



STATE OF ALASKA
DEPARTMENT OF HEALTH & SOCIAL SERVICES
Division of Behavioral Health

303 "K" STREET
ANCHORAGE, AK 99501-2083
STATEWIDE: 907-264-0735

*Directory of Private Substance Abuse Treatment Agencies Certified by DBH to
Receive Criminal Justice Referrals*



UPDATED
****July 2015****
All other directories are INVALID as of this date.

State Approved Programs

The State of Alaska, Department of Health & Social Services, and Division of Behavioral Health Alaska Alcohol Safety Action Program approves private treatment programs to receive criminal justice referrals. All state funded programs (grantees) are approved unless otherwise specified. Only those private programs listed below are currently approved for these referrals. Any questions regarding this directory should be submitted to the Division of Behavioral Health, ASAP Office at 907-269-3600 or in writing at:

Division of Behavioral Health
3601 C Street, Suite 878
Anchorage, AK 99503

ASAP Provider Approval

| <p><u>Alaska Statewide Alcohol Safety Action Program Contacts, ASAP & Juvenile ASAP</u></p> | | | |
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| <p>Alaska Native Justice Center (ANJC) Rural Juvenile ASAP Contact: Rene' Rouzan, 3600 San Jeronimo Dr., Suite 264 Anchorage, AK 99508 Phone: 907-793-3550 Fax: 907-793-3570 Email: rrouzan@anjc.net</p> | <p>Dillingham Juvenile ASAP Cheri Johansen-Program Coordinator BBAHC (Bristol Bay Area Health Corp.) Box 130 Dillingham, AK 99576 Phone: 907-842-1230 Fax:907-842-5174 Email: aclavette@bbahc.org</p> | <p>Ketchikan ASAP & Juvenile ASAP Janalee Gage, Administrator 3050 5th Ave. Ketchikan, AK 99901 Main: 907-225-4135 Staff: 907-228-6504 Fax: 907-247-4135 Email: nbush@akeela.org</p> | <p>Nome Juvenile ASAP Daniel Sylvester-Slingsby, Administrator Box 98 Nome, AK 99762 Phone: 907-443-5259 Fax; 907-443-2990 Email: delmore@nomecc.org</p> |
| <p>Anchorage Juvenile ASAP Zara Smelcer, Interim Program Director 1675 C St., Suite 201 Anchorage, AK 99501 Phone: 907-279-9609 Fax: 907-279-9694 Email: yrp@voaak.org</p> | <p>Fairbanks ASAP & Juvenile ASAP Twyla Cruger, Administrator 3100 S. Cushman St. Fairbanks, AK 99701 Phone: 907-452-6144 Fax: 907-452-7845 Email: tcruger@fairbanksnative.org</p> | <p>Kodiak ASAP & Juvenile ASAP Terri Ensley, Program Manager 717 E. Rezanof Drive Kodiak, AK 99615 Phone: 907-481-2413 Fax: 907-481-2420 Email: terri.ensley@providence.org</p> | <p>Seward ASAP & Juvenile ASAP Jill Hemsock-Administrator P.O. Box 1045 Seward, AK 99664 Phone: 907-224-5257 Fax: 907-224-7081 Email: JHemstock@SEAVIEWSEWARD.ORG</p> |
| <p>Bethel Juvenile ASAP Kerri Fox, Administrator P.O. Box 130, Attn. Kerri Fox Bethel, AK 99559 Phone: 907-545-0170 Fax: 907-543-4419, Attn. Kerri Fox Email: betheljasap@gmail.com</p> | <p>Juneau ASAP & Juvenile ASAP Walt Sisikin, Program Coordinator 211 4th St., Suite 112 Juneau, AK 99801 Phone: 907-463-4410 Fax: 907-463-4399 Email: wsisikin-ncaddj@ak.net</p> | <p>Kotzebue Juvenile ASAP Chrishawna Yazzie-Program Coordinator P.O. Box 256 Kotzebue, AK 99752 Phone: 907-442-7641 Fax: 907-442-7749 Email: jeanmarie.barr@maniilaq.org</p> | <p>Anchorage ASAP Misdemeanor Services Anthony Piper, Alaska ASAP Program Manager 303 K Street, Anchorage, Alaska 99501 email: tony.piper@alaska.gov Phone: 907-264-0735 Susan Draveling, Alaska ASAP Program Coordinator Fax: 907-264-0786 email: susan.draveling@alaska.gov</p> |

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Approved Private Substance Abuse Treatment Providers

Anchorage

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| AEON 4325 Laurel St #245 Anchorage, AK 99508 | 907-562-4608 Fax: 562-4608 | Tyrone Charles | Talcharles@aol.com |
| Chugachmiut 1841 BragawSt. Suite 110 Anchorage, AK 99508-3463 | 907-822-8854 Fax 563-2891 | Michael Horton | MichaelH@Chugachmiut.org |
| Denali Cove Counseling 1565 South Bragaw Street Suite 201 Anchorage, AK | 907-263-9326 Fax: 279-8234 | Dr. Stephen Washington | Counseling1@gci.net |
| Discovery Cove Recovery & Wellness Center 16600 Centerfield Dr. Eagle River, AK 99577 | 907-694-5550 Fax: 694-5570 | Ken McCarty | ken.m@discoverycovealaska.com |
| Genesis Recovery Services 2825 W 42 nd Ave Anchorage, AK 99517 | 907-243-5130 Fax: 248-8350 | Anthony Longval | dmaloney@genesisrecovery.org alongval@genesisrecovery.org |
| Jett Morgan Treatment Services, LLC 700 W 6 th Avenue, Ste 208 Anchorage, AK 99501 | 907-677-7709 | Michelle Jett | info@jettmorgan.com |
| Mountain Minds Mater, Cornerstone Counseling P.O Box 1189 Girdwood, AK 99587 | 907-382-6477 Fax: 783-2523 | Shirley Durtschi | Skdurtschi@gmail.com |
| Nauska Counseling 325 E 3 rd Ave., Ste 200 Anchorage, AK 99501 | 907-277-1166 Fax: 277-1143 | Gayle Nauska | Gayle.nauska@nauskacounseling.com |
| Providence Breakthrough 3801 Lake Otis Pkwy, Ste 200 Anchorage, AK 99508 | 907-212-6970 Fax: 212-6971 | Cathy Smith | mksmith@provak.org |
| Renew Your Mind 123 E. Fireweed, Ste 212, Anchorage, AK 99503 | 907-720-4005 Fax:258-0470 | Nathaniel Reddick | Nate12348@yahoo.com |
| Tutan Recovery Services 1675 C St. Ste 201 Anchorage, AK 99501 | 907- 563-0555 Fax: 563-1122 | Eydie Flygare | tutanrecovery@gmail.com |
| Vet Center 4400 Buseness Park Blvd., Ste. B-34 Anchorage, AK 99503 | 907-563-6966 Fax:561-7183 | Robert Erwin, | Robert.erwin@va.gov |
| Veterans Affairs 3001 C St. Ste. 201 Anchorage, AK 99503 | 907-257-4835 | Rafael Bultron Jr. | rafael.bultron@va.gov |
| Alaska Wisdom Traditions Counseling Services, 401 W International, #17 | 907-644-4504 Fax: 562-4503 | Michael DeMolina | Michael@awisdomcenter.com darby@wisdomrecovery.com |

Fairbanks

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| Fresh Start 3504 Industrial Ave., Ste 220 Fairbanks, AK 99701 | 907-388-3221 Fax:: None | Kelly Andaloro | kandaloro@gci.net |
| Turning Point Counseling Services 529 6 th Ave, Ste 203 Fairbanks, AK 99701 | 907-978-5367 452-2080 | Gunnar Ebbesson | gunnarebbesson@mac.com |
| Pacific Rim Counseling 627 Gaffney Fairbanks, AK 99701 | 907-452-5252 Fax: 452-6233 | Joy Copeland, John Dicer | prcfairbanks@gmail.com |
| Pichette Counseling Services 626 2nd Street Suite 204 Fairbanks, AK 99701 | 907-459-6401 Fax: 459-6402 | Christy Pichette | pichettecounselingservices@yahoo.com |
| Seven Secrets Counseling & Social Skills 2515 Mission Rd. North Pole, AK 99705 | 907-488-4561 Fax: 488-8966 | William Watson | sevensecretscounseling@alaska.net |

Other Communities

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| ADAPT (JBER) 5955 Zeamer Ave. Elmendorf, AK 99506 | 907-580-5641 | Sgt Cortez | Lona.conrad@elmendorf.af.mail Sean.fitzpatrick@elmendorf.af.mail |
| ASAP (JBER) 724 Postal Service Loop #1025 Bldg. 1108 2 nd Floor Ft. Rich, AK 99505 | 907-384-7368 | None available | |
| Hats of Wisdom 266.5 Richardson Hwy, Delta Junction, AK, 99737 | 907-803-7022 Fax 895-2220 | Josie Barry | josie@hatsofwisdom.com |
| Ninilchik Traditional Council community Center 15765 Kingsley Road, Ninilchik, AK 99639 | 567-3370 Fax567-3310 | Christine Prokop | Christine@niniichiktribe-nsn.gov |
| Discovery Cove Recovery and Wellness Center 2975 Mill Bay Rd. Suite B Kodiak, AK 99615 | 907- 487-2223 Fax: 694-5570 | Ken McCarty | ken.m@discoverycovealaska.com |
| Wasilla Veterans Center 851 E. West Point Dr. Wasilla, AK 996545 | 907-376-4318 Fax 373-1883 | Patrick Summers | Patrick.summers@va.gov |

Note: All agencies on this list are currently approved through June 30, 2016 or later unless otherwise indicated. Agencies wishing to be on this list should contact Michael Powell at 907-269-3795 or at Michael.powell@alaska.gov

Anchorage

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| 1 | <p>AEON Counselor: Tyrone Charles, MA; Juvenile, DOC, and SBIRT specialist</p> <p>AEON counseling uses cognitive behavioral didactic and mindfulness approaches to assist the client to recognize the effects and consequences of their substance use, high risk behavior. Every individual who participates in any of our substance use programs is treated with respect and understanding. AEON counseling believes there is a requirement to provide proper working tools to each participant to assist in making internal changes in thought patterns to open up their understanding of their issues leading to use, facts, thoughts, feelings, wants and finally the actions of using. There is no condemnation or blaming, only an acceptance and recognition of personal responsibility to change.</p> |
| 2 | <p>Chugachmiut Counselors: Michael Horton, LPC, CDC II Cisco Penamora, MSW, CDCS Pheobe Proudfoot, LCSW, CDC I Sandra Kleven, LCSW</p> <p>Chugachmiut, Inc.’s Behavioral Health Department provides a number of counseling services for individuals, families, couples, or for similar-issue groups. We offer a spectrum of support melding the best traditional Native healing practices with the Western Model of psychological assistance. Help is offered in the villages, in remote sites, and in the rural communities of the extended region. Many of our clients are voluntary- though many are referred through the local Alaska Court System for legally mandated services. Since Chugachmiut, Inc. is an Indian Health Service funded facility incorporated for Native health concerns, our first and primary mission is to serve Native beneficiaries of the Chugachmiut catchment region.</p> <p>The typical protocol for the provision of services is as follows. People are either self-referred or there is a recommendation for counseling from an outside entity. The initial session involves a discernment of the issues that have brought clients to seek counseling. This assessment involves a series of questions that verbally “paint a picture” of whom the client is and what problems are present. This first meeting is also meant to build confidence and rapport between the client and the Behavioral Health Department counseling staff. The assessment is used to determine the course of treatment and the next step: the treatment plan. The treatment plan is a form of contract between the client and the staff as to what course counseling will take to ameliorate the targeted problems.</p> <p>Counseling is flexible as to content, direction, and goals while working within the framework of recognized “ best practices” that are eclectic and fit the counselor’s natural style (for example: cognitive behavioral for some, EMDR and sensorimotor for others working with trauma). We have often found that a problem that is initially presented as being the issue will often be supplanted by bigger and more pressing issues when people feel safe and trust enough to reveal a secret source of shame and discomfort. Success in counseling, studies confirm, is most closely tied to the warmth, acceptance, stability, and trust with the counselor. Our counselors are</p> |

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| | <p>cognizant of this reality and do their best to forge these all-important bonds.</p> <p>As mentioned before, the format can be one-on-one, couples, families, or group settings. This is contingent upon the needs of the identified client, the treatment planning, and the assessment. And sessions end when the client and therapists decide no further treatment is necessary. This is where the problem has been resolved, better coping strategies are in place, or the client opts for no further treatment for other reasons.</p> |
| 3 | <p>Denali Cove Counseling Counselors: Dr. Stephen Washington, Ph.D.</p> <p>Denali Cove Counseling Center is committed to providing the best comprehensive behavioral healthcare and recovery support services to individuals, groups, couples, and families. Our services are designed to improve a person’s overall functioning, support their subjective wellbeing, and enhance their quality of life.</p> <p>Denali Cove Counseling Center employs a holistic approach. We facilitate care for the “whole” person and believe that optimum outcomes are achieved by the integration of family and community support.</p> <p>We offer clinical and pastoral counseling to individuals, groups and couples in the following areas: assessment, outpatient, treatment, substance abuse, co-occurring disorders, marriage and family, anger management, alcohol and drug information school, prime for life, and access to recovery.</p> |
| 4 | <p>Discovery Cove Counselors: Ken McCarty, LMFT; Juvenile and DOC specialist Edward Zeff, MD, DLFAPA; Juvenile and DOC specialist</p> <p>Mission: To provide a treatment place of healing for individuals, families, and community who have mental and substance use intrusions, whereby health and balance is achieved in mind, emotions, physical, relations, and spirit.</p> <p>Providing an integrated treatment approach that involves the Total Awareness Approach model.</p> <p>Treatment modalities include: Systems (structural/strategic), Cognitive Behavior, Eye movement desensitization and reprocessing (EMDR), Dialectic Behavioral Therapy, Aromatherapy, Nutrition, Massage/Chiropractic, Physical Therapy, Psychiatric Services and Neuro-genesis.</p> <p>Treatment Programs include: Mental Health (Individual & Group), Family Therapy, Anger Management, Substance Abuse Assessment, Comprehensive Mental Health Assessments, Alcohol/Drug Education Classes (ADIS/Prime for Life), Outpatient Therapy (Level I & Level II.I), Medication Assisted Treatments (e.g. Opioid Dependence, Alcohol).</p> <p>Treatment Programs are recognized by the State of Alaska, DHSS, Division of Behavioral Health and Department of Corrections. Provider accepts most insurance.</p> |

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| 5 | <p>Genesis Recovery Services Counselors Dona Maloney, PhD; Juvenile and DOC specialist Anthony Longval, PhD</p> <p>The program is based in foundations that define psychology: a belief in people, respect for the individual, a non-blaming/non-shaming environment, a belief in the dignity of the individual and supportive confrontation of behavior vs. a combative confrontation of the personhood of the individual.</p> <p>The mission of Genesis Recovery Services, Inc. is to target adult men, women, and families needing behavioral health services. Services are provided for those experiencing substance abuse/ disorder, dual diagnosis, lack of safe housing and family dysfunction. Genesis provides services according to the needs of the individual(s). Treatment is provided at the residential, IOP, OP and after care levels and is based on the Gorsky model of treatment providing care to the whole person (bio/psycho/social/spiritual). Genesis provides 24-hour monitored care, transitional living, family treatment and/or assessment and referral to assist the achieving and maintenance of abstinence. Our goal is to assist in the achievement of quality of life including the areas involved in a well-rounded life style: physical, emotional, mental, and spiritual health; economic security, employment, positive social and family interdependence and positive self-identification.</p> |
| 6 | <p>Jett Morgan Treatment Services, LLC Counselors: Michelle Jett, AAS, CDC II, DOC specialist James Morgan, DOC specialist Amanda Rosita Valenzuela, ADIS Instructor, DOC specialist</p> <p>Jett Morgan Treatment Services, LLC. Provides services to adult men and women age 18 and up in a co-ed outpatient setting. We do not discriminate based on gender, sexual orientation, race, ethnicity, marital status, family status, political affiliation or religious beliefs. We provide priority admissions to pregnant women, IV drug users, HIV positive clients, ASAP Fast Track clients and OWL Court clients.</p> <p>Office hours are Monday through Friday 9:00 am to 5:00 pm, though groups are held during the evenings from 6:00 pm to 7:30 pm. Our group schedule may change based upon the needs of our clients.</p> <p>We will provide substance abuse assessments in accordance to the diagnostic criteria of the DSM IV-TR and the patient placement criteria of the ASAM PPC-2R.</p> <p>We will provide level 0.5, early intervention services by conducting Alcohol and Drug Information School (ADIS) at least one time per month, which entails 12 hours of education spread out over the course of the three days per class, by a certified ADIS instructor.</p> <p>We will provide individualized level I, outpatient treatment services based upon an interpretive</p> |

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assessment summary completed within six months prior to admission. We will accept interpretive assessment summaries from other agencies. Length and frequency of services are solely dependent upon the assessment and client progress or lack thereof; thought will range from 1 to 8 hours per week for 1 to 12 months. We will also provide interim outpatient services to clients waiting to enter into a higher level of care to keep them engaged in the treatment process and provide supportive services.

We will provide level 0.5, aftercare services to provide ongoing support. Length and frequency of services are individualized, though will range from 1 to 3 hours per month for 3 to 6 months, based on client progress or lack thereof.

Treatment services will include individual counseling, skill-based group counseling, treatment planning, case management, referrals, and on-site alcohol and drug testing using breath, urine and/or saliva samples. However, we may refer clients to an independent certified alcohol and drug testing laboratory such as Work Safe.

Our approach to treatment is client centered, empowering and focused on the strengths of individual clients. We believe that clients are capable of making good decisions to regain control of their lives. Treatment is based on the neuroscience concepts of David Rock and

7 **Mountain Minds Matter, Cornerstone Counseling**

Counselor:

Shirley Durtschi, PhD, LPC, CDCS

This agency provides an eclectic perspective that mixes humanistic/existentialism with optimistic realism using cognitive behavioral therapy. It is critical to build solid rapport with clients by creating a safe, trusting, supportive and healthy relationship using positive self-talk and reinforcement and utilizing behavioral concepts that teach coping skills through Dialectic Behavioral Therapy (DBT). A focus is on insightful knowledge associated with attributes of motivation and understanding of human behavior through listening and providing meaningful and helpful feedback.

8 **Nauska Counseling**

www.nauskacounseling.com

Counselor:

Gayle Nauska, LPC, CDCS, DOC and trauma specialist, EMDR provider

Nauska Counseling is the private practice of Gayle Nauska, M.S., M.Div., and CDCS. She has an office in Anchorage, and in Eagle River. Gayle has a Masters in Counseling Psychology, a Masters of Divinity in Native Ministries, and is certified as a Chemical Dependency Clinical Supervisor. She has over 16 years experience working with substance abuse issues with adults who have legal involvement. Gayle expects to be licensed as a Licensed Professional Counselor (LPC) within the year (2011), and receives clinical supervision from a Licensed Counselor Supervisor.

Gayle's treatment philosophy is based on the importance of treating clients with dignity and respect, and of empowering clients. Her philosophy also includes the two elements of Dialectal

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| | <p>Behavioral Therapy (DBT); 1) clients are doing the best they can, but they need to be more effective, and 2) clients may not have caused all their problems and yet they have to solve them. Her treatment approach utilizes Cognitive Behavioral therapy, 12 Step, psycho-education, EMDR, and spiritual resources depending on the needs and desire of the client. She has extensive cross-cultural experience.</p> <p>In addition to experience in substance abuse issues and working with clients who have legal involvement, Gayle Nauska has knowledge and experience in working with health issues/chronic conditions, depression, anxiety, grief, trauma, sexual abuse, LGBT issues, spiritual issues, stress management, anger management, abuse relationships, working with the elderly, caregiver stress, and families with special needs children.</p> |
| 9 | <p>Providence Breakthrough No information available however the agency is CARF accredited and approved by ASAP.</p> |
| 10 | <p>Renew Your Mind Counselor: Nathaniel Reddick, CDC I</p> <p>Renew Your Mind is a faith-based substance abuse agency. It has a twelve-week program, which can be modified or extended based on ASAM patient placement criteria. Renew Your Mind uses SAMSHA recognized evidence-based practices and an ASAM-driven journaling. This is a program of recovery consisting of motivational interviewing, stages of change, cognitive behavioral therapy, addressing criminal thinking, spiritual dynamics of addiction and a twelve-step program. The journals are designed to help clients work a rigorous program of recovery and are divided into seven sections, with each section covering a topic relevant to recovery. The information and questions in the journal guide clients to apply the twelve-steps in their daily life.</p> |
| 11 | <p>Tutan Recovery Services Counselor: Eydie Flygare Eric Martinez</p> <p>Mission Statement: To offer hope and empowerment to each individual who suffers from drug and alcohol addictions and to make positive life changes, while reducing the negative impact of substance abuse and domestic violence in our community.</p> <p>Tutan Recovery Services is a faith based center that provides services to individuals over the age of 18. We provide substance use disorder assessments accordance to the diagnostic criteria of the DSM and the patient placement criteria of the ASAM-PPC. We provide level 0.5 early intervention services by conducting the Alcohol and Drug Information School (ADIS). We provide aftercare treatment to continue a balanced lifestyle through structured guidelines and accountability. We provide outpatient treatment for men and women based upon an interpretive assessment summary completed within six months prior to admission. This program allows clients to continue their career while receiving necessary treatment to live a productive life free from drug and alcohol dependence. We are certified Moral Reconciliation Therapy (MRT) and domestic violence intervention trainers.</p> |
| 12 | <p>Vet Center Military program</p> |

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| 13 | Veterans Affairs Military program |
| 14 | <p>Wisdom Traditions Counseling Services, LLC Counselors: Michael DeMolina, Master Addiction Counselor</p> <p><u>Programs</u></p> <ul style="list-style-type: none">• Outpatient – meeting one time a week for 12 weeks• Intensive Outpatient Program (IOP) – meeting 3 times a week for 8 weeks (Phase I)• Continuing Care – meeting one time a week for up to 6 months or as needed (Phase II)• Relapse Prevention Program (RPP) – following the original CENAPS model of RPP as taught by Terrence Gorski to our Program Director.• Offering a Continuum of Care: Long-term working relationships with local physicians, as well as several Residential Treatment Facilities in the Lower 48, in order to offer care to all from the very acute to the very chronic. <p><u>What sets us apart?</u></p> <ul style="list-style-type: none">• Evidence based treatment and a structured curriculum• Small group size with a low counselor/client ratio• Weekly individual sessions available (if needed)• Emphasis on the “Three Pillars of Recovery” as established in national studies: Family Involvement, Participation in long-term Continuing Care and ongoing participation in a 12-Step Program. <p>Our clinicians are a combination of Master’s level therapists and Chemical Dependency Counselors who work together to provide many perspectives on recovery. We are quite familiar with both Stage I and Stage II Recovery issues. Stage II Recovery groups can include Men’s and Women’s Groups, a boundaries/Coda Group, and self-development weekend workshops.</p> <p>The inclusion of an eclectic treatment approach, with an emphasis on Rational Emotive Therapy (RET), advanced EMDR and Neuro-Linguistic Programming (NLP) has shown to be especially effective with Anxiety spectrum and PTSD co-occurring disorders.</p> <p>Integrative Medicine Services available: Hypnotherapy, Acupuncture, and Manual Assistive Physical Therapy for non-addictive pain management.</p> |

Fairbanks

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| 15 | <p>Fresh Start Counselor: Kelly Analaro, CDC II</p> <p>The Fresh Start ADULT Outpatient program is designed for participants 18 years old or older who have a chemical dependence diagnosis. It is the program provided for those for whom a treatment program is deemed necessary and is the least structured and restrictive of all of program continuum of services ranging from Outpatient, Intensive Outpatient and Continuing Care. The services will begin with an assessment, using the ASAM PPC-2R, to determine appropriate level of care, an intake session to gather information for issues to address on an individual basis for the treatment plan, individual and group sessions.</p> <p>The Fresh Start YOUTH Outpatient program is designed for participants 18 years or younger who have a chemical dependence diagnosis. It is the program provided for those for whom a treatment program is deemed necessary and is the least structure and restrictive of all of program continuum of services ranging from Outpatient, Intensive Outpatient and Continuing Care. The services will begin with an assessment, using the ASAM PPC-2R, to determine appropriate level of care, an intake session to gather information for issues to address on an individual basis for the treatment plan, individual and group sessions.</p> <p>The Fresh Start ADIS program is designed for participants 18 years old or older who do not have a chemical dependence diagnosis. It is the program provided for those whom an educational versus treatment program is deemed necessary and is the least structure and restrictive of the entire program continuum of services.</p> |
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Turning Point Counseling Services

Counselors:

Gunnar Ebberson, LPC MAC ; Juvenile and DOC specialist

Joseph Nowell, LPC MAC ; Juvenile and DOC specialist

The purpose of this program is to provide integrated mental health and substance use disordered treatment simultaneously to clients who meet PPC-2 R placement criteria for Intensive Outpatient treatment and who are psychiatrically stable enough to manage treatment on an outpatient basis. The program consists of two primary phases. Upon program entry, clients will participate in a 10-weeks Intensive Outpatient Program (IOP) that will include 10 direct service hours each week: 3 two-hour group therapy sessions; 1 one-hour individual therapy session; and 2 ninety-minute psycho educational groups. Clients who successfully complete the IOP will be advanced to Phase II, which is a four week outpatient step-down program that will include 1 one-hour individual therapy session and 1 one-hour aftercare group each week. Client's who successfully complete Phase II will be offered 1 one-hour aftercare group each week for up to 18 months at no charge to the client.

We will integrate Substance Abuse Treatment with Mental Health treatment. For example, we will provide Dialectical Behavioral Skills Training, EMDR and psychotherapy in conjunction with standard substance abuse and dependence treatment topics, such as, the Disease of Addiction and Relapse Prevention. Staff includes licensed Master's level clinicians, and support staff that have credentials, experience and training that insure a high standard of care for both mental health and substance use disordered clients.

All clients will receive an Integrated Psychosocial Assessment (IPA) designed to identify co-occurring psychiatric and substance use disorder. If recommended by the IPA, clients will be referred for psychiatric care, including medication management.

The group therapy sessions will largely be process groups that are co-facilitated by a male and female therapist/counselor when possible, with at least a CDCII Certification and will follow the discretion of the therapist. The groups will also, on occasion, include interactive therapeutic exercises. The psycho educational groups will include one-hour of educational presentation/discussion followed by 1 half-hour of homework review discussion.

The standard 50-minute hour individual sessions will be tailored to meet individual client needs, and will be facilitated by either a licensed Master's level Psychotherapist or a CDCII, as determined appropriate by clients' individualized treatment plans.

The program will honor the physical and spiritual components of addiction and mental health issues by providing an array of services through referrals and contracts with various providers. These services include acupuncture, yoga, nutrition, massage and naturopathy, and may include others as need arises.

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| <p>17</p> | <p>Pacific Rim Counseling Counselors:</p> <p>Pacific Rim Counseling services are as follows: to provide a comprehensive program structure and staffing pattern that provides the persons served with opportunities to obtain and participate in the services offered. PRC-F’s outpatient treatment program consists of individual, family and group counseling designed to reduce symptoms and improve functioning of the persons served.</p> <p>Our philosophy: PRC-F is adamant that clients are people first, individuals who are essentially no different from the population at large. Promoting cognitively-based self-help meetings, avoiding terms like “alcoholic” and “addict”, and showing respect for every person served are all an integral part of PRC-F’s philosophy.</p> <p>Goals for the program: Offering an empowerment approach to recovery from addiction; helping families start and stay strong, supporting the integration of the person served into the community, treating mental illness with compassion and respect, reducing recidivism in clients involved in the criminal justice system, improving our services to clients through client feedback and staff education and training, and providing integrated outpatient care for clients experiencing co-occurring disorders. Resources needed to achieve these goals include adequate qualified staff, space dedicated to individual and group services, computer and paper files for financial and clinical records, office furniture to provide a safe and comfortable environment for staff and persons served.</p> <p>The primary target population of PRC-F is people who have already tried to recover via the 12 steps or those who express an interest in PRC-F’s services. The population served also includes clients discharged from inpatient treatment elsewhere and are referred and/or request services in this community. As counseling professionals, PRC-F’s clinical staff provide serves designed to enhance the quality of clients’ lives related to emotional, relational, and personality issues. As with all clients, these clients will be assessed and treated on a case-by-case basis. Those clients who because of their occupation/job site cannot attend regularly scheduled outpatient group meetings will be offered an individualized treatment program.</p> <p>PRC-F uses a multi-modal approach to teach key program concepts and educate the persons served. This may include but not be limited to didactic presentation, experiential activities, group process, video and audio tapes, readings, written assignments, self-help meetings, and individual insight-oriented therapy. In addition to the general public, the services of PRC-F, Inc., are extended to the Alcohol Safety Action Program and other referral sources, regardless of age race, gender, handicap or other protected circumstance. Services shall be delivered on an outpatient basis, including intensive outpatient track that consists of at least 9 contact hours per week. Service approaches include but not be limited to cognitive behavioral and other research-supported practices.</p> |
| <p>18</p> | <p>Pichette Counseling Services Counselors: Christie Pichette, BS, CDC I Joy Copeland, AA, CDC II</p> <p>Pichette Counseling services is independently owned and operated and designed to provide a structured environment (outpatient services) for all eligible community members. The Adult and</p> |

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| | <p>juvenile treatment program works closely with families, schools, business, MCH, DOC, DJJ, and the courts in offering evaluation, individual and group counseling, ADIS, presentence and case management needs. Programs offered include Level I-SOP (20 sessions), and Level II (fifty sessions) for adults and youth and, and ADIS. I also run groups on thinking errors and anger management. Programs are designed to help assist clients through at least a portion of their probation period.</p> |
| 19 | <p>Seven Secrets Counseling & Social Skills Counselor: William Watson</p> <p>Seven Secrets outpatient program services provides a comprehensive program structured and designed to achieve the goals of the program and a staffing pattern designed to ensure maximum opportunities for persons served to access outpatient services to accommodate their individual needs.</p> <p>Seven Secrets Program Philosophy: Alcoholism and other drug addictions are viewed as diseases, which are universal, primary, progressive and fatal if not treated. This complex, chronic disease negatively impacts the physical, emotional, mental, social, cultural and spiritual life of the individual as well as families and communities. With this belief we developed a comprehensive continuum of services, designed to provide appropriate intervention at each stage of the recovery process.</p> <p>Outpatient care philosophy: The outpatient care services are specifically designed for those individuals (ages 12 and over) who have been assessed as being able to successfully complete treatment through this level of care. The appropriate placement in the least restrictive level of care is assessed in an ongoing manner throughout treatment, utilizing standard-industry tools and criteria. Individuals assessed as needing a more intensive or less intensive level of care are referred to either another program that provides the appropriate level of services needed or to a program outside this agency's continuum of services. With appropriate interventions such as diagnosis services, therapy, and the development of recovery skills and support systems, addictions can be arrested, their negative effects minimized, and individuals can learn to live a lifestyle free of mind or mood altering substances.</p> |

Other Communities

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| 20 | ADAPT (Elmendorf AFB) Military program |
| 21 | ASAP (Ft. Richardson) Military program |
| 22 | <p>Hats of Wisdom Counselor: Josie Barry, MA Dr. Ray Andressen, DO, LPC Supervisor (FMC)</p> <p>Types of treatment: Groups, families, couples, and individuals (children, adolescents, and adults).</p> <p>Types of therapy: Matrix Model of Tx-Drug and Alcohol Abuse Dependence (20 Weeks), Domestic Violence-Alteration to DV, STEPPS (for of DBT)- Bipolar and Borderline (24 Weeks), CBT/CT-Mood and anxiety disorder, DV and addictions (3 months), ERP-Obsessive Compulsive Disorder (youth/adults, 6 months), Gottman Therapy-marital/relational issues (3+ months), Support Group-Delta Women, (2nd and 4th Tuesday)</p> <p>Client Eligibility: Due to a partnership with the Family Medical Center (FMC) in Delta Junction, I am able to offer services to everyone in town whether they have insurance or not. FMC covers most insurance plans including Medicaid and Medicare. I do not require my clients to pay me directly; instead the billing department will send them a bill each month. If they do not have insurance and are unable to pay in full, a payment plan can be established. They will be asked to sign a hardship form with an amount they agree to pay for each session. This can be done with me or billing.</p> <p>Other Program Requirements: All clients are assigned a set day and time to help with continuity and consistency of their treatment plan. If the individual has been sent to me by FSAP or LEAP they will be required to attend the hours set forth by the court. For these two programs I will see them on an individual basis until I have enough to start a group.</p> |
| 23 | <p>Ninilchik Traditional Counsel Summary: The mission of the Ninilchik Traditional Community Clinic Behavioral Health Program (NTC BH) is to increase the quality and availability of behavioral health care (mental health and substance abuse treatment) in the NTC service area. NTC BH treatment program utilizes a strengths-based, culturally sensitive approach using the disease and recovery model and emphasizing an integrated methodology to treatment. Treatment plans are individualized and tailored to client needs based on stage of change/ phase of recovery, level of functioning, diagnosis, and internal/ external motivation. Treatment plans assist the client in developing an awareness of individual strengths and using those strengths to address issues in his/ her life.</p> <p>The NTC BH program philosophy is based on the Minkoff’s model of comprehensive and integrated system of care. While utilizing Cognitive-behavioral Therapy, Enhanced Motivational Interviewing, and Strengths-based counseling, the NTC BH program also believes that the clinician/client relationship is one of the most important factors in treatment success and client care. NTC BH philosophy is to assist the client in replacing maladaptive behaviors with functional ones, and that dual diagnosis is the expectation instead of the exception. We incorporate ‘Best Practice’ approaches as they apply to the outpatient care setting.</p> |

ASAP Provider Approval

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| | <p>Key elements: The NTC BH program offers services that include adult outpatient substance abuse treatment, youth SED services, and mental health counseling. Scope of services include integrated and substance use assessments which contain screenings of medical, nutritional, educational, vocational needs and referrals, and family of origin history, as well as individualized treatment planning, individual and group therapy for mental health and substance abuse, play therapy for children and adolescents, family therapy (as indicated), case management services, referrals, outreach and prevention services, and coordination of care with other providers to assist the client in comprehensive and holistic care.</p> |
| 24 | <p>Discovery Cove Recovery and Wellness Center: Serving Kodiak and Eagle River, AK Counselors: Ken McCarty, LMFT; Juvenile and DOC specialist Edward Zeff, MD, DLFAPA; Juvenile and DOC specialist</p> <p>Mission: To provide a treatment place of healing for individuals, families, and community who have mental and substance use intrusions, whereby health and balance is achieved in mind, emotions, physical, relations, and spirit. Providing an integrated treatment approach that involves the Total Awareness Approach model.</p> <p>Treatment modalities include: Systems (structural/strategic), Cognitive Behavior, Eye movement desensitization and reprocessing (EMDR), Dialectic Behavioral Therapy, Aromatherapy, Nutrition, Massage/Chiropractic, Physical Therapy, Psychiatric Services and Neuro-genesis.</p> <p>Treatment Programs include: Mental Health (Individual & Group), Family Therapy, Anger Management, Substance Abuse Assessment, Comprehensive Mental Health Assessments, Alcohol/Drug Education Classes (ADIS/Prime for Life), Outpatient Therapy (Level I & Level II.I), Medication Assisted Treatments (e.g. Opioid Dependence, Alcohol).</p> <p>Treatment Programs are recognized by the State of Alaska, DHSS, Division of Behavioral Health and Department of Corrections.</p> <p>Provider accepts most insurance.</p> |
| 25 | <p>Wasilla Veterans Center Counselor: Patrick Summers</p> |