

# ALASKA'S RESOURCE GUIDE TO HEALING AND HOPE: NAVIGATING TRAUMA AND SUBSTANCE USE SERVICES

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# INTRODUCTION

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## Welcome to Alaska's Resource Guide to Healing and Hope: Navigating Trauma, Substance Use, and Mental Health Services.

This guide is designed as a comprehensive resource for individuals, families, advocates, and providers seeking to navigate the complex continuum of care available in Alaska. Whether you are in need of immediate support, long-term recovery services, or resources to assist someone you care about, this guide aims to connect you to the tools and programs that foster safety, healing, and resilience.

It offers a snapshot of essential services, including detox, inpatient treatment, and harm reduction access to supplies, outlining the various stages of support—from emergency shelter and crisis response to ongoing treatment and community-based recovery programs. Alaska's unique approach to care integrates culturally responsive practices, trauma-informed support, and harm reduction strategies to meet the diverse needs of survivors and communities across the state.

By addressing the intersections of trauma, substance use, and mental health, this guide not only provides practical information but also promotes a holistic understanding of care, where safety and healing are prioritized at every step of the journey.

## DEDICATION

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This guide is dedicated to the families and service providers who show up every single day, doing their best to support survivors and create pathways to healing. To those navigating the complexities of trauma, substance use, and mental health—whether for yourself or someone you care for—you are not alone.

Your efforts, compassion, and resilience make a difference. This guide is here to support you, to remind you that the journey toward safety and well-being is shared, and to ensure you have access to the tools and resources you need. Together, we can create a world where everyone feels seen, respected, and supported. You are not alone, and your work matters.

## A NOTE ON TERMINOLOGY USED IN THIS GUIDE

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Language around mental health and substance use continues to evolve as we strive to discuss these topics without reinforcing stigma, bias, or discrimination. Federal regulations and medical models often use terms like “substance use disorders” and “mental health issues” to describe the needs of underserved survivors.

This guide intentionally uses the terms “mental health experiences” and “substance use experiences” for two key reasons. First, programs are not responsible for diagnosing survivors, and therefore, this guide avoids the use of diagnostic language. Second, survivors often find terms like “mental health issues” and “substance use disorders” to be stigmatizing or harmful, and this guide aims to honor the dignity and autonomy of all individuals. Recognizing that many survivors face both mental health (MH) and substance use (SU) challenges, the guide also uses the shortened term “MH and/or SU experiences” to address these intersecting needs with care and inclusivity.

Preferred Citation: Love, C., *Alaska Network on Domestic Violence and Sexual Assault, Alaska Native Tribal Health Consortium and Recover Alaska (2025). Alaska's Resource Guide to Healing and Hope: Navigating Trauma and Substance Use Services – A Practical Guide for Survivors, Advocates, and Service Providers, Centering Harm Reduction, Healing, and Culturally Responsive Care.*

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# THE MANY PATHWAYS TO HEALING AND RECOVERY

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Healing and recovery are deeply personal journeys, and there is no single path that works for everyone. The concept of many pathways to healing and recovery recognizes that individuals have diverse needs, experiences, and cultural identities that shape how they heal. Pathways may include traditional practices, like Indigenous healing ceremonies or plant medicine, as well as medical and community approaches, such as therapy, harm reduction, peer support, and medication-assisted treatment. Healing can also involve creative outlets, spiritual practices, community connection, and addressing the root causes of trauma. This definition reminds us that healing is not linear, and every journey is valid. Respecting and supporting each individual's chosen path is at the heart of fostering safety, hope, and well-being.

## PATHWAYS TO HEALING AND RECOVERY: DEFINITIONS

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- **Abstinence-Based Recovery**: Recovery focused on complete cessation of substance use, often supported by mutual aid groups like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) and some medical models like inpatient treatment facilities.
- **Harm Reduction**: A public health and evidence-based recovery approach that prioritizes dignity and safety by offering practical strategies to reduce the risks of substance use without requiring complete abstinence.
- **Medication-Assisted Treatment (MAT)**: The use of FDA-approved medications, like methadone, buprenorphine, or naltrexone to treat substance use including detoxification, inpatient rehabilitation, outpatient therapy, and follow-up care.
- **Treatment (Medical Model)**: Professional, medically supervised care for substance use, including detoxification, inpatient rehabilitation (Rehab), outpatient therapy, and follow-up care to manage both physical and psychological aspects of recovery.
- **Faith-Based Recovery**: Recovery programs that incorporate spiritual or religious beliefs, such as Celebrate Recovery or programs through churches, mosques, and organizations.
- **Indigenous Healing Practices**: Recovery rooted in traditional cultural practices, such as sweat lodges/steam bath (maqii, q'uq), talking circles, ceremonies, and connection to ancestral wisdom, plant medicine, earth, fire, and water.
- **Peer Support**: Recovery facilitated through relationships with individuals who have lived experience with substance use and recovery, often offered in groups like SMART Recovery or through recovery and peer coaches.
- **Therapy-Based Recovery**: Recovery supported through professional counseling, such as cognitive-behavioral therapy (CBT), trauma-informed care, or family therapy.
- **Holistic Recovery**: Approaches that address the mind, body, and spirit through practices like yoga, meditation, acupuncture, and nutritional support.
- **Community-Based Recovery**: Programs that build recovery within the context of a supportive community, such as recovery or “sober” housing, recovery community centers, or community-driven initiatives.
- **Recovery Through Creative Expression**: Using art, music, writing, or other forms of creativity as a way to process emotions, build self-esteem, and support recovery.
- **Trauma-Informed Recovery**: An approach that recognizes the role of trauma in substance use and focuses on healing the root causes.
- **Family-Centered Recovery**: Recovery that incorporates the needs of the family, focusing on rebuilding relationships and supporting both the individual and their loved ones.
- **Physical Wellness Recovery**: Emphasizes exercise, healthy eating, and physical activity as integral parts of building a strong foundation for recovery.

# CONTINUUM OF CARE: PREVENTION, TREATMENT, RECOVERY, AND HARM REDUCTION

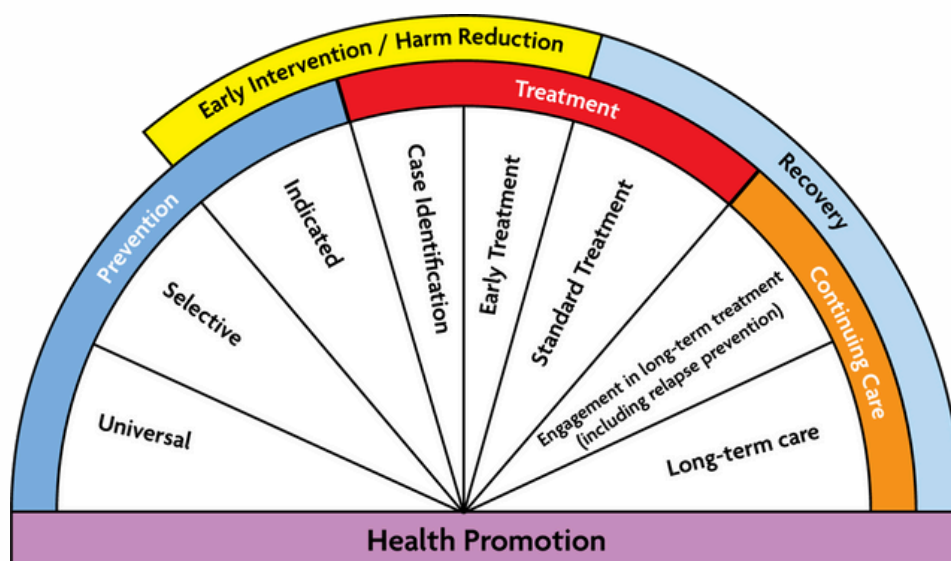
**Prevention** focuses on reducing the risk of substance use and its related harms before they occur. This includes education, outreach, and early intervention strategies designed to build resilience, foster protective factors, and address the root causes of substance use, such as trauma, social isolation, or systemic inequities. Prevention efforts often involve community-based programs, school initiatives, public awareness campaigns, and access to resources that promote mental and physical health, providing individuals with tools to make informed, healthy choices.

**Treatment** refers to a broad range of services designed to support individuals with substance use disorders. These services include identification, intervention, assessment, diagnosis, counseling, medical services, psychiatric and psychological services, social services, and follow-up care. Treatment is an essential component in addressing the complex needs of individuals and fostering long-term health and recovery.

**Recovery** is a deeply personal, unique, and self-determined journey through which individuals strive to reach their full potential. It involves improving health and wellness, taking responsibility for a fulfilling and contributing life, and embracing the difficulties faced along the way. Recovery is nurtured by relationships and environments that provide hope, empowerment, choices, and opportunities. Importantly, recovery is not a gift from any system—it belongs to the individual. It is their right and our shared responsibility to support and respect their journey.

**Harm Reduction** is a practical and transformative approach that incorporates community-driven public health strategies, including prevention, risk reduction, and health promotion. It empowers people who use drugs, along with their families, to make choices that support healthy, self-directed, and purpose-filled lives. Harm reduction centers on the lived and living experiences of people who use drugs, particularly those in marginalized communities, and the strategies and practices that emerge from their realities.

Harm reduction emphasizes direct engagement with individuals who use drugs to prevent overdose and the transmission of infectious diseases, improve physical, mental, and social wellbeing, and provide low-barrier options for accessing healthcare services. These services include treatment for substance use and mental health disorders, delivered in a way that respects and supports individuals' choices and circumstances.

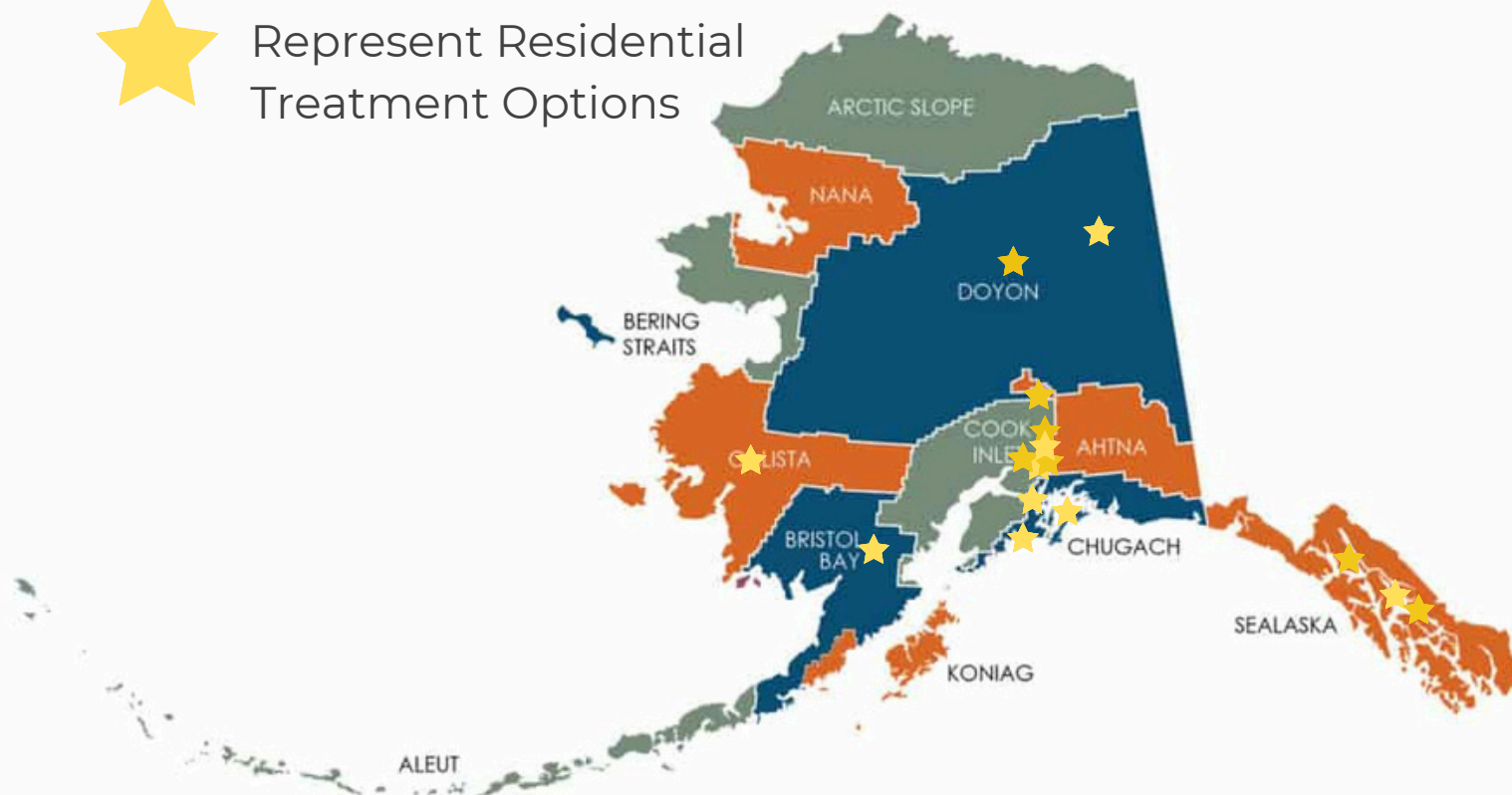


*Adapted from the Institute of Medicine Continuum of Prevention, Services and Care Model or "IOM Protractor"*

# SNAPSHOT OF OPTIONS



Represent Residential Treatment Options



## MOST REGIONS OFF THE ROAD SYSTEM OFFER

- Outpatient Therapy
- Medication Management
- Behavioral Health Aid Support
- Callicaraq Community Healing Practices

## MOST REGIONS ON THE ROAD SYSTEM OFFER

- Outpatient Therapy
- Medication Management
- Callicaraq Community Healing Practices
- Case Management
- Group Therapy
- Peer Support
- Detox/Emergency Location

## STATEWIDE RESOURCES

- Careline/9-8-8
- AA meetings: in-person/virtual
- 2-1-1
- 24/7 BH&SUD Crisis Lines
- ANTHC Behavioral Wellness Clinic (Telemed)



# RESIDENTIAL TREATMENT PROGRAMS IN ALASKA

This list provides up-to-date information on residential treatment programs across Alaska, including program length, location, medication options, and insurance.

## ANCHORAGE

### Clitheroe | (907) 770-8812

- Smoking Allowed: No
- Program Length: 3-4 months
- Men & Women (separate programs)
- Suboxone/Vivitrol: Yes
- Level of Care: 3.5 & 3.1

### Akeela House | (907) 565-1200 ext. 4

- Smoking Allowed: No
- Program Length: 3-6 months
- Population: Co-ed
- Suboxone/Vivitrol: Yes
- Level of Care: 3.5
- Medicaid & Private Insurance

### Akeela Stepping Stones |

(907) 565-1200 ext. 4

- Smoking Allowed: No
- Program Length: 3-6 months
- Population: Women with children
- Children Allowed: Yes, up to age 12 (must join within 30 days)
- Suboxone/Vivitrol: Yes
- Level of Care: 3.5
- Accepts Medicaid & Private Insurance

### Genesis Recovery | (907) 243-5130

- Smoking Allowed: No
- Program Length: 6-9 months
- Population: Co-ed
- Suboxone: No | Vivitrol: Yes
- Level of Care: 3.5
- Insurance: Only accepts Medicaid

### CITC Recovery Journey (Ernie Turner Center) | (907) 793-3200

- Smoking Allowed: No
- Program Length: 6 months
- Population: Co-ed
- Suboxone/Vivitrol: Yes
- Level of Care: 3.5
- Medicaid & Private Insurance

### CITC Chanlyut | (907) 793-3200

- Smoking Allowed: No
- Program Length: 2-3 months
- Population: Co-ed
- Suboxone/Vivitrol: Yes
- Level of Care: 3.1
- Medicaid & Private Insurance

### Dena A Coy | (907) 729-5070

- Smoking Allowed: No
- Program Length: 3-4 months
- Population: Women only
- Children Allowed: Yes, up to age 3
- Suboxone/Vivitrol/Methadone: Yes
- Level of Care: 3.5
- Medicaid & Private Insurance

### VA Domiciliary (Veterans & Active-Duty Only)

(907) 273-4000

- Smoking Allowed: Yes
- Program Length: 6 months
- Population: Co-ed
- Suboxone/Vivitrol: Yes
- Level of Care: 3.5



*These programs have been frequently utilized and highly regarded by participants:*

- **Clitheroe (Anchorage)** - Easier to get men into the program.
- **Old Minto (40 miles west of Fairbanks along the Tanana River)** - Accepts families, camp style living, cultural healing practices.
- **SeaView Community Services (Seward)** Provides a range of recovery supports.
- **Dena A Coy (Anchorage)** – Women's program (Children up to age 3; one child per mother), trauma informed

\* Thank you to Crystal Menice & Alexis Powell, SCF Discharge Coordinators, for your work and efforts compiling this information.



# RESIDENTIAL TREATMENT PROGRAMS IN ALASKA

This list provides up-to-date information on residential treatment programs across Alaska, including program length, population served, medication options, and insurance coverage.

## Mat-Su Valley

### (Wasilla & Big Lake, AK)

Alaska Addiction Rehabilitation Services (AARS) | (907) 376-4534

- Smoking Allowed: Yes
- Program Length: 9 months - 1 year
- Population: Co-ed
- Suboxone/Vivitrol: No
- Level of Care: 3.5
- Medicaid & Private Insurance

Valley Oaks (Faith-Based - Women's Program) | (907) 746-4748

- Smoking Allowed: No
- Program Length: 5-8 months
- Population: Women only
- Children Allowed: Up to age 10
- Suboxone/Vivitrol/Sublocade: Yes
- Level of Care: 3.3 & 3.5
- Medicaid & Private Insurance

True North Recovery - Vita Nova Residential | (907) 313-1333

- Smoking Allowed: Yes
- Program Length: 4 months
- Population: Co-ed
- Suboxone/Vivitrol: Yes
- Level of Care: 3.5
- Insurance: Only Medicaid

## Other Alaska Locations

Seaview Community Services (Seward, AK) | (907) 224-5257

- Smoking Allowed: No
- Program Length: 6 months
- Population: Co-ed
- Suboxone/Vivitrol: Yes
- Level of Care: 3.5
- Insurance: Only Medicaid

## Other Alaska Locations

Seaview Community Services (Seward, AK) | (907) 224-5257

- Smoking Allowed: No
- Program Length: 6 months
- Population: Co-ed
- Suboxone/Vivitrol: Yes
- Level of Care: 3.5, Only Medicaid

True North Recovery - KAR House (Ketchikan, AK) | (907) 313-1333

- Smoking Allowed: Yes
- Program Length: 4 months
- Population: Co-ed
- Suboxone/Vivitrol: Yes
- Level of Care: 3.1, Only Medicaid

Ralph Perdue Center (Fairbanks, AK) | (907) 452-6251

- Smoking Allowed: Yes
- Program Length: 45 days (3.5) / 30 days (3.1)
- Population: Co-ed
- Suboxone/Vivitrol: Yes
- Level of Care: 3.1 & 3.5
- Insurance: Accepts Medicaid & Private Insurance

Old Minto Family Recovery Camp | (907) 452-8251 ext. 3800

- Smoking Allowed: Yes
- Program Length: 35 days
- Population: Co-ed
- Children Allowed: All ages
- Suboxone: No | Vivitrol/Sublocade: Yes
- Level of Care: 3.5
- Accepts Medicaid & Private Insurance

\*\* Thank you to Crystal Menice & Alexis Powell, SCF Discharge Coordinators, for your work and efforts compiling this information.

# RESIDENTIAL TREATMENT PROGRAMS IN ALASKA

This list provides up-to-date information on residential treatment programs across Alaska, including program length, population served, medication options, and insurance coverage.

## Other Alaska Locations

**Serenity House (Soldotna, AK)**  
(907) 714-4521

- Smoking Allowed: No
- Program Length: 4-6 weeks
- Population: Co-ed
- Suboxone/Vivitrol/Sublocade: Yes
- Level of Care: 3.5
- Accepts Medicaid & Private Insurance

**Mount Juneau Counseling & Recovery**  
(Juneau, AK) | (907) 780-3044

- Smoking Allowed: No
- Program Length: 6 months
- Population: Co-ed
- Suboxone/Vivitrol: Yes
- Level of Care: 3.1
- Accepts Medicaid & Private Insurance

**YKHC McCann's Treatment Center**  
(Bethel, AK) | (907) 543-6735

- Smoking Allowed: Information not specified
- Program Length: Information not specified
- Population: Information not specified
- Suboxone/Vivitrol: Information not specified
- Level of Care: Information not specified
- Accepts Medicaid & Private Insurance

**Jake's Place (Dillingham, AK)**  
(907) 842-5266

- Smoking Allowed: Yes
- Program Length: 35-90 days
- Population: Co-ed
- Suboxone/Vivitrol: Yes
- Level of Care: 3.5
- Accepts Medicaid & Private Insurance
- **Note: Prioritizes pregnant women and intravenous drug users.**

**Women and Children's Center for Inner Healing (Fairbanks, AK) | (907) 452-6251 or (907) 451-8164**

- Smoking Allowed: No
- Program Length: Medium-intensity, long-term residential treatment
- Population: Pregnant and postpartum mothers with children up to age 7
- Suboxone/Vivitrol:
- Level of Care:
- Accepts Medicaid & Private Insurance

**Sitka Counseling (Sitka, AK)**  
(907) 747-3636

- Smoking Allowed: Yes, away from facility
- Program Length: 4-6 months
- Population: Co-ed
- Access to MAT Services: Yes
- Level of Care: 3.1
- Accepts Medicaid & Private Insurance

### What do people most often ask about/look for when choosing an option?

1. Length of program (most important)
2. Location (some prefer to stay in Anchorage, some prefer to leave, usually open to any location if residential, for outpatient – want in location they live in)
3. MAT options (allow suboxone if also have opioid disorder, vivitrol)
4. MH Issues (Dena A Coy and Clitheroe the preferred options)

\*\* Thank you to Crystal Menice & Alexis Powell, SCF Discharge Coordinators, for your work and efforts compiling this information.

# QUALITATIVE DATA

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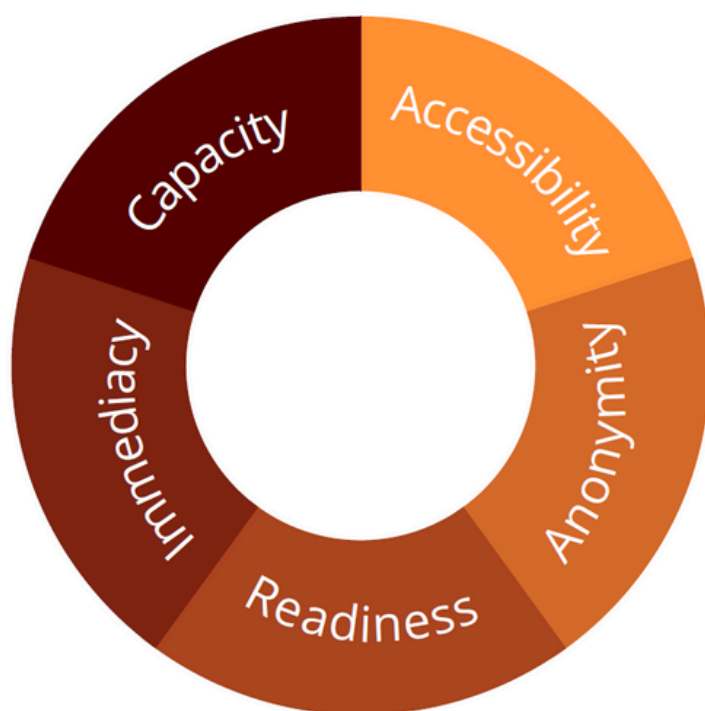
While reviewing data collected, researching options available, we spoke with many people - people in recovery, people looking for care, people trying to support ones they loved, people providing professional services to those struggling with harm resulting from alcohol and drug usage.

First, what became clear, was how much these groups overlapped. I rarely spoke with someone who wasn't exploring what the recovery journey looked like on just a professional level.

Secondly, as we spoke about options available for accessing care and what it looked like to reach out for these supports, themes started arising. These themes followed the same learnings from data and what I was hearing from behavioral health providers.



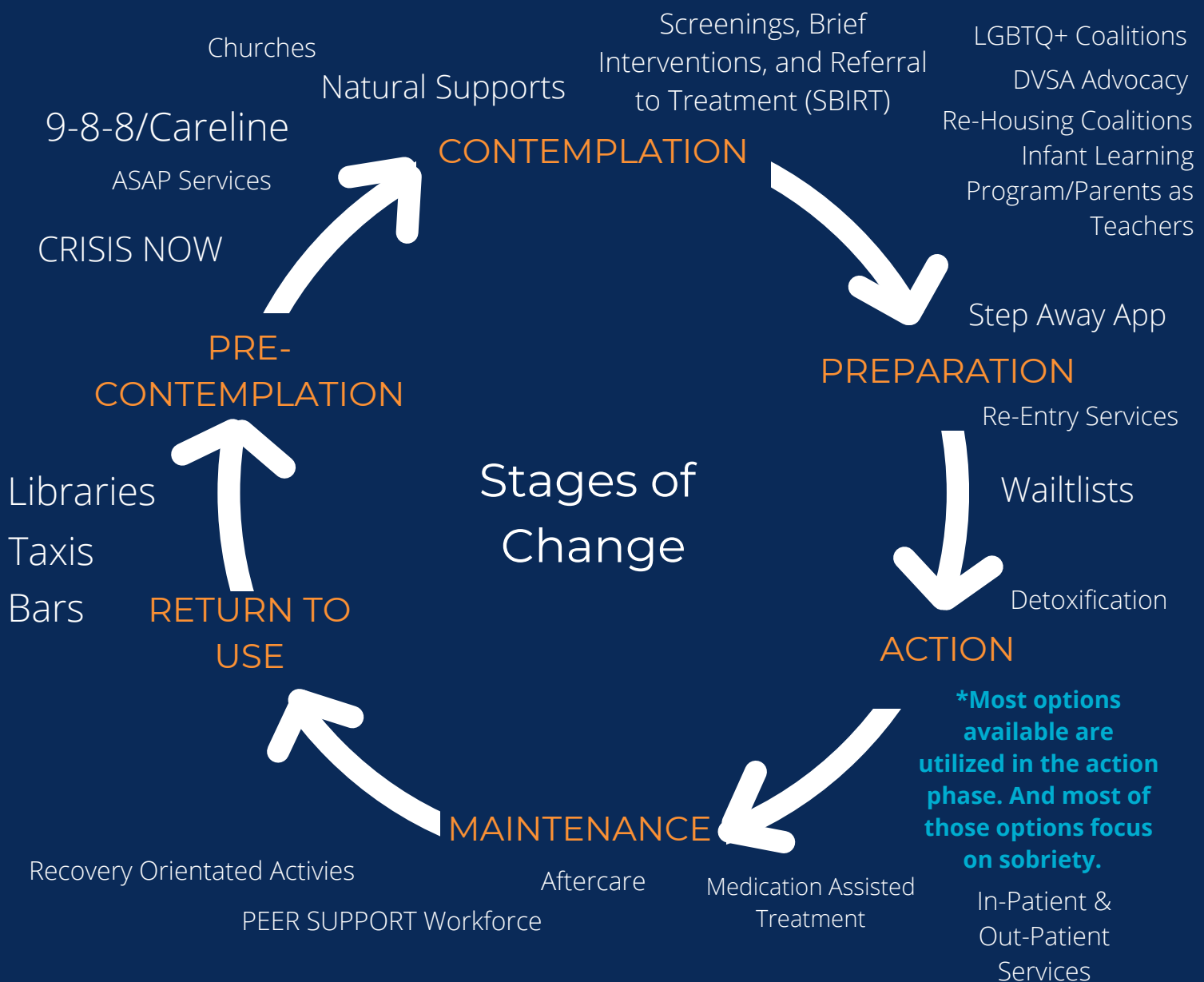
## 5 Core Issues Around Access to Care Arose



# AREAS OF OPPORTUNITY

After reviewing options and speaking to people trying to access care for themselves, their families and those they serve, it became clear that most options people saw as available served those in the action stage of change. Additionally, the primary goal of these options was directed toward achieving "long term" sobriety, while harm reduction models were less often identified.

When people spoke about "access to care," most options were more formal in nature. However, it was also clear that care was being given by many others and in many other contexts. An area of opportunity is to support options that exist in the other stages of change that also relate to people accessing care, such as outreach to people in earlier stages of change, more aftercare options, additional options for harms reduction, etc.



# HOW TO ACCESS TREATMENT: A STEP-BY-STEP GUIDE

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Navigating the process of getting into treatment can feel overwhelming but breaking it down into clear steps can help you access the services you need.

1. **Recognize the Need for Help:** Acknowledge that you or someone you care for could benefit from services. Seeking help is a courageous step toward healing and recovery.
2. **Identify the Right Type of Treatment:** Options may include inpatient, outpatient, detox, or medication-assisted treatment (MAT). Consider whether you need gender-specific care, programs that accommodate children, or specialized trauma-informed supports.
3. **Contact a Helpline or Resource** by reaching out to a trusted helpline for guidance, such as:
  - Alaska CARELINE: 1-877-266-4357 or 988
  - SAMHSA's National Helpline: 1-800-662-HELP (4357)
4. **Search for Local Treatment Centers** (using this guide or online directories, like SAMHSA's Treatment Locator ([findtreatment.gov](https://findtreatment.gov)), or contact local behavioral health organizations to find programs nearby.
5. **Schedule an Assessment:** Many treatment centers require an intake assessment to determine the level of care needed. Contact the program directly to schedule this initial evaluation or call a local mental health provider. (Next page: How to Get an Assessment – Page 12)
6. **Prepare Documentation** - Gather any necessary information, such as:
  - Identification (ID)
  - Insurance information (Public assistance/private insurance)
  - TB Test/Physical/Medical history or referral from a healthcare provider
7. **Verify Costs and Insurance Coverage:** Confirm what costs are involved and whether your insurance (if you have coverage) can help pay for treatment. If you are uninsured, ask about sliding-scale fees, payment plans, or grants that may be available or apply for public assistance, such as Medicaid, to cover costs.
8. **Coordinate Transportation and Support:** Plan for how you will get to and from treatment and arrange support from family, friends, or community resources during the process. Referring providers can also help set up Medicaid transportation to detox or treatment center.
9. **Check for Waitlists and Alternative Options:** If a program has a waitlist, ask for referrals to other facilities or inquire about immediate support options, such as peer recovery groups or outpatient care, while waiting.
10. **Engage in Treatment:** Once admitted, commit to the process. Treatment may include counseling, medical support, and skill-building to address the root causes of substance use and support recovery.
11. **Build Aftercare and Support Plans:** As treatment progresses, work with your care team to create a plan for aftercare, such as support groups, ongoing therapy, or connecting with a recovery coach.

# STEP-BY-STEP PLAN TO ACCESS DETOX

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Accessing safe and effective detox services is a crucial step in the recovery process. Here's how to navigate your options, including inpatient detox and ambulatory (outpatient) detox:

**Myth:** "You can't die from detox."

**Truth:** Detoxing from substances can cause seizures, delirium, or heart complications that require immediate medical intervention and if left untreated can cause death or serious long-term health issues.

**Recognize the Need for Detox:** Detox is the process of safely removing substances from the body, often with medical supervision. This step is essential for individuals experiencing withdrawal symptoms, especially for substances like alcohol, benzodiazepines, or opioids, where withdrawal can be life-threatening. Even detox from methamphetamine requires medical care. *No one ever has to suffer from detox.*

**Explore Inpatient Detox Options:** Inpatient detox is the safest option for individuals experiencing severe withdrawal symptoms, co-occurring mental health conditions, or who lack a safe home environment. This option provides 24/7 medical supervision, comfort medications, and structured care to manage withdrawal symptoms safely.

- **How It Works:** Patients stay in a medical facility/treatment center where healthcare professionals monitor progress and provide medications to ease discomfort.
- **Why It's Important:** Inpatient detox is essential for individuals withdrawing from alcohol, benzodiazepines, or opioids, where complications like seizures or severe cravings can occur.

**Explore Ambulatory (Outpatient) Detox Options:** Ambulatory detox allows individuals to detox at home or in a familiar place while working with a healthcare provider.

- **How It Works:** Contact a local medical provider to discuss your detox needs. The provider will evaluate your condition and prescribe comfort medications (e.g., anti-nausea meds, sleep aids, or medications to manage cravings and withdrawal including medically assisted treatment (MAT)).
- **Why It's Important:** Ambulatory detox allows people to remain at home, maintain their responsibilities (like work or childcare), and avoid the disruption of leaving.

**Understand the Medical Risks:** Detoxing without medical assistance can be dangerous and, in some cases, fatal.

- Medical assistance ensures safety, reduces discomfort, and improves the likelihood of successful detox and can give access to other pathways of recovery.

**Build a Support System:** Having a support system is vital. Inform trusted family members or friends about your plan. Engage with local recovery supports to guide you through the process.

**Plan for Aftercare:** Detox is only the first step. Recovery continues with community supports such as cultural pathways, counseling, therapy, and support groups.

# TELEHEALTH (TELEMED) AND SAME-DAY ASSESSMENT OPTIONS

Many providers in Alaska now offer virtual substance use assessments, allowing people to complete the process from home or a local health center via phone or video.

## Providers Offering Telehealth & Same-Day Assessments

- 📍 **Alaska Native Tribal Health Consortium (ANTHC)**  
Behavioral Health and Wellness Clinic (907) 729-2492 | [anthc.org/bhwc](http://anthc.org/bhwc)
  - ✓ Serve Alaska Native/Native Americans, 18+ years, telehealth services
  - ✓ Offers individual behavioral health assessments and group counseling
  - ✓ Can help coordinate referrals for detox, residential treatment, or outpatient

All documents must be signed and are available at [anthc.org/bhwc](http://anthc.org/bhwc)

- ✓ The Initial Screening must be completed first.
- ✓ Assessments take approximately 1.5 hours to complete.

- 📍 **Alaska Behavioral Health** (907) 563-1000 | [alaskabehavioralhealth.org](http://alaskabehavioralhealth.org)
- 📍 **Tanana Chiefs Behavioral Health** (907) 452-8251 | [tananachiefs.org](http://tananachiefs.org)
- 📍 **Set Free Alaska** (907) 373-4732 | [setfreealaska.org](http://setfreealaska.org)
- 📍 **True North Recovery** (907) 313-1333 | [tnrak.org](http://tnrak.org)
- 📍 **Southcentral Foundation** (907) 729-2500 | [southcentralfoundation.com](http://southcentralfoundation.com)
- 📍 **YKHC Behavioral Health** (Western Alaska) (907) 543-6100 | [ykhc.org](http://ykhc.org)

## How to Schedule a Telehealth or Same-Day Assessment

1. Call a provider listed above and ask about their telehealth or same-day assessment options.
2. Be prepared to answer questions about your substance use history, mental health, and personal needs.
3. If you qualify for treatment, the provider will help you schedule an intake at the appropriate level of care.
4. If using Medicaid/Private Insurance, confirm that the provider accepts your plan before scheduling.

**Many people never make it into recovery services because they get stuck waiting for an assessment or are denied access due to paperwork barriers. These options can help people start the process faster.**

**IF YOU OR SOMEONE YOU KNOW NEEDS HELP, DON'T WAIT.**  
**Take the first step toward recovery, healing, and hope. Call a provider today.**



# UNDERSTANDING LEVELS OF CARE

---

Substance use treatment is categorized by levels of care based on severity of substance use, medical needs, and personal stability.

## Outpatient (OP) – ASAM Level 1.0

- ✓ Weekly counseling and group therapy sessions
- ✓ Best for individuals with mild substance use concerns
- ✓ Can continue working, going to school, or living at home

## Intensive Outpatient (IOP) – ASAM Level 2.1

- ✓ 9–19 hours of structured treatment per week
- ✓ Combines therapy, peer support, and education
- ✓ Allows individuals to maintain daily responsibilities

## Partial Hospitalization (PHP) – ASAM Level 2.5

- ✓ 20+ hours of treatment per week
- ✓ Higher structure than IOP, but still allows some independence
- ✓ Best for individuals who need more support but don't require 24/7 care

## Low-Intensity Residential (LIR) – ASAM Level 3.1

- ✓ Live-in treatment with counseling and peer support
- ✓ Best for individuals transitioning from higher levels of care
- ✓ Provides stability, routine, and a sober living environment

## High-Intensity Residential (HIR) – ASAM Level 3.5

- ✓ 24/7 live-in treatment with structured therapy and medical supervision
- ✓ Best for individuals with severe substance use disorders and co-occurring mental health conditions
- ✓ Requires a strong commitment to recovery

## Medically Monitored Detox (Withdrawal Management) – ASAM Level 3.2

- ✓ Short-term medical supervision for withdrawal symptoms
- ✓ Often required before starting residential or outpatient treatment
- ✓ Prevents life-threatening complications from withdrawal

## Medically Managed Detox (Hospital-Based) – ASAM Level 4.0

- ✓ Highest level of medical detox, available in hospitals
- ✓ For individuals experiencing severe withdrawal symptoms
- ✓ Limited access in Alaska, must call ahead for availability

# SNAPSHOT OF ALASKA'S INPATIENT DETOX OPTIONS

## Southcentral Foundation Detox Services



**Advocate Favorite**

- **Location:** Anchorage, AK
- **Overview:** Southcentral Foundation is a leading provider of inpatient detox services in Alaska, known for its comprehensive medical care and supportive environment that facilitates the detox process.
- **Contact Phone:** (907) 729-2500 ext 6690
- **What They Offer:**
  - **24/7 Medical Supervision:** Continuous monitoring by healthcare professionals to ensure patient safety during detox.
  - **Comfort Medications:** Medications are provided to effectively reduce withdrawal symptoms, supporting a more comfortable detox experience.
  - **Safe Space:** A secure and nurturing environment designed to aid individuals in managing withdrawal symptoms and advancing towards recovery.

## Arctic Recovery Program (Under North Star Behavioral Health)



**Advocate Favorite**

- **Location:** Anchorage, AK
- **Overview:** Arctic Recovery is a specialized 14 day inpatient detox and rehabilitation program, which is also the state-designated option for children's behavioral health needs in Alaska. Arctic Recovery serves adults (18+) who require psychiatric care, detoxification, and rehabilitation for substance use disorders, providing a structured and supportive environment for recovery.
- **Contact Phone:** (907) 258-7575 (ask for intake coordinator)
- **What They Offer:**
  - **Comprehensive Treatment:** Integrated care for both psychiatric conditions and substance use disorders.
  - **Medically Supervised Detox:** Safe management of withdrawal symptoms under medical supervision.
  - **Inpatient Rehabilitation:** Structured treatment programs designed to support long-term recovery.
  - **Holistic Approach:** Incorporates therapeutic modalities to promote mental, physical, and emotional well-being.

**Detox is not about suffering—it's about reclaiming your body, your mind, and your future. No one should have to go through it alone, and no one deserves to be turned away from care.**

**HEALING STARTS WITH SAFETY, DIGNITY, AND SUPPORT.**

# SNAPSHOT OF ALASKA'S INPATIENT DETOX OPTIONS CONTINUED

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## Ralph Perdue Center

- Location: Fairbanks, AK
- Contact: 907-452-6251
- Overview: A 10-bed co-ed residential treatment facility offering detox services and structured programs for adults.

## True North Recovery

- Locations: Wasilla and Fairbanks, AK
- Contact: 907-313-1333
- Overview: Peer-led addiction treatment programs providing safe and effective detox services as part of their comprehensive care.

## Set Free Alaska

- Locations: Wasilla and Homer, AK
- Contact: Wasilla: 907-373-4732; Homer: 907-235-4732
- Overview: A faith-based treatment center offering residential programs with a mind-body-spirit approach to recovery, including detox services.

## Accessing Inpatient Detox Through Local Hospitals:

While some local hospitals in Alaska may offer inpatient detox services, accessing these services can be challenging due to stigma, bias, and resource constraints. Emergency Rooms (ERs) often encounter a high volume of patients with substance use experiences. Studies have shown that people with substance use disorders frequently experience stigma within healthcare settings, which can deter them from seeking necessary care and burn them out before ever getting the help they need.

## Important considerations and Recommendations:

- Do Not Seek Hospital-Based Detox Alone: It's advisable to have a trusted individual/Advocate/Peer Support Specialist accompany you when seeking detox services in a hospital setting. Having support can help navigate potential challenges and advocate for appropriate care.
- Be Prepared for Potential Barriers: Understand that stigma and bias exist, and it's essential to approach the situation with awareness and support.
- Some hospitals will only admit individuals with a confirmed treatment bed date at a detox or residential facility. This practice is discriminatory, unethical and a violation to federal healthcare rights. It also creates unnecessary barriers to care, but it is something to be aware of when planning detox.
- Consider Specialized Detox Facilities: Given the potential difficulties in hospital settings, exploring dedicated inpatient detox centers, such as those listed above, may provide a more supportive and specialized environment for recovery.

# THE OVERLAP OF TRAUMA AND SUBSTANCE USE

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The intersection of trauma and substance use is well-documented, particularly among survivors of domestic violence (DV) and sexual assault (SA). Many individuals who experience violence and chronic trauma turn to substance use as a coping mechanism, further complicating their ability to access safety, support, and long-term recovery.

## KEY STATISTICS

**90% of women in drug treatment reported experiencing severe domestic and/or sexual violence from a partner (National Institute on Drug Abuse).**

**In Alaska's domestic violence and sexual assault shelters, 75-95% of participants either met the criteria for alcohol or drug dependence or self-reported issues with substance use (Point & Time Count).**

Substance use does not cause domestic violence, but it increases the frequency and severity of violence, including the risk of lethality.

Survivors of intimate partner violence (IPV) who use substances often face greater barriers to safety, including criminalization, loss of custody, stigma, and difficulty accessing trauma-informed services.

## Understanding the Relationship Between Substance Use & Violence

- **Coping & Self-Medication:** Many survivors use substances to numb pain, reduce anxiety, or dissociate from traumatic experiences.
- **Increased Vulnerability:** Substance use does not cause abuse, but abusive partners may use a survivor's substance use to further control, isolate, or manipulate them (i.e., substance use coercion).
- **Escalation of Violence:** The presence of alcohol or drugs in abusive situations has been shown to increase the frequency and lethality of violence.
- **Access to Support is Limited:** Many DV shelters and services still screen out individuals who use substances, leaving survivors with fewer safe options.

## Why This Matters

- Addressing substance use and trauma together is critical for survivor safety and long-term healing. Integrated approaches that do not punish or exclude survivors for using substances—but instead recognize trauma-informed, harm reduction-based, and healing-centered care—are essential to breaking the cycle of abuse and addiction.

# SNAPSHOT OF DOMESTIC VIOLENCE AND SEXUAL ASSAULT SHELTER SERVICES

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## 1. Alaska Family Services (AFS)

Heather Miller, Program Manager  
[heatherm@akafs.org](mailto:heatherm@akafs.org)  
1825 S. Chugach St.  
Palmer, AK 99645  
Ofc: 907-746-8026 Fax: 907-746-4081  
Crisis: 907-746-8026

## 2. Advocates for Victims of Violence (AVV)

ED: Rowena Palomar,  
[executive@avvalaska.org](mailto:executive@avvalaska.org)  
P.O. Box 524  
Valdez, AK 99686  
Ofc: 907-835-2980 Fax: 907-835-2981  
Crisis: 800-835-4044 / 907-835-2999

## 3. Abused Women's Aid in Crisis, Inc. (AWAIC)

ED: Randi Breager, [Randi\\_B@awaic.org](mailto:Randi_B@awaic.org)  
100 W. 13th Ave  
Anchorage, AK 99501  
Ofc: 907-279-9581 Fax: 907-279-7244  
Crisis: 907-272-0100

## 4. AWARE

ED: Mandy Cole,  
[mandyoc@awareak.org](mailto:mandyoc@awareak.org)  
P.O. Box 20809  
Juneau, AK 99802  
Ofc: 907-586-6623 Fax: 907-586-2479  
Crisis: 800-478-1090 / 907-586-1090

## 5. Arctic Women In Crisis (AWIC)

ED: Virginia Walsh,  
[Virginia.Walsh@north-slope.org](mailto:Virginia.Walsh@north-slope.org)  
P.O. Box 69,  
Utqiagvik, AK 99723  
Ofc: 907-852-0261 Fax: 907-852-2474  
Crisis: 800-478-0267 / 907-852-0267

## 6. Becky's Place

ED: Jackie Mazeikas,  
[beckysplace.haines@gmail.com](mailto:beckysplace.haines@gmail.com)  
PO Box 1506  
Haines, AK 99827  
Ofc: 907-303-0076

## Shelter Services

Alaska's domestic violence and sexual assault shelters provide critical services to individuals and families seeking safety and support. These shelters offer a range of resources, including emergency housing, advocacy, counseling, and access to legal and medical assistance. Many also provide programs designed to empower survivors, such as support groups, safety planning, and referrals to long-term housing and employment services. Recognizing the intersection of domestic violence, sexual assault, and substance use, shelters increasingly integrate substance use support and recovery services into their programs. This includes harm reduction approaches, connections to treatment resources, and trauma-informed care tailored to survivors navigating recovery.

# SNAPSHOT OF DOMESTIC VIOLENCE AND SEXUAL ASSAULT SHELTER SERVICES (CONT.)

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## **7. Bering Sea Women's Group (BSWG)**

ED: Bertha Koweluk, [execdir@nome.net](mailto:execdir@nome.net)  
P.O. Box 1596  
Nome, AK 99762  
Ofc: 907-443-5491 Fax: 907-443-3748  
Crisis: 800-570-5444 / 907-443-5444

## **8. Cordova Family Resource Center (CFRC)**

ED: Nicole Songer, [cfr@ctcak.net](mailto:cfr@ctcak.net)  
P.O. Box 863  
Cordova, AK 99574  
Ofc: 907-424-5674 Fax: 907-424-5673  
Crisis: 866-790-4357 / 907-424-4357

## **9. Emmonak Women's Shelter (EWS)**

ED: Joann Horn, [joann\\_ews@yahoo.com](mailto:joann_ews@yahoo.com)  
P.O. Box 207  
Emmonak, AK 99581  
Ofc: 907-949-1443 Fax: 907-949-1718  
Crisis: 907-949-1434

## **10. Helping Ourselves Prevent Emergencies (HOPE)**

ED: Tiffany Mills,  
[hopeprevention@aptalaska.net](mailto:hopeprevention@aptalaska.net)  
PO Box 145  
Craig, AK 99921  
Ofc: 907-826-2581 Fax: 907-826-2584

## **11. Interior Alaska Center for Non-Violent Living (IAC)**

ED: Brian Taylor,  
[executivedirector@iacnvl.org](mailto:executivedirector@iacnvl.org)  
726 26th Ave, Suite 1  
Fairbanks, AK 99701  
Ofc: 907-452-2293 Fax: 907-452-2613  
Crisis: 800-478-7273 / 907-452-7273

## **12. Kodiak Women's Resource and Crisis Center (KWRCC)**

ED: Rebecca Shields,  
[Rebecca.director@kwrcc.org](mailto:Rebecca.director@kwrcc.org)  
P.O. Box 2122  
Kodiak, AK 99615  
Ofc: 907-486-6171 Fax: 907-486-4264  
Crisis: 907-486-3625

## The Importance of Seeking Shelter and Safety While Using Substances

Seeking shelter is vital, even for individuals actively using substances. Shelters provide a safe environment away from violence and trauma, where survivors can access critical resources without judgment. Many shelters now embrace harm reduction and trauma-informed approaches, understanding that substance use is often a natural response to trauma. These programs prioritize safety, dignity, and healing, ensuring that survivors have the support they need to begin their journey toward recovery and stability. No one should have to choose between safety and seeking help.

# SNAPSHOT OF DOMESTIC VIOLENCE AND SEXUAL ASSAULT SHELTER SERVICES (CONT.)

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## 13. Safe & Fear-Free Environment (SAFE)

ED: Marilyn Casteel,  
[director@safebristolbay.org](mailto:director@safebristolbay.org)  
P.O. Box 94  
Dillingham, AK 99576  
Ofc: 907-842-2320 Fax: 907-842-2198  
Crisis: 800-478-2316 / 907-842-2316

## 14. Cordova Family Resource Center (CFRC)

ED: Nicole Songer, [cfr@ctcak.net](mailto:cfr@ctcak.net)  
P.O. Box 863  
Cordova, AK 99574  
Ofc: 907-424-5674 Fax: 907-424-5673  
Crisis: 866-790-4357 / 907-424-4357

## 15. Sitkans Against Family Violence (SAFV)

ED: Natalie Wojcik, [nwojcik@safv.org](mailto:nwojcik@safv.org)  
P.O. Box 6136  
Sitka, AK 99835  
Ofc: 907-747-3370 Fax: 907-747-3450  
Crisis: 800-478-6511 / 907-747-3370

## 16. Seward Safe Harbor

Suzi Towsley, DV/SA Program Manager and Victim Advocate  
[suzi@spsalaska.org](mailto:suzi@spsalaska.org)  
P.O. Box 482  
Seward, AK 99664  
Ofc: 907-422-7668  
Crisis: 907-362-1843

## 17. South Peninsula Haven House (SPHH)

ED: Lindsey Collins,  
[lindsey@havenhousealaska.org](mailto:lindsey@havenhousealaska.org)  
3776 Lake Street, Suite 100  
Homer, AK 99603  
Ofc: 907-235-7712 Fax: 907-235-2733  
Crisis: 800-478-7712 / 907-235-8943

## 18. Standing Together Against Rape (STAR)

ED: Keeley Olson,  
[kolson@staralaska.org](mailto:kolson@staralaska.org)  
1057 W. Fireweed, Suite 230  
Anchorage, AK 99503  
Ofc: 907-276-7279 Fax: 907-278-9983  
Crisis: 907-276-727

"I couldn't even think about my drinking until I felt safe. Safety had to come first—somewhere I could breathe, where I wasn't scared all the time. Once I had that, I could start to deal with my alcohol use. But without safety, nothing else felt possible."  
– Survivor Testimony

## Breaking Barriers to Healing

"If alcohol and heroin are easy to access, then our services must be even easier. We have to remove barriers, create pathways, and ensure that safety, support, and healing are always within reach for survivors. Accessibility is not just an option—it's a responsibility."

Christina Love, Multi-Level Advocate, Educator, and Subject Matter Expert



# SNAPSHOT OF DOMESTIC VIOLENCE AND SEXUAL ASSAULT SHELTER SERVICES (CONT.)

## 19. Maniilaq Family Crisis Center (MFCC)

Program Director: Shylena Lie  
[Shylena.lie@maniilaq.org](mailto:Shylena.lie@maniilaq.org)  
P.O. Box 38  
Kotzebue, AK 99752  
Ofc: 907-442-3724 Fax: 907-442-3985  
Crisis: 907-442-3969

## 20. The LeeShore Center

ED: Cheri Smith, [csmith@leeshoreak.org](mailto:csmith@leeshoreak.org)  
325 S. Spruce Street  
Kenai, AK 99611  
Ofc: 907-283-9479 Fax: 907-283-5844  
Crisis: 907-283-7257

## 21. Tundra Women's Coalition (TWC)

ED: Eileen Arnold,  
[Eileen\\_Arnold@twcpeace.org](mailto:Eileen_Arnold@twcpeace.org)  
P.O. Box 2029  
Bethel, AK 99559  
Ofc: 907-543-3444 Fax: 907-543-3752  
Crisis: 800-478-7799 / 907-543-3456

## 22. Unalaskans Against Sexual Assault & Family Violence (USAFV)

ED: M. Lynn Crane, [usafved@arctic.net](mailto:usafved@arctic.net)  
PO Box 36  
Unalaska, AK 99685  
Ofc: 907-581-1500 Fax: 907-581-4568  
Crisis: 800-478-7238 / 907-581-1500

## 23. Working Against Violence for Everyone (WAVE)

ED: Skylar DuPont,  
[director@petersburgwave.org](mailto:director@petersburgwave.org)  
PO Box 415  
Petersburg, AK 99833  
Ofc: 907-772-9283 Crisis: 907-518-0555

## 24. Women in Safe Homes (WISH)

ED: TBD  
P.O. Box 6552  
Ketchikan, AK 99901  
Ofc: 907-225-9474 Fax: 907-225-2472  
Crisis: 800-478-9474 / 907-225-9474

If you or someone you know is experiencing domestic violence or sexual assault several hotlines offer confidential support and assistance:

- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- National Sexual Assault Hotline (RAINN): 1-800-656-HOPE (4673)
- StrongHearts Native Helpline: 1-844-7NATIVE (1-844-762-8483)
- Alaska CARELINE (Statewide Crisis & Suicide Prevention): 1-877-266-4357 or 988

## Understanding the Intersection of Trauma, Substance Use, and Coercion

"Trauma and pain often drive substance use, but it's important to recognize that for some, the choice was never theirs. Substance use coercion strips survivors of autonomy and deepens cycles of harm. By addressing this intersection, we can create pathways to healing that honor every survivor's experience."

– Christina Love, Multi-Level Advocate, Educator, and Subject Matter Expert

# DRAFT MODEL MULTIDISCIPLINARY TEAM (MDT) RESPONSE

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A Multidisciplinary Team (MDT) response is a coordinated approach to address the complex needs of individuals experiencing trauma, substance use, and mental health challenges. By bringing together professionals from various fields, an MDT ensures comprehensive care that is survivor-centered, trauma-informed, and culturally responsive. Below is a draft model for an effective MDT response:

## 1. (Possible) Team Composition

- Core Team Members:
  - Advocate (e.g., domestic violence or sexual assault advocate)
  - Medical Professional (e.g., nurse practitioner, physician)
  - Mental Health Counselor or Therapist
  - Substance Use Specialist or Peer Recovery Coach
  - Case Manager or Social Worker
  - Cultural Advisor or Community Leader (when appropriate)
  - Survivor or Family Liaison (optional, if survivor consents and it is safe)

## 2. Goals and Objectives

- Ensure the survivor's immediate safety and well-being.
- Provide holistic support addressing physical, emotional, and psychological needs.
- Offer culturally responsive care that honors the survivor's identity and experiences.
- Facilitate access to resources and long-term recovery support.

## 3. Response Protocol

- **Initial Contact and Assessment:**
  - A team member (e.g., advocate or case manager) engages with the survivor to assess immediate needs, including safety, medical care, housing, and substance use concerns.
  - The survivor consents to the involvement of the MDT.
- **Crisis Intervention:**
  - Address urgent needs such as medical attention, emergency shelter, or harm reduction support.
  - Establish a safety plan if the survivor is in immediate danger.

# DRAFT MODEL MULTIDISCIPLINARY TEAM (MDT) RESPONSEN (CONTINUED)

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## 4. Team Coordination:

- **Convene the MDT** to develop an individualized response plan.
- **Share relevant information** while maintaining confidentiality and adhering to VAWA, HIPAA, 42CFR Part 2 and other privacy regulations.
- **Comprehensive Care Plan:**
  - Identify short-term and long-term goals for the survivor.
  - Assign roles to team members for service delivery (e.g., advocate facilitates shelter placement, counselor provides trauma-informed therapy).
- **Implementation of Services:**
  - Provide wraparound services, including legal assistance, medical care, substance use treatment, and peer support.
  - Schedule regular follow-ups to evaluate progress and adjust the care plan as needed.

## 5. Best Practices for MDT Collaboration

- **Regular Meetings:** Weekly or biweekly MDT meetings to review cases and share updates.
- **Clear Communication:** Develop protocols for secure and efficient communication between team members.
- **Trauma-Informed Approach:** Prioritize survivor empowerment, consent, and autonomy at every step.
- **Cultural Responsiveness:** Incorporate cultural knowledge and practices into the response plan, ensuring inclusivity and respect.
- **Ongoing Training:** Provide MDT members with continuous education on trauma, substance use, and systemic barriers.

## 6. Measuring Outcomes

- Track key indicators such as survivor satisfaction, access to services, and progress toward recovery goals.
- Conduct regular evaluations of the MDT's effectiveness and areas for improvement.

# DRAFT MODEL POLICIES FOR SHELTER ON ADDICTION, RECOVERY, AND HARM REDUCTION

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Shelters play a vital role in supporting individuals experiencing addiction and recovery by implementing policies rooted in harm reduction and trauma-informed care. Below is a draft model for creating policies that ensure accessibility, inclusivity, and respect for individuals navigating addiction and recovery:

## 1. Purpose and Guiding Principles

This policy aims to create a safe, supportive, and nonjudgmental environment for individuals experiencing addiction and recovery. It prioritizes harm reduction, trauma-informed care, and survivor-centered practices, ensuring that no one is denied services due to substance use or recovery status.

## 2. Non-Discrimination Policy

Shelters will not exclude or deny services to individuals based on substance use, addiction, or recovery status. Every person will be treated with dignity and respect, regardless of their substance use history or current behavior.

## 3. Harm Reduction Approach

- Shelters will adopt harm reduction strategies to minimize the risks associated with substance use while promoting safety and well-being.
- Examples of harm reduction practices include:
  - Providing access to clean syringes, naloxone, and overdose prevention education.
  - Offering referrals to harm reduction programs and peer support services.
  - Supporting individuals to make informed choices about their health and recovery.

## 4. Trauma-Informed Practices

- Staff will be trained in trauma-informed care to understand the intersection of substance use, trauma, and systemic barriers.
- Policies and practices will emphasize safety, choice, collaboration, and empowerment for individuals.

## 5. Low-Barrier Access

- Ensure that shelters are accessible to individuals currently using substances by eliminating unnecessary rules or requirements, such as sobriety as a condition for entry.
- Provide comfort medications and other supports to individuals experiencing withdrawal symptoms, in consultation with medical professionals.

# DRAFT MODEL POLICIES FOR SHELTER CONTINUED

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## 6. Safety and Overdose Prevention

- Equip shelters with naloxone and train staff to recognize and respond to overdose situations.
- Establish clear procedures for addressing substance use on the premises while maintaining the dignity and privacy of individuals.

## 7. Recovery Support

- Offer peer recovery coaching and support groups onsite or through referral partnerships.
- Provide information about treatment options, including inpatient, outpatient, and medication-assisted treatment (MAT).
- Collaborate with local providers to create pathways to recovery services tailored to individual needs.

## 8. Staff Training

- Require ongoing training for all staff on:
  - Addiction, recovery, and harm reduction principles.
  - De-escalation techniques and responding to crises.
  - Cultural competency and the unique needs of underserved populations.

## 9. Individualized Support Plans

- Work with individuals to develop personalized support plans that respect their choices and recovery goals.
- Include options for connecting with medical care, mental health services, and substance use treatment.

## 10. Evaluation and Feedback

- Regularly assess the effectiveness of shelter policies through survivor feedback, staff input, and program evaluations.
- Adjust policies and practices as needed to better meet the needs of individuals and align with best practices in harm reduction and recovery support.

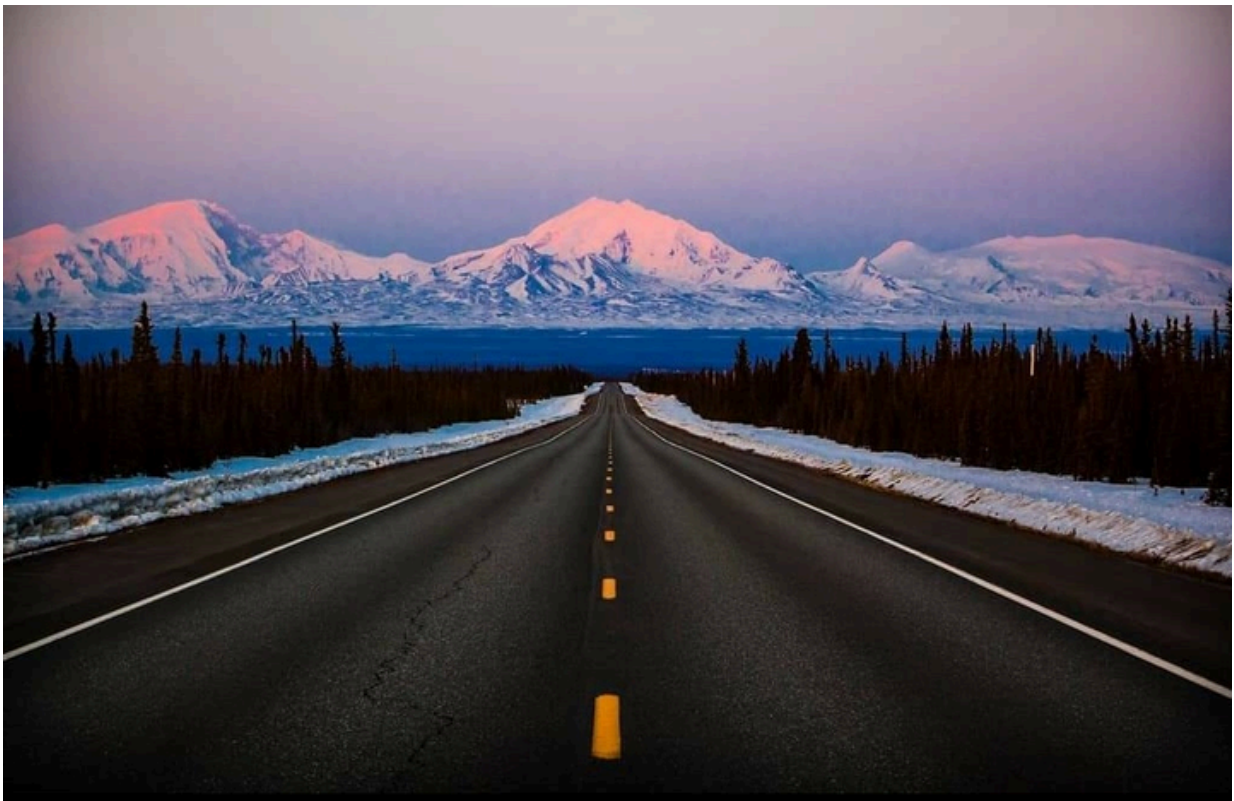
These model policies ensure that shelters are safe, inclusive spaces for individuals navigating addiction and recovery. By adopting harm reduction, trauma-informed practices, and a commitment to nonjudgmental care, shelters can empower individuals to take meaningful steps toward healing and well-being

# DEEP DIVE INTO RECOVERY OPTIONS

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## Specialized Recovery Services for Substance Use and Trauma in Alaska

This section of our resource guide is meticulously designed to assist individuals in Alaska who are facing the dual challenges of trauma and substance use. This crucial segment focuses exclusively on inpatient treatment facilities that are equipped to manage these complex conditions simultaneously. The primary aim is to simplify the decision-making process for those seeking help by filtering and presenting options that specialize in integrated treatment approaches. By concentrating on establishments that provide comprehensive care for both trauma and substance use within a residential setting, we offer a refined list of resources. This targeted approach ensures that individuals and their families have access to the most relevant and effective treatment options, promoting a path to recovery that addresses the intricacies of their experiences with the depth of care they require. This dedicated resource section empowers patients by providing them with the knowledge to choose a program that best fits their recovery needs, ultimately supporting better health outcomes and a more sustainable healing process.



*Image courtesy of Christina Love. Kenny Lake Cutoff, Mile 33 — Road to Chitina, Alaska. Used with permission.*

# DEEP DIVE INTO RECOVERY OPTIONS CONTINUED

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## SOUTHCENTRAL FOUNDATION 3.5 DENA A COY

### Facility Information:

- Address: Anchorage, AK 99508
- Phone: 907-729-5070
- Website: [Visit Southcentral Foundation Dena A Coy](#).

### Dena A Coy Residential Treatment Program:

The program serves pregnant, parenting, and non-parenting women who are experiencing problems related to alcohol and other drugs, as well as emotional and psychological issues. Services offered include:

- Children ages 3 and under may be considered for admission with their mother.
- Dedicated programs for survivors of sexual abuse, domestic violence, and those who have experienced significant trauma.
- Individual addiction and mental health counseling.
- Case management.
- Group counseling on parenting, domestic violence, anger management, relationships, symptom management, anxiety and depression, relapse prevention, community recovery skills, life skills, and health and wellness.
- Treatment for substance use and co-occurring mental health experiences.
- Use of medication to help manage withdrawal and cravings in opioid and alcohol treatment.
- Transportation assistance is provided to ease access to the facility.

The duration of the program is related to the level of care needed and is clinically driven. If you are interested in participating, please complete and submit the application packet to the address, confidential fax, or email listed on the Referral for Admission Form. Program application is listed on webpage.

### Payment Options: Various payment methods are accepted, including:

- Medicaid, Medicare, and private health insurance.
- Federal, state, and military insurance.
- Cash or self-payment options.

**ADVOCATE'S FAVORITE**





# DEEP DIVE INTO RECOVERY OPTIONS CONTINUED

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## SITKA COUNSELING 3.1

Situated in Sitka, Alaska, the Sitka Counseling and Prevention Services Integrated Behavioral Health Program provides a comprehensive suite of services aimed at treating substance use disorders and co-occurring mental health conditions. The program offers a multifaceted approach to treatment, ensuring a broad spectrum of care options to cater to diverse patient needs.

### Facility Information:

- Address: 113 Metlakatla Street, Sitka, AK 99835
- Phone: 907-747-3636 x237
- Distance: 92.74 Miles from the nearest major center
- Website: [Sitka Counseling and Prevention Services sitkacounseling.org](https://sitkacounseling.org)

**Services Offered:** The facility provides a robust range of treatment options, including outpatient, intensive outpatient, residential, and long-term care. The treatment modalities available encompass:

- **Substance Use Treatment:** Focused on both adults and youth, offering individual and group settings.
- **Co-Occurring Mental Health Treatment:** Services for adults with serious mental health illnesses and children with serious emotional disturbances.
- **Medication-Assisted Treatment (MAT):** Providers at Sitka Counseling will assist residents in getting connected with, or maintaining currently prescribed, MAT services.
- **Comprehensive Treatment Approaches:** Includes cognitive behavioral therapy, motivational interviewing, relapse prevention, trauma-related counseling, EMDR, and more.

### Special Programs and Groups Offered:

- Specific groups for adolescents, young adults, adult women (including pregnant/postpartum women), adult men, seniors, LGBTQ individuals, veterans, and active duty military.
- Programs tailored for clients with histories of trauma.

### Payment and Insurance:

- Federal and government funding for substance use treatment programs.
- Medicare, Medicaid, Federal military insurance (e.g., TRICARE), private health insurance, cash or self-payment.
- A sliding fee scale based on income and other factors is available to ensure accessibility for all clients.

# DEEP DIVE INTO RECOVERY OPTIONS CONTINUED

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## AKEELA STEPPING STONES 3.5

The Akeela Stepping Stones program is a Level 3.5 residential treatment facility in Anchorage, Alaska, designed for women with children seeking recovery support. The program provides individual apartments for mothers and their children, ensuring a safe, stable, and structured environment while women receive treatment. On-site childcare is available to support mothers during treatment sessions, allowing them to focus on their recovery.

### Facility Information:

- Address: 611 W 47th Street, Anchorage AK 99501
- Phone: 907-565-1200
- Distance: 3 miles from the Anchorage airport
- Website: <https://akeela.org/anchorage/stepping-stones-residential-program>.

### Services Offered:

- Residential treatment for women with children
- Family reunification support (many residents are working with OCS to regain or retain custody)
- Trauma-informed and gender-specific care
- Co-occurring mental health treatment for individuals managing both substance use and mental health disorders

### Children's Accommodations:

- Women can bring up to two children
- Children must be 12 years old or younger
- Children must join their mothers within 30 days of admission

### Payment and Insurance:

- Medicaid, private insurance, private pay



**ADVOCATE'S FAVORITE**

# DEEP DIVE INTO RECOVERY OPTIONS CONTINUED

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## JAKE'S PLACE 3.5

A Program of Bristol Bay Area Health Corporation (BBAHC)

Located in Dillingham, Alaska, Jake's Place provides residential and outpatient substance use treatment services rooted in cultural and traditional healing approaches. The program emphasizes holistic recovery, integrating historical trauma discussions, harm reduction strategies, and community connection into its treatment model.

**Jake's Place is co-ed, serving men, women, and the LGBTQ+ community. Transgender individuals are welcome to participate in services that align with their gender identity.**

### Facility Information

- Address: 6000 Kanakanak Road, Dillingham, AK 99576
- Phone: (907) 842-5266
- Distance: 4.1 miles from Dillingham Airport
- Website: <https://www.bbahc.org/preventionandrecoveryservices>

### Treatment Approach

- Clients participate in Celebrate Recovery, a faith-based recovery program with optional church services.
- A full-time harm reduction nurse is on staff, and naloxone (Narcan) is available throughout the facility.
- Many staff members have lived experience with substance use and recovery.

### Mental Health & Medication-Assisted Treatment (MAT)

- Mental health services, including psychiatric care, are available for individuals with co-occurring substance use and mental health disorders.
- Clients have access to individual and group therapy sessions.
- Jake's Place provides MAT options for individuals in recovery, offering most common medications except methadone.

### Cultural & Holistic Healing Approach

- The program centers culture, tradition, and faith-based support as key components of recovery.
- Treatment includes counseling, educational groups, and medication-assisted treatment when needed.
- Community connection is prioritized as an essential part of long-term recovery.

### Specialized Programs & Support

- ✓ Pregnant individuals struggling with substance use are prioritized for services.
- ✓ Support for survivors of domestic violence and sexual assault, including specialized groups and individual counseling.
- ✓ Residential participants can work with individual counselors to address their unique needs, with referrals available for additional behavioral health support.

# DEEP DIVE INTO RECOVERY OPTIONS CONTINUED

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## VALLEY OAKS 3.5

Valley Oaks is a 16-bed residential treatment facility in Wasilla, Alaska, designed specifically for women in recovery. The program includes limited spaces for women with children, who must be under the age of 10.

### Facility Information

- Address: 7010 E Bogard Road, Building A, Wasilla, AK 99654
- Phone: (907) 373-4732
- Distance: 47.7 miles from Anchorage Airport
- Website: [Set Free Alaska – Valley Oaks](#)

### Services Offered

- Level 3.5 residential treatment with a duration of 5-8 months, based on individual needs.
- Holistic recovery approach, integrating clinical care, therapy, and spiritual wellness.

### Substance Use & Mental Health Treatment

- Comprehensive addiction treatment, combining clinical therapy, structured case management, and faith-based healing.
- Co-occurring mental health support, including individual and group counseling.
- Children of women in treatment receive individual mental health counseling services.

### Payment & Insurance

- ✓ Accepts Medicaid
- ✓ Accepts Private Insurance
- ✓ Sliding Fee Scale available for those who qualify

# DEEP DIVE INTO RECOVERY OPTIONS CONTINUED

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## CLITHEROE 3.1, 3.5

Clitheroe is a 42-bed residential and outpatient treatment facility in Anchorage, Alaska, offering separate programs for men and women in a structured, supportive environment for recovery.

### Facility Information

- Address: 3600 E 20th Avenue, Anchorage, AK 99508
- Phone: (907) 279-2898
- Distance: 7.1 miles from Anchorage Airport
- Website: [www.salvationarmy.org/alaska](http://www.salvationarmy.org/alaska)

### Services Offered

- Residential and outpatient treatment programs, including family services and counseling.
- Continuing care programs for individuals transitioning out of treatment.

### Substance Use & Mental Health Treatment

- Dual-diagnosis treatment for individuals with co-occurring mental health and substance use disorders.
- Comprehensive therapy, including individual, group, and family counseling.

### Medication-Assisted Treatment (MAT)

- Information not specified—contact Clitheroe directly for details on MAT availability.

### Payment & Insurance

- ✓ Sliding Scale
- ✓ Medicaid
- ✓ Private Insurance
- ✓ Private Pay
- ✓ No one is turned away due to inability to pay

# DEEP DIVE INTO RECOVERY OPTIONS CONTINUED

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## ERNIE TURNER 3.5

The Ernie Turner Center is located in Eklutna, Alaska, about 30 miles north of Anchorage. Ernie Turner is a coed 14-bed residential substance use treatment facility providing 3.5 level care that is strongly rooted in Alaska Native culture and values and uses peer recovery support models to support residents.

**Note:** Ernie Turner only accepts their own assessments.

### Facility Information:

- Address: 30881 Eklutna Lake Road, Chugiak, AK 99567
- Phone: 907-688-1750
- Distance: 34.3 miles from the Anchorage Airport
- Website: <https://citci.org/addiction-recovery-services/adults/>

**Services Offered:** Individuals typically spend about 3 months at Ernie Turner, where they participate in individual and group sessions, and engage with peers and staff with lived experience of substance use and recovery. Services are available for people aged 18 and up, and welcome men, women, and the LGBTQ+ community. Ernie Turner will work with individuals who are on probation or parole; people with history of violent offenses will be considered on a case-by-case basis.

- **Substance Use Treatment:** Residential treatment heavily incorporates traditional Alaska Native culture and values.
- **Co-Occurring Mental Health Treatment:** Ernie Turner provides mental health services for adults with co-occurring mental health and substance use diagnoses.
- **Medication-Assisted Treatment (MAT):** Providers at Ernie Turner will assist residents in getting connected with, or maintaining currently prescribed, MAT services. However, the Ernie Turner center is not a medical provider and therefore cannot prescribe MAT in-house.

### Payment & Insurance

- ✓ Medicaid
- ✓ Private Insurance (Blue Cross, Aetna, and others)
- ✓ Cash Pay
- ✓ Individuals without insurance are not typically turned away—alternative funding options may be available.

# DEEP DIVE INTO RECOVERY OPTIONS CONTINUED

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## RALPH PERDUE 3.5

The Ralph Perdue Center is a short-term residential treatment facility serving people at a 3.5 or 3.1 level of care in Fairbanks, Alaska. Ralph Perdue is operated by Fairbanks Native Association, and services Native and non-Native adult men, women, and LGBTQ+ people.

**Ralph Perdue Center is pleased to work with transgender clients, and to have them utilize services that align with their gender identity.**

### Facility Information:

- Address: 3100 Cushman St, Fairbanks AK 99701
- Phone: 907-452-6251
- Distance: 7 miles from the Fairbanks airport
- Website: <https://www.fairbanksnative.org/ralph-perdue-center/>

**Services Offered:** Ralph Perdue offers short-term residential treatment for people meeting the criteria for 3.1 or 3.5 level care. The majority of staff at Ralph Perdue have their own lived experience with substance use and recovery. Harm Reduction practices are discussed during treatment, and naloxone is available on site.

- **Substance Use Treatment:** Ralph Perdue offers short-term residential treatment programs. For the 3.5 level of care, the average stay is 45 days, and for 3.1 level care, the typical stay is 30 days. Treatment programs include individual and group counseling, and drug and alcohol education.
- **Intake requirements and how to get connected with services:** If someone has ongoing medical concerns, a physical will be required prior to beginning treatment. Ralph Perdue will work with individuals on probation or parole, but someone who is on the sex offender registry, has a murder conviction, or has been convicted of manufacturing drugs would not be eligible to receive services. To begin seeking services with Ralph Perdue, someone should complete and return the intake packet. A staff member will call and complete a screening over the phone, and then help the client identify a local or nearby option to complete a substance use assessment.

### Special Programs and Groups Offered:

- A 10 apartments are available on a case-by-case basis for transitional housing upon completing treatment.

### Payment and Insurance:

- Ralph Perdue accepts Medicaid, Medicare, private insurance, and offers a sliding fee scale (proof of income is required to receiving a sliding-scale rate).



# DEEP DIVE INTO RECOVERY OPTIONS CONTINUED

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## OLD MINTO FAMILY RECOVERY CAMP 3.5

Old Minto Family Recovery Camp is a 3.5 level substance use treatment facility that is rooted in Alaska Native culture, traditions, and lifestyles, and is located on the site of the historical village of Minto. Operated by Tanana Chiefs Conference, Old Minto welcomes partners and children of the person seeking treatment. During treatment, individuals stay in cabins with wood stoves and kerosene lamps, without water or electricity. Individuals are expected to gather firewood, haul water, fish, hunt, and work collaboratively with other residents to complete chores. In the summer, Old Minto is reached by boat, and in winter, it is reached by small aircraft; travel into camp happens every Wednesday. Old Minto is closed between late April and early June each year for river breakup.

### Facility Information:

- Address: 122 1st Ave, Suite 600, Fairbanks AK 99701 (administrative building, not treatment location)
- Phone: 907-452-8251, ext. 3800
- Distance: 43 miles (by air) from Fairbanks
- Website: <https://www.tananachiefs.org/services/omfrc/>

**Services Offered:** Old Minto operates a 12-bed coed residential treatment program that is also open to the partners and children of the person seeking treatment. Individuals typically stay for 35 days, and then are referred to after care programs. Daily individual and group therapy are complemented by engaging in traditional Alaska Native activities such as gathering wood, hunting, and fishing. Spirituality is a part of the treatment program, and individuals are invited to participate in prayer and talking circles; however, no formal or organized religion is overtly practiced or forced upon residents. While children are welcome at Old Minto, there is no childcare provided, and adults are expected to care for and supervise their children at all times.

- **Substance Use Treatment:** Treatment involves daily individual and group therapy. Many staff facilitating programs at Old Minto have lived experience with substance use and recovery.
- **Medication-Assisted Treatment (MAT):** MAT is discussed at Old Minto, but they do not work with residents who use suboxone or methadone. Individuals currently using these medications are encouraged to speak with their medical providers to switch to another medication prior to enrolling at Old Minto.
- **Comprehensive Treatment Approaches:** Participating in traditional lifestyle practices like hunting, hauling water, and fishing are an integral part of the treatment program at Old Minto.

**Intake requirements and how to get connected to services:** All adults seeking to participate in the Old Minto Family Recovery Program must complete the full application, not just the individuals directly seeking treatment. Old Minto welcomes individuals who are on probation or parole, however anyone on the sex offender registry or with a sexual assault charge is not eligible for services; other criminal histories are handled on a case-by-case basis.

# DEEP DIVE INTO RECOVERY OPTIONS CONT.

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## VITA NOVA (TRUE NORTH) 3.5

True North Recovery provides residential, outpatient, and detox services for men and women over the age of 18 at their Wasilla and Fairbanks locations. The program integrates peer support, evidence-based treatment, and long-term recovery planning to assist individuals in overcoming substance use.

### Facility Information

- Wasilla Address: 591 S Knik Goose Bay Road, Wasilla, AK 99654
- Fairbanks Address: 4880 Old Airport Road, Fairbanks, AK 99709
- Phone: (907) 313-1333
- Distance: 49 miles from Anchorage Airport; 2.6 miles from Fairbanks Airport
- Website: [www.tnrak.org](http://www.tnrak.org)

### Services Offered:

#### Withdrawal Management (Detox)

- Level 3.2: Residential detox with medical supervision
- Ambulatory (Outpatient) Detox

#### Residential Treatment

- Level 3.1 & 3.5: Structured treatment for individuals needing long-term support
- Treatment duration: 3-9 months, with 5-19 hours per week

#### Outpatient Treatment & Recovery Residence

- Outpatient services available for those maintaining employment, attending school, or transitioning from residential care
- Recovery residence available for individuals needing stable housing while in outpatient treatment

**Peer Support Integration:** Recovery coaches and peer support specialists help guide individuals throughout their treatment journey.

**Medication-Assisted Treatment (MAT):** True North provides MAT based on individual needs and recovery goals.

#### Special Programs & Housing Options

**Recovery Residence** – A sober living environment where individuals can stay while participating in outpatient treatment and maintaining employment or schooling.

**Payment & Insurance:** ✓ Medicaid ✓ Sliding Scale Payment

✗ Does not accept private insurance – individuals with private insurance will be referred to other facilities.

# DEEP DIVE INTO RECOVERY OPTIONS CONTINUED

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## WOMEN'S AND CHILDREN'S CENTER FOR INNER HEALING 3.5

The Women's and Children's Center for Inner Healing (WCCIH), a program of Fairbanks Native Association based in Fairbanks, Alaska, is a medium-intensity, long-term residential treatment program for pregnant, post-partum, or mothers with children up to age seven.

### Facility Information:

- Address: 3830 Cushman St, Suite 100, Fairbanks AK, 99701
- Phone: 907-452-6251
- Distance: 7 miles from the Fairbanks airport
- Website: <https://www.fairbanksnative.org/wccih/>

**Services Offered:** WCCIH provides residential treatment for pregnant, postpartum, and mothers with children under the age of seven. For mothers with children staying with them during treatment, a maximum of three children per mother are allowed; any potential resident with more than three children under the age of seven should reach out to WCCIH at the number above. Child care is provided during treatment, which includes group and individual sessions, as well as life skills and parenting support. The average length of stay at WCCIH is 90 days.

**WCCIH is pleased to include transgender people in their program, and people are free to participate according to their gender identity.**

**Most staff at WWCIIH have lived experience with substance use and recovery.**

**Substance Use Treatment:** Treatment is rooted in individual and group sessions. Parenting and life skills sessions are integral to the program, which is geared for mothers, expectant mothers, and people with OCS or ICWA involvement who may be pursuing reunification.

**Intake requirements and how to get connected with services:** If someone has ongoing medical concerns, a physical will be required prior to beginning treatment. WWCIIH will work with individuals on probation or parole, but someone who is on the sex offender registry, has a murder conviction, or has been convicted of manufacturing drugs would not be eligible to receive services.

### Special Programs and Groups Offered:

- A 10 apartments are available on a case-by-case basis for transitional housing upon completing treatment.

### Payment and Insurance:

- WWCIIH accepts insurance and offers a sliding fee scale (proof of income is required to receiving a sliding-scale rate).

# DEEP DIVE INTO RECOVERY OPTIONS CONTINUED

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## ALASKA'S ADDICTION REHABILITATION SERVICES, INC. (AARS) 3.1

AARS is a Level 3.1 low-intensity residential treatment facility located on a 116-acre farm outside of Wasilla, Alaska. This unique program integrates structured recovery, work therapy, and holistic wellness in a therapeutic farm environment for men and women seeking long-term sobriety.

### Facility Information

- Address: 26731 W. Point Mackenzie Road, Wasilla, AK 99623
- Phone: (907) 376-4534
- Website: [www.aarsrecovery.org](http://www.aarsrecovery.org)

### Services Offered

- ✓ Long-Term Residential Treatment (Low-Intensity – Level 3.1)
- ✓ Individual & Group Counseling
- ✓ 12-Step Recovery-Based Approach
- ✓ Work Therapy & Farm-Based Activities
- ✓ Holistic Wellness – Focus on Nutrition & Fitness


### Substance Use Treatment & Recovery Approach

- Residents engage in 12-step recovery, work therapy, and counseling.
- Treatment includes individual and group therapy sessions aimed at mental, emotional, and spiritual growth.
- Work therapy incorporates farm-based activities, providing structure, responsibility, and skill development.

### Comprehensive Treatment & Wellness

- Physical wellness: Focus on fitness, nutrition, and health-conscious living.
- Therapeutic farm setting: Residents engage in agriculture, animal care, and structured daily routines to support recovery.
- Spiritual & mental well-being: The program encourages personal reflection, mindfulness, and emotional resilience.

**Note:** This program does not allow Medication-Assisted Treatment (MAT) (e.g., Suboxone, Methadone, Sublocade).

 **Important Consideration:** Denying access to individuals on MAT is a violation of medical rights and may limit treatment options for those who rely on these medications for recovery. If you are currently on MAT, consider reaching out to other facilities that support evidence-based treatment approaches before applying.

# INTRODUCTION TO KEY RECOVERY RESOURCES

This list highlights the best statewide and national tools available, explaining how each can serve your needs and how to use them together effectively.

## FindTreatment.gov



**Advocate's Favorite**

- **What It Is:** National database of U.S. treatment facilities, including Alaska.
- **Strengths:** Broad overview, searchable by location and treatment type.
- **Considerations:** Extensive options; updates lack local nuances.
- **Access:** Start here for an initial search [FindTreatment.gov](https://www.findtreatment.gov), then check our guide for detailed local insights such as length of stay, cultural considerations.

## 211 Alaska

- **What It Is:** Direct link to local resources and services in Alaska.
- **Strengths:** Detailed info on facility locations, program types, and durations.
- **Considerations:** Many have reported that it may be less user-friendly.
- **Access:** Ideal for urgent connections; dial 211 or visit [211 Alaska](https://211.alaska.gov) for service access and more comprehensive planning guidance.

## Never Use Alone

- **What It Is:** A life-saving service that provides a confidential, non-judgmental connection for individuals using substances alone.
- **How It Works:** Call the hotline before using. A trained operator will stay on the line with you while you use. If you become unresponsive, they will alert emergency services to your location. No police involvement unless absolutely necessary for a medical emergency.
- **Access:** This service is essential for safety, especially for those who use alone or lack a support network. ☎(800) 484-3731🌐[neverusealone.com](https://www.neverusealone.com)

**You are never alone. Help is just a call away.**



**No Judgement  
No Shaming  
No Preaching  
JUST LOVE!**

Call if you're going to use when you're alone. An operator will ask for your first name, EXACT location, and the # you're calling from. If you stop responding after using, we will notify EMS of your location, & possible overdose.

**1(877)696-1996**

**[www.NeverUseAlone.com](https://www.NeverUseAlone.com)**



**Advocate's Favorite**

# INTRODUCTION TO KEY HARM REDUCTION RESOURCES

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## Alaska AIDS Assistance Association (Four A's) – Harm Reduction & Needle Exchange Program

The Alaska AIDS Assistance Association (Four A's) operates harm reduction services, including a needle exchange program, to support people who use substances in Anchorage, Juneau, and statewide through mail-in services. Their harm reduction program provides sterile supplies, overdose prevention tools, and linkage to healthcare to reduce the spread of infectious diseases and promote safer substance use practices.

### Services Offered

- ✓ Needle Exchange Program – Provides new, sterile syringes and safer use supplies to reduce the risk of HIV and Hepatitis C transmission.
- ✓ Safer Use Kits – Includes syringes, cookers, cottons, alcohol pads, sterile water, and fentanyl test strips.
- ✓ Overdose Prevention & Naloxone (Narcan) Distribution – Free Narcan kits and training on how to respond to an opioid overdose.
- ✓ HIV & Hepatitis C Testing – Free and confidential testing available on-site.
- ✓ Safer Sex Supplies – Free condoms and sexual health education resources.
- ✓ Referral Services – Connection to substance use treatment, housing, medical care, and social services.

### How to Access Services

#### Anchorage (Walk-In Services & Mail Orders)

📍 Location: 1057 W. Fireweed Lane, Suite 102, Anchorage, AK 99503

☎ Phone: (907) 263-2050

🌐 Website: [www.alaskanails.org](http://www.alaskanails.org)

🕒 Hours: Monday – Friday, 10 AM – 6 PM

#### Juneau (Walk-In Services & Mail Orders)

📍 Location: 174 S. Franklin St., Juneau, AK 99801

☎ Phone: (907) 586-6089

🕒 Hours: Vary – Call for details

### Statewide (Mail-In Services)

- ✓ Harm reduction supplies (including syringes, fentanyl test strips, and Narcan) can be mailed discreetly to individuals throughout Alaska.
- ✓ To request supplies by mail, call the Anchorage or Juneau office or submit an online request through [www.alaskanails.org](http://www.alaskanails.org).

### Why This Matters

The Four A's Needle Exchange and Harm Reduction Program is a lifesaving resource that helps individuals reduce harm, prevent disease transmission, and stay connected to services. By offering low-barrier access to sterile supplies and overdose prevention tools, Four A's supports public health and empowers individuals in their personal journey toward safety, stability, and recovery.



# INTRODUCTION TO KEY HARM REDUCTION RESOURCES

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## iKnowMine

- **What It Is:** iKnowMine is a comprehensive health initiative provided by the Alaska Native Tribal Health Consortium. It offers accessible and confidential health services and educational materials to individuals and communities throughout Alaska, focusing on sexual health, harm reduction, and overall wellness.
- **Sexual Health & Wellness Supplies:**
  - Personal Condom Pack: Includes various types of condoms.
  - Condoms for Organizations: Provides condoms in bulk to programs.
  - HIV Self-Test Kit: Allows private HIV testing at home.
  - STI Self-Test Kit: Enables private testing for sexually transmitted infections at home.
  - Oral Dams for Personal Use: Offers protection during oral sex.
  - Sexual Health Printed Materials: educational brochures and booklets.
- **Safer Substance Use Supplies:**
  - Safe Medication Disposal Supplies: Aids in the safe disposal of unused medications.
  - Overdose Response Kit: Includes naloxone and instructions for responding to opioid overdoses, crucial for saving lives.
  - Harm Reduction Kit: Provides sterile syringes, cookers, fentanyl testing strips, and other essential items to reduce the harms associated with use.
  - Medication Assisted Treatment (MAT) Toolkit: Offers resources and tools.
- **How to Access:**
  - Go to: [iknowmine.org](https://iknowmine.org)
  - Navigate to the 'Order Resources & Supplies' section at the top right corner of the page to request the needed supplies.
  - All items can be ordered discreetly and are shipped directly to your home or a designated pickup location FREE of charge. This ensures privacy and ease of access, particularly beneficial for those in remote or underserved areas of Alaska.
- **Program Participation:**
  - Local programs and community centers are encouraged to become distribution sites for iKnowMine's harm reduction supplies and educational materials.
  - Help increase harm reduction services in Alaska!



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM





# INTRODUCTION TO KEY HARM REDUCTION RESOURCES

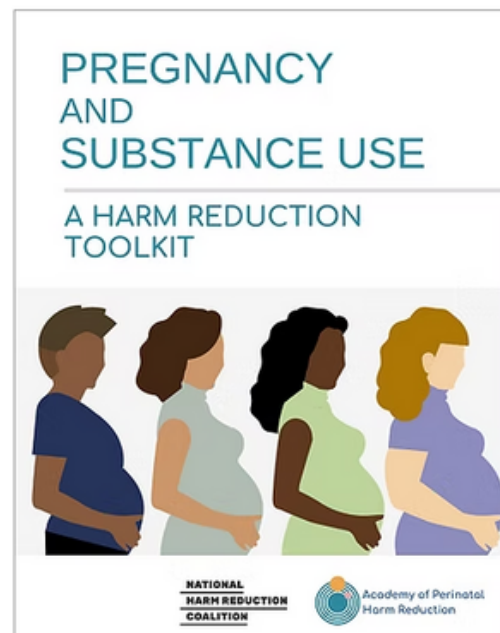
## Pregnancy and Substance Use - Harm Reduction Toolkit

- **What It Is:** The Academy of Perinatal Harm Reduction wants to promote the overall health and well-being of pregnant people who use substances and their families. They created this resource for pregnant and parenting people who use drugs, their loved ones, and their service providers.
- **Benefits:** You can use this information to understand your rights, access services, and find high-quality, evidence-based care.

This toolkit was a special collaboration with National Harm Reduction Coalition.

### Information Offered

- ✓ Quality Perinatal Care is Your Right.
- ✓ Harm Reduction.
- ✓ Effects of Substances
- ✓ Opioid Overdose and Pregnancy.
- ✓ Harm Reduction Strategies for Parents.
- ✓ Principles of Perinatal Harm Reduction.
- ✓ UDT: What Does Pee Tell You? Not A Lot.
- ✓ Making Healthcare Decisions.
- ✓ Know Your Rights.
- ✓ My Pregnancy Worksheet.
- ✓ Your Rights as a Pregnant Patient and PWUD.
- ✓ Drug Interactions.
- ✓ What Good Providers Believe.
- ✓ Using Harm Reduction with Clients.



### How to Access Resources and Request for Collaboration

Academy of Perinatal Harm Reduction [perinatalharmreduction.org](https://perinatalharmreduction.org)

- ✓ If you are an agency or provider who is interested in creating a toolkit for your community, email Erika at [erika@perinatalharmreduction.org](mailto:erika@perinatalharmreduction.org)

**Why This Matters:** Pregnant and parenting people who use drugs deserve quality care, compassion, and support. Harm reduction resources are critical in ensuring their safety, dignity, and access to nonjudgmental care. These resources not only help reduce risks for both the parent and child but also foster trust and connection to healthcare systems, which can lead to better outcomes for families. By prioritizing harm reduction, we affirm that every individual, regardless of their circumstances, deserves respect and the opportunity to thrive.



**Advocate's Favorite**

# INTRODUCTION TO KEY FINANCIAL RESOURCES

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## Alaska Mental Health Trust

This page provides an overview of the Alaska Mental Health Trust, its history, and the grant programs it offers to support individuals with mental health experiences, disabilities, and other related needs.

### Background of the Alaska Mental Health Trust (AKMHTA)

The Alaska Mental Health Trust has its roots in a difficult period in Alaska's history, marked by discrimination and mistreatment of individuals with mental health conditions, particularly Native populations. Here's a summary of its origins:

- **Historical Context:** In the past, it was considered unlawful in Alaska to have mental health conditions. Many individuals, especially Native Alaskans, were forcibly removed from their homes and sent to Morningside Hospital in Portland, Oregon. Morningside Hospital became infamous for its inhumane treatment, including torture and murder. Many Alaskans never returned home.
- **Legal Action and Reform:** Public outcry and the 1982 lawsuit *Weiss v. State* led to reforms. The lawsuit challenged the State of Alaska's mismanagement of mental health programs and misuse of Trust lands. The Alaska Mental Health Trust was reconstituted to oversee mental health services and manage approximately one million acres of land dedicated to funding these services.
- **Mission Today:** The Trust funds programs and services to improve the lives of individuals with mental health and substance use experiences, developmental disabilities, and traumatic brain injuries. It serves as a reminder of past injustices and works to ensure such mistreatment never happens again.

### Grant Programs Overview

The Alaska Mental Health Trust offers several grant programs to support its beneficiaries. Below is a breakdown of each program, including eligibility, application processes, and deadlines.

#### Mini Grants

- **Purpose:** The Alaska Mental Health Trust Mini Grants of up to **\$2,500** can be applied to various needs that directly enhance the quality of life, increase independence, and support healthy and productive lifestyles.
- **Eligibility:** Individuals cannot apply directly; applications must be submitted by organizations on their behalf.
- **Funding:** Up to \$2,500 per beneficiary annually, based on need.
- **Application Process:** Applications are accepted monthly and must be submitted by the 15th of each month. If the 15th falls on a weekend or holiday, the deadline rolls to the next business day.
- **Contact:** For more information, contact Lucas Lind, Grants Administrator:  
Email: [lucas.lind@alaska.gov](mailto:lucas.lind@alaska.gov)



**Advocate's Favorite**

# INTRODUCTION TO KEY RESOURCES (CONTINUED)

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## Alaska Mental Health Trust: Grant Programs Overview



**Advocate's Favorite**

### Micro Enterprise Grants

Purpose: To increase self-employment opportunities for Trust beneficiaries with disabilities by supporting the start-up, expansion, or acquisition of small businesses.

- **Eligibility:**
  - Applicants must be Trust beneficiaries.
  - The business must qualify as a microenterprise:
    - Total capital needs of \$35,000 or less.
    - Fewer than five employees.
- **Allowable Costs:**
  - Business licenses, insurance, permits, inventory,
  - equipment, rent, utilities, marketing, and training/support services.
  - Exclusions: Vehicle purchases.
- **Contact:** For assistance, contact Amy Parker:
  - Email: [amy@avosparker.com](mailto:amy@avosparker.com)
  - Phone: 907-347-5808

### Partnership Grants

- **Purpose:** To fund organizations that serve Trust beneficiaries in ways consistent with the Trust's mission.
- **Eligibility:** Open to foundations, government agencies, tribal entities, nonprofits, and corporations serving Trust beneficiaries.
- **Funding:** Typically one-time grants of up to \$50,000 with a one-year term.
- **Application Process:** Starting February 2025, applications will be accepted quarterly. The review process takes 3-5 months (sometimes longer).
  - **Deadlines:**
    - February 15
    - May 15
    - August 15
    - November 15

### How to Get Help

- For general inquiries about the Alaska Mental Health Trust, visit their official website: [alaskamentalhealthtrust.org](http://alaskamentalhealthtrust.org)
- For specific grant-related questions, contact the respective program administrators:
  - **Mini Grants:** Lucas Lind – [lucas.lind@alaska.gov](mailto:lucas.lind@alaska.gov)
  - **Micro Enterprise Grants:** Amy Parker – [amy@avosparker.com](mailto:amy@avosparker.com), 907-347-5808
  - **Partnership Grants:** Lucas Lind, Grants Administrator, [Lucas.Lind@alaska.gov](mailto:Lucas.Lind@alaska.gov) / Carrie Predeger, Grants Accountability Manager, [Carrie.Predeger@alaska.gov](mailto:Carrie.Predeger@alaska.gov)

Trust  
Alaska Mental Health  
Trust Authority

# POLICY RECOMMENDATIONS FOR IMPROVING ACCESS IN ALASKA

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## Universal Application for Treatment Centers

- ✓ One standardized application for all treatment centers across the state to reduce redundancy and administrative barriers.
- ✓ A shared database or universal intake system to allow providers to coordinate and track applications in real time, preventing delays.

## ASAM Assessment Process Reform

- ✗ The current paper-based ASAM assessment process acts as a barrier, delaying access to treatment.
- ✓ Solution: Allow verbal, electronic, or streamlined digital intake options to reduce delays and documentation burdens.
- ✓ Information from existing assessments (i.e., behavioral health or primary care screenings) should be transferable to avoid redundant paperwork.

## Prioritizing Those Most in Need

- ✗ The people who need treatment the most—those with co-occurring disorders, active substance use, homelessness, or legal barriers—face the greatest obstacles in accessing treatment.
- ✓ Policies should ensure prioritization for: 1.) People in immediate crisis or withdrawal, 2.) Survivors of domestic violence, sexual assault, or human trafficking and 3.) Individuals with criminal justice involvement who need treatment instead of incarceration
- ✓ Remove arbitrary exclusion criteria (e.g., sobriety requirements, background checks, past treatment failures).

## Same-Day Assessment & Entry

- ✓ Same-day ASAM assessments for people in crisis followed by immediate connection to detox, residential, or outpatient care.

## Peer support and case management to ensure people stay connected

- ✓ Integrate with emergency departments, crisis centers, shelters, harm reduction programs, and law enforcement diversion programs.
- ✓ This prevents overdose deaths, reduces ER visits and jail bookings, and gets people into services faster.

## Expand Harm Reduction & Low-Barrier Treatment Options

- ✓ Support medication-assisted treatment (MAT) availability at all levels of care.
- ✓ Allow treatment-on-demand services, reducing wait times and entry barriers.
- ✓ Increase access to harm reduction services like naloxone distribution, fentanyl test strips, and syringe access.

# CLOSING THOUGHTS

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This guide is a living document, evolving to better serve individuals, families, advocates, and providers navigating substance use, trauma, and recovery resources across Alaska. We recognize that accessing care is complex, and our goal is to make the process as clear and supportive as possible.

We are committed to continuous updates to ensure that new services, policies, and pathways are reflected in this resource. If there are gaps, missing information, or additional resources that should be included, we want to hear from you.

✉ For feedback, updates, or questions, please contact:  
✉ [ChristinaLoveConsulting@gmail.com](mailto:ChristinaLoveConsulting@gmail.com)

Helping people navigate these systems can be challenging and overwhelming, but you never have to do it alone. Your work matters, and you are saving lives every day.

Thank you for your dedication, compassion, and commitment to building a future where healing is accessible to all.