



The Mat Su Valley Paper Navigator

FASD and Trauma Resources for Families
Caring for Young Children

This project has been made possible through a grant from The State of Alaska Early Childhood Comprehensive Systems Project and the UAA Child Welfare Academy and was assembled through the Alaska Center for Resource Families, September 2015.

What Is a “Paper Navigator”?

The goal of a “paper navigator” is to provide resource information in a way that a parent could use anytime day or night. This navigator gives you a list of resources at your fingertips and is focused on the Mat Su Valley. The information was gathered by knowledgeable community members and families who are already using these resources in the Valley and have found them useful. It is not a comprehensive guide. There are probably very good resources we have missed. But this paper navigator is focused on what has been found most helpful for families caring for young children impacted by FASD and/or early trauma. If you have more good resources to add, please send them to acrfs@nwresource.org for inclusion in updated versions in the future.

Acknowledgements

We would like to thank the contributions to this navigator by all the community members who attended the June 25, 2015 Forum in Wasilla called ***Prenatal Alcohol Exposure and Trauma in Young Children: Exploring the Intersection***. Community members with an interest in young children, FASD and trauma participated in the Community Resource Mapping Activity which laid the foundation of this navigator. Special thanks to Cheri Scott who served as FASD trainer at the event as well as a scribe for all the ideas generated. She was the primary assembler of the navigator you now hold in your hands. She was assisted by Betsy Woodin, ACRF Family Support Specialist for the Mat Su Office, who provided local knowledge of resources and editing. Aileen McInnis, Director of ACRF, assisted in graphics and lay out. This project, including the day long forum, has been made possible through a grant from The State of Alaska Early Childhood Comprehensive Systems Project and the UAA Child Welfare Academy.

LEGEND:



Early Childhood Resources



Where to Find Resources for Diagnosis of FASD



A Community Resource that offers a service that might be helpful to families



Services designed to detect and intervene in early delays or mental health issues or family issues



Trauma Resource for healing, counseling, and therapeutic resources



Resources for when you are in a crisis and need to find help right away

Fetal Alcohol Spectrum Disorders – FASD

FASD is a term used to describe all the possible ways that prenatal alcohol exposure may affect an individual. Many factors determine how severely a fetus is affected. How much alcohol the fetus is exposed to, how often that exposure happened and when the exposure happened during the pregnancy are all important factors.

What we do know is that alcohol exposure during pregnancy damages and kills cells and can result in a wide range of mild to very severe physical changes to the body and brain that will impact the individual their entire life.

Early identification and intervention is very important to help individuals who have been prenatally exposed to alcohol grow up to be as happy and successful as possible.

Here are some resources that families and care providers have found helpful for infants and young children that have prenatal alcohol exposure.

FASD Resources

Stone Soup Group - Statewide Resource for families seeking information and support. SSG offers Parents Navigators to assist with paperwork and offers classes, training and support. Call toll free at 877-786-7327 or go to www.stonesoupgroup.org

FAS Alaska - A website created by Alaskan Educator and FASD expert Deb Evensen. Has information on developmental characteristics and expectations for individuals with a FASD, lots of ideas for creating accommodations at home, school, jobsite and in the community, brochures on to print out and share with family and friends, school staff, etc. www.fasalaska.com

FASD Center for Excellence – A government sponsored website with a huge database of information about FASD including trainings, fostering and adopting children with FASD, research and a huge resource list. www.fasdcenter.samhsa.gov/aboutUs/aboutFASD.aspx

Parenting Children Affected by Fetal Alcohol Syndrome - A guide for families raising children with FASD from Canada. www.fasd.typepad.com/resources/daily_guide_for_living.pdf

Strategies Not Solutions Resource book produced by the Edmonton and Area Fetal Alcohol Network filled with practical solutions and suggestions for caring for an individual with an FASD. A copy can be found at http://www.faslink.org/strategies_not_solutions.pdf

Alaska 211



Resource Database and Information Line

www.alaska211.org Call 2-1-1 or 1-800-478-2221

Online database includes more than 800 health and human services providers and 1,700 service locations across Alaska. Health Care Navigators available to assist with resource search. Free and confidential. Monday-Friday from 8:30am to 5pm, or website 24/7.

Access Alaska



www.accessalaska.org 1075 Check Street, Suite 109, Wasilla, AK 99654

907-357-2588, Toll Free 800-770-0228

Services for persons with any type of physical or mental impairment that significantly impact their ability to live independently in home and community. Provides independent living skills training, peer counseling, advocacy, assistance with institutional or nursing home transition, information and referral service. Works with community to reduce attitudinal, physical and communication barriers. Supports all ages. Some services have eligibility requirements. No fees for service. Hours: Monday–Friday, 9am–5pm

Alaska Attachment and Bonding



www.akattachment.org 619 S. Knik-Goose Bay Road, Suite J, Wasilla, AK. 99654

Provides training, support and advocacy for adoptive parents and foster families who care for children with emotional disorders, such as reactive Attachment Disorder (RAD) and professionals who work with this population of children. Fees for some trainings. Hours: Monday–Friday, 9am–4pm

Alaska Center for Resource Families



www.acrf.org 5050 Dunbar Street, Suite A2 Wasilla, AK 99654

907-376-4678, Toll Free 800-478-7307 acrfms@nwresource.org

Provides support and training to Alaska resource families (foster, adoptive, relative caregivers and guardianship families) Maintains a library of materials and offers training in many areas related to families including FASD education. You can find lot of materials and information at www.acrf.org under the resource tab. No fee for services. Hours: Usually Monday–Friday, 9am–4pm but call for appointment.

Alaska Family Services



www.akafs.org **24 Hour Crisis Intervention Line: 866-746-4080**

Offers a comprehensive array of services for women, children and families in need. Substance abuse counseling, family violence intervention, parenting workshops, childcare assistance, WIC. Serves ages 4 and up. Accepts Medicaid, Medicare, private insurance, sliding fee scale and Tricare.

Westside Center: 899 Commercial Drive, Wasilla, AK 99654 907-376-4080
Offers Childcare Assistance program, WIC, Family Violence Intervention Program

TransAlaska Building Location 165 E. Parks Hwy, Suite 101, Wasilla
Offers Families First Work Services Program, Family Support and Preservation Program, parenting classes

Palmer Office: 1825 S. Chugach St., Palmer, AK 99645 907-746-4080
Offers Family Support and Preservation Program, parenting classes, Alcohol Safety Action Program

Domestic Violence Shelter. Undisclosed location. Main number: 907-746-8026
Offers safe shelter for women with and without their children that are victims of domestic violence. Provide information and referrals

Family First Treasures Thrift Store 403 S Alaska Street, Palmer, 907-746-6200 Monday – Saturday, 9am–6pm

Behavioral Health Treatment Center: 5851 E Mayflower Court, 907-376-4000
Offers Turn Around program for youth, outpatient treatment, support groups

Alaska Office of Children's Services (OCS) - Wasilla



www.dhss.alaska.gov/ocs 695 E. Park Highway, Suite 3. Wasilla, AK 99687

907-357-9797 To Report Abuse: 1-855-352-2650. Toll Free 800-478-4444

Offers child protective and permanency services, voluntary foster parent program, referral to local community resources



CCS Early Learning Head Start and Early Head Start Centers

www.ccsalaska.org in Palmer, Wasilla, Chugiak, Meadow Lakes, Sutton

Admin Offices 403 S. Alaska Street, Palmer, AK 99645

907- 745-4040

Wasilla Center 2100 E. Foundry Way, Wasilla, AK 99654 Headstart: 907-373-7736 Early Headstart: 907-373-7736

Sutton-Palmer Center 11672 N. Wright Way, Sutton, AK 99674 907-746-4483

Meadow Lakes Center 7362 W. Parks Highway #752, Wasilla, AK 99623 907-373-7165

Chugiak Center 18530 Old Glenn Highway, Chugiak, AK 99567 907-688-2660

CCS Early Childhood Learning Program operates Head Start and Early Head Start programs in several valley locations that work with the whole family. They provide a nutritional program, developmental and health screenings, interagency collaboration, parenting classes, referrals, parent networking. Bus transportation is available to all sites. Open enrollment year round, free to income-eligible families, foster children, children with a diagnosed special need. Ages 0-5

Chickaloon Traditional Council



www.chickaloon.org Health & Social Services 9255 North Glenn Hwy, Palmer AK 99674

907-745-0704

Community Health Center Clinic (907-631-7665) opened in 2011 to provide medical services to the entire community. We can provide services regardless of one's ability to pay for services. Hours: 8am–5pm Monday-Friday. Some walk-in appointments available. Accepts all private insurance, Medicare, Medicaid, Veterans Administration, sliding fee scale for those without insurance.

Behavioral Health Services offers crisis intervention, resource referrals, telephone consultation and in home client visits. Offer assistance with case management and advocacy.

Transportation Services offered door-to-door for medical, dental and behavioral health appointments within the Mat Su Valley and into Anchorage area for IHS beneficiaries.

Indian Child Welfare Act (ICWA) Program offers referrals, cultural adoptions and foster care information. Assists with supervised visitation, locating Tribes, intervening in state court on behalf of AK Native/American Indian children.



Child Find



www.matsuk12.us 501 N. Gulkana Street, Palmer, AK 99645

907-746-9221

A Child Find team screens the child in areas of speech and language development, pre-academic skills, gross and fine motor skills, vision, hearing, social/emotional development, and general health. A child can receive the above screening by attending one of the scheduled Child Find sessions or by contacting one of the agencies listed on the program website. Anyone living within the Borough who has a concern about his or her child's development is urged to take advantage of this service. Please call for an appointment at 746-9222. The child should wear or bring tennis shoes. There is no charge for the Child Find screening.

Based on the Child Find assessment, children may be referred to a program which focuses on school readiness for children 3 to 5 years old.

For further information concerning children ages 3-21 years and special education, please call: Mat-Su Borough School District Student Support Services 501 N. Gulkana St., Palmer, Alaska 99645. Phone: 907-746-9221

CoDi



(The Co-Occurring Disorders Institute, Inc.)

www.codialaska.org 11921 Palmer Wasilla Hwy, Palmer AK 99645

907-745-2634

Provides individual clinic services, two family programs: *Parenting with Love and Limits* and *Strengthening Families*. Ages 3-21. Accepts Medicaid, private insurance, self-pay. Sliding fee scale available. Hours: Monday–Friday, 8am–6pm. Later times available if scheduled.

Denali Family Services



www.denalifs.org 291 E. Swanson Avenue, Wasilla, AK 99654

907-376-3275

Provides mental health services including assessment, individual and group therapy, case management, wraparound services including summer day program for children with severe emotional disturbance, medication management, therapeutic foster homes, transitional to independence assistance for children coming out of foster care. Serves ages 3-21. Transition to Independence program up to 24 years of age. Accepts Medicaid, private insurance, self-pay, sliding fee scale. Hours: Monday–Friday, 8am–6pm

Family Centered Services of Alaska/Wasilla Behavioral Health



www.familycenteredservices.com/wasilla.html 301 E Danna Avenue, Wasilla, AK 99654

907-357-7519

Provides outpatient clinical services for severe emotional disturbance and co-occurring disorders, REACH respite home for families participating in agency programs, and therapeutic foster group homes and individual therapeutic foster homes. Medication management, case management. Serves ages 5-21. Accepts Medicaid, most private insurance and self-pay. Sliding fee scale available. Hours: Monday–Friday, 8am–5pm



FASDx Services

www.fasdxservices.com 741 Sesame Street. Suite 1B Anchorage AK 99503

907-865-3279

Provides multidisciplinary assessment for individuals suspected to have prenatal alcohol exposure. Intake paperwork may be filled out online or downloaded and mailed to clinic after it is completed. Has Parent Navigators on staff to support the family throughout the diagnostic process. Anyone may make a referral, but the legal guardian has to be in agreement before assessment can begin. Ages: birth–3 for preliminary assessment, ages 3-22 for full multidisciplinary assessment, over 22 years seen on case by case basis. Accepts Medicaid, private insurance, self-pay. Hours: Monday–Friday 8am-5pm



Heart Reach Pregnancy Center

www.heartreachalaska.com 924 Leatherleaf Loop, Wasilla, AK 99654

907-373-3456, Toll Free 800-712-HELP (4357)

Faith-based Family Resource Center that exists to educate, equip and encourage individuals and families in making healthy choices regarding pregnancy, parenting, and significant life choices. Pregnancy tests and support, clothing for baby and expectant moms, childbirth classes, hotline, referrals. No fee for service. Hours: Monday–Wednesday, 10am–4pm; Thursday, 1pm–7 pm

Hope Community Resources (Mat Su Valley)



www.hopealaska.org 4901 E. Mayflower Lane. Ste. B, Wasilla, AK 99654

907-357-3750

Provides individualized services including care coordination, behavioral and mental health supports, respite, in-home supports, supported living, recreational programs, supported employment, family training and support. Ages: Across the life span. Most services covered through Medicaid Waivers.

Knik Tribal Council



www.kniktribalcouncil.org 951 East Bogard Road, Suite 101, Wasilla, AK 99654

907-373-7991

Provides child care assistance, behavioral health aide, foster care program, report card incentive program, housing rehab program, job placement and training program for Tribal members and all other Native Americans and Alaska Natives within its service area. No fee for services. Some programs require at least ¼ Alaska Native or American Indian blood quantum. Monday–Friday, 8am–5pm

LINKS - Mat-Su



Parent Resource Center/Aging and Disability Resource Center

www.linksprc.org 3161 E. Palmer-Wasilla Highway #2, Wasilla, AK 99654

907-373-3632

One to one and group support and training related to special education, assists with IEP issues, disabilities, social group. Assist individuals with disabilities, seniors and vulnerable adults with accessing financial benefits, community based. No fees for service. Hours: Monday–Friday, 9am–4pm

Mat Su Health Services



www.mshsak.org 1363 W. Spruce Avenue, Wasilla, AK 99654

907-376-2411 **24 hour Crisis Intervention Line: 907- 376-2411**

Primary Care Clinic: Family Medicine, Women's Health.

Behavioral Health Services: Short term counseling within the primary care clinic. Behavioral health clinic offers 24/7 crisis intervention, counseling services, psychosocial rehab services program provides community support

to individuals experiencing symptoms of a chronic mental illness or a severe emotional disturbance which is impacting their ability to function in multiple realms including family, school or community. Serves ages 4 and up. Accepts Medicaid, Medicare, Tricare, private insurance and self-pay. Eligibility requirements for sliding fee scale. New clients usually able to get screening appointment same day. Clinic hours: Monday 8am-5pm

Mat Su Services for Children and Adults



www.mssca.org 1225 W. Spruce Avenue, Wasilla, Alaska 99654

907-352-1200

Home and community based services for Mat Su residents with intellectual or developmental disabilities. Infant Learning Program (Ages Birth-3), developmental screenings (Ages Birth-5), care coordination, care seat safety, care coordination, residential housing supports, supported employment, day habilitation, family support (respite), nursing. Participants must meet eligibility requirements for some programs and services. Most services available free of charge to families and individuals. Hours: Monday–Friday, 8am– 5pm

North Star Behavioral Health

INTERVENTION



Crisis

www.northstarbehavioral.com Located in Anchorage

907-761-7400, 907-258-7575, 24 hour Crisis Intervention Line-Toll Free 800-478-7575

North Star Hospital is an acute psychiatric hospital for children, preteens and adolescents. Serves boys ages 4-17 and girls ages 13-17. Residential treatment program (Alpine Academy) for girls ages 13-17, children and preteen programs for ages 6-12, boys ages 11-17 years old. Accepts Medicaid, Tricare, private insurance, self-pay.

Providence Medical Group Mat Su Behavioral Health

INTERVENTION



Crisis

<http://alaska.providence.org/locations/matsu/Pages/Providence-Matanuska-Behavioral-Health.aspx>

2250 South Woodworth Loop, Suite 202, Wasilla, AK 99654

907-761-5800 **24 Hour Crisis Intervention Line: 907-563-3200**

Provides assessment, individual and group therapy, medication management, case management, wraparound services, neurofeedback services. Serves ages 4 and up. Accepts Medicaid, Medicare, Tricare, private Insurance, sliding fee scale. Hours: Monday–Friday, 8am–6pm

Presbyterian Hospitality House



www.phhalaska.org 1365 E. Parks Highway, Suite 101, Wasilla, AK 99654

907-357-6445

Provides residential care for youth, individual therapy, case management, therapeutic foster care and emergency shelter for troubled teens. Serves ages 5-18 in their therapeutic foster homes. Accepts Medicaid, private insurance, self-pay. Hours: Monday–Friday, 8am–5pm

Southcentral Foundation



<https://www.southcentralfoundation.com/services/primary-care-clinics/>

Benteh Nuutah Valley Native Primary Care Center

1001 Knik Goose Bay Road, Wasilla, AK 99654 907-631-7670

Provides psychiatric evaluation, meds management, therapy (individual, group, learning circles, limited family and couples, crisis intervention, case management, referrals. All ages. Accepts Medicaid, Medicare, Tricare, private insurance, services offered free of charge to Alaska Native/American Indian people. Hours: Monday–Friday, 8am-5 pm

C'eyiits' Hwnax Life House Community Health Center

16166 N. Glenn Hwy, Mile 61.5, Sutton, AK 99674 907-631-7665

Provides medical services to the communities of Sutton, Chickaloon and Glacier View. Services provided to Native beneficiaries and non-native community members. All ages seen. Accepts Medicaid, Medicare, Tricare, private insurance, self-pay. Hours: Monday–Friday, 8am– 5pm

Sunshine Community Health Center



www.sunshineclinic.org

Talkeetna Clinic: Mile 4.4 Talkeetna Spur Road 907-733-2273

Willow Clinic: 24091 Long Lake Road 907-495-4100

Offers primary health care, confidential mental health and substance abuse counseling, dental care, prenatal and newborn health services, early childhood growth and development screenings for children ages 2 months–5 years, parenting support workshops, home visits for children with significant developmental delays, care seat safety workshops, referrals to community-based programs. Provides medical assistance, shelter, transportation and other services for women and children in need who are victims of domestic violence. Accepts Medicaid, Medicare, private insurance, self-pay with sliding fee scale. Talkeetna Clinic Hours: Monday–Saturday, 9am–5pm. Willow Clinic Hours: Monday 11am-7pm Tuesday–Friday, 9am–5pm. Transportation (fee) available to and from clinic.

thread



RESOURCES

www.threadalaska.org 877 W. Commercial Drive, Wasilla, AK 99654

907-373-5024

Childcare search and referral service, guidance on choosing quality care and education programs, Child Care Assistance Program (CCAP), parenting workshops, parent networking, free lending library, community special events. No fees for service. Hours: Monday–Friday, 9am-5pm

United Way Resource Guide 2015

RESOURCES

http://www.unitedwaymatsu.org/docs/08_2015_ResourceGuide-webversion.pdf

An annual guide listing a wide range of Mat Su community programs and agencies that provide assistance such as basic life support such as food, clothing, furniture and housing; physical and behavioral health services; educational support programs; transportation information; recreation and fun ideas.

VOA (Volunteers of America)

RESOURCES

INTERVENTION

www.voak.org 509 West 3rd Avenue, Suite 103, Anchorage, AK 99501

907-279-9634

Alaska Grandfamilies Project: Coordinator is David Carry, 1-888-522-9866, grands@voak.org
Grandfamilies Support Group in Mat Su Valley meets 2 times a month: On the second Saturday of the month, 1-3pm, relative caregivers and their children meet for fun activities and snacks. On the third Friday, 10:30am-Noon, relative caregivers meet without children to plan the Saturday event and provide mutual support. No charge to families. Location: Turn a Leaf Community room next to the thrift store at 404 N Yenlo Street in Wasilla. The Mat Su group contact is Rozann Kimpton at 376-7322 or rozann@mtaonline.net .

Provides programs including *Parenting with Love and Limits* course (PLL), Camp Hope, a weeklong summer camp for children and teens from families impacted by substance abuse (ages 7-11 and 12-14) and FAScinating Families Workshop for families with members affected by prenatal alcohol exposure (all ages). Some programs are free, others have fees with scholarships available if needed.



911

www.911.gov

When you call 911, be prepared to answer the call-taker's questions, which may include:

- The location of the emergency, including the street address
- The phone number you are calling from
- The nature of the emergency
- Details about the emergency, such as a physical description of a person who may have committed a crime, a description of any fire that may be burning, or a description of injuries or symptoms being experienced by a person having a medical emergency

If you have more good resources to add that will assist families with young children experiencing FASD or trauma, please send them to acrfms@nwresource.org for inclusion in updated versions in the future.

Alaska Center for Resource Families

www.acrf.org

Support, Information, and Training for Foster and Adoptive Families

Mat-Su

Physical: 5050 Dunbar Street, Suite A2

Mailing: PO Box 876844, Wasilla, Alaska 99687

1-907-376-4678

FAX: 1-907-376-4638

acrfms@nwresource.org

Anchorage

840 K Street, Suite 101

Anchorage, Alaska 99501

1-907-279-1799 or

1-866-478-7307

FAX: 1-907-279-1520

acrfsc@nwresource.org

Fairbanks

815 Second Avenue, Suite 202

Fairbanks, Alaska 99701

1-907-479-7307 or

1-800-478-7307

FAX: 1-907-479-9666

acrf@nwresource.org

Juneau

9109 Mendenhall Mall Road, Suite 6A

Juneau, Alaska 99801

1-907-790-4246

FAX: 1-907-790-4248

acrfse@nwresource.org