Anchorage Resource List

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*Please reach out to the individual organization for the most up to date information. Organization names that appear <u>underlined in blue</u> are hyperlinked to their webpage where you can find more information about services.

Crisis Resources

Organization	Phone Number	Hours	About
Crisis Line: Call or text	988	24/7	The 988 Lifeline provides 24/7, free and confidential support for people in crisis.
Mobile Crisis Team: Anchorage Fire Department	911 or 311 option 1 Leave a voicemail at 907-267-5065	7 days a week 9:00am - 8:30pm	Mobile crisis response with a crisis counselor and EMT/paramedic for people in Municipality of Anchorage (from Girdwood to Eklutna) with compassion and collaboration.
Mobile Intervention Team: Anchorage Police Department	911 or 311 option 1	7 days a week 7:00am – 11:00pm	Mobile crisis support with a counselor and police officer for anyone within Anchorage to Eklutna.
Veterans Crisis Line	Call 988 then Press 1 Text 838-255	24/7	Free and confidential support for Veterans, service members, and those who support them.
<u>Trevor Project</u> <u>Lifeline</u> : Suicide Line LGBTQIA+ Youth	Call 1-866-488-7386 Text 'START' to 678-678	24/7	Immediate support for LGBTQ+ youth thinking about harming self.
<u>Stand Together</u> <u>Against Rape</u> (STAR) Crisis Line	907-276-7273	24/7	Free services for sexual assault survivors and survivors of domestic violence. Police reporting not required to access services.
<u>Alaska 2-1-1</u>	211	Mon–Fri 8:30am – 5:00pm	Free connection to resources in Alaska.
High Utilizer Mat-Su	907-887-4867	9am-5pm	Intensive case management for emergency room high utilizers in Mat-Su area.

Mental Health Resources

Organization	Phone Number	Address	Services	Insurance ¹
<u>Alaska Behavioral</u> Health (AKBH): Adults	907-563-1000	4045 Lake Otis Parkway	Adult outpatient counseling	Most insurances, SFS
AKBH: Kids and Family	907-563-1000	4020 Folker St	Youth and family outpatient counseling	Most insurances, SFS
AKBH: Medical & Pharmacy	907-563-1000	4120 Laurel St	Adult psychiatric and medication management	Most insurances, SFS
Alaska Child & Family	907-274-8281	1251 Muldoon Rd Ste 116	Youth outpatient and residential care	Most insurances, SFS
Alaska Telepsychology	907-885-6288	No Address	Youth, adult and couples counseling, psychological testing, and medication management	BCBS, TRICARE, Aetna, Meritain, Multipan, EBMS
Aleutian Pribilof Islands Association	907-222-9764	1131 E International Airport Rd	Adult and youth counseling, crisis services and case management	Medicaid, Medicare, IHS, BCBS
<u>Alyeska Counseling</u> <u>Group</u>	907-782-4553	701 W 41st Ave Ste 104	Adult telehealth outpatient counseling and addiction treatment	Aetna, BCBS
Anchorage Neighbor- hood Health Center	907-743-7200	4951 Business Park Blvd	Adult medical care and psychiatric consultations	Most insurances, SFS
Anchorage Vet Center	907-563-6966	4400 Business Park Blvd Ste B-34	Trauma counseling for combat Veterans	Free to combat Veterans
ANTHC <u>Behavioral</u> Health Wellness Center	907-729-2492	3900 Ambassador Dr	Adult telehealth outpatient counseling	IHS, most insurances
<u>Birchwood Behavioral</u> <u>Health</u>	907-349-2222	1600 O'Malley Rd	Adult and youth outpatient counseling, couples therapy, and residential youth program	Accepts Medicaid
Bridges Counseling Connections	907-771-0536	8717 Diamond Circle	Adult and youth 12+ outpatient counseling, medication management, and psychological testing (age 8+)	Most insurances; do <u>not</u> accept VA, Medicaid, Medicare
CHOICES Inc.	907-333-4343	1231 Gambell St. #300	Adults with severe mental illness intensive case management and peer bridges program	Medicaid only, SFS
<u>Cook Inlet Tribal</u> <u>Council</u>	907-793-3600	3600 San Jeronimo Ct	Adult and youth case manage- ment, recovery peer support, vocational and family services	Most insurances, SFS
Cornerstone Clinic Counseling Center	907-552-7080	2121 Abbott Road Ste 201	Adult and youth outpatient counseling	Most insurances, SFS; do <u>not</u> accept Medicaid
<u>Counseling Solutions</u> of Alaska	907-644-8044	701 E. Tudor Rd #215	Adult and youth outpatient counseling, and medication management	Most insurances; do <u>not</u> accept Medicaid, Medicare
<u>Daybreak</u>	907-746-6019	130 W Inter- national	Comprehensive case management for adults with a mental illness	Medicaid only

¹ Acronyms: SFS = sliding fee scale; BCBS = Blue Cross Blue Sheild; IHS = Indian Health Services Beneficiary

		Airport Rd Ste C		
Denali Family Services	907-274-8281	1251 Muldoon Rd #116	Youth (21 and under) outpatient counseling, medication management, and family and group counseling	Most insurances
Frontier Health & Wellness	907-222-6606	4241 B Street Suite 305	Adult and youth counseling, medication management, neuropsychological testing	Private Insurance, TRICARE
Fuller Diagnostics	907-561-0552	2600 Denali Street Ste 450	Adult and youth neuro- psychological testing and counseling, and family therapy	Private Insurance, TRICARE, some Medicare/Medicaid
<u>Greatland Clinical</u> <u>Associates</u>	907-929-4009	1400 West Benson Blvd Ste 315	Adult and senior outpatient counseling	Private Insurance, TRICARE
Human Relations Center	907-272-5500	1600 A Street, Suite 104	Military outpatient counseling	Private insurance
Identity Health Clinic	907-865-3247	307 E. Northern Lights Blvd	Gender affirming healthcare and outpatient counseling for the LGBTQIA2S+ community	Medicare, VA, Medicaid, Tricare, Private Insurance,
<u>Mountain View Health</u> <u>Service</u>	907-868-1105	3521 Mountain View Dr	Adult and youth outpatient counseling, medication management (<i>Same day walk in clinic</i>)	Medicaid/Medicare, Private Insurance
<u>National Alliance on</u> <u>Mental Illness</u>	907-272-0227	1057 W Fireweed Ln #206	Free mental health support, online groups, resources and education	NA
Peak Counseling	907-622-1002	17105 Park Place St, Eagle River	Adult, youth and couples outpatient counseling	Private insurance
Psychology Resources	907-272-4407	2600 Denali St Suite 302	Outpatient counseling for youth and adults, couples and groups, and autism social skills program	Most insurance; do <u>not</u> accept Triwest, Tricare, Medicaid, Medicare, Denali Kid Care.
Providence Behavioral Health	907-212-6900	3760 Piper St. Suite 1108	Adult and youth outpatient counseling and medication management	Most insurances
Providence Family Practice Center	907-562-9229	1201 E 36th	Adult and youth outpatient counseling and medical care	Most insurances
Psychological Services Center: University of Alaska Anchorage	907-786-1795	3190 Alumni Dr. Room 225	Adult outpatient counseling with UAA student clinicians; based on availability may see youth	SFS only
Southcentral Foundation: <u>Fireweed</u> <u>Clinic</u>	907-729-2500	4341 Tudor Centre Dr	Adult outpatient counseling, case management, psychological evaluation, and medication management	IHS, Medicaid, Medicare, private insurance, SFS
Southcentral Foundation: <u>Primary</u> <u>Care</u>	907-729-3300	4320 Diplomacy Dr	Alaska Native adult medical care, same day/next day counseling, medication and case management	IHS, Medicaid, Medicare, private insurance, SFS
Southcentral Foundation: <u>Quyana</u> <u>Clubhouse</u>	907-729-6550	4315 Diplomacy Drive	Alaska Native adult (21+) with severe mental illness case management, counseling, and independent living skills.	IHS beneficiary

Help us keep this resource sheet up to date! Know of a good resource we should add or a resource listed here that needs to be updated, click <u>here</u> to let us know.

Southcentral Foundation: <u>The</u> <u>Pathway Home</u>	907-729-5020	4000 San Ernesto Ave	Alaska Native youth (13-18) individualized mental health program	IHS beneficiary
<u>Steven A Cohen</u> Military Family Clinic	907-762-8668	1450 Muldoon Rd #111	Military, active duty, Veterans and their family outpatient counseling and case management	Tricare, VA, most major insurances
<u>Strong Hearts Native</u> <u>Helpline</u>	844-762-8483	Alaska	Helpline for American Indians and Alaska Native peoples	NA
VA Healthcare System	907-257-4854 (option 1)	1201 N Muldoon Rd	Veteran case management, counseling and substance treatment	Most insurances
Willow Medical and Wellness	907-222-0753	920 E 72nd Ave	Adult and youth counseling and medication management, and family and couples counseling	BCBS, Aetna, Moda Health

Substance Use Treatment Resources

Organization	Phone Number	Address	Services	Level of Care ²	Insurance ³
<u>Akeela</u>	907-433-7080	360 W Benson Blvd Ste 300	Adult outpatient and residential treatment	1.0-3.5	Most insurances, Medicaid; do <u>not</u> take Medicare or Tricare
<u>Alaska Wisdom</u> <u>Recovery</u>	907-770-3656 option 1	401 International Airport Rd #17	Adult outpatient treatment and medication management	1.0-2.5	Most insurances; do not accept Medicare
Aleutian Pribilof Islands Association	907-222-9764	1131 East International Airport Road	Adult and youth outpatient treatment	1.0-2.1	Medicaid, Medicare, IHS, BCBS
Anchorage Comprehensive Treatment Center	907-865-9653	3230 C Street Ste 100	Adults with opioid use outpatient treatment and methadone maintenance with same-day admission	1	Most insurances, Medicaid, Medicare, BCBS, Aetna, Tricare,
NorthStar: Arctic Recovery	907-258-7575	1500 Debar Circle	Adult detox and short-term rehabilitation services (Call Everyday)	2.1 + 3.7-4.0	Most insurances; do not accept IHS
NorthStar: <u>Chris</u> <u>Kyle Patriots</u> <u>Hospital</u>	907-264-3506	1650 Bragaw St.	Adult first responders, active duty, Veterans and their dependents residential treatment, detox and rehab	3.5-4.0	Most insurances; do not accept IHS
<u>Cook Inlet Tribal</u> <u>Council</u>	907-793-3200	3600 San Jeronimo Ct	Adult outpatient and residential treatment, peer support	1.0-3.5	Most insurances
Four A's: Alaskan AIDS Assistance Association	Call/Text 907-744-6877	1057 W Fireweed Lane	Harm reduction supplies and disposal (injection supplies, condoms, HIV testing, etc.) and clinic referrals	NA	

² Learn more about ASAM level of care here: <u>https://www.asam.org/asam-criteria/about-the-asam-</u>

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- October 2023

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criteria#:~:text=What%20are%20the%20Levels%20of,of%20care%20across%20a%20continuum.

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<u>Genesis</u> <u>Recovery</u> <u>Services</u>	907-243-5130	2825 West 42nd Ave	Adult residential treatment (no mental health diagnosis)	3.5	Medicaid only
Ideal Option	907-341-3944 option 1	2421 E Tudor Rd Suite 108	Adult buprenorphine and naltrexone treatment; Appt. within 24 hours Mon-Thu	NA	Medicaid only
<u>Jett Morgan</u> <u>Treatment</u> <u>Services</u>	907-677-7709	4701 Business Park Blvd. Suite J-20	Adult outpatient treatment (no mental health diagnosis)	1	Medicaid, private insurance out of network, SFS
Narcotic Drug Treatment Center	907-276-6430	1015 East 6th Ave	Methadone treatment and counseling; walk-ins at 6am	1	Most insurances
<u>Providence</u> <u>Breakthrough &</u> <u>Bridge Clinic</u>	907-212-6970	3760 Piper Ste. 1108	Adult and youth outpatient treatment and medication assisted treatment	1.0-2.1	Most insurances
Salvation Army Clitheroe Center	907-276-2898	3600 East 20th Ave	Adult outpatient and residential treatment	1.0-3.5	*Most insurances, SFS; do not accept VA or Medicare
<u>SCF Detox</u> Program	907-729-6690	4330 Elmore Rd	Detox only (Call Everyday)	NA	Medicaid, Medicare, SFS
Southcentral Foundation: Dena A Coy	907-729-5070	4501 Diplomacy Dr Ste 200	Pregnant, parenting and non- parenting women (children under 3 may join mother) residential treatment	3.5	Most insurances, Medicaid, Medicare, Denali Kids Care, SFS
Southcentral Foundation: Four Directions	907-729-6300	4000 Laurel Street	Adult outpatient treatment	1.0-2.1	Medicaid, Medicare, SFS
<u>True North</u> <u>Recovery</u>	907-313-1333	591 S. Knik Goose Bay Rd, Wasilla 99654	Crisis, detox services, outpatient and residential, recovery residence program	1.0-3.5	Most insurances
<u>Volunteers of</u> <u>America Alaska</u>	907-279-9640	2600 Cordova St, Suite 101	Youth age 12-24 outpatient and residential, medication assisted treatment, and supportive housing	1.0-3.5	Most insurances, SFS
<u>Alaska Regional</u> <u>NEST Program</u>	907-264-1722	2801 Debarr Rd.	Mother and child supportive detox, medication management, counseling, and family support.	NA	Medicaid, most insurances
Discovery Cove Recovery and Wellness Center	907-694-5550	11901 Business Blvd., Eagle River, AK	Outpatient treatment and Suboxone treatment	1	Medicaid, most insurances
iknowmine.org	Website	Alaska	Free harm reduction supplies mailed to you in Alaska (i.e., substance use, sexual health)	NA	Free

Phone Address Organization Services Number Anchorage Gospel 907-563-5603 Anchorage Daily meal services open to the public. Breakfast 6-7:15AM Monday-Friday; Saturday-Sunday brunch 10-**Rescue Mission** 11AM Supper 4:30-6:00PM **Anchorage School** 907-348-5142 1307 Labar Provide healthy and balanced meals to students, and **District Student** Street free and reduced priced meals to qualifying applicants Nutrition Bean's Cafe 907-433-8600 1020 E 4th Ave Provide free meals to adults, children and families Food Bank of Alaska 907-272-3663 2192 Viking Dr. Food distribution and mobile food pantries for community members in need Friends in Serving 907-277-0818 Call for food delivery service if in danger of running out Humanity (F.I.S.H.) of food or do not have the money to purchase groceries. Available 9am to 3pm on Sunday, Tuesday, Thursday, Friday. Hope Center Soup 907-277-4302 240 E 3rd Ave Provide housing, three meals a day, laundry and shower services, case management and spiritual care. Kitchen Lutheran Social Services 907-272-0643 1303 W 33rd Food pantry, transitional housing, direct assistance and medical transportation for low-income individuals. of Alaska Ave **Mountain Coast** 907-891-1156 2511 Sentry Dr Show up the Third Saturday of each month between **Vineyard Food Shelf** 9:00 and 10:30am for a pre-made boxes of food (lower parking lot) 3710 E 20th St. Francis House Food 907-222-7323 Anchorage's largest client-choice food pantry provides emergency food assistance to families. Pantry Ave **Supplemental Nutrition** 907-465-3347 Alaska Apply for SNAP which provides food benefits to low-**Assistance Program** income families to supplement their grocery budget to (SNAP) afford nutritious food. The Children's 907-433-8601 Multiple Drive-thru food distribution events on website. Pantry Lunchbox: Bean's Cafe locations pack program to families in need (each pantry box provides a breakfast, lunch or dinner meal for a family of four). WIC Anchorage 907-343-4668 825 L Street, For children under 5, low-income pregnant and Suite 215 postpartum women; healthy foods, nutrition education, and referrals.

Food Resources

Housing Resources

Organization	Phone Number	Location	Services
<u>3rd Avenue Resource</u>	907-222-7388	1101 E. 3rd Ave	Adult shelter and other immediate needs (ex. showers,
& Navigation Center Abused Women's Aid	907-279-9581	Anchorage	phone charging, wifi, laptop use) Women and children exposed to domestic violence
in Crisis (AWAIC)	507 275 5501	Alleholdge	shelter and education; 907-272-0100 (24-hour line)
Alaska Housing	907-338-6100	Anchorage	Adult rent and utilities assistance
	800-478-2432		
Anchorage Gospel	907-563-5603	2823 E Tudor Rd	Adult overnight shelter
Rescue Mission Bean's Cafe	907-433-8601	1020 E 4th Ave	Free meals to community members 365 days a year
Brother Francis	907-277-1731	1020 E 4th Ave	Free, on-site preventative medical care for guests at
Shelter: Caring Clinic			BFS and community members.
Brother Francis	907-771-7300	303 West	Complex medical needs shelter for unhoused
Shelter: <u>Complex</u>		Fireweed Lane	individuals; Eligibility determined by acuity and
<u>Care</u>	007 774 7200	1021 5 2ml Ave	morbidity risk
Brother Francis Shelter: Medical	907-771-7300	1021 E 3rd Ave	Adults who require acute care (over 18 years old, no danger to self or others)
Respite			
Brother Francis	907-277-1731	1021 E 3rd Ave	Shelter for adults (no danger to self or others)
Shelter (BFS)			
<u>Choosing our Roots</u>	907-764-6233	Anchorage	Housing for LGBTQ+ youth and connection to community resources
Clare House	907-563-4545	Anchorage	A homeless shelter & progressive housing for women with children and expectant mothers
<u>Covenant House</u> Alaska	907-272-1255	755 A Street	Shelter for youth ages 13- 24
Henry House	(907) 274-5253	545 E 4th Ave	Transitional housing services and food
Homeless Family	907-222-7300	4600 Debarr Road	Case management program for adults experiencing
Services			homelessness and unsheltered families with children
Hope Center	907-891-2343 907-277-4302 ext. 6	Anchorage	Women's shelter
Lutheran Social Services of Alaska	907-272-0643	Anchorage	Direct assistance, food pantry, transitional housing, medical transportation
New Life	907-646-2200	4455 Juneau st	Transitional housing and re-entry services, inpatient
<u>Development</u>		2916 E 9th Ave.	substance treatment
Rural Cap	907-868-4600	Anchorage	Homeless outreach, shelter services, and affordable
	907-279-2511		housing or home improvement for low-income residents.
Salvation Army McKinnell House	907-276-1609	1712 A St	Shelter for families with children, case management services, vouchers, utility/rental assistance
Volunteers of	907-279-9640	2600 Cordova St	Supportive housing for young adults age 18-24 and
<u>America</u>		Ste 101	connection to benefits, community resources, employment, education counseling, and life-skills classes to promote independence.
<u>Willa's Way</u>	907-729-8577	4501 Diplomacy Dr	Temporary housing for unhoused Alaska Native and American Indian women and their children experiencing domestic violence.

Disability Resources

Organization	Phone Number	Location	Services
Access Alaska	907-248-4777	1217 East 10th Ave	Serves older adults and people with disabilities including housing, employment, personal care, benefits, transportation, legal rights, education, emergency shelter, and health care
Aging and Disability Resource Centers	907-343-7770	825 L St Suite 203	Serves older adults, people with disabilities, and caregivers with long-term services and supports
Alaska Autism Resource Center	907-334-1305	2600 Denali St #200	People of all ages with Autism Spectrum Disorder and their families to connect to community resources.
<u>Alaska Brain Injury</u> Network (ABIN)	907-274-2824	121 W Fireweed Ln Ste 175	People with a traumatic brain injury and their families provide education, care coordination and advocacy.
<u>Alzheimer's</u> <u>Resource of Alaska</u>	907-561-3313	Anchorage	Adults with dementia and their families provide classes, care coordination, support, mini-grants, and consultation.
Disability Law Center of Alaska	907-565-1002	Alaska	Legal advocacy for people with disabilities.
Family Disability Services	907-222-7371	Anchorage	Children to adults with developmental disabilities and their families support with respite services, waivers and grants.
Hope Community Resources	907-561-5335	540 W International Airport Rd	People with intellectual or developmental disabilities with mental health support, foster care services, community living options, and Deaf supports.
Stone Soup Group	907-561-3701	307 E Northern Lights Blvd #100	People with intellectual/developmental disabilities from age 0-26 provide training, support, resources, and training to families.
<u>The Arc of</u> <u>Anchorage</u>	907-277-6677	2211 Arca Dr	Children to adults with developmental disabilities provide case management, nursing services, recreation center, residential support, employment and behavioral health services.

Legal Resources

Organization	Phone Number	Address	Services
Alaska Court System	907-264-0615	303 K Street	Domestic violence restraining orders
Alaska Court System	907-264-0433	303 K Street	Probate guardianship & ex parte orders
Alaska Lawyer Referral Service	907-272-0352	Alaska	Speak to a lawyer referral service assistant who will provide referrals to lawyers based on legal needs.
Alaska Legal Services Corporation	907-343-4799	1016 W 6th Ave Suite 200	A nonprofit that provides high quality free civil legal services to low-income Alaskans in need.
Disability Law Center of Alaska	800-478-1234	3330 Arctic Blvd Suite 103	A non-profit law firm providing legal advocacy for people with disabilities in Alaska.
Family Law Self Help Line	907-264-0851 866-279-0851	Mon – Thu 7:30am - 5pm	Resources and information for family law inquires.
<u>Alaska Native Justice</u> <u>Center</u>	907-793-3550	3600 San Jeronimo Dr Ste 264	Legal services and advocacy for Alaska Native people

Domestic Violence and Sexual Violence Resources

Organization	Phone Number	Location	Services
<u>Abused Women's Aid in</u> <u>Crisis</u>	907-279-9581 24-hour Crisis # 907-272-0100	Anchorage	Shelter and education for women and children exposed to domestic abuse
<u>Alaska Network on</u> <u>Domestic Violence &</u> <u>Sexual Assault</u>	907-586-3650	Alaska	Providing legislative advocacy, legal services and connection to Alaska domestic and sexual violence programs.
Forensic Nursing Services of Providence	907-212-8544	Anchorage	24/7 adult and youth medical forensic examinations.
Hope Center	907-891-2343 907-277-4302 ext. 6	Anchorage	Women's shelter
Men and Women's Center	907-272-4822	600 Cordova Ste. 3	Provide a state-approved domestic violence intervention program, and anger management.
National Domestic Violence Hotline	1-800-799-7233	National	Get help, plan for safety and connect to resources for domestic violence; Text 'START' to 88788
National Sexual Assault Hotline	800-656-4673	24/7	National hotline for sexual assault
Power Center- Youth Drop-in Center	907-929-2633	2601 Arctic Avenue	Free drop-in center for youth (ages 13-23) with peer education, food, supports and resources
RAINN	800-656-4673	National	General domestic violence information
Regional Office of Children Services	1-800-478-4444	Various locations	Child Abuse Hotline: 1-800-478-4444 Email: <u>ReportChildAbuse@alaska.gov</u>
Stand Together Against Rape (STAR) Crisis Line	907-276-7273 800-478-8999	National 24/7	Free services for survivors of sexual assault and domestic violence; including sexual assault kits; police reporting not required
Victims for Justice	1-888-835-1213 907-278-0977	1057 W Fireweed Ln Unit 101	Survivor supports and victim rights advocacy. Email: <u>info@victimsforjustice.org</u>
Willa's Way	907-729-8577	4501 Diplomacy Dr	Safe home program for unhoused Alaska Native or American Indian women and their children