

Anchorage Continuum of Care

1. **Community Prevention/Education** – interventions and education activities, programs and services designed to enhance, improve protective factors and reduce risk factors that lead to emotional and behavioral problems.

Examples include: parenting classes, peer/consumer and client support services, community education, advocacy/self-help and primary, secondary and tertiary prevention activities.

Four State grantee agencies report doing community education.

2. **Outreach** – facilitate entry into treatment or meeting the individual within their community, job, home or school setting to engage in treatment or support services
3. **Emergency Services** – are provided in a crisis situation during an acute episode of a mental, emotional or behavioral disorder. Emergency services are intended to reduce the symptoms of the disorder, prevent harm to the recipient or others; prevent further relapse or deterioration of the recipient’s condition; or to stabilize the recipient.

Level II		# Beds	Where	Age	For	BRS
Anchorage-Matsu-Valdez		32	Total			
	Salvation Army Cares for Kids Crisis Nursery	15	Anchorage	0-10		BRS=13
	Salvation Army Booth Memorial	5	Anchorage	12-18	G	BRS=5
	Alaska Family Services (formerly KAP) (Dorothy Saxton)	12	Wasilla	12-18		BRS=7

Sub Acute Crisis Stabilization		# Beds	Where	Age	For	BRS
Anchorage		34	Total			
	Providence	8 - 12?				

4. **Screening** – screening is an activity that determines the likelihood that a client has co-occurring substance use and mental disorders or that his or her presenting signs, symptoms, or behaviors may be influenced by co-occurring issues. The purpose is not to establish the presence or specific type of such a disorder, but to establish the need for an in-depth assessment. Screening is a process that typically is brief and occurs before or soon after the client presents for services.

Many Anchorage State grantee agencies report doing screening.

5. **Assessment** – a face-to-face, computer assisted, or telephone interview with the person served to collect information related to his or her history and needs, preferences, strengths, and abilities in order to determine the diagnosis, appropriate services, and /or

referral. The type of assessment is determined by the level of entry into service: Intake Assessment, Drug/Alcohol Assessment, Psychiatric Assessment, Psychological Assessment, Neuro-Psychological Testing and Evaluation.

Many Anchorage State grantee agencies report doing assessment.

Note: Screening differs from assessment in the following ways:

- Screening is a process for evaluating the possible presence of a particular problem; and,
- Assessment is a process for defining the nature of that problem and developing specific treatment recommendations for addressing the problem.

6. **Outpatient Services** – Refers to a range of behavioral health services that can include brief intervention, brief therapy, individual, family, and group therapy. These services are designed to treat substance use disorders, mental illness, behavioral maladaptation, or other problems: to remove, modify, or retard existing symptoms, attenuate or reverse disturbed patterns of behavior and promote positive recovery, rehabilitation, and personality growth and development.

Many Anchorage State grantee agencies report doing outpatient services.

7. **Rehabilitation and Recovery Services** – Refers to a range of services that are available to clients who meet criteria based on levels of functioning in multiple spheres. Services can include a functional assessment, case management, individual/family/group skill development, and recipient support services. A functional assessment assists the client in identifying areas of need in developing a treatment plan. Case management services assist the recipient in accessing and coordinating needed services, such as medical, substance use, psychiatric, and behavioral health care. Skill development services help the recipient develop or improve specific self-care skills, self-direction, communication and social interaction skills necessary for successful community adjustment and interaction with persons in the recipient's home, school, work, or community environment. Recovery is a treatment philosophy that provides the framework of service delivery. A recovery model offers hope that the restoration of a meaningful life is possible and achievable.

Many Anchorage State grantee agencies report doing case management, intensive rehab,

8. **Day Treatment Services** – Refers to a combined program of therapeutic and academic services coordinating mental health services and resources with school district services and resources to assist a recipient who is an SED child to improve the recipient's daily functioning within, or make a transition to, the community-based school environment. Day treatment services may include a specific mental health component that provides counseling, monitoring, and support necessary to keep the child within the community-based school environment.

9. **Medical Services** - Refers to a range of behavioral health services that are delivered by trained medical practitioners, and can include psychiatric evaluation and pharmacological management.

9. **Detoxification Services** – Detoxification is a process involving multiple procedures for alleviating the short-term symptoms of withdrawal from drug dependence. The immediate goals of detoxification are 1) to provide a safe withdrawal from the drug(s) of dependence and enable the client to become drug free; 2) to provide withdrawal that is humane and protects the client’s dignity; and 3) prepares the client for ongoing treatment of alcohol or drug dependence.

- Social Detox: This is a model of detoxification that requires no medication, and allows the client to withdraw from abused chemicals in a safe environment.
- Outpatient Detox: The client is at minimal risk from severe withdrawal that requires moderate levels of medication and monitoring.
- Inpatient Medical Detox: This level of detoxification provides the highest level of monitoring. Placement criteria are defined by the presence of high risk factors for complicated withdrawal: high risk biomedical complications, psychiatric or behavioral complications.

Five State grantee agencies in Anchorage provide detox. Out of them, only ___ provide detox to children.

10. **Residential Services** – Licensed 24 hour facilities that provide a variety of services in a structured setting. The purpose of residential care services is to: “remediate specific dysfunctions which have been explicitly identified in a written specific Individual Treatment Plan that is regularly reviewed and update.” These services are provided to children in residential care settings to treat debilitating psychosocial, emotional and behavioral disorders. These services provide a therapeutic environment for children/youth who are unable to remain with their parent or guardian either due to abuse/neglect or to delinquency issues that are not amenable to placement with the family or origin.

- Crisis Nursery/Daycare/Therapeutic PreSchool: Clinical programs that provide a combination of developmental and mental health services in a preschool setting. Available to kids and families of children who are at risk for or who are emotionally disturbed, have behavior problems or adjustment problems.

___ State grantee agencies in Anchorage provide therapeutic services to young children and their families in school and day care settings as well as homes.

- Foster Care: Alternative care environment for children and youth placed by the Department of Health and Social Services providing a safe home, meals, basic care and daily supervision including those activities that a parent would normally carry out to assure protection, emotional support and care of a child.

- Therapeutic Foster Care: Very structured foster care home. Children attend community schools. Foster parent has special training and develops individual treatment plan for child. Usually one parent at home at all times.

Five State grantee agencies in Anchorage provide therapeutic foster care.

Treatment Resource/Foster Homes	1-3 kids per home	# Beds	Where	Age	For	BRS
Anchorage-Matsu		148	Total			
	ACS 32 Homes w/1-2 beds/home	64	Anchorage			
	Denali Family Services 22 homes w/1-3 beds/home	64	Anchorage			
	Denali Family Services 5 homes w/1-2 beds/home	10	Wasilla			
	ARC Multiple 1-2 bed homes	10	Anchorage			

- Therapeutic Group Homes: Structured therapeutic milieu; children attend community schools; usually no more than 6 children in a home.
- Group Homes: Small Group Home (4 to 6 kids); Large Group Home (6 to 12 kids); children go to community schools; program not as structured as TGH; children may attend outpatient therapy or counseling.

Treatment Resource/Foster Homes	5-8 kids/home	# Beds	Where	Age	For	BRS
Anchorage-Matsu		55	Total			
	ASSETS 3 homes w/5 beds/home	15	Anchorage			
	ARC of Anchorage 4 homes w/5 beds/home	20	Anchorage			
	FCSA 4 homes with 5/beds/home construction money secured		Anchorage			
	FCSA TFH development coming on line 09/10? 4 homes with 5 beds each	20	MatSu			

- Emergency Stabilization and Assessment (ESA): Emergency Stabilization and Assessment (ESA) provide Behavioral Rehabilitation Services (BRS) and temporary residential care for children who are in immediate danger in their present environment, who need short term, temporary placement, and may need stabilization and a thorough assessment of their needs.

Only two State grantee agencies in Anchorage report doing “emergency services”

- Respite: Child and adolescent respite care is appropriate for the caregiver of a child or adolescent under 18 when the conditions in the child or adolescents home increases stress on the child’s adult caregiver and increases the risk of placement

in a higher level of care or out of home placement of any kind. Can include in home and out of respite.

- **Long-Term Residential Treatment:** Residential Treatment programs provide 24-hour Behavioral Rehabilitation Services (BRS) and treatment for children with emotional and behavioral disorders. This level of service is provided for children who are in need of and are able to respond to therapeutic intervention and who cannot be treated effectively in their own family, a foster home, or in a less restrictive and structured setting. These programs provide a medium to long-term (6 to 12 months) residential care and treatment for children who have emotional and mental health problems and display inadequate coping skills. BRS program components must include planned group living/milieu therapy, community experiences, ongoing individual, group and family therapy and an individualized educational program for each resident.

Level III		# Beds	Where	Age	For	BRS
Anchorage-Matsu-Valdez		90	Total			
	Alaska Baptist Family Services	16	Anchorage	6-18	M	BRS=12
	Salvation Army Booth Memorial	20	Anchorage	12-18	Girls	BRS=12
	Southcentral Foundation-Pathways House	30	Anchorage	12-18	Co-ed	
	Southcentral Foundation-Cleveland	8	Anchorage	12-18		
	Vol. of America (ARCH)	16	Anchorage	13-18	SA/MH	

- **Residential Diagnostic Treatment Programs (RDT):** Provide structured supervision 24-hours per day, seven days per week by professional staff working shift work schedules. Intensive treatment services include: crisis intervention; accurate diagnosis i.e. behavioral health, mental health, substance abuse, etc.; behavioral stabilization and management; identifying the child's risk level i.e. chronic, episodic or manageable; comprehensive treatment planning focused on aftercare and the child's long-term needs; and 6-9 months residential care.

Level IV		# Beds	Where	Age	For	BRS
Anchorage-Matsu-Valdez		42	Total			
	ASSETS	5	Anchorage	DD	TRH	
	HOPE	5	Anchorage	DD	TRH	
	SCF: Anticipated to come on-line 2009?	32				

11. **Inpatient Services:** This category includes Residential Psychiatric Treatment Centers (RPTC) and Inpatient Psychiatric Hospitals.

- RPTCs:** A facility primarily for the diagnosis and treatment of mental, emotional, and behavioral problems. RPTCs are required to provide psychiatric services on a more intense frequency than lower levels of residential care. RPTCs may be secure or semi-secure, referring to the ability of the facility to provide a lockable setting, either by mechanical or electronic means, to prevent residents from leaving.

Level V						
Anchorage-Matsu-Valdez		160	Total			
	Alaska Children's Services, RPTC		Anchorage	10-18		
	Jesse Lee Campus 4 units with 9 beds - lic 40	40				
	Gaylor Cottage		Anchorage	6-12	M/F	
	Newhall Cottage		Anchorage	13-18	M	
	Oliver Cottage		Anchorage		SO	
	Gould Cottage		Anchorage	13-18	M	
	Maplewood 3 units w/7 & 2 units w/6 - lic 20	20	Anchorage	13-18	M/F	
	[26 add'l FH with 1-3 beds ?]		Anchorage	13-18	M	
	North Star RPTC DeBarr -- (secure beds 10 - 20?)	60	Anchorage			
	North Star RPTC Bragaw (-34 beds converted to acute FY08)	0	Anchorage	6-18		
	North Star RPTC	30	Palmer	12-18		
	Providence Residential Treatment-RPTC	10	Anchorage	13-18		
	SCF: 44 beds Anticipated to come on-line 2010?					

- Inpatient Psychiatric Hospitals:** The most restrictive type of care in the continuum of behavioral health services; it focuses on ameliorating the risk of danger to self or others in those circumstances in which dangerous behavior is associated with acute psychiatric distress. In addition to psychiatric hospitals, inpatient psychiatric services may be delivered in community hospitals, Designated Evaluation and Treatment (DET) facilities, and the Alaska Psychiatric Institute (API).

Acute Care:		# Beds	Where	Age	For	BRS
Anchorage-Matsu-Valdez		34	Total			
	North Star Acute	34				
	API Acute					