



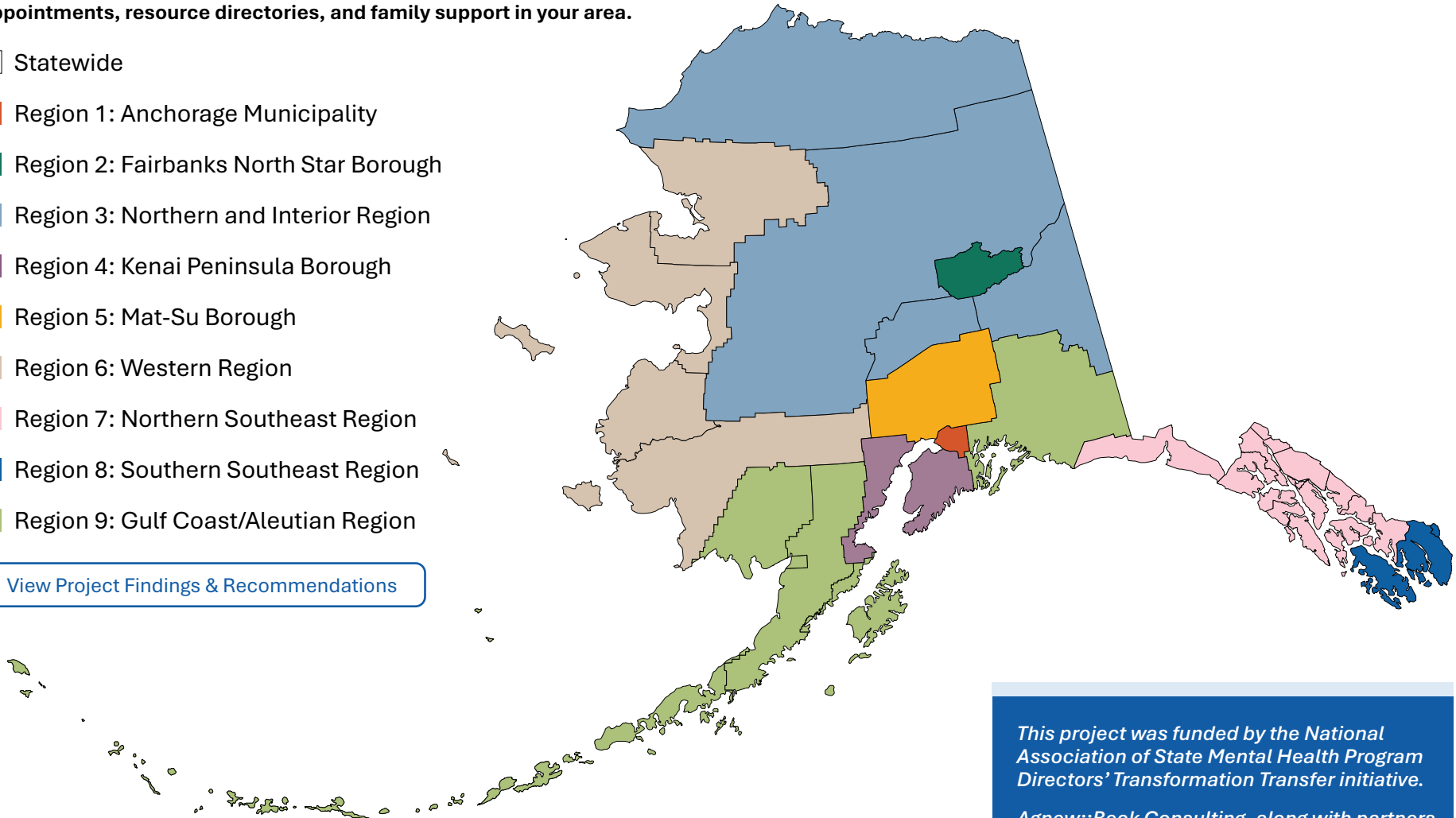
Rapid Access to Behavioral Healthcare for Children, Youth, and Families

A Launch Pad for Connecting to Services

Select your region below to find crisis services, rapid access appointments, resource directories, and family support in your area.

- ☐ Statewide
- ☒ Region 1: Anchorage Municipality
- ☐ Region 2: Fairbanks North Star Borough
- ☐ Region 3: Northern and Interior Region
- ☐ Region 4: Kenai Peninsula Borough
- ☐ Region 5: Mat-Su Borough
- ☐ Region 6: Western Region
- ☐ Region 7: Northern Southeast Region
- ☐ Region 8: Southern Southeast Region
- ☐ Region 9: Gulf Coast/Aleutian Region

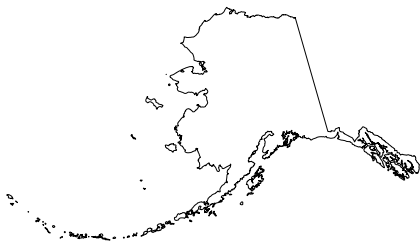
[View Project Findings & Recommendations](#)



This project was funded by the National Association of State Mental Health Program Directors' Transformation Transfer initiative.

Agnew::Beck Consulting, along with partners All Alaska Pediatric Partnership and NAMI Juneau, provided contracted support.

Regions align with Alaska Medicaid Section 1115 Behavioral Health Demonstration Waiver boundaries. Behavioral health providers included in this reference accept Alaska Medicaid.



Rapid Access to Behavioral Healthcare for Children, Youth, and Families

☐ Statewide



I am looking for...

Behavioral Health Crisis Services

988: Call or text about any crisis for yourself or someone else.

VOA Alaska Rapid Response offers crisis intervention for ages 13-24 and support for parents, caregivers, and youth-serving staff.
M-F: 9:00AM - 6:00PM
907-419-4158
rapidresponseteam@voaak.org
Not a 24-hour service

Rapid Access to Outpatient Appointments

VOA Alaska Outpatient Telehealth Counseling provides individual mental health, substance use, co-occurring counseling as well as family therapy for Alaskans ages 11 to 24.

907-278-9640, voaak.org/services/getting-started

Mat-Su Health Services OnTrAK First Episode of Psychosis Program: Available for individuals 15-25 years old experiencing first episode psychosis. Evaluations and medication management within 48 hours of contact.

907-376-2411

Rhiza Psychiatry provides psychiatric evaluation, medication management, individual group and family therapy, and neuropsychological testing for individuals 12+.

907-744-166, rhizapsychiatry.com

Frontier Psychiatry provides full telehealth psychiatry services to children and adolescents of all ages.

907-331-4166, frontier.care

Refer or self-schedule by calling, faxing, or filling out the website form at frontier.care/refer.

Resource and Referral Services

Help Me Grow Alaska: Speak with a Family Support Specialist who can offer caring support, clear guidance, and easy connections to services that support emotional well-being and mental health. Providers and families can also use online forms to connect.

1-833-HMG-ALASKA (1-833-464-2527)
helpmegrowak.org

PAL-PAK: The PAL Line offers pediatric psychiatric consultation that is available to providers with questions about mental healthcare for youth 0-19 such as diagnostic clarification, medication adjustment and treatment planning.

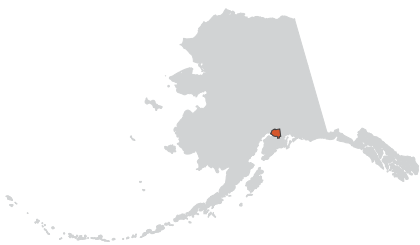
M-F: 7:00AM - 4:00PM
1-855-599-7257

Peer and Family Support

NAMI Alaska: Peer and Family Support Groups

907-931-9932
namialaska.org





Rapid Access to Behavioral Healthcare for Children, Youth, and Families

■ Anchorage Municipality



I am looking for...

Behavioral Health Crisis Services

In Anchorage Municipality

VOA Alaska Rapid Response offers crisis intervention for ages 13-24 and support for parents, caregivers, and youth-serving staff. The team responds within 60 minutes.

M-F: 9:00AM - 6:00PM
907-419-4158
rapidresponseteam@voaak.org
Not a 24-hour service



Anchorage Police Department Mobile Intervention Team (MIT)

offers crisis intervention support to youth of all ages.

Sun-F: 7:00AM - 12:00AM
311 option 1 or 911



Anchorage Fire Department Mobile Crisis Team (MCT)

provides crisis intervention support to youth of all ages.

7 Days a Week: 9:00AM - 8:30PM
311 option 1 or 911



Rapid Access to Outpatient Appointments

In Anchorage Municipality

VOA Alaska Outpatient Counseling provides individual mental health, substance use, co-occurring counseling, as well as family therapy for Alaskans ages 11 to 24.

907-278-9640, voaak.org/services/getting-started



Alaska Behavioral Health offers rolling admissions to its Partial Hospitalization Program (ages 9-17) and Intensive Outpatient Program (ages 3-5 and 9-17).

907-563-1000
PHP@akbh.org and IOP@akbh.org



Southcentral Foundation Behavioral Health Child and Family Outpatient Services: Clinic is available for Alaskan youth and families ages 3 to 18.

Walk-in Hours: 8:00AM - 5:00PM
907-729-8558



Rhiza Psychiatry provides psychiatric evaluation, medication management, individual group and family therapy, and neuropsychological testing for individuals 12+.

907-744-166, rhizapsychiatry.com



Resource and Referral Services

Local or regionally specific resources for youth not identified. See statewide resources on page 2.

Peer and Family Support

In Anchorage Municipality

NAMI Anchorage provides free mental health support, online groups resources, and education for individuals of all ages whose lives have been affected by mental illness.

907-931-9932, namianchorage.org



Alaska Youth and Family Network provides peer-supported education, advocacy, weekly support groups, and navigation services to help families with youth 0-25 years meet goals of recovery, wellness, and stability.

907-770-4979, ayfn.org



Alaska Behavioral Health Teen POWER Youth Drop-in Center provides a safe space for youth ages 13-23 to connect with their peers and access resources and education.

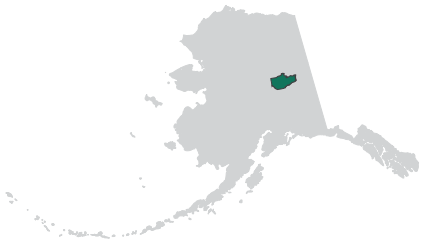
M-F: 11:00AM - 5:00PM, 907-563-1000



Beacon Hill Safe Families provides short-term, safe host homes for children and supportive relationships for parents to fill gaps in social support.

24/7 Helpline: 907-277-0925





Rapid Access to Behavioral Healthcare for Children, Youth, and Families
■ Fairbanks North Star Borough



I am looking for...

**Behavioral Health
Crisis Services**

In Fairbanks North Star Borough

Call 911 and request the Mobile Crisis Team. This team is available 24/7 and is operated by Alaska Behavioral Health. 

In Fairbanks

Fairbanks Native Association SOAP Basic Center is available 24/7 to youth ages 12-17 who are at high risk of homelessness, currently homeless, or have run away from home. 

907-452-6251

**Rapid Access to
Outpatient Appointments**

In Fairbanks

Fairbanks Native Association offers a suite of outpatient services for youth of all ages.

907-452-6251
fairbanksnative.org/children-youth-and-family-services/  

Alaska Behavioral Health Partial Hospitalization Program offers rolling program admission for youth ages 9-17.

907-371-1300
php@akbh.org 

**Resource and
Referral Services**

Local or regionally specific resources for youth not identified. See statewide resources on page 2.

**Peer and
Family Support**

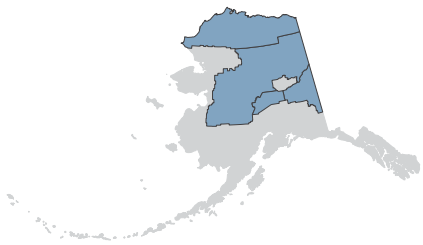
In Fairbanks

Resource Center for Parents and Children offers virtual parenting education and support group classes.

rcpcfairbanks.org/events/ 

NAMI Fairbanks provides free mental health support, online groups, resources, and education for individuals of all ages whose lives have been affected by mental illness.

907-456-4704
namifairbanks.org  



Rapid Access to Behavioral Healthcare for Children, Youth, and Families

■ Northern and Interior Region



I am looking for...

Behavioral Health Crisis Services

In Northern and Interior Region

Tanana Chiefs Conference Behavioral Health has 24/7 clinicians available for crisis situations.

907-459-3800

After hours choose Option 2



In North Slope Borough

Children & Youth Services provides emergency shelter for any youth under the age of 18.

907-852-0263

north-slope.org/departments/health-social-services/behavioral-health-services/children-youth-services/



Rapid Access to Outpatient Appointments

In Northern and Interior Region

Tanana Chiefs Conference Behavioral Health provides outpatient services to youth living in TCC health services communities. No waitlist for youth living in communities outside of Fairbanks.

907-459-3800

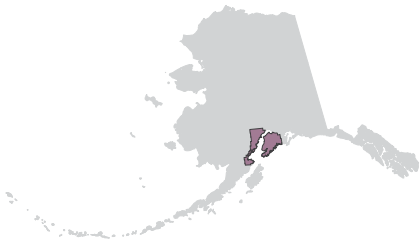


Resource and Referral Services

Local or regionally specific resources for youth not identified. See statewide resources on page 2.

Peer and Family Support

Local or regionally specific resources for youth not identified. See statewide resources on page 2.



Rapid Access to Behavioral Healthcare for Children, Youth, and Families

■ Kenai Peninsula Borough



I am looking for...

Behavioral Health Crisis Services

In Kenai/Soldotna

Central Peninsula Mental Health Emergency Line:

907-714-5353



In Homer

South Peninsula Behavioral Health Services, Inc Emergency Line:

907-235-7701

After hours: 907-235-0247



In Seward

Seaview Community Services 24/7 Crisis Line:

907-224-3027



Rapid Access to Outpatient Appointments

In Kenai/Soldotna

Peninsula Community Health Services provides outpatient therapy and psychiatric services to youth and adolescents ages 6 and above.

M-F: 8:00AM - 6:00PM

907-262-3119

pchsak.org/behavioral-health-center



In Homer

South Peninsula Behavioral Health Services, Inc offers outpatient services for toddlers through age 21. Walk-ins accepted at main campus office - The Center.

M-F: 8:30AM - 5:00PM

907-235-7701

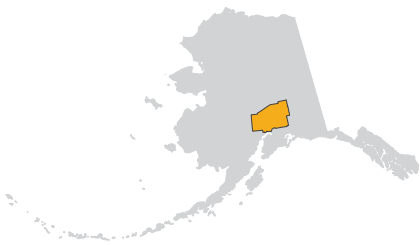


Resource and Referral Services

Local or regionally specific resources for youth not identified. See statewide resources on page 2.

Peer and Family Support

Local or regionally specific resources for youth not identified. See statewide resources on page 2.



Rapid Access to Behavioral Healthcare for Children, Youth, and Families

■ Mat-Su Borough



I am looking for...

Behavioral Health Crisis Services

In Mat-Su Borough

True North Recovery Mobile Crisis Team is available 24/7. Contact 911 and request the mobile crisis team. For phone only support, call True North's 24/7 hotline:

907-982-HOPE (4673)



Mat-Su Health Services:

Crisis Walk-In:

M-F: 8:00AM - 5:00PM
1363 W. Spruce Ave

Crisis Intervention Line:

907-376-2411

Available 24/7



MyHouse Drop-In Center provides basic needs, crisis stabilization, case management, peer support, and a hot meal for youth 14-24 who are experiencing or at risk of homelessness.

M-F: 8:30AM - 5:30PM
300 N. Willow Street
907-373-4357



Rapid Access to Outpatient Appointments

In Mat-Su Borough

Mat-Su Health Services provides rapid access to service eligibility screenings, typically scheduled same-day and an initial appointment may be available within a week of completing the screening. Outpatient services include individual, family and group therapy, as well as psychiatric evaluation and medication management for all ages. Case management and skill development services available for youth with higher needs. In-person services available in Big Lake, Wasilla and Palmer.

907-376-2411



Benteh Wellness Center provides rapid access to services for youth 6-23 years old and their families. Support may include an intake within one week of a crisis, a same-day or next-day appointment with a clinician to address immediate needs, or connection to Home-Based Family Treatment to ensure ongoing stabilization and care.

907-671-6871



Resource and Referral Services

In Mat-Su Borough

Connect Mat-Su is a comprehensive health and social services information and referral hub with phone, text, and online referral support.

907-373-2628

Text: CARE to 907-373-2628

connectmatsu.org



Peer and Family Support

In Mat-Su Borough

Alaska Youth and Family Network provides peer-supported education, advocacy, weekly support groups, and navigation services to help families with youth 0-25 years meet goals of recovery, wellness, and stability.

907-770-4979

ayfn.org

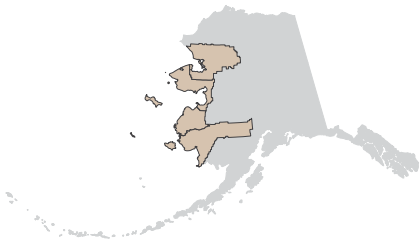


Beacon Hill Safe Families provides short-term, safe host homes for children and supportive relationships for parents to fill gaps in social support.

24/7 Helpline:

907-277-0925





Rapid Access to Behavioral Healthcare for Children, Youth, and Families

■ Western Region



I am looking for...

Behavioral Health Crisis Services

In Yukon-Kuskokwim Region

Yukon-Kuskokwim Health Corporation Crisis Line:

907-543-6499
Available 24/7



In Northwest Arctic Region

Maniilaq Association:

Emergency Room or Health
Clinic staff can reach an
on-call behavioral health
professional 24/7.

907-442-7202 (1-800-478-3321)



In Norton Sound Region

Norton Sound Health Corporation Liitfik Behavioral Health Services:

907-443-3344
After hours and weekends:
907-443-6411



Rapid Access to Outpatient Appointments

In Northwest Arctic Region

**Maniilaq Health Center's Integrated
Primary Care Clinic** provides services to
community members of all ages.

907-442-7404
maniilaq.org/primary-care-2



In Norton Sound Region

**Norton Sound Health Corporation Liitfik
Behavioral Health Services** offers same
day and walk-in services during business
hours for youth of any age with a present
parent or guardian.

907-443-3344
nortonsoundhealth.org/bhs/



Resource and Referral Services

*Local or regionally specific
resources for youth not
identified. See statewide
resources on page 2.*

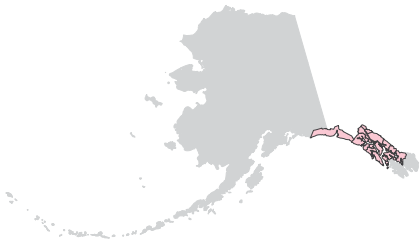
Peer and Family Support

In Bethel

**Teens Acting Against Violence
(TAAV)** is a peer education and
outreach program for teens
12-18 living in Bethel. TAAV
engages peers about issues
including violence, assault,
suicide, and substance misuse.

tundrapeace.org/programs/taav/





Rapid Access to Behavioral Healthcare for Children, Youth, and Families

■ Northern Southeast Region



I am looking for...

Behavioral Health Crisis Services

In Northern Southeast Region

SEARHC 24/7 Helpline:

1-877-294-0074
*Available to all
community members*



JAMHI 24/7 Emergency Line:

907-463-3303



In Juneau

Call 911 and request the
mobile crisis team.

Not a 24-hour service



Rapid Access to Outpatient Appointments

In Northern Southeast Region

Tlingit & Haida Community & Behavioral Services Healing Center:

907-463-7305
*For Tlingit & Haida Tribal
citizens and household
members of all ages*

👤 *Juneau only*

📞 *Statewide*

In Juneau

JAMHI Intake Assessments: Walk-in
assessments offered.

M-Th: 8:00AM - 1:00PM
907-463-3303



Resource and Referral Services

In Juneau

NAMI Juneau maintains a list of
behavioral health organizations
and private practice providers and
can support service navigation.

907-463-4251
namijuneau@gmail.com
juneaumentalhealth.org

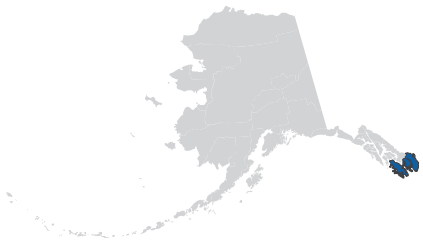


Peer and Family Support

In Juneau

NAMI Juneau: Peer and
Family Support Groups

namijuneau.org/support-groups 👤



Rapid Access to Behavioral Healthcare for Children, Youth, and Families

■ Southern Southeast Region



I am looking for...

Behavioral Health Crisis Services

In Southern Southeast Region

SEARHC 24/7 Helpline:
1-877-294-0074
Available to all community members

Ketchikan Cares Crisis Line:
Speak with a mental health professional 24/7
907-225-2273

In Ketchikan

Resilient Youth & Community (RYC) provides crisis residential and stabilization services for youth ages 12-18 to ensure safety and stabilization during urgent situations.
907-225-4664

Rapid Access to Outpatient Appointments

In Ketchikan

Resilient Youth & Community offers rapid access to outpatient behavioral health services for individuals ages 12-20 and their families. This includes mental health and substance use counseling, individual therapy, and family therapy, as well as, partial hospitalization services and intensive outpatient services. Appointments are available quickly, ensuring timely access to assessment, treatment, and follow-up care.
907-225-4664

Resource and Referral Services

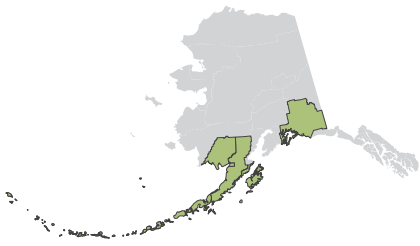
In Ketchikan

Ketchikan 123 hosts an online and print directory of area health and wellness services.
Ketchikan Wellness Coalition:
907-225-9355
ketchikan123.org

Peer and Family Support

In Southern Southeast Region

Community Connections Voluntary Therapeutic Foster Care (VTFC) service allows families experiencing a crisis to request a temporary placement for their child without involving Office of Children’s Services (OCS). VTFC services are flexible in duration and support caregivers when accessing their own treatment or when needing respite services for a youth in their care.
907-225-7825



Rapid Access to Behavioral Healthcare for Children, Youth, and Families

■ Gulf Coast/Aleutian Region



I am looking for...

Behavioral Health Crisis Services

In Bristol Bay Region

Bristol Bay Counseling Center clinicians are available during business hours to triage and assist with urgent and crisis situations.

907-842-1230
24/7 Crisis Line: 1-888-865-0799



In Kodiak Region

Kodiak Area Native Association (KANA) offers 24/7 telephone access to a mental health professional. KANA serves Alaska Native/American Indians, including children as young as four. The Behavioral Health Crisis Line offers immediate assistance and guidance during crises and is accessible at any time.

24/7 Crisis Line: 1-888-601-9969



In Valdez

Providence Counseling Center:

907-835-2838
After hours, request to speak with Counseling Center on-call clinician: 907-835-2249



Rapid Access to Outpatient Appointments

In Aleutian Pribilof Islands Association Service Region

Aleutians Pribilof Islands Association offers outpatient services to youth of all ages and their families in Anchorage, Atka, Nikolski, St. George, and Unalaska. Contact Centralized Scheduling to make an appointment.

M-F: 8:00AM - 4:30PM
1-844-375-2742 or 907-222-9764
registration@apiai.org



In Kodiak Area Native Association Service Region

Kodiak Area Native Association (KANA) offers rapid access into short-term treatment within 24-72 hours. These crisis services are intended to bridge care while the person is entering outpatient care. In addition to their Kodiak facility, KANA has Behavioral Health Aides embedded in communities throughout the Kodiak region. KANA serves AN/AI beneficiaries, including children as young as four. Call to schedule an appointment.

907-486-9870 or 907-486-7380



Resource and Referral Services

Local or regionally specific resources for youth not identified. See statewide resources on page 2.

Peer and Family Support

Local or regionally specific resources for youth not identified. See statewide resources on page 2.

Linking Youth and Families to Behavioral Healthcare: Rapid Access to Care Landscape Analysis Project

A project of the State of Alaska Division of Behavioral Health



We heard from...

Primary Care

37 survey responses
2 interviews

Hospitals

12 survey responses
3 interviews

Schools

46 survey responses
6 interviews

Resource and Referral Organizations

7 interviews

Youth and Families

5 interviews

Behavioral Health

10 participants, in meeting poll/discussion

We learned...

- Providers and families have many choices when looking for help connecting to behavioral health resources for youth: nine regional or statewide resource databases.
- Despite numerous regional or statewide resource databases, many providers rely on internally developed lists or pre-existing relationships when making referrals.
- When looking for behavioral health resources, providers in schools, hospitals, and primary care settings most want to know: availability, insurance accepted, and ages served.
- Finding providers that accept Medicaid, uninsured youth, and youth under age 12 was identified as particularly challenging.
- Few of the existing resource databases provide all three of the top criteria providers are looking for, with provider availability/accepting new clients being the most prevalent information gap.

We developed...

Guides to regionally specific services and supports in the following categories:

- ✓ Crisis care
- ✓ Providers with rapid access to appointments
- ✓ Resource and referral databases
- ✓ Peer navigation and family support

The intent of these guides is to elevate knowledge of existing resources that best match provider needs, knowing that a perfect system does not yet exist.

Resource and Referral Services Organizations for Youth and Family Behavioral Healthcare

Statewide

Help Me Grow Alaska: Speak with a Family Support Specialist who can offer caring support, clear guidance, and easy connections to services that support emotional well-being and mental health. Providers and families can also use online forms to connect.

1-833-HMG-ALASKA (1-833-464-2527)
helpmegrowak.org

PAL-PAK: The PAL Line offers pediatric psychiatric consultation that is available to providers with questions about mental healthcare for youth 0-19 such as diagnostic clarification, medication adjustment and treatment planning.

M-F: 7:00AM - 4:00PM
1-855-599-7257

Local/Regional

Connect Mat-Su is a comprehensive health and social services information and referral hub with phone, text, and online referral support.

907-373-2628
Text: CARE to 907-373-2628
connectmatsu.org

NAMI Juneau maintains a list of behavioral health organizations and private practice providers and can support service navigation.

907-463-4251
namijuneau@gmail.com
juneaumentalhealth.org

Ketchikan 123 hosts an online and print directory of area health and wellness services.

Ketchikan Wellness Coalition:
907-225-9355
ketchikan123.org

Recommendations

For Behavioral Health Providers

- Ensure programs and services are listed in regional and statewide resource directories and designate role(s) responsible for responding to update requests.
- List essential information clearly on organization website:
 - Phone number for crisis services and type of services available (if offered).
 - Estimated wait times for key services, including date of update.
 - Age range accepted for different services.

For Schools, Hospitals and Primary Care Practices

- Use existing resource and referral services
- Provide feedback to resource and referral services organizations if the tool provided does not meet your need and be a partner in development of a better solution.
- Incorporate use of resource and referral services and/or directories into organizational practices through training, EHR integration.

For Resource and Referral Services Organizations

- Develop quality assurance processes to check functionality of search and filter features.
- Ensure filters capture categories most desired by the platform's target audience (Note that caregivers may have different preferences than providers).

For State of Alaska Leadership and Funders

- Continue support for efforts to integrate behavioral healthcare into primary care settings and schools.
- Explore opportunities for the interoperability of state-funded resources and increase connectivity between resource and referral partners.
- Improve behavioral health crisis response options for youth.
- Increase utilization of tools and funding streams that support care coordination and information sharing.
- Work towards a statewide solution for real-time treatment bed and appointment availability tracking.
- Invest in initiatives that reduce stigma and support caregivers in connecting youth to behavioral health services.
- Support initiatives to grow behavioral health workforce competencies for youth and families.
- Increase availability of rapid access to behavioral healthcare with funding, technical assistance and facilities connections between referring providers and behavioral health providers