



The Arc.
of Anchorage



**Behavioral
Health
Services**

Achieve with us.

About Our Programs



The Arc of Anchorage is a comprehensive behavioral health provider for:

- Severely Emotional Disturbed (SED) youth
- Adults experiencing Serious Mental Illness (SMI), with or without co-occurring Intellectual and/or Developmental Disabilities (IDD)
- High-service needs adults who have been diagnosed with a mental, emotional, or behavioral disorder, with or without a co-occurring substance use disorder

Behavioral Health Services (BHS) at The Arc consists of two programs - Outpatient and Adult Mental Health Residential (AMHR). In both programs, treatment services are provided by trained and qualified staff in the least restrictive setting possible, using evidence-based clinical practices. Person-centered planning is at the core of all services provided.

Payment options include Medicaid, self-pay based on income, grants, and private insurance.

ASSESSMENT

The Arc offers assessment services. Based on an individual's presenting issues, a qualified clinician can complete either a mental health assessment or an integrated mental health and substance use assessment, which helps guide treatment planning.

INTERDISCIPLINARY TEAM

Once admitted to one of the BHS programs, individuals work closely with an interdisciplinary team, which may consist of:

- BHS Program Director
- Mental Health Clinician
- Nurse or Nurse Practitioner
- Case Manager or Behavioral Health Clinical Associate
- Peer Support Specialists

OUTPATIENT SERVICES

The Outpatient Services program uses an integrated approach to address mental and physical health concerns, with a continuum of services ranging from outpatient clinic-based to wraparound community-based.

Specific services include:

- Case Management
- Individual, family, and group psychotherapy
- Pharmacological Management
- Community Recovery Support Services

The goals of the Outpatient Services program, are: 1) to provide individualized supports that foster improved quality of life and encourage the development of positive, nurturing relationships, and 2) to provide the knowledge to build the skills needed to be successful. To achieve these goals, The Arc collaborates with other behavioral health providers, local hospitals, primary care physicians, and organizations, including the Mental Health Court, Department of Corrections, and Office of Public Advocacy.

ADULT MENTAL HEALTH RESIDENTIAL (AMHR)

The AMHR program is a therapeutically structured peer-to-peer environment with 24-hour supervision for adults 18 and older.

The program encourages lifestyle change through individuals holding one another accountable, recognizing unhealthy behaviors and patterns, and learning healthy conflict resolution and communication skills. This is achieved using structured daily schedules, individual and group sessions, and activities and skill building.

The program's goals are to: 1) change negative thinking and behavior patterns, 2) acknowledge the feelings that cause negative patterns, and 3) develop the skills, attitudes, and values necessary for safe and independent living.

For more information about either of The Arc's Behavioral Health Services programs, please contact:

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OUR VISION

To be a community that recognizes and embraces people of all abilities.

OUR MISSION

To encourage and celebrate the potential of people who experience disabilities.

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