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[www.acrf.org](http://www.acrf.org) acrfsc@nwresource.org

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## Anchorage Foster/Adoptive Family Resource Guide Updated February 2015

### THE PURPOSE OF THIS GUIDE:

This guide is designed to assist resource families in identifying community based services that can assist you in meeting the specific needs of your family. As a consumer of social services you are encouraged to interview and research providers to determine the practitioner who will best meet your family's needs and has the expertise to manage the issues specific to your situation. To further assist you in this process, please review the ACRF brochure, ***Choosing a Mental Health Provider***.

### ACRF REFERRAL POLICY:

***The Alaska Center for Resource Families does not license, recommend, endorse, guarantee, control or regulate any provider or agency. Therefore, it is your responsibility to investigate the qualifications and credentials of the provider you choose.***

For current licensure information before selecting a mental health provider, you should investigate or contact:

*State of Alaska Occupational Licensing, Professional Counselors & Therapists:* <http://www.commerce.state.ak.us/occ/search3.htm>

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# 1. Family Support and Counseling Services

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## Alaska CARES

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3925 Tudor Centre Drive, Suite 100 (Behind ANMC)  
Anchorage, Alaska 99508

**Phone:** 561-8301

**Toll Free:** 1 877-561-8301

**FAX:** 561-8170

**24-Hour on-call:** Anchorage Police Dept. (907) 786-8900

**Hours:** Monday – Friday, 8:30 am -5:00 pm

**Sexual Child Abuse and Response Evaluation Services:** This is the organization where children are taken for initial physical examination for sexual abuse examination and interviews.

For many children, sexual abuse is fraught with shame and guilt. Even with the best of coping skills, suspicion of sexual abuse can throw a family into crisis. Alaska CARES is an outpatient clinic located near Providence Alaska Medical Center in Anchorage. The clinic provides sexual and physical abuse evaluations for children, newborn to age 18 years, and 24-hour on-call services for cases that are considered emergent. These cases usually come to the attention of law enforcement or the emergency departments of local hospitals.

- Interviewers are trained in forensic interviewing of children and skilled at talking with children about sensitive topics.
- Nurse Practitioners have specialized training and are skilled in providing a child examination using a highly technical instrument, a colposcope. The colposcope uses light and magnification so the exam is non-invasive.
- A victim advocate from Standing Together Against Rape (STAR) or Alaska Native Justice Center (ANJC) is available to provide support to the child and family while at Alaska CARES.
- Family Care Coordinators are on staff for crisis intervention, and to help the child and family through the upheaval that often accompanies child sexual abuse.
- Alaska CARES provides referrals so that children and families can connect to services that help the healing process begin.
- Children are able to come to a single location to be interviewed and have a physical examination.
- The multidisciplinary approach to child abuse evaluations ensures that decisions are made as a team and include the child's family.
- The child-friendly environment helps children feel welcome and safe, sometimes for the first time.

## Alaska Center for Resource Families

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*A project of Northwest Resource Associates*  
840 K Street, Suite 101  
Anchorage, Alaska 99518

**Phone:** 279-1799 TOLL FREE: (866) 478-7307

**Website:** [www.acrf.org](http://www.acrf.org) **E-Mail:** [acrpsc@nwresource.org](mailto:acrpsc@nwresource.org)

### Programs and Services:

**Adoptive Family Support Services:** For all Alaskan adoptive families, our professional staff will provide support to strengthen their families. We offer case management, assessment, referrals, information and services. We also offer two adoptive trainings regularly:

- **Building Families Through Adoption**  
An intensive course designed specifically to address the important core issues including talking to children about adoption, grief and loss, attachment and bonding, transracial adoption, and parenting traumatized children.
- **Adopting Through OCS**  
This course explores the nuts and bolts of adopting through the State of Alaska foster care system, discussing, home studies, adoption subsidies and finalizations. Good for new folks interested in adopting from foster care and for foster parents moving toward adoption with a current placement.

**On-site training;** ACRF also provides other workshops related to adoption issues and parenting children with special needs. Check our web-based calendar (<http://www.acrf.org/calendars.php>) or contact your local office for a current schedule of classes.

### First Steps to Finalization:

This resource guide helps families understand the process of adopting children through the Alaska foster care system. Available at [www.acrf.org](http://www.acrf.org) under Publications

## Paths to Adoption in Alaska

This guide provided information and guides families through all the adoption venues through the State of Alaska. Available at [www.acrf.org](http://www.acrf.org) under *Publications*.

### Adoption Learning Path

The Adoption Learning Path is the suggested path of education to prepare families for adoption from the Alaska foster care system. Families who complete the Adoption Learning Path will develop a short family profile, receive a certificate of completion and assistance in connecting with the OCS adoption staff. Three classes offered by ACRF make up the Adoption Learning Path.

- Core Training for Resource Families
- Adopting Through OCS Building Families Through Adoption
- Adopting Through OCS
- Foster Parent Orientation and Licensing are recommended, but not required.

### PARKA Program:

Preparation and Adoption Readiness for Kids in Alaska. The PARKA program is a comprehensive adoption education, preparation and support program for families interested in adopting legally free children through the Office of Children's Services. **PARKA** is available free of charge but limited to a small number of motivated families. This program provided intensive training, matching, transition and post placement support to families as they move through adoption process. A home study is part of the program. The **PARKA** program is currently limited to the Anchorage and Mat-Su areas and is limited to ten families per year. For more information contact the PARKA coordinator at 279-1820.

### Core Training for Resource Families

ACRF provides on-site and self-study versions of this required preparation training for resource families. This includes foster parents (state or Tribal licensed) and unlicensed foster parents, relative caregivers, Indian custodians and other kinship arrangements. Training includes; *Understanding Child Abuse and Neglect, Working with the Office of Children's Services, Separation, Grief and Loss, Appropriate Discipline, Transition and Cultural Awareness*. Self-study versions are available in English, Spanish and Yup'ik.

**Distance Learning Education:** Our distance learning program offers DVD's books, self-study courses, information packets and on-line courses related to caring for foster and adoptive children with special needs. We also offer free teleconference training.

You may access the Self-Study Catalog and our teleconference schedule online at [www.acrf.org](http://www.acrf.org) or call the ACRF office near you.

**On Site Training:** ACRF provides monthly on-site training in Fairbanks, Anchorage, Mat-Su and Juneau. We also coordinate training in rural areas. Resource families, OCS workers, Tribes and others are notified of what training is coming up in their community by mail or are emailed a training calendar. If you would like to receive information about our on-site training, email [acrf@nwresource.org](mailto:acrf@nwresource.org)

**Resource Family Support and Crisis Intervention:** ACRF provides foster, adoptive and kinship families with support and crisis intervention services. Our staff includes professionals who are trained in issues that foster and adoptive parents encounter daily when providing care for children. These professionals are also available to assist agencies and Tribal groups and answer questions they might have about the child protection process.

**Resource Family Orientation:** Learn the basics about becoming a resource family at orientation sessions. ACRF assists OCS to provide orientation on becoming a resource family. We also offer orientation in self-study or web-based formats, available on our website or at your local ACRF office.

**Onsite Resource Library:** Our onsite resource library provides extensive resources' books, articles, DVD and self-study courses covering many topics related to parenting traumatized children, behavioral issues, attachment and issues relating to foster care, adoption and guardianship.

**Training Tracks:** Training Tracks is the ACRF quarterly newsletter, which contains a training event calendar, One-Hour Self-Study Course, special interest educational information, new materials and much more. Contact ACRF near you to receive Training Tracks or email [acrf@nwresource.org](mailto:acrf@nwresource.org).

### Alaska Christian Ministries:

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**Phone:** Eileen Star at 272-8760

**Locations:** various locations throughout the community

### Practical Positive Parenting: Building a Strong Foundation for Your Family

Six weekly Parenting workshops include the following:

- Family Dinner
- Group Study for Family Needs
- Character Development
- Family Communication
- Behavior Change
- Positive Discipline
- Resource Tools for the Family
- Activities and Care for Children
- Sessions for Teens

## AK Child & Family

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4600 Abbott Road  
Anchorage, AK 99507

**Phone:** 346-2101

**Fax:** 348-9230

**Email:** [acs@ak.org](mailto:acs@ak.org)

**Website:** [www.akchild.org](http://www.akchild.org)

AK Child and Family provides psychiatric residential treatment for children and adolescents with moderate to severe emotional and behavioral disorders. AKCF programs are designed to bring people together to support the student as they build a healthier lifestyle. Our range of services meets the student at whatever level of care they need:

### Programs and Services:

**Home-Based Services (Community Programs):** AKCF Community Programs is designed to assist students between the ages of 6-18 with emotional and behavioral problems who need a highly structured environment and 24-hour supervision. Our residential treatment program is housed on two campuses - Jesse Lee Campus and Maplewood Campus.

**Therapeutic Foster Care:** Therapeutic foster homes or treatment homes provide a safe, family environment. Treatment Homes are a short-term (3-12 month) placement generally utilized by students transitioning from residential or hospital treatment or have mental health needs that cannot be met in their own home.

**Residential Psychiatric Treatment:** AKCF Residential Treatment is here to assist youth with severe emotional disturbances who need a highly structured environment and 24-hour supervision. Our residential treatment program is housed on two campuses - Jesse Lee Campus and Maplewood Campus. There are seven cottages total.

**The Spiritual Life Program:** The Spiritual Life Program is an essential part of Residential Treatment. Participation in Spiritual Life activities is voluntary but most students choose to take part in at least one or two of them during their stay.

**The Mike McDonald Partnership** in Treatment Fund is a unique program to assist students and families who do not have other resources to pay for AK Child and Family services.

## Alaska Baptist Family Services

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1600 O'Malley Road  
Anchorage, AK 99507

**Phone:** 349-2222

**Fax:** 349-5335

**Website:** [www.alaskabaptistfamilyservices.com](http://www.alaskabaptistfamilyservices.com)

ABFS' services are located in South Anchorage on its 15-acre residential campus, which provides the feeling of a remote campus while in the city of Anchorage. ABFS offers mental health services at two residential cottages. The pre-adolescent cottage serves children with a developmental age range of 9-13 years old. The adolescent cottage serves those 14-18 years of age

### Programs and Services:

**Girls Program:** Our girls program is for 14-18 year old females in need of 24-hour residential rehabilitation services. While treatment goals vary among each individual, average length of stay for a successful discharge ranges from 6-18 months. For questions regarding referrals or for more program information, please contact our girl's clinician, Anne Nytes at 349-2222 ext. 203.

**Boys Program:** Our boys program is for 9-13 year old males in need of 24-hour residential rehabilitation services. While treatment goals vary among each individual, average length of stay for a successful discharge ranges from 6-18 months. During this time, our students are provided with structure and support that adapts over time as they progress through treatment. For questions regarding referrals or for more program information, please contact our Boys Clinician, David Banks at 349-2222 ext. 212.

Our program environments are structured with two primary goals in mind: **Reduce the effects of trauma and increase resiliency.** To help accomplish these goals, our Treatment Counselors provide 24/7 supervision to clients where they are implementing Trauma Informed, pro-active interventions to help reduce expressions of trauma. In addition, our programs provide the following services:

## Alaska Psychological Services, LLC

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741 Sesame Street, Suite 1B  
Anchorage AK 99503

**Phone:** 334-1000  
**Fax:** 337-8080  
**Website:** [www.akpsychservices.com](http://www.akpsychservices.com)

**Hours:** Monday – Friday, 8:00am – 5:00pm, with evening hours available for counseling services.  
**Medicaid Accepted**

**Dr. Heather Russell, PsyD and Amy Barker, LCSW, CDC1** . Alaska Psychological Services, LLC is a mental health clinic located in midtown Anchorage. We offer clinical evaluations, FASD evaluations, psychotherapy and counseling for children, adolescents and adults, individuals, families and groups.

## Alaska Youth and Parent Foundation

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**Power Teen Center/Clinic**  
700 West 6th Avenue, Suite 206 (Downtown Transit Center, 2<sup>nd</sup> Floor (6<sup>th</sup> & H Street)  
Anchorage, AK, 99501

**Phone:** 929-2633  
**Fax:** 279-2633  
**Website:** [www.aypfalaska.org](http://www.aypfalaska.org)

**Peer Outreach Workers:** 563-8336 (TEEN)  
**Email:** [power@akyouthadvocates.org](mailto:power@akyouthadvocates.org)

**Teen Center Hours:** Tuesday – Friday, 1:00pm - 5:00pm (No Nurse Available Friday)

Alaska Youth and Parent Foundation (AYPF) is a non-profit agency dedicated to serving the needs of runaway and homeless adolescents and their families. AYPF's Peer Outreach Workers, Education and Referral (POWER) program offers training to teens providing them with the skills to do street outreach, conduct prevention-based presentations to their peers and staff the free downtown POWER Teen Center/Clinic. This is a clinic run by teens for teens with a public health nurse here to help. All services are free for ages 13-24 years old. We offer free birth control, pregnancy tests, HIV & STD testing and much more including free food and drinks!

## Alaska Youth & Family Network

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740 Communications Avenue  
Anchorage, AK 99503

**Phone:** 770-4979  
**Toll Free:** 1-888-770-4979  
**Fax:** 770-4997  
**Email:** [admin@ayfn.org](mailto:admin@ayfn.org)  
**Website:** [www.ayfn.org](http://www.ayfn.org)

### Programs and Services:

**Peer Navigation:** AYFN offers one-on-one support for families experiencing a wide range of challenges. Whether you are looking for support navigating your child's education program, looking for medical or mental health services, educating yourself about new diagnoses and approaches, or working with Office of Children's Services, AYFN can provide someone to work with you. Our peer support services will connect you with trained Navigators who not only understand the challenges you are facing, but have walked through these circumstances themselves. Between knowing that you are not alone and finding the support you need, peer navigation uniquely supports families throughout Alaska.

**Parent Support Groups:** Friday nights, parents gather together to discuss the joys and frustrations of parenting families with behavioral, emotional, and developmentally challenged children. As a support group, we talk about a variety of issues, educate ourselves on resources and parenting skills, and connect with others like ourselves. Parent Groups are held at the same time as Children's and Youth Groups. Dinner starts at 5:30 pm and groups run from 6:00 to 8:00 p.m. There is no need to register ahead our groups are drop-in friendly.

**Youth Support Groups:** This group is a place for youth to have fun, meet new friends vent, or just a place to escape. Held on Friday evenings, dinner starts at 5:30 and group goes from 6:00-8:00pm.

**Summer Groups:** AYFN holds activities and groups during summer to youth ages 9-16. Call 770-4979 for a complete list of all the groups or go to their website for more information.

## **AKEELA, INC**

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360 West Benson, Suite 300  
Anchorage, Alaska 99503

**Phone:** 565-1200  
**Toll Free:** 1-800-478-7738  
**Fax:** 258-6052  
**Website:** [www.akeela.us](http://www.akeela.us)  
*Accepts Medicaid*

Akeela, Inc. is a non-profit organization offering a comprehensive array of services for the prevention and treatment of substance abuse, and alcohol abuse, in Anchorage, Alaska and other communities throughout the state.

### **Programs and Services:**

**Akeela House Recovery Center:** Akeela House is a 48-bed adult, co-ed, long-term, residential therapeutic community treatment program serving clients with an ASAM III.5 assessment. The majority are also dually diagnosed, so we also provide services for co-occurring disorders. The State funds 21 beds and we have contracts that support an additional four to five beds.

**Akeela Outpatient Program:** This is a fee for service program serving men and women who assess at the ASAM I or II.1 level. Available are outpatient and intensive outpatient services that offers group and individual counseling for 12 to 18 weeks with an emphasis on relapse prevention.

**Assessment Center:** Centrally located to all of Akeela's programs is a new full-service assessment center through which applicant clients needing mental health or substance use treatment services can receive the assessment appropriate to their needs and then be referred to the treatment service that meets their specific treatment requirements and can also provide service to other providers in the community.

**Transitional Housing:** Fourteen apartments providing 29 bedrooms are available providing affordable, safe, and drug and alcohol free living for clients coming out of our treatment programs. We support these units with a case manager who works to make sure they are staying clean and sober, coordinates other services for them and assists them to find employment.

**Family Programming:** Stepping Stones Residential Program – Stepping Stones is a long-term treatment program serving women assessed at an ASAM III.3 level and the children who live with their mothers in 15 individual apartments. It serves individuals with co-occurring disorders and it provides day care for the children while mothers are attending treatment. Most of the women are involved with OCS and are working to regain and retain custody of their children.

**OCS Case Management Program:** The participants in this program are all referred by the Office of Children's Service because they are at risk of losing custody of their children unless they complete substance use disorder treatment and turn their family life around. Included is intensive case management for families under the supervision of the Office of Children's Services.

**Family Care Court:** A division of the Therapeutic Court System, Family Care Court serves women in need of substance use disorder services whose children are wards of the State's Office of Children's Services. They are admitted for treatment at either our women's outpatient or our women's residential program. Family services are provided through this program including case management that includes home visits, and mental health treatment for children.

**Mental Health Outpatient Services:** We provide individual and group counseling and rehabilitation services for all ages. Included are psychiatric services and play and drama therapy with an emphasis on providing a family trauma program serving women and children suffering from trauma. This program also provides services to treatment clients in our Anchorage based substance use programs that need mental health services.

## **Alpine Alternatives**

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2518 E Tudor Road, Suite 105  
Anchorage, Alaska 99507

**Phone:** 561-6655  
**Fax:** 563-9232  
**Email:** [alpinealternatives@arctic.net](mailto:alpinealternatives@arctic.net)  
**Website:** [www.alpinealternatives.org](http://www.alpinealternatives.org)

Alpine Alternatives is dedicated to making outdoor recreational opportunities available to Alaskans who experience disabilities. Our programs are designed to help people expand their horizons, master new skills, make new friends, and increase motor coordination. Most importantly, participants experience growth in self-confidence and independence that affects all aspects of an individual's life. Our services are open to all, regardless of type of disability or age. Our one-to-one ratio allows us to meet individual needs and abilities. Our goal is to help others reach their full potential.

## Summer Programs:

**Day Outings:** Take a trip with us to the Alaska Wildlife Conservation Center, the Alaska Zoo, or the Museum of Natural History. Enjoy taking a hike on the Coastal Trail or Thunderbird Falls. Our Day Outing Program will take you where the fun is!

**Camp Alpine:** During a 4 or 5 day stay, Alpine campers learn a variety of skills in a nurturing environment. Activities include hiking, canoeing, outdoor games, sports, nature identification and much more.

**Camp Abilities Alaska** is the state's first and only state-of-the-art sports camp for youth that experience visual impairment. Youth between the ages of 8-19, or still enrolled in the public education system, are eligible. The camp provides a 1:1 instructional ratio for each youth.

## Winter Programs:

**Adaptive Downhill Ski:** After the snow flies, Alpine participants put on skis. Whether it be mono-skis, sit-skis, or outriggers, we have the adaptive equipment to serve all needs. 8-week sessions at Hilltop Ski Area are offered. Fees include equipment, lift tickets, and personalized instruction from Alpine instructors and volunteer "ski buddies".

## Anchorage Community Mental Health Services, Inc.

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### Child and Family Services

4045 Lake Otis Parkway  
Anchorage, AK 99508

**Phone:** 561-0954 (Family Services)

**Website:** [www.acmhs.com](http://www.acmhs.com)

*Accepts Medicaid*

Child and Family Services Continuum provides a wide range of therapeutic services to severely emotionally disturbed children, adolescents and their families. The programs in the Continuum specialize in trauma informed and focused practices, early childhood intervention, intervention with older children and adolescents, and family intervention. The scope of services provide a comprehensive array of community based mental health services designed to enable children and adolescents to live successfully in their community. Families are offered training and support to create more successful family communication and healthy home living environments.

### Programs and Services:

**Alaska Child Trauma Center:** specializes in providing direct trauma-focused services to children ages 3-12 that have experienced complex trauma (child abuse, neglect, exposure to domestic violence or sexual abuse). The Child Trauma Center also works in partnership with Office of Children's Services and provides behavioral health assessments to children entering child protective services custody in Anchorage.

**Family Services:** provides multiple services to children, adolescents and families.

- Individual and family therapy
- Group therapy
- Play therapy
- Assessment and treatment planning/coordination
- Case management
- Skill development
- Psychoeducational services
- Child and adolescent psychiatry
- Home and community based services
- Independent living program for transitional aged youth

**Little Tykes Therapeutic Services:** provides comprehensive wrap around services for children ages 2-5 and their families. Services are provided in a structured, safe, secure, nurturing environment led by mental health professionals. In Group Therapy the children learn to express and manage their emotions so that they will have healthier functioning in other areas of life including home, community, and school. Support services such as family therapy and caregiver group therapy by staff help parents to understand their children and to master relationship and communication skills to help their child develop into happy, healthy children.

**On Target School Based Services:** ACMHS staff are present in several Anchorage School District schools across the community with the goal of helping children with severe emotional disturbance be successful in school. Services include direct in-school services such as crisis intervention, skill development and therapy; after-school group skill development services; and family support services. On Target provides also therapeutic summer program and programs during vacation and in-services days.

**Parenting With Love and Limits®:** Intensive family preservation program which lasts 7-10 weeks, incorporating brief strategic family therapy, group therapy for teens and parents, and individualized in-home family coaching, serves families with youth 10-18 years of age. This program is a part of the Bring the Kids Home Statewide Initiative, aimed at keeping youth out of psychiatric residential care or successfully bringing them home from residential care.

**Transitional Aged Youth Program:** This program focuses on transition out of homelessness and into safe housing through a step by step process to independence. This housing portion of this program serves women between the ages of 18 and 24 who are homeless, seriously emotionally disturbed and motivated for treatment. Those who are enrolled in the program must also receive counseling services through ACMHS Child and Family Services.

## **The Arc of Anchorage**

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2211 Arca Drive  
Anchorage, Alaska 99508

**Phone:** 277-6677

**Fax:** 272-2161

**Website:** [www.thearcofanchorage.org](http://www.thearcofanchorage.org)

The Arc of Anchorage helps Alaskans who experience intellectual, developmental disabilities, or mental illness achieve lives of dignity and independence as valued members of our community. We offer a full array of services that cover the lifespan of the people we serve. In consultation with our staff, families choose the services that best meet their needs.

### **Programs and Services:**

**Supported Employment:** This service assists adults in finding and keeping jobs in the community. Helps each individual gain the daily living and on-the-job skills necessary for successful employment.

**After School Program:** For youth experiencing a developmental or intellectual disability, ages 12-16. The program provides fun, skill-building activities, homework help, arts and crafts, food preparation, sensory activities, and regular community outings. The program runs Monday through Friday from 2-6 pm and full days during some school breaks and in-services. Transportation is provided.

**Recreation Services:** Offers older teens and adults the opportunity to learn new skills, make friends, and participate in a wide variety of community activities. Anyone that is DD eligible and new to the Arc is welcome to register for classes after they complete an intake application. Registration is open year-round. Please contact us for a tour or arrange to visit a class to check out how much fun it was at the Rec Center!

**Behavioral Health Services:** This program serves children and adults with a mental illness or severe emotional disturbance (SED) in combination with a developmental disability.

**Care Coordination:** This service assists people with Medicaid waivers\* and their families learn about and choose among services, based on their needs and goals. Once the plan for services is in place, Care Coordinators help the family put it into action and monitors implementation of the plan. (\*Having a Medicaid waiver means the state of Alaska has agreed to pay for disability services delivered as part of an approved plan of care).

**Community Living Services:** Provides support that encourages independence and participation in the community, allowing adults with developmental disabilities to live on their own, with roommates, and/or staff. Also offers in-home assistance and respite care for children with developmental disabilities or complex medical conditions who live with their families or with foster families.

**Kids on the Block:** The Arc of Anchorage is proud to partner with Kids on the Block Inc., providing puppet presentations free of charge. Viewing Kids on the Block performance is an unforgettable educational experience. The "kids" vividly and effectively model relationships between people, both with and without disabilities, by using frank and often humorous communication of facts and feeling between the puppet characters and the audience. Each show is 40 minutes; you get to choose two of the following presentations: Autism, Bullying, Cerebral Palsy, Down Syndrome, Hearing Impairment, Sibling with a Disability, or Visual Impairment. Kids on the Block shows are available for K-5th. Call 277-6677 to schedule a show!

**Nursing Services:** Trains parents and care providers so they can create a safe, healthy environment that allows children with complex medical conditions to leave the hospital and live at home with their families. Provides intensive active treatment for adults to avoid institutionalization and continue living at home and participating in community life.

**Short Term Assistance and Referral (STAR):** Provides information about the services available and connects people with the resources they need. Helps families apply for funding from the State of Alaska. Helps find solutions during crises and emergencies.

**Deaf and Hard of Hearing Services:** Daily support in a residential setting for students attending the State School for the Deaf and Hard of Hearing.

## Catholic Social Services

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3710 East 20<sup>th</sup> Avenue  
Anchorage, Alaska 99508

**Phone:** 222-7300  
**Fax:** 258-1091  
**Email:** [info@cssalaska.org](mailto:info@cssalaska.org)  
**Website:** [www.cssalaska.org](http://www.cssalaska.org)

### Programs and Services:

**Brother Francis Shelter:** provides temporary emergency night shelter for men and women; an evening meal, and use of shower and laundry facilities; advocacy and referrals for employment, housing, mental health issues, and treatment options for alcohol and substance abuse.

**Charlie Elder House:** provides housing for homeless, teenage boys. At Charlie Elder House, boys learn to live independently, achieve academic success, maintain positive relationships, and contribute to the community. Charlie Elder House provides a therapeutic environment, case management services and counseling services in cooperation with Alaska Children's Services.

**Clare House:** provides temporary, emergency 24-hour shelter for women with children and expectant mothers. Residents receive daily meals and referrals for child care, substance abuse/mental health, affordable permanent housing, employment and continuing educational opportunities. Case management services are an integral part of the program to help women in their transition from homelessness to independent living.

**Pregnancy Support & Adoption Services:** Pregnancy Support Services helps women with unplanned pregnancies make informed decisions about their children's future by providing counseling, information and education about parenting and adoption. The Adoption Program is a licensed child placement agency serving adoptive parents, birth parents and adoptees through child placement, education, counseling, home studies, post-placement services and continued family support.

**Family Disability Services:** provides care for individuals who experience developmental disabilities and offers a support system for their families. Trained providers care for clients in the consumers' home or out in the community.

**Homeless Family Services:** This is a comprehensive case management program that helps homeless families with children. Homeless Family Services staff works with families to address specific barriers that prevent them from being self-sufficient while connecting them to the resources necessary to secure a place to call home. Homeless Family Services staff goes to the families wherever they may be, a camp site, a motel or a car.

**Pregnancy Support & Adoption Services:** is a licensed child placement agency serving pregnant women, birth parents, adoptive parents and adoptees through child placement, education, counseling, and continued family support. The Permanent Families grant allows a partnership between Office of Children's Services and CSS to provide home studies for potential adoptive families for children who have been removed due to abuse and/or neglect.

**Refugee Assistance & Immigration Services Program (RAIS):** provides a bridge for refugees (individuals who have had to flee their countries of origin due to the tragedies of persecution and war) from their former life experiences to the new skills required for success in the United States. The program assists clients in obtaining a lifestyle that has sustainable financial support and in which the family's basic needs are fully met on a long-term basis. RAIS offers a wide range of bilingual and bicultural services including case management, life skills orientation and job readiness classes.

**St. Francis House:** provides a 2-day emergency supply of food. Food Pantry Hours: Monday-Friday 9am-1pm, 4<sup>th</sup> Wednesday of each month open in the evening from 4pm-6:30pm. Food donations can be dropped off between the hours of 9am-5pm.

## Cook Inlet Tribal Council

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3600 San Jeronimo Court. Suite 138  
Anchorage, AK 99508

**Phone:** 793-3600  
**Fax:** 1-877-985-5900  
**Website:** [www.citci.com](http://www.citci.com)

Cook Inlet Tribal Council, Inc. (CITC) provides social, educational and employment services to Alaska Natives and Native Americans living in the Cook Inlet region.

### Programs and Services:

**Family Contact:** This program provides opportunities for children in foster care to spend time with their birth parents to help children cope with the separation, while helping parents learn and practice skills in a structured setting to restore relationships with their children. *Eligibility: Parents and their children separated by foster care placement through OCS.*

**Father's Journey:** This program equips fathers with a variety of the social, financial, parenting and life skills needed to strengthen their roles as fathers in providing for the needs and well-being of their families. *Eligibility: Fathers parenting children in their home, or who do not presently have children in their custody, but are looking to establish or rebuild relationships with their children.*

**Flourishing Child:** In partnership with Cook Inlet Head Start and Anchorage Community Mental Health Services, the Flourishing Child program provides therapeutic intervention and in-home services for families and children enrolled at Cook Inlet Native Head Start who have been exposed to violence. Cook Inlet Native Head Start is a nonprofit partner in Anchorage offering educational and social support services for Alaska Native children and their families. *Eligibility: Children enrolled at Cook Inlet Head Start and recommended for services through the Cook Inlet Head Start staff.*

**Foster Family Liaison:** This program provides culturally appropriate support primarily for state-licensed Alaska Native and American Indian foster families. The liaison can assist families in being successful foster parents; establishing a strong continuity of open communication between the protective service system and foster parents/children within the system; and assisting foster parents who may have difficulty navigating or accessing the child protective service system. *Eligibility: Alaska Native or American Indian foster families who are members of one of the eight federally recognized tribes in the Cook Inlet region, and reside within the Mat-us Valley or Anchorage service area.*

**Guardian Ad Litem:** Child and Family Services partners with Alaska Court Appointed Special Advocates (CASAs) and the Office of Public Advocacy to recruit and train Guardian ad litem (GALs) who advocate for Alaska Native children in State of Alaska Office of Children's Services (OCS) Child in Need of Aid cases. The GAL's role is to recruit, train and supervise Alaska Native CASAs to represent and support children in these cases, and to improve services and outcomes for Alaska Native families with the foster care system. GALs recruit and supervise CASA volunteers. *Eligibility: Alaska Native or Native American children in the care of OCS.*

**Intensive Family Preservation:** This program provides individual and family therapy, case management and skill development to families in crisis. The goal is to achieve permanency planning for families while promoting child safety, permanency, cultural continuity and overall well-being. Our staff provides intensive services in the home environment from a solution-focused and strength-based approach. *Eligibility: Families involved with State of Alaska Office of Children's Services (OCS).*

**Luqu Kenu Project:** This project assists families in crisis in improving their immediate situations through parenting and life skills strengthening, and helps in safely and quickly reunifying families whose children are placed in the foster care system. The program provides screening integrated case management, and parenting and life-skills development. *Eligibility: Alaska Native or American Indian families receiving Tribal TANF in need of additional support in keeping their children safe.*

## Counseling Solutions of Alaska

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701 East Tudor Road, Suite 135  
Anchorage, Alaska 99503

**Phone:** 644-8044

**Fax:** 644-8004

**Website:** [www.counselingsolutionsak.com](http://www.counselingsolutionsak.com)

**Medicaid/Denali Kid Care is accepted for psychiatric services/medication management and psychological testing.**

### Programs and Services:

**Counseling Services:** We provide couples and family therapy for depression, grief and loss, anxiety/panic disorder, PTSD, relationships, parenting, co-dependency, communication skills, stress management, anger management/conflict resolutions, school problems, social skills training, child/adult abuse issues, ADHD, and life coaching/mentoring.

**Psychological Testing/Assessment:** We provide testing for ADHD, academic/learning/memory problems, depression/anxiety, personality and cognitive functioning.

**Psychiatric Consultation/Medication Management:** For clients seeking psychiatric assistance our medical staff offer psychiatric evaluation and medication management.

## Covenant House, Alaska

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755 A Street  
Anchorage, Alaska 99501

**Phone:** 272-1255

**Fax:** 272-9548

**Website:** <https://ak.covenanthouse.org>

**For Youth:** If you're on the street or thinking about running away, Covenant House Alaska can help. Our doors are open 24 hours a day, 365 days a year and all services are completely free of charge. We'll offer you support, guidance, encouragement and a listening ear. No matter what's going on in your life, we're here for you.

**For Parents:** We know being a parent of a teen is challenging. The good news is that you're not alone. We can offer information and assistance to help you better communicate and build a stronger relationship with your teen. We can provide referrals, crisis intervention and even free family mediation services.

Through our three core programs and associated services, we're able to meet the basic living needs of kids at this critical time in their lives, as well as provide them with support that facilitates their journey to becoming healthy, self-sufficient, contributing members of our community. These programs empower our youth in their journey from homelessness to a brighter future. We help them finish school, learn a skill, find a job, secure a place to live, reunite with their families, build a strong foundation and begin their lives again. Programs are designed to connect, protect, nourish, heal and transform lives. In short, we give our youth a sense of hope, so they can find the confidence and strength to move on to a better place.

#### **Programs and Services:**

**Youth Engagement Center:** This brand new facility puts everything under one roof, offering an array of programs and services, including access to health care, educational achievement, employment placement, housing assistance and enrichment activities. Through the Youth Engagement Center, youth have access to an array of programs and services: **Street Outreach/Drop-In Center, Shelter Services, Youth Enrichment Program, Employment/Education Services, Housing, and Pastoral Ministry.**

**Transitional Living:** Many homeless youth are not equipped to live independently. Our Transitional Living program teaches them essentials, such as how to find a job, save money, pay bills, cook healthy meals, even how to do the dishes. This program gives homeless youth a chance to learn how to live on their own successfully. Youth in the Transitional Living program also have access to other Covenant House Alaska programs: **Rights of Passage:** serves homeless males and females, 18-20. **Passage House:** serves parenting and pregnant women, 17-20 and their children.

**Wellness Center:** Life on the streets in Alaska can be tough, and homeless youth are highly susceptible to a wide variety of illnesses and injuries. Covenant House Alaska offers free health services through the Wellness Center, providing care and a safe haven for these vulnerable youths. Clinic hours are Monday through Friday 9am to 5pm. For more information, contact the nurse practitioner at 339-4249.

### **Creating Successful Futures: Anchorage School District**

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#### **Locations:**

- College Gate Elementary (K-3) 742-1523
- Northwood ABC Elementary (1-3) 742-6942

Executive Director of Elementary Education  
5530 E Northern Lights Blvd.  
Anchorage, AK 99504

**Phone:** 742-4254

**Fax:** 742-4251

**Website:** [www.asdk12.org/elementary/CSF](http://www.asdk12.org/elementary/CSF)

Creating Successful Futures (CSF) is a highly structured, districtwide, short-term program designed to empower students in grades K-3 to make safe and positive choices. Teaming with schools and parents, CSF teachers, counselors and assistants teach students the skills needed to achieve academic and social success.

The CSF I program can provide assistance to students who have difficulty in getting along with others, who avoid work, and/or demonstrate behaviors that are having an adverse impact on their ability to be successful in the classroom and to build healthy, positive relationships with others.

#### **Programs and Services:**

**Turnaround Model:** The CFS program works best with students who, with intentional instruction, along with opportunities to practice newly learned skills, will be able to demonstrate the acquired skills in a relatively short period. Students in the program are provided with a classroom environment that has well-designed, research-based interventions that can bring about sufficient behavioral change in an 8-10 week period.

**Social Emotional Learning (SEL):** Some children may not learn acceptable behavior because they don't know what is appropriate, or they may have the knowledge but lack the practice. For other children, their emotional responses may get in the way of desirable behavior. SEL stands for Social Emotional Learning. It's the way a child develops the ability to experience, regulate and express emotion; form close relationships; explore the environment; and learn. The importance of social emotional development is sometimes overshadowed because of the emphasis on other issues. Some of the concentrated social skills students in the CSF program practice are: providing opportunities for safe choices, staying cool when upset, choosing to be responsible for your day, encouraging saying and doing nice things.

**Referrals:** The CSF program is coordinated by the executive director of Elementary Education. Questions about the program may be directed to the transitional counselors at their respective school sites or through Elementary Education. The referral form is available as a fillable PDF on the CSF website.

## Crisis/Community Pregnancy Center

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4231 Lake Otis Parkway  
Anchorage, AK 99508

**Phone:** 337-9292

**Fax:** 337-9262

**Website:** [www.cpcanchorage.com](http://www.cpcanchorage.com) and [www.pregnancyinfo-ak.com](http://www.pregnancyinfo-ak.com)

**Hours:** Monday – Thursday, 9am-4pm

All of the following services are offered free-of-charge and confidentiality.

### Programs and Services:

- Pregnancy tests
- Limited obstetrical ultrasounds
- Limited sexually transmitted infections (STI) screening
- Peer counseling and guidance by trained counselors
- Information on pregnancy and abortion alternatives
- Physical, emotional and spiritual support
- Referrals for medical care, housing, social services and legal aid
- Earn While You Learn Education classes (parenting and life skills)
- Baby Cache (Baby bucks are earned during the Education Classes that can be spent in this baby store)
- Post-abortion counseling (Retreats and 8 week evening group sessions are held several times per year)
- Abstinence Education-Conferences, Youth Groups and School Presentations

## Denali Family Services

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1251 Muldoon Rd., Suite 116  
Anchorage, Alaska 99504

**Phone:** 274-8281

**Fax:** 274-4055

**E-mail:** [info@denalif s.org](mailto:info@denalif s.org)

**Website:** [www.denalifs.org](http://www.denalifs.org)

Denali Family Services serves children who require intensive behavioral health care services, their families and also individuals. Denali Family Services offers individual, family and group psychotherapy services in combination with intensive care coordination and rehabilitative services. The majority of the consumers served are children who experience mental illness.

DFS maintains an active foster care program, licensing treatment foster homes, placing children in those homes and working in partnership with the foster parents and the DFS clinical staff to ensure the child is making progress toward his/her treatment goals. The foster care program accepts a number of placements of children in OCS custody who are returning to Alaska after receiving residential treatment in the Lower 48.

### Programs and Services:

**Clinical Department:** Provides several professional services to children and families in the Anchorage and Mat-Su communities. These services include mental health assessment, individual, family and group therapies as well as medication management. We specialize in working with youth 3-21 who have previously been hospitalized, have been in residential care, are at risk of becoming hospitalized or receiving institutional care due to the severity of their behaviors, youth who are severely emotionally disturbed. Additionally we provide services to anyone in the community in need of counseling services.

**Specialized Therapy Services: *Sexually Reactive Youth:*** We also provide specialized therapeutic programs for children who have been sexually abuse, and/or exposed to adult sexual content, who exhibit challenges with boundaries or mimic these adult behaviors. These services include specialized teaching on boundaries, psycho-education on appropriate expressions of affection and sexuality based on the development level of the child, as well as social skill learning, to replace inappropriate social skills and meet areas the child may have missed socially. ***Sexually Offending Teens:*** We provide specialized therapeutic services for teens 13-18 years of age who have been convicted for a sexual offense, and a risk assessment has been conducted determining outpatient therapy as the needed level of care. This program is designed to be a specialized treatment program, and can also support teens whom have graduated from a sexual offense specific program in a residential setting.

**Therapeutic Foster Care:** We recruit and license child foster home for Severely Emotionally Disturbed (SED) children enrolled in services with DFS. DFS will license and train you to take care of these children in your home. We may also provide additional services to the foster child such as community or school support specialist, case management and clinician as needed. As a foster parent you are a part of the treatment team for the foster child. The goal is to help the child be successful in school and living in a community setting, learning acceptable behaviors. DFS has a 24 hour on-call system to provide support, training and support groups that you may attend. Call 222-2311 if you are interested in becoming a therapeutic foster parent to Alaska's children in need of out of home care.

**Case Management:** is a service to help children and their families gain access to needed community services and supports, and help you achieve a lifetime of independent functioning. **Transition to Independence Program:** is a subsection of the case management department that focuses on providing services to teens and young adults between the ages of 14-24. The program works with youth and individuals they have identified as key players in their lives to help increase knowledge and skills in; education, housing, community life functioning, career and employment, personal effectiveness and well-being.

**Intensive School and Community Based Services:** This program provides one-on-one and small group services to DFS clients. We help manage difficult youth behavior while encouraging kids to learn skills that will help them cope with ongoing mental health challenges. Behavior Health Associates provide behavioral, social, and emotional coaching and teaching for children while engaging them in activities and supporting them in a variety of settings. Services provided: ***In-School Behavioral Health Associate Support, Summer, winter and spring break day programs, KARMA After School Program at Creekside Park Elementary School, Denali Explores preschool and early childhood program, Community-based and individualized services.***

**Training:** Denali Family Services offers nationally recognized training in behavior management, mental health, emergency response, and sexual abuse prevention to all of our employees and foster parents. Using a unique blend of online and classroom-based courses..

## Faith Christian Community

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4240 Wisconsin Street  
Anchorage, Alaska 99517

**Phone:** 243-1777

**Email:** [royalfamily@faithak.com](mailto:royalfamily@faithak.com)

**Website:** [www.faithak.com](http://www.faithak.com)

**Royal Family Kids' Camp:** FCC partners with the Office of Children's Services and the faith-based community to sponsor Royal Family Kids' Camp. This is a one week residential camp that meets the unique and overwhelming needs of abused and neglected children. The camp serves children ages 7-11. Contact Chris Scott for information and an application.

**Website:** [www.anchorage.rfkc.org](http://www.anchorage.rfkc.org)

## Fire Stoppers Anchorage

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**Fire Stoppers Hotline: 346-2888**

Curiosity about fire is natural. Most children will, at some time in their youth, explore the element. Unfortunately, fires set by children can have devastating consequences. It doesn't matter if the fire is set with intent (arson), or if it is unintentional (curiosity), the unfortunate end result can be the same. When youth misuse fire, adults should pay attention to the behavior and call for help.

The Anchorage Fire Department works with The Alaska Injury Prevention Center to provide an intervention program to help families. Fire Stoppers can help parents understand why a child is misusing fire, help families create a safe environment, provide education for the entire family to help mitigate the behavior, recommend other resources helpful in correcting the behavior.

Fire Stoppers works hand in hand with many agencies and professionals in Anchorage. If a family needs assistance beyond education, Fire Stoppers can recommend other resources for families.

It's everyone's responsibility to keep our community safe from fire. If you know a child or youth that misuses fire, contact the Fire Stoppers hotline.

## Focus, Inc.

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11901 Business BLVD, Suite 209  
Eagle River, AK 99577

**Phone:** 694-6002

**Fax:** 694-6022

**Email:** [info@focusoutreach.org](mailto:info@focusoutreach.org)

**Website:** [www.focusoutreach.org](http://www.focusoutreach.org)

Focus stands for Family Outreach Center for Understanding Special Needs. As an agency Focus provides support to people with disabilities. We provide support to their families and we believe we deliver a chance for a higher quality of life. Focus has over 30 years of experience providing services to families in Alaska.

### Programs and Services:

**Early Intervention/Infant Learning Program:** The Alaska statewide Early Intervention/Infant Learning Program (EI/ILP) assures that infant learning services are available for families with children under three years of age throughout Alaska. Early intervention services

are federally regulated by the Individuals with Disabilities Education Act (IDEA). This federal law was first passed in 1986, offering some funding for states to evaluate and then serve children they determined eligible for early intervention services. In Alaska EI/ILP is housed in the Office of Children's Services.

**Therapy Services:** The Focus clinic offers outpatient pediatric therapy services in speech, occupational therapy, and physical therapy. We offer family centered therapy services and parent participation and input are a vital part of our treatment sessions. Our team of therapists is able to address issues related to the diagnosis and areas of difficulty in; ADHD, Articulation and Motor Speech Disorder, Anxiety Disorder and other mental health problems, Asperger Syndrome, Autism Spectrum Disorder, Behavior issues related to sensory processing difficulties, Developmental Delays, Down Syndrome and other chromosomal anomalies, Expressive Language Delay, Gross motor and fine motor problems, Handwriting problems, Oral-Motor Feeding issues, Receptive Language Delay and Sensory Processing Difficulties.

**Developmental Disabilities Services:** The DD Services department of Focus serves a variety of needs for our families and clients. Through the funding sources of Medicaid Waivers and grants, Focus provides person centered supports to individuals and families. Most families utilize **Daily and Hourly Respite** services, as it is available via various funding sources. Respite care is designed to provide short term relief from caring for a family member with special needs. **Medicaid Waivers** provide access to funding that allows individuals to live at home and participate in their own community. Focus serves people of all ages who receive services through CCMC, MR/DD and APD. Waivers provide access to the following services and more: *Care Coordination, In-Home Supports, Family Habilitation, Day Habilitation, Hourly and Daily Respite, Nursing Intensive Active Treatment, and more.*

**After School Program:** The Focus After School Program (ASP) serves many working families with teens and young adult children receiving waiver and grant services. Many families experienced a gap in supports from the time that school ended until parents returned from work. The ASP was formed as a response to this need – providing a safe and structured way for young people to get involved in their local community. But, perhaps most importantly of all, for fun! The ASP group meets every school day from 2–6pm at the Focus building in Eagle River. For more information or for a registration packet contact 694-6002 ext. 7251.

**Summer Program:** The Focus Summer Program is a day camp designed to meet the special needs of the people we serve. The program provides day habilitation and hourly respite services for young people with disabilities from age 6 to young adult. In operation for over a decade, the Summer Program meets the needs of many local families. The staff and participants work together to create a nurturing, supportive environment full of fun and meaningful activity. The Summer Program runs for nine weeks every summer, during the months of June and July. The program runs from 9:30am–4:00pm, Monday through Thursday. Each day starts and ends at the Beach Lake campground in Chugiak. Activities include soccer, softball, arts and crafts, games and special field trips out of town to Portage Glacier, H2Oasis and other fun local spots. To find out more about joining the Summer Program as a participant, care provider or a volunteer, contact 694-6002 ext. 7251.

**Focus:art:** Focus:Art is an Anchorage based program of Focus, Inc., that offers structured art classes and open studio time for adults who experience disabilities (ages 18+). If you are interested in checking out this program contact Erica Miller at 279-9213.

## Good Samaritan Psychiatric Services

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3230 C Street, 2<sup>nd</sup> Floor  
Anchorage, Alaska 99503

**Phone:** 565-4000

**Website:** [www.goodsamak.com](http://www.goodsamak.com)

*Medicaid Accepted*

Good Samaritan offers psychiatric assessment and medication management to all ages, through our MD and ANP providers. They follow a medical model of practice.

## Hope Community Resources

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540 West International Airport Road  
Anchorage, Alaska 99518

**Phone:** 561-5335 or 1-800-478-0078

**Fax:** 564-7429

**Website:** [www.hopealaska.org](http://www.hopealaska.org)

**Tefra Medicaid for is available for Special Needs:** Contact Hope Tefra Specialist for assistance.

Hope Community Resources is a non-profit organization providing community supports to over 1,400 individuals and families who experience intellectual and developmental disabilities. We provide services through regional offices located in Anchorage, Mat-Su, Dillingham, Kodiak, Juneau, Ketchikan, Seward, Barrow and the Kenai Peninsula. All of Hope's services and supports are individualized. Given the opportunity, Hope will work towards meeting the needs of most people requesting services. The following supports are just a few of the offerings that can be uniquely designed to support a full life.

## Programs and Services:

### Individualized Services:

**Family Matters:** Understand the support and finding options available to you with the assistance of our knowledgeable staff.

**Short-Term Assistance and Referral (STAR) Program:** Assists people in learning what is required to meet the state law definition of developmentally disabled, navigating the eligibility process and understanding what services, other than waiver, may be available. Hope's STAR Coordinator in Anchorage is Jamie Davis and she can be reach at [jdavis@hopealaska.org](mailto:jdavis@hopealaska.org) or by phone at 907-433-4980.

**Care Coordination:** Assists people in developing person-center plans based upon their needs and dreams and the services available through a variety of providers. Responsible for ensuring services are in place and coordinates with other service providers, when appropriate, to insure implementation of the plan.

**Community Health & Wellness:** Supports people in choosing their own health professionals. Provides wellness supports to individuals who choose our supports.

**Self-Advocacy:** Assists people in advocating for themselves as well as disability services. Opportunities to participate include: **Speak for Change**—a self-advocacy group supported by Hope and **Key Coalition**—a grassroots organization advocating for disability services.

**Spiritual Wellness:** Connects people with faith communities, renewing the spirit, coping with illness and grief, end of life planning and other spiritual needs. For more information on spiritual wellness, contact Rick Benjamin at [rbenjamin@hopealaska.org](mailto:rbenjamin@hopealaska.org) or by phone at 907-433-4707.

### Community Living Options:

**In-home Supports:** Sustain a healthy, thriving family through unique supports provided in your home.

**Supported and Independent Living:** Live, learn and grow in your chosen environment with individualized assistance in daily living activities.

**Intentional Communities:** Environments chosen by people who share a common vision of living, learning and recreating together. Hope has approximated these intentional communities through subsistence focused home in Bristol Bay and the Willow Ranch.

**Foster Care:** Supports children and adults in loving family settings when residing with their own family is not a viable option.

**Respite:** Offers a break through short-term care for your family member, utilizing trained professionals.

### Recreational Opportunities:

**Recreational Opportunities:** Accessible and inclusive activities such as subsistence, art, media, theatre and camps that promote personal growth and encourage the discovery of personal gifts.

### Behavioral/Mental Health Supports:

**Behavioral Support:** Manage challenging behaviors with specialized assistance to live as independently as possible.

**Mental Health Supports:** Develop healthy, sustainable relationships, while learning to live with mental health challenges and a developmental disability.

### Supported Employment:

**Supported Employment:** Assist individuals with locating and demonstrating success in the jobs that meet their interests and skills. Individuals are accepted at any stage in the employment continuum, from beginning volunteer work, to building skills and experience, to those re-entering the work force.

## **JBER Military Support**

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5955 Zeamer Avenue  
JBER, AK 99506

**Phone:** 580-5858  
**Fax:** 580-8025  
**Phone (DSN):** (317) 580-5858

## **Elmendorf AFB Community Resource Referrals:**

**Family Advocacy Strength Based Therapy Services (FAST):** Licensed clinical social workers are available to assist couples and families experiencing marital difficulties including communication problems, anger management, and family of origin issues.

**Victims Advocacy Services:** Victim counseling and referral services, providing assistance with safety planning, reporting, legal and system advocacy.

**On Line Support Group:** <http://groups.yahoo.com/group/AdoptionSupportGroupForMilitaryFamilies/>

**Elmendorf AFB Counseling Support:**

- Life Skills Support** ..... **580-2181**  
*Anxiety, depression, substance abuse.*
- Family Support Center** ..... **552-4943**  
*Crisis assistance, info, referral, quality of life programs.*
- Chapel Center** ..... **552-4422**  
*Pastoral counseling, emergency food. After hours emergencies call Command Post..... 552-3000*

**New Hope on the Last Frontier- Life Skills**

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1220 E Street Suite 100  
Anchorage, Alaska 99501

**Phone:** 274-4673  
**Email:** [info@newhopeak.org](mailto:info@newhopeak.org)  
**Website:** [www.newhopeak.org](http://www.newhopeak.org)

**Programs and Services Include:**

- **Food Pantry:** Tuesdays – 10:30am-1:00pm
- **Nine Star – Returning Citizens Center:** Daily – 9:00am - 4:00pm
- **Cordova House Community Service Hours:** We work closely with Cordova Center to enable halfway house clients to obtain their hours for community service.

**Programs for Infants and Children**

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161 Klevin Street Suite 103  
Anchorage, AK 99508

**Phone:** 561-8060  
**Fax:** 563-3172  
**Email:** [pic@Alaska.org](mailto:pic@Alaska.org)  
**Hours:** Monday-Friday, 8:00 am to 5:00 pm

**Programs and Services**

**Early Intervention/Infant Learning Program:** The State of Alaska’s Early Intervention/Infant Learning Program (EI/ILP) serves as a single point of entry for infants and toddlers whose families or others have concerns about their child’s development. Under the Individuals with Disabilities Act (IDEA), EI/ILP is responsible for implementing services to young children, birth to three years, who experience developmental delays and disabilities.

**Other Pic Services:** PIC provides a variety of services such as early childhood education, social work, occupational, physical and speech/language therapy, as well as special instruction, vision, and audiology services. PIC services are provided in partnership with parents and caregivers to provide training and support in promoting their child’s development. Family service coordination is provided to help families navigate the systems and providers involved in their child’s care. PIC uses a team-based early intervention model referred to as the “Primary Coaching Model”.

**Who is Eligible?** Children whose assessment indicates a delay in one or more developmental areas, ranging from mild to severe. Children with a diagnosed medical condition or disability and children who are at risk for developing delays; premature infants or children exposed to drugs or alcohol prenatally.

**Providence Health & Services**

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3760 Piper Street Suite 1108  
Anchorage, AK 99501

**Phone:** 212-6900  
**Website:** [www.alaska.providence.org](http://www.alaska.providence.org)

## Programs and Services:

**Providence Behavioral Medicine Group** offers outpatient mental health services for children, adolescents, and adults. The clinic staff includes psychiatrists, neuropsychologists, advanced nurse practitioners, licensed clinical social workers, licensed marriage and family therapists, licensed professional counselors and licensed psychological associates.

Providence Medical Group Behavioral Health has deep experience working with children and families and schools in the Anchorage and surrounding areas for a variety of issues including:

- Childhood depression and anxiety
- ADHD (Attention/Deficit Hyperactivity Disorder)
- Adjustment problems
- School problems
- OCD (Obsessive Compulsive Disorder)
- Social Skills Deficits (including Asperger's Disorder)
- Post-Traumatic Stress Disorder from experiencing or witnessing a traumatic event
- Behavioral problems
- Family conflict including divorce
- Transition issues such as new school or starting college
- Bipolar Disorder
- Grief and loss

For more information about Providence child, adolescent and family services, call 212-6900.

**Kohl's Cares:** Thanks to the generous support of Kohl's Cares, The Children's Hospital at Providence holds a FREE immunization clinic every first Saturday of the month. As everyone returns back to school, it's important that Alaska's children are current on all immunizations. Providence walk-in clinic is open from 10am to 1pm, located at 3340 Providence Drive, Suite A351. The clinic also offers free tetanus shots for adults. For more information call 212-4824 or visit [www.alaska.providence.org/locations/pamc/services/childrens/Pages/immunize.aspx](http://www.alaska.providence.org/locations/pamc/services/childrens/Pages/immunize.aspx)

**Parenting with Providence:** Our parenting and childbirth classes are taught by highly qualified professionals with specialized training in early childhood and prenatal education. We are here to support new and experienced parents in the wonderful and challenging journey of parenthood. Visit <http://providencealaska.netreturns.biz/Calendar/SearchResults.aspx?searchdays=30&topicid=3131882e-5516-46d5-a1ef-38d4d9d13f65> to see the event calendar and to register.

**The Discovery Unit:** An acute, inpatient program for adolescents, 13-18 years old, who are in need of intensive crisis intervention, stabilization and behavioral health treatment. The unit is designed to provide a safe and therapeutic environment for those experiencing a crisis. For more information call 261-4843.

**Crisis Intervention:** Crisis care is provided through the Emergency Department at Providence Alaska Medical Center or the Crisis Line at **563-3200**. Adolescents in crisis are evaluated by a psychiatric nurse practitioner or a licensed mental health counselor, who will conduct a mental status examination, meet with the parents/guardians and confer with the psychiatrist on-call or the adolescent's physician to determine if hospitalization is needed. If inpatient care is required, the adolescent will be admitted as quickly and smoothly as possible. If not recommended, the adolescent will be assisted through the immediate crisis and referred for outpatient therapy.

## Salvation Army: Booth Memorial Youth and Family Services

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3600 E 20th Avenue  
Anchorage, AK 99508

**Phone:** 279-0522

**Website:** [www.salvationarmy.org](http://www.salvationarmy.org)

Opened as a home for unwed mothers in 1965, Booth Memorial Youth & Family Services has evolved into a comprehensive, service provider for young women and families.

## Programs and Services:

**24 Hour Residential Program:** This program serves adolescent girls (OCS referred ages 12-18). This 6-18 month program provides care and treatment to adolescent girls who are emotionally and behaviorally challenged. Provides twenty-four (24) hour basic care and supervision for young women who have a demonstrated need for treatment in a highly structured and supervised placement. Referrals for program placement must originate from the Office of Children's Services.

**Residential Pre-Maternal Program:** Referral through parents, schools, hospitals, etc. Provides pre-maternal residential care and related services to single pregnant teens. (Kimberly Stevens: Ext: 502)

**Emergency Stabilization Center:** Emergency Stabilization and Crisis Intervention services are provided with a multi-faceted approach to working with young women 12-18 years of age. Booth offers short-term shelter to teenage girls. Beds are available on a first come first serve basis every night. There is a bed capacity of six beds with a maximum stay of 60 days.

**Family Reunification Program:** Through education and supervised visitation, the Booth Family Reunification Program works to reduce and prevent child abuse in order to reunite children in out-of-home placements with their custodial parents. Referrals to this program are received through the Office of Children's Services and the Alaska Court System.

**Community Education:** Booth Youth and Family Services also offer childbirth education and parenting classes that are open to the community. All classes are offered on a sliding fee scale. Contact us for a current schedule.

**Booth Outpatient and Aftercare Substance Abuse Program:** Funded by the State of Alaska Division of Behavioral Health, Booth provides outpatient and aftercare substance abuse services for adolescents in the residential and emergency stabilization programs.

**Fetal Alcohol Spectrum Disorder (FASD) Project:** This program offers a community-based educational outreach activities include presentations to Anchorage School District 8th grade students as part of their standard health education curriculum and classes for high-risk women at several residential facilities in the Anchorage area. A professionally certified FASD Educator staffs the program. To schedule educational presentations or staff training sessions, please contact the main number.

## Special Education Services Agency

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3501 Denali Street, Suite 101  
Anchorage, Alaska 99503

**Phone:** 334-1300

**Fax:** 562-0545

**TTY:** 563-8284

**Email:** [www.sesa.org](http://www.sesa.org)

### Programs and Services:

**Autism Impairment Services (AI):** Provides student-specific consultation in the areas of communication skills development; positive behavioral support; social skills development; instructional strategies; curriculum modification and accommodations, other individualized interventions as needed.

**Hearing Impairment Services (HI):** Provides Staff training through on-site and state wide in-services related to best practices for educating students with deafness or hearing impairments. Services include but are not limited to, manual communication, functional and proper use of amplification systems, inclusionary strategies, communication and language development, transition planning, and information resource and referrals.

**Emotional Disturbance Services (ED)** Provides staff training through on-site, regional and state wide in-services related to best practices for educating students with emotional and behavioral disorders. Provides functional behavioral assessment, positive behavioral support, social skills curricula, anger/stress management, inclusion, transition, information, education and advocacy.

**Multiple Disabilities Services (MD)** Provides staff training through on-site and regional in-services related to best practices for educating students with moderate and severe disabilities addresses such issues as; functional age appropriate curriculum, inclusionary strategies, positive behavior supports, community based instruction, integrating related services, transition planning, parental involvement, use of assistive technology tools.

**Visual Impairment Services (VI):** Staff training through on-site, regional and statewide in- services related to *best practices* for educating students with vision impairments. Provides vision screening, low vision issues, inclusionary strategies, orientation and mobility issues, specialized equipment, compensatory skills, and transition issues.

**Dual Sensory Impairments (DSI):** The purpose of DSI Services is to assist service providers and families in preparing learners with dual sensory impairments for quality lives in their homes, schools, and communities. Some of the activities provided by DSI Services include: technical assistance to service providers and families through onsite consultation, in-service training, support to attend trainings specially addressing DSI issues, promotion of home-school partnerships and collaborative teaming, access to a parent navigator, an extensive lending library, and to resources and information.

## South-Central Foundation

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### **Behavioral Health Fireweed Clinic**

4341 Tudor Centre Drive, 3rd Floor  
Anchorage, AK 99508

**Phone:** 729-2500, Press option 2

**Fax:** 729-8552

**Website:** [www.southcentralfoundation.com](http://www.southcentralfoundation.com)

### Programs and Services:

- Psychiatric evaluation

- Medication management
- Psychotherapy (group, family, couples, limited individual)
- Limited psychological assessment
- Neuropsychological assessment
- Support groups
- Crisis intervention

**Willa's Way:** A comprehensive safe home program for victims of domestic violence, Willa's Way serves Alaska Native and American Indian women and their children who are homeless due to domestic violence. Children under the age of 18, including boys, are considered for admission with their mother. In this supportive, confidential and safe environment, program participants learn to become self-sufficient. Call 729-6300 for more information. Comprehensive services include:

- Intense case management involving housing
- Mental health counseling
- Group counseling addressing a range of topics including parenting, domestic violence, relationships, community resources, life skills, health and wellness.

**The Pathway Home:** The Pathway Home is a voluntary, comprehensive, individualized mental health program for adolescents from 13 to 18 years old. Its mission is to create a loving and supportive community environment where Alaska Native children can develop into independent, service-minded and productive leaders. Referrals come from a variety of sources, including clinicians, case managers, social workers, counselors, parents, teens or representatives of the state. Once in the program, The Pathway Home team of clinicians and employees help youth improve their mental and behavioral health, physical and spiritual wellness, and academic and/or vocational skills. Through a combination of individual, group and educational settings, youth learn healthier methods of managing their behavior, handling conflict and anger, progressing in their recovery and improving relationships with family members. **Call 729-5020 or Toll Free: (800) 478-3343 for more information.**

**Dena A Coy:** Dena A Coy Residential Treatment Program serves pregnant, parenting and non-parenting women who are experiencing problems related to alcohol and other drugs and experiencing emotional and psychological issues. Services include individual addiction and mental health counseling, case management, and group counseling. Group counseling addresses a range of topics including parenting, domestic violence, anger, relationships, symptom management, anxiety and depression, relapse prevention, community recovery skills, life skills and health and wellness. The duration of the program is related to the level of care and is clinically driven. Children under the age of 3 may be considered for admission with their mother. **Call 729-5070 for more information.**

**Alaska Women's Recovery Project:** The Alaska Women's Recovery Project (AWRP) provides community-based, peer-driven, peer-led recovery support activities for women of all ages and ethnic backgrounds and their families. Women involved in the AWRP are in various stages of recovery from alcoholism, substance use or co-occurring mental health disorders. All activities take place at the Gathering Place for Women Recovery Community Center, 4155 Tudor Centre Drive Suite 205 in Anchorage. **Call 729-5190 for more information.**

## **STAR (Standing Together Against Rape)**

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1057 W Fireweed Lane Suite 230  
Anchorage, AK 99503

**Phone:** 276-7273  
**Toll-Free:** 1-800-478-8999  
**Email:** [star@staralaska.org](mailto:star@staralaska.org)  
**Website:** [www.staralaska.com](http://www.staralaska.com)

Providing options, support and information to Alaskans affected by sexual violence for more than 35 years the mission of Standing Together Against Rape, Inc., (STAR) is to provide the best quality of crisis intervention, education and advocacy services to victims of sexual assault and sexual abuse, and their families and our community

## **Stone Soup Group**

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307 East Northern Lights Blvd. #100  
Anchorage, Alaska 99503

**Phone:** 561-3701  
**Toll Free:** 1-877-786-7327  
**Fax:** 561-3702  
**Website:** [www.stonesoupgroup.org](http://www.stonesoupgroup.org)

We work to improve services for children with special health care needs. Working with parents and interagency groups, we develop projects to identify gaps and simplify access to the system, as well as build capacity for in-state assessments and services.

### **Program and Services:**

**Parent Navigation:** Experienced parents of children with special needs help other parents navigate the system of resources, services, and education.

**Parent Training and Information Center:** The official, federally-funded resource for parents of children receiving special education services statewide.

**Behavior Support:** Stone Soup Group (SSG) offers parents and professionals support in dealing with challenging behaviors. Often times, challenging behaviors are used by individuals with special needs to communicate when they can't express themselves in other ways. Recognizing this, SSG has developed Positive Solutions trainings and Positive Behavior Support (PBS) teams to understand these behaviors and use strategies to minimize them.

**School Support:** Navigating through the special education process can be overwhelming and complex. You don't have to go it alone. Our Parent Navigators will help equip you with the tools you need to understand the system, work with schools and advocate for your child.

**School Support Services include:**

- Parent navigation/consultations
- Support at school meetings
- Trainings regarding Individualized Education Plans (IEPs)
- Preparation before school- "Know Before You Go" classes, Infant Learning Program planning
- Support and information about Early Intervention and the Individuals with Disabilities Education Act (IDEA)
- Positive Behavior Support (PBS) for parents and educators

**Transition Support:** Whether it is making that first step entering school, or graduating and exploring post-secondary education opportunities, life transitions can be overwhelming for both children with special needs and their parents. Services and Parent Navigation at Stone Soup Group (SSG) can help parents and young adults gain greater independence in the areas of education, housing, finance, employment, medical needs and social needs

**Fetal Alcohol Spectrum Disorders (FASD):** Stone Soup Group (SSG) is here to support families of children affected by prenatal alcohol exposure. We offer specialized parent navigation, classes and trainings. Browse this site, call or schedule an appointment to learn more about FASD.

**Autism:** Autism or Autism Spectrum Disorders such as Asperger's, are developmental disabilities that affect an individual's behavior, social interaction and communication. There are varying degrees of autism; and based on where a child is on the spectrum they may display different behaviors. Though there is no "cure" for autism, an early diagnosis and an understanding of good communication techniques are essential to the child's developmental needs. Stone Soup Group (SSG) offers specialized training and parent navigation to help you and your child receive the support you need.

## **The Spell Clinic, LLC**

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2150 East Dowling Road Suite C  
Anchorage, AK 99507

**Phone:** 336-7323

**Website:** [www.thespellclinic.com](http://www.thespellclinic.com)

**Hours:** Monday, Wednesday & Thursday 10:30am – 5:30pm; Tuesdays & Fridays 10:30am – 3pm; Closed Saturday & Sunday.  
*Accepts Medicaid*

The SPELL Clinic is a licensed private practice dedicated to serving children and teens with communication needs. The clinic has been in business here in Anchorage since August 2002. We have recently expanded to welcome an occupational therapist, JoAnn Schnellbaecher, M.A., OTR and a part-time speech language pathologist, Crystal Rogers, M.S., CCC-SLP to share our space here at The SPELL Clinic. Our full-time experienced speech language pathologist, Christine Gravley, M.S., CCC-SLP provides individual or group therapy to improve speech articulation, phonemic awareness, vocabulary, grammar, reading, writing, critical thinking & reasoning, receptive & expressive language and augmentative communication. One specialty of this clinic is phonemic awareness instruction (PA).

**Traditional Speech Therapy:** Working with children on articulations, language, voice and fluency.

**Enrichment:** Providing SAT and GRE preparatory classes, creative and technical writing classes.

**Specific Language Disorders:** Assists with comprehension and expression of oral and written language.

### **Social Language Therapy**

**Literacy:** Working with children to develop reading and writing skills for all ages.

## Volunteers of America of Alaska

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509 W. 3rd Avenue Suite 103  
Anchorage, AK 99501

**Phone:** 279-9634  
**Fax:** 276-5489  
**Website:** [www.voaaak.org](http://www.voaaak.org)

Volunteers of America Alaska has helped Alaska's most vulnerable since 1981. Over the years, our services have grown to include programs that meet the needs of children, adolescents, families and seniors.

### Programs and Services:

**Affordable Housing:** Volunteers of America Alaska believes housing is a powerful foundation for life, and we are increasing efforts to provide affordable housing throughout the state of Alaska.

**Adolescent Treatment Services:** Helping adolescents overcome substance addiction was Volunteers of America Alaska's first mission when founded in 1981. The call to help Alaskan adolescents struggling with addiction remains as necessary now as it was back then. The Volunteers of America Alaska helps over 600 families each year through our residential facility (ARCH) and outpatient program (Assist.)

**Grandfamilies Network:** Grandparents raising their grandchildren are a quickly growing population in Alaska. Our Grandfamilies Network Program offers these families a lifeline for support and services.

**Outreach and Education:** Volunteers of America Alaska's outreach and education program helps families impacted by substance abuse. Camp Hope offers a place for youth with parents addicted to drugs or alcohol a place to just be kids. In addition, our annual FAScinating Family Workshop helps families affected by Fetal Alcohol Spectrum Disorder.

**Prevention and Intervention Services:** Volunteers of America Alaska's goal is to prevent adolescent substance abuse before it escalates. Communities Mobilizing for Change on Alcohol (CMCA) is a grassroots, community effort to raise awareness and understanding of the harmful effects drugs and alcohol have on youth development. PRIME For Life provides a 20-hour alternative to suspension program for youth suspended from the Anchorage School District.

### Restorative Justice Services:

Volunteers of America Alaska's Youth Restitution Program works to reduce recidivism among low-risk, first-time juvenile offenders in Anchorage.

## 2. Childcare Referral

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### ***Thread Connecting Early Care and Education to Alaska***

3350 Commercial Drive Suite 203  
Anchorage, AK 99501

Phone: 265-3100  
Fax: 265-3191  
Email: [info@threadalaska.org](mailto:info@threadalaska.org)  
Website: [www.threadalaska.org](http://www.threadalaska.org)  
Hours: Monday – Friday, 9am-5pm

### Programs and Services:

**Child Care Referral Services:** Thread provides referrals to child care programs only, we do not provide recommendations. Parents are encouraged to visit and interview providers before making a final decision about their child care.

## 3. Community Information and Help Lines

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Providence Psychiatric ER ..... 563-3200

Alaska 211 ..... **211** or 1-800-643-5437

Warm-Line Services Thread..... 563-1966

*The warm-line is a support line around parenting techniques and child development issues. They do not provide ongoing counseling; however we will provide referrals to other appropriate agencies if callers are in the midst of a crisis or need more comprehensive social service assistance.*

National Suicide Prevention Lifeline..... 1-800-273-TALK (8255)

- National Hopeline Network..... 1-800-SUICIDE (784-2433)
- Alaska Careline (Alaska SUcide Prevention and Someone to Talk to Line ..... 1-877-266-4357
- Governor's Council on Disabilities and Special Education ..... 1-888-269-8990 or 269-8990  
<http://www.hss.state.ak.us/gcdse> Where to turn directory, a complete reference to disability services and supports in Alaska
- Fire Stoppers Hotline..... 346-2888

## 4. Discounts and Passes for Resource Families

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### **Alaska Center for Resource Families (Anchorage)**

840 K Street Suite 101  
 Anchorage, AK 99501

**Phone:** 279-1799

#### **Passes available:**

- The Alaska Native Heritage Center
  - The Seward Sea Life Center
  - Anchorage Museum at Rasmuson Center
- \*Must be a licensed foster parent*

#### **Foster Wear Program**

Amanda Metivier: (907)230-8237

Rep. Les Gara: (907)269-0106

Yurii Miller: (907) 451-5075

*Call for specific information - Foster parent ID required*

#### **The following business's offer discounts for foster children:**

- Army Navy Surplus
- REI
- The Prospector (Fairbanks, Valdez, web orders)
- Nugget Outfitter (Juneau)
- Homer's Jeans
- Alaska Commercial Company
- Beaver Sports
- Redden Marine
- Ulmer's Drug & Hardware (Homer)
- Sixth Ave. Outfitters (Anchorage)
- Omni Enterprises, Inc. (Dillingham)
- AC Stores (Statewide/Retail)
- N & N Market (Dillingham)
- Murray Pacific (Sitka)
- The Baby Store Toys and More (Wasilla)
- McDonalds: Offers 10% discount for foster families

## 5. Foster/Adoption Websites

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### **Adoption**

1. [www.adoptivefamilies.com](http://www.adoptivefamilies.com)
2. <http://nacac.org> National Council for Adoptable Children
3. [www.DaveThomasFoundation.org](http://www.DaveThomasFoundation.org)
4. [www.acrf.org](http://www.acrf.org)
5. [www.empoweredtoconnect.org](http://www.empoweredtoconnect.org)
6. [www.abcofohio.net](http://www.abcofohio.net)
7. [www.nctsn.org](http://www.nctsn.org) (National Child Traumatic Stress Network)

### **Foster Care**

1. [www.sociallearning.com](http://www.sociallearning.com)
2. [www.fosterclub.com](http://www.fosterclub.com)
3. <http://www.fosterparents.com/>

4. [www.fosterparenttraining.com](http://www.fosterparenttraining.com)
5. [www.acrf.org](http://www.acrf.org)

### **Grief and Loss**

1. [www.griefwatch.com](http://www.griefwatch.com)
2. [www.griefnet.org](http://www.griefnet.org)
3. [www.dougy.org](http://www.dougy.org)

### **Parenting**

1. [www.aap.org](http://www.aap.org) The American Academy of Pediatrics
2. [www.zerotothree.org](http://www.zerotothree.org)
3. [www.empoweredtoconnect.org](http://www.empoweredtoconnect.org)

### **Trauma**

1. [www.childtrauma.org](http://www.childtrauma.org)
2. [www.jaspermountain.org](http://www.jaspermountain.org) ( Publications)

## 6. Foster Parents Only: OCS Contact Chain

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*Contact the following resources in the order given*

### **FOR SOMETHING REGARDING THE CHILD:**

1. Contact the Child's Caseworker. (PHONE, FAX, E-Mail or VISIT)
2. Contact the Social Services Associates for the Unit.
3. Contact the Unit Coordinator (U.C.) for the day by contacting the OCS Reception Desk (269-4000) and explaining what you need.
4. Contact the Caseworkers Supervisor.
5. Contact the Staff Manager Who Supervises the Supervisor of the Unit.

### **IN EMERGENCIES ON THE WEEKEND:**

1. Contact the on call-worker at OCS. (269-4000)
2. Call the Emergency Services Unit of Anchorage Community Mental Health 563-3200 in case of mental health emergency.
3. Providence Psychiatric ER: 212-2800 or 563- 3200.
4. Call the Police in case of serious disturbance, harm or illegal activity. 786-8500

### **FOR QUESTIONS ABOUT REGULATIONS OR LICENSING REQUIREMENTS:**

1. Call your Licensing Worker.
2. Call the Licensing Supervisor.
3. Call the Statewide Licensing Supervisor.

### **FOR QUESTIONS ABOUT MEDICAID PAYMENT:**

1. Call the Social Service Associates for the Unit.
2. Call and ask for the Administrative Clerk Who Assists with Public Assistance or with Medicaid Problems.

### **FOR QUESTIONS REGARDING PAYMENT**

1. Call the Child's Caseworker.
2. Call Provider Payments in Juneau at 1-877-465-2215.

### **FOR INFORMATION, TRAINING OR RECORD OF TRAINING HOURS:**

1. Contact the Alaska Center for Resource Families in Anchorage at 279-1799.

### **FOR INFORMATION ABOUT ADOPTION**

1. Call the Alaska Center for Resource Families at 279-1799 or visit [www.acrf.org](http://www.acrf.org) .

## **FOR INFORMATION ABOUT OCS INDEPENDENT LIVING PROGRAM FOR TEENS**

1. In Anchorage: Shar Wharton 269-4063
2. In Juneau: Stephany Day (907) 465-3209

## **7. Medicaid**

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### **To Receive A Copy Of The Schedule Of Healthy Kids Check Ups:**

Contact the Medicaid Services Unit of the Division of Public Health at 276-0606

### **If Your Medicaid Card Doesn't Come:**

At this time, the Div. of Public Assistance must approve all foster children for Medicaid eligibility before they can begin receiving coupons. Sometimes this process takes several weeks. The Medicaid Card will be sent directly to the address on the application. The foster care provider should immediately advise OCS if he or she did not receive the Medicaid card. If you need to take a child to a health provider, and you have not yet received your Medicaid Card, you have several options.

- First, start with your social worker who will contact the Regional Medicaid Eligibility Unit. This unit can issue emergency coupons, or fax over the needed information to your health providers.
- If your social worker is unavailable, you can contact the Medicaid Eligibility Unit directly and explain your situation.
- If you don't know how to reach them, contact the receptionist of the office or region that you are in and ask to talk directly to someone in the Medicaid Unit.

### **To Find Out Who Are The Medicaid Providers In Town:**

For the most current list, contact the Medicaid Services Unit of the Division of Public Health at 276-0606. Identify yourself as a foster parents and ask for a list.

## **8. Neuropsychological Evaluation Services:**

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### **Alaska Neuro Associates**

4241 B Street, Suite 202  
Anchorage, AK 99503  
*Accepts Medicaid*

**Phone :** (907) 277-0100

**Fax:** (907) 222-0566

**Website:** [www.alaskaneuro.com](http://www.alaskaneuro.com)

Heather Macomber, Ph.D Neuropsychologist,  
Russell Cherry, PsyD, Neuropsychologist

At Alaska Neuro Associates, Dr. Russell Cherry and Dr. Heather Macomber are dedicated to providing expert, pertinent, and timely neuropsychological evaluations to children, adolescents, adults, and elders facing challenges with cognition, mood and behavior, and symptoms of varied medical conditions.

### **Pediatric Neuropsychological Services of Alaska, PC**

800 E Dimond Blvd., Suite 3-625 (in the Dimond Mall, above the skating rink)  
Anchorage, AK 99515

**Phone:** 306-6525

**Fax:** 929-3057

**Website:** <http://pnsapc.com/home.html>

Dr. Stephen Mailloux offers neuropsychological assessment and consultation for children and teens (and young adults on occasion) with known or suspected medical or neurological disorders. If you have questions about our practice, or if you want to talk with our neuropsychologist, feel free to give us a call

### **Fuller Diagnostics, LLC**

2600 Denali Street  
Anchorage, AK 99503

**Phone:** 561-0552

**Website:** <http://www.fulleralaska.com/>

Fuller Diagnostics, LLC provides neuropsychological services for individuals and agencies across the state of Alaska. Together we provide services for Alaskans across the life span. Dr. Kristi Fuller focuses on the assessment needs of children and Dr. Richard Fuller provides neuropsychological evaluations for adults of all ages. Maureen Young, LCSW provides individual and family treatment for

children and adolescents, while Krista A. Pemberton, LCSW provides individual, marital, and family therapy for children, adolescents and adults. Damon Pemberton, LCSW provides individual and family therapy for adults and adolescents.

### **Dr. Lawrence Norton- Pediatric Neuropsychologist:**

Denali Tower North  
2550 Denali Street, Suite 1606  
Anchorage, Alaska 99503

**Phone:** 334-9842  
**Fax:** 907 334-9843  
**Email:** [doctornorton@me.com](mailto:doctornorton@me.com)  
**Website:** [www.drlawrencenorton.com](http://www.drlawrencenorton.com)

Dr. Lawrence Norton is a Pediatric Neuropsychologist serving the Anchorage and Mat-Su Valley areas. Dr. Norton offers neuropsychological and psychological evaluations to children and adolescents experiencing learning, attention, and processing, academic, cognitive, behavioral and/or emotional difficulties. Dr. Norton works closely with parents and schools to identify your child's needs and appropriate interventions to maximize your child's potential.

## 9. Supervised Visitation Facilitators

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### **Bobbie L. Jones**

PO Box 91847  
Guardian ad litem and Supervised Observer  
Anchorage, Alaska 99509  
**Phone:** 248-4305      **Fax:** 248-4304  
**Email:** [bobbiejonesgal@g-mail.com](mailto:bobbiejonesgal@g-mail.com)

### **Rebecca Karstetter LLC**

**Email:** [rebeccakarstetter@gmail.com](mailto:rebeccakarstetter@gmail.com)>

### **Bridgette Ellis**

**Email:** [ellisaklaw@gmail.com](mailto:ellisaklaw@gmail.com).

## 10. Support Groups

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### **Let's Talk**

*Let's Talk* is a support group for foster and adoptive parents facilitated by Krista James and Brenda Ursel. Meets the first Wednesday of every month. Please call Alaska Center for Resource Families at 279-1799 to register. Childcare available but must be reserved in advance by calling 646-4858. Sponsored by Alaska Center for Resource Families and ChangePoint Church.

### **Anchorage Forget Me Not Grief Program**

2612 E Northern Lights Blvd · Anchorage, Alaska 99508-4119

**Phone:** 561.5322 (voice)  
**Fax:** 561. 0334  
**Email:** [fmn@hospiceofanchorage.org](mailto:fmn@hospiceofanchorage.org)

The Forget Me Not Grief program offers year-round peer support to all members of a grieving family. Children, teens and the adults who love them meet 2x a month on scheduled Thursday evenings. Participants experience comfort and encouragement as they share time, feelings and activities related to their grief with others in their age group. One basic rule of Forget Me Not's is the "I pass" rule. No one is pressured to share. **Please note:** A parent or caregiver must accompany a child or teen to the program and remain on site during the program. New families must complete an Intake and Orientation prior to attendance. Families join when they're ready and stay as long as they'd like. Please contact the FMN Program Coordinator with questions or for more information. We welcome your call.

### **ACRF Telephonic Rural Foster and Adoptive Parent Training and Support Group:**

ACRF is offering opportunities for foster and adoptive families to come together with other foster parents & ACRF staff for information and support twice a month. The support groups vary on dates please refer to <http://www.acrf.org/training-calendar.php?tn=6&l=teleconference> for the monthly schedule. Foster parents will receive training credit for attending by calling in. If you have questions about this support group/training opportunity for rural resource families, please call 1-800-478-7307.