

ANCHORAGE COMMUNITY EMERGENCY & ADVOCACY RESOURCES

The Little Blue Book
2026

BROUGHT TO YOU BY:



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

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

NOTIFICATION TO VICTIMS OF DOMESTIC VIOLENCE

AS 18.65.520

Pg 111



Table of Contents

CRISIS HOTLINES.....	6
EMERGENCY ALERT AND DISASTER COMMUNICATIONS SYSTEM	9
EMERGENICES AND BASIC CRIME INFORMATION	9
HOW TO REPORT A CRIME.....	11
HOW TO GET INFORMATION ABOUT A PAST CRIME	14
HOW TO GET PROPERTY BACK FROM APD	16
TO VISIT A PERSON WHO HAS BEEN ARRESTED	17
COMMUNITY RESOURCES.....	22
MEDICAL AND HEALTH-RELATED RESOURCES GENERAL HEALTH CARE	22
SPECIFIC MEDICAL CONDITIONS	24
HEALTH INSURANCE	26
MEDICATION DISPOSAL	26
MENTAL HEALTH RESOURCES.....	28
MENTAL HEALTH EMERGENCY NUMBERS	28
MENTAL HEALTH SERVICES	28
ALCOHOL AND OTHER SUBSTANCE RESOURCES.....	36
EMERGENCY ALCOHOL SERVICES	36
NON-EMERGENCY SUBSTANCE USE-INTERVENTION AND RECOVERY RESOURCES.....	37
NARCAN.....	45
NEEDLE SERVICES	45
HOMELESSNESS/HOUSELESSNESS AND NEAR HOMELESSNESS/HOUSELESS RESOURCES.....	46
FOOD AND NUTRITION RESOURCES.....	50
FOOD PANTRIES	50
HOT MEALS.....	51
CHILDREN’S LUNCHBOX	51
NUTRITIONAL PROGRAMS.....	51
EMPLOYMENT RESOURCES.....	52
JOB SEARCH SUPPORT	52
JOB/SKILLS TRAINING RESOURCES	55
LEGAL AND COURT RESOURCES	56
HATE CRIME AND DISCRIMINATION RESOURCES	59
DISABILTY RESOURCES AND SUPPORT SERVICES	61
IMMIGRANT AND REFUGEE RESOURCES	63

2SLGBTQIA+ RESOURCES	64
CRIME VICTIM SUPPORT RIGHTS AND RESOURCES	67
VICTIM AND VIOLENCE SURVIVORS' ADVOCACY SERVICES	67
VICTIM SURVIVOR EMOTIONAL SUPPORT SERVICES	69
MILITARY AND VETERAN RESOURCES	71
SEXUAL HEALTH AND WELLNESS RESOURCES	73
FAMILY AND PARENTING RESOURCES	75
COUNSELING, PARENTING CLASSES, AND OTHER SUPPORT	75
MISSING AND RUNAWAY CHILDREN	78
YOUTH RESOURCES – FACILITY BASED SERVICES	78
INTERPERSONAL VIOLENCE, ASSAULT, AND ABUSE RESOURCES	79
ELDER AND VULNERABLE ADULT ABUSE	81
SEXUAL ASSAULT	81
HUMAN TRAFFICKING	82
DOMESTIC VIOLENCE	83
ANIMAL ABUSE	85
STATEWIDE VICTIM SERVICE PROGRAMS	85
ANCHORAGE	85
BARROW/UTQIAGVIK	86
BETHEL	86
CORDOVA	86
DILLINGHAM	86
EMMONAK	87
FAIRBANKS	87
HOMER	87
JUNEAU	87
KETCHIKAN	88
KODIAK	88
KOTZEBUE	88
NOME	88
PALMER/WASILLA	88
PETERSBURG	89
PRINCE OF WALES	89
SEWARD	89
SITKA	89
SOLDOTNA/KENAI	89
VALDEZ	89
UNALASKA	90
LAWS AND DEFINITIONS OF SELECT CRIMES	90
LOCAL ALCOHOL LAWS	90
HATE CRIMES AND HUMAN RIGHTS LAWS	91

ALASKA HUMAN RIGHTS LAW	91
AMERICANS WITH DISABILITIES ACT (ADA)	92
STATE OF ALASKA VICTIMS' RIGHTS.....	93
LAWS ABOUT MISSING AND RUNAWAY CHILDREN	94
LAWS ABOUT YOUTH SAFETY AT HOME	94
DEFINITION OF ELDER AND VULNERABLE ADULT ABUSE	95
DEFINITION OF CONSENT.....	95
DEFINITION OF SEXUAL ASSAULT	95
REPORTING OPTIONS FOR SEXUAL ASSAULT	97
DEFINITION OF STALKING	98
FEDERAL DOMESTIC VIOLENCE LAWS	99
ALASKA LAW ON NOTIFICATION TO DOMESTIC VIOLENCE VICTIMS	99
LEARNING ABOUT INTERPERSONAL/DOMESTIC VIOLENCE AND ABUSE.....	100
VIOLENCE: DATING VIOLENCE AND BULLYING.....	100
DEFINITION OF DOMESTIC VIOLENCE.....	102
THE CYCLE OF DOMESTIC VIOLENCE.....	103
HOW POWER AND CONTROL ENABLE ABUSE.....	105
SAFETY PLANNING.....	107
NOTIFICATION TO VICTIMS OF DOMESTIC VIOLENCE	111
PROTECTIVE ORDERS	115
GENERAL INFORMATION FOR ALL VICTIMS OF CRIME	117
NEED TO UPDATE INFORMATION	119

CRISIS HOTLINES

If you or a loved one is in need of immediate help or in the event of a life-threatening emergency, dial 911.

Always dial 911 if there is a threat of suicide or of violence or harm to self or others.

[Suicide & Crisis Lifeline 24/7/365](#)

Call/Text/TTY 988

Life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.

[Veterans & Military Crisis Line](#)

Call 988, press 1

Text 838255

Vet Center after hours call center 1-877-927-8387

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

[Crisis Text Line](#)

Text "HOME" or "HOLA" to 741741

Provides 24/7, free, online support to anyone in need.

[Alaska Careline](#)

Call 1-877-266-4357

Text "4help" to 839863

Connect to a crisis counselor 24/7, 365 days a year. It is 100% confidential, and 100% free. By Alaskans, for Alaskans.

Providence Crisis Line

Call 907-563-3200
24/7 crisis line for anyone experiencing a mental illness or crisis.

National Human Trafficking Resource Center

Call 1-888-373-7888
Text 233733
TTY 711
Serving and supporting victims of human trafficking.

Abused Women's Aid in Crisis (AWAIC)

24 Hour Crisis & Support Line 907-272-0100
Serves people of any gender who have experienced emotional, physical, and /or sexual abuse within their intimate or family relationships to include advocacy, case management, legal advocacy, and shelter services.

Standing Together Against Rape (STAR)

Statewide Crisis Line 907-276-7273
Toll-free statewide 1-800-478-8999
Serves survivors of sexual assault, child sexual abuse and human trafficking. STAR provides free crisis intervention, assistance reporting or accessing medical aid, legal advocacy, court accompaniment, protective order application, emergency aid and trauma counseling. All services are free of charge.

Love is Respect – Dating Abuse Hotline

Call 1-866-331-9474
Text “LOVEIS” to 22522
TTY 1-800-787-3224

Confidential support for teens, young adults, and their loved ones seeking help, resources, or information related to healthy relationships and dating abuse in the US.

Trans Lifeline 1-877-565-8860

Trained peer-support helpline operated by and for transgender and questioning people. Services are available Monday through Friday, 9am to 5pm AK, closed on certain holidays.

The Trevor Project

Call 1-866-488-7386
Text “START” 678-678

Crisis counselors are trained to answer calls, chats, or texts from LGBTQ+ young people who reach out on our free, confidential and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ+ identity, depression, and suicide.

National Runaway Safeline 1-800-786-2929

Provides crisis intervention services to young people and their families while also offering prevention, educational and training programs to the network of runaway and homeless youth (RHY) service providers nationwide.

YouthLine

Call 1-877-968-8491

Text "TEEN2TEEN" to 839863

Free, confidential teen to teen crisis and help line.

EMERGENCY ALERT AND DISASTER COMMUNICATIONS SYSTEM

In the event of a major emergency, the [Emergency Alert System \(EAS\)](#) 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.

Radio

AM 750 or FM 103.7

KFQD is the radio station designated to receive the initial Emergency Alert System in Anchorage

Rave Emergency Alerts

Text "Anchorage" to 67283

Emergency Status – Office of Emergency Management

Emergency Conditions Line 907-343-4701

Social Media Facebook, Twitter and Instagram

EMERGENICES AND BASIC CRIME INFORMATION

Active Emergencies Call 911

Poison Control 1-800-222-1222

For Non-Emergencies Call 311
Anchorage Police Department Dispatch
907-786-8900, press #2

[Alaska State Trooper Dispatch Non-Emergency Contact Information](#)

Interior, Southeast, Western Alaska	907-451-5100
Mat-Su Valley	907-352-5401
Kenai Peninsula	907-262-4453

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 \(APD\)](#)

anchoragepolice.com

716 W 4th Ave, Anchorage, AK 99501

APD Lobby Hours: Monday – Friday 8am to 5pm

Closed municipal holidays

Emergencies

Call 911

APD Main Number

907-786-8900

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

Do not call 911 for a non-emergency, since that can distract 911 resources from emergencies in progress.

For a non-emergency

Call 311

You can also report most non-emergency crimes online at: <https://www.anchoragepolice.com/file-a-police-report>. This form can be used to report crimes related to Disturbing the Peace - COVID-19 failure to quarantine, Drug Information, Fraud / Identity Theft, Harassment, Liquor Violation, Lost Property, Shoplifts (businesses only), Supplement to Burglary, Suspicious, Theft, Theft from Vehicle, Threats, Vandalism and Vehicle Tampering.

To report a car crash or other vehicle accident, use this online form: <https://www.anchoragepolice.com/report-a-crash>

Major Vehicle Accidents

If there are injuries

Call 911

If no injuries

Call APD Dispatch at 311

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 Crash Reporting – Driver Self Reporting Form for insurance purposes. The form can be completed online or printed and mailed in.

Instructions and links are available at

<https://dot.alaska.gov/stwdplng/hwysafety/driverreport/>. 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:

1-877-428-4338 or [IdentityTheft.org](https://www.identitytheft.org)

Crisis Services

If you or a loved one is in need of immediate help or in the event of a life-threatening emergency, **dial 911**.

Always dial 911 if there is a threat of suicide or of violence or harm to self or others. Always explain that the situation is a psychiatric emergency and request the Mobile Crisis Team.

The Mobile Crisis Team pairs a mental health clinician with a paramedic to respond specifically to behavioral

health calls. They can assess the person in crisis, work to de-escalate or resolve the situation, help coordinate services, and more. The goal is to avoid unnecessary law enforcement involvement, emergency department use, or hospitalization. If the Mobile Crisis Team is not available, request a Crisis Intervention Team (CIT) officer.

APD partners with [NAMI Anchorage](#) and other community organizations to train CIT officers in mental health. CIT officers use a specialized approach to deescalate mental health crises with empathy and respect.

24 Hour Crisis Hotline	907-563-3200
Available 24/7/365	Call or Text: 988

Careline Alaska 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.

<u>Careline Alaska</u>	
Call	1-877-266-4357
Text	“4help” to 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 invention 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.

Crime Stoppers (Tip Line): If you have information about a crime that you did not report, you can share that information confidentially by calling or texting Crime Stoppers at:

907-561-STOP (7867)

Text AKTIP to 847411

or [Submit a Tip](#). 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 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 Record Section

907-786-8600, ext 1

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 crime, it 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 online at:

<https://www.anchoragepolice.com/request-police-records>.

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 311 and ask to be connected to the APD Burglary Sergeant so that APD can place a hold on the item(s).

Crimes Involving Human Death

To obtain a copy of a death certificate, contact the

[Alaska Vital Records – Anchorage Office](#)

Monday – Friday 8am to 4:30pm

3901 Old Seward Hwy, Ste 101

907-269-0991

Note: Please mail requests to the Juneau Office.

[Alaska DEATH Certificate Request Form](#)

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. Still have questions? Email BVSOffice@alaska.gov and allow 3-5 business days for a response.

HOW TO GET PROPERTY BACK FROM APD

APD Property & Evidence Section

907-786-8660, opt 1

To recover property seized by the police, contact the APD Property & Evidence Section. Release of property is by appointment only.

APD Impounded Vehicles

Municipal Attorney's Office – Civil Division/ Impounds:
Impounded Vehicle Release information for

DUI/INS/DWL/Scofflaw/ Soliciting Prostitution Email:

civilimpounds@muni.org

907-343-4575

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

Impound hours: 12pm-4pm (*closed municipal holidays*)

APD Impounds Unit

Impounded vehicle information

Evidence/DUI/INS/DWL/Scofflaw/Soliciting Prostitution

Email: APDImpounds@anchorageak.gov

If you leave a voicemail, please leave your name, number, and vehicle license plate number or last 6 digits of the VIN 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 report a junk vehicle

907-786-8830

TO VISIT A PERSON WHO HAS BEEN ARRESTED

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

907-269-4100

[For instructions on arranging a visit](#) 907-269-4100

Below is only a portion of the rules and regulations regarding visiting a person incarcerated within the Anchorage Correctional Complex.

The Department of Corrections encourages prisoner visitation because strong family and community ties increase the likelihood of a prisoner's success after release. Visitation is subject only to the limitations in this policy and as necessary to protect persons and maintain order and security in the institution.

All visitors must be 18 years of age or older to visit. Minors under the age of 18 must be accompanied by a parent or legal guardian and the birth certificate/guardianship paperwork must be presented when signing up for visitation. All visitors are required to register and record their name, address, and relationship to the inmate. All visitors must have current identification each time you visit, regardless of age, (Driver's license, state ID, Passport, Military ID, Tribal ID are acceptable forms of Identification).

Inmates will be allowed no more than one (1) visiting session per day not to exceed one (1) hour, and are allowed up to but not exceeding three (3) visitors per

visiting session. This includes children and clergy. This does not include Attorneys' or law enforcement.

Visitors are limited to visiting one inmate in a 30-day period, unless approved through security. Exceptions to this would be if you have more than one immediate family member in custody at the same time. In that situation you would have to visit them on different days.

Attorney visits may occur by appointment only any time between 8am - 10pm. Please schedule 24-hours in advance: ancjl.housing@alaska.gov, 907-269-4205

Visitation Hours

All visitors need to arrive one (1) hour in advance with a valid ID, passport or travel card.

EAST BLDG. (Anchorage Jail)

and WEST BLDG. (West Building)

ACC-E & ACC-W visitation no longer requires an appointment. Visitation will be on a first come — first served basis.

Monday-Sunday: 9am, 10am, 1pm, 2pm, 7:15pm, 8:15pm

PLEASE NOTE: Thursday 1pm and 2pm only

Echo and Fox Mod visiting hours are Monday - Sunday, 7am and 5pm.

All visitors will go through a screening process before admission into visiting areas.

It is strongly urged that all visitors come to the facility with only a minimum amount of items. NOTHING is allowed into the visiting area with the exception of an ID card, one key (locker key or car key), one (1) plastic baby bottle, pacifier, receiving blanket, 1 diaper and wipes for infants. No food (including gum) or drink may be brought into the visiting area.

Visitation by Minors: Minors under the age of 18 must be accompanied by a parent or legal guardian and the Birth certificate/Guardianship paperwork must be presented when signing up for visitation.

Visitation by a minor who is the child of the prisoner may not be restricted unless parental rights to reasonable visitation have been terminated or otherwise limited, pursuant to divorce or a child in need of aid or other court order.

A Minor who is a family member of a prisoner must be accompanied by an adult who is either an immediate family member or is approved by the superintendent. A Minor child that is not a family member must be accompanied by a parent or legal guardian.

Visitor Dress Code: Visitors must be properly dressed before checking in to visit an inmate. Any clothing or clothing articles that are considered inappropriate will not be permitted to be worn in the visitation area. Proper undergarments must be worn. Some clothing articles and accessories are prohibited. Wear clothing that is appropriate for a gathering of men, women, and

young children. Wearing inappropriate clothing (such as provocative, transparent or revealing clothes) will result in your being denied visitation.

For a complete list of prohibited clothing and accessories call 907-269-4100

Because many people are usually visiting, it is important visits are quiet, orderly, and dignified. Our aim at the Anchorage Correctional Complex is to provide a safe, secure and respectful environment for all prisoners, visitors and staff.

Violations of visiting privileges may result in disciplinary action against the inmate and appropriate administrative or legal actions against the visitor.

Visiting Hiland Mountain Correctional Center

9101 Hesterberg Rd, Eagle River 907-694-9511

The HMCC Contact and Secure Visitation schedule below is effective April 1, 2022. There are six visiting stations in the contact visitation area for each visitation period. No more than three visitors per inmate at any one time.

Monday - Friday (Excluding State Holidays) 12:30 - 13:30, 14:30 - 15:30, 18:30 - 19:30, 19:30 - 20:30

Saturday - Sunday, and all State Holidays 12:30 - 13:30, 13:30 - 14:30, 14:30 - 15:30, 18:30 - 19:30, 19:30 - 20:30

WHAT IF THE VISITOR IS A MINOR (AGE 17 OR

YOUNGER)? A copy of his or her birth certificate must be included with the visitor application.

WHAT ITEMS ARE ALLOWED INTO THE VISITING ROOM?

Absolutely nothing. All keys, cell phones, gum, tobacco, jackets, just to name a few are not allowed into the facility. There are lockers to store your personal possessions. The lockers are very small.

WHAT ARE THE VISITING RULES? It is the prisoner's responsibility to conduct herself properly during visits, engage in appropriate behavior, and not violate the law or visiting regulations.

Any prisoner participating in contact or secured visiting will be required to wear approved clothing, to include: underwear, institutional issued clothing of appropriate size, shoes and socks. There will be no sweat clothes or jeans worn under the state clothing. No jewelry other than religious medallions and wedding band will be allowed to be worn by the prisoner in visiting.

Visitors will dress in accordance with the rules and regulations of visiting. All allowable clothing worn into the visiting room by visitors must remain on, to include shoes, sweaters, vests, etc. No cell phones, wallets, purses, car keys, chewing gum, candy or tobacco products, to include lighters and / or matches are allowed into the visiting room. The visitor and prisoner will not exchange any item(s) during the visit. Physical contact will be limited to a brief embrace with your visitor(s) at the beginning and conclusion of the visit, to

include children. "Petting" and/or other sexual activities are prohibited. An Officer may designate where the visitor and prisoner will be seated for the visit. All chairs must be spaced apart and may not be moved from their position.

WHAT HAPPENS WHEN I SHOW UP? You will need to produce a photo identification card and fill out the visiting application form. You will be pat searched for any contraband prior to the visit.

Violations of visiting privileges may result in disciplinary action against the inmate and appropriate administrative or legal actions against the visitor.

COMMUNITY RESOURCES

Included in this guide is a partial list of local, state and national resources.

MEDICAL AND HEALTH-RELATED RESOURCES

GENERAL HEALTH CARE

Hospitals

Note: No medical advice is given over the phone, in the event of an emergency **call 911**

[Alaska Native Medical Center](#)

4315 Diplomacy Dr

907-563-2662

[Alaska Regional Hospital](#)

2801 Debarr Rd

907-276-1131

Elmendorf AFB Hospital

5955 Zeamer Ave, JBER

907-580-2778

Providence Hospital

3200 Providence Dr

907-562-2211

St. Elias Specialty Hospital (Extended inpatient acute care)

4800 Cordova St

907-561-3333

Alaska Veterans Affairs Healthcare System

1201 N Muldoon Rd

907-257-4700

Anchorage Health Department – Public Health Clinic

825 L St, First Floor

907-343-4799

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

4951 Business Park Blvd

907-743-7200

Provides primary health care including pediatric care, internal medicine, dental services, lab services, x-rays, and mammograms. Sliding fee scale available for uninsured patients. 56 languages translated.

Mat-Su Health Services Inc.

1363 W Spruce Ave, Wasilla, AK

907-376-2411

Mat-Su Health Services, Inc. began as a community mental health center in 1977. They have provided community health services continuously for the last 30+

years.

Providence Family Medicine Center

1201 E 36th Ave 907-562-9229

From maternity and pediatric care to services for seniors, Providence Family Medicine Center provides complete medical treatment with open access for every member of your family.

Planned Parenthood

4001 Lake Otis Pkwy, Ste 101 1-800-769-0045

Offers primary health care, regardless of gender. Specialty services include sex education, birth control, the morning after pill, pregnancy testing, abortion services, sexually transmitted infection testing, and LGBTQ services.

Urgent Cares

There are many urgent cares located throughout Anchorage that may provide non-emergency walk-in medical services at a lower cost than an emergency room. Search “Anchorage Urgent Care” online.

Vera Whole Health – Alaska Care Centers

1450 N Muldoon Rd 907-313-7550

582 E 36th Ave 907-302-4950

SPECIFIC MEDICAL CONDITIONS

Alzheimer’s and Dementia

Alzheimer's Resource of Alaska

1750 Abbott Rd 907-561-3313

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](#)

3851 Piper St, Ste U240

1-800-227-2345

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.

[Providence Cancer Center](#)

3851 Piper St, U Tower

907-212-6870

As Alaska's only full-service cancer center, we provide the most advanced diagnosis and treatment therapies, including clinical trials.

[Alaska Regional Cancer Care Center](#)

2801 Debarr Rd, Bldg C, Ste 414

907-264-1431

At Alaska Regional, we offer chemotherapy, brachytherapy, radiation therapy, cancer pain management and outpatient infusion. Our surgical robot, the first in the state, treats prostate and gynecological cancers.

Dental Health

[University of Alaska – Dental Hygiene Program](#)

3500 Seawolf Dr

Allied Health Sciences Building, Ste 131 907-786-6960
Offers low cost or free dental hygiene services.

HIV/AIDS

Alaskan AIDS Assistance Association (Four A's)

1057 W Fireweed Ln, Ste 102 907-263-2050

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

HEALTH INSURANCE

Medicaid/Denali Care and Denali Kid Care

doh.hcs.info@alaska.gov 1-800-478-7778

Medicaid provides medical coverage to low-income Alaskans. Eligible groups include low-income children, pregnant women, families, adults without dependent children between the ages of 19 and 64, the elderly, blind, and the permanently disabled. The Division of Public Assistance determines eligibility for this program.

Affordable Care Act

1-866-553-3223

Anchorage Project Access

3340 Providence Dr, Ste A370 907-743-6600

info@anchorageprojectaccess.org

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 855-482-4382

Alaska Native Primary Care

4320 Diplomacy Dr 907-729-4955

Anchorage Neighborhood Health Center

4951 Business Park Blvd 907-743-7200

Carrs Pharmacies

Varied Locations

Credena Health Pharmacy

3300 Providence Dr, Ste 101 907-212-5090

Providence Hospital

3200 Providence Dr 907-562-2211

CVS South Anchorage (inside Target)

150 W 100th Ave 907-267-7501

JBER Medical Services

5955 Zeamer Ave 907-580-2778

Medication 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, Providence Hospital, and Family Pharmacy

- ANMC Pharmacy, 4315 Diplomacy Dr
- Anchorage Health Department, 825 L St
- Eagle River Library, 12001 Business Blvd
- Girdwood Library, 250 Egloff Dr
- Loussac Library, 3600 Denali St
- Muldoon Library, 1251 Muldoon Rd, Ste 158
- Volunteers of America, 509 W 3rd Ave, Ste 103

You can request medication disposal bags from:

- [Anchorage Health Department](#)
- [iknowmine.org](#)

MENTAL HEALTH RESOURCES

MENTAL HEALTH EMERGENCY NUMBERS

National Crisis Hotline	988
Psychiatric Emergency Crisis Line	907-563-3200
Alaska Psychiatric Institute	907-269-7100
North Star Behavioral Health	907-258-7575

MENTAL HEALTH SERVICES

[Abused Women's Aid in Crisis \(AWAIC\)](#)

24 Hour Crisis & Support Line	907-272-0100
-------------------------------	--------------

100 W 13th Ave 907-279-9581

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

[AK Child & Family \(formerly Alaska Children's Services\)](#)

4600 Abbott Rd 907-346-2101

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

[The Power Center](#)

2601 Arctic Blvd 907-929-2633

Serves young adults 13 to 23 to provide a safe space to hang out as well as mental health services, peer support, and case management.

[Alaska Seeds of Change](#)

704 W 26th Ave 907-762-8660

A joyful and welcoming vocational program that supports young people ages 13-23 to build job skills and personal resiliency while growing fresh produce year-round.

[Alaska Youth & Family Network](#)

740 Communications Ave 907-770-4979

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

[Alaska Behavioral Health](#)

Adult Services

4045 Lake Otis Pkwy 907-563-1000

Child & Family Services

4020 Folker St 907-561-0954

Intensive Case Management

1231 Gambell St 907-562-7900

Steven A. Cohen Military Family Clinic

1450 Muldoon Rd #111 907-762-8668

Serving children and adults who experience a wide range of mental health issues, with or without co-occurring substance use.

[Alaska Mental Health Consumer Web \(The Web\)](#)

1248 Gambell St 907-222-2980

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 Native Justice Center](#)

2550 Denali St 907-793-3550

This program guides youth on overcoming challenges by connecting with Alaska Native/American Indian culture and forming healthy relationships. ANJC is dedicated to working with our partners so youth and their families can learn about additional opportunities in the community. These services provided by ANJC are designed to improve educational and social outcomes and experiences.

Alaska Veterans Affairs Healthcare System

1201 N Muldoon Rd 907-257-4700

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

Anchorage Vet Center

4400 Business Park Blvd, Ste B34 907-563-6966

Offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting.

The Arc of Anchorage

2211 Arca Dr 907-277-6677

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

Be There Certificate

Learn to support someone struggling with their mental health through this online course. It is a simple, actionable framework that is teaching people how to recognize when someone might be struggling, understand their role in supporting that person, and learn how to connect them to the help they need and deserve.

Birchwood Behavioral Health

1600 O'Malley Rd 907-349-2222

Serves all populations through counseling, case

management, educational support services, and a residential program.

Cornerstone Health Recovery

2121 Abbott Rd 907-339-8760

Provides complete, comprehensive evaluations of one's physical, emotional, social, and life circumstances, including treatment, support, and referral for services to begin the recovery journey.

Counseling Solutions of Alaska

701 E Tudor Rd, Anchorage 907-644-8044

11470 Business Blvd, Ste 100, Eagle River 907-689-3450

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

Covenant House

755 A St 907-272-1255

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

Demming Counseling Services

2550 Denali St 907-561-3171

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

Denaa Yeets' Program - Southcentral Foundation

4320 Diplomacy Dr 907-729-5260

Services 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

1251 Muldoon Rd, Ste 116 907-274-8281
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.

Behavioral Health Fireweed - Southcentral Foundation

4341 Tudor Center Dr, Ste 3 907-729-2500
Serves Alaska Native and American Indian adults (age 18+) with crisis intervention, case management, psychiatric evaluation, and psychotherapy. Groups and specialized programs available.

Grief Share

This website lists peer support groups by zip code for in-person or online groups.

Hospice of Anchorage

2612 E Northern Lights Blvd 907-561-5322
Offers bereavement classes/support groups to navigate life after a loss.

Money Management International

205 E Benson Blvd, Ste 507 907-279-6501

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 (NAMI)

1057 W Fireweed Ln, Ste 206 907-931-9932

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

North Star Behavioral Health

2350 Debarr Rd 907-264-3506

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

The Pathway Home - Southcentral Foundation

4000 San Ernesto Ave 907-729-5020

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

Providence Crisis Recovery Center

Crisis Line 907-563-3200

3760 Piper St 907-563-5006

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

Providence Behavioral Health Anchorage

3760 Piper St, Ste 1108 907-212-6900

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

Quyana Clubhouse - Southcentral Foundation

225 Eagle St 907-729-6550

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.

Standing Together Against Rape (STAR)

Statewide Crisis Line 907-276-7273

Toll-free 1-800-478-8999

1057 W Fireweed Ln, Ste 230 907-276-7279

Serves survivors of sexual assault, child sexual abuse and human trafficking. STAR provides free crisis intervention, assistance reporting or accessing medical aid, legal advocacy, court accompaniment, protective order application, emergency aid and trauma counseling. All services are free of charge.

Southcentral Foundation Behavioral Health

4320 Diplomacy Dr 907-729-4955

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

Survivors of Suicide Support Group 907-272-3100

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

Victims for Justice

1057 W Fireweed Ln, Ste 101

907-278-0977

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

Call

988, press 1

Text

838255

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.

ALCOHOL AND OTHER SUBSTANCE RESOURCES

EMERGENCY ALCOHOL SERVICES

Anchorage Safety Patrol (ASP) & Anchorage Safety Center

1500 E 3rd Ave

907-343-4006

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

3200 Providence Dr, E Tower, 1st Floor 907-212-2800

Provides assessment, crisis intervention, medical care, and referrals to persons in psychiatric and/or substance abuse crisis.

Southcentral Foundation Detox

4330 Elmore Rd 907-729-6690

669014-bed detox program open to all Alaska Native and non-Native residents ages 18 and older. 24- hour medical supervision, priority given to pregnant women, individuals injecting drugs, and customers with a confirmed treatment bed. Medication for Addiction Treatment (MAT) with step-down services.

NON-EMERGENCY SUBSTANCE USE- INTERVENTION AND RECOVERY RESOURCES

Recover Alaska

3201 C St 907-249-6647

We are here to help you navigate the path to recovery.

Aeon Counseling

4325 Laurel St, Ste 297A 907-562-4606

Serves all age groups through outpatient and intensive outpatient treatment. Substance Abuse Programs, Mental Health, Family/Individual Counseling, Stop Smoking, Hypnotherapy, Couple Communication, ADIS Classes.

Akeela, Inc.

360 W Benson, Ste 300 907-565-1200

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.

[Al-Anon \(AA\)](#)

907-272-2312

A fellowship of people who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. Our primary purpose is to stay sober and to help other alcoholics to achieve sobriety.

[Alaska Native Justice Center](#)

2550 Denali St

907-793-3550

The ANJC Adult Reentry Program optimizes opportunities to eliminate barriers for men and women who are recently released from incarceration. Working in collaboration with the State of Alaska Department of Corrections, state and community-based reentry service providers and community stakeholders, this program helps to ensure each individual receives the necessary tools to successfully transition back to the community. Through the Adult Reentry Program, the ANJC guides participants in pro-actively addressing the barriers they may face during the transition from prison back into the community.

[Alaska Regional NEST Program](#)

24/7 Consult a Nurse Line 907-264-1722
2801 Debarr Rd 907-276-1131

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](#)

1201 N Muldoon Rd 907-257-4700

Serves veterans through a range of services, including medication-assisted treatment for opioid use disorder.

[Alaska Wisdom Recovery](#)

401 W International Airport Rd, Ste 17 907-770-3656

Offers assessment, individual and group therapy, in-house 12- step meetings, and relapse prevention services.

[Alateen](#)

907-301-6711

Alateen, a part of the Al-Anon Family Groups, is a fellowship of young people (ages 13 to 18) whose lives have been affected by someone else's drinking whether they are in your life drinking or not.

[Aleutian Pribilof Islands Association Behavioral Health](#)

1131 E International Airport Rd 907-222-9764

Offer an intensive outpatient program, psychological assessments, tele-behavioral health services, tobacco cessation counseling, nicotine replacement therapy, counseling, and education.

[Algone Clinic](#)

9500 Independence Dr, Ste 700 907-770-1150

Offers medication-assisted treatment for opioid use disorder and alcohol addiction and alcohol use disorder.

[Alcohol Safety Action Program \(ASAP\)](#)

303 K St 907-264-0735

ASAP serves as a neutral link between law enforcement, courts, probation, corrections, rehabilitation, and education providers to support substance use screening, case management, and accountability for alcohol- and drug-related misdemeanor cases like DUI, OUI, and test refusal.

[Alyeska Counseling Group, LLC](#)

701 W 41st Ave, Ste 104 907-782-4553

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

[Anchorage Comprehensive Treatment Center](#)

3230 C St, Ste 100 907-885-6537

Provides Methadone, Suboxone, Buprenorphine to individuals 18 and older of all genders who are struggling with opioid use disorder.

[Anchorage Recovery Center](#)

5000 Taku Dr 877-708-9752

Behavioral Health Treatment with a focus on Substance Use and Mental Health Disorders. Offering a holistic and evidence-based treatment to all clients.

[Anchorage Women's Recovery Project \(AWRP\)](#)

4501 Diplomacy Dr, Ste 200 907-729-5090

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.

Breakthrough Substance Use Treatment Program

3760 Piper St, Ste 1108 907-212-6970
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.

Chanlyut - Cook Inlet Tribal Council

3600 San Jeronimo Dr 907-793-3200
The Chanlyut re-entry program is a three-month commitment for men who want to increase life-skills and maintain sobriety in their lives.

CHOICES, Inc.

1231 Gambell St, Ste 300 907-333-4343
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.

Dena A Coy - Southcentral Foundation

4130 San Ernesto Ave 907-729-5070
Residential Treatment Program serves pregnant, parenting and non-parenting women who are experiencing problems related to alcohol and other

drugs and experiencing emotional and psychological issues. Services include individual addiction and mental health counseling, case management, and group counseling.

Discovery Cove Recovery and Wellness Center

11901 Business Blvd, Ste 204, Eagle River 907-694-5550
Offers outpatient and intensive outpatient treatment for substance use disorder, including medication assisted treatment.

Ernie Turner Center – Cook Inlet Tribal Council

30881 Eklutna Lake Rd, Chugiak 907-688-1750
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.

Four Directions Outpatient (Southcentral Foundation)

4000 Laurel St 907-729-6300
Offers substance misuse and dual diagnosis assessments, individual counseling, and group counseling for adults.

Genesis Recovery, Inc.

2825 W 42nd Ave 907-243-5130
Serves adults through assessments and referrals, outpatient and residential treatment, substance misuse

counseling, 24-hour monitored care, transitional living, and family treatment.

House of Transformations

500 E Tudor Rd #200

907-333-2468

A private transitional facility that assists men and women with recovery, reentry and rehabilitation services.

Ideal Option

2421 E Tudor Rd, Ste 108

1-877-522-1275

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

Narcotic Anonymous (NA)

907-277-5483

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. The group meets regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

Narcotic Drug Treatment Center

1015 E 6th Ave

907-276-6430

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.

New Life Development

3916 E 9th Ave

907-646-2200

Provides residential supportive services for reentry, recovery, families, mental health and refugees.

Never Use Alone Hotline

1-800-484-3731 or 1-877-696-1996

Never Use Alone is the US National Overdose Response line that people can call when they're using by themselves, with no one to call for help. One of our volunteer operators will take your location information, and alert EMS to that location if you stop responding after using. All operators are people with lived experience. No one will ever judge, shame, or lecture you about quitting. If you ask for help, we will go to the end of the earth to get you whatever type you feel that you need. All calls are confidential. No one will ever know you called, and we never share your information with anyone other than EMS if we need to alert them.

Tutan Recovery Services

12050 Industry Way

907-277-2222

A Faith Based Alaskan Substance Use Outpatient Treatment Program. Our program allows individuals to seek help with their addictions and behaviors while continuing to live in the community.

Volunteers of America – Alaska

2600 Cordova St, Ste 101

907-279-9640

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

NARCAN

The medication Narcan (naloxone) may reverse an opioid/heroin overdose. Get it from your doctor or pharmacy. Or, get it free of charge from any organization offering kits. Narcan (naloxone) is available through the following agencies:

Alaska Office of Substance Misuse and Addiction Prevention: Project HOPE

Email: doh.projecthope.info@alaska.gov

Alaskan AIDS Assistance Association (Four A's)

1057 W Fireweed Ln 907-263-2050

Alaska Regional Hospital

2801 Debarr Rd 907-276-1131

Anchorage Health Department

825 L St 907-343-4799

Providence Hospital

3200 Providence Dr 907-212-3111

NEEDLE SERVICES

Alaskan AIDS Assistance Association (Four A's)

1057 W Fireweed Ln 907-263-2050

The Syringe Access Program is a safe, legal, non-judgmental place to collect free injection supplies confidentially. A mobile exchange operates most weekdays at different locations, check the website or call for details.

HOMELESSNESS/HOUSELESSNESS AND NEAR HOMELESSNESS/HOUSELESS RESOURCES

[Anchorage Coalition to End Homelessness \(ACEH\)](#)

3427 E Tudor Rd, Ste A 907-312-9530

ACEH is an organization of professionals working under the leadership of a dedicated board to make homelessness in Anchorage rare, brief, and one time. Contact any of the housing access points to be connected with case managers.

[Anchorage Gospel Rescue Mission](#)

2823 E Tudor Rd 907-563-5603

Provides a sober shelter for single men and women. Beds are available on a first come first serve basis. The maximum stay is 30 days. Showers, toiletries, laundry services and locked storage for backpack/duffel bags are available.

[Abused Women's Aid in Crisis \(AWAIC\)](#)

24 Hours Crisis & Support Line 907-272-0100

100 W 13th Ave 907-279-9581

Provides a safe shelter and supportive services to women, men and children affected by domestic

violence.

[Akeela Transitional Housing](#)

360 W Benson, Ste 300 907-565-1200
Serves drug and alcohol-free clients coming out of Akeela treatment programs through housing and case-manager support.

[Brother Francis Shelter \(BFS\) – Catholic Social Services](#)

1021 E 3rd Ave 907-277-1731
A voluntary low-barrier emergency shelter for men and women, 18 years and older experiencing homelessness. BFS provides guests with access to a variety of different services and supportive programs.

[Clare House – Catholic Social Services](#)

4110 Spenard Rd 907-563-4545
Serves women with children and expectant mothers. Offers 24-hour support and case management services.

[Connect: Housing](#)

211 or 1-800-478-2221

Housing/shelter, landlord/tenant assistance, mortgage delinquency and default counseling, utilities and more.

[Covenant House Alaska](#)

755 A St 907-272-1255
Serves homeless, runaway and at-risk youth ages 13 to 24 a safe place to stay and get help. Shelter services are available 24 hours a day, 365 days a year.

[Covenant House – Rights of Passage](#)

750 W 5th Ave 907-272-1255

Transitional living program for youth 18 to 24. This program offers dorm style living where youth learn essential life skills to live independently.

Downtown Soup Kitchen – Hope Center

240 E 3rd Ave 907-277-4302

Provides an overnight shelter for women every night along with 3 meals a day, laundry, shower, and case management.

Genesis Recovery Service, Inc.

2825 W 42nd Ave 907-243-5130

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

Karluk Manor - RurAL CAP

1104 E 5th Ave 907-375-3200

Aids chronically homeless, vulnerable individuals who have a very high level of need by providing transitional and permanent housing opportunities with access to behavioral health and supportive services.

McKinnell House – The Salvation Army

1712 A St 907-375-3500

Provides year-round shelter to eligible homeless families with children for up to a 30-day stay.

New Life Development

3916 E 9th Ave 907-531-0774

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 – Yukon

2721 Juneau St 907-222-4644

Recovery house for men recovering from drugs and alcohol.

Passage House – Covenant House

755 A St 907-333-2023

Transitional housing for woman ages 17-21 who are pregnant or parenting.

Safe Harbor - RurAL CAP

207 Muldoon Rd 907-644-8525

Aids chronically homeless, vulnerable individuals who have a very high level of need by providing transitional and permanent housing opportunities with access to behavioral health and supportive services.

The Pathway Home - Southcentral Foundation

4000 San Ernesto Ave 907-729-5020

Supportive housing for adolescents 13 to 18 years old in need of mental and behavioral health care.

Supportive Services for Veteran Families – Catholic Social Services

4600 Debarr Rd, Ste 201 907-222-7383

Case management program for Veterans and their families experiencing homelessness or at-risk of homelessness. Case Managers will assist you with

identifying and addressing barriers, increasing self-sufficiency, and securing permanent housing. We work closely with the VA and other community service providers to ensure that our clients are connected with any and all resources available to them.

Transitional Living & Housing - RurAL CAP

325 E 3rd Ave

907-279-2511

Provides transitional and permanent housing opportunities with access to behavioral health and supportive services in order to aid those experiencing homelessness in Anchorage.

FOOD AND NUTRITION RESOURCES

FOOD PANTRIES

Food pantries are subject to change. Call 211 or visit <https://foodbankofalaska.org/help/> for the most up-to-date information on food pantries for which you may qualify.

Parents & caregivers can text the word “FOOD” or “COMIDA” to 304-304 to find the nearest sites, or you can visit NoKidHungry.org/Help or NoKidHungry.org/Ayuda

[Food Bank of Alaska Anchorage – Food Distribution Calendar](#)

[Find a Food Pantry in Anchorage](#)
<https://anchoragefood.org/>

St. Francis House Food Pantry – Catholic Social Services

3710 E 20th Ave

907-222-7323

9am to 1pm on Mondays – Thursdays

4pm to 5:30pm on the 4th Wednesday of the month

Serves any adult or family seeking food assistance and can serve as a gateway point for many people to connect to other resources.

HOT MEALS

Anchorage Gospel Rescue Mission Every day 4:30pm-6pm, Weekdays 6am-7:15am, Weekends 9:30am-10:45am

Bean's Cafe Every day 8am-9am & 4pm-5pm

Downtown Hope Center Every day 12pm-1:30pm

SonRise Community Church Sundays 9:15am

Church of the Nations Sunday 3pm-4:30pm

CHILDREN'S LUNCHBOX

- | | |
|---|--|
| • Sunshine Pre-School | • Safe Harbor |
| • Learn Academy | • RurAL CAP |
| • Step Up School | • Lighthouse Christian Fellowship Church |
| • Stellar School | • Spenard Recreation Center |
| • Power Youth Center | • Fairview Recreation Center |
| • CITC Schoolyard (Afterschool program) | |
| • Ridgeline | |

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

[Supplemental Nutrition Assistance Program \(SNAP\)](#)

Virtual Contact Center (VCC) 1-800-478-7778

Email: doh.dpa.info@alaska.gov

[Women, Infants and Children \(WIC\) Program –
Anchorage Health Department](#)

Nutrition program that helps pregnant women, new mothers and young children eat well, learn about good nutrition and stay healthy.

Anchorage Health Department

825 L St, Ste 215 907-343-4668

JBer Military Base

9497 20th St, Arctic Oasis Building 907-343-4430

Eagle River

12001 Business Park Blvd, Ste #137 907-343-1520

EMPLOYMENT RESOURCES

JOB SEARCH SUPPORT

[Access Alaska](#)

1217 E 10th Ave 907-248-4777

Offers a wide range of services designed to give Alaskans with disabilities the tools and resources they need to improve independence, self-confidence, knowledge, skills and access to community resources.

[Alaska Center for the Blind and Visually Impaired](#)

3903 Taft Dr 907-248-7770

Works with clients ranging in age from teenagers to senior citizens to eliminate vision loss as the barrier to

employment, community participation or quality of life.

[Alaska Commission on Postsecondary Education](#)

800 E Dimond Blvd 1-800-441-2962

Education planning tools and resources, financial aid for college and career training, one-on-one coaching and group workshops with a college and career specialist.

[Alaska Job Center Network](#)

3301 Eagle St, Ste 101 907-269-4800

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

[Alaska Works Partnership](#)

161 Klevin St 907-569-4711

Training in construction job skills, including trainings for women and transitioning active-duty military members.

[Alaska's People Career Development Center – Cook Inlet Tribal Council](#)

3600 San Jeronimo Dr 907-793-3467

Walk-in resource center for Alaska Native and American Indian people seeking job search assistance and employment or training opportunities.

[Alaska Department of Labor and Workforce Development](#)

907-465-2700

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

Assets, Inc.

2330 Nichols St 907-279-6617

Supported living services and employment for adults with disabilities.

Covenant House

755 A St 907-272-1255

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.

State of Alaska Division of Vocational Rehabilitation

4600 Debarr Rd, Ste 300 907-269-2060

11723 Old Glenn Hwy, Ste 206 907-622-2020

Toll Free V/tdD 1-800-478-4467

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

Job and Career Help Center – Anchorage Public Library

3600 Denali St 907-343-2975

The library has many tools to help you find a job or take your career to the next level. From job search resources, resume and interview help, job skills and training to higher education.

Nine Star

730 I St 907-279-7827

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

[Alaska Adult Learning Center](#)

912 E 15th Ave, Ste 102

907-375-6000

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

[Alaska Works Partnership](#)

161 Klevin St

907-569-4711

Training in construction job skills, including trainings for women and transitioning active-duty military members.

[Alaska Literacy Program](#)

1345 Rudakof Cir, Ste 104

907-337-1981

Literacy classes for adults and families with young children.

[Partners for Progress](#)

417 Barrow St

907-272-1192

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

[Raise Program – Southcentral Foundation](#)

4175 Tudor Centre Dr, Ste 108 907-729-5015

This program offers Alaska Native/American Indian youth ages 14 to 17 to explore health care and administrative careers.

LEGAL AND COURT RESOURCES

Abused Women's Aid in Crisis (AWAIC)

24 Hour Crisis Hotline 907-272-0100

100 W 13th Ave 907-279-9581

Provides civil 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

840 K St, Ste 100 907-272-0352

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 may charge a fee or flat rate.

Alaska Legal Services Corporation

1016 W 6th Ave, Ste 200 907-272-9431

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

2550 Denali St

907-793-3550

ANJC supports victims and survivors of crime and their families. ANJC provides trauma-informed, culturally competent holistic services to all participants, their family, and the community. They provide help navigating systems, intensive case management, referrals to services and community resources. Legal representation may be available to eligible participants. Services are culturally sensitive.

Alaska Network on Domestic Violence & Sexual Assault andvsa@andvsa.org

907-586-3650

A map of direct service providers across Alaska. All services listed are confidential, free, and voluntary for victims and survivors. ANDVSA does not offer crisis intervention services.

Alaska Institute for Justice

431 W 7th Ave, Ste 208

907-279-2457

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

Alaska Office of Victim's Rights

1007 W 3rd Ave, Ste 205

907-754-3460

An agency of the Alaska Legislature that provides free legal services to victims of crime to help them obtain the rights they are guaranteed under the Alaska constitution and statutes with regard to their contacts with police, prosecutors, judges, and other criminal

justice agencies in this state, as well as to advance and protect those victim rights in court when necessary and authorized by law.

Courthouses

Boney Courthouse 303 K St 907-264-0547

Nesbett Courthouse 825 W 4th Ave 907-264-0514

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.

Alaska Courts Domestic Violence Office 907-264-0615

Monday – Friday: 8am to 8pm

Saturday and Sunday: 12pm to 8pm

Catholic Social Services

4600 Debarr Rd, Ste 201 907-222-7300

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 of Alaska

3330 Arctic Blvd, Ste 103 907-565-1002

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

District Attorney’s Office - Anchorage

310 K St, Ste 520 907-269-6300

The office has specialized units to include a General Trial Unit, a Domestic Violence Unit, a Sexual Assault Unit, and a Major Crimes Unit. In addition to the Anchorage bowl, the office prosecutes cases across the region, including offenses occurring in Unalaska, and Sand Point. They are also responsible for the satellite office located in Dillingham.

[Protective Orders](#) – Go to page 115

[State of Alaska - Elder Fraud Assistance](#)

900 W 5th Ave, Ste 525 907-334-5954

Investigates claims regarding the financial exploitation of Alaskans 60 and older, and may seek civil remedies on behalf of elders who are unable to bring a complaint without assistance.

[State of Alaska – Victim Witness Program](#)

1031 W 4th Ave, Ste 200 907-269-5100

Provides assistance to victims involved in cases where a defendant is being tried in adult court. The program provides federal crime victims and witnesses with information, services, and support during federal prosecution.

[Victim Information and Notification Everyday \(VINE\)](#)

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

HATE CRIME AND DISCRIMINATION RESOURCES

Alaska State Commission for Human Rights

800 A St, Ste 204

907-274-4692

The Alaska State Commission for Human Rights is the state agency that enforces the Alaska Human Rights Law, [AS 18.80](#).

American Civil Liberties Union of Alaska

1057 W Fireweed Ln, Ste 207

907-258-0044

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

Anchorage Equal Rights Commission

632 W 6th Ave, Ste 110

907-343-4342

Provides free and confidential services to the public in cases involving discrimination and harassment within your job, in your housing, or at a local business, school, financial institution or governmental agency within the Municipality of Anchorage.

Anchorage Municipal Ombudsman

632 W 6th Ave, Ste 160

907-343-4461

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 – Office of Equity & Inclusion

632 W 6th Ave

907-343-7124

The Office of Equity & Inclusion (OEI) develops, supports, and implements policies and practices that

improve diversity, equity, and inclusion in our Municipal government, thereby increasing the overall wellbeing and success of all Anchorage residents.

U.S. Department of Justice

Monitors hate crimes and racial tension on the federal level and assists state and local officials.

**DISABILITY RESOURCES AND
SUPPORT SERVICES**

Access Alaska

1217 E 10th Ave 907-248-4777

Offers a wide range of services designed to give Alaskans with disabilities the tools and resources they need to improve independence, self-confidence, knowledge, skills and access to community resources.

Aging and Disability Resource Center (ADRC)

825 L St, Ste 200 907-343-7770

Free information referrals to support seniors and people with disabilities.

The Arc of Anchorage

2211 Arca Dr 907-277-6677

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.

2330 Nicholas St 907-279-6617

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

Cindy and Vic's R&R, Inc.

3401 E 42nd Ave, Ste 101 907-301-3560

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

Denali Family Services

1251 Muldoon Rd, Ste 116 907-274-8281

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

3330 Arctic Blvd, Ste 103 907-565-1002

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

Easterseals Alaska

670 W Fireweed Ln, Ste 201 907-277-7325

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

Family Outreach Center for Understanding Special Needs, Inc. (FOCUS)

16635 Centerfield Dr, Ste 103 907-694-6002

Offers personalized guidance to individuals who experience special needs, and their families, through therapies, encouragement, resources and education.

[Hope Community Resources Inc.](#)

540 W International Airport Rd 907-561-5335

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

[Psychological Services Group](#)

3003 Minnesota Dr, Ste 204 907-268-1572

Provides and conduct neuropsychological evaluations with individuals age 8 and older. Does not provide any therapy services at this time. Their goal is to help clients understand how their brain impacts their behavior and daily abilities.

[Stone Soup Group](#)

307 E Northern Lights Blvd, Ste 100 907-561-3701

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**

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

431 W 7th Ave, Ste 208

907-279-2457

Legal staff provide critical legal services to Alaska's immigrant and refugee communities, prioritizing legal representation for survivors of domestic violence, sexual assault and human trafficking and those fleeing torture and persecution in their country of origin. They strive to ensure that immigrants are aware of their legal rights and options and to provide high-quality, low cost, and free legal representation.

Catholic Social Services Refugee Assistance & Immigration Services

4600 Debarr Rd, Ste 201

907-222-7300

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

United States Citizenship and Immigration Services

222 W 7th Ave

1-800-375-5283

Official office for US immigration activities. By appointment only.

2SLGBTQIA+ RESOURCES

Choosing Our Roots

4119 Mountain View Dr 907-764-6233
Assists queer youth and young adults, ages 13 to 24, by building supportive, long-term relationships with volunteer Host Home families and community members.

[Covenant House Alaska](#)

755 A St 907-272-1255
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.

[Identify Inc.](#)

307 E Northern Lights Blvd, Ste 101 907-865-3247
Provides primary and 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. Services include support for updating ID documents, support for youth, parents/ families of 2SLGBTQIA+ people, and programming for senior citizens.

[National Runaway Safeline](#)

1-800-786-2929
Provides crisis intervention services to young people and their families while also offering prevention, educational and training programs to the network of runaway and homeless youth (RHY) service providers nationwide.

[North Star Behavioral Health](#)

2530 Debarr Rd 907-258-7575
Serves people of all ages through mental health and substance misuse services.

Parents, Families and Friends of Lesbians and Gays (PFLAG) 907-566-1813
Support to people who have loved ones who are LGBTQ.

POWER Drop-In Center 907-929-2633
2601 Arctic Ave
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 Monday through Friday, 9am to 5pm AK, closed on certain holidays.

The Trevor Project
Call 1-866-488-7386
Text "START" 678-678
Crisis counselors are trained to answer calls, chats, or texts from LGBTQ+ young people who reach out on our free, confidential and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ+ identity, depression, and suicide.

CRIME VICTIM SUPPORT RIGHTS AND RESOURCES

VICTIM AND VIOLENCE SURVIVORS' ADVOCACY SERVICES

Advocacy services help crime victims as they interact with municipal, state, and/or federal agencies. Alaska Domestic Violence Restraining Order Application Wizard <https://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.

Anchorage Municipal Ombudsman

632 W 6th Ave, Ste 160 907-343-4461
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.

Alaska Native Justice Center

2550 Denali St 907-793-3550
ANJC supports victims and survivors of crime and their families. ANJC provides trauma-informed, culturally competent holistic services to all participants, their family, and the community. They provide help

navigating systems, intensive case management, referrals to services and community resources. Legal representation may be available to eligible participants. Services are culturally sensitive.

Alaska Office of Victim's Rights

1007 W 3rd Ave, Ste 205

907-754-3460

An agency of the Alaska Legislature that provides free legal services to victims of crime to help them obtain the rights they are guaranteed under the Alaska constitution and statutes with regard to their contacts with police, prosecutors, judges, and other criminal justice agencies in this state, as well as to advance and protect those victim rights in court when necessary and authorized by law.

District Attorney's Office - Anchorage

310 K St, Ste 520

907-269-6300

The office has specialized units to include a General Trial Unit, a Domestic Violence Unit, a Sexual Assault Unit, and a Major Crimes Unit. In addition to the Anchorage bowl, the office prosecutes cases across the region, including offenses occurring in Unalaska, and Sand Point. They are also responsible for the satellite office located in Dillingham.

State of Alaska – Victim Witness Program

1031 W 4th Ave, Ste 200

907-269-5100

Provides assistance to victims involved in cases where a defendant is being tried in adult court. The program provides federal crime victims and witnesses with information, services, and support during federal

prosecution.

Violent Crimes Compensation Board (VCCB)

4300 Boniface Pkwy

907-465-3040

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.

Victim Information and Notification Everyday (VINE)

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

VICTIM SURVIVOR EMOTIONAL SUPPORT SERVICES

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

2221 E Northern Lights Blvd #137 907-272-3100
Provides crisis intervention services and emergency mental health services to individuals involved in traumatic events, primarily survivors and rescuers.

Abused Women’s Aid in Crisis (AWAIC)

24 Hour Crisis & Support Line 907-272-0100
100 W 13th Ave 907-279-9581
Serves people of any gender who have experienced emotional, physical, and /or sexual abuse within their intimate or family relationships to include advocacy, case management, legal advocacy, and shelter services.

Standing Together Against Rape (STAR)

Statewide Crisis Line 907-276-7273
Toll-free 1-800-478-8999
1057 W Fireweed Ln, Ste 230 907-276-7279
Serves survivors of sexual assault, child sexual abuse and human trafficking. STAR provides free crisis intervention, assistance reporting or accessing medical aid, legal advocacy, court accompaniment, protective order application, emergency aid and trauma counseling. All services are free of charge.

Victims for Justice

1057 W Fireweed Ln, Ste 101 907-278-0977
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.

MILITARY AND VETERAN RESOURCES

[National Suicide Prevention Lifeline](#) 988

[Joint Base Elmendorf-Richardson \(JBER\)](#) 907-552-1110

[JBER Security Forces](#) 907-552-3421

[JBER Hospital/673rd Medical Group](#)
5955 Zeamer Ave 907-580-3128

[Sexual Assault Prevention and Response \(SAPR\) Program](#)
24/7 Sexual Assault Crisis Line 907-384-7272
7153 Fighter Dr 907-551-2020/2033/2035
Provides support and advocacy to adult victims of sexual assault.

[JBER Military and Family Readiness Center](#)
4984 Zuckert Ave 907-552-4943
600 Richardson Dr 907-384-1517
Promotes military family well-being by offering programs and services that enhance family readiness, resilience, and quality of life. On JBER any branch can use the services provided at either location.

Military and Family Life Counselors (MFLC)

600 Richardson Dr, Rm A-119 907-384-1534

MFLCs are licensed professionals who provide situational, problem-solving counseling. They can address several issues including deployment, marriage and relationships, parenting, communication, stress/anxiety, depression, grief, loss, and daily life issues. No written records are kept, and it is free to service members and families.

Army Emergency Relief (AER)

600 Richardson Dr, Rm A-120 907-384-7478

Provides grants, interest-free loans and scholarships to help relieve financial distress of Soldiers and their families.

Survivor Outreach Devices (SOS)

600 Richardson Dr, Rm A-118 907-384-0272

If you're a surviving family member of a fallen Soldier, SOS offers access to support, information, and services closest to where you live. SOS support is available as long as it is needed.

[JBER Religious Operations Center](#)

4989 Zuckert Ave 907-552-5762

Numerous locations and denominations. Offers ministries for singles, couples, children and young adults, as well as religious education and worship.

[JBER Legal Office](#)

8517 20th St, Ste 330 907-552-3048

600 Richardson Dr, 3rd Floor

907-384-0371

Alaska VA Healthcare System

1201 N Muldoon Rd

907-257-4700

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

Domiciliary Care for Homeless Veterans

3001 C St

907-273-4000

Provides residential care for veterans with multiple challenges, illnesses, or rehabilitative care needs.

Anchorage Vet Center

4400 Business Park Blvd, Ste B-34

907-563-6966

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

Supportive Services for Veteran Families – Catholic Social Services

4600 Debarr Rd, Ste 201

907-222-7383

Case management program for Veterans and their families experiencing homelessness or at-risk of homelessness. Case Managers will assist you with identifying and addressing barriers, increasing self-sufficiency, and securing permanent housing. We work closely with the VA and other community service providers to ensure that our clients are connected with any and all resources available to them.

SEXUAL HEALTH AND WELLNESS RESOURCES

[Anchorage Health Department STI Testing, Treatment & Prevention](#)

825 L St, 1st Floor

907-343-4799

We can test for a variety of infections. Counseling and confidential (private) testing for HIV, syphilis, gonorrhea, chlamydia, and other STIs are provided by trained staff who are sensitive to your needs and concerns. Treatment (antibiotics) will be provided for most STIs and to both men and women.

[Anchorage Neighborhood Health Center](#)

4951 Business Park Blvd

907-743-7200

Provides primary health care including pediatric care, internal medicine, dental services, lab services, x-rays, and mammograms. Sliding fee scale is available for uninsured patients. 56 languages translated.

[Covenant House Alaska Health Clinic](#)

755 A St

907-272-1255

Offers physical and routine wellness checkups, vaccinations, mental health counseling, substance abuse counseling, HIV/STD testing and pregnancy testing for nay youth in need. If you need a ride, they can also assist with that. The clinic is open Monday, Wednesday and Friday 9am to 3:30pm, walk-in and appointments.

iknowmine.org

Online resource to order STI and HIV self-test kits. It is recommended if you feel comfortable visiting your local

health care provider or family planning clinic to receive STI and HIV testing. Consider using condoms or dental dams to reduce the risk of STI and HIV transmission.

Planned Parenthood

4001 Lake Otis Pkwy, Ste 101 1-800-769-0045

Offers primary health care, regardless of gender. Specialty services include sex education, birth control, the morning after pill, pregnancy testing, abortion services, sexually transmitted infection testing, and LGBTQ services.

State of Alaska HIV/STD Program

Addresses public health issues and activities with the goal of preventing sexually transmitted diseases (STDs) and HIV infection in Alaska as well as their impact on health.

FAMILY AND PARENTING RESOURCES

COUNSELING, PARENTING CLASSES, AND OTHER SUPPORT

Alaska Regional Hospital – Family Birth Center Tours

2801 Debarr Rd 844-630-5295

Prospective families can tour the unit and meet perinatal staff while answering questions about your upcoming birth experience.

Alaska Youth and Family Network

740 Communications Ave 907-770-4979
Offers youth support groups, parent support groups,
and support navigating educational, health, and social
services.

[Alaska Center Resource Family](#)

840 K St, Ste 101 907-279-1799
Serves foster parents, adoptive parents, relative
caretakers, and guardianship families through
workshops and support the application processes.

[Alaska Native Justice Center](#)

2550 Denali St 907-793-3550
The Family Justice Clinics offers a variety of services for
navigating paperwork and filing for divorce and child
custody.

[Catholic Social Services](#)

4600 Debarr Rd, Ste 201 907-222-7300
Offers a variety of family supports from parenting
classes, post-adoption services and parent cafes.

[Cook Inlet Tribal Council](#)

3600 San Jeronimo Dr 907-793-3132
Provides support to assist families in establishing safe,
secure, and healthy family environments. They partner
with families in developing new skills to stay together
and avoid foster-care placement of their children, and
services promote the health and wellness of early
learning and early childhood development. Help families
recover from and/or prevent abuse, neglect, and
domestic violence through education and mentoring

services. Also serves families in immediate need with financial support for living expenses, housing, and connections to employment, child-care services, and transportation.

Help Me Grow Alaska

4141 B St, Ste 409 1-833-464-2527
Provides appropriate resources on child development, and connections to ongoing supports.

Maternal Childhood Health

4201 Tudor Centre Dr 907-729-2689
Serves Alaska Native and American Indian women through medical care (obstetrics, gynecology, cancer screening) and parenting classes for new moms.

Parents as Teachers

Cook Inlet Tribal Council 907-793-3134
Chugachmiut Tribal Home Visiting 907-562-4155
Kids’ Corps Inc 907-272-0133
RurAL CAP 907-865-7334
Promotes early development, learning and health of children by supporting and engaging their families and caregivers.

Parenting with Providence

3400 Health Dr, Ent 5, Rm X1021 & X1027 907-212-5886
Experienced nurses and educators who offer classes, support groups, in-home nurse visits for new parents.

Stone Soup Group

307 E Northern Lights Blvd, Ste 100 907-561-3701
Provides information, support, training, and resources

to Alaskan families and professionals who care for individuals with special needs ages 26 and younger.

[thread](#)

111 W 16th Ave, Ste 205 907-265-3100

Childcare resource and referral organization working to advance the quality of early education and child development by empowering parents, educating childcare professionals, and collaborating with our communities.

MISSING AND RUNAWAY CHILDREN

If the child is in danger Call 911

All other reports can be made to 311 or 907-786-8900

[Covenant House Alaska](#)

755 A St 907-272-1255

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.

[Missing Persons Clearinghouse](#)

5700 E Tudor Rd 907-269-5511

Tracks all reported missing persons cases within Alaska.

[National Center for Missing & Exploited Children](#)

24 Hour Hotline 1-800-843-5678

YOUTH RESOURCES – FACILITY

BASED SERVICES

Power Center – Youth Outreach & Drop In

2601 Arctic Ave 907-929-2633

The youth drop-in center and clinic is run by peers for youth ages 13 to 23 with supportive professional adult staff when necessary. Together we create a safe space where youth can hangout with their peers in a relaxed environment, gain access to resources and education, and learn about safer options when needed.

Covenant House Alaska

755 A St 907-272-1255

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.

INTERPERSONAL VIOLENCE, ASSAULT, AND ABUSE RESOURCES

Abused Women's Aid in Crisis (AWAIC)

24 Hour Crisis & Support Line 907-272-0100

100 W 13th Ave 907-279-9581

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

Alaska Native Justice Center

2550 Denali St 907-793-3550

The ANJC supports victims and survivors of crime and their families. ANJC provides trauma-informed, culturally competent holistic services to all participants, their family, and the community. They provide help navigating systems, intensive case management, referrals to services and community resources. Legal representation may be available to eligible participants. Services are culturally sensitive.

Anchorage Police Department (APD)

Emergencies 911

Non-emergencies 311

716 W 4th Ave 907-786-8900

Office of Children’s Services

323 E 4th Ave 907-269-4000

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)

Statewide Crisis Line 907-276-7273

Toll-free statewide 1-800-478-8999

Serves survivors of sexual assault, child sexual abuse and human trafficking. STAR provides free crisis intervention, assistance reporting or accessing medical aid, legal advocacy, court accompaniment, protective order application, emergency aid and trauma

counseling. All services are free of charge.

ELDER AND VULNERABLE ADULT ABUSE

Adult Protective Services

550 W 8th Ave

907-269-3666

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.

Alaska Long Term Care Ombudsman

3745 Community Park Loop, Ste 200

907-334-4480

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

JBER Sexual Assault Prevention and Response (SAPR) Program

24/7 Sexual Assault Crisis Line

907-384-7272

7153 Fighter Dr

907-551-2020/2033/2035

Provides support and advocacy to adult victims of sexual assault.

Safe Helpline – Department of Defense

24/7 Helpline 1-877-995-5247

For members of the DoD community affected by sexual assault. Safe Helpline is a completely anonymous, confidential, 24/7, specialized service—providing help and information anytime, anywhere

Standing Together Against Rape (STAR)

Statewide Crisis Line 907-276-7273

Toll-free statewide 1-800-478-8999

Serves survivors of sexual assault, child sexual abuse and human trafficking. STAR provides free crisis intervention, assistance reporting or accessing medical aid, legal advocacy, court accompaniment, protective order application, emergency aid and trauma counseling. All services are free of charge.

HUMAN TRAFFICKING

If you are in immediate danger, call 911

National Human Trafficking Resource Center

Call 1-888-373-7888

Text 233733

TTY 711

Serving and supporting victims of human trafficking.

Priceless Alaska

Call 907-250-2926

Text “Be Free” to 233-733

Serves women experiencing sex trafficking in Anchorage. After completing a basic assessment,

women work with a mentor team who help navigate available resources.

Standing Together Against Rape (STAR)

Statewide Crisis Line 907-276-7273

Toll-free statewide 1-800-478-8999

Serves survivors of sexual assault, child sexual abuse and human trafficking. STAR provides free crisis intervention, assistance reporting or accessing medical aid, legal advocacy, court accompaniment, protective order application, emergency aid and trauma counseling. All services are free of charge.

DOMESTIC VIOLENCE

Abused Women’s Aid in Crisis (AWAIC)

24 Hour Crisis & Support Line 907-272-0100

100 W 13th Ave 907-279-9581

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

Alaska Network on Domestic Violence and Sexual Assault (ANDVSA)

907-586-3650

A map of direct service providers across Alaska. All services listed are confidential, free, and voluntary for victims and survivors. ANDVSA does not offer crisis intervention services.

JBER Family Advocacy Program

5955 Zeamer Ave, 2nd Floor, Lynx Wing 907-580-5858

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

632 W 6th Ave, Ste 210 907-343-4250

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.

Standing Together Against Rape (STAR)

Statewide Crisis Line 907-276-7273

Toll-free statewide 1-800-478-8999

Serves survivors of sexual assault, child sexual abuse and human trafficking. STAR provides free crisis intervention, assistance reporting or accessing medical aid, legal advocacy, court accompaniment, protective order application, emergency aid and trauma counseling. All services are free of charge.

State of Alaska – Victim Witness Program

1031 W 4th Ave, Ste 200 907-269-5100

Provides assistance to victims involved in cases where a defendant is being tried in adult court. The program provides federal crime victims and witnesses with information, services, and support during federal

prosecution.

ANIMAL ABUSE

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

Animal Care and Control

Animal Control Dispatch 907-343-8119

4711 Elmore Rd 907-343-8122

Monday – Friday 12pm to 7pm

Saturday – Sunday 11am to 5pm

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 – Abused Women’s Aid in Crisis

AWAIC Crisis Line 907-272-0100

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

STATEWIDE VICTIM SERVICE PROGRAMS

ANCHORAGE

Abused Women’s Aid in Crisis (AWAIC) 907-272-0100

Standing Together Against Rape (STAR) 907-276-7273

Victims for Justice 907-278-0977

Service Areas: Municipality of Anchorage and Statewide Service

BARROW/UTQIAGVIK

Arctic Women in Crisis 907-852-0261

Service Areas: Anaktuvuk Pass, Atqas, Kaktovik, Nuiqsut, Pt. Hope, Pt. Lay, Utqiagvik, and Wainwright

BETHEL

Tundra Women's Coalition 907-543-3456

Service Areas: Akiachak, Akiak, Alakanuk, Aniak, Atmautuaq, Bethel, Bill Moores, Cheforvak, Chevak, Chuathbaluk, Chuloonqwick, Crooked Creek, Eek, Emmonak, Georgetown, Goodnews bay, Hamilton, Hooper Bay, Kalskag, Kaltag, Kasifluk, Kipuk, Kongiganak, Kotlik, Kwethluk, Kwigillingok, Lime Village Marshall, Mountain Village, Napaimute, Napakiak, Napaskiak, Newtok, Nightmute, Nunapitchuk, Ohogamuit, Oscarville, Paimuit, Pilot Station, Pitkas Point, Platinum, Quinhagak, Red Devil, Russian Mission, Scammon Bay, Sheldon's Point, Sleetmute, St. Marys, Stony River, Toksook Bay, Tuluksak, Tuntutuliak, Tununak, and Umkumiut

CORDOVA

Cordova Family Resource Center 907-424-5674

Service Areas: Chenaga, Cordova, Icy Bay, Tatitlek, and Native Village of Eyak

DILLINGHAM

Safe and Fear Free Environment 907-842-2320

Service Areas: Aleknagik, Chignik Lagoon, Chignik Lake,

Chignik, Clarks Point, Dillingham, Egegik, Ekuk, Ekwok, Goodnews Bay, Igiugig, Iliamna, Ivanof Bay, King Salmon, Levelock, Manokotak, Naknek, New Newhalen, Nondalton, Pedro Bay, Pilot Point, Platinum, Port Alsworth, Port Heiden, South Naknek, Stuyahok, Togiak, Twin Hills, Ugashik, and Bristol Bay area

EMMONAK

Emmonak Women’s Shelter 907-949-1434
Service Areas: Emmonak and surrounding areas

FAIRBANKS

Interior Alaska Center for Non-Violent Living 907-452-2293
Service Areas: Alatna, Allekeket, Anvik, Arctic Village, Beaver, Canyon Village, Dendun Gwich'in, Dot Lake, Eagle, Evansville, Fairbanks, Fort Yukon, Galena, Grayling, Healy Lake, Holy Cross, Hughes, Huslia, Kaltag, Koyukuk, Lake Minchiumina, Loudon, Manley, McGrath, Medfra, Minto, Nenana, Nikolai, Northway, Nulato, Rampart, Ruby, Shageluk, Stevens Village, Takotna, Tanacross, Tanana, and Telida

HOMER

South Peninsula Haven House 907-235-8943
Service Areas: South Kenai Peninsula, including Homer, Ninilchik, Nikolaevsk, Anchor Point, Kachemak City, and villages across Cook Inlet

JUNEAU

Aiding Women from Abuse and Rape Emergencies 907-586-1090

Service Areas: Juneau, Haines, Klukwan, Elfin Cove, Tenakee, Pelican, Hoonah, Gustavus, Yakutat, and Skagway

KETCHIKAN

Women in Safe Homes 907-228-9474

Service Areas: Coffman Cove, Craig, Hollis, Hydaburg, Hyder, Kassan, Ketchikan, Klawock, Metlakatla, Naukati, Petersburg, Port Protection, Saxman, Thorne Bay, and Wrangell

KODIAK

Kodiak Women's Resource and Crisis Center

907-486-3625

Service Areas: Akhiok, Chiniak, Karluk, Kodiak, Larsen Bay, Old Harbor, Ouzinkie, and Port Lions (Kodiak Island Borough)

KOTZEBUE

Maniilaq Family Crisis Center 907-442-3724

Service Areas: Kotzebue, Point Hope, Ambler, Buckland, Kobuk, Shugnak, Noatak, Noorvik, Kiana, Selawik, Deering, Kivalina

NOME

Bering Sea Women's Group 907-443-5444

Service Areas: Nome, Savoonga, Gambell, Diomedes, Golovin, White Mountain, Elim, Koyuk, Shaktoolik, Unalakleet, Stebbins, St. Michael, Wales, Shishmaref, Brevig Mission, and Teller

PALMER/WASILLA

Alaska Family Services 907-746-8026
Service Areas: Palmer, Wasilla, Glenallen, Mat-Su Valley (including Sutton, Glacier View, Houston, Big Lake, Willow, Talkeetna, Trapper Creek, Butte, Meadow Lakes, Point McKenzie, and surrounding areas)

PETERSBURG

Working Against Violence for Everyone 907-772-9283
Service Areas: Petersburg Borough

PRINCE OF WALES

Helping Ourselves Prevent Emergencies 907-826-4673
Service Areas: Craig, Klawock, Hollis, Thorne Bay, Kasaan, Coffman Cove, Naukati Bay, Whale Pass, Edna Bay, Port Protection, Hydaburg and Point Baker

SEWARD

Seward Prevention Coalition 907-362-1843
Service Areas: Seward and Eastern Kenai Peninsula

SITKA

Sitkans Against Family Violence 907-747-6511
Service Areas: Angoon, Kake, Port Alexander, and Sitka

SOLDOTNA/KENAI

Lee Shore Center 907-283-7257
Kenaitze Indian Tribe 907-690-2257
Service Areas: Central Kenai Peninsula, including Kenai, Soldotna, Nikiski, Sterling, Kasilof, Kalifornski, Clam Gulch, Funny River, and Ridgeway

VALDEZ

Advocates for Victims of Violence 907-835-2999

Service Areas: Chistochina, Chitina, Copper Center, Gakona, Glennallen, Gulkana, Kenny Lake, Nelchina, Tazlina, Tolsona and Valdez

UNALASKA

Unalaskans Against Sexual Assault and Family Violence
907-581-1500

Service Areas: Adak, Akutan, Atka, Cold Bay, Dutch Harbor, King Cove, Nelson Lagoon, Nikolski, Sand Point, St. George, St. Paul, and Unalaska

LAWS AND DEFINITIONS OF SELECT CRIMES

LOCAL ALCOHOL LAWS

Operating while Under the Influence (OUI/DUI) AS
28.35.030, AMC 9.28.020

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. AS 28.35.031, AMC 28.35.032

- *First Offense:* At least 72 hours of house arrest, at least \$1,500 fine, 90-day license revocation, ignition interlock device for 6 months.
- *Second Offense:* 20 days in jail, at least \$3,000 fine, 1-year license revocation, ignition interlock device for 12 months.
- *Third Offense:* Typically, a felony with at least 120 days in jail, \$10,000 fine, minimum 10-year license revocation, ignition interlock device for 60 months.
- If you are under 21, driving after consuming any level of alcohol is a crime. AMC 9.28.060.

Underage Drinking

Youth under the age of 21 who consume, possess, or control alcoholic 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 CRIMES AND HUMAN RIGHTS LAWS

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.

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

ALASKA HUMAN RIGHTS LAW

AS 18.80.210

It is unlawful to discriminate because of sex, mental or physical disability, marital status, pregnancy, parenthood status, race, religion, color, or national origin 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)

Americans With Disabilities Act of 1990, Pub. L. No. 101-336, 104 Stat. 328 (1990)

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

AS 12.61.010

Go to <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 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 the 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

AS 47.17.010

Child Abuse and Neglect: In Anchorage, it is child abuse to physically injure a child, or to permit a child to be hurt, cruelly punished, or cruelly confined. Child Neglect is failure to provide for a child's physical needs, including permitting a child to be inadequately supervised due to a parent or caregiver's intoxication. AMC 8.10.040

Family Violence: Anchorage Municipal Code 8.10.050

Family violence occurs when a child witnesses a domestic violence assault.

DEFINITION OF ELDER AND VULNERABLE ADULT ABUSE

AS 11.41.410, AS 11.41.420, AS 13.26.595 (1) & (2) 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 individuals 18 years or older who, due to mental, physical or functional impairment, cannot care for themselves.

DEFINITION OF CONSENT

AS 11.41.445

Consent is defined as “a freely given, reversible agreement specific to the conduct at issue... ‘freely given’ means agreement to cooperate in the act was positively expressed by word or action.” There is a provision for the trauma response of freezing: “lack of consent through words or conduct means there is no consent... lack of consent does not require verbal or physical resistance and may include inaction.”

DEFINITION OF SEXUAL ASSAULT

AS 11.41

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.

A. Sexual penetration: means genital intercourse, cunnilingus, fellatio, anal intercourse, or an intrusion, however slight, of an object or any part of a person's body into the genital or anal opening of another person's body; each party to any of the acts described in this subparagraph is considered to be engaged in sexual penetration;

B. does not include acts

- i. performed for the purpose of administering a recognized and lawful form of treatment that is reasonably adapted to promoting the physical health of the person being treated; or
- ii. that are a necessary part of a search of a person committed to the custody of the Department of Corrections or the Department of Health and Social Services;

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.

REPORTING OPTIONS FOR SEXUAL ASSAULT

If you or someone you know has been then victim of a sexual assault, there are several reporting options available.

1. Report to law enforcement, receive a forensic exam, medical care and support of a victim advocate.

2. Report anonymously, receive a forensic exam, medical care and the support of a victim advocate. Evidence is collected and stored in the event that the patient would like to report to law enforcement in the future.

3. Access medical care through the ER or a medical provider.

You can always report a sexual assault, however there is a 7-day window to collect evidence from a forensic exam.

A law enforcement agency, health care facility, or other entity may not require a victim of sexual assault under AS 11.41.410 - 11.41.425 who is 16 years of age or older to pay, directly or indirectly, through health insurance or any other means, for the costs of examination of the victim necessary for:

(1) collecting evidence using the sexual assault examination kit under AS 18.68.010 or otherwise; or

(2) determining whether a sexual assault has occurred.

Any suspected abuse of a minor or vulnerable adult should be immediately reported by professionals under Mandated Reporting Requirements.

To report Child Sexual Abuse

[Office of Children's Services](#)

ReportChildAbuse@alaska.gov

1-800-478-4444

To report Harm to Vulnerable Adult

[Adult Protective Services](#)

hss.aps@alaska.gov

1-800-478-9996

If you have additional questions about reporting options, contact:

[Standing Together Against Rape](#)

907-276-7273 or 1-800-478-8999

DEFINITION OF STALKING

AS 11.41.260 or 11. 41.270

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 some 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. Some Alaska and Anchorage domestic violence crimes prohibit the defendant from possessing firearms in the future.

ALASKA LAW ON NOTIFICATION TO DOMESTIC VIOLENCE VICTIMS

AS 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

VIOLENCE: DATING VIOLENCE AND BULLYING

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. 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 and/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 and/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

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, even your spouse or an ex, 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, all genders 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 or sexual acts, 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

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 a blow-up can start to feel, and the victim can’t be sure what will be the last straw.

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 attempt to rape the victim. Other cases of physical abuse and neglect include denying the victim access to basic necessities (by changing the locks on the house or cutting off access to a shared checking account, for example). In relationships where the abuse is primarily psychological, the abuser may deny the victim access to family and friends, call the victim

humiliating names, or make threats of violence.

Honeymoon

During the honeymoon phase, the abuser may apologize, buy gifts, or be extra affectionate to “make up” for the abuse. Many will promise to change, promise to stop the abuse, or promise that it will never happen again. These assurances are intended to persuade the victim to stay in the relationship. Not all abusive relationships have a honeymoon phase. For some, the abusive incident is immediately followed by increasing tension before the next incident.

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

Despite promising it “will never happen again,” 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 they are most likely to be seriously injured or even killed by the abuser, so it is important to get the help you need to safely escape harm. Homicide is one of the top 10 causes of death for women aged 20-44, and nearly half of female victims are killed by a current or former male intimate partner.

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 and Amanda Chu, National Center for Health Research, [The Cycle of Domestic Violence](#)

HOW POWER AND CONTROL ENABLE ABUSE

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.

Video: [Understanding the Power and Control Wheel](#)

Diagram: [Power and Control Wheel](#)

SAFETY PLANNING

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 Book, also known as the Little Blue Book (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](#)

NOTIFICATION TO VICTIMS OF DOMESTIC VIOLENCE

AS 18.65.520

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. The notification is as follows:

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. 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 some places in Alaska there are organizations that provide aid and shelter to victims of domestic violence. The nearest organization is:

[Abused Women’s Aid in Crisis \(AWAIC\)](#)

100 W 13 th Ave	907-279-9581
24 Hour Crisis Line	907-272-0100

If you are in need of 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 domestic violence. Additionally, the victim/witness assistance program of the Department of Law may be able to help you. This information is available from the

[Anchorage District Attorney Office](#)

310 K St, Ste 520

907-269- 6300

You also have the right to file a petition in court requesting a protective order (See Page 115 for information about Protection Orders) that may include any of the following provisions:

- (1) prohibit your abuser from threatening to commit or committing further acts of domestic violence;
- (2) prohibit your abuser from stalking, harassing, telephoning, contacting, or otherwise communicating with you, directly or indirectly;
- (3) remove your abuser from your residence;
- (4) order your abuser to stay away from your residence, school, place of employment; or any other specified place frequented by you or another designated household member;
- (5) prohibit your abuser from entering your vehicle or a vehicle you occupy;
- (6) prohibit your abuser from using or possessing a deadly weapon if the court finds your abuser was in the actual possession of or used a weapon during the commission of your abuse;
- (7) direct your abuser to surrender any firearm owned

or possessed by that person if the court finds your abuser was in the actual possession of or used a fire-arm during the commission of your abuse;

(8) request a peace officer to accompany you to your residence to ensure your safe possession of the 120 residence, vehicle, or other items, or to ensure your safe removal of personal items from the residence;

(9) award temporary custody of a minor child to the petitioner and may arrange for visitation with a minor child if the safety of the child and the petitioner can be protected;

(10) grant you possession and use of a vehicle and other essential personal effects;

(11) prohibit your abuser from consuming controlled substances;

(12) 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;

(13) require your abuser to reimburse you for your expenses caused by domestic violence, including medical bills, or for your costs in getting a protective order;

(14) order your abuser to participate in an intervention program for batterers; and

(15) other relief the court determines to be necessary for your safety.

The forms you need to obtain a protective order are available from the nearest court. It is not necessary to have an attorney to obtain a protective order, but you may consult an attorney if you choose. If you would like help obtaining a protective order, you may contact the

nearest domestic violence program

[Abused Women's Aid in Crisis \(AWAIC\)](#)

100 W 13th Ave

907-279-9581

24 Hour Crisis Line

907-272-0100

AWAIC can also tell you about other resources available for information about domestic violence, treatment of injuries, and places of safety and shelter.

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 victims understands.

You may also qualify for compensation from the

[Violent Crimes Compensation Board](#)

PO Box 110230, Juneau, AK 99811

1-800-764-3040

An agency of the State of Alaska may be able to help with unexpected costs that are a direct result of an assault or any violent crime. The VCCB can help eligible victims with medical, counseling costs, lost wages and other losses. To receive financial assistance, there are certain things you must do.

For example: Report the assault or crime to law enforcement within five days, or as soon as it would be reasonable; and file an application form with the VCCB within two years from the date of the assault. The VCCB will make the final decision on whether or not 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 <https://vccb.alaska.gov/>

PROTECTIVE ORDERS

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.

<https://courts.alaska.gov/shc/dv/index.htm>

A judge will determine whether or not to issue a protective order based on the information provided. There are two kinds of protective orders, with different expiration dates and different requirements:

- Ex parte (valid for 20 days): After 20 days it can be extended.
- Long Term (valid for 6 months for stalking and sexual assault, 1 year for domestic violence): Abuser gets the right to appear in court to tell their side of the story before the long-term is issued.

When filling out the form (called a “petition”) you may request both an Ex parte order and a Long-Term order. Filing is free. 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.

You can use the electronic wizard online here: <http://courts.alaska.gov/forms/cipo/> to fill out a domestic violence, stalking, or sexual assault protective order in Alaska. Or you may print out the court forms and submit them to the court yourself. You can also get forms at the court house:

Boney Court House – Domestic Violence Office
303 K St 907-264-0615
Monday-Friday: 8am to 8pm
Saturday and Sunday: 12pm to 8pm

For emergencies after hours

APD Dispatch 907-786-8900
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 24 Hour Crisis & Support Line 907-272-0100

For questions on current protective orders, call the
Alaska Court System 907-264-0616
If you call after normal business hours, leave a message.
Someone will call you back.

GENERAL INFORMATION FOR ALL VICTIMS OF CRIME

Violent Crimes Compensation Board (VCCB)

Financial Assistance 1-800-764-3040

The VCCB may be able to help with unexpected costs
directly resulting from a violent 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:
<https://application.vccb.alaska.gov/>

State of Alaska – Victim Witness Program

1031 W 4th Ave, Ste 200 907-269-5100

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)

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

Alaska Office of Victim's Rights

1007 W 3rd Ave, Ste 205 907-754-3460

An agency of the Alaska Legislature that provides free legal services to victims of crime to help them obtain the rights they are guaranteed under the Alaska constitution and statutes with regard to their contacts with police, prosecutors, judges, and other criminal justice agencies in this state, as well as to advance and protect those victim rights in court when necessary and authorized by law.

NEED TO UPDATE INFORMATION

To update the information in the Little Blue Book email:
housingandhomelesservices@anchorageak.gov

Case Number:

Officer's Name:

Next Court Appearance:

Date: / /

Time:

Boney / Nesbett / Anchorage Jail

Anchorage Police Department
907-786-8900

Alaska State Troopers
907-269-5511

State of Alaska, Alaska Court System
Domestic Violence Office
907-264-0616

Suicide and Crisis Lifeline
988

Victims for Justice
Law Enforcement Referral

