

CHOICES, Inc. provides a continuum of basic needs and therapeutic services targeting the behavioral health needs of Anchorage's homeless and near homeless residents living with severe behavioral health challenges.



Outreach and Referral. PATH, our newest program, will work in close association with the Anchorage Coalition to End Homelessness with staff seeking out and engaging with homeless individuals residing in Anchorage, and then assisting them in accessing the services they need to climb out of homelessness.

Housing First-Assertive Community Treatment (HF-ACT) Program is a transdisciplinary team of service providers who provide client-centered treatment to address homelessness, serious mental illness and dual diagnosis disorders. They utilize the Housing First model in conjunction with the Assertive Community Treatment model to aid in delivering client-centered, strengths based, recovery-oriented services. Our HF-ACT program provides clients with support and services including:

- Comprehensive psychiatric evaluations
- Medication management
- Health education and support
- Individual and group psychotherapy
- Vocational services
- Peer counseling
- Housing support

ICM/Recovery Coordination Program provides intensive client-centered, outpatient case management services for individuals living with serious mental health issues. **ICM/Chronic Inebriate Program** provides intensive case management services with individuals living with severe and chronic substance use. ICM staff can help individuals in the following areas:

- Treatment planning and care coordination
- Housing/tenancy support
- Medicaid and Social Security Disability enrollment
- Advocacy
- Accompaniment to appointments; i.e. court, medical, etc.
- Budget support
- Vocational support
- Wellness Groups

Peer Support: Peer Support workers fulfil a critical role in the CHOICES continuum of services by providing wellness education (WRAP) classes and ongoing support groups to CHOICES program participants. As CHOICES clientele progress in their wellness, Peer Support plays an important role as the final step in their journey back into the community by providing referral and ongoing support to help them overcome the many challenges they may face including accessing and retaining adequate and safe housing and other critical basic needs. There is no time limit on receiving peer support services, so all persons can access support services as the need arises.

CHOICES, Inc.

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www.choices-ak.org



Alaska Mental Health Consumer Web

Recover-Based Engagement & Drop-in Center

The Web provides peer-driven, peer support in a safe environment guided by unconditional positive regard using a recovery-based philosophy.

The Alaska Mental Health Consumer Web (The Web) is a recovery-based, Consumer-driven drop-in center in Anchorage's Fairview community. The organization's activities are completely free of charge. The Web is funded through grants from the Alaska Mental Health Trust Authority, State of Alaska Division of Behavioral Health and Alaska Housing Finance Corporation.

The Web serves individuals who experience mental health issues and/or addictions who are oftentimes homeless. The Web has over 2,000 active members who utilize the center over 20,000 times annually for services such as computer access, support for substance abuse recovery, peer mentoring, support groups, assistance with obtaining employment and housing, community involvement, recreation, education and more!

Community Partners

Alaska Mental Health Trust Authority
Alaska Division of Behavioral Health
RurAL CAP
Catholic Social Services
NAMI Anchorage
CITC
AK Peer Consortium
CHOICES Inc.
Southcentral Foundation -Alaska
Women's Recovery Project
Anchorage Neighborhood Health Center
Mental Health Court
Department of Corrections
Veteran Administration Domiciliary

Peer Mentoring: Participants of the Web find that a Peer Mentor is a valuable tool for recovery from mental health issues and substance abuse. A Peer Mentor engages participants in regaining control over their lives, over their recovery process and empowers them to live life to their fullest vision. Participants may choose to work one-on-one with a Peer Mentor on staff at the Web, but also will find many opportunities to form mentorships with other participants in the program.

Women's Support Group: Weekly a Peer Mentor facilitate a weekly group focused on women and their specific needs and support to promote personal growth and recovery in a safe and supportive environment. This group has been assisting women of the Web for the past 6 years.

Employment: Our Peer Employment Mentor assist participants with resume writing, job searching, interviewing skills and clothing. The Web is continually engaged with employers, employment agencies and other community partners to effectively assist participants. Each participant who is seeking employment is assisted and encouraged to obtain meaningful employment.

W.R.A.P: Peer Mentors facilitate weekly WRAP groups for participants to learn and hone skills for recovery and illness self-management. The Wellness Recovery Action Plan® or WRAP®, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals. It is now used extensively by people in all kinds of circumstances, and by health care and mental health systems all over the world to address all kinds of physical, mental health and life issues.

Housing: The Housing Peer Mentor provides assistance to some of Anchorage's most vulnerable adults with securing emergency and permanent housing through our partnership with Alaska Housing Finance Corporation. Peer Mentors work with participants within the Web program, or by special referral from partner agencies within the community.

Quality of Life Recreation: The Web provides community integration outings such as performances at the Performing Arts Center, Alaska Zoo, fishing trips, hiking day trips just to name a few. The Web's 12-person van provides for greater opportunity for participation in the many activities in our community

Mind Body & Spirit: Weekly this group meets to support participants in their life journey. Participants engage in self-discovery and that "Understanding comes a little at a time over a lifetime." Stress management, nutrition, meditation, exercise, rest are key elements.

"We offer HOPE with No Red Tape and No Strings Attached."

**Hours of operation: Monday through Friday--8:30 am to 5:00 pm
Saturday-- 10:00 am to 4:00 pm Sunday—Closed**

**Alaska Mental Health Consumer Web 1248 Gambell Street Anchorage, Alaska 99501
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