

Section 7: Other Community Resources

OTHER HEALTH SERVICES

Your physical health and your mental health are deeply connected. Dealing with pain or discomfort can be stressful, and taking care of your whole body is an important part of supporting your overall well-being. Here are some other local health services that can help you stay healthy and strong.

- Arctic Chiropractic / Massages: 907-852-3099
- Gathering Place: 907-852-0402
- Kennedy Dental Group: 907-852-4544
- Samuel Simmonds Memorial Hospital Dental Clinic: 907-852-9221
- Samuel Simmonds Memorial Hospital Eye Clinic: 907-852-9291
- Samuel Simmonds Memorial Hospital Specialty Clinic: 907-852-4611

Specialty Clinics include: Allergy, Audiology, Cardiology, Colonoscopy, Dermatology, Diabetes Clinic, Ear, Nose and Throat (ENT), EGD (Upper Endoscopy), Endocrinology, Gastroenterology, Gynecology, Hepatology, Neurology, Nutrition, Ophthalmology, Orthopedics, Chronic Pain Management, Pediatric Cardiology, Podiatry, Pulmonology, Rheumatology, Sleep Medicine, Surgery and Urology.

- 71*17' North Family Dentistry: 907-479-3326, info@7117north.com

LAW & ADVOCACY RESOURCES

Navigating legal issues or situations where you need to advocate for yourself or a loved one can be challenging and stressful. Knowing your rights and having support can make a significant difference. The following organizations offer legal assistance and advocacy services to help you through difficult times.

Legal Resources:

- Adult Probation & Parole (APO): 907-852-8700
- Alaska Court System: 907-852-4800
- Adult Protective Services (vulnerable adults): 800-478-9996
- Department of Juvenile Justice (DJJ): 907-852-3085
- Alaska Legal Services: 907-855-8998
- District Attorney: 907-852-5297
- Juvenile Probation: 907-852-5437
- Native Village of Barrow Tribal Wellness Court- Tribal Court deals with adoptions/youth MCA's: 907-852-4491
- Office of Children Services (OCS), Child abuse hotline: 1-800-478-4444 or 907-852-3397
- Fairbanks Office of Children's Services, REPORTING ABUSE contact Info: reportchildabuse@alaska.gov or 907-451-2650/1-800-353-2650

- Police Department: 907-852-6111
- Public Defender (PD): 907-852-2520

Advocacy Centers

- Advocacy Services of Alaska: 907-458-8222
- Alaska Youth Advocates: <http://www.akyouthadvocates.org>, 907-929-2633
- Alaska CARES – Program of The Children’s Hospital at Providence: 907-561-8301
- Fairbanks Youth Advocates: 907-374-5678
- Office of Public Advocacy (OPA):
 - Fairbanks: 907-451-5933
 - Anchorage: 907-269-3500
 - Toll-Free: 1-877-957-3500
- OPA Conflict Counsel: 907-458-6874
- OPA Public Guardian: 907-451-5933
- Resource Center for Parents and Children – Stevie’s Place Child Advocacy Center: 907-374-2850 or 907-456-2866



HOUSING ASSISTANCE & EMERGENCY SHELTER

Having a safe and stable place to live is fundamental to your health, safety, and peace of mind. If you are experiencing homelessness or are worried about your housing situation, there are several resources available to help. This section is organized to help you find the right support, from immediate financial assistance to long-term housing options.

Immediate Financial Help

If you have an urgent need for shelter or help paying for utilities, these statewide programs may be able to provide immediate financial assistance.

Alaska General Relief Assistance (GRA)

This program provides one-time help to households with an immediate and specific need for essentials like shelter (if you have an eviction notice), utilities (if you have a shut-off notice), food, or clothing. To be eligible, your household must meet specific criteria, including having no other resources available and meeting income limits.

- **Key Eligibility Requirements:**
 - An immediate need (like an eviction or utility shut-off notice).
 - Alaska residency and US citizenship (or eligible immigrant status).
 - Household resources cannot exceed \$500.
- **How to Apply:** To apply for General Relief Assistance, you must contact the closest Division of Public Assistance office. To find the contact information for your nearest office, please visit health.alaska.gov/dpa.

Alaska Heating Assistance Program

This program provides a one-time payment to help eligible low-income households with their heating costs. The program also offers help with utility deposits for subsidized rental housing where heat is included in the rent.

- **Heating Assistance:** Applications are accepted from **October 1st to April 30th** each year.
- **Subsidized Rental Housing Utility Deposit (SRHUD):** Applications are accepted year-round.
- **How to Apply:** To apply online or for more information, visit www.heatinghelp.alaska.gov. You can also request an application or ask questions by calling the Heating Assistance Office at 1-800-470-3058.



Local Housing on the North Slope

These are the primary organizations that manage rental housing and housing assistance programs specifically for residents of the North Slope. It is recommended that you complete and submit applications to all three entities.

- **Taġiuġmiullu Nunamiullu Housing Authority (TNHA)** | 907-852-7510
<https://tnha.info/programs/rental>
- **UIC Real Estate, LLC** | 907-852-4460
How to Apply: Please call the number above to inquire about available properties and the current application process.
- **North Slope Borough Housing | Phone:** 907-852-0203
How to Apply: Applications can often be found on the North Slope Borough's official

website. Please visit www.north-slope.org and search for the Housing Program to find the current application or call the number above for more information.

Statewide Housing Authorities & Resources

For additional information or support, these statewide organizations oversee and support housing authorities across Alaska. They can be a good resource for general information and understanding the broader housing landscape.

- **Association of Alaska Housing Authorities** | 907-338-3970 | www.aahaak.org
- **Alaska Housing Finance Corporation (AHFC)** | 907-338-6100 | www.ahfc.us



CHURCHES IN UTQIAĠVIK AND OTHER NORTH SLOPE COMMUNITIES

Utqiaġvik Churches:

- Arctic Seventh-day Adventist Church: 907-852-3446
- Calvary Bible Baptist Church: 907-852-2628
- Church of Jesus Christ of Latter-Day Saints: 907-347-5515
- Cornerstone Community Church: 907-852-3355

- Iñupiat Assembly of God Church: 907-852-6101
- North Gate Ministries: 907-852-6262
- St. Patrick's Catholic Church: 907-852-3515
- Utqiagvik Presbyterian Church: 907-852-6566 or 907-367-6428

Churches in Outlying Communities

- Atkasuk Presbyterian Church, Paul Bodfish Sr.: 907-633-3679
- Point Hope: Assembly of God
- Wainwright Baptist Church: 907-763-2628
- Nuiqsut Assembly of God

COMMUNITY & HOUSEHOLD RESOURCES

Staying well involves more than just healthcare; it also means having access to resources that support your daily life and family needs. This section provides contact information for food assistance programs, essential household utilities, and community services that contribute to a stable and healthy home environment.

Food & Nutrition Assistance

Access to nutritious food is essential for the well-being of every family. Several programs are available to help households with food costs, nutrition for mothers and children, and emergency food needs. Below are contacts for WIC, the Supplemental Nutrition Assistance Program (SNAP, or food stamps), and local food pantries.

WIC (WOMEN, INFANTS, AND CHILDREN) PROGRAM CONTACTS

- **North Slope Borough WIC Program:** 907-852-0410
- **Maniilaq Association - WIC Program:** 907-442-7181
- **TCC/CAIHC - WIC Program:** 907-451-6682 ext: 3778
- **Municipality of Anchorage:** 907-343-4668

FOOD STAMP (SNAP) REGIONAL OFFICES

- **Fairbanks District Office:** 907-451-2850
- **Kotzebue District Office:** 1-800-478-2850
- **Muldoon District Office (Anchorage):** 907-269-0001
- **Gambell District Office:** 907-269-6599

LOCAL FOOD PANTRIES & EMERGENCY FOOD

- **Presbyterian Church Food Pantry:** Food distribution is every first Tuesday of the month at 5:30 PM. Call 907-852-6566.
- **Arctic Women in Crisis (AWIC):** Provides emergency food boxes and diapers for clients. AWIC will also send boxes to clients in the villages upon request. Call 907-852-0261.

Household Utilities

Here are the contact numbers for essential household services on the North Slope, including phone, internet, and electricity.

- **ASTAC (Phone, Internet):** 907-852-7100
- **Barrow Utilities & Electric Cooperative Inc. (Gas/Electric/Water):** 907-852-6166
- **GCI (Internet, Long Distance Phone):** 907-852-5511

Tuzzy Consortium Library

The library is a vital community hub, offering free access to books, internet, and a safe space for learning and connection for all ages. It's a valuable resource for education, entertainment, and community engagement. 907-852-4050



Your Animals' Health: Vet Care Options

North Slope Borough Veterinarian Services, 907-852-0277

The Veterinarian Clinic provides public health services including animal control, environmental disease investigations, rabies control and limited veterinary services to the communities of the North Slope. Animal control services include stray and loose dog management and confinement, pet relinquishment, and pet adoption. Office number: 907-852-0277 Hours of service: Monday through Friday 8:30-noon and 1-5pm. For after-hour emergencies, call Police Dispatch at 852-6111

Online & Telehealth Vet Resources

If you have a question about your pet and can't get to the local clinic, these online services can help. You can use them to chat with a vet for general advice and to try to identify your options and next steps. Important note: These are national websites, not connected to the North Slope Borough. They cannot give prescriptions or diagnose a serious illness.

[Chewy “Connect with a Vet” \(Live Chat\)](#)

- What you'll get: Free live chat (by text or video) with a vet or vet tech for general pet questions and advice.
- How to access: Log in to your Chewy account (on the website or app) and choose the “Connect with a Vet” option.

[MyFurries “Ask a Vet” \(Get a Written Answer\)](#)

- What you'll get: A free service where you can send a question (with pictures) to a real vet. They will review your question and send an answer back to you by email or text.
- How to access: Go to the “Ask a Vet” page on the MyFurries website to send in your question.

[Dial A Vet “Ask a Vet” \(Free Question Platform\)](#)

- What you'll get: A free 24/7 chat form to send in your pet health questions. A vet or vet tech will send you a written response with advice.
- How to access: Visit the Dial A Vet website and choose the free “Ask a Vet” option.



Continuing Your Wellness Journey

Reaching the end of this guide is just the beginning of a new chapter in your wellness journey. Taking the first step to learn about these resources is a sign of great strength and resilience. Remember that you are not alone; our community is filled with people who care, and services designed to support you.

Wellness is a path we walk together, grounded in our shared values and connection to one another. We hope this guide serves as a helpful companion, empowering you and your loved ones to find the right care, at the right time. Your well-being is important, and there is always hope for a brighter path forward.

MY PERSONAL RESOURCE LIST

This guide is a starting point. Use this space to create your own personalized list of important contacts, notes, and reminders. Having your key information in one place can make it easier to reach out when you need support.

KEY CONTACTS I CAN CALL FOR SUPPORT

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

SERVICES I WANT TO LEARN MORE ABOUT

1. _____ (Page: _____)

2. _____ (Page: _____)

3. _____ (Page: _____)

4. _____ (Page: _____)

UPCOMING APPOINTMENTS & REMINDERS

Date/Time: _____ Purpose: _____

Date/Time: _____ Purpose: _____

Date/Time: _____ Purpose: _____

NOTES & REFLECTIONS

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