

# Anchorage Community Emergency & Advocacy Resources

(LITTLE BLUE BOOKLET, JULY 2019)

BROUGHT TO YOU BY:



Anchorage  
Health  
Department



## BROUGHT TO YOU BY:

Anchorage Health Department and the Anchorage  
Police Department

## FOR HELP FINDING RESOURCES NOT LISTED IN THIS BOOKLET, PLEASE CONTACT:

United Way of Anchorage - Alaska 211  
Call 211 or 1-800-478-2221

[alaska211.org](http://alaska211.org)

Alaska 211 is a confidential referral service to  
local, state, and federal resources

## TABLE OF CONTENTS

<b>Emergencies &amp; Basic Crime Information</b>	<b>5</b>
<b>Community Resources</b>	<b>10</b>
Medical and Health-Related Resources	10
Alcohol and Other Substance Resources	21
Homeless/Houseless and Near Homeless/Houseless Resources	30
Food & Nutrition Resources	36
Employment Resources	40
Legal and Court Resources	43
Disability Resources and Support Services	48
Immigrant and Refugee Resources	51
LGBTQ Resources	52
Crime Victim Support Rights & Resources	53
Military and Veteran Resources	56
Family and Parenting Resources	59
Youth Resources	62
Interpersonal Violence, Assault, and Abuse Resources	64
<b>Laws and Definitions of Select Crimes</b>	<b>70</b>
Local Alcohol Laws	70
Hate Crime & Human Rights Laws	71
Americans with Disabilities Act (ADA)	72
State of Alaska Victims' Rights	72
Laws About Missing and Runaway Children	73
Laws About Youth Safety at Home	73
Definition of Elder and Vulnerable Adult Abuse	73
Definition of Sexual Assault	74
Definition of Stalking	74
Federal Domestic Violence Laws	75
Alaska Law on Notification to Victims of Domestic Violence	75

<b>Learning About Interpersonal/Domestic Violence And Abuse</b>	<b>76</b>
Information on Youth Violence: Dating Violence and Bullying	76
Definition of Domestic Violence	77
The Cycle of Domestic Violence	78
How Power and Control Enable Abuse	79
Safety Planning	81
Information for Victims of Domestic Violence	85
Protective Orders	87
General Information for All Victims of Crime	89

# Emergencies & Basic Crime Information

**Active Emergencies:** **Call 911**

**Poison Control:** **1-800-222-1222**

**For Non-Emergencies:** **Call 311**  
or **Anchorage Police Department Dispatch** **(786-8900)**  
or **Alaska State Trooper Dispatch** **(428-7200)**

**For Issues Not Related to Law Enforcement:** **Call 211**  
for referrals to other resources

**What happens when I call 911?** A police dispatcher will use the information you provide to figure out what kind of emergency is occurring and how serious it is, including whether someone's personal safety is at risk. The dispatcher may ask you to stay on the phone until an officer arrives so that the police know whether you are still safe. The dispatcher will ask you for your phone number in case they need more information about what happened in the future.

**What happens when I call 311?** 311 connects you to APD or another Municipality office, depending on the issue. For example, you can call 311 to report a property crime to APD, a problem with street maintenance or traffic, code enforcement, an incapacitated person (who is not experiencing a medical emergency), or many other problems that require the Municipality to resolve.

## **Anchorage Police Department (APD)**

4501 Elmore Rd

Anchorage, AK 99507

APD Lobby Hours: Monday-Friday 7:00 am-6:00 pm (closed municipal holidays)

FOR EMERGENCIES:

**Dial 911**

APD MAIN NUMBER:

**786-8900**

NOTE: Help is available to all persons. You can get help even if you do not speak English or if you are hearing impaired.

## **HOW TO REPORT A CRIME**

**For an active emergency,**

**call 911**

For non-emergency crimes, call 311 or use online reporting. Do not call 911 for a non-emergency, since that can distract 911 resources from emergencies in progress.

**Non-Emergencies:** You can also report most non-emergency crimes online at [www.muni.org/Departments/police/forms/Pages/BeforePoliceReport.aspx](http://www.muni.org/Departments/police/forms/Pages/BeforePoliceReport.aspx). This form can be used to report crimes related to drugs, fraud, identity theft, liquor, lost property, shoplifting, supplement to burglary, suspicious activity, theft (including theft from vehicles), threats, vandalism, and vehicle tampering.

To report a car crash or other vehicle accident, use this online form: [www.dot.state.ak.us/12209V4/jsp/12209main.jsp](http://www.dot.state.ak.us/12209V4/jsp/12209main.jsp)

**Motor Vehicle Accidents:** If there are injuries call 911. If no injuries, call dispatch at 786-8500. Move off the main road and wait for the officer.

If the damage to all vehicles is less than \$500, or for minor hit-and-run collisions when the suspect is gone from the scene, you can complete a Citizens Accident Report Form for insurance purposes. The form can be completed online or printed and mailed in. Instructions and links are available at [www.muni.org/Departments/police/forms/Pages/AccRptInfo.aspx](http://www.muni.org/Departments/police/forms/Pages/AccRptInfo.aspx). You must mail your proof of insurance form to the address on the form within

15 days or your license will be suspended.

### **Identity Theft:**

Identity theft may be reported to a federal hotline:

**1-877-438-4338 or [www.consumer.gov](http://www.consumer.gov)**

### **Careline Support for People Contemplating Suicide or Experiencing other Mental Health Crisis**

If someone is in immediate danger of suicide, **call 911** or take the person to an emergency room. Do not leave the person alone. Remove any firearms, alcohol, drugs, or sharp objects that could be used in a suicide attempt.

For other support, **call 1-877-266-4357 or text 839863**

Careline is Alaska's statewide 24/7 crisis line. They are a part of the National Suicide Prevention Lifeline. The line is open 24 hours a day, 7 days a week. It provides crisis intervention for people contemplating suicide, experiencing crisis, depression, and/or isolation, including people who are survivors of suicide attempts or have had loved ones affected by suicide or other mental health crisis. The texting line is open 3pm-11pm Tuesday-Sunday.

**Crime Stoppers (Tip Line):** If you have information about a crime that you did not report, you can share that information confidentially by calling Crime Stoppers at 561-STOP (7867). If your tip helps lead to the arrest and indictment of a suspect, you may be eligible for a reward of up to \$1,000. If the tip you have involves a life-threatening situation, call 911 instead.

**Fees for Police Protective Services:** If APD responds to any residential property more than eight (8) times in one calendar year, the owner of the property will be required to pay the Municipality of Anchorage (MOA) \$500 for each additional response. MOA will inform the property owner in writing when eight responses have occurred. (Anchorage Municipal Code Chapter 8.80.) Calls for domestic violence are not included.

## HOW TO GET INFORMATION ABOUT A PAST CRIME

### The APD Records Section:

**786-8600**

The APD Records section manages crime reports and records. Call the Records Section for updates on a case you reported or another past case. Depending on the type of the crime, information will be available at different times.

### Burglary

If your case is considered a burglary, you may check the status 10 days after your report was made. Have your case number ready when you call. You can add information to your burglary report by filling out a Citizen Follow-Up Report, available from the APD Records Section or online at: <http://muni.org/apdl/apd9ll.cfm>. A case is considered a burglary when a person enters or remains unlawfully in a building with intent to commit the crime of theft. A burglary case requires: (1) a suspect(s) who can be identified in court and (2) physical evidence, such as fingerprints, that can lead to the identification of a suspect. If your property was stolen and APD finds it in a pawnshop, APD will contact you. If you find stolen property in a pawnshop, call the APD Burglary Sergeant at **786-2679** so that APD can place a hold on the item(s).

### Crimes Involving Human Death

To obtain a copy of death certificates, contact the Vital Records Office at P.O. Box 110675, Juneau, AK 99811-0675 or [hss.vr.apps@alaska.gov](mailto:hss.vr.apps@alaska.gov). Funeral homes can also obtain death certificates when they handle the burial or cremation of a person's remains. The state Medical Examiner will determine the cause of death after a crime and in many other situations, but the Medical Examiner's office does not provide death certificates.

## HOW TO GET PROPERTY BACK FROM APD:

### APD Property & Evidence Section:

**786-8660**

To recover property seized by the police, contact the APD



Property & Evidence Section. Release of property is by appointment only.

### **Impounded Vehicles: 343-4575**

Call during business hours (M-F, 8 am-5 pm)

Impound hours: 12:00 pm - 4:00 pm

[www.muni.org/Departments/legal/civil/Pages/ImpoundsInfo.aspx](http://www.muni.org/Departments/legal/civil/Pages/ImpoundsInfo.aspx)

If you leave a voicemail, please leave your name, number, and vehicle license plate number. In order to retrieve a vehicle, you must be the registered owner and have the following with you: a certificate of title to the vehicle, proof of insurance, some form of valid, state-issued ID, and cash or a money order.

### **TO VISIT A PERSON WHO HAS BEEN ARRESTED**

Arrested adults are held at the Anchorage Correctional Complex, 1400 E. 4th Ave.

Call **269-4100** for instructions on arranging a visit.

### **LEARNING ABOUT ONGOING CRIMES IN ANCHORAGE**

#### **Emergency Alert System (EAS)**

In the event of a major emergency, the EAS will broadcast critical emergency information, such as health warnings, locations of emergency shelters, and recommended actions to preserve life and property. During times of emergency, tune into radio or TV. The EAS will broadcast on 750 AM KFQD first.

#### **Nixle Alerts**

The Office of Emergency Management uses Nixle to post information, tips, and other messages related to local emergencies and emergency preparedness. To sign up for alerts, text your Anchorage-area zip code to 888-777. You can also sign up at [Nixle.com](http://Nixle.com) to receive alerts by email. For more information, see [www.muni.org/Departments/OEM/Pages/EAS.aspx](http://www.muni.org/Departments/OEM/Pages/EAS.aspx)

# COMMUNITY RESOURCES

## MEDICAL AND HEALTH-RELATED RESOURCES

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### GENERAL HEALTH CARE

#### Hospitals

Alaska Native Medical Center:	<b>563-2662</b>
Alaska Regional Hospital:	<b>276-1131</b>
Chris Kyle Patriots Hospital (Veterans):	<b>258-7575</b>
Elmendorf AFB Hospital (Emergency):	<b>580-5555</b>
Providence Hospital:	<b>562-2211</b>
St. Elias Specialty Hospital:	<b>561-3333</b>
(Extended inpatient acute care)	

#### **Alaska Veterans Affairs Healthcare System (VA): 257-4700**

1201 North Muldoon Rd

[alaska.va.gov](http://alaska.va.gov)

Offers comprehensive health services to veterans living in Alaska.

#### **Anchorage Health Department Public Health Clinic: 343-4799**

825 L St, First Floor

[www.anchoragepublichealth.com](http://www.anchoragepublichealth.com)

Provides a variety of confidential services on a sliding fee scale, including STI testing and treatment, HIV testing, birth control, pregnancy testing, cancer screenings, and tuberculosis screening and treatment.

#### **Anchorage Neighborhood Health Center : 748-7200**

4951 Business Park Blvd  
anhc.org

Provides primary health care including pediatric care, internal medicine, dental services, lab services, x-rays, and mammograms. Sliding fee scale available for uninsured patients.

### **Providence Family Medicine Center**

**562-9229**

1201 East 36th Ave

[alaska.providence.org/locations/f/providence-family-medicine-center](http://alaska.providence.org/locations/f/providence-family-medicine-center)

Provides primary care services for individuals and families of all ages.

### **Planned Parenthood**

**1-800-769-0045**

4001 Lake Otis Pkwy, Suite 101

[www.plannedparenthood.org/health-center/alaska/anchorage](http://www.plannedparenthood.org/health-center/alaska/anchorage)

Offers confidential health care services on a sliding scale, including general health care, regardless of gender. Specialty services include sex education, birth control (including the morning after pill), pregnancy testing, abortion services, sexually transmitted infection testing, and LGBTQ services.

### **Urgent Care**

Many urgent care clinics are located throughout Anchorage and may provide non-emergency walk-in medical services at a lower cost than an emergency room. Search “urgent care” online or call the Providence Nurse Line at **212-6183** to find a location near you.

## **SPECIFIC MEDICAL CONDITIONS**

### **Alzheimer’s/Dementia: Alzheimer’s Resource of Alaska/Care Coordination Resource of Alaska**

**561-3313**

1750 Abbott Rd, Suite 100

[alzalaska.org](http://alzalaska.org)

Provides care coordination, education, and support for people experiencing Alzheimer’s and related dementias, intellectual

developmental disorders, and children with complex medical conditions, as well as their family and friends.

**Cancer: American Cancer Society** **277-8610**

3851 Piper St, Suite 240

[www.cancer.org](http://www.cancer.org)

Provides education on cancer prevention, guidance for patients receiving cancer treatment, and referral to support services for cancer patients and their families. Does not provide cancer treatment directly.

**Dental Health: University of Alaska Dental Hygiene Program**  
**786-4346**

3500 Seawolf Dr, Allied Health Sciences Building, Room 148  
[www.uaa.alaska.edu/academics/college-of-health/departments/school-of-allied-health/dental-clinic/](http://www.uaa.alaska.edu/academics/college-of-health/departments/school-of-allied-health/dental-clinic/)

Offers low cost or free dental hygiene services.

**HIV/AIDS: Alaskan AIDS Assistance Association (Four A's)**  
**263-2050**

1057 W. Fireweed Ln, Suite 102

[www.alaskanids.org](http://www.alaskanids.org)

Provides services to individuals and families living with HIV/AIDS as well as HIV testing and prevention information. Call for an appointment.

**Nutrition for Infants/Children: Municipality of Anchorage  
WIC Clinic Health Department**

Downtown: 825 L St, Suite **204: 343-4668**

Alaska Native Medical Center: 4320 Diplomacy Dr: **343-4440**

JBER Military Base: 9497 20th St, Arctic Oasis Building:  
**343-4430**

Eagle River: 12001 Business Blvd, Suite 137: **343-1520**

[www.wicprograms.org/ci/ak-anchorage](http://www.wicprograms.org/ci/ak-anchorage)

Provides free access to healthy foods, nutrition education, breastfeeding support, and referrals to other services for families who qualify. Clinics are open Monday, Tuesday, Thursday, and

Friday 9:15am-5:15pm and Wednesday 1:00pm-5:15pm (closed every day from 1:00pm-1:30pm).

## **HEALTH INSURANCE**

### **Medicaid/Denali Care and Denali KidCare**

Division of Public Assistance

400 Gambell St

[dhss.alaska.gov/dpa/pages/medicaid/](http://dhss.alaska.gov/dpa/pages/medicaid/)

Medicaid provides health insurance coverage for low-income Alaskans. The Division of Public Assistance determines eligibility for this program.

## **MEDICATION DISPOSAL**

Properly disposing of medications when they are no longer needed helps prevent overdose or misuse of potentially-harmful drugs. It also helps prevent water pollution.

### **Drop Boxes**

The following locations have drop boxes for unused medication, which they will dispose of properly:

- Alaska Native Medical Center Pharmacy: 4315 Diplomacy Dr: 1-855-482-4382
- Anchorage Neighborhood Health Center: 4951 Business Park Blvd: 743-7200
- Providence Hospital: 3200 Providence Dr: 562-2211
- Joint Base Elmendorf-Richardson (JBER) Medical Service: 5955 Zeamer Ave: 580-2778

### **Disposal Bags**

Medication disposal bags are plastic bags that contain special charcoal. When pills or liquid medication are placed in the bag along with water, the mixture inactivates the medication and the entire bag and its contents can be thrown away in the trash. Disposal bags are available at the following locations:

Select pharmacies: Carrs, CVS (inside Target), Fred Meyer, Providence Hospital, Walgreens, and Family Pharmacy (Eagle River)

- Anchorage Health Department, 825 L St
- Anchorage Waste Water Utility, 3000 Arctic Blvd
- City Hall, 632 W 6th Ave
- Eagle River Library, 12001 Business Blvd
- Girdwood Library, 250 Egloff Dr
- Loussac Library, 3600 Denali St
- Muldoon Library, 1251 Muldoon Rd, Suite 158
- Volunteers of America, 509 W 3rd Ave, Suite 103

## **MENTAL HEALTH RESOURCES**

### **Emergency Numbers**

Psychiatric Emergency Crisis Line:	<b>563-3200</b>
Alaska Psychiatric Institute:	<b>269-7100</b>
North Star Behavioral Health:	<b>258-7575</b>

## **MENTAL HEALTH SERVICES**

<b>Abused Women Aid in Crisis (AWAIC)</b>	<b>279-9581</b>
<b>24 Hour Crisis Hotline:</b>	<b>272-0100</b>

100 W 13th Ave

[www.awaic.org](http://www.awaic.org)

Supports people of any gender who have experienced emotional, physical, and /or sexual abuse within their intimate or family relationships through counseling, shelter services, and legal advocacy.

### **AK Child & Family (formerly Alaska Children's Services)**

**346-2101**

4600 Abbott Rd

[www.akchild.org/for-families/](http://www.akchild.org/for-families/)

Serves youth experiencing emotional and behavioral issues through residential and community-based treatment.

### **Alaska Mental Health Consumer Web (The Web) 222-2980**

1248 Gambell St

[www.theweb.ngo](http://www.theweb.ngo)

Serves individuals who experience mental health issues and/

or addictions, who are oftentimes homeless, through a drop-in center, community activities, a community kitchen, an art room, job search computers, and housing resources as well as holiday activities and transportation to medical appointments. The Web is a sober environment and is consumer-driven.

**Alaska Veterans Affairs Healthcare System** **257-4854**

1201 N Muldoon Rd

[www.alaska.va.gov/services/mentalhealth.asp](http://www.alaska.va.gov/services/mentalhealth.asp)

Serves veterans living in Alaska. Mental health services include treatment for post-traumatic stress, addictive behaviors, depression, relationship problems, stress, and more.

**Alaska Youth Advocate** **929-2633**

704 W 26th Ave

[www.akyouthadvocates.org](http://www.akyouthadvocates.org)

Serves teens at a center and clinic that provide a safe space to hang out as well as mental health services, peer support, and case management.

**Alaska Youth & Family Network** **770-4979**

740 Communications Ave

[www.ayfn.org](http://www.ayfn.org)

Serves children, youth, and families through youth support groups, parent support groups, and one-on-one family support services.

**Alliance Behavioral Medicine** **562-0001**

4048 Laurel St, Suite 101

[www.docnassar.com/](http://www.docnassar.com/)

Serves adults through individual and group psychiatric services.

**Anchorage Behavioral Health Clinic (Providence Medical Group)** **212-6900**

3760 Piper St

[www.alaska.providence.org/services/b/behavioral-health](http://www.alaska.providence.org/services/b/behavioral-health)

Serves all populations with outpatient mental health services such as individual and group therapy, testing, diagnostic interviews, and medication management.

**Anchorage Community Mental Health Services, Inc.**

**563-1000**

4020 Folker St  
www.acmhs.com

Serves children who are severely emotionally disturbed and adults with severe mental illness through crisis Intervention, family therapy, and individual counseling.

**Anchorage Vet Center**

**563-6966**

4400 Business Park Blvd, Suite B-34

Hours: Monday 8:00am-7:00pm, Tuesday-Friday 8:00am-4:30pm.

Operated by the Veterans Administration to provide veterans with counseling and support services.

**The Arc of Anchorage**

**277-6677**

2211 Arca Dr  
www.thearcofanchorage.org

Serves children and adults with a mental illness or severe emotional disturbance in combination with a developmental disability through behavioral health services.

**Birchwood Behavioral Health**

**349-2222**

1600 O'Malley Rd  
www.bbhalaska.com

Serves all populations through counseling, case management, educational support services, and a residential program.

**Cornerstone Recovery Clinic**

**339-8760**

1825 Academy Dr  
www.cornerstonerecoveryclinic.org

Serves all populations with evaluation and counseling (individual



and group) for substance use disorders. Call for group session schedule.

**Counseling Solutions of Alaska** **644-8044**

701 E Tudor Rd, Anchorage or 11901 Business Blvd, Suite 105A, Eagle River

[www.counselingsolutionsak.com](http://www.counselingsolutionsak.com)

Serves children, teens, adults, and families through psychiatric evaluation and medication management, counseling, and wellness yoga.

**Covenant House** **272-1255**

755 A St

[www.ak.covenanthouse.org](http://www.ak.covenanthouse.org)

Serving youth ages 13-24 with through access to mental health clinicians and referrals to community health services. Shelter services are available to youth ages 13-20.

**Demming Counseling Services** **561-3171**

2550 Denali St, Suite 1608

[www.demmingcounseling.com](http://www.demmingcounseling.com)

Serves children, teens, adults, and families with cognitive behavioral therapy, relationship counseling, and family therapy.

**Dena Yeets' (Southcentral Foundation)** **729-5260**

4320 Diplomacy Dr, Suite 1411

[www.southcentralfoundation.com/services/behavioral-health/dena-yeets/](http://www.southcentralfoundation.com/services/behavioral-health/dena-yeets/)

Serves Alaska Native and American Indian adults who are at risk for suicide, and their families, with specialized support, case management, and referral to behavioral health programs.

**Denali Family Services** **222-2321**

1251 Muldoon Rd, Suite 116 and 6401 A St

[www.denalifs.org](http://www.denalifs.org)

Serves children who require intensive behavioral health care

services and their families through individual, family, and group psychotherapy services in combination with intensive care coordination and rehabilitation services.

**Fireweed Clinic and ANPCC (Southcentral Foundation)**

**729-2500**

4341 Tudor Center Dr

[www.southcentralfoundation.com/services/behavioral-health/fireweed-anpcc](http://www.southcentralfoundation.com/services/behavioral-health/fireweed-anpcc)

Serves Alaska Native and American Indian adults (age 18+) with crisis intervention, case management, psychiatric evaluation, and psychotherapy. Groups and specialized programs available.

**Money Management International**

**1-866-889-9347**

417 Barrow St

[www.moneymanagement.org](http://www.moneymanagement.org)

Serves all people in need of counseling to address economic or financial challenges. Offers 24/7 counseling over the phone and in-person counseling. Web site also provides information on money management and dealing with financial challenges.

**National Alliance on Mental Illness**

**277-1300**

144 W 15th Ave

[www.namianchorage.org/](http://www.namianchorage.org/)

Serves all individuals affected by mental illness through advocacy, education (classes), support, and public awareness.

**North Star Behavioral Health**

**258-7575**

2350 DeBarr Rd

[northstarbehavioral.com](http://northstarbehavioral.com)

Serves children, teens and adults who suffer from psychiatric or substance abuse issues. Also offers military-specific care to first responders, service members, veterans and dependents at the Chris Kyle Patriots Hospital.

**The Pathway Home (Southcentral Foundation) 729-5020**

4000 San Ernesto Ave

Serves Alaska Native adolescents (ages 13-18) through individualized mental health programs.

**Providence Alaska Crisis Recovery Center 563-5006**

Crisis Line: 563-3200

Adult Care: 212-6240

Adolescent Care: 212-6299

Serves people 12 ages and older with a 24-hour, sub-acute, voluntary behavioral health facility.

**Q**

**uyana Clubhouse (Southcentral Foundation) 729-6550**

4315 Diplomacy Dr

[www.southcentralfoundation.com/services/behavioral-health/quyana-clubhouse/](http://www.southcentralfoundation.com/services/behavioral-health/quyana-clubhouse/)

Serves Alaska Native and American Indian adults (age 21+) with severe and persistent mental illness through counseling, case management, skill development, primary care services, and other support services.

**Resolution Services Counseling and Wellness Office**

**770-7769**

401 E Northern Lights Suite 205

Serves adults with substance misuse problems through outpatient services.

**Standing Together Against Rape (STAR) 276-7279**

1057 W Fireweed Ln

[www.staralaska.com](http://www.staralaska.com)

Local Crisis Line: 276-7273

Serves survivors of sexual assault and abuse, and their families, through a crisis hotline and counseling, including a support group.

**Southcentral Foundation**

**729-4955**

4341 Tudor Center Dr  
www.southcentralfoundation.com

Serves Alaska Native people through a variety of physical and behavioral health services, including special programs listed above.

**U-Med Clinic (Providence Medical Group) 212-2673**

3260 Providence Dr, C Tower, Suite 537

alaska.providence.org/services/b/behavioral-health

Serves all populations through outpatient individual and group therapy services, testing, diagnostic interviews, and medication management.

**Victims for Justice 278-0977**

1057 W Fireweed Ln, Suite 101

www.victimsforjustice.org

Serves victims of traumatic events and their families through grief and emotional support, support navigating the criminal justice process (such as going to court), and finding funds for emergency or advertising needs. Does not offer therapeutic counseling but can connect clients to those services.

**Veterans & Military Crisis Line 1-808-273-8255**

**Press 1 or text 838255**

**TTY/TTD: 1-800-799-4889**

veteranscrisisline.net

Serves military members, veterans, their families, and friends through confidential support. You do not need to be registered with the VA or receiving VA health care to use this crisis line.

**Grief Share**

www.griefshare.org

This website lists peer support groups by zip code.

**Hospice of Anchorage 562-5433**

www.hospiceofanchorage.org

Offers free bereavement classes/support groups structured around a selected self-help book.

**Life Alaska Donor Services** **562-5433**

[http://www.lifealaska.org/support/online\\_bereavement\\_support\\_services.html](http://www.lifealaska.org/support/online_bereavement_support_services.html)

Provides links to bereavement resources.

**Survivors of Suicide Support Group** **272-3100**

Serves adults who have lost a loved one to suicide. This phone number will connect you to the Police and Fire Chaplains Office.

**Veterans' Grief and Loss Group**

**257-4854**

Meets monthly at the VA Behavioral Health building at Providence Hospital. Open to veterans or spouses.

**Veterans & Military Crisis Line** **1-800-273-8255**

<https://veteranscrisisline.net>

Confidential support for military members, veterans and their families and friends. Also available by text at 838255

**Victims for Justice** **278-0977**

<https://victimsforjustice.org>

Provides emotional and other support to victims of crime.

## **ALCOHOL AND OTHER SUBSTANCE RESOURCES**

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### **EMERGENCY ALCOHOL SERVICES**

**Anchorage Safety Patrol (ASP) and Anchorage Safety Center**  
**343-4006 or 311**

ASP vans and staff are dispatched to help persons who appear to

be incapacitated by alcohol or drugs in a public place. The ASP van also patrols certain areas in search of persons who may need assistance.

**Providence Psychiatric Emergency Department**     **212-2800**  
Crisis line:     **563-3200**  
Provides assessment, crisis intervention, medical care, and referrals to persons in psychiatric and/or substance abuse crisis.

## **NON-EMERGENCY SUBSTANCE USE-INTERVENTION AND RECOVERY RESOURCES**

**Aeon**     **562-4606**  
4325 Laurel St  
Serves all age groups through outpatient and intensive outpatient treatment. Cash or self-payment required, Medicaid is not accepted.

**Akeela, Inc**     **565-1200**  
360 W Benson Blvd  
[www.akeela.us](http://www.akeela.us)  
Provides general and intensive outpatient services, a residential program for women with children, mental health, and substance use disorder assessment and referral to treatment, transitional housing for clients coming out of treatment programs, case management for families under OCS supervision, individual and group counseling, and rehabilitation.

**Alaska Regional NEST Program**     **276-1131**  
2801 Debarr Rd  
[alaskaregional.com/service/the-nest-program](http://alaskaregional.com/service/the-nest-program)  
Serves babies born with Neonatal Abstinence Syndrome and their families through medical management of baby's withdrawal symptoms, supportive detox, treatment, counseling, and family support services.

**Alaska VA Healthcare System** **273-4011**  
1201 N Muldoon Rd  
[www.alaska.va.gov](http://www.alaska.va.gov)  
Serves veterans through a range of services, including medication-assisted treatment for opioid use disorder.

**Alaska Wisdom Recovery** **562-4540**  
401 W International Airport Rd, Suite 27  
[www.alaskawisdomrecovery.com](http://www.alaskawisdomrecovery.com)  
Offers assessment, individual and group therapy, in-house 12-step meetings, and relapse prevention services.

**Aleutian Pribilof Islands Association** **222-9764**  
1131 E International Airport Rd  
[www.apiai.org/services/health-care/behavioral-health](http://www.apiai.org/services/health-care/behavioral-health)  
Offers an intensive outpatient program, psychological assessments, tele-behavioral health services, tobacco cessation counseling, nicotine replacement therapy, counseling, and education.

**Algone Clinic** **770-1152**  
4001 Dale St, Suite 105  
[www.algonealaska.com/addiction-treatment](http://www.algonealaska.com/addiction-treatment)  
Offers medication-assisted treatment for opioid use disorder and alcohol addiction, nicotine cessation assistance, and other medical services.

**Alcohol Safety Action Program (ASAP)** **264-0735**  
303 K St  
[dhss.alaska.gov/dbh/Pages/Prevention/programs/asap/default.aspx](http://dhss.alaska.gov/dbh/Pages/Prevention/programs/asap/default.aspx)  
Provides substance use screening, case management and accountability for driving while intoxicated and other alcohol/drug related misdemeanor cases.

**Alcoholics Anonymous (AA)****272-2312**

615 East Ave, Room #B8

[www.aa.org](http://www.aa.org)

Offers 12-step recovery programs. Call for meeting time/place. Please note that the office is run by volunteers. If there are no volunteers on duty the office will be closed.

**Alyeska Counseling Group, LLC****782-4553**

701 W 41st Ave, Suite 104

[alyeskacounselinggroup.com](http://alyeskacounselinggroup.com)

Offers assessment, substance misuse counseling, and outpatient treatment for adults.

**Anchorage Treatment Solutions****866-837-4791**

121 W Fireweed Ln, Suite 105

[www.anchoragectc.com](http://www.anchoragectc.com)

Provides Methadone and Suboxone to individuals 18 and older who have had an opioid use disorder for one year or longer.

**Anchorage Women's Recovery Project (AWRP)****729-5190**

4155 Tudor Centre Dr, Suite 205

[www.southcentralfoundation.com/services/behavioral-health/awrp/](http://www.southcentralfoundation.com/services/behavioral-health/awrp/)

Serves women of all ages, ethnicities, and stages of recovery whose lives have been disrupted by alcoholism, drug addiction and co-occurring mental health disorders. Offers community-based, peer-driven and peer-led recovery and support.

**CHOICES, Inc.****333-4343**

1231 Gambell St, Suite 300

[choices-ak.org/icm/](http://choices-ak.org/icm/)

Provides intensive case management and outpatient substance use disorder treatment services for individuals experiencing severe and persistent mental illness, co-occurring substance use disorder, and other behavioral health conditions.



**Chris Kyle Patriots Hospital North Star Behavioral Health**  
**258-7575**

1650 Bragaw St  
chriskylepatriotshospital.com

Treatment for first responders, military service members and veterans 18 and older. Services include assessments, individual, family and group therapy, family support and education classes, detoxification.

**Clare Swan Outpatient (Cook Inlet Tribal Council) 793-3206**

1835 Bragaw St, Suite 350

[citci.org/recovery/claire-swan-outpatient-program](http://citci.org/recovery/claire-swan-outpatient-program)

Serves Alaska Native and American Indian people through outpatient and intensive outpatient services, screenings, counseling, case management, and support groups.

**Cook Inlet Tribal Council (CITC) Clare Swan Outpatient Services**  
**793-3200**

[citci.org/recovery/claire-swan-outpatient-program](http://citci.org/recovery/claire-swan-outpatient-program)

Serves Alaska Natives and American Indians experiencing substance abuse through outpatient and intensive outpatient services.

**Cook Inlet Tribal Council - Ernie Turner Center 688-1750**

[citci.org/recovery/](http://citci.org/recovery/)

Prevention and treatment services include residential care, day treatment, outpatient care, elder residential care, continuing care, family strengthening project, counselor training/consultation. Those who are experiencing mental health disorders and/or addictions who have been recommended for inpatient treatment, as well as those who are experiencing chronic homelessness may be eligible.

**Cook Inlet Tribal Council (CITC) Recovery & Reentry**  
**793-3427**

Temporary location: 1835 Bragaw St, Suite 350  
[citci.org/recovery/](http://citci.org/recovery/)

Services include assessments, residential and outpatient treatment, individual and group counseling, alumni and peer support networks, and prevention, and are aimed at assisting individuals in accessing and increasing support to maintain sobriety.

**Dena A Coy (Southcentral Foundation) 729-5070**

4130 San Ernesto Ave

[www.southcentralfoundation.com/services/behavioral-health/dena-a-coy/](http://www.southcentralfoundation.com/services/behavioral-health/dena-a-coy/)

Serves women experiencing problematic drug or alcohol use and emotional or psychological issues through a residential treatment program, including counseling, relapse prevention, and community recovery skills.

**Discovery Cove Recovery and Wellness Center 694-5550**

11901 Business Blvd, Eagle River

[www.discoverycovealaska.com/](http://www.discoverycovealaska.com/)

Offers outpatient and intensive outpatient treatment for substance use disorder, including medication assisted treatment.

**Ernie Turner Center (Cook Inlet Tribal Council) 668-1750**

30881 Eklutna Lake Rd

[citci.org/recovery/etc-residential-inpatient/](http://citci.org/recovery/etc-residential-inpatient/)

Serves individuals with addiction and/or mental health disorders recommended for inpatient treatment. The Clare Swan outpatient and intensive outpatient services are provided for Alaska Native individuals. The peer support group is open to anyone in recovery.

**Four Directions Outpatient (Southcentral Foundation) 729-6300**

4000 Laurel St

[www.southcentralfoundation.com/services/behavioral-health/four-directions-outpatient/](http://www.southcentralfoundation.com/services/behavioral-health/four-directions-outpatient/)

Offers substance misuse and dual diagnosis assessments, individual counseling, and group counseling for adults.

**Genesis Recovery, Inc.****243-5130**

2825 W 42nd Ave

[www.genesisrecovery.org](http://www.genesisrecovery.org)

Serves adults through assessments and referrals, outpatient and residential treatment, substance misuse counseling, 24-hour monitored care, transitional living, and family treatment.

**Ideal Option****1-877 522-1275**

2421 E Tudor Rd, Suite 108

[idealooption.net](http://idealooption.net)

Provides medication-assisted treatment in combination with behavioral health services for opioid use disorder and alcohol addiction, treatment for tobacco, methamphetamine, and marijuana addiction.

**Insight Therapy LLC****677-8942**

600 Cordova St, Suite 6

[www.insightalaska.com](http://www.insightalaska.com)

Offers substance misuse assessment, cognitive behavioral health therapy for substance misuse, and counseling for adults.

**Jett Morgan Treatment Services, LLC****677-7709**

400 W Tudor Rd

[www.jettmorgan.com](http://www.jettmorgan.com)

Offers substance misuse assessment, mental health evaluations, intensive outpatient treatment services for individuals 18 and older. Priority admission to pregnant women, people who inject drugs, and clients who are HIV-positive.

**Ma's Way****884-5350**

3601 Lois Dr

[www.masway.org](http://www.masway.org)

Offers substance misuse assessments, mental health support and diagnostic services, case management, and intensive outpatient programs.

**Mountain Minds Matter****382-6477**

273 Crystal Mountain Rd, Suite 3, Girdwood

Offers outpatient treatment for adults with substance use disorders, including counseling, cognitive behavioral therapy, and programs for individuals with co-occurring mental health issues.

**Narcotic Drug Treatment Center****276-6430**

520 E 4th Ave

[www.ndtcak.org](http://www.ndtcak.org)

Provides methadone-assisted treatment for opioid use disorder, medically monitored outpatient services for opioid use disorder, individual and group counseling, medical, educational, nutritional and referral services.

**Providence Breakthrough****212-6970**

3760 Piper St, Suite 1108

[alaska.providence.org/services/b/breakthrough](http://alaska.providence.org/services/b/breakthrough)

Serves people age 18 and older through outpatient, intensive outpatient, partial hospitalization treatment for substance use disorder, medication-assisted treatment, a pregnant mother program, family education, and a support program.

**Renew Your Mind****222-5464**

123 E Fireweed Ln, Suite 212

Serves adults with substance use disorder through outpatient and intensive outpatient treatment, screening, counseling, and behavioral therapy.

**Salvation Army Clitheroe Center****770-8812**

3600 E 20th Ave

[clitheroe.salvationarmy.org](http://clitheroe.salvationarmy.org)

Serves adults with co-occurring mental health and substance use disorders through an inpatient (42 beds) residential and outpatient treatment.

### **Southcentral Detox (formerly Ernie Turner Center Detox)**

**729-6690**

4330 Elmore Rd

[www.southcentralfoundation.com/detox/](http://www.southcentralfoundation.com/detox/)

Serves Alaska Natives and non-Native Alaska residents with co-occurring mental health and substance use disorders through a 14-bed detox program with 24-hour medical supervision. Priority is given to pregnant women, individuals injecting drugs, and customers with a confirmed treatment bed.

### **Southcentral Foundation (SCF) Four Directions Outpatient Treatment**

**729-6300**

4000 Laurel St

[www.southcentralfoundation.com/services/behavioral-health/four-directions-outpatient/](http://www.southcentralfoundation.com/services/behavioral-health/four-directions-outpatient/)

Serves Alaska Native adults through substance abuse and dual diagnosis assessments, substance abuse and mental health counseling, and group counseling.

### **Tutan Recovery Services**

**563-0555**

3001 Porcupine Dr

[www.tutanrecoveryservices.com](http://www.tutanrecoveryservices.com)

Serves adults and youth through a faith-based substance misuse treatment program including assessments, education, outpatient, and intensive outpatient services.

### **Volunteers of America Alaska**

**279-9640**

509 W 3rd Ave, Suite 103

[www.voaaak.org](http://www.voaaak.org)

Serves youth ages 12-18 through assessments, inpatient, and outpatient treatment services. Age affects eligibility for some services.

### **Harm Reduction**

NARCAN

Narcan (“save shot”) is available through the following agencies:

- Alaska Office of Substance Misuse and Addiction  
Prevention Project HOPE: ProjectHOPE@alaska.gov
- Alaskan AIDS Assistance Association (Four A’s): 263-2050
- Alaska Regional Hospital: 276-1131
- Providence Hospital: 212-3111
- REAL About Addiction & Anchorage Opiate Task Force:  
440-7289

#### NEEDLE SERVICES

Needle exchange/syringe access programs are available at the following locations:

#### **Alaska Native Medical Center (ANMC) Pharmacy 729-2117**

4315 Diplomacy Dr

Open 8:00am – 8:00pm every day (open at 9:00am on Wednesdays)

Serve Alaska Native individuals at the ANMC Pharmacy during normal operating hours.

#### **Alaskan AIDS Assistance Association (Four A’s) 263-2050**

1057 W Fireweed Ln

<http://www.alaskanids.org/index.php/prevention/syringe-exchange>

Syringe access at the office is open Tuesdays and Thursdays from 3:00pm-6:00pm. A mobile exchange operates most weekdays at different locations, check the web site or call for details.

## **HOMELESS/HOUSELESS AND NEAR HOMELESS/HOUSELESS RESOURCES**

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#### **SHELTERS**

#### **Anchorage Gospel Rescue Mission**

**563-5603**

2823 Tudor Rd

[www.anchoragerescue.org](http://www.anchoragerescue.org)

Provides a shelter for single men and women, a faith-based recovery program for men, and 6-month shelter accommodation for women returning to the workforce or transitioning to permanent housing.

**Abused Women Aid in Crisis (AWAIC) 279-9581**

24 Hour Crisis Hotline: 272-0100

100 W 13th Ave

[www.awaic.org](http://www.awaic.org)

Supports people of any gender who have experienced emotional, physical, and/or sexual abuse within their intimate or family relationships. Operates a shelter for women and children and can help men find safe shelter.

**Bean's Cafe/Day Shelter/Winter overflow Shelter 433-8600**

1101 E. 3rd Ave

[www.beanscafe.org](http://www.beanscafe.org)

Serves people of all ages and genders through a day shelter that serves breakfast and lunch. Hours are from 7:15 am - 4:30 pm. During winter months, Beans provides overflow night time shelter for the Brother Francis Shelter.

**Catholic Social Services - Brother Francis Shelter 277-1731**

1021 E. 3rd Ave

[www.cssalaska.org/our-programs/brother-francis-shelter/](http://www.cssalaska.org/our-programs/brother-francis-shelter/)

Serves people ages 18 and over through a night shelter open 5:30pm to 7:00am, with dinner served nightly at 7 p.m.

**Catholic Social Services - Clare House 563-4545**

4110 Spenard Rd

[www.cssalaska.org/our-programs/clare-house/](http://www.cssalaska.org/our-programs/clare-house/)

Serves women with children and pregnant women over the age of 18 through a temporary, emergency 24-hour shelter and meals.

**Catholic Social Services - St. Francis House Food Pantry**

**222-7323**

3710 E. 20th Ave.

[www.cssalaska.org/html/programs/st.-francis-house.php](http://www.cssalaska.org/html/programs/st.-francis-house.php)

Provides an emergency supply of food daily, for free.

**Covenant House Alaska**

**272-1255**

755 A St

[www.covenanthouse.org/homeless-shelters/anchorage-alaska](http://www.covenanthouse.org/homeless-shelters/anchorage-alaska)

Serves homeless, runaway and at-risk youth ages 13 to 24.

Shelter services are available for youth ages 13 to 20. Provides a safe place to stay and get help. Shelter Services' doors are open 24 hours a day, 365 days a year.

**Downtown Hope Center**

**277-4302**

240 E. 3rd Ave

[www.downtownhopecenter.org](http://www.downtownhopecenter.org)

Provides an overnight shelter for women and dinner (served in the early evening) to all adults.

**RurAL CAP - Safe Harbor**

**644-8525**

207 Muldoon Rd

[www.ruralcap.com/housing/safe-harbor/](http://www.ruralcap.com/housing/safe-harbor/)

Serves homeless families with children through transitional housing, with the goal of moving them to permanent housing within six months of entry.

**RurAL CAP - Sitka Place**

**868-7373**

1905 E. 4th Ave

[ruralcap.com/housing/safe-harbor/](http://ruralcap.com/housing/safe-harbor/)

Provides low cost, safe, and affordable housing to very-low income families and individuals.

**Salvation Army McKinnell House**

**276-1609**

1712 A St

[www.mckinnellhouse.salvationarmy.org/mckinnell\\_house/](http://www.mckinnellhouse.salvationarmy.org/mckinnell_house/)

Serves eligible homeless families with children through a temporary emergency shelter (up to 30-day stay).



**Willa's Way** **729-4955**

4501 Diplomacy Dr

Serves Alaska Native and American Indian women and children survivors of domestic violence through a shelter and other services.

**Transitional Living & Housing** **865-7500**

325 East Third Ave (RurAL CAP)

325 E 3rd Ave

Serves individuals experiencing homelessness and mental and physical disabilities through permanent supportive housing.

**Akeela Transitional Housing** **565-1200**

Serves drug- and alcohol-free clients coming out of Akeela treatment programs through housing and case-manager support.

**CHOICES, Inc.** **333-4343**

1231 Gambell St, Suite 300

Serves individuals with severe mental illness and/or co-occurring substance use disorder through housing-first options incorporating assertive community treatment and intensive case management.

**Clare House Progressive Housing Program** **563-4545**

4110 Spenard Rd

Serves women with children experiencing homelessness. Families pay reduced rent and can stay for up to two years.

**Cook Inlet Tribal Council Recovery & Reentry Program** **793-3427**

3149 Mountain View Dr

Serves men through an 8-month residential work training and communal living program. After completion of the program, participants can move into supportive housing.

**Genesis Recovery Services, Inc.** **1-877-352-1126**

2825 W 42nd Ave

Serves individuals experiencing substance use disorder, dual diagnosis, lack of safe housing, and family dysfunction through sober living and transitional housing.

**Harmony House** **279-9581**

100 W 13th Ave

Serves women without dependent children who are victims of domestic violence and have a source of income.

**Henry House** **274-5253**

545 E 4th Ave

Serves men experiencing mental illness through drug- and alcohol-free transitional housing with a sliding fee scale.

**Karluk Manor** **375-3272**

1104 E 5th Ave

Serves individuals experiencing homelessness and chronic alcoholism who are beneficiaries of the Alaska Mental Health Trust Authority by providing permanent supportive housing. Sobriety is not required.

**Lutheran Social Services of Alaska** **272-0643**

1303 W 33rd St

Serves single men aged 18 and older experiencing homelessness. Clients must be enrolled and participating in an approved re-entry or substance misuse program and capable of maintaining full time employment.

**Ma's Way** **1-884-5350**

3601 Lois Dr and 246 Oklahoma St

Supportive housing and sober living for individuals coming out of the criminal justice system, people with serious mental illnesses, and individuals recovering from substance use disorder.

**New Life Development Inc.** **646-2200**

4455 Juneau St / 3916 E 9th Ave

Transitional housing and re-entry services for individuals returning from incarceration, inpatient treatment for substance misuse, or who have been victims of domestic violence or other violent crimes.

### **Oxford House**

Denali: 6414 Tolhurst Ct: 677-0408

Northern Lights: 538 S Klevin: 33-0099

Yukon: 2721 Juneau St: 222-0339

Sober living facilities for men age 18 and over who have been sober for six months and are fully employed.

### **The Pathway Home**

**729-5020**

4501 Diplomacy Dr

Supportive housing for youth ages 13-18 in need of mental and behavioral health care.

### **Passage House**

**333-2023**

755 A St

Transitional housing for women ages 17-20 who are pregnant or parenting.

### **Rights of Passage**

**339-4420**

750 W 5th Ave

Transitional housing for homeless youth ages 18-22.

### **Safe Harbor**

**644-8525**

207 Muldoon Rd

Transitional housing for homeless families with children.

### **Sitka Place**

**868-7373**

1905 E 4th Ave

Serves people experiencing both homeless and serious mental illness through permanent supportive housing.

**Supportive Services for Veteran Families****222-7331**

3710 E 20th Ave

Veteran housing for veterans or members of a veteran household in which the head of household is a veteran, income is below 50% of the area median income, and the individual is homeless or expecting to become homeless.

**FOOD & NUTRITION RESOURCES**

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**FOOD PANTRIES**

Food pantries are subject to change. Call 211 or visit [www.foodbankofalaska.org/find-help](http://www.foodbankofalaska.org/find-help) for the most up-to date information on food pantries for which you may qualify. For meals for children, text the No Kid Hungry National Text Line at 877-877.

**Anchorage Gospel Rescue Mission****563-5603**

2823 E Tudor Rd

Meals served Monday-Sunday 6:00-6:45am &amp; 4:30-6:15pm.

Must be able to pass breathalyzer test.

**Anchorage Northside SDA Church****278-6276**

204 W 10th Ave

Food pantry open Wednesdays 5:00-6:30pm.

**Bean's Café****274-9595**

1101 E 3rd Ave

Meals served 365 days/year: Monday-Friday 7:30-9:00am & 11:30am-1:00pm, Saturday-Sunday 9:00-10:00am & 11:30am-1:00pm. Holidays 11:30-2:00pm.

**Centennial Village Mobile Food Pantry**

9131 Centennial Dr

Open the 3rd Wednesday of the month at 2:00pm.

**Chugiak/Eagle River Food Pantry****694-5228**

12836 Old Glenn Hwy, Eagle River

Food pantry open 10am-1pm Mondays and Fridays and 5:30-7:30pm Tuesdays. Special food distribution in parking lot Saturday 1:00-2:00pm.

### **Church of the Nations**

810 E 9th Ave

Food pantry open Sundays 3:00-5:00pm.

### **Crosspoint Community Church Mobile Food Pantry**

1920 W Dimond Blvd (in back of the building)

Food pantry open the 3rd Thursday of the month at 5:00pm.

### **Fairview Rec Center Mobile Food Pantry**

1121 E 10th Ave

Food pantry open 2nd and 3rd Saturday of the month at 2:00pm.

### **First CME Church Mobile Food Pantry**

3600 MacInnes St

Food pantry open 1st and 4th Saturday of the month at 2:00pm.

### **Friends in Serving Humanity (F.I.S.H.)**

**277-0818**

Call the F.I.S.H. line for food assistance, food will be bought, packaged, and delivered directly. Can be used only once per month.

### **Girdwood Chapel**

**783-0127**

102 Heavenly Valley Dr, Girdwood

For Girdwood residents only. One Sunday per month 2:00-4:00pm.

### **Jewel Lake Church of the Nazarene Mobile Food Pantry**

4025 W 88th Ave

Food pantry open Saturdays at 10:00am.

### **Latino Lions**

**561-3680**

4233 Mountain View Dr

Food pantry open the 3rd Saturday of the month 10:00am-1:00pm.

**Lutheran Church of Hope Mobile Food Pantry**      **272-3663**

1847 W Northern Lights Blvd

Food pantry open Tuesdays at 5:00pm.

**Lutheran Social Services**      **272-0643 x14**

1303 W 33rd Ave

Food pantry open Tuesday, Thursday, Friday 1:00-4:00pm &  
Wednesday 4:00-7:00pm. Can only be used once per month.

**Martin Luther King Jr. Foundation/Shiloh Mission**      **770-9846**

1928 Juneau St

Food pantry open Saturdays 8:00-10:00am. Not open the 5th  
Saturday of the month.

**Mountain Coast Vineyard**      **891-1156**

2511 Sentry Dr

Food pantry open 3rd Saturday of the month 9:00-11:00am.

**Mountain View Mobile Food Pantry**

333 N Price St

Food pantry open Fridays at 5:00pm.

**Muldoon Community Assembly Mobile Food Pantry**

1005 Ermine Rd

Food pantry open Wednesdays at 9:30am.

**New Hope Compassionate Ministries**      **274-4673**

1220 E St

Food pantry open Tuesdays 10:30am-1:00pm.

**Open Door Mission**      **677-3630**

2600 E 16th Ave

Food pantry open Tuesdays 3:30-5:00pm.

**Salvation Army Family Emergency Services**      **277-2593**

1712 A St

Food pantry open Tuesday-Friday 1:30-4:30pm.

### **Sonrise Community Church**

300 N Bragaw St

Meals served Sundays 11:00am, food pantry open 2nd and 4th Sunday of the month at 11:00am. Must come at 11:00am and sign up.

### **St. Francis House Food Pantry**

3710 E 20th Ave

Food pantry open Monday-Thursday 9:00am-1:00pm and the 4th Wednesday of the month 4:00-6:30pm.

### **Voice of Christ JCCAK Food Pantry**

1120 E 13th Ave

Wednesday 5:00-7:00pm and second and last Saturday

## **MEALS FOR ADULTS**

### **Bean's Café**

**274-9595**

1101 E 3rd Ave

[www.beanscafe.org](http://www.beanscafe.org)

Breakfast served daily at 7:00am, 365 days/year. Additional services include toiletries, service referrals and mail

### **Brother Francis Shelter**

**277-1731**

1021 E. 3rd Avenue, AK 99501

Hot evening meal served. Additional services include night shelter for single men & women 18 or older, laundry, clinical services, case management and referral to other services.

### **Downtown Hope Center**

**277-4302**

240 E 3rd Ave

Lunch served daily from noon to 1:30pm. Additional services include showers and laundry, a clothes closet, culinary and baking classes for enrolled clients and a women's night shelter.

## **Nutritional Programs**

Nutritional programs support access to money for food (SNAP/ food stamps, etc.) and/or advice on finding affordable healthy food.

## **State of Alaska Division of Public Assistance**

1251 Muldoon Rd, Suite 111: 269-0001

400 Gambell St: 269-6599

Apply for SNAP (food stamps) and other assistance programs including TANF, daycare assistance, emergency utility assistance and Medicaid. Free of charge.

## **WIC Program (Anchorage Health Department)**

Downtown: 825 L St, Suite 204: 343-4668

Alaska Native Medical Center: 4320 Diplomacy Dr: 343-4440

JBER Military Base: 9497 20th St, Arctic Oasis Building: 343-4430

Eagle River: 12001 Business Blvd, Suite 137: 343-1520

Clinics are open Monday, Tuesday, Thursday, Friday 9:15am-5:15pm, Wednesday 1:00-5:15pm (closed Monday-Friday from 1:00-1:30pm). Provides healthy foods, nutrition education, breastfeeding support, and referrals to health care and other services to families who qualify. Free of charge.

# **EMPLOYMENT RESOURCES**

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## **JOB SEARCH SUPPORT**

### **Alaska Job Center Network**

Mountain View: 315 Price St

**297-5422**

Midtown: 3301 Eagle St Suite 101:

**269-4800**

Muldoon: 1251 Muldoon Rd:

**269-0000**

Workshops on employment after incarceration, interviewing strategies, resume writing, federal applications, and computer skills.



**Alaska's People Career Development Center (Cook Inlet Tribal Council) 793-3300**

Call for location. Temporarily located at 4600 DeBarr Rd as of June 2019.

Walk-in resource center for Alaska Native and American Indian people seeking employment or training opportunities. Job search assistance, career assessment, workshops, computers with internet access. Open Monday-Friday 8:00am-5:00pm

**ALEXsys, Alaska Department of Labor and Workforce Development 269-4700**

[alexsys.dol.alaska.gov](http://alexsys.dol.alaska.gov)

State of Alaska website to apply for unemployment, search jobs in all Alaska regions, get resume help, and additional information

**Covenant House 272-1255**

755 A St

Services for youth ages 16-24 include career counseling, vocational referrals, internship opportunities, transportation assistance, job search and education workshops, resume and cover letter building, professional clothing provision, employment and college referrals, life skills training.

**Division of Vocational Rehabilitation 269-2060**

Toll Free voice and TDD: 1-800-478-4467

4600 Debarr Rd, Suite 300

Eagle River: 11723 Old Glenn Hwy, Suite 115: 622-2020

[labor.alaska.gov/dvr/](http://labor.alaska.gov/dvr/)

Serves Alaskans living with a disability that specifically prevented them from obtaining or maintaining employment. Offers retraining, treatment, and case management services

**Job Lab at Anchorage Public Libraries**

Z.J. Loussac Public Library: 3600 Denali St: **343-2975**

Mountain View Neighborhood Library: 120 Bragaw St: **343-2818**

Weekly drop-in workshop offering job search and application assistance, resume writing and printing, interview practice, homework and testing help, financial aid planning, help finding job/skills training, assistance filing for unemployment., resources for employment after incarceration, for immigrants and refugees, seniors, and youth.

### **Goodwill Job Connections**

**258-0010**

610 C St, AK 99501 (Monday-Friday 9am-5pm)

Midtown: 3838 Old Seward Highway, call for hours: 563-6355

South Anchorage: 8931 Old Seward Highway, call for hours:  
344-4640

[goodwill-alaska.org/job-connections/](http://goodwill-alaska.org/job-connections/)

Walk-in center for help with job searching, including finding job opportunities, help preparing applications and for interviews, and access to computers and other office equipment.

### **Nine Star**

Main office: 730 I St:

**279-7827**

Nine Star Education & Employment Services: 125 W 5th Ave:

**644-8259**

Job search assistance, GED and high school completion, skills training, WorkKeys assistance, case management, professional development and English as a second language education.

## **JOB/SKILLS TRAINING RESOURCES**

### **Adult Learning Center**

**375-6000**

2518 E Tudor Rd, Suite 109

High school diploma courses, exam tutoring, computer training, English as a second language classes, naturalization classes, Spanish classes, and parenting courses.

### **Alaska Works Partnership**

**756-4711**

161 Klevin St

[www.alaskaworks.org](http://www.alaskaworks.org)

Training in construction job skills, including trainings for women

and transitioning active-duty military members. For course listings and applications visit the website.

**Anchorage Literacy Program** **337-1981**

1345 Rudakof Cir, Suite 104

Literacy classes for adults and families with young children.

**Parachutes** **562-2932**

5520 Lake Otis Pkwy, Suite 102

High school completion assistance, job training program, tutoring, tax filing assistance for youth and teens. Youth ages 13-18 can be in the youth center Tuesday-Friday 2:30-8:00pm and Saturday 2:30-7:00pm.

**Partners for Progress** **272-1192**

417 Barrow St

Serves recently-incarcerated people through support groups, life skills training, goal setting, mentoring, job readiness training, budgeting and money management classes for recently incarcerated individuals. Also provides transitional housing and counseling.

**Southcentral Foundation RAISE Program** **729-5015**

4175 Tudor Center Dr, Suite 105

Summer, winter and graduate program sessions in health-related careers and workplace skills development for Alaska Native and American Indian youth ages 14-19.

## **LEGAL AND COURT RESOURCES**

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**Abused Women's Aid in Crisis (AWAIC)** **279-9581**

24 Hour Crisis Hotline: 272-0100

100 W 13th Ave

[www.awaic.org](http://www.awaic.org)

Provides legal advocacy support to people of any gender who have experienced emotional, physical, and/or sexual abuse within their intimate or family relationships. For example, offers help getting a protective order and referrals to lawyers for divorce or child custody matters. Also provides shelter services.

**Alaska Bar Association Lawyer Referral Service 272-0352**

Suggests a local private attorney based on your needs. Calling the telephone number above is free but you will not get legal advice on that call. Once you are referred to an attorney, that lawyer will charge up to \$125 for the first half hour of consultation (rate current as of June 2019, subject to change) and can charge a higher rate going forward.

**Alaska Legal Services Corporation 272-9431**

1016 W. 6th Ave, Suite 200

[www.alsc-law.org](http://www.alsc-law.org)

Serves low-income people dealing with a range of civil legal matters, such as entitlement/health benefits, family law (divorce, custody, domestic violence), housing, rights of the elderly, and Alaska Native rights cases.

**Alaska Native Justice Center 793-3550**

3600 San Jeronimo Dr, Suite 264

[www.anjc.org](http://www.anjc.org)

Serves all people through Alaska Native culturally-based advocacy for divorce, child custody, domestic violence/sexual assault, minor in consuming violations and adult prisoner reentry.

**Alaska Network on Domestic Violence and Sexual Assault  
1-800-520-2666**

[www.andvsa.org](http://www.andvsa.org)

An umbrella network addressing social change around violence and oppression.

**Alaska Institute for Justice****279-2457**

431 W. 7th Ave, Suite 208

[www.akijp.org](http://www.akijp.org)

Provides low-cost legal services for all immigration applications, including citizenship, permanent resident status, work permits, family petitions, and petitions for domestic violence victims.

**Catholic Social Services****276-5590**

3710 E. 20th Ave

[www.cssalaska.org](http://www.cssalaska.org)

Cash assistance, medical coverage, and case management services for eligible individuals. Basic services are provided at a nominal fee: assistance with work permits, green cards and naturalizations. Consultations provided.

**Disability Law Center****565-1002**

3330 Arctic Blvd, Suite 103

[www.dlcak.org](http://www.dlcak.org)

Serves people with disabilities through support to legal issues related to their disability.

**Nesbett Courthouse****264-0514**

825 W 4th Ave

[www.courts.alaska.gov](http://www.courts.alaska.gov)

Location of hearings and to obtain records for cases of appeals, criminal law, domestic violence, family law, guardianship, housing issues, marriage information, probate estates, small claims, and traffic or other minor offenses.

**State of Alaska Office of Elder Fraud & Assistance****334-5989**

900 W. 5th Ave., Suite 525

[doa.alaska.gov/opa/oefa/](http://doa.alaska.gov/opa/oefa/)

Coordinates services that help elders who have been financially defrauded or exploited.

**State of Alaska Victim Witness Program** **269-6300**

District Attorney's Office  
Statewide 1-800-770-8622

Provides information on case status and court proceedings, victim rights, violent crimes compensation, restitution, return of property, witness fees, and assists with travel/accommodations for out-of-town witnesses.

**Victim Information and Notification Everyday (VINE)**  
**1-800-247-9763**

[www.vinelink.com/](http://www.vinelink.com/)

An automated system that provides information on where inmates are held, when they are scheduled for release, and other status updates.

**Hate Crime & Discrimination Resources**  
**Alaska State Commission for Human Rights** **276-7474**

TTY/TDD: 276-3177

Toll-Free Complaint Hot Line (In-State): 1-800-478-4692, TTY/  
TDD: 1-800-478-3177

800 A St, Suite 204

[www.humanrights.alaska.gov](http://www.humanrights.alaska.gov)

The Alaska State Commission for Human Rights enforces the Alaska Human Rights Law (AHRL) (AS 18.80).

**American Civil Liberties Union of Alaska** **276-2258**

1057 W Fireweed Ln, Suite 207

[www.akclu.org](http://www.akclu.org)

Advocates against discrimination in many forms. Provides legal information, legal representation in some cases, and education on equal rights and civil liberties.

**Anchorage Community Police Relations Task Force  
(ACPRTF), Municipal Equal Rights Commission**  
**343-4342**

632 W 6th Ave, Suite 110

[www.muni.org/Departments/AERC/Pages/AnchorageCommunity-PoliceRelationsTaskForce.aspx](http://www.muni.org/Departments/AERC/Pages/AnchorageCommunity-PoliceRelationsTaskForce.aspx)

Monitors incidents involving minority people and the Anchorage Police Department (APD) and serves as a liaison between the minority community, citizens, and APD.

**Anchorage Community Diversity Advisory Commission,  
Municipal Office of Equal Opportunity** **343-4897**

632 W 6th Ave, Suite 620

Increases awareness and appreciation for racial and ethnic diversity, hears and reviews public concerns, and makes recommendations to the Mayor's Office of Equal Opportunity.

**Municipal Ombudsman** **343-4461**

632 W 6th Ave, Suite 170

An independent, impartial municipal office that investigates Municipal agencies and the Anchorage School District after someone makes a complaint. Recommends changes to improve operations and equity in the future.

**Municipality of Anchorage Equal Rights Commission**  
**343-4342**  
**343-4343**

Complaint hotline:

632 W 6th Ave, Suite 110

[www.muni.org/departments/aerc](http://www.muni.org/departments/aerc)

Investigates complaints of discrimination, educates the community about the laws prohibiting discrimination, and provides referral services. Call the complaint hotline or visit the office as well; no appointment is necessary. Translators are available free of charge.

**U.S. Department of Justice** **1-206-220-6700**

[www.justice.gov](http://www.justice.gov)

Monitors hate crimes and racial tension on the federal level, and assists State and local officials resolve and prevent racial and

## **DISABILITY RESOURCES AND SUPPORT SERVICES**

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### **Access Alaska** **248-4777**

1217 E 10th Ave

[www.accessalaska.org](http://www.accessalaska.org)

Serves people with disabilities and Alaskan elders through access to information and resources, advocacy, personal care access, equipment, secure funding, and training.

### **Alaska Center for the Blind** **248-7770**

3903 Taft Dr

Serves eligible Alaskans who are blind or visually impaired through vocational services and worksite evaluations, orientation and mobility training, assistive technology training, manual skills, and a youth program.

### **Aging and Disability Resource Center** **343-4694**

825 L St, Suite 203

[www.muni.org/adrc](http://www.muni.org/adrc)

Free information referrals to support seniors and people with disabilities.

### **Alaska Brain Injury Network** **274-2824**

121 West Fireweed Ln, Suite 175

[alaskabraininjury.net](http://alaskabraininjury.net)

Provides advocacy, information, support, and trainings related to brain injury.

### **Alaska Psychological Services** **334-1000**

741 Sesame St, Suite 1B

[www.akpsychservices.com](http://www.akpsychservices.com)

Provides neuropsychological testing services for children ages 3 and up and adults with complex symptoms.



**Alliance Behavioral Medicine** **562-0001**

4048 Laurel St, Suite 101

[www.docnassar.com](http://www.docnassar.com)

Provides outpatient psychiatric care for children, adolescents, and adults including psychiatric consultation, psychiatric evaluation, continuing care with ongoing pharmacologic management, individual, and group psychotherapy.

**Anchorage Community Mental Health Services** **563-1000**

Child & Family Services: 762-8667

[www.acmhs.com](http://www.acmhs.com)

Provides crisis intervention, family therapy, and individual mental health counseling.

**The Arc of Anchorage** **277-6677**

2211 Arca Dr

[www.thearcofanchorage.org](http://www.thearcofanchorage.org)

Serves children and adults who experience developmental disabilities or mental health issues through employment support, recreation, social activities, skill-building, community living, and nursing services.

**Assets, Inc.** **279-6617**

2330 Nichols St

[www.assetsinc.org](http://www.assetsinc.org)

Provides independent-living, job-search, and social support to Alaskans with disabilities.

**Cindy and Vic's R &R, Inc.** **230-3618**

3401 E 42nd Ave, Suite 101

[www.cindyandvics.com](http://www.cindyandvics.com)

Provides person-directed services for adults with developmental disabilities through day and residential programming and respite care.

**Denali Family Services** **274-8281**

1251 Muldoon Rd, Suite 116

[www.denalifs.org](http://www.denalifs.org)

Serves children who require intensive behavioral health care services and their families. Offers individual, family and group psychotherapy services in combination with intensive care coordination and rehabilitative services.

**Disability Law Center of Alaska**

**565-1002**

1-800-478-1234 (Toll-Free - in-state)

13330 Arctic Blvd, Suite103

[www.dlcak.org](http://www.dlcak.org)

Provides legal advocacy services to people with disabilities in Alaska.

**Easterseals Alaska**

**277-7325**

670 W Fireweed Ln, Suite 105

[www.easterseals.com/alaska/](http://www.easterseals.com/alaska/)

Serves children and adults living with disabilities and their families through programs including home services, respite care, job-search support, chore services, and more.

**Hope Community Resources Inc.**

**561-5335**

Toll-Free In-State: 1-800-478-0078

540 W International Airport Rd

[www.hopealaska.org](http://www.hopealaska.org)

Provides community support to individuals and families who experience intellectual and developmental disabilities, traumatic brain injury, and mental health challenges.

**Stone Soup Group**

**561-3701**

Toll-Free: 877-786-7327

Serves Alaskan families and professionals who care for children and youth with special needs, up to age 26 through programs including training, mini-grants, school support, and connections to other families.

## IMMIGRANT AND REFUGEE RESOURCES

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The Department of Homeland Security will not be contacted if you seek police protection, medical care or social service assistance in response to domestic violence. Your immigration status is irrelevant to your safety and protection.

### **Alaska Institute for Justice**

**279-2457**

431 W 7th Ave, Suite 208

[www.akijp.org](http://www.akijp.org)

Provides immigration legal services as well as language interpretation and translation services.

### **Catholic Social Services Refugee Assistance & Immigration Services (RAIS)**

**276-5590**

3710 E 20th Ave

[www.cssalaska.org](http://www.cssalaska.org)

Provides a bridge for refugees (individuals who have had to flee their countries of origin due to persecution or war) from their former life experiences to the new skills required for success in the United States.

### **United States Customs and Immigration Services (USCIS)**

**1-800-375-5283**

620 E 10th Ave, Suite 102

[www.uscis.gov](http://www.uscis.gov)

Official office for US immigration activities. By appointment only.

## LGBTQ RESOURCES

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### **Covenant House Alaska**

**272-1255**

755 A St

[www.covenanthouse.org/homeless-shelters/anchorage-alaska](http://www.covenanthouse.org/homeless-shelters/anchorage-alaska)

Serves homeless, runaway and at-risk youth ages 13 to 24.

Shelter services are available for youth ages 13 to 20. Provides a safe place to stay and get help. Shelter Services' doors are open 24 hours a day, 365 days a year.

### **Full Spectrum Health**

**229-9766**

307 E Northern Lights Blvd

[www.fullspectrumhealthak.com](http://www.fullspectrumhealthak.com)

Provides primary health care, mental health care, telemedicine, and support groups to all patients regardless of their sexual orientation, gender identity, religion, family makeup, or any other diverse experiences or identities.

### **Identity Inc.**

**929-4528**

336 E 5th Ave

[www.identityinc.org](http://www.identityinc.org)

Provides information, referrals, and support groups at the Gay and Lesbian Community Center of Anchorage (GLCCA). Services include support for updating ID documents, support for parents/families of LGBTQ people, and programming for senior citizens.

### **National Runaway Safeline**

**1-800-786-2929**

[1800RUNAWAY.org](http://1800RUNAWAY.org)

Serves as the national communication system for runaway and homeless youth.

### **NorthStar Behavioral Health**

**258-7575**

Toll-Free In-State:

**1-800-478-7575**

Serves people of all ages through mental health and substance misuse services.

**Parents, Families and Friends of Lesbians and Gays (PFLAG)**  
**566-1813**

[www.identityinc.org/pflag](http://www.identityinc.org/pflag)

Support to people who have loved ones who are LGBTQ.

**POWER Drop-in Center, Alaska Youth Advocates** **929-2633**

704 W 26th Ave

[www.akyouthadvocates.org](http://www.akyouthadvocates.org)

A peer-run youth drop-in center for youth ages 13-23. Provides a safe space to hang out, food, a clothing closet, board games and video games, computers, access to condoms, mental health services, case management, and help making plans for safety. Adult staff are available.

**Trans Lifeline** **1-877-565-8860**

Trained peer-support helpline operated by and for transgender and questioning people. Services are available from 6:00 am to midnight and often additional hours. Micro-grants for things like ID document changes may be available.

**Trevor LGBT Youth Crisis Line** **1-866-422-7386**

Text START to 678678

[www.thetrevorproject.org](http://www.thetrevorproject.org)

Free 24/7 crisis support to LGBTQ people under age 25.

## **CRIME VICTIM SUPPORT RIGHTS & RESOURCES**

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### **VICTIM AND VIOLENCE SURVIVORS' ADVOCACY SERVICES**

Advocacy services help crime victims as they interact with municipal, state, and/or federal agencies.

Domestic Violence Restraining Order Application Wizard  
akcipowizard.truefiling.com

A web site that helps users figure out which type of restraining order to use in a specific situation. Includes fillable forms.

**Municipal Ombudsman**

**343-4461**

632 W 6th Ave, Suite 170

An independent, impartial municipal office that investigates Municipal agencies and the Anchorage School District after someone makes a complaint. Recommends changes to improve operations and equity in the future.

**Office of Victims' Rights**

**754-3460**

Toll-free nationwide: **1-844-754-3460**

1007 W 3rd Ave, Suite 205

ovr.akleg.gov

Provides free legal services to victims of crimes around interactions with police, prosecutors, judges, and other criminal justice agencies. Does not provide services to criminal defendants.

**Victim-Witness Assistance Program, District Attorney's Office**

**269-5100**

1031 W 4th Ave, Suite 200

[www.law.alaska.gov/department/criminal/victims\\_assist.html](http://www.law.alaska.gov/department/criminal/victims_assist.html)

Provides information on case status and court proceedings, victim rights, compensation and restitution, return of property, witness fees, and with travel and hotels if you come from out-of-town. Referrals to agencies for crisis intervention, shelter, legal, medical, social and mental health needs. Web page resources available in English, Spanish, Tagalog, Korean, Russian, and Yup'ik.

**Violent Crimes Compensation Board (VCCB)**

**465-3040**

Toll-free Statewide: 1-800-764-3040

[doa.alaska.gov/vccb/home.html](http://doa.alaska.gov/vccb/home.html)

Can provide financial support to innocent victims of violent

crimes in Alaska. Applications are available from the VCCB website, the Anchorage Police Department, State Troopers, District Attorney’s Office, or local hospitals.

### **VINE Link**

[vinelink.com](http://vinelink.com)

A web site with information about offenders, including where they are currently incarcerated or scheduled for release. Requires registration.

### **VICTIM/SURVIVOR EMOTIONAL SUPPORT RESOURCES**

If you have been the victim of a crime, you may experience the following reactions:

- Fear the criminal will return or the same thing will happen again;
- Shock, numbness, or disbelief that it happened to you;
- Stress and anxiety about what to do next, and how to heal;
- Loss of sleep, appetite or other physical problems;
- Difficulty trusting others or feeling secure; and/or
- Anger.

Sources for support come in different forms. Help can be formal, such as from counselors, or informal, like talking with a police chaplain or member of the faith community. It is okay to ask for help from different people and places at different times.

#### **Alaska Police & Fire Chaplains Ministry**

**272-3100**

2221 E Northern Lights Blvd, Suite 137

[www.apcm.org](http://www.apcm.org)

Provides crisis intervention services and emergency mental health services to individuals involved in traumatic events, primarily survivors and rescuers.

#### **Abused Women Aid in Crisis (AWAIC)**

**279-9581**

24 Hour Crisis Hotline: 272-0100

100 W 13th Ave

[www.awaic.org](http://www.awaic.org)

Serves people of any gender who have experienced emotional, physical, and /or sexual abuse within their intimate or family relationships through including counseling, legal help, and shelter services.

### **Standing Together Against Rape (STAR)**

**276-7279**

24-Hour Crisis Line: 276-7273 or 1-800-478-8999

1057 W. Fireweed Ln, Suite 23

[www.staralaska.com](http://www.staralaska.com)

Serves victims of sexual assault, their families and friends through legal referrals, court advocacy and monitoring, assistance obtaining protective orders against sexual assault/stalking/ domestic violence, support groups, and counseling.

### **Victims for Justice**

**278-0977**

Toll-Free in-State: 1-888-835-1213

[www.victimsforjustice.org](http://www.victimsforjustice.org)

1057 W. Fireweed Ln, Suite 101

Serves victims of violent crime and family members of homicide victims through crisis intervention, financial assistance, grief support, referrals, court accompaniment, and advocacy. All services are free of charge.

## **MILITARY AND VETERAN RESOURCES**

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**SUICIDE PREVENTION HOTLINE:** **800-273-TALK (8255)**  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

### **Joint Base Elmendorf-Richardson (JBER)**

Consolidated Military Information/Operators: JBER-E:

**552-1110**

JBER-R:

**384-1110**

DSN:

**317-552-1110 or 317-384-1110**

JBER is the combined bases of the U.S. Air Force's Elmendorf



Air Force Base (JBER-E) and U.S. Army Post Ft. Richardson (JBER-R).

### **Military and Family Readiness Centers**

JBER-E: 8535 Wewak Dr: **552-4943**

JBER-R: 600 Richardson Dr: A-139: **384-1517**

Helps individuals and families adapt to military life and relocation. Provides family and marital counseling, the Exceptional Family Member Program, state-of-the-art resource center; education/skill development, and more.

### **JBER Sexual Assault Prevention and Response Office**

JBER-E: **551-2020, 551-2033, 551-2035**

JBER-R: SHARP Program Manager: **384-1945**

24/7 SAPRP Crisis Line: **384-7272**

Sexual Assault Response Coordinator: **384-7272**

Victim advocates provide essential support, liaison services, and care to sexual assault victims.

### **JBER Behavioral Health and Medical Services**

JBER-R Troop Clinic (Behavioral Health): **384-0405**

Behavioral Health: **580-8304**

Mental Health: **580-2181**

JBER-Elmendorf Emergency Room: **580-5555**

JBER-Richardson Military Police (MP): **384-0823**

JBER-E Security Forces Squadron: **552-3421**

673d Medical Group (Elmendorf Hospital): **580-5858**

5955 Zeamer Ave.

Includes the Family Advocacy Program, the New Parent Support Program, and the Exceptional Family Member/Special Needs Program.

### **JBER Chapel**

Main: 552-5762, After Hours: **552-3000**

[www.jber.jb.mil/Services-Resources/Chapel/](http://www.jber.jb.mil/Services-Resources/Chapel/)

Numerous locations and denominations. Offers ministries for

singles, couples, children and young adults, as well as religious education and worship.

### **Legal Services/JAG**

JBER-R: Building 600, Room 305: **384-0371**

JBER-E: 673 ABW Legal Office: **552-3046**

### **Armed Services YMCA of Alaska**

JBER-E: 7135 Doolittle St, Bldg 7135: **552-9622**

JBER-R: 7179 Fighter Dr, Bldg 655: **384-9622**

[www.asymcaofalaska.com](http://www.asymcaofalaska.com)

Serving our service men and women with outreach, family programs, financial assistance, and recognition.

### **Military and Family Life Consultants (MFLC)**

JBER-E: **382-2799**

JBER-R: **384-1534**

Ask for an "MFLC." Consultants help with managing stress, returning to familial and social relationships, and dealing with anger effectively. Also offers education and support for families experiencing deployment, reunion or homecoming issues.

### **Alaska Military Family Assistance Center** **428-6606**

Toll-Free: 888-917-3608

Helps direct military families to a wide variety of resources.

### **Alaska VA Healthcare System Regional Office** **257-4700**

1201 N. Muldoon Rd

[www.alaska.va.gov](http://www.alaska.va.gov)

Provides primary and specialty medical care, including mental health care.

### **Domiciliary Care for Homeless Veterans** **273-4000**

3001 C St.

[www.alaska.va.gov/services/homeless/](http://www.alaska.va.gov/services/homeless/)

Provides residential care for veterans with multiple challenges,

illnesses, or rehabilitative care needs.

**Anchorage Vet (Resource) Center** **563-6966**

4400 Business Park Blvd, Suite B-34

Operated by the Veterans Administration to provide counseling and support services.

**Catholic Social Services Supportive Services for Veteran Families** **222-7300**

3710 E 20th Ave

Provides rapid re-housing for veterans experiencing homelessness and other supportive services for veterans and their families.

**Chris Kyle Patriots Hospital** **258-7575**

Toll-Free In-State:

**800-478-7575**

[chriskylepatriotshospital.com](http://chriskylepatriotshospital.com)

Operates an inpatient treatment program for first responders, military service members, veterans, and service-member dependents age 18 and older. Intensive, holistic treatment program providing treatment for addiction and/ or PTSD. Phones answered 24/7.

## **FAMILY AND PARENTING RESOURCES**

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### **COUNSELING, PARENTING CLASSES, AND OTHER SUPPORT ALASKA**

**Family Services** **746-4080**

Offers substance abuse counseling, family violence intervention, parenting workshops, residential treatment for at-risk youth.

**Alaska Regional Hospital Parent Classes** **264-1773**

Offers classes for expectant parents on labor, delivery, and early parenting.

**Alaska Youth and Family Network** **770-4979**  
740 Communications Avenue  
[www.ayfn.org](http://www.ayfn.org)  
Offers youth support groups, parent support groups, and support navigating educational, health, and social services.

**Alaska Center for Resource Families** **279-1799**  
Toll-Free: 1-866-478-7307)  
[www.acrf.org](http://www.acrf.org)  
840 K St, Suite 101  
Serves foster parents, adoptive parents, relative caretakers, and guardianship families through workshops and support to the application processes.

**Catholic Social Services** **222-7300**  
Operates several programs serving families experiencing homelessness and support for pregnancy, adoption, disabilities, and immigration.

**Cook Inlet Tribal Council** **793-3132**  
[citci.org/child-family/](http://citci.org/child-family/)  
Serves Alaska Native and American Indian adults, children, and families through parenting classes and other family services. Call for location and details.

**Help Me Grow Alaska - All Alaska Pediatric Partnership** **1-833-464-2527**  
[www.a2p2.org/help-me-grow-alaska](http://www.a2p2.org/help-me-grow-alaska)  
Connects parents and other caregivers with a wide range of resources to support healthy child development.

**Southcentral Foundation Mother/Baby/Child** **729-2689**  
[www.southcentralfoundation.com/services/health-education-and-wellness/motherbabychild/](http://www.southcentralfoundation.com/services/health-education-and-wellness/motherbabychild/)  
Serves Alaska Native and American Indian women through medical care (obstetrics, gynecology, cancer screening) and parenting classes for new moms.

## **Parents as Teachers**

Kids' Corps: **339-0154**

RurAL CAP: **865-7334**

Provides parents of children who have not yet started school with child development information, parenting support and community resource referrals.

## **Providence – Parenting with Providence Alaska 212-4940**

Offers parenting and childbirth classes.

## **Stone Soup Group 561-3701**

Toll-Free: **1-877-786-7327**

Provides information, support, training, and resources to Alaskan families and professionals who care for individuals with special needs ages 26 and younger.

## **Thread 265-3100**

3350 Commercial Dr., Suite 203

[www.threadalaska.org](http://www.threadalaska.org)

Helps families find and evaluate child care options and can connect eligible parents to financial assistance.

## **MISSING AND RUNAWAY CHILDREN**

### **Anchorage Police Department Crimes Against Children Unit 786-2615**

Investigates crimes against children.

## **Covenant House Alaska 272-1255**

755 A St

[www.covenanthouse.org/homeless-shelters/anchorage-alaska](http://www.covenanthouse.org/homeless-shelters/anchorage-alaska)

Serves homeless, runaway and at-risk youth ages 13 to 24.

Shelter services are available for youth ages 13 to 20. Provides a safe place to stay and get help. Shelter Services' doors are open 24 hours a day, 365 days a year.

**State of Alaska Department of Public Safety Missing  
Persons Clearinghouse** **269-5038**

Toll-Free: 1-800-478-9333

5700 E Tudor Rd

Collects information about missing persons from various police agencies across Alaska.

**National Center for Missing & Exploited Children**  
**1-800-THE-LOST**

[www.missingkids.com](http://www.missingkids.com)

**Anchorage Police Department Crimes Against Children Unit**  
**786-2615**

Police unit that addresses crimes against children. You may also call 311 to identify the police resource you need.

## **YOUTH RESOURCES**

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### **FACILITY-BASED SERVICES**

**Alaska Youth Advocates** **929-2633**

704 W 26th Ave

Provides information to youth and families on Alaska juvenile law, short-term counseling and community education; and a drop-in center for youth. Also includes the Peer Outreach Worker Education and Referral Program (P.O.W.E.R.).

**Covenant House Alaska** **272-1255**

755 A St

[www.covenanthouse.org/homeless-shelters/anchorage-alaska](http://www.covenanthouse.org/homeless-shelters/anchorage-alaska)

Serves homeless, runaway and at-risk youth ages 13 to 24.

Shelter services are available for youth ages 13 to 20. Provides a safe place to stay and get help. Shelter Services' doors are open 24 hours a day, 365 days a year.

**Parachutes Teen Club & Resource Center****562-2932**

5520 Lake Otis Pkwy, Suite 102

Tuesday-Friday 2:30pm-8pm, Saturday 2:30pm-7:30pm

A drop-in center for youth ages 13-19, offering a café, music, pool table, video games, computer, and internet access. Food provided twice per week.

**CRISIS HOTLINES****Alaska Suicide Hotline – Southcentral Foundation 563-3200**

27/7 Crisis support.

**National Suicide Prevention Lifeline Crisis text line****1-800-273-8255**

Spanish: 1-888-628-9454

TTY/TTD: 1-800-799-4889

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

24/7 support for people who are thinking about suicide and for their loved ones.

**Crisis Text Line****Text HOME to 741741**

24/7 support from volunteer counselors for any issue, available to anyone.

**Trans Lifeline****1-877-565-8860**

Trained peer-support helpline operated by and for transgender and questioning people. Services are available from 6:00 am to midnight and often additional hours. May provide micro-grants for things like ID document changes.

**Love is Respect: Dating Abuse Helpline****1-866-331-9474**

Text loveis to 22522

[www.loveisrespect.org](http://www.loveisrespect.org)

24/7 support around dating/romantic relationships. Provides information on safety planning in abusive situations as well as information about healthy relationships.

**National Runaway Safe Line****1-800-786-2929**

24/7 hotline for youth who have run away or are thinking of running away, and their families.

**YouthLine:****1-877-968-8491**

Text: Teen2teen to 839863

[oregonyouthline.org](http://oregonyouthline.org)

Peer support from and for teens from 3pm-9pm and from adult counselors at all other hours.

**Standing Together Against Rape (STAR) Sexual Assault/  
Abuse Crisis Line****276-7273**Toll-Free: **1-800-478-8999**

Crisis and advocacy support for survivors of sexual assault and sexual abuse.

**Trevor LGBT Youth Crisis Line****1-866-422-7386**

Text START to 678678

[www.thetrevorproject.org](http://www.thetrevorproject.org)

Free 24/7 crisis support to LGBTQ people under age 25.

## **INTERPERSONAL VIOLENCE, ASSAULT, AND ABUSE RESOURCES**

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**Abused Women's Aid in Crisis (AWAIC)****279-9581**

24 Hour Crisis Hotline: 272-0100

100 W 13th Ave

[www.awaic.org](http://www.awaic.org)

Provides shelter services and legal advocacy support to people of any gender who have experienced emotional, physical, and /or sexual abuse within their intimate or family relationships.

**Anchorage Police Department (APD)****786-8900**

For Emergencies: Dial 911. Non-emergency line: 311

4501 Elmore Road



**State of Alaska Office of Children’s Services** **269-4000**

323 E 4th Ave

[www.hss.alaska.gov/ocs/](http://www.hss.alaska.gov/ocs/)

Assists families in diagnosing and resolving problems, investigates reports of harm, refers families to community resources, and initiates legal intervention. Provides out-of-home placements or permanency planning with reasonable efforts to protect and maintain children in their own homes.

**Standing Together Against Rape (STAR)** **276-7279**

**24-Hour Crisis Line:** **276-7273 or 1-800-478-8999**

1057 W Fireweed Ln, Suite 23

[www.staralaska.com](http://www.staralaska.com)

Serves victims of sexual assault and sexual abuse, their families, and friends through legal referrals, court advocacy and monitoring, assistance with obtaining protective orders against sexual assault/stalking/domestic violence, support groups, and counseling.

**ELDER AND VULNERABLE ADULT ABUSE**

**State of Alaska Adult Protective Services** **269-3666**

**1-800 478-9996 (Toll Free – in-state only)**

550 W 8th Ave

[www.hss.state.ak.us/dsds/aps.htm](http://www.hss.state.ak.us/dsds/aps.htm)

Information and referral, investigation of reports, protective placement, guardianship/conservatorship counseling or mediation, care coordination, linking clients to community resources, training and designation of local community resources to provide services. Intervention and prevention of harm from occurring to vulnerable adults.

**State of Alaska Office of the Alaska Long Term Care**

**Ombudsman** **334-4480**

**Toll-Free: 1-800-730-6393**

3745 Community Park Loop, Suite 200

[www.akoltco.org](http://www.akoltco.org)

Identifies, investigates, and resolves complaints about long-term care operations. Meets with residents to ensure they are receiving legal, financial, social, medical, rehabilitative and other services to which they are entitled. Also provides advocacy to seniors living independently with complaints about their residential circumstances.

## **SEXUAL ASSAULT**

**Standing Together Against Rape (STAR) 276-7279**

**24-Hour Crisis Line: 276-7273 or 1-800-478-8999**

1057 W. Fireweed Ln, Suite 23

[www.staralaska.com](http://www.staralaska.com)

Serves victims of sexual assault and sexual abuse, their families, and friends through legal referrals, court advocacy and monitoring, assistance with obtaining protective orders against sexual assault/stalking/domestic violence, support groups, and counseling.

### **JBER Sexual Assault Prevention and Response Office**

**(SAPRO) - Air Force 551-2020**

Alternate phone numbers: **551-2033, 551-2035**

Serve Air Force active duty soldiers and their dependents (18 and older) and AF Civilian employees. Victim advocates provide essential support, liaison services, and care to sexual assault and sexual abuse victims.

### **Sexual Harassment/Assault Response & Prevention (SHARP)**

**384-1945**

**24/7 SHARP Hotline: 384-7272**

Serves all Army soldiers and their families through investigation and follow-up as well as prevention education.

**Department of Defense Safe Helpline 1-877-995-5247**

Safe Helpline is the Department of Defense's (DoD) hotline for members of the DoD community affected by sexual assault. Callers can get information about specialized resources, support, and care throughout their healing process.

## **Joint Base Elmendorf-Richardson (JBER)**

JBER-E Chaplain: **552-5762**

JBER-R Chaplain (on-call): **440-0160**

Mental Health Clinic: **580-2181**

JBER-Elmendorf Emergency Room **580-5556**

JBER-Richardson Military Police **552-3421**

## **HUMAN TRAFFICKING**

### **Priceless Alaska**

**646-4816**

6689 Changepoint Dr.

[www.pricelessalaska.org](http://www.pricelessalaska.org)

Serves women experiencing sex trafficking in Anchorage. After completing a basic assessment, women work with a mentor team who help navigate available resources.

### **Polaris BEFREE Hotline**

**1-888-373-7888**

Text 233733 (BEFREE)

[polarisproject.org](http://polarisproject.org)

A free hotline for anyone experiencing human trafficking.

Provides links to local resources. Also accepts information (tips) about human trafficking affecting other people.

## **DOMESTIC VIOLENCE RESOURCES**

### **Abused Women Aid in Crisis (AWAIC)**

**279-9581**

### **24 Hour Crisis Hotline:**

**272-0100**

100 W 13th Ave.

[www.awaic.org](http://www.awaic.org)

Supports people of any gender who have experienced emotional, physical, and /or sexual abuse within their intimate or family relationships through counseling, shelter services, and legal advocacy.

### **Alaska Network on Domestic Violence and Sexual Assault (ANDVSA)**

**586-3650**

[www.andvsa.org](http://www.andvsa.org)

Publishes the Women's Legal Rights Handbook ([www.andvsa.org/wp-content/uploads/2015/06/WLRH-20151.pdf](http://www.andvsa.org/wp-content/uploads/2015/06/WLRH-20151.pdf)) and oper-

ates a legal information and referral hotline.

**JBER Elmendorf AFB Family Advocacy Program 580-5858**

5955 Zeamer Avenue

The three main points of focus of the Family Advocacy Program are: mission readiness, family violence prevention and treatment, and building healthy communities. Additional Family Advocacy Program services include couples' communication classes, anger management classes and brief marital and family therapy to support family wellness.

**Municipal Prosecutor's Office 343-4250**

632 W 6th Ave

Assists crime victims with criminal justice process, including preparation with victim impact statements, restitution, Violent Crimes Compensation board (VCCB) applications, and referrals to other resources

**Southcentral Foundation - Willa's Way 729-6300**

[www.southcentralfoundation.com/services/behavioral-health/willas-way/](http://www.southcentralfoundation.com/services/behavioral-health/willas-way/)

Shelter and other services for Alaska Native women and children who have experienced domestic violence.

**Standing Together Against Rape (STAR) 276-7279**

**24-Hour Crisis Line: 276-7273 or 1-800-478-8999**

1057 W Fireweed Ln, Suite 23

[www.staralaska.com](http://www.staralaska.com)

Serves victims of sexual assault, their families and friends through legal referrals, court advocacy and monitoring, assistance with obtaining protective orders against sexual assault/stalking/domestic violence, support groups, and counseling.

**United States Attorney's Office Victim-Witness Program**

**269-5100**

[www.law.alaska.gov/department/criminal/victims\\_assist.html](http://www.law.alaska.gov/department/criminal/victims_assist.html)

If you are a victim of a crime, someone in the district attorney's office prosecuting your case will be assigned to answer your questions and help you. This person can help you report a crime and ask police to help stop someone who is abusing, harassing, or trying to intimidate you.

## **ANIMAL ABUSE**

When animals are abused, people are often at risk for violence in the home; when people are abused, animals are likewise in danger.

### **Animal Control Dispatch**

**343-8119**

Customer Service: **343-8122**

4711 Elmore Rd

[www.muni.org/departments/health/admin/animal\\_control/](http://www.muni.org/departments/health/admin/animal_control/)

Responds to calls about animal cruelty, animal bites, loose animals, barking dogs, lost pets, and injured animals. Can provide additional information on animal care, pet adoption, animal licensing and other pertinent laws.

### **Safe Haven for Pets (AWAIC)**

**279-9581**

**AWAIC Crisis Line: 272-0100**

Provides safe foster care for pets when owners have to seek emergency shelter to escape domestic abuse.

# Laws and Definitions of Select Crimes

## LOCAL ALCOHOL LAWS

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### **Operating while Under the Influence (OUI/DUI)**

In Alaska, a motorist can get an OUI for driving or being in actual physical control of a motor vehicle, watercraft, or aircraft:

- While “under the influence” (impaired due to alcohol or a controlled substance), or
- With a blood alcohol concentration (BAC) of .08% or more.

**Alaska’s “implied consent” laws** generally require that all motorists agree to take a blood or breath test to determine the presence of alcohol or drugs. Motorists who refuse testing face the same penalties as persons convicted of an OUI.

- **First Offense:** At least 72 hours of house arrest, at least \$1,500 fine, and 90-day license revocation. Included is an ignition interlock device for 6 months.
- **Second Offense:** 20 days in jail (house arrest possible), at least \$3,000 fine, and 1-year license revocation. Included is an ignition interlock device for 12 months.
- **Third Offense:** 60 days in jail, at least \$4,000 fine, and 3-year license revocation. Included is an ignition interlock device for 18 months. Penalties are higher if the third offense qualifies as a felony.

### **Underage Drinking**

Youth under the age of 21 who consume, possess, or control al-

coholic beverages are subject to AS 04.16.050. The fine is \$500 per offense, although a court can reduce this to \$50 for the first offense or \$250 for the second offense if the person completes an approved alcohol safety program or a community diversion panel within six months.

## **HATE CRIME & HUMAN RIGHTS LAWS**

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### **Federal Hate Crime Statute:** Title 178, U.S.C., Section 245

A hate crime is any act intended to cause injury because of a person's race, color, religion, or national origin while they are:

- A student at a public school or college.
- Receiving services from a state or local government.
- Applying for or performing a private or state job, or joining a labor union.
- Serving as jurors in state court.
- Traveling on public transportation.
- Staying at a hotel/motel or eating at a restaurant.

It is also a hate crime to threaten or interfere with anyone who helps victims of these activities.

### **Alaska Human Rights Law (AHRL) (AS 18.80).**

It is unlawful to discriminate because of race, religion, color, national origin, sex or physical and mental disability in:

Employment: applying for or performing a private or government job.

Financing and credit: applying for home or car loans, credit cards or performing credit checks.

Receiving services from state or local government.

Places of public accommodation: staying at a hotel or motel or eating at a restaurant.

Sale or rental of real property: rental, sale or purchase of real estate as in a home or land.

## **Americans with Disabilities Act (ADA)**

ADA defines disability as a physical or mental impairment that substantially limits a person's major life activities, such as walking, seeing, hearing, breathing, sitting, standing, lifting, learning and thinking. ADA prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the law is to make sure people with disabilities have the same rights and opportunities as everyone else.

## **State of Alaska Victims' Rights**

See <https://ovr.akleg.gov/rights.php> for a full list of victims' rights. Public agencies make every reasonable effort to ensure that victims of crimes receive the following rights, however, a failure to ensure these rights does not give rise to a separate cause of action against these agencies.

Victims of crimes have the following rights:

- Be treated with dignity, respect and fairness
- Protection from accused through the imposition of appropriate bail or conditions of release by the court (including release on appeal) (see also AS 12.30.025(a); 12.30.027(a); 12.30.029(a); 12.30.040(a))
- Confer with the prosecution
- Timely disposition of the case
- Obtain information about and be allowed to be present at all criminal or juvenile proceedings where the accused has the right to be present
- Be heard, upon request, at sentencing, before or after conviction and at any proceeding where the accused's release from custody is considered
- Restitution from the accused
- Be informed, upon request, of the accused's escape or release from custody before or after conviction or juvenile adjudication.
- Upon initial police contact: obtain access to immediate medical assistance



## **Laws About Missing and Runaway Children**

AS 47.10.141. states that Law enforcement agency shall make reasonable efforts to locate the minor and shall immediately complete a missing person's report containing information necessary for the identification of the minor. No later than 24 hours after completing the report, the agency shall transmit the report for entry into the Alaska Public Safety Information Network and the National Crime Information Center computer system. The report shall also be submitted to the missing persons information clearinghouse under AS 18.65.620. State or local law enforcement agency must submit to the clearinghouse reports on all missing persons reports received by the law enforcement agency that relate to a person who has not been found within 48 hours of the first report. Anchorage Police Department will assist parents and families with resources and reporting.

## **Laws About Youth Safety at Home**

Child Abuse and Neglect: AS 47.10.019

In Alaska, child abuse consists of any act that endangers or impairs a child's physical or emotional health and development. Child abuse includes any harm done to a child that appears to be non-accidental in nature, and which cannot be reasonably explained. The abuse may be physical, sexual, or emotional. Neglect is failure to provide for a child's physical needs.

## **Family Violence: Anchorage Municipal Code 8.10.050**

Family violence happens when a person commits the crime of assault, whether with knowledge or reckless disregard of the presence of a child or children in the home.

## **Definition of Elder and Vulnerable Adult Abuse**

Elder abuse means intentional harm to an older or vulnerable adult by a caregiver or another person in a relationship involving an expectation of trust. This abuse can occur through abandonment, physical or sexual abuse, exploitation, neglect or self-neglect and undue influence. Vulnerable adults are individu-

als 18 years or older who, due to mental, physical or functional impairment, cannot care for themselves.

### **Definition of Sexual Assault**

Sexual Assault is a crime and occurs when consent is not given for sexual contact or sexual penetration. Sexual contact includes touching or rubbing even if it's through clothing. Sexual penetration is intercourse or oral sex and includes insertion of an object or body part into the vagina or anus. It is also a crime if a person attempts to have sexual contact, intercourse, or penetration with someone whom they know can't give consent due to the person being incapacitated by drugs, medication or alcohol or if the person is intellectually disabled or unaware that a sexual act is being committed. Sexual contact, intercourse or penetration that is induced without consent through threat or fear and/or cause bodily harm or injury is also a crime. People of any gender and age can be victims. Incest is a sexual assault crime and it occurs when a person 18 years of age or older has sex with a person who is related by whole or half blood, such as their parent, child, sibling, grandparent, grandchild, uncle, aunt, cousin, nephew or niece.

### **Definition of Stalking**

Occurs when a person engages in repeated acts of contact without consent placing a person or family member in fear of physical harm or death. It includes repeated harassing or threatening behavior toward another including Cyberstalking which is the use of technology to stalk. Cyberstalkers need not be in physical proximity to their targets and often times remain anonymous.

- Recurring phone calls, mail or email
- Leaving or delivering objects to one's home or place of employment
- Approaching or confronting one in a public place or private property

## **Federal Domestic Violence Laws**

### **Gun Control Act: GUN BAN FOR INDIVIDUALS CONVICTED OF A MISDEMEANOR CRIME OF DOMESTIC VIOLENCE -- 18 U.S.C. § 922(g)(9)**

Prohibit individuals convicted in domestic violence crimes from possessing a firearm. Federal domestic violence crimes are felonies and include crossing state lines to physically injure, stalk, harass or violate a qualifying protective order following a conviction of a domestic violence misdemeanor. The firearms ban extends to anyone convicted of a "misdemeanor crime of domestic violence" and is intended to prevent those individuals who have demonstrated a propensity for domestic violence from obtaining a firearm, assist law enforcement by providing a tool for the removal of firearms from certain explosive domestic situations thus decreasing the possibility of deadly violence and serve as a federal prosecution tool in certain situations where alternatives have failed.

### **Alaska Law on Notification to Victims of Domestic Violence Alaska Statute 18.65.520**

In cases of crimes involving domestic violence, a peace officer must protect the victim and the victim's family. Upon request, to prevent further violence, the peace officer should transport adult victims and family members to a shelter or safe house [AS 18.65.515(a)(1)]. A peace officer investigating a crime involving domestic violence shall orally and in writing inform the victim of the rights of victims of domestic violence and the services available to them. Peace officers can remove essential items such as clothing, medication and legal documents that belong to the victim. Peace officers can assist the victim and any of the victim's family members in obtaining medical treatment, either by contacting emergency medical services or by transporting the victim to a local medical facility. Peace officers should also notify victims of domestic violence of services available to them.

# Learning About Interpersonal/ Domestic Violence and Abuse

## INFORMATION ON YOUTH VIOLENCE: DATING VIOLENCE AND BULLYING

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Many types of violence affect youth, such as child abuse, gang violence, bullying, hate crimes, rape, and murder. Dating violence occurs when one person in a dating relationship threatens or injures the person they are dating. The violence can be emotional, physical, or sexual. People of any gender can be hurt. Bullying occurs when a person hurts or threatens someone with less power physically, verbally, or in writing, on more than one occasion. If you are bullied at or near school, tell an adult you trust. School staff want to know if bullying is happening and will help you figure out how to stop the bullying. If you are bullied at other places, tell your parent/guardian or another adult you trust.

### **The risks of dating violence increase for youth who:**

- Believe it's OK to use threats or violence to get what they want or solve problems
- Use alcohol or drugs
- Struggle to manage anger or frustration
- Don't have strong social skills
- Spend time with violent peers
- Have learning difficulties and other problems at school

- Lack parental oversight and support
- See abuse between parents at home
- Have a history of aggressive behavior or bullying
- Live in violent communities
- Have low self-esteem and/or depression, which increase the risk of becoming involved in an abusive relationship.

There are warning signs that someone is being abused, or that they may be abusing others.

**Warning signs that someone is being abused:**

- Isolation from family and friends
- Suspicious bruises or injuries
- Loss of interest in activities and hobbies
- Making excuses for the dating partner’s behavior
- Noticeable changes in eating or sleeping patterns
- Drug or alcohol use
- Loss of confidence

**Warning signs that someone may be an abuser:**

- Threatening to hurt others
- Insulting a dating partner in public or private
- Constantly checking up on the dating partner
- Damaging/destroying a dating partner’s belongings
- Attempting to control what the dating partner wears, who they see and where they go

## DEFINITION OF DOMESTIC VIOLENCE

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When a crime occurs when physical, sexual or emotional abuse is inflicted by a partner/spouse (current/former), roommate (current/former) of a shared household, or family member. Under Alaska law, it is illegal for another person related to you, a spouse/former partner to hurt you physically or force you to have sex when you don’t want to. It is considered domestic violence if one person maintains control and power over another

with economical abuse, threats and isolation. While most domestic violence survivors are women, both men and women can experience domestic violence.

**Physical abuse is:** the use of physical force to cause pain or injury to you. It can involve biting, kicking, slapping, pushing, punching, choking, restraining, or confinement.

Sexual abuse is: forcing someone to participate in unwanted sex, performing unsafe or degrading sexual activities, forcing someone to look at pornography

**Emotional abuse is:** the use of words and actions that are threatening, intimidating, or scaring you into doing what they want. Emotional abuse is perhaps the hardest to detect but is just as serious as physical abuse.

## THE CYCLE OF DOMESTIC VIOLENCE

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**DOMESTIC VIOLENCE OFTEN FOLLOWS A REPEATING CYCLE WITHIN EACH RELATIONSHIP.** Not every abusive relationship follows this pattern, but many survivors describe their relationships in this way:

### **Tension Building**

When tension builds in the relationship, victims may feel like they are “walking on eggshells” around the abuser. This phase can last for a few hours or for months, or anything in between. The longer it lasts, the more inevitable that a blow-up can start to feel, even if the victim can’t be sure exactly what will be the straw that breaks the camel’s back.

### **Abusive Incident**

The abusive incident usually occurs when the tension finally breaks. This can play out in many different ways. Usually, this part of the cycle is when the abuser physically lashes out at the victim. The abuser may hit, rape or try to rape the victim. In relationships where the abuse is primarily psychological, the abuser

may suddenly deny the victim access to basic necessities (by changing the locks on the house or cutting off access to a shared checking account, for example), calling the victim humiliating names, or making threats of violence.

### **Honeymoon**

The abuser may apologize, buy gifts, or be extra affectionate to “make up” for the abuse. Many will promise to change, promise to stop abusing, or promise that it will never happen again. Once the honeymoon phase is over, the tension building phase begins again, and the comforting promises the abuser made will be broken.

### **The Bottom Line**

In most cases, the abuser will not change, and the only way to end the abuse is for the victim to end the relationship. Unfortunately, the most dangerous time in an abusive relationship is when the victim tries to leave. That is when he or she is most likely to be seriously injured or even killed by the abuser.

If you are in an abusive relationship, you can call the National Domestic Violence Hotline at any time of day or night to speak to someone trained to help you. The Hotline operates 24 hours a day, seven days a week. All calls are confidential and anonymous, and interpreter services are available for more than 170 languages.

**1-800-799-SAFE (7233)**

**1-800-787-3224 TTY**

Source: Jennifer Focht, National Center for Health Research --  
[www.center4research.org/cycle-domestic-violence/](http://www.center4research.org/cycle-domestic-violence/)

## **HOW POWER AND CONTROL ENABLE ABUSE**

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**ABUSE CAN INVOLVE PHYSICAL VIOLENCE AND/OR  
OTHER MEANS OF DELIBERATE CONTROL.**

You can imagine abuse as a wheel, with power and control in the center, physical and sexual violence around the outside, and “spokes” connecting power and control to physical violence through threats, intimidation, and coercion (convincing someone to do something they do not want to do). Here is more information on the spokes of the wheel – the way abusers maintain power and control over their partners:

- **Using intimidation:** Scaring the person using looks, actions, gestures; smashing things; destroying property; abusing pets; displaying weapons.
- **Using emotional abuse:** saying put-downs; making the person feel bad about themselves; name calling; making the person feel stupid or crazy or believe they have lost their own mind; playing mind games; humiliating them; making them feel guilty.
- **Using isolation:** controlling what the person does, who they see and talk to, what they read, where they go; limiting their outside involvement; using jealousy to justify this behavior.
- **Minimizing, denying, and blaming:** Making light of the abuse; saying the abuse didn’t happen; saying the victim or someone else caused the abuser to behave this way; dismissing or changing the story when the person tries to talk to the abuser about the abuser’s behavior.
- **Using children:** making the person feel guilty about the children; using the children to relay messages; using visitation to harass the person; threatening to take the children away.
- **Using (male) privilege:** Treating the person like a servant; making all the big decisions; acting like “master of the castle”; insisting on strict gender roles in the relationship. Often, this happens with men using male privilege over their female partners but an abuser can use any kind of privilege this way, such as racial, ethnic, economic/financial, ability, cisgender, gender-expression, or age privilege. For example, a person with more money



than their partner could abuse their economic privilege by insisting on certain financial decisions.

- **Using economic abuse:** Preventing or discouraging the person from getting or keeping a job (including going to their workplace and causing a disruption that gets them fired); making the person ask for money; giving them an allowance; taking the person's own money or paycheck; not letting the person know about or have access to family income.
- **Using coercion and threats:** Making and/or carrying out threats to do something to hurt the person; threatening to leave the person, to commit suicide, to report the person to welfare; making the person drop charges that have been filed; making them do illegal things.

You can find a PDF of the Power and Control Wheel here: [www.theduluthmodel.org/wp-content/uploads/2017/03/PowerandControl.pdf](http://www.theduluthmodel.org/wp-content/uploads/2017/03/PowerandControl.pdf)

## SAFETY PLANNING

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### BEFORE YOU LEAVE

A safety plan is a personalized, practical plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave. Sometimes, the only safe choice for you and your child(ren) in domestic violence situations is to leave. Remember though, that leaving or ending a relationship is a very dangerous time. Being prepared will allow you to leave quickly and safely. Here are some ideas:

- Pack a suitcase and store it with a friend or neighbor. Include a change of clothing for you and your child(ren), personal toilet articles and an extra set of keys to the house and car. Be sure to take a special doll, toy or book for your child(ren).

- Keep important items/ documents in an easy-to-locate but safe place. Important items include prescription medicine, medical records for you and your child(ren), ID such as birth certificates, social security cards, voter registration cards and driver's license. Financial records such as mortgage or rent receipts and the title to the car are important. If possible, try to have extra cash handy. Also set aside an extra checkbook, savings account book or credit cards. Be sure to have a list of important telephone numbers with you, such as family, police, friends, or emergency shelters.
- Plan ahead where you will go and how to get there. Arrange for a safe place for you and your child(ren) to go at any time-- day or night. Tell only a trusted friend or family member where you plan to go.
- Tell your doctor or go to the emergency room if you are hurt. Give your doctor or emergency room staff complete information about how you were injured. Ask for a copy of the medical record. This information may be helpful if you want to make a report to the police.
- Identify your partner's use and level of force so that you can assess the risk of physical danger to you and your children before it occurs.
- Identify safe areas of the house where there are no weapons and there are ways to escape. If arguments occur, try to move to those areas. Keep weapons like guns and knives locked away and as inaccessible as possible.
- If in an altercation, don't run to where the children are, as your partner may hurt them as well.
- If violence is unavoidable, make yourself a small target. Dive into a corner and curl up into a ball with your face protected and arms around each side of your head, fingers entwined.
- If possible, have a phone accessible at all times and know what numbers to call for help. Know where the nearest public phone is located. Know the phone number to your

local shelter. If your life is in danger, call the police. Domestic violence is a crime. When the officer arrives, ask for a copy of the Anchorage Community Emergency Advocacy Resources Booklet, also known as the Little Blue Booklet (LBB). The back of the LBB provides the officer's badge number, your case number and other important information for your case.

- Let trusted friends and neighbors know of your situation and develop a plan and visual signal for when you need help.
- Teach your children how to get help. Instruct them not to get involved in the violence between you and your partner. Plan a code word to signal to them that they should get help or leave the house.
- Tell your children that violence is never right, even when someone they love is being violent. Tell them that neither you, nor they, are at fault or are the cause of the violence, and that when anyone is being violent, it is important to stay safe.
- Plan for what you will do if your children tells your partner of your plan or if your partner otherwise finds out about your plan.
- Make a habit of backing the car into the driveway and keeping it fueled. Keep the driver's door unlocked and others locked — for a quick escape.
- Try not to wear scarves or long jewelry that could be used to strangle you.
- Practice how to get out safely. Practice with your children.

## **AFTER YOU LEAVE**

Your safety plan should include ways to ensure your continued safety after leaving an abusive relationship. Here are some safety precautions to consider:

- Change your locks and phone number.
- If you have a landline phone, ask your telephone company for caller ID. Ask that your phone number be blocked so

that if you call anyone, neither your partner nor anyone else will be able to get your new, unlisted phone number.

- Change your work hours and the route you take to work.
- Change the route taken to transport children to school or consider changing your children's schools.
- Alert school authorities of the situation (if you have children).
- If you have a restraining order, keep a certified copy of it with you at all times, and inform friends, neighbors and employers that you have a restraining order in effect.
- Call law enforcement to enforce the order and give copies of the restraining order to employers, neighbors and schools along with a picture of the offender.
- Consider renting a post office box or using the address of a friend for your mail (be aware that addresses are on restraining orders and police reports, and be careful to whom you give your new address and phone number).
- Reschedule appointments that the offender is aware of.
- Use different stores and frequent different social spots.
- Alert neighbors and request that they call the police if they feel you may be in danger.
- Replace wooden doors with steel or metal doors.
- Install security systems if possible.
- Install a motion sensitive lighting system.
- Tell people you work with about the situation and have your calls screened by one receptionist if possible.
- Tell people who take care of your children or drive them/ pick them up from school and activities. Explain your situation to them and provide them with a copy of the restraining order.

Source: The National Domestic Violence Hotline, [www.thehotline.org/help/path-to-safety/](http://www.thehotline.org/help/path-to-safety/)

## INFORMATION FOR VICTIMS OF DOMESTIC VIOLENCE

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If you are the victim of domestic violence and you believe that law enforcement protection is needed for your physical safety, you have the right to request that the officer assist in providing for your safety, including asking for an emergency protective order. Victims of domestic violence have the right to petition the court for a protective order. Protective orders can include provisions that:

- Prohibit your abuser from threatening to commit or committing further acts of domestic violence;
- Prohibit your abuser from stalking, harassing, or contacting you;
- Remove your abuser from your residence;
- Order your abuser to stay away from your residence, school, place of employment;
- Prohibit your abuser from entering your vehicle or a vehicle you occupy;
- Direct your abuser to surrender any firearm owned or possessed;
- Request a peace officer to accompany you to your residence to ensure your safe possession of the residence, vehicle or to remove personal items from your residence;
- Award temporary custody of a minor child to the petitioner;
- Grant you possession and use of a vehicle and other essential personal effects;
- Prohibit your abuser from consuming controlled substances;
- Require your abuser to pay support for you or a minor child in your care if there is an independent legal obligation of your abuser to support you or the child;
- Require your abuser to reimburse you for your expenses

- caused by domestic violence, including medical bills, and;
- Order your abuser to participate in an intervention program for batterers [AS 18.65.515(a)(1); AS 18.65.520].

**A victim of domestic violence may seek a protective order against a household member.** A parent, guardian or other representative may seek a protective order on behalf of a minor. See below for detailed information on protective orders.

You may also request the officer to assist you in obtaining your essential personal belongings and locating and taking you to a safe place, including a designated meeting place or shelter, the residence of a household member or friend, or a similar place of safety.

In Anchorage, the **Abused Women's Aid in Crisis, Inc.**

**(AWAIC) shelter** is located at 100 W. 13th Ave.

Phone:

**279-9581**

Fax:279-7244

**24 HOUR CRISIS LINE - 272-0100**

If you need medical treatment you may request the officer assist you in obtaining medical treatment.

You may obtain information about whether the prosecuting attorney will file a criminal complaint about the incident. Additionally, **the victim/witness assistance program of the Department of Law** may be able to help you. This information is available from the district attorney's office, which is located at 310 K St, Suite 520, phone 269-6300. You may also reach out to the Anchorage Prosecutor's Office at 632 W 6th Ave, Suite 210, phone 343-4250.

AWAIC can also tell you about other resources/information about domestic violence, treatment of injuries, and places of safety and shelter:

**279-9581**

If you or someone in your family is a victim of domestic violence, you are urged to contact your local shelter to speak to an advocate, or visit the Alaska Network on Domestic Violence website for information about resources and safety planning: **www.andvsa.org/**

If you are in the **Mat-Su valley**, Alaska Family Services provides shelter for women and children and counseling. Please call 746-4080 or toll free at 1-866-746-4080 to speak with the crisis intervention coordinator/legal advocate or go to 1825 S. Chugach St. in Palmer.

You may also qualify for compensation from the **Violent Crimes Compensation Board: 1-800-764-3040.**

If the victim of domestic violence does not understand English, the police officer shall make reasonable efforts to inform the victim of the services and rights specified in this section in a language the victim understands.

## PROTECTIVE ORDERS

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**PROTECTIVE ORDERS ARE AVAILABLE FOR STALKING, SEXUAL ASSAULT AND DOMESTIC VIOLENCE.** They are designed to prohibit a person from threatening or committing certain actions:

- Stalking and Sexual Assault Protective Orders limit communication and contact, directly or indirectly; and order the recipient to stay away from the requester's home, place of work, school, or any place the requester may frequent.
- Domestic Violence Protective Orders limit communication and contact, grant temporary custody of children and child support, grant possession of a residence and/or

- vehicle and require reimbursement of expenses.
- Other specific protections depending on the circumstances of your case. These may include requiring the abuser to surrender their firearms, ensuring you have access to your car, removing the abuser from your home, having a peace officer accompany you while you remove items from the home, granting financial support, or ordering the abuser to participate in an intervention program.

**TO REQUEST A PROTECTIVE ORDER**, you will need to complete a form and describe the situation in detail. A magistrate or judge will determine whether or not to issue a protective order based on the information provided. There are three kinds of protective orders, with different expiration dates and different requirements:

- **Emergency** (valid for 72 hours): Obtained by a police officer on a victim's behalf with consent and upon request.
- **Ex parte** (valid for 20 days): The victim must request extension of an emergency protective order in person from a magistrate at court hearing. After 20 days it can be extended to six months.
- **Long Term** (valid for 6 months for stalking and sexual assault, 1 year for domestic violence): The victim can request a hearing before magistrate to extend after expiration.

When filling out the form, you may request both an ex parte order and a hearing for a long-term order. There is no charge to file for a protective order. You may request through the court to keep home or telephone information confidential. If you have a certified copy of an unexpired protective order from another state, it will be enforced in Alaska.

Protective Order forms are available online at [courts.alaska.gov/shc/shcdv.htm](https://courts.alaska.gov/shc/shcdv.htm). These forms must be printed out. You can also get forms at the court house:

Boney Court House at 303 K St, Domestic Violence Office



(264-0616)

Monday-Friday - 8:00 am – 9:00 pm

Saturday and Sunday - noon to 8:00 pm

For emergencies after hours, call APD Dispatch (786-8900) and ask an officer to file an emergency 72-hour protective order.

You do not need an attorney to file a protective order, although you may use one if you choose. You may also request help filing a protective order from AWAIC (279-9581 or 264-0790).

For questions on current protective orders, call the Alaska Court System at 264-0616. If you call after normal business hours (see below), leave a message. Someone will call you back.

## GENERAL INFORMATION FOR ALL VICTIMS OF CRIME

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### **Violent Crimes Compensation Board (VCCB) Financial Assistance, State of Alaska**

**Toll Free**

**1-800-764-3040**

The VCCB may be able to help with unexpected costs directly resulting from a crime. Eligible victims may be assisted with medical or counseling costs, lost wages and other losses. To receive financial assistance, there are certain things you must do. For example:

Report the crime to law enforcement within five days, or as soon as is reasonable and file an application form with the VCCB within two years from the date of the incident. The VCCB will make the final decision on whether to pay for expenses/costs based on eligibility requirements under State law.

You can get a VCCB application form at the Anchorage Police Department, State Troopers Office, District Attorney's Office, local hospitals, STAR and Victims for Justice. Also available online at: [www.doa.alaska.gov/vccb](http://www.doa.alaska.gov/vccb).

### **Victim-Witness Assistance Program**

[www.law.alaska.gov/departments/criminal/victims\\_assist.html](http://www.law.alaska.gov/departments/criminal/victims_assist.html)

This web site (available in English, Yup'ik, Spanish, Korean, and Russian) describes victims' rights and how the District Attorney's office can help them, as well as general information about specific crimes and safety planning.

### **Victim Information and Notification Everyday (VINE)**

**1-800-247-9763**

[www.vinelink.com](http://www.vinelink.com)

An automated system that provides information on where inmates are held, when they are scheduled for release, and other status updates. You may register to receive updates on a particular person.

### **Alaska Office of Victims' Rights**

**754-3460**

**Toll-Free:**

**844-754-3460**

[ovr.akleg.gov](http://ovr.akleg.gov)

Provides information on accessing legal defense and investigators, criminal case information, the restitution process, and more.

JUNE 2019

Case Number:

Officer's Name: .

Next Court Appearance: / /

Time:

Nesbett / Anchorage Jail

Anchorage Police Department (APD)

786-8500

Alaska State Troopers

269-5511

Anchorage Police Department (APD) Domestic  
Violence Unit

343-4199

State of Alaska Domestic Violence Office

264-0615

