

Individualized Service Agreements

Individualized Service Agreements (ISA) provide for individual, specialized services for youth experiencing severe emotional disturbances (SED) and who are under the age of 22. These youth must also be at risk for residential treatment. ISA funds are designated to maintain youth in the least restrictive setting closest to their families and home community.

ISA funds pay for services not funded by grants or other payers such as Medicaid, Denali Kid Care, Waivers, TEFRA, private insurance or other Third Party Payers. ISA dollars are payment of last resort.

ISAs will pay for services such as music lessons, camps, and transportation. Services requested must be related to the youth's behavioral health treatment planning. To find out more about this program, contact Behavioral Health, or your local Community Behavioral Health Center.

Behavioral Health Resource

Contact Information

For information regarding:

Behavioral Health:

www.hss.alaska.gov or call toll free in Anchorage (800) 770-3930, or toll free in Juneau (800) 465-4828

Community Behavioral Health Centers:

www.hss.alaska.gov/dbh/PDF/provider_list or call (907) 269-3600

Community Health Aide Clinics:

www.hss.alaska.gov/directoryhealthcare or www.akchap.org

Maps of sites and descriptions of tribal services:

www.anthc.org/cs/chs/behavioral/ruralbehhealthneedsassmnt.dfm

For listing of public schools in Alaska:

http://www.eed.alaska.gov/Alaskan_Schools_public/home.html

Payment for behavioral health services

Alaska has a number of programs that pay for behavioral health services:

- Community Behavioral Health Centers (CBHCs) receive grants to provide treatment.
- Individualized Services Agreements may be available to help cover the costs of behavioral health care for some youth. Discuss this option with your CBHC.
- Insurance carriers may cover outpatient and inpatient care.
- Medicaid offers several insurance plans for income eligible persons.
- Many service providers accept payment from families and have sliding fee scales.

Fetal Alcohol Spectrum Disorder Waiver Demonstration Project

This research project provides services for a limited number of Medicaid eligible Alaskan youth between the ages of 14-21, who have severe emotional disturbance, are in a Residential Psychiatric Treatment Facility (RPTC) or are eligible for RPTC services. Participating youth must have a Fetal Alcohol Spectrum Disorder (FASD) or be suspected of having FASD.

Youth who are accepted into this program will have access to new community-based services that are designed to meet the unique needs of youth with FASD (or suspected FASD) and their families. The project will evaluate the effectiveness of community-based services for youth FASD or suspected FASD.

For further information, contact Shannon Cross at (shannon.cross@alaska.gov) (907) 269-3600 or (800) 770-3930.



Alaska Dept. of Health & Social Services
Division of Behavioral Health
3601 C Street, Suite 878
Anchorage, Alaska 99503

Supports for Alaska's Children with Severe Emotional Disturbance



State of Alaska
Department of Health & Social Services
Division of Behavioral Health
www.hss.state.ak.us/dbh

What is Behavioral Health?

The Alaska Department of Health and Social Services (DHSS) mission is to promote and protect the well-being of Alaskans. As part of DHSS, Behavioral Health's (BH) primary responsibility is to support many services and programs that address the mental health and substance abuse needs of Alaska's children and adults. Medical offices, Community Behavioral Health Centers, Physicians Clinic, Tribal Health Organizations and schools are among the many resources for behavioral health assistance available to persons experiencing behavioral health problems. This brochure describes all of the supports available for patients from birth through 21 years of age.

How can I tell if my child needs behavioral health help?

If you, or anyone who knows your child, is concerned about their behavior, you may consider seeking support through Alaska's behavioral health system. Behaviors that are likely to be concerning include:

- Running away
- Drug or alcohol use
- Setting fires
- Unusually physically aggressive towards people or animals
- Sudden change in sleeping or eating patterns
- School reports behavioral concerns
- Arrests or other trouble with the law
- Expresses feelings of hopelessness
- Talk of self-harm
- You may also consider having your child assessed for behavioral health problems if a child in your care has experienced:
 - Physical, emotional or sexual abuse
 - Neglect of food, clothing, shelter or emotional support
 - Experienced a traumatic event
 - Experienced a brain injury or trauma to the head

What kind of Behavioral Health help is available?

Behavioral Health treatment can take many forms:

- Individual and Group Therapy
- Family Therapy
- Medication
- Crisis Intervention
- Skills Development
- Substance Abuse Counseling

Help for families may be received:

- In the home
- In the community
- In the school
- Out of the home (foster home, group home, residential)
- Inpatient (Residential Psychiatric Treatment Center or Acute Psychiatric Hospital)

Types of Medical Assistance Programs for Behavioral Health

Medicaid is a program which provides payment for medical services, including behavioral health services, for income-eligible citizens. To qualify, you must meet federal income and asset standards and fit into a specified eligibility category. For more information, contact the Public Assistance at (907) 465-3347 or on the Web at www.hss.alaska.gov.

Denali Kid Care (DKC) provides health and behavioral health services for Alaskans up to 18 years of age or women who are pregnant and meet income eligibility. For more information, please contact 1-888-318-8890 or (907) 269-6529 or visit the Web at www.hss.alaska.gov/dhcs/DenaliKidCare.

The Tax Equity and Fiscal Responsibility Act of 1983 (TEFRA) is a federal law that allows certain children under age 19 to qualify for Medicaid by excluding parental income.

Qualifications for TEFRA include:

- Child must be disabled, as defined by federal disability policy
- Child must need the level of care that would usually be provided in a hospital, nursing home or intermediate care facility
- Child must be able to be cared for outside of a behavioral health institution

For more information, contact 1-800-478-3464 or (907) 269-8950 or www.qualishealth.org.

Community Resources

Parent and Peer Navigators and other advocates for families can provide support. For more information on these resources, please contact:

Alaska Youth and Family Network

401 E. Northern Lights Blvd., Suite 100
Anchorage 99503
Phone (907) 770-4979 or
1-888-770-4979
Fax (907) 770-4997
www.ayfn.org

Stone Soup Group

307 E. Northern Lights Blvd., Suite 100
Anchorage, Alaska 99503
Phone (907) 561-3701 or 1-877-786-7327
Fax (907) 561-3702
www.stonesoupgroup.org

Disability Law Center of Alaska

3330 Arctic Blvd., Suite 103
Anchorage, Alaska 99503
Phone 1-800-478-1234
Email: akpa@dlcak.org

LINKS Mat-Su Parent Resource Center

6177 E. Mtn. Heather Way, Suite 3
Palmer, Alaska 99645
Phone (907) 373-3632
Fax (907) 373-3620
Email: linksdf@gci.netjspence@linksprc.org, or
amberp@linksprc.org
www.linksprc.org

Alaska Brain Injury Network, Inc.

3745 Community Park Loop, Suite 240
Anchorage AK 99508
Phone (907) 274-2824
Toll Free (888) 574-2824
Fax (907) 274-2826
Email: contact@alaskabraininjury.net

CoDi

P.O. Box 1907
Palmer AK 99645
Phone (907) 745-2634
Fax (907) 745-4897

SESA Special Education Service Agency

3501 Denali Street, Suite 101
Anchorage AK 99503
Phone (907) 334-1300
Fax (907) 562-0545

NAMI

144 W 15th Avenue
Anchorage AK 99501
Phone (907) 277-1300