



Mat-Su Foster/Adoptive Family Therapeutic Resource Guide

July 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
5050 Dunbar Drive Suite A2, Wasilla, AK 99654
(907) 376-4678 FAX (907) 376-4638
acrfs@nwresource.org www.acrf.org



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Family Support

Alaska Center for Resource Families

A Project of Northwest Resource Associates
5050 Dunbar Drive Suite A2, Wasilla, AK 99654
(907) 376-4678 Toll Free: 1-800- 478-7307 Fax (907) 376-4638
acrfms@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 (www.acrf.org) 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, DVDs, 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

Access Alaska

1075 Check Street, Suite 109 Wasilla, Alaska
(907) 357-2588 Toll free (800) 770-0228
www.accessalaska.org

Access Alaska is a private, non-profit, consumer-controlled organization that provides independent living services to people who experience a disability. As an Independent Living Center, our mission is to encourage and promote the total integration of people who experience a disability and Alaskan elders to live independently in the community of their choice. Through our assistance and support individuals with disabilities can identify and obtain needed services in an effort to maintain their independence as opposed to living in an institution.

Programs and Services

Independent Living Skills Training: This is a core services provided to support people with disabilities so they can live independently in the community.

Alaska Attachment and Bonding Associates

619 Knik Goose Bay Road Suite J Wasilla, AK 99654
(907) 376-0366
laura@akattachment.org www.akattachment.org

Provides family support and advocacy services 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.

Alaska Family Services – Women, Infants and Children (WIC)

899 West Commercial Drive Wasilla, AK 99654
WIC Phone: (907) 376-4080
Child care assistance phone: (907) 373-4450
http://www.wicprograms.org/li/ak-alaska_family_services_wasilla_wic_clinic

Women, Infant, and Children (WIC): WIC is a supplemental nutrition program that helps pregnant women, new mothers and young children eat, learn about good nutrition and stay healthy. It provides monthly vouchers for healthy foods, nutrition counseling, health screenings and referrals, and breastfeeding support. Services are based on income eligibility.

Alaska Youth and Family Network (AYFN)

1051 E. Bogard Rd. Wasilla, AK 99654
(907) 631-3485 Toll Free: 1-888-770-4979 Fax: (907) 770-4997
admin@ayfn.org www.ayfn.org

Programs and Services

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

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

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

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

Big Brothers Big Sisters of Alaska

(907) 376-4617

Mat-Su Community Director amy.lalor@bbbsak.org

www.bbbsak.org

Helping youth in the Mat-Su Valley reach their full potential through one-to-one mentoring relationships.

Programs and Services

Community-Based Mentoring: This is the "traditional" BBBS program that most people are familiar with. Bigs meet one-to-one with their Littles 2-4 times per month and spend time together doing various activities that they enjoy - taking a walk, going fishing, baking, etc. Our goal is to provide children with strong and enduring relationships that change their lives for the better, forever.

Site-Based Mentoring: Volunteers meet with students at a school in order to develop a one-to-one friendship. It is our goal that through this friendship, positive role modeling, academic support, and the development of confidence that creates a strong attachment to school, students will succeed.

Sync: This program serves youth ages 14-21 aging out of the foster care system. Bigs matched with Littles in this program help them to develop life skills in the way of securing housing, applying for college, etc.

Heart Reach Center

865 S. Seward Meridian Parkway Wasilla, Alaska 99654

(907) 373-3456 Toll Free: 1-800-712-4357

www.heartreachalaska.com

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

Programs and Services

- Pregnancy tests
- Pregnancy counseling – parenting through adoption, parenting through marriage, single parenting, abstinence education, mentoring program, parenting support
- Educational classes – childbirth classes, prenatal classes, parenting classes
- Physical, emotional and spiritual support
- Referrals for church, community, education assistance, housing, legal, medical, material assistance
- Baby Store

Hope Community Resources

4901 E. Mayflower Lane, Ste. B Wasilla, Alaska 99654

(907) 357-3750 Fax: (907) 357-3751

www.hopealaska.org

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

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

LINKS Mat-Su Parent Resource Center

777 N. Crusey Street, First Floor Wasilla, Alaska 99654
 (907) 373-3632 Fax: 907-373-3620
www.linksprc.org

LINKS is dedicated to providing information, training and assistance to parents of children with disabilities, their professional partners, and their communities.

Mat-Su Services for Children and Adults (MSSCA)

1225 W. Spruce Ave. Wasilla, Alaska 99654
 (907) 352-1200 Fax: (907) 352-1249
www.mssca.org

Most services offered at no cost to families and individuals.

MSSCA provides a wide range of home and community based services for Mat-Su residents with intellectual or developmental disabilities, families with children experiencing developmental delays or disabilities and parents with questions about child safety and child development.

Programs and Services

Infant Learning Program (Children birth to age 3): The Infant Learning Program provides home-based early intervention services to families who have children between birth and age three who are experiencing delays in development.

Look at Me! Provides ongoing developmental screening and child development information to families with children from birth to five years of age. Families are provided developmental screenings by mail or online and are provided feedback about the child's strengths and parental concerns based on results of the screening.

Car Seat Safety: The Car Seat Safety program provides free monthly car seat safety checks to the public. Car seats are also available at a reduced cost based on a sliding fee scale.

Residential : Residential services are designed to support individuals with developmental or intellectual disabilities with making their own choices about where they want to live, with whom they want to live and the kind of lifestyle they wish to lead.

Supported Employment : Supported employment services provide supports to persons with developmental disabilities in getting and keeping employment. Person centered planning is used to identify jobs and a career that best match individual skill, talent, and interest.

Day Habilitation: Day habilitation provides opportunities to individuals with developmental disabilities to develop personal competencies and become fully included within the community in which they reside.

Family Support (Respite): Respite services provide short-term, temporary relief for family members/caretakers from meeting the ongoing challenges of caring for individuals with developmental disabilities at home.

Nursing: Nursing services through MSSCA are provided to children and adults with complex medical conditions, so that individuals may continue to reside in their homes in lieu of nursing facility placement.

Volunteers of America

509 W 3rd Avenue, Suite 103 Anchorage, Alaska 99501
(907) 279-9634
www.voaak.org
Accepts Medicaid

Programs and Services

Camp Hope: Camp Hope helps children whose lives have been impacted by substance abuse in their family. Typically these children experience feelings of guilt, shame and a sense of responsibility for their loved one's substance abuse. Additionally, they are at heightened risk of developing addictions themselves. Camp Hope has traditionally been offered to children ages 7-11, but thanks to a generous donation from the Block Foundation, a second camp is now available to children ages 12-14.

Adolescent Treatment Services (in Anchorage): Volunteers of America Alaska provides inpatient (ARCH) and outpatient (Assist) treatment services.

Transition to Independence: Transition to Independence is a community-based model that serves transition youth ages 14-20 who are experiencing emotional and/or behavioral difficulties. TIP engages youth through services that are strength-based and youth-driven. The TIP model also connects youth with a Transition Facilitator who prepares them for progression into adult roles with a focus on five different domains:

- Employment and career
- Education
- Living situation
- Personal effectiveness/wellbeing
- Community-life functioning

Psychiatric/Counseling Services

Alaska Family Services – Behavioral Health Treatment Center

5851 E Mayflower Ct Wasilla, Alaska 99654
(907) 376-4000 Fax: (907) 373-1135
www.akafs.org

Programs and Services

School Based Services: AFS has partnered with the Mat-Su School district to provide mental health services for children Kindergarten through 12th grade. Services are paid through the school.

Individual/Family Therapy

Summer Camps: Alaska Family Services holds 5 week long camps during the summers for ages 8-12 with mental health/behavioral needs. Children need a diagnosis of Severely Emotionally Disturbed (SED) and usually an Individualized Education Plan (IEP) to be eligible.

Benteh Nuutah Valley Native Primary Care Center – Behavioral Health Clinic

1001 Knik-Goose Bay Road Wasilla, Alaska 99654
(907) 631-7800 Fax: (907)631-7633

<https://www.southcentralfoundation.com/services/behavioral-health/benteh-nuutah-primary-care-center/>

The *Benteh Nuutah* Valley Native Primary Care Center (VNPCC) Behavioral Health Clinic 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.

Programs and Services:

- Psychiatric evaluation
- Medication management
- Psychotherapy (individual, and learning circles, limited family and couples)
- Psycho-educational
- Crisis intervention
- Case management
- Community resource referrals

Co-Occurring Disorders Institute (CoDI)

11921 E Palmer-Wasilla Hwy Palmer, Alaska 99645
(907) 745-2634 Fax: (907) 745-4897
www.codialaska.org
Accepts Medicaid

Co-Occurring Disorders Institute is a family focused agency that provides compassionate care to our local community. CoDI's services are based out of their offices in Palmer, Alaska. CoDI provides five core services: Behavioral health clinic services for children 3-21 and their families, Parenting with Love and Limits program, Strengthening Families Program, Care Coordination project on the Kenai Peninsula, and a Non-Marital Pregnancy Prevention program in local schools.

Behavioral Health Services: CoDI provides youth integrated behavioral health assessments, recommendations & treatment planning, case management, individual group and family therapy. We also provide community support services including in-school support as well as after school groups. CoDI works with children infant through 21 and their families.

- The Parenting with Love and Limits Program and our Strengthening Families programs are evidenced-based family skills training programs. They help to reduce problem behaviors and substance abuse in children, improve school performance and strengthen family bonds.

Care Coordination: This project assists families on the Kenai Peninsula who have a child in out-of-home psychiatric treatment. Its goal is to help youth transition back to their communities while coordinating appropriate services.

Denali Family Services

291 E. Swanson Ave Wasilla, Alaska 99654
(907) 376-3275
info@denalifs.org www.denalifs.org
Accepts Medicaid

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

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

Programs and Services

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

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

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

Case Management: Provides this service to help children and their families gain access to needed community services and supports, and help you achieve a lifetime of independent functioning. **Transition to Independence Program:** is a subsection of the case management department that focuses on providing services to teens and young adults between the ages of 14-24. The program works

with youth and individuals they have identified as key players in their lives to help increase knowledge and skills in; education, housing, community life functioning, career and employment, personal effectiveness and well-being.

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

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

Family Centered Services of Alaska (FCSA)

301 Danna Avenue Wasilla, Alaska 99654
(907) 357-7519 Fax: (907) 357-7569
fcsa@familycenteredservices.com www.familycenteredservices.com
Accepts Medicaid

FCSA is primarily a provider of services to children and admission into programs is exclusively for children, however, to help improve the health of families FCSA clinical services are available to children enrolled in an FCSA program and adult family members.

Programs and Services

Clinical Services: assessment, treatment planning, individual and family therapy.

Therapeutic Foster Group Homes: In Wasilla and the greater Mat-Su Borough, FCSA provides outpatient clinical services and operates a respite home and four (4) Therapeutic Foster Group Homes for both boys and girls. Each home can provide services for up to five children. FCSA also licenses and supports a number of Therapeutic Foster Homes in the area.

The TFGH program is designed to provide service to children in need of a safe and supportive place to live that are experiencing low to moderate behavioral health issues. Each home is operated and maintained by licensed foster parents and receives support from FCSA. The number of children placed in the home generally averages three (3). The homes are located in residential neighborhoods and are reflective of a family experience rather than an institutional setting. The children attend public school and are involved in social and recreational activities in the community.

REACH Respite Home: The REACH program provides respite service to parents, foster parents or guardians of children enrolled in FCSA programs. Services are provided in a residential home and a maximum of five children can be accommodated at each respite session. The home operates a five day per week schedule. Each respite session includes a two night and two full day stay at the home.

Kathleen Matthews, ANP

491 N. Knik Street Wasilla, Alaska 99654
(907) 376-9500
Accepts Medicaid

Provides psychiatric medication management.

Mat-Su Health Services

1363 W. Spruce Avenue Wasilla, Alaska 99654
(907) 376-2411 Fax: (907) 352-3363 24 Hour Behavioral Crisis Intervention (907) 376-2411
www.mshsak.org
Accepts Medicaid

Programs and Services

Counseling Services: For those that meet eligibility criteria for counseling services, Mat-Su Health Services provides a full range of services for children, adolescents, and adults. Clinic staff offers individual, family or group therapy, psychiatric evaluation and medication management and/or referral to rehabilitative services.

Every person receives individualized treatment planning and becomes the focal point of the services provided. The agency uses an integrated services model that incorporates mental health, substance abuse concerns, and an individual's physical health.

Psychosocial Rehabilitative Services: Rehab Services program provides community support to both children and adults who are 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.

Case management and skills development services are provided based upon a functional assessment that identifies those services which will best meet a person's needs. Case Managers assist individuals and their families in identifying, accessing, and coordinating needed services and resources available to them both at MHS and the community.

Skills Development Specialists teach and monitor activities of daily living, including self-care and life skills. Staff can provide these services here at MHS, in the community, and school or home based setting depending on the identified need. We offer both individual and group skills development.

Playful Journeys

1261 S. Seward Meridian Parkway Suite L Wasilla, Alaska 99654
(907) 376-9091 Fax: (907) 376-9094
www.playfuljourneys.com
Not a Medicaid provider

Provides individual therapy for children and adolescents, family therapy, and therapeutic supervised visitation.

Presbyterian Hospitality House

1365 E Parks Highway Ste 101 Wasilla, Alaska 99654
(907) 357-6445 Fax: (907) 376-6402
www.phhalaska.org
Accepts Medicaid

Programs and Services

Residential Programs: PHH provides Level 3 residential treatment programs for male and female adolescents ages 12-18 as well as emergency stabilization and assessment centers.

Therapeutic Foster Care: PHH provides therapeutic foster homes that are located in residential neighborhoods and reflective of a family experiences rather than an institutional setting. Each Home is operated and maintained by licensed foster parents and receive support from PHH. The children attend public school and are involved in social and recreational activities in the community.

Providence Behavioral Medicine Group

2250 S. Woodworth Loop, Suite 202 Palmer, Alaska 99645
(907) 761-5800 FAX: (907) 761-5801
<https://alaska.providence.org/services/b/behavioral-health>
Accepts Medicaid

Programs and Services

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

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

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

Ptarmigan Connections

3505 E. Meridian Park Loop, Suite 200 Wasilla, Alaska 99654
(907) 357-4400 Fax: (907) 357-4410
www.ptarmiganconnections.com
Accepts Medicaid

Programs and Services

Ptarmigan Connections offers both evaluative and therapeutic services to children and young adults in the Mat-Su Valley community. The following are therapeutic services offered:

- Psychiatric medication management
- Speech, language, and feeding therapy
- Behavioral health counseling for pre-teens, adolescents, and parents
- Play therapy for ages 3 and up
- Group therapy

Royal Family Kids Camp

Royal Family Kids 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.

Set Free Alaska

7335 East Palmer Wasilla Highway Palmer, Alaska 99645
(907) 373-4732 Fax: (907) 746-4749
www.setfreealaska.org
Accepts Medicaid

Programs and Services:

Outpatient Substance Abuse Treatment for Adolescents (ages 14-17): Set Free Alaska Uses a highly innovative “mind-body-spirit” approach to recovery. This unique approach fuses healthy spiritual principles with proven clinical and therapeutic techniques. Set Free Alaska operates a client-centered model and uses multiple forms of treatment service delivery.

Outpatient Mental Health Treatment for Children/Adolescents (ages 5-17): To provide an early intervention program that addresses the behavioral needs of children and adolescents by treating trauma, developing healthy coping skills, and building foundations for success.

- Behavioral health assessments and diagnosis
- Trauma informed treatment
- Individual and family therapy

Sunshine Community Health Center

24091 Long Lake Road Mile 4.4 Talkeetna Spur Road
Willow, Alaska 99688 Talkeetna, Alaska
(907) 495-4100 (907) 733-2273
www.sunshineclinic.org
Accepts Medicaid

Programs and Services

Sunshine Community Health center offers outpatient mental health services for all ages and includes individual, couples, family, and group therapy. The clinic staff includes licensed clinical social workers, behavioral health assistant, and case manager. The behavioral health team also provides integrated care with the primary care providers to provide holistic, patient centered care. Eye Movement Desensitization and reprocessing (EMDR) is an integrative psychotherapy approach that is offered for the treatment of trauma.

Evaluations

Ptarmigan Connections

3505 E. Meridian Park Loop, Suite 200 Wasilla, Alaska 99654
(907) 357-4400 Fax: (907) 357-4410
www.ptarmiganconnections.com
Accepts Medicaid

Programs and Services

Ptarmigan Connections offers both evaluative and therapeutic services to children and young adults in the Mat-Su Valley community. The following are evaluative services:

- Developmental evaluations
- High complexity case consultation
- Fetal alcohol spectrum disorders (FASD) diagnostic evaluations
- Autism evaluations
- Psychological and neuropsychological evaluations
- Medical follow-up for established patients with special needs

Dr. Skip Hrin

1075 Check Street, Ste. 110 Wasilla, Alaska 99654
(907) 376-9520 Fax: (855) 866-2499
www.drskiphirin.com
Accepts Medicaid

Provides neuropsychological testing services.

Education and Employment

Alaska Job Corps

800 E. Lynn Martin Drive Palmer, AK 99645
(907) 861-8800
<https://alaska.jobcorps.gov/>

Provides career, technical, and academic training at no-cost to young men and women ages 16-24.

Alaska Department of Vocational Rehabilitation

877 W Commercial Drive Wasilla, AK 99654
(907) 352-2545
<http://labor.alaska.gov/dvr/>

Assists people with disabilities in obtaining and maintaining employment.

CCS Early Learning (Head Start)

2060 E. Industrial Dr. Wasilla, AK 99654
Palmer: (907) 746-4483 Fax: (907) 746-5183
Wasilla: (907) 373-7795 Fax: (907) 373-0752
<https://www.ccsalaska.org/>

Provides comprehensive child development services to economically disadvantaged children and families.

Family Nutrition Program

UAF Cooperative Extension Service
809 S. Chugach Street, Suite 2 Palmer, AK 99645
(907) 745-3423
www.uaf.edu/ces

Offers free nutrition education for adults, youth, seniors, and families that meet income criteria. Helps families and individuals learn how to plan, shop for, and prepare healthy foods within a limited budget.

Mat-Su Imagination Library

PO Box 875201 Wasilla, AK 99654
(907) 232-8517
cards@matsuimaginationlibrary.org www.matsuimaginationlibrary.org

Free book program for children ages 5 and under.

Nine Star Education and Employment Services

300 N. Willow Wasilla, AK 99654
(907) 373-3006 Fax: (907) 373-3001
info@ninestar.org www.ninestar.com

Youth Employment Services: This program provides assessment, academic skills upgrade activities, career counseling, and pre-employment skills to youth ages 16-24. Employability skills training includes job search training as well as the development of positive work attitudes and work habits through internship and permanent jobs.

Read Write Alaska

613 S. Knik Goose Bay Road, Suite B Wasilla, Alaska 99654
(907) 631-3056
www.readingwritealaska.com

Reading Write Alaska diagnoses and treats a variety of speech, language, and learning impairments. The clinic is comprised of both Speech-Language Pathologists and certified teachers with expert training and knowledge in all areas of language and learning, including Dyslexia. The program believes in a multisensory approach toward treatment and do our best to make learning fun.

Programs and Services

Speech/Language: Evaluation and treatment of a variety of speech and language impairments

Reading and Spelling: Dyslexia testing, treatment of dyslexia and any reading, writing, or spelling delays

Writing/Written Expression: Utilizes the following writing programs – Institute for Excellence in Writing, Handwriting Without Tears, and Slingerland

Math: Utilizes the following math program – Math-U-See

Child Care Assistance/Referral

Alaska Family Services – Child Care Assistance Program

899 Commercial Drive Wasilla, AK 99654 (907) 376-4080 Toll Free: 1-800-746-4080 www.akafs.org	1825 S. Chugach Street Palmer, AK 99645 (907) 746-4080
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Assists low income families with the cost of child care while they are working and/or attending approved training/educational courses.

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

Programs and Services

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

Community Information and Help Lines

☎ **Mat-Su Health Services 24 hour Crisis Line** (Mat Su Health Services) ... (907) 376-2411

☎ **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

☎ **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** ... 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.

☎ **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://adoptionsupport.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)

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
PO Box 91847 Anchorage, Alaska 99509
(907) 248-4305 bobbiejonesgal@gmail.com

Rebecca Karstetter LLC
4021 Justin Cir
Anchorage, AK, 99507-3900
(907) 227-4314 rebeccakarstetter@gmail.com

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

Support Groups

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 or email acrfms@nwresource.org.

AGAPE Foster Care Network

Palmer Church of God
Mile 40 Glenn Highway Palmer, Alaska 99645
(907) 863-2144

Faith-based foster/adoptive parents support groups open to foster and adoptive families, and community board with available furniture and supplies.

Facebook Groups

[Alaska Adoptive and Foster Moms](#) is a closed group open to families in Alaska

[Interior Alaska Foster Care Families](#) is a great resource for support from both foster and adoptive families from Interior Alaska, though they are open to families from around the State.

Mat-Su Valley Grandparents Support (Grandfamilies)

Grandfamilies, Volunteers of America grands@voaak.org
Mat Su Contact: Rozann Kimpton (907) 376-7322
rozann@mtaonline.net

Provides support for grandparents and parents raising children in both birth families and the foster care system. Group meets for social events and meals on a regular basis.

Mom2Mom, Dad2Dad Parent Support Group

Alaska Attachment and Bonding Associates
619 Knik Goose Bay Road Suite J Wasilla, AK 99654
(907) 376-0366
laura@akattachment.org www.akattachment.org

Meets the first Monday of every month at 10:30am to Noon. For adoptive, foster, kinship care, guardianship, and grandparents who care for children with attachment disorders.

TBI Support Group

Mat-Su Health Services
1363 Spruce Ave. Wasilla, Alaska 99654
(907) 357-2588 (Krystal Blair)

1st and 3rd Wednesday, 4:00-5:30 Matsu Health Services (upstairs conference room). Peer Support Group meeting for survivors of all types of Head injuries and their families, friends, caregivers and interested service providers. The content of each meeting varies in direct proportion to those in attendance.

Youth TBI Support Group

Mat-Su Health Services
1363 Spruce Ave. Wasilla, Alaska 99654
(907) 357-2588 (Krystal Blair)

First Monday of every month 4:00-5:00 Matsu Health Services (upstairs conference room). Peer Support Group meeting for youth who have a family member living with a head injury/Traumatic Brain injury.

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.