

Resources



for treatment planners/case managers who are developing services for children with severe emotional or behavioral disorders.

Alaska has a variety of resources housed in different parts of the system: this list provides an overview of resources with links to information about services and supports for children and their families.



**State of Alaska Department of Health and Social Services
Bring the Kids Home**

Sean Parnell, Governor
Bill Streur, Commissioner
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This list is designed to help treatment planners/case managers find resources to keep children with severe emotional or behavioral disorders in community settings. Alaska has resources housed in different parts of the system: this list provides an overview of services and supports with links to additional information.



Resource & Referral

Alaska 2-1-1: Alaska 2-1-1 provides information about hundreds of important community resources, like emergency food and shelter, disability services, counseling, senior services, healthcare, childcare, drug and alcohol programs, legal assistance, transportation needs, educational opportunities, and much more. 2-1-1 is not an emergency number; however, the website is available 24/7. The call center is open Monday through Friday from 8:30 am to 5:00 pm.

- **Alaska 211 LINE: Phone: 2-1-1 or 1-800-478-2221**
- **Website: <http://www.alaska211.org/>**



How can I get a young child assessed for social/emotional or developmental issues?

OCS Infant Learning Programs (ILP): The Office of Children's Services has a statewide network of ILP, which screen and treat children birth to three for delays (including social-emotional delays).

- **Learn about ILP, make a referral or find a provider:**
<http://dhss.alaska.gov/ocs/Pages/infantlearning/default.aspx>

Early Childhood Mental Health Consultation (ECMHC): ECMHC provides individual and programmatic consultation to families, childcare or early learning programs to improve services for young children showing social emotional delays or challenging behaviors.

- **Anchorage ECMHC Program:** Anchorage Community Mental Health Services, Josh Arvidson, (907)762-2817
- **Fairbanks ECMHC Program:** Alaska Center for Children and Adults, Susan Kessler (866)456-4003
- **Juneau ECMHC Program:** Juneau Youth Services, Kathleen Rhea, (907)523-6533



Are there services to help children with emotional, behavioral or other disorders who are struggling at school?

Special Education Planning: Children with developmental, emotional or behavioral conditions that affect their ability to learn in school can receive an Individual Education Plan (IEP). To determine eligibility, the parent must consent to an evaluation of the child. Contact the principal of the school or the special education director for the district to request an evaluation.

- **District and School Information:** http://education.alaska.gov/Alaskan_Schools/
- **Special Education Directors:**
<http://education.alaska.gov/tls/sped/pdf/FY12%20General%20Update/120327%20Sped%20Directors.pdf>
- **Special Education Links:** <http://education.alaska.gov/tls/sped/>



Where can a family get help accessing services and learning to parent a child with challenging behaviors?

Peer Navigation and Support: Peer navigation assists families to learn about behavioral health treatment, obtain parenting skills, get peer support, and access necessary services. Two agencies provide statewide services (below) and additional community peer and family support groups are available in some communities (look on-line or in your local phone book).

- **Alaska Youth and Family Network:** Children with behavioral health needs and their families - <http://www.ayfn.org/> , Phone (907) 770-4979
- **Stone Soup Group:** Children with special needs and their families - <http://www.stonesoupgroup.org/> Phone (907) 561-3701 or toll free (877) 786-7327



How can a child or adolescent with an emotional or behavioral disorder or their family access behavioral health services?

Behavioral Health Grant and Medicaid Funded Outpatient and Residential Services: The Alaska Division of Behavioral Health (DBH) has a statewide network of grantees that provide behavioral health services. In rural areas, grantees deliver services on an itinerant basis and via telemedicine. Services can include outpatient and residential treatment. DBH staff can provide information about behavioral health resources. Agency links are available on-line.

- **DBH Treatment and Recovery Grantees:**
http://dhss.alaska.gov/dbh/Documents/PDF/Community_Planning_and_Service_Areas-TR_Providers.pdf
- **DBH Regional Behavioral Health Specialists:**
<http://dhss.alaska.gov/dbh/Pages/TreatmentRecovery/default.aspx>

Behavioral Rehabilitation Services (BRS) Residential Treatment: DBH has a statewide network of BRS grantees who provide short-term crisis stabilization and long-term behavioral health residential treatment. Some programs have on-site schools while others allow children to attend school and community activities.

- **BRS Bed Availability Tracking:**
<http://hss.state.ak.us/Apps/BedCount/statewide.aspx>

Residential Psychiatric Treatment Center (RPTC): RPTC provide intensive long-term behavioral health residential treatment for children when less restrictive behavioral health services have proven insufficient. Placement in out-of-state RPTC through Alaska Medicaid requires a determination that in-state treatment is unavailable or inappropriate.

- **RPTC Bed Availability Tracking:** <http://www.qualishealth.org/healthcare-professionals/alaska-medicaid-behavioral-health/provider-resources>



Are there behavioral health resources for children in rural communities?

Tribal Community Behavioral Health Centers: Many tribes operate grant and Medicaid funded community-behavioral health centers to deliver outpatient services to children, youth and families. DBH maintains a list of grantees (including tribal grantees).

- **DBH Treatment and Recovery Grantees:**
http://dhss.alaska.gov/dbh/Documents/PDF/Community_Planning_and_Service_Areas-TR_Providers.pdf
- **DBH Regional Behavioral Health Specialists:**
<http://dhss.alaska.gov/dbh/Pages/TreatmentRecovery/default.aspx>

Alaska Tribal Health System Members The Alaska tribal health system is a statewide voluntary affiliation of more than 30 tribal organizations providing health services to Alaska Natives and American Indians. The entire ATHS serves approximately 130,000 Alaska Natives and provides comprehensive services across the entire continuum of care.

- **Alaska Tribal Health System Members:**
<https://www.alaskatribalhealth.org/about/contacts/index.cfm>

The **Alaska Native Corporations** often have educational, vocational, counseling, health services and other programs for Native children. Some corporations have a non-profit organization.

- **Alaska Native Regional For-Profit Organizations:**
<http://dhss.alaska.gov/ocs/Documents/icwa/pdf/AKNativeRegionalCorps.pdf>

Indian Child Welfare Act: The State of Alaska Department of Health & Social Services (DHSS), Office of Children's Services (OCS) strongly supports the Indian Child Welfare (ICWA) and continues to build federal ICWA mandates into all levels of OCS Child Welfare.

- **OCS ICWA Website:** <http://dhss.alaska.gov/ocs/Pages/icwa/default.aspx>
- **Community Partner Contacts:** <http://dhss.alaska.gov/ocs/Pages/icwa/contact-partners.aspx>
- **OCS ICWA Specialists:** <http://dhss.alaska.gov/ocs/Pages/icwa/contact.aspx>

SSI/SSDI Outreach, Access and Recovery (SOAR): SOAR is designed to increase access to benefits administered by the Social Security Administration for eligible adults who are homeless or at risk of homelessness and have a mental illness and/or a co-occurring substance use disorder.

- **Alaska Coalition on Housing and Homelessness:** <http://www.alaskahousing-homeless.org/soar-ssisdi-outreach-access-and-recovery>
- **National SOAR Website** (Resources & SOAR trainers in Alaska): <http://www.prainc.com/soar/>

Adult Public Assistance (APA): Alaska's APA provides cash assistance to needy aged, and disabled Alaskans to help them remain independent. APA recipients are also eligible for Medicaid benefits. People under the age of 65 must be blind or disabled to be eligible for the APA program.

- **Adult Public Assistance:** <http://dhss.alaska.gov/dpa/Pages/apa/default.aspx>

Supplemental Security Income (SSI): The SSI program pays benefits to disabled adults and children who have limited income and resources.

- **How to Apply for SSI:** <http://www.ssa.gov/pgm/ssi.htm>
- **Alaska Social Security Offices:** <http://dhss.alaska.gov/dpa/Pages/apa/default.aspx>

Division of Vocational Rehabilitation (DVR): DVR resources help jobseekers with disabilities to obtain employment. Resources include a video designed specifically for high-school students, and pre-transition and transition checklists.

- **DVR Resources for Jobseekers:** <http://www.labor.state.ak.us/dvr/vrprogram.htm>
- **Alaska Job Center Network:** <http://www.jobs.state.ak.us/>
- **Alaska Job Center Contact Info:** http://dhss.alaska.gov/dpa/Pages/features/org/ajcn_info.aspx

Client Assistance Program (CAP): The CAP at the Disability Law Center helps individuals with disabilities who experience problems when applying for or receiving rehabilitation or independent living services. The CAP assists with information and advocacy.

- **CAP Website:** <http://www.dlcak.org/html/about-us/client-assistance-program.php>

Postsecondary Transition Program: The **TAPESTRY Program** provides students 18 – 21 with intellectual / cognitive disabilities with a postsecondary college experience to develop self-advocacy skills, engage in career exploration, and develop social skills to lead to employment or enrollment in an educational program.

- **TAPESTRY Program:** <http://www.uaa.alaska.edu/centerforhumandevlopment/tapestry/index.cfm>

Office of Children's Services (OCS): Children and youth in OCS foster care, or who are former foster children, have access to education and training vouchers and independent living funds.

- **OCS Independent Living Funds:**
- <http://dhss.alaska.gov/ocs/Pages/independentliving/ilfunds.aspx>
- **OCS Education and Training Vouchers:**
<http://dhss.alaska.gov/ocs/Pages/independentliving/etv.aspx>



Are telemedicine consultation and clinical services available?

Alaska Partnership Access Line (APAL): APAL provides free consultation to primary care prescribers on best practices for use of psychiatric medications for children.

- **APAL:** <http://dhss.alaska.gov/dbh/Pages/api/a-pal.aspx>, Kathleen Myers, MD, MPH, Seattle Children's Hospital, at (206)987-1663 or Kathleen.myers@seattlechildrens.org

Frontline Remote Access Clinic: The Frontline Remote Access Clinic gives primary care and behavioral health providers' quick access to behavioral health consultation and treatment. Providers must have videoconference connectivity.

- **Frontline Remote Access Clinic:** For more information, call 907-269-7278. To make an appointment go to: http://dhss.alaska.gov/dbh/Pages/api/remote_appointment.aspx



Are there services specifically designed for transition-age youth?

Office of Children's Services (OCS) Resources: OCS provides education and training resources, life skill assessment, family resources and independent living funds to assist children in the custody of the state to transition successfully to adulthood.

- **OCS Independent Living Links:** <http://dhss.alaska.gov/ocs/Pages/independentliving/default.aspx>

Peer Support Services: Peer support services, mentoring and recovery planning assistance are available to youth who experience behavioral health challenges or who have been in state services. In addition to the contacts listed below, some behavioral health providers have developed peer support service programs.

- **Alaska Youth and Family Network:** Provides peer support, on-line support, young adult parenting classes and a "Youth Move" chapter. <http://www.ayfn.org/wp/>
- **Facing Foster Care Alaska (FFCA):** FFCA is a group of foster youth and alumni who work together on advocacy and meet quarterly in their regions. <http://www.alaskacasa.org/FFCA.aspx>
- **Alaska Youth and Parent Foundation POWER Program:** The POWER program does outreach and provides training to youth at the free Anchorage POWER Teen Center. <http://www.aypfalaska.org/whoware/peeroutreachworkers.html>

Transition to Independence Process (TIP): TIP is an evidence-supported process for working with transition age youth who experience severe behavioral health disturbances. A number of agencies are developing TIP services (Denali Family Services (Anchorage and Matsu), Anchorage Community Mental Health: (Anchorage), Juneau Youth Services (Juneau), Presbyterian Hospitality House (Anchorage), Sitka Youth Services (Sitka), Residential Youth Care (Ketchikan) and Central Peninsula Behavioral Health (Soldotna). Contact information for these agencies is listed below.

- **DBH Treatment and Recovery Grantees:** http://dhss.alaska.gov/dbh/Documents/PDF/Community_Planning_and_Service_Areas-TR_Providers.pdf
- **TIP Website & Alaska Resources:** <http://www.tipstars.org/CommunitySiteResources/Alaska.aspx>



What resources are available to support children with complex developmental and behavioral needs to remain in a community setting?

Individualized Service Agreements (ISA): ISA pay for items needed to transition a child home from (or to avoid placement in) a residential setting *when no other funding source is available*. (Examples: unbreakable windows, educational tutoring, a bus pass). ISA are available through DBH grantees, the Office of Children’s Services, or the Division of Juvenile Justice.

- **DBH ISA Website:** see “provider agreement”:
<http://dhss.alaska.gov/dbh/Pages/TreatmentRecovery/isa/default.aspx>
- **DBH ISA Program Manager:** James McLaughlin, james.mclaughlin@alaska.gov, (907)269-1044.
- **OCS ISA Program Manager:** Steve Krall, steve.krall@alaska.gov, (907)465-2315
- **DJJ ISA Program Manager:** Courtney King, courtney.king@alaska.gov, (907)261-4539

Senior and Disability Services (SDS): SDS has a network of grantees and a waiver program for individuals with developmental disabilities. Short-Term Assistance and Referral (STAR) Programs assist in determining eligibility for SDS services. Some children qualify for both behavioral health and developmental disability services, and some grantees provide both behavioral health and developmental disability services.

- **STAR Website:** <http://dhss.alaska.gov/dsds/Pages/grantservices/starmini.aspx>
- **STAR Program Roster:**
http://dhss.alaska.gov/dsds/Documents/grantservices/PDFs/STAR_Roster.pdf
- **SDS Developmental Disabilities (DD) Grant Program:**
<http://www.hss.state.ak.us/dsds/grantservices/>,
- **DD Providers:** <http://dhss.alaska.gov/dsds/Documents/dd/DDGranteeProvidList.pdf>
- **SDS Mini-Grants:** <http://dhss.alaska.gov/dsds/Pages/grantservices/mini.aspx>
- **SDS Medicaid Waiver:** <http://dhss.alaska.gov/dsds/Pages/dd/default.aspx>
- **SDS Primary Staff Contact:** Laurie Cooper, (907)465-3135

Complex Behaviors Collaborative (CBC): The CBC provides consultation and training for service providers, the school, and the family to develop community-based services for individuals with both autism spectrum disorders and challenging behaviors. Participants must have a provider and a placement. The CBS will expand to additional communities as new consultants are hired.

- **CBC Information:** <http://dhss.alaska.gov/dbh/Pages/ComplexBehavior/Default.aspx>
- **DBH Program Manager:** Reta Sullivan, reta.sullivan@alaska.gov

Enhanced Care Management: Care management services are available in the Kenai area for children in behavioral health residential treatment or at risk of moving into residential treatment. The goal is to keep children at home or as close to home as possible.

- **Co-Occurring Disorders Institute:** <http://www.codialaska.org/program-faqs/bring-our-kids-home/>
E-Mail: ContactUs@codi-ak.org, Phone: (907)745-2634

Autism Resources:

- **DHSS Autism Resources:** <http://dhss.alaska.gov/dph/wcfh/Pages/autism/SOA.aspx> or Phone (907) 269-3400 or toll free (800)799-7570 or hss.autism@alaska.gov
- **Providence Autism Diagnostic Network:**
<http://alaska.providence.org/locations/pamc/services/childrens/Pages/autism.aspx> ,
Phone (907)212-9212
- **Capacity Building for Autism Interventions:**
<http://www.uaa.alaska.edu/centerforhumandevlopment/cbai/index.cfm>,
Phillip Tafs (907)264-6227, philt@alaskachd.org
- **Autism Resource Center:** <http://sesa.org/content/aarc-home>, Phone (907)334-1331 or (866)301-7372
or aarc@sesa.org

Trauma Resources: The Anchorage Community Mental Health Services, (ACMHSA) *Child Trauma Center* provides trauma-focused services to children aged 3 – 12, trauma training, and behavioral health assessment for children entering protective services custody in Anchorage.

- **ACMHSA Child Trauma Center:** <http://www.acmhs.com/programs-services/child-family-services/alaska-child-trauma-center>, Lucy Smith (907)762-2852

Fetal Alcohol Spectrum Disorder (FASD): The Division of Behavioral Health supports a network of FASD diagnostic centers. A FASD diagnosis may significantly affect treatment strategies and outcomes and help a youth and family to understand and address the challenges they face.

- **FASD Resources:** <http://dhss.alaska.gov/dbh/fas/Pages/resources/default.aspx>

Department of Health and Social Services Staff: DHSS staff are knowledgeable about in-state resources and can assist in identifying resources for children and families with complex needs.

- **Division of Behavioral Health**
 - Reta Sullivan: (907)269-8869 reta.sullivan@alaska.gov
 - Judy Helgeson: (907)269-3697 judy.helgeson@alaska.gov
 - Maureen McGlone: (907)269-3793 maureen.mcglone@alaska.gov
 - Steve Krall: (907)465-2315 steve.krall@alaska.gov

- **Office of Children’s Services**

Southeast Region (Yakutat, Cordova, Juneau, Sitka, Petersburg, Ketchikan, Craig & smaller communities)

- Diana Grieser (907)465-3236 diana.grieser@alaska.gov
- Kristina Weltzin (907)465-465-3297 kristina.weltzin@alaska.gov

Western Region (St. Marys, Bethel, Aniak and smaller communities)

- Diana Grieser (907)465-3236 diana.grieser@alaska.gov

Northern (Kotzebue, Nome, Galena, McGrath, Fairbanks, Delta Junction & smaller communities)

- John Luchansky (907)451-2063 john.luchansky@alaska.gov

Southcentral (Wasilla, Dillingham, King Salmon, Unalaska, Kodiak, Homer, Kenai, Seward, Valdez, Gakona & smaller communities)

- Cheryl Vargo (907)352-8909 cheryl.vargo@alaska.gov

Anchorage:

- Jenifer Swigart (907)269-8613 jenifer.swigart@alaska.gov
- Genevieve Valentine (907)269-4115 genevieve.valentine@alaska.gov

Community Relations Manager: Naomi Harris (907)465-3548 naomi.harris@alaska.com

- **Division of Juvenile Justice**

- Courtney King: (907)261-4539 courtney.king@alaska.gov

- **Senior and Disability Services**

- Maureen Harwood: (907)451-5041 maureen.harwood@alaska.gov
- Corina Castillo-Shepard: (907)451-2977 or (800)770-1672, corina.castillo-shepard@alaska.gov



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Resources for Supporting Children and Youth with Challenging Presentations in Community Settings