Service Agency**  
3501 Denali Street, Suite 101  
Anchorage AK 99503  
Phone (907) 334-1300  
Fax (907) 562-0545

**NAMI**  
144 W 15th Avenue  
Anchorage AK 99501  
Phone (907) 277-1300