



Anchorage Foster/Adoptive Family Therapeutic Resource Guide

Updated July 10, 2018

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 INFORMATION PACKET: *Selecting and Working with A Therapist Skilled in Adoption* or go to: https://www.childwelfare.gov/pubPDFs/f_therapist.pdf for the article. An excerpt listing questions to ask a prospective therapist included at the back of this resource guide.

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>

A Project of Northwest Resource Associates
840 K Street, Suite 101, Anchorage, AK 99501
(907) 279-1799 TOLL FREE: 1-866-478-7307
acrpsc@nwresource.org www.acrf.org



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Family Support and Therapeutic Services (Agencies)

Alaska CARES (Child Abuse and Response Evaluation Services)

3925 Tudor Centre Drive, Suite 100 (Behind ANMC) Anchorage, Alaska 99508
(907) 561-8301 TOLL FREE: 1 877-561-8301 FAX: (907) 561-8170
24-Hour on-call: Anchorage Police Dept. (907) 786-8900

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

A project of Northwest Resource Associates
840 K Street, Suite 101 Anchorage, Alaska 99501
(907) 279-1799 TOLL FREE: 1-866-478-7307
acrpsc@nwresource.org www.acrf.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 adoptive trainings regularly.

Trust Based Relational Intervention (TBRI) Training: TBRI® is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. TBRI® uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors. While the intervention is based on years of attachment, sensory processing, and neuroscience research, the heartbeat of TBRI® is connection. Please check the training schedule at www.acrf.org for time and dates.

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.

Publications: All available at www.acrf.org under Publications

- *Adoption: First Steps Through Finalization* A thorough look at the process of adopting children through the Alaska foster care system.
- *Paths to Adoption in Alaska* Provides information and guides families through all the adoption venues in Alaska.
- *Family Matters: A Basic Guide to Custody Arrangements* Goes through options of permanency for children who are not in OCS custody
- *Adoption and Disclosure* Guide for families adopting from foster care to know what information they should get before adopting
- *Coming Soon!: When You Are Asked to Become a Legal Guardian: Frequently Asked Questions*

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. Families are also encouraged to go to Resource Family Orientation and to become licensed. Three classes offered by ACRF make up the Adoption Learning Path.

- *Core Training for Resource Families:* The “what you need to know” training for all foster and adoptive families.
- *Building Families Through Adoption:* An intensive course addressing core issues of adoption including talking to children about adoption, grief and loss, attachment and bonding, transracial adoption, and parenting traumatized children.
- *Adopting Through OCS:* The nuts and bolts of adopting from foster care including home studies, subsidies, and finalizations.

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.

Distance Learning Education: The distance learning program offers DVDs, 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 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

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 twice yearly 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.



AK Child and Family

4600 Abbott Road Anchorage, AK 99507
 (907) 346-2101 FAX: (907) 348-9230
acs@akchild.org www.akchild.org

AK Child and Family provides psychiatric residential treatment for children and adolescents with moderate to severe emotional and behavioral disorders. AK Child and Family 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): AK Child and Family 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: AK Child and Family 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 Psychological Services, LLC

741 Sesame Street, Suite 1B
Anchorage AK 99503
(907) 334-1000 FAX: (907) 337-8080
www.akpsychservices.com
*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 Advocates

704 W. 26th Ave, Anchorage, AK 99503
(907) 929-2633
www.akyouthadvocates.org

POWER Teen Center
Hours: Monday-Thursday 1-5 pm

Youth up to 23 years old are welcome and provided safety from the streets to meet basic needs including, but not limited to: food, clothing and hygiene items as well as support in longer term goals such as education, employment and housing.



Alaska Youth & Family Network (AYFN)

740 Communications Avenue Anchorage, AK 99503
(907) 770-4979 TOLL FREE: 1-888-770-4979 FAX: (907) 770-4997
admin@ayfn.org www.ayfn.org

Alaska Youth and Family Network is a non-profit organization offering a peer-run, peer-delivered service creating effective and inclusive behavioral health treatment systems for Alaska's children, youth and families. Through individual support groups, peer navigation, and parent coaching, we provide the support necessary to help families with the challenges of parenting and understanding education and behavioral health systems. With navigators in Anchorage, Mat-Su, and Kenai, AYFN provides a statewide network of support services for families throughout Alaska.

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

360 West Benson, Suite 300 Anchorage, Alaska 99503
(907) 565-1200 TOLL FREE:1-800-478-7738 FAX: (907) 258-6052
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

2518 E Tudor Road, Suite 105 Anchorage, Alaska 99507
(907) 561-6655 FAX: (907) 563-9232
alpinealternatives@arctic.net 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.

Child and Family Services

4045 Lake Otis Parkway Anchorage, AK 99508

Family Services (907) 561-0954 Alaska Child Trauma Center (907) 561-0954.

www.acmhs.com

*Accepts Medicaid

ACMHS Child and Family Services 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

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

- 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

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 provides expert consultation on early childhood through the Childcare Consultation Project and the Early Learning Network.

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.

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.

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.

Military Family Child Trauma Program: This program provides therapeutic services for children and their family who have experienced trauma and are affiliated with any branch of the military. For more information, please call (907) 561-0954.



The Arc of Anchorage

2211 Arca Drive Anchorage, Alaska 99508

(907) 277-6677 FAX: (907) 272-2161

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. The Arc offers a full array of services that cover the lifespan. In consultation with staff, families choose the services that best meet their needs.

PROGRAMS AND SERVICES

Supported Employment: 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.

The Arc Clubhouse: For youth experiencing a developmental or intellectual disability, ages 12-16. Provides fun, skill-building activities, homework help, arts and crafts, food preparation, sensory activities, and regular community outings. Extended program hours engage youth in critical skill-building and recreational activities year round.

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 is at the Rec Center!

Community Enrichment Quality of Life Program (CE/QL): This program offers individuals more pervasive supports, the chance to explore community options with a small group of peers and well trained one-on-one staff. Activities are designed to offer each individual options and personal choices. Activities include picnics, walks in the park, museums, movies, cafes, crafts, volunteering and more. Emphasis is placed on teaching life and social skills such as improved communication (verbal and non-verbal), basic hygiene, appropriate social etiquette, making new friends and acquaintances and expanding their horizons. CE/QL offers support and instruction to access the community, take responsibility in all facets of their day and participate in the life of their community.

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

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.

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.



Birchwood Behavioral Health

1600 O'Malley Road Anchorage, AK 99507
(907) 349-2222 FAX: (907)349-5335
www.bbhalaska.com

Birchwood Behavioral Health (formerly Alaska Family Baptist Services) is located in South Anchorage on its 15-acre residential campus, which provides the feeling of a remote campus while in the city of Anchorage. BBH 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

Residential Programs

Our two residential programs, Hunter Cottage (for boys 8-13 years old) and Aspen Cottage (for girls 13-18 years old), are both located on our beautiful 20-acre campus in South Anchorage. Each cottage is designed to create a warm, home-like environment for our clients to feel safe and cared for. BBH does not practice seclusion or restraint with clients for any reason. Instead, we implement individualized, pro-active, strengths-based interventions to promote insight, accountability and achievement in the lives of our clients. Average program length ranges between 6-9 months.

Other Services include:

- 24-hour support and supervision by our trained Treatment Counselors
- Individual, Family & Group Psychotherapy with our Master's level Clinicians
- Medication Management & basic Primary Healthcare with our PhD Psychiatric Nurse Practitioner
- Case Management & Resource Connection
- Daily Psycho-Educational groups to enhance life skills and build resiliency
- Educational support services
- Exposure to a wide variety of recreational, cultural and spiritual activities
- Transition & Aftercare support services



Catholic Social Services

3710 East 20th Avenue Anchorage, Alaska 99508
(907) 222-7300 FAX: (907) 258-1091
info@cssalaska.org www.cssalaska.org

PROGRAMS AND SERVICES

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.

- **Infant Adoption:** Infant Adoption Coordinator (907) 222-7373
- **Foster Care Home Studies:** (907) 222-7315
- **Wendy's Wonderful Kids:** WWK Adoption Recruiter (907) 222-7378
- **Pregnancy Support Program:** (907) 222-7319

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. CSS also provides several shelters.

- **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.

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, 4th 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

3600 San Jeronimo Court. Suite 138 Anchorage, AK 99508
(907) 793-3600 FAX: 1-877-985-5900
<https://citci.org>

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).*

Luku 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

701 East Tudor Road, Suite 135 Anchorage, Alaska 99503
(907) 644-8044 FAX: (907) 644-8004
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

755 A Street Anchorage, Alaska 99501
(907) 272-1255 FAX: (907) 272-9548
<https://ak.covenanthouse.org>

For Youth On the Street or Thinking of Running Away: Covenant House doors are open 24 hours a day, 365 days a year and all services are completely free of charge. They offer you support, guidance, encouragement and a listening ear.

For Parents: Covenant House offers information and assistance to help you better communicate and build a stronger relationship with your teen. They provide referrals, crisis intervention and even free family mediation services.

From the Covenant House Website: "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. The 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

Executive Director of Elementary Education
5530 E Northern Lights Blvd. Anchorage, AK 99504
(907) 742-4254 FAX: (907) 742-4251
www.asdk12.org/elementary/CSF

Locations:

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

Creating Successful Futures (CSF) provides an early intervention for kindergarten through fourth-grade students whose behaviors are such that a targeted intervention is necessary to change anti-social behaviors to pro-social behaviors. CSF is a highly structured, districtwide, short-term program designed to empower students in grades K-4 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.

PROGRAMS AND SERVICES

Turnaround Model: The CSF 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.



Denali Family Services

1251 Muldoon Rd., Suite 116 Anchorage, Alaska 99504
(907) 274-8281 FAX: (907) 274-4055
info@denalifs.org 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. Our mission is to support children and families through individualized community based services. Denali Family Services serves an average of 250 consumers each month in Anchorage and the Matanuska-Susitna Valley areas. Denali Family Services will not deny anyone access to services due to his/her inability to pay.

PROGRAMS AND SERVICES

Case Management: Case Managers advocate and ensure client's rights are protected, help to develop a plan for services and resources, monitor progress, and participate in the evaluation process to ensure the plan is meeting the child and family's needs. They locate resources as well as identify and assist in removing barriers to keep children and families moving forward.

Clinical Services: The clinical services department provides individual, family, and group therapy as well as psychiatric services such as medication management. Clinical services are individualized, strength-based, and are based on the principles of trauma-informed care.

Denali Explorers: Denali Explorers serves young children ages 3-5 in Anchorage and the Mat-Su Valley that require emotional, social and behavioral support.

Intensive School & Community Based Services: The goal of the ISCBS department is to support healthy youth development and behavioral health treatment while building positive relationships between staff members and the children we service.

Therapeutic Foster Care: The Therapeutic Foster Care program allows children to remain in the community, offers support by way of respite for youth and families, and has become an effective alternative to residential and out of state care.

Transition to Independence Program: The Transition to Independence Program is for youth ages 14 to 24. The program is unique in that it focuses on a youth's individual goals while helping them practice independent living skills, how to communicate goals and dreams to adults, how to seek support, and how to plan for their future.



FOCUS, Inc. (Family Outreach Center for Understanding Special Needs)

11901 Business BLVD, Suite 209 Eagle River, AK 99577

(907) 694-6002 FAX: (907) 694-6022

info@focusoutreach.org www.focusoutreach.org

As an agency, FOCUS provides support to people with disabilities. They provide support to their families and strive to 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

Applied Behavior Analysis Services (ABA) Program: Applied Behavior Analysis is an approach to communication delays and related behavior problems that uses a variety of science-based techniques to understand the problem behavior that children with autism and other neurological challenges often display. Learning to communicate needs and wants appropriately diminishes inappropriate behavior and creates opportunities for success at home and in school.

FOCUS Early Learning Program: This is a preschool program with an emphasis on building social success for young children, ages 3-5, within a small group setting. Teachers and support staff guide the child's social-emotional and behavioral growth by using evidence-based positive behavior strategies and instruction.

Infant Learning Programs: The early years of a child's life are critical. During the infant and toddler years, children's bodies and brains grow quickly. Some children and families face special challenges and extra help does make a difference. In Eagle River & Chugiak, on Elmendorf and Fort Rich, Cordova (Prince William Sound Infant Learning Program) and Valdez Infant Learning Program FOCUS is the agency that works in respectful partnerships with families in offering Infant Learning services.

The Alaska Statewide Early Intervention Infant Learning Program (EI/ILP) : 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..

Full Service Pediatric Therapy Clinic in Eagle River: We offer pediatric physical, occupational, and speech therapy services. We provide individualized evaluation and ongoing treatment to children and adolescents with varying needs and diagnoses. We provide a wide variety of pediatric therapy services to treat conditions such as: Developmental Delays, Down Syndrome and other genetic disorders, Language delays and disorders, Cerebral Palsy, Fetal Alcohol Syndrome/ Effects, Traumatic Brain Injury, Sensory integration difficulties, Voice and Stuttering Disorders, and many more.

The STAR Program: The STAR program assists individuals with developmental disabilities and their families who want to access services through the State of Alaska Developmental Disabilities Programs. The S.T.A.R. Program is often the "point of entry" for accessing services. The S.T.A.R. Program is grant funded through the State of Alaska Division of Senior & Disabilities Services.

Medicaid waiver services for individuals with developmental disabilities.

Individuals with intellectual or developmental disabilities may qualify for a state Medicaid waiver which allows the recipient some services at no cost to the family. For waiver recipients, FOCUS offers:

- Day habilitation in the community (1:1 or in a group) all ages
- In home supports or supported living all ages
- After School Program for middle and high school students
- Summer camp for ages 6 – 20

- Support for elementary children after school in a variety of settings
- Intermittent respite for parents
- Adult Group home living



Hope Community Resources

540 West International Airport Road Anchorage, Alaska 99518
 (907) 561-5335 TOLL FREE: 1-800-478-0078 FAX: (907) 564-7429
www.hopealaska.org

*TEFRA Medicaid for is available for Special Needs: Contact Hope's TEFRA Specialist for assistance.

Hope is a non-profit organization providing community supports to hundreds of individuals and families who experience intellectual and developmental disabilities, traumatic brain injury and mental health challenges. HOPE provides services through regional offices located in Anchorage, the Mat-Su Valley, Dillingham, Kodiak, Seward, Barrow, and the Kenai Peninsula. It also serves the outlying areas and numerous rural communities within each region. Hope serves people who choose our supports range in age from infancy to the elderly, are of diverse ethnic background, and experience a range of disabilities.

PROGRAMS AND SERVICES

Behavioral Health: HOPE employs several well-trained and qualified Behavioral Support Specialists, who assist individual support teams in identifying and developing appropriate, meaningful and sustainable behavior supports that are aligned with our values. We utilize effective positive behavior support models that fit well into our person-centered planning process.

Mental Health: The mental health support team specializes in supporting people who are dually diagnosed with intellectual and developmental disabilities and experience a mental health challenge.

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. This program is funded through the State of Alaska, Department of Health and Social Services. For those in need of assistance in applying for developmental disability determination, completing a registration and review form, or require other supports and/or assistance in applying for state funded grants and/or programs please contact a STAR Coordinator nearest you.

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 Neighborhoods** Environments chosen by people who share a common vision of living, learning and recreating together. Hope has approximated these intentional communities through its subsistence-focused home in Bristol Bay and the Willow Ranch. Hope is currently developing an intentional neighborhood on the Kenai Peninsula and is looking for individuals who are interested in this type of living environment

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

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

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.

Supported Employment: HOPE assists 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. A variety of volunteer and work situations are available in the community.

Some of the services we provide are:

- Individual employment counseling
- Job search, application, and interview assistance
- Individualized assistance while on the job (job coaching)
- Job Development
- Staff assistance on-site and/or specialized training



New Hope on the Last Frontier- Life Skills

1220 E Street Suite 100 Anchorage, Alaska 99501
(907) 274-4673
info@newhopeak.org www.newhopeak.org

PROGRAMS AND SERVICES

- Food Pantry
Tuesdays – 10:30am till 1:00pm
- Educational Classes
Cooking Class – offered twice a year
- Cordova House Community Service Hours
NHLF works closely with Cordova Center to enable halfway house clients to obtain their hours for community service.



Programs for Infants and Children

161 Klevin Street Suite 103 Anchorage, AK 99508
(907) 561-8060 FAX: (907) 563-3172
pic@Alaska.org

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".

Eligibility: 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

3760 Piper Street Suite 1108 Anchorage, AK 99501
(907) 212-6900
www.alaska.providence.org

PROGRAMS AND SERVICES

Providence Behavioral Medicine Group: Offers outpatient mental health services for children, adolescents, and adults. Outpatient mental health services include diagnostic interviews, medication management, neuropsychological and psychological testing, individual and group therapy services.

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.

Providence Crisis Recovery Center (PCRC): Providence Crisis Recovery Center is a sub-acute voluntary behavioral health facility that focuses on helping individuals to effectively manage psychiatric symptoms in order to prevent unnecessary tragedy or frequent

hospitalization. Individuals 12 and older can be referred to the program by their psychiatric provider, through the emergency department, or the mobile team. Please call 212-6240 with any questions about accessing services.

PCRC Provides:

- Crisis intervention and stabilization
- Psychiatric nursing and medication management
- Twenty-four hour support
- Therapeutic groups
- Information and referral to community resources
- Education and coping skills training



Special Education Services Agency

3501 Denali Street, Suite 101 Anchorage, Alaska 99503
(907) 334-1300 FAX: (907) 562-0545 TTY: (907) 563-8284
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. Services include; 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.



Southcentral Foundation

Mt. Ahklun Building Administrative Office
4501 Diplomacy Drive Anchorage, AK 99508
(907) 729-4955 TOLL FREE: (800) 478-3343

Southcentral Foundation offers Behavioral Health Services for Alaska Native and American Indian people ages 18 and older at the Anchorage Native Primary Care Center and for adults, children and adolescents at the Fireweed Clinic. Behavioral Health Services include: Crisis Intervention, Case Management (Clinic Based and Community), Psychiatric Evaluation, Medication Management Psychotherapy (Immediate Access, Group, Family, Couples, Limited Individual), and Psycho-educational Learning Circles.

PROGRAMS AND SERVICES

Alaska Women's Recovery Project: Alaska Women's Recovery Project provides community-based, peer-driven and peer-led recovery support for women whose lives have been disrupted by alcohol and other drug use disorders and co-occurring mental health disorders.

Benteh Nuutah Valley Native Primary Care Center Behavioral Health Clinic (VNPCC): Offers customer-centered services for individuals and families in the Matanuska-Susitna Valley area. Services are available for Alaska Native and American Indian people ages 18 and older, as well as for children ages 6 to 18, with parental consent.

Dena Yeets: This is a program of services designed to provide specialized support to Alaska Native and American Indian adults who are at risk for suicide. Athabascan for “Our Breath of Life,” the name Dena Yeets’ expresses the program’s primary purpose of helping each participant develop an increased sense of self-worth, cultural identity and desire to live. Services include case management, supported referral to professional behavioral health programs, information, and supportive services to affected family members.

Willa's Way: 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. Comprehensive services include intense case management involving temporary housing, referrals to behavioral health counseling and other agencies in the community to become self-sufficient. And group education focused on basic life skills

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. 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.



STAR (Standing Together Against Rape)

1057 W Fireweed Lane Suite 230, Anchorage, AK 99503
(907) 276-7273 TOLL FREE: 1-800-478-8999
star@staralaska.org 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 (SSG)

307 East Northern Lights Blvd #100 Anchorage, Alaska 99503
(907) 561-3701 TOLL FREE: 1-877-786-7327 FAX: (907) 561-3702
www.stonesoupgroup.org

Stone Soup Group works to improve services for children with special health care needs. Working with parents and interagency groups, SSG develops 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.

Behavior Support: Stone Soup Group 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 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 is here to support families of children affected by prenatal alcohol exposure. We offer specialized parent navigation, classes and trainings.

Autism Spectrum Disorders: Autism or Autism Spectrum Disorders 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 offers specialized training and parent navigation to help you and your child receive the support you need.



thread

Connecting Early Care and Education to Alaska
 3350 Commercial Drive Suite 203 Anchorage, AK 99501
 (907) 265-3100 FAX: (907) 265-3191
info@threadalaska.org www.threadalaska.org

Thread is a statewide network of professionals who work individually with families and early educators to ensure that they are knowledgeable and supported in guiding children to lifelong success.

PROGRAMS AND SERVICES

Services for Families: Recognizing parents as a child's first teacher, thread understands that families want the best for their children including ensuring they have great care and maximizing their development and learning potential. thread staff are dedicated to helping families make informed choices about early care and education by providing child care referrals and parenting information, community resources and short term support to meet family's needs. Thread supports all families to maximize their child's experiences in quality care and learning.

Child Care Search and Referral Service: Free of charge, thread provides families with an individualized list of early care and education programs based on their specific needs.

Parenting Resources:

- Child development and parenting workshops
- Networking opportunities with other families
- Free lending library, including books on parenting, children's books, and toys
- Personalized support and information around parenting issues, child development, and community referrals through our thread line service



Volunteers of America of Alaska (VOA)

509 W. 3rd Avenue Suite 103 Anchorage, AK 99501
 (907) 279-9634 FAX: (907) 276-5489
voaak@voaak.org www.voaak.org

PROGRAMS AND SERVICES

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

Adolescent Treatment Services: Helping adolescents overcome substance addiction was VOA'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. The Grandfamilies Network Program offers these families a lifeline for support and services.

Outreach and Education: VOA'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 learn leadership skills to take back to their communities.

Prevention and Intervention Services: VOA'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: VOA's Youth Restitution Program works to reduce recidivism among low-risk, first-time juvenile offenders in Anchorage.

Individualized and Specialty Services

FASD Diagnostic Teams

FASDx Services, LLC

405 E Fireweed Lane, Suite 205 Anchorage, Alaska 99503
(907) 865-3279 FAX: (907) 865-7979

barbc@fasdxservices.com www.fasdxservices.com

*Accepts Medicaid

The mission of the Anchorage FASD Diagnostic Team is to provide a quality diagnosis for individuals who have a history of prenatal alcohol exposure so that they have the opportunity for "FASD-informed" care. FASDx Services LLC provides coordination services to a team of professionals on the diagnostic team. The office reviews and accepts the referrals, collects intake information and relevant records, and then selects team members who will see the client. A referral form is located on the website.

Most often a client will see four health professionals- a medical provider, psychologist or neuropsychologist, speech language pathologist, and occupational therapist. The entire team is trained in using the University of Washington FAS 4 Digit Code process as required by the State of Alaska FASD Provider Agreement that funds the office. They each evaluate the client in their own office and send a copy of their report back to our office. Payment is expected at the time of service in these offices.

The FASD Diagnostic Team at Ptarmigan Connections

Alaska's Center for Developmental and Behavioral Pediatrics
3505 E Meridian Park Loop STE 200 Wasilla, AK 99654
(907) 357-4400

MHinther@pc-ak.com (Attn: Miriam Hinther)

The FASD diagnostic team is comprised of professionals trained in FASD-informed care including a Parent Navigator, Speech and Language Pathologist, Pediatrician, and a Psychologist. The comprehensive team based approach will include specialty assessments as well as review of birth, developmental, growth, school/IEP, mental health, and specialty medical care records. Families will leave an FASD evaluation with individualized referrals and recommendations. A referral form is included on the website.



JBER Military Support

5955 Zeamer Avenue JBER, AK 99506

(907) 580-5858 FAX: (907) 580-8025

Phone (DSN): (317) 580-5858

<http://jberlife.com/central-registration> or

<http://www.jber.jb.mil/Services-Resources/Military-Family-Readiness/>

The mission is to assist military and DoD civilian personnel in balancing the competing demands of the mission and family life by providing quality and affordable programs and services for eligible children and youth 2 weeks through 18 years of age. We are here to provide information on the Child and Youth Programs including:

- Child Development Centers
- Family Child Care
- Instructional Youth Programs
- School Age Centers
- Youth Sports
- Youth Centers

Air Force Aid Society (AFAS): Air Force Aid Society (AFAS):AFAS provides worldwide emergency assistance, sponsoring education assistance programs and offering an array of base community enhancement programs that improve quality of life for Airmen and families. Services are provided on a case-by-case basis and may include: interest free loans, grants, bridge loans (in event of family death), primary vehicle repair, basic living expenses, and family member scholarships.

Employment Assistance: Supports military, civilians and families in achieving short and long-term employment. Services include referrals for education/training, obtaining career goals in the private and public sectors and employment skills counseling. Resources for self-employment, small business, local labor market information, employment trend tracking, skills and interests identification, skills development workshops, job bank or job referrals, linkages to alternatives to paid employment (e.g., volunteerism and education).

Exceptional Family Member Program (EFMP): The EFMP program helps families on the path to empowerment by providing information and referral services, non-medical case management, training and other forms of support, such as providing opportunities for families to connect with each other around a common need or concern. An EFMP family member can be an adult or child with physical, emotional, developmental, or intellectual disorder that requires specialized treatment, therapy, education, training, or counseling.

Personal and Work Life: These services promote community wellness and assist with the quality of life for service members and families by providing educational family enrichment and resilience services. Keeping the challenges that face the military family in mind, the classes and support groups offered promote growth and safety by covering a wide variety of topics. The classes and support groups are designed to improve and build on personal problem-solving skills and life skills. Classes can help with understanding the impact of stress, anger, deployments and family reunions. In addition, they provide valuable information on parenting, life skills and couples enrichment.

Military and Family Life Counselors (MFLC): Military and Family Life Counselors are licensed professionals who provide situational, problem-solving counseling. Counselors can address a number of issues including deployment, marriage and relationships, parenting, communication, stress/anxiety, depression, grief and loss, and daily life issues. No written records are kept, and it is free to service members and families. Call (907) 384-1534 for more information.



Neuropsychological Evaluation Services

Alaska Neuro Associates

4241 B Street, Suite 202 Anchorage, AK 99503
(907) 277-0100 FAX: (907) 222-0566

www.alaskaneuro.com

*Accepts Medicaid

Heather Macomber, Ph.D Neuropsychologist,

Alaska Neuro Associates is 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 (Dimond Mall above skating rink) Anchorage, AK 99515
(907) 306-6525 FAX: (907) 929-3057

<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
(907) 561-0552

<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:

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(907) 334-9842 FAX: (907) 334-9843

doctornorton@me.com 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.



Practical Positive Parenting Classes

Alaska Christian Ministries Contact: Eileen Star
2440 East Tudor Road, RMB #150 Anchorage, Alaska 99507
(907) 272-8760 FAX: (907) 277-2936
www.akchristianmin.org

A series of six weekly parenting workshops to build a strong foundation for your family. This program includes 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

Royal Family Kids Camp

Royal Family Kid's Camp- Anchorage Camp Director: Chris Scott
(907) 696-5229
royalfamily@communitycovenant.net

Royal Family Kid's Camp – Mat Su Camp Director: Rachel Olson
(907) 982-9645
royalfamilykidsmatsu@gmail.com

RFKC, Inc. is a network of camps, children's clubs, and child mentoring for abused, abandoned and neglected children in the foster care, system. RFK founded in 1985 by Wayne and Diane Tesch. This ministry offers training and resources for local churches to sponsor a five-day summer camp for the children in foster care, ages 6 – 12. In Alaska , RFKC are held in both the Anchorage and Mat Su communities.



Supervised Visitation Facilitators

Supervised visitations may happen between a parent or relative and a child and are used when it is better for all concerned that a third person be present, usually for safety concerns or comfort of the child.

Bobbie L. Jones
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Bridgette Ellis
Suite 100-807, 645 G St, Anchorage, AK 99501
(907) 929-1036
ellisaklaw@gmail.com



Home and Community Based Waiver Services (Medicaid Waiver)

State of Alaska Division of Senior and Disabilities-- Anchorage Office
550 W. 8th Ave. Anchorage, AK 99501-3574
(907) 269-3666 TOLL FREE: 1-800-478-9996 FAX: (907) 269-3639

The State of Alaska Division of Senior and Disabilities offers two waivers: one is for Children with Complex Medical Conditions (CCMC waiver) and the other is for persons, adults and children, with an Intellectual Developmental Disability (IDD Waiver). Waivers are for people who meet much higher standards of care than those typically funded through other developmental disability programs. These waivers represent a program Alaska developed under provisions of Section 1915(c) of the Social Security Act. A waiver is actually used to mean the source of funding is "federal" rather than "general state funds." Waivers are a Medicaid program and adhere to both state and federal regulations.

Available waiver services:

- Respite – provides a break for families; can choose agency-based (using one of our employees) or family-directed (using a provider that you choose)

- In-home supports/supported living – skill-based services that teaches activities of daily living in the home
- Day habilitation – a skill-based service that teaches community living skills



Adoption Unit, State of Alaska Office of Children's Services

Adoption Subsidy Changes or Moves If you adopted from the foster care system and are receiving an adoption subsidy, remember to keep in touch with the State of Alaska DHHS Adoption Unit. To report a change of address or the child's living situation, to request a change to the subsidy or general questions, call the OCS Adoption Unit at (907) 465-3209.



Support Groups

Anchorage Forget Me Not Grief Program

2612 E Northern Lights Blvd · Anchorage, Alaska 99508-4119
 (907) 561.5322 FAX: (907) 561. 0334
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 Nots is the "I pass" rule. No one is pressured to share. 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.

Alaska Center for Resource Families (ACRF)

840 K Street, STE 101 Anchorage, Alaska 99501
 (907) 279-1799 TOLL FREE: 1-866-478-7307 FAX: (907) 279-1520
acrpsc@nwresource.org www.acrf.org

Let's Talk Foster Care and Adoption

Let's Talk is a support group for foster and adoptive parents. Meets the first Wednesday of every month from September through May. Call ACRF for topic of the month and to register. Child care can be reserved by calling 646-4858. Sponsored by Alaska Center for Resource Families and ChangePoint Church.

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

ACRF offers opportunities for resource families to come together with ACRF staff for information and support twice a month. Topics can be found at www.acrf.org under the Training Calendar tab. Foster parents receive training credit for attending. For information, contact the Alaska Center for Resource Families at 1-800-478-7307.

Community Information and Help Lines

☎ Alaska 2-1-1 ... 2-1-1 or 1-800-478-2221 General Assistance and Community Resources

When you don't know where to start—*start here!* No matter where you live in Alaska, Alaska 2-1-1 is your one-stop resource for connecting with a wide variety of vital resources in your community including emergency food and shelter, disability services, counseling, senior services, healthcare, child care, drug and alcohol programs, legal assistance, transportation needs, educational opportunities, and much more.

☎ Alaska CARELINE For Crisis and Suicide Prevention ... 1-877-266-4357

☎ Providence Psychiatric Emergency Room and Mental Health Emergency Counseling ... (907) 563-3200

☎ National Hopeline Network /National Suicide Prevention Hotline ... 1-800-273-TALK (8255)

☎ Child Abuse and Neglect Reporting ... 1-800-478-4444 ReportChildAbuse@alaska.gov

☎ Sexual Assault or Sexual Abuse 24 Hour Crisis Line ... (907) 276-7273 or 1-800-478-8999

☎ The Parent Warm-Line at *thread* ... (907) 563-1966 or (907) 265-3100

thread is available to take calls from parents looking for support and information around parenting techniques and child development issues. Thread does not provide ongoing counseling, but will work with a family to provide referrals to other appropriate agencies if callers are in the midst of a crisis or need more comprehensive social service assistance.

☎ The Alaska Parent Line ... 2-1-1 or website: www.alaska211.org

Call 2-1-1 to be referred to specific services for your family or for a referral to an agency specializing in child or family issues.

☎ National Hopeline Network ... 1-800-SUICIDE (784-2433)

☎ Governor's Council on Disabilities and Special Education ... 1-888-269-8990 or (907) 269-8990

<http://www.hss.state.ak.us/gcdse> Where to turn directory, a complete reference to disability services and supports in Alaska

☎ Alaska Center for Resource Families ... 1-800-478-7307 or 1-866-478-7307

Call for post adoption support or resource information.

☎ Alaska Family Law Self-Help Center (907) 264-0851 in Anchorage or 1-866-279-0851

Legal information for consumers. Go to the website first to see if you can find what you are looking for.

<http://courts.alaska.gov/shc/family/selfhelp.htm>

Foster/Adoption Websites

Adoption

1. www.adoptivefamilies.com Adoptive Families Parenting Network
2. <http://nacac.org> National Council for Adoptable Children
3. www.DaveThomasFoundation.org Dave Thomas Foundation
4. www.acrf.org Alaska Center for Resource Families- Post Adoption Supports and Links
5. <http://adoptionssupport.org/> The Center for Adoption Support and Education
6. <https://www.adoptuskids.org/adoption-and-foster-care/parenting-support/for-adoptive-parents> AdoptUSKids

Foster Care

1. www.sociallearning.com Social Learning.Com Training Resources for Parents
2. www.fosterclub.com Support for Children and Youth Experiencing Foster Care
3. <http://www.fosterparents.com/> Foster Care and Adoptive Community Training Opportunities
4. www.fosterparenttraining.com Foster Parent Training Opportunities
5. www.acrf.org Alaska Center for Resource Families-Foster Parent Training and Links
6. <https://nfpaonline.org/> National Foster Parent Association

Grief and Loss

1. www.griefwatch.com Your Resource for Dealing with Loss
2. www.griefnet.org An Internet Community of persons dealing with grief, death and major loss
3. www.dougy.org The National Center for Grieving Children and Families
3. <http://darlahenry.org/home/> The 3-5-7 Model and how to help children understand and grieve the losses of adoption

Parenting

1. www.aap.org The American Academy of Pediatrics
2. www.zerotothree.org All things about those first three years of life
3. www.empoweredtoconnect.org Empowered to Connect Resources for Parenting Children from Hard Places

Trauma

1. www.childtrauma.org Child Trauma Academy research, publications and training
2. www.jaspermountain.org Jasper Mountain is a treatment center—check out the publications tab for great resources.
3. www.nctsn.org National Child Traumatic Stress Network
4. <https://acestoohigh.com/> Understanding the impact of ACEs (Adverse Childhood Experiences)

Interviewing Prospective Adoption Therapists-- *Questions to Ask, Things to Consider*

(Excerpt From “Selecting and Working With a Therapist Skilled in Adoption” From Child Welfare Information Gateway. Find the full article at https://www.childwelfare.gov/pubPDFs/f_therapist.pdf)

Questions to Ask

Parents can call prospective therapists or schedule an initial interview to find out basic information. Some therapists will offer an initial brief consultation that is free of charge. Parents should start by giving the clinician a brief description of the concern or problem for which they need help. Some questions to discuss follow:

- *What is your experience with adoption and adoption issues? (Parents should be specific about the adoption issues that affect their presenting issue, such as open adoption, transracial adoption, searching for birth relatives, children who have experienced abuse or institutionalization, or children with attachment difficulties.)*
- *How long have you been in practice, and what degrees, licenses, or certifications do you have?*
- *What continuing clinical training have you had on adoption issues?*
- *Who oversaw your training?*
- *Do you include parents and other family members in the therapeutic process?*
- *Do you prefer to work with the entire family or only with the children?*
- *Do you give parents regular reports on a child’s progress?*
- *Can you estimate a timeframe for the course of therapy?*
- *What approach to therapy do you use?*
- *What changes in the daily life of the child and family might we expect to see as a result of the therapy?*
- *Do you work with teachers, juvenile justice personnel, daycare providers, and other adults in the child’s life, when appropriate?*

There are other practical considerations when choosing a therapist. Parents should be sure to ask about:

- *Coverage when the therapist is not available, especially in an emergency*
- *Appointment times and availability*
- *Fees and whether the therapist accepts specific insurance, adoption subsidy medical payments, or Medicaid reimbursement payments (if applicable.)*

Working With a Therapist

If the child is the identified client in therapy, the family’s involvement and support for the therapy is critical to a positive outcome for him or her. An adoption-competent therapist will value the participation of adoptive parents. Traditional family therapists who are unfamiliar with adoption issues may view the child’s problems as a manifestation of overall family dysfunction. They may not take into account the child’s earlier experiences in other care settings and may view adoptive parents more as a part of the problem than the solution. Adoption-competent therapists know that the adoptive parents will be empowered by including them in the therapeutic process and that no intervention should threaten the parent-child relationship.

Parents’ commitment to the therapy may also contribute to the success of the therapeutic process. For instance, parents are obligated to keep scheduled appointments. They should refrain from using therapy sessions as punishment for a child’s misbehavior. Family members must communicate regularly with the therapist and ensure that the therapist has regular feedback about conditions at home. The success of therapy depends heavily on open and trusting communication.

Parents may want to request an evaluation meeting with the therapist 6 to 8 weeks after treatment begins and regular updates thereafter. Evaluation meetings will help all parties evaluate the progress of treatment and offer the opportunity to discuss the following:

- *Satisfaction with the working relationship between the therapist and family members*
- *Progress toward mutually agreed-on goals for treatment approaches and desired outcomes*
- *Progress on problems that first prompted the request for treatment*
- *The therapist's tentative diagnosis (usually necessary for insurance reimbursement)*
- *The therapist's evaluation of whether therapy can improve the situation that prompted treatment*

Even when the match with a therapist appears to be perfect, the relationship with the family or the results may not be satisfactory. Parents must be willing to change therapists when the therapy does not appear to be progressing appropriately. Parents are the experts about their own children and are the ones who must decide what makes sense for their children. It is worthwhile to discuss a move with the therapist, but the parents are the ones responsible for arranging effective treatment.

Conclusion

Members of adoptive families may encounter problems at different points in their lives that affect their behavior and emotional well-being and require treatment from a professional therapist. Adoption-competent therapists, who understand adoption issues and adoptive family dynamics, are best suited to provide clinical intervention.

For the full article "Selecting and Working With a Therapist Skilled in Adoption," go to https://www.childwelfare.gov/pubPDFs/f_therapist.pdf.