

Resources to Support
Social & Emotional Wellness
For Residents of the North Slope



A product of Nunaqqiurat Tumitchianjit *New Footprints of Our Communities*

How to Use This Guide

This guide was designed to help residents of the North Slope find support for emotional, mental, and behavioral wellness. Whether you are seeking help for yourself or someone you care about, the pages inside include:

- Local and regional services
- Youth and school-based resources
- Crisis lines and immediate support
- Programs for substance use recovery, family support, and more

We hope this guide serves as a bridge, to link our community members with the care, relationships, and healing we all deserve.



ASNA
ARCTIC SLOPE NATIVE ASSOCIATION



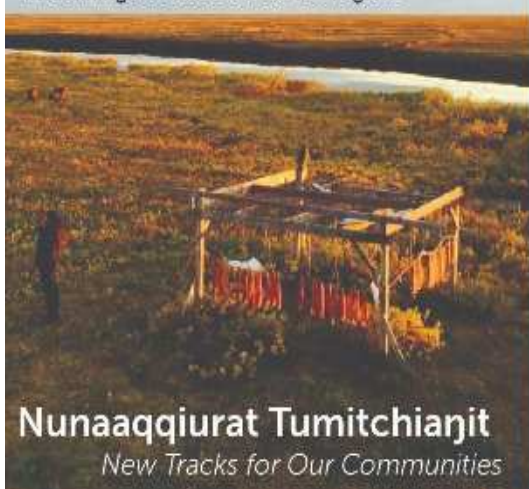
NORTH SLOPE
BOROUGH SCHOOL DISTRICT



ILISAĠVIK
COLLEGE

ICAS
INITIAT COMMUNITY OF THE ARCTIC SLOPE

Nunaaqqiurat Tumitchianjit is a collaborative initiative formed in 2022 by the North Slope Borough, the NSB School District, Ilisaġvik College, and the Iñupiat Community of the Arctic Slope. This Iñupiat-led partnership aims to strengthen education, career, and wellness pathways for residents of all ages. Committed to working as one, the group improves equity and access by aligning resources and centering Iñupiaq language, culture, and traditional values in defining success across the region.



Nunaaqqiurat Tumitchianjit
New Tracks for Our Communities

Working Together for Wellness

The Nunaaqqiurat Tumitchianjit Social & Emotional Wellbeing Work Group has established a goal: To meet the social and emotional needs of the communities of the North Slope Borough so that our people can be healthy, happy, and successful. To be student-centered, with resources to maintain mental and behavioral health, have access to community and school-based resources, and be well informed on the resources available to families across the North Slope and throughout Alaska.

The S&E Work Group Has Identified Several Key Objectives:

- Define and communicate resources so that all residents of the NSB know what support systems are in place to enhance social and emotional wellbeing
- Provide access to behavioral health training and trauma-informed care for educators and all people who support education (including parents and professionals in the community) specific to the experience of our youth on the North Slope and the resilience of our communities
- Gather feedback from students and parents on social and emotional issues and the events provided to support wellness
- Define referral pathways and systems between service providers to offer whole-person support with access to applications
- Increase partnership and presence in the schools and in the communities on events supporting social and emotional wellbeing

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Section 1: How to Use This Guide

PURPOSE AND VISION OF THE GUIDE

This guide was created to support the emotional, mental, and behavioral wellness of residents across the North Slope Borough. Whether you are looking for help for yourself, a loved one, or a community member, the goal is to make it easier to understand what services are available, where they're located, and how to access them.

Behavioral health services can sometimes feel confusing or disconnected – but across the North Slope, many organizations are working together to provide care, build relationships, and help every person feel supported. This guide is part of a larger effort, led by the Nunaaqqiurat Tumitchianjit Social & Emotional Wellbeing work group, to improve how we connect people to care and strengthen the systems that serve our communities.

We hope this guide serves as a bridge – to link our community members with the care, relationships, and healing we all deserve.



WHAT ARE SOCIAL, EMOTIONAL, BEHAVIORAL & MENTAL HEALTH?

Social, emotional, behavioral, and mental health refers to how we think, feel, and act – and how we connect with ourselves, others, and our environment. It includes things like:

- Managing stress, grief, and anxiety
- Having strong relationships with friends, family, and community
- Getting support for substance use or trauma

- Knowing when to ask for help and where to turn

In this guide...

- **Mental health** often refers to how we feel and think on the inside (e.g., depression, anxiety).
- **Behavioral health** includes how we act and function in daily life – including substance use, coping habits, and relationship patterns.
- **Social and emotional wellness** includes our sense of connection, belonging, and community support.

These terms are closely connected, and many services on the North Slope address more than one at the same time.



*Wellness means more than just the absence of illness
it's about connection, healing, and having the tools to move forward.*

Emergency/Crisis Contact Options

If you or someone you know is in crisis:

- 24/7 North Slope Crisis Line: 907-855-0833
- Domestic Violence/Sexual Assault Shelter (AWIC): 1-800-478-0267
- National Suicide & Crisis Lifeline: 988
- NSB Police (Emergency): 911

- NSB Health & Social Services (Non-emergency): 907-852-0366

You are not alone. Help is available – any time, any day.

Section 2: Understanding Behavioral Health on the North Slope

Behavioral health on the North Slope is shaped by our unique geography, cultural strengths, and community structures. Understanding how care is provided – and how to access it – can help make the path to healing feel clearer and more connected.

WHAT BEHAVIORAL AND MENTAL HEALTH MEAN HERE

In the North Slope, behavioral and mental health are about more than just treating illness. They're about supporting the whole person – emotionally, mentally, spiritually, and socially – and helping individuals, families, and communities stay strong through connection, healing, and care.

- Mental health relates to how we think and feel inside – our emotions, thoughts, and ability to manage stress or trauma.
- Behavioral health includes how those thoughts and emotions show up in our actions – like how we cope with stress, how we form relationships, and whether we engage in healthy or harmful behaviors (like substance use).

Many programs in the North Slope support both mental and behavioral health at the same time – this might include counseling, family services, crisis support, or substance use treatment.

COMMON BEHAVIORAL HEALTH TERMS EXPLAINED

You may hear different words used when talking about behavioral health services. Here's what some of them mean:

- Case Management – A service that helps coordinate care, appointments, referrals, and follow-up support.
- Case Manager – A person who helps you coordinate your care, connect to services, follow up on appointments, and navigate complex systems like housing, healthcare, or court-related services.
- CHAP – Community Health Aide Program
Behavioral Health Aide (BHA) – A village-based community provider trained to offer mental health support, education, and referrals. BHAs are part of the CHAP program and often work in close partnership with clinicians and tribal health systems.
- Crisis Intervention/ Crisis Stabilization – Immediate help and/or short-term care during a mental health emergency or time of distress to help someone get safe, calm, and connected to longer-term support – can include therapy, medication, or observation.

- Dual Diagnosis – When someone experiences both mental health challenges and substance use issues at the same time.
- IBH – Integrated Behavioral Health: a program (often part of NSB HSS) offering therapy, psychiatric care, case management, and substance use support.
- Outpatient – Services that don't require you to stay overnight (like weekly therapy or group counseling).
- Referral – When a provider sends you to another person or program that offers a specific type of care, like a residential treatment center or a telehealth counselor.
- SMI – Stands for Severe Mental Illness. May require long-term support or specialized services.
- Substance Use Recovery – Services that help individuals reduce or stop alcohol or drug use and support long-term healing. May include counseling, residential treatment, peer groups, or support from a case manager or sponsor.
- Title 47 – A legal process for placing someone in emergency mental health care when they are a danger to themselves or others.
- Walk-in – You can show up for services without an appointment (e.g., NSB Integrated Behavioral Health in Utqiagvik).

COMMON COMMUNITY ENTITY ACRONYMS DEFINED

AEF Arctic Education Foundation	ICAS Iñupiat Communities of the Arctic Slope
ANTHC Alaska Native Tribal Health Consortium	IHLC Iñupiat History, Language, and Culture Department
ASNA Arctic Slope Native Association	IPK Fred Ipalook Elementary School
ASRC Arctic Slope Regional Corporation	NSB North Slope Borough
AWIC Arctic Women in Crisis	NSBSD North Slope Borough School District
BHS Barrow High School	NVB Native Village of Barrow
HMS Hopson Middle School	PSO Public Safety Officer
IBH Integrated Behavioral Health	SSMH Samuel Simmonds Memorial Hospital
IC Iḷisagvik College	TNHA Taġiuġmiullu Nunamiullu Housing Authority

If you're unsure what a word means, ask a provider.

You deserve to understand your care.

AT A GLANCE: WHAT SERVICES DO EACH OF THESE ENTITIES PROVIDE ON THE NORTH SLOPE?

North Slope Overarching Behavioral Health Service Organizations

SERVICE TYPES				
	NSB Health & Social Svcs (including IBH)	ASNA	NSB School District	ICAS
	<i>Serving all NSB Communities as either primary or secondary (Point Hope & Anaktuvuk Pass)</i>	<i>Serving all NSB Communities</i>	<i>Serving all NSB Communities</i>	<i>Serving Tribal Members in all NSB Communities</i>
General Behavioral Health Clinical Services	Integrated Behavioral Health (IBH) services include crisis line, clinical assessments, psychotherapy, psychoeducation, medication management, and case management.	Screens co-occurring clients with a focus on physical health to provide referrals for behavioral health services. Pharmacy for medications.	Provides a Multi-Tiered System of Supports (MTSS) for all students and can connect families to IBH services upon request.	Services for tribal members only
Substance Use Counseling Services	SUD assessments, individual & group counseling, case management, psychoeducation, and referrals to residential care.	Supports referrals to treatment.	Support connection to IBH.	–
Mental Health Services	24/7 Crisis Line, behavioral health & psychiatric assessments, individual, couples, family, & group psychotherapy, case management, village outreach, school-based mental health support, psychoeducation, referrals & support for admission to residential treatment services for BH issues.	Provides parent classes, grief groups, suicide prevention (QPR) training, and supports school-based crisis response for youth as requested.	School guidance counselor and/or Student Services team members support students (individual or group) with social emotional skills and where necessary Support connection to IBH.	Grief Groups and cultural connection groups. Vocational Rehabilitation and Veteran's Services. School Crisis Response for youth, as requested.
Psychiatric Services	Psychiatric assessments, medication management, psychiatric nurse case management, psychoeducation, skill building.	Emergency psychiatric assessments, medication management, and coordinates Title 47 involuntary placement as needed.	Where appropriate, school guidance counselor and/or Student Services team members support student with connection to IBH or SSMH.	Assessments for Medical and Psychiatric referral services to qualify Vocational Rehabilitation programs.
Social Services	AWIC domestic violence shelter, CYs, prevention, EMCS	Family Preservation programs, Healthy Family Advocates, ICWA services in select villages, and Child Care Development Fund (CCDF) assistance.	Employs school Social Emotional Coordinator and Social Workers; supports warm handoffs and connections to providers, Migrant Education Program.	ICWA consultation and representation (some sites), Family Preservation services
Other	Gathering Place, HOPE Living, coordinates prevention efforts	Assisted living (via NSB), MTFA, Recurring Classes for a variety of Life Areas	Conducts screenings, IEP assessments, coordinates services for educational and behavioral needs. Teaches Social-Emotional Learning curriculum to students to build a foundation for wellbeing.	Offers year-round classes in several Life Domains, Employment Services for Disabled Individuals.

Community-Specific Behavioral Health Service Organizations

SERVICE TYPES	 Tanana Chiefs Conference	 MANIILAQ ASSOCIATION	
	TCC	Maniilaq	NVB
	<i>Serving Anaktuvuk Pass</i>	<i>Serving Point Hope</i>	<i>Serving all NVB tribal Members</i>
General Behavioral Health Clinical Services	Range of behavioral health services for Anaktuvuk Pass residents, with a 24/7 after-hours crisis line available for immediate help.	Broad array of culturally grounded programs for all ages to support mental, emotional, and spiritual wellness in Point Hope.	Provides services to Native Village of Barrow (NVB) tribal members. See below for specifics.
Substance Use Counseling Services	Offers various levels of outpatient telehealth treatment for adults with substance use challenges. Provides referrals to residential treatment programs, including the Old Minto Family Recovery Camp.	Outpatient treatment for individuals struggling with substance use, as well as prevention programs for youth and support for court-referred individuals.	May provide financial assistance for housing, food, or supplies to tribal members 14 and older who are enrolled in a substance abuse or behavioral health treatment program.
Mental Health Services	Person-centered individual therapy with licensed clinicians for clients ages 4 and up to explore thoughts, feelings, and behaviors.	Individual, family, and marital therapy, along with specialized play therapy for young children and crisis response services.	Ability to apply for access to online therapy with a licensed therapist through Talkspace (note: funding limited for this, first come first served)
Psychiatric Services	Psychiatric evaluations and medication management support for both children (ages 4+) and adults	Medication management for clients through telehealth with licensed psychiatrists, including monthly check-ins with a therapist	—
Social Services	Case management for adults with serious mental illness (SMI) to help with daily living skills, housing, appointments, and financial aid. Also offers supportive housing programs for those with SMI.	Operates a therapeutic children's home for emergency stabilization and offers vocational rehabilitation to help individuals with disabilities prepare for employment.	Provides child protective services, foster care licensing and support, and a Victim Advocate to assist victims of crime.
Other	Utilizes telehealth to increase access to services. Operates a Behavioral Health Aide (BHA) program to provide village-based support, education, and advocacy. Partners with other programs on prevention services.	Integrates behavioral health into primary care clinics and focuses on community-wide wellness through suicide prevention, recovery support, and cultural healing activities.	Tribal Court that provides culturally appropriate legal services for child welfare, juvenile justice, and guardianship cases, guided by Iñupiaq values (ICWA). Provides childcare assistance.

Did You Know? While some services overlap, others fill key gaps – NSB IBH is the only walk-in provider for all residents, while tribal programs often focus on services for Alaska Native members.



WHY SERVICES MAY COME FROM DIFFERENT ORGANIZATIONS

In the North Slope, behavioral health services are provided by multiple entities working in parallel – each with a slightly different role:

- North Slope Borough Health & Social Services (NSB HSS) provides care for all residents, including IBH, crisis response, shelters, and prevention programs.
- Arctic Slope Native Association (ASNA) provides health care and emergency psychiatric assessments, medication management, and coordination of Title 47 involuntary placement services for tribal members, operating Samuel Simmonds Memorial Hospital, and many social service programs.
- Maniilaq Association serves the Native Village of Point Hope.
- Tanana Chiefs Conference (TCC) serves the Native Village of Anaktuvuk Pass.
- ICAS, NSBSD, Tribal Courts, and Village-based programs also contribute specialized services.

These systems exist side by side and often collaborate behind the scenes. Who provides your care may depend on:

- Your tribal affiliation
- Where you live

- Whether a service is funded or staffed locally
- The type of care needed (clinical, emergency, housing, school-based, etc.)

That said, being in one organization's service area doesn't mean you can't use services from others.

For example:

- If you're a resident of a village that receives ASNA health care services, you can still access care from the NSB Integrated Behavioral Health (IBH) program, which serves all North Slope residents regardless of tribal affiliation.
- You might also receive telehealth services through ANTHC or be referred to programs operated by other partners across the state.

The goal is to help you get the right care – whether it's nearby, over the phone, or in partnership with another provider. You don't need to figure it all out alone – many programs will help guide you to the right place.

While it may seem complicated, many providers work together to make sure you can get the care you need – regardless of which “system” you’re in.

TELEHEALTH VS. IN-PERSON SERVICES

In many North Slope communities, behavioral health care is available both in person and via telehealth. Understanding your options can help you choose what works best for you.

In-Person Care

- Available in Utqiagvik and sometimes during village outreach visits
- May include walk-in counseling, emergency support, group services, or court-ordered evaluations
- Good option when privacy or home internet access is a concern

Telehealth Services

- Available by phone or video call (sometimes from your home, or from a local clinic or office)
- Often used for follow-up care, counseling, or psychiatric medication appointments
- Offered through ASNA, NSB IBH, ANTHC, and other partners

Scheduling & Access Tips

- Some services (like crisis lines) are available 24/7
- Others require scheduled appointments and may have waitlists

- Ask whether you need a referral or can self-schedule
- If you're not sure where to start, call the NSB Crisis Line at 907-855-0833

Your Privacy

All behavioral health providers are required to protect your information by law. Services are confidential, and many providers offer private spaces for telehealth or in-person visits.

You have a right to access care in a way that feels safe and respectful to you.

Section 3: Pathways to Support – What to Expect When You Need Help

Knowing where to start or what to expect when you or a loved one needs behavioral health support can feel overwhelming. This section is designed to make that process clearer and less confusing.

On the following pages, you will find simple, step-by-step guides that show the path to getting connected with care in three different situations:

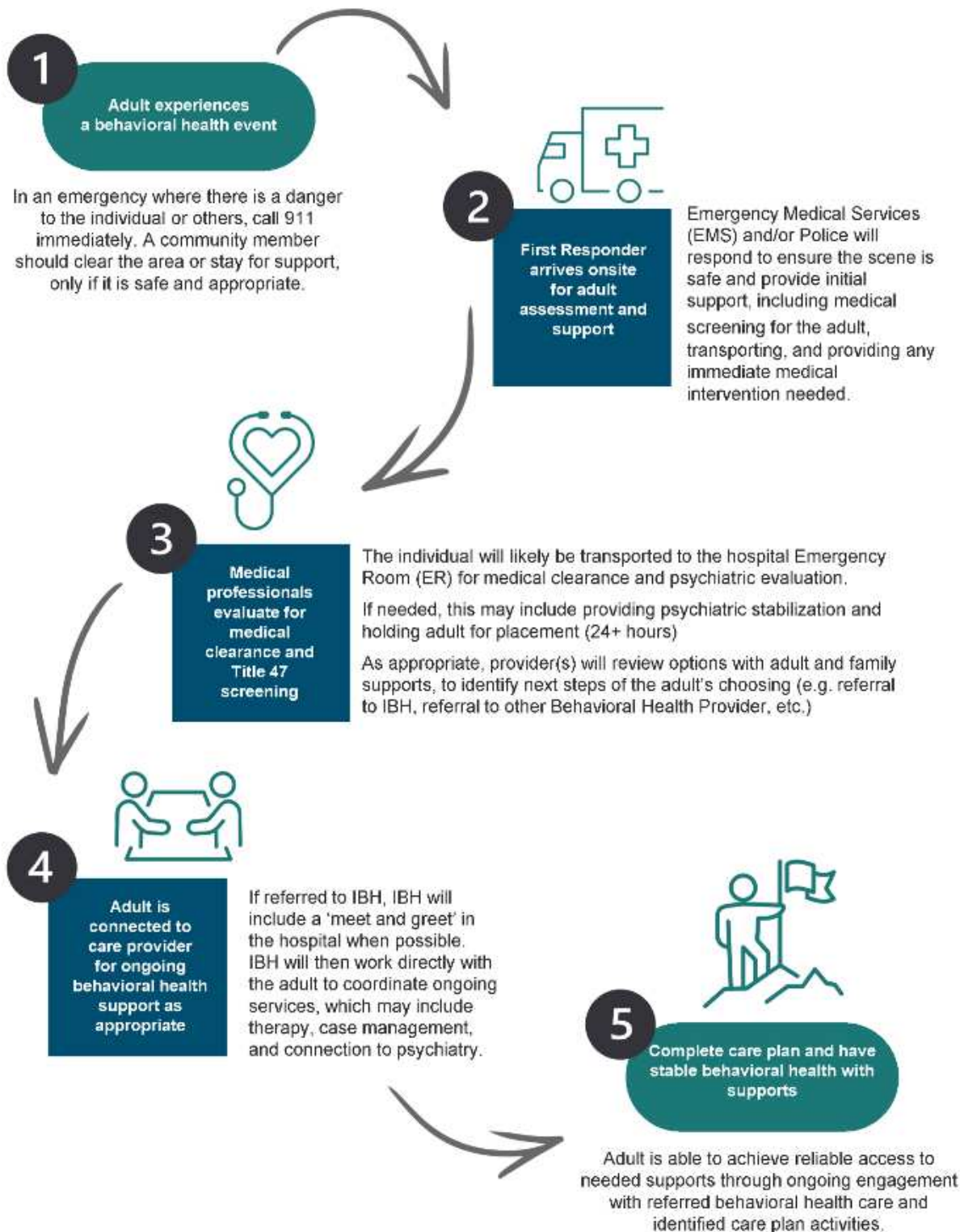
- **When an adult is experiencing a behavioral health crisis:** This can include situations where someone is at immediate risk of harming themselves or others, experiencing psychosis, or is overwhelmed by extreme distress that they cannot manage on their own. For example, a person might be actively considering suicide or experiencing a severe panic attack.
- **When a youth needs support at school:** This could involve a student who is struggling with anxiety about schoolwork, showing signs of depression by withdrawing from friends, or having behavioral issues like frequent outbursts in class. These are situations where a school guidance counselor can provide initial help.
- **When a community-wide event occurs that affects the well-being of many residents:** This refers to large-scale events like a natural disaster, an act of violence, or a tragic event that impacts the entire community. Following such events, widespread feelings of grief, anxiety, and stress are common and may require a coordinated support response.

These visual maps help take the guesswork out of the process by showing you who to contact first and what the likely next steps will be.



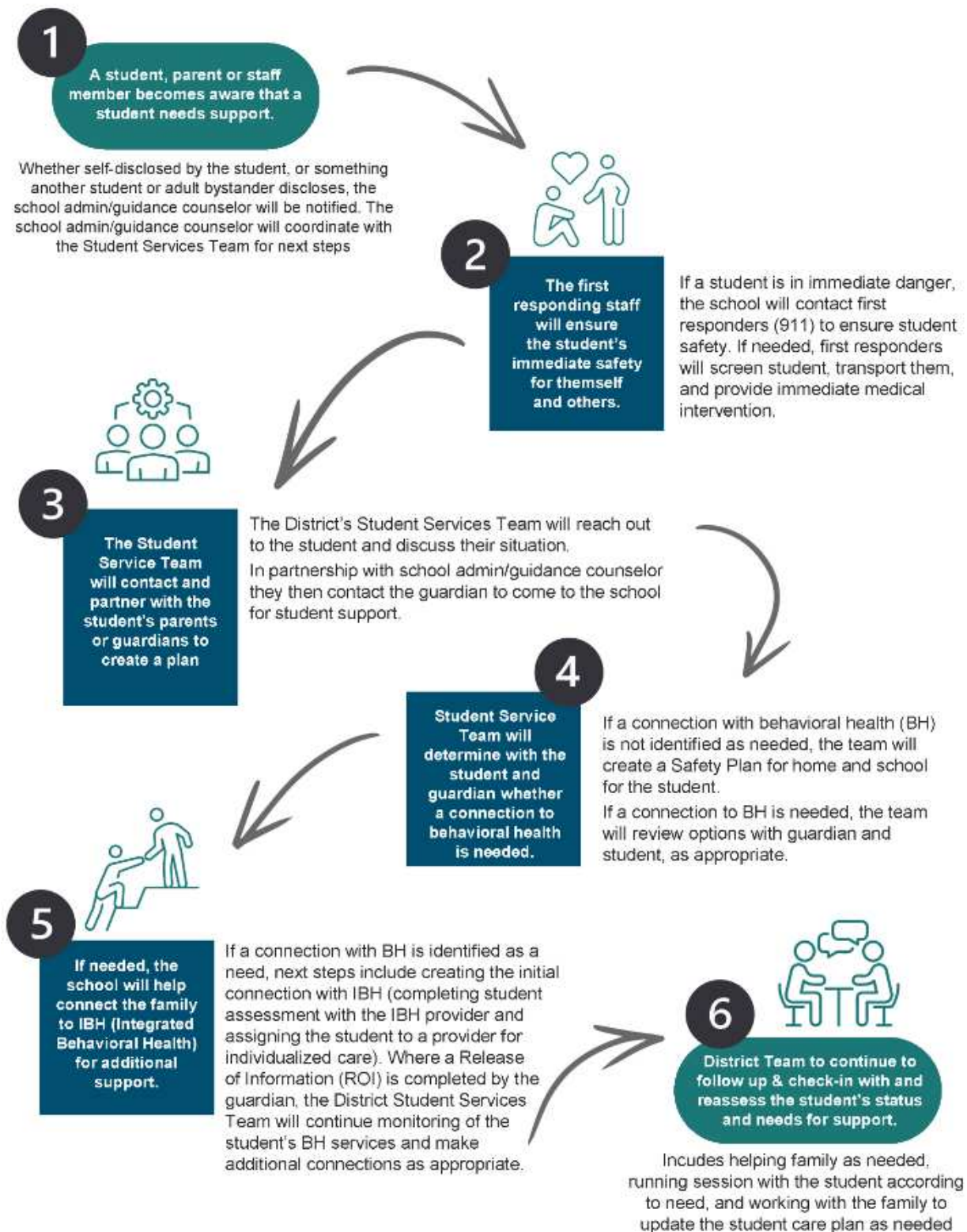
WHEN AN ADULT IS EXPERIENCING A BEHAVIORAL HEALTH EVENT...

This chart shows you the most direct path from crisis to care, allowing you to understand the system that is in place to help.



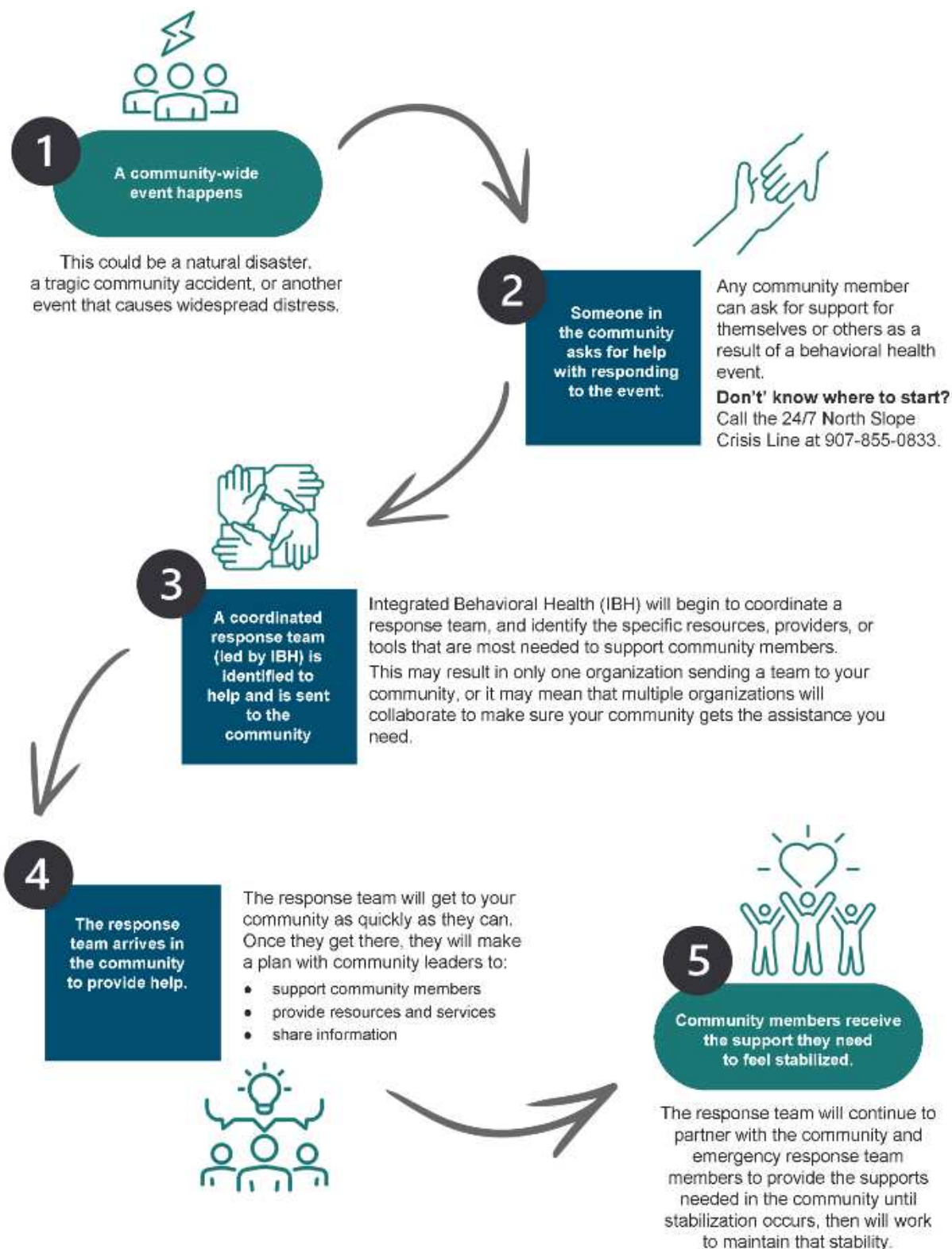
WHEN A STUDENT NEEDS SUPPORT AT SCHOOL...

This chart empowers parents, students, and school staff to take the first step in seeking help within the school environment.



WHEN A COMMUNITY-WIDE EVENT OCCURS

Especially if something happens that affects the well-being of many residents, this chart shows you the coordinated support system that exists for any large-scale event that may take place in your community.



Section 4: Local Services for NSB Residents

Many organizations provide essential behavioral health services to individuals and families across the North Slope. These services often complement or partner with those offered by the North Slope Borough. Understanding who offers what services can help residents access the most appropriate support.

Each of the eight communities in the North Slope Borough is served by a Tribal Health Organization under the Alaska Tribal Health Compact. Most are served by Arctic Slope Native Association (ASNA), with Tanana Chiefs Conference (TCC) and Maniilaq Association serving Anaktuvuk Pass and Point Hope, respectively. No matter where you're from, you're part of a broader network of support.

OVERVIEW: UNDERSTANDING NSB'S ROLE IN BEHAVIORAL HEALTH

The North Slope Borough Department of Health & Social Services (NSB HSS) plays a central role in delivering behavioral health support to all residents across the North Slope, regardless of tribal status. NSB HSS operates programs in mental health, crisis response, youth and family support, elder services, and community wellness.

North Slope Borough Department of Health & Social Services (HSS)

- Main Line: 907-852-0344
- Website: <https://www.north-slope.org/departments/health-social-services>
- Serves: All North Slope Borough residents

NSB Integrated Behavioral Health (IBH)

📞 907-852-0366 | IBH provides outpatient therapy and psychiatric services to both adults and children. Services include:

- Individual, family, and couples counseling
- Dual diagnosis care (mental health + substance use)
- Walk-in crisis support (Utqiagvik)
- Case management and care coordination
- Psychiatric medication assessment and management

IBH clinicians also coordinate with schools, courts, and village providers to ensure wraparound care. Telehealth appointments are available for village residents.



Children & Youth Services (CYS)

☎ 907-852-0263 | CYS is a licensed and accredited care agency supporting children and youth ages 0–18. Services include:

- Emergency placement for children and youth in crisis or protective custody
- Case management for family reunification or long-term placement
- Coordination with tribal and state ICWA programs
- Referral for therapeutic services through IBH and external partners

CYS works closely with tribal courts, ICWA staff, and the NSB legal team to ensure children are protected and connected to culturally appropriate care.

Arctic Women in Crisis (AWIC)

☎ Crisis Line: 1-800-478-0267 | Main line 907-852-0261

AWIC is a safe shelter and crisis service for women, elders, and children experiencing domestic violence or sexual assault. Services include:

- 24/7 crisis line and advocacy
- Emergency shelter and safety planning
- Support groups, food boxes, and basic needs
- Advocacy for restraining orders and legal services

AWIC is open to all residents and maintains confidentiality and safety as a top priority.

Prevention Crew

☎ 907-855-8501 | The Prevention Crew is a community-based coalition focused on reducing alcohol misuse and promoting youth wellness. Services include:

- School and community prevention programs
- Family nights, youth events, and wellness campaigns
- Collaboration with ICAS, IBH, and tribal entities
- Development of culturally relevant prevention curricula

This team leads proactive work to support resilience and prevent harm before crisis occurs.

Women, Infants, and Children (WIC)

☎ 907-852-0410 | WIC is a nutrition and wellness program that supports pregnant women and new parents, breastfeeding women and infants, and families with children from age 1 to 5. WIC Services include:

- Healthy food packages tailored to age and nutritional needs
- Nutrition education and growth monitoring
- Referrals to medical, behavioral health, or social service providers

WIC helps families stay nourished and supported during early childhood – building a foundation for long-term health and wellness.

Public Health Nursing (PHN)

☎ 907-852-0270 | PHN supports population-wide wellness across villages through:

- Immunizations and school-based health screenings
- Sexual and reproductive health services
- Disease prevention (e.g., TB, STIs)
- Health education and referrals for families

PHN staff often partner with schools, CYS, and village providers during outreach visits.

Emergency Case Management Shelter (ECMS)

☎ 907-852-0436 | This shelter provides support and temporary housing for adults experiencing homelessness. Services include:

- Safe shelter, food, and hygiene access
- Case management for housing, employment, and benefits
- Referrals to IBH, social services, and workforce programs
- Long-term planning for stable re-housing

Clients work with ECMS staff to move toward long-term stability and self-sufficiency.

Senior Program

☎ 907-852-0276 | The NSB Senior Program supports elders aged 60+ through:

- Independent living apartments in Utqiagvik
- Nutritious lunch meals and senior social activities
- Transportation for medical and personal needs
- Senior “cards” for access to local discounts and services

This program ensures that elders are connected, honored, and supported in aging safely at home.

CHAP / Community Health Aide Program (Including Behavioral Health Aides)

☎ Main Line 907-852-0256 | The Community Health Aide Program (CHAP) trains and supports village-based providers (CHAs and BHAs) who deliver:

- Basic health care and behavioral health support
- Emergency response, triage, and referrals
- Preventive care and community education
- BHAs offer a vital link between residents and clinical services, especially in villages without permanent providers.

NSB supports CHAP delivery in villages (excluding Point Hope), working closely with ASNA and IHS to ensure standards are met.

Role of NSB Police, Fire, and Search & Rescue (SAR)

These departments are often involved in behavioral health situations that require emergency response:

- Police may be called during mental health crises, Title 47 holds, or domestic violence situations.
- Fire/EMS assist with safe transport, crisis stabilization, and medical response.
- SAR supports emergencies in remote or hard-to-reach areas, including evacuation for urgent care or Title 47 transport.

These responders are trained to work in partnership with IBH, CYS, AWIC, and tribal programs during sensitive situations.

To contact NSB Police, Fire, and Search & Rescue (SAR)

For immediate emergencies call 911 to speak with a dispatcher

- NSB Barrow Fire Department: 907-852-0234
- NSB Police Department (Admin): 907-852-0311
- NSB Police Dept (Non-Emergency): 907-852-6111
- NSB Search & Rescue: 907-852-2822
- Volunteer Search & Rescue: 907-852-2808

VILLAGE POLICE STATIONS

- Anaktuvuk Pass: 907-661-3911
- Atqasuk: 907-633-6911
- Kaktovik: 907-640-6911
- Nuiqsut: 907-480-6911
- Point Hope: 907-368-2911
- Point Lay: 907-833-2911
- Wainwright: 907-763-2911

VILLAGE FIRE STATIONS

- Anaktuvuk Pass: 907-661-3529
- Atqasuk: 907-633-6814
- Kaktovik: 907-640-6212
- Nuiqsut: 907-480-6613
- Point Hope: 907-368-2774
- Point Lay: 907-833-2714
- Wainwright: 907-763-2778



ARCTIC SLOPE NATIVE ASSOCIATION (ASNA)

Main Line: 907-852-2762 | arcticslope.org

ASNA is the tribally authorized health organization serving six of the eight North Slope communities under the Alaska Tribal Health Compact. These communities include Atqasuk, Kaktovik, Nuiqsut, Wainwright, Utqiagvik, and Point Lay. ASNA provides social services for enrolled tribal members, regardless of where they live, while medical services are provided by the Tribal Health Organization (THO) for the community you reside in.

Samuel Simmonds Memorial Hospital (SSMH)

ASNA operates SSMH in Utqiagvik, which serves as the regional hub for healthcare in the Arctic Slope. The main hospital phone is 907-852-4611, and the facility provides:

- **Emergency Care | Emergency Room 907-852-9229 | *In an emergency, please call 911.***
In addition to emergent clinical care, the SSMH Emergency Room provides emergency psychiatric assessments, medication management, and coordinates Title 47 involuntary placement, as needed.
- **Clinical Care (inpatient and outpatient) with walk-in Lab & Pharmacy**
Includes psychiatric medication management and physical therapy. More details on

additional clinical services through SSMH are on page 49, and online at arcticslope.org/services/hospital-services.

- **Hospital Case Management and Referrals | 907-852-9380**

SSMH Case Managers provide support for patients and their families, helping coordinate health care services, transportation, emotional support, and follow-up. Case Managers are there to listen, guide, and advocate for you.

Social Services Department

907-852-9379 | ASNA Social Services offers a wide range of support programs for tribal members from Anaktuvuk Pass, Atkasuk, Kaktovik, Nuiqsut, Point Hope, Point Lay, Utqiagvik and Wainwright – no matter where they currently live. Programs are designed to provide support in times of crisis, promote long-term stability, and honor cultural and community values.

Burial Assistance: Helps cover funeral costs for tribal members whose estates lack sufficient funds. Available to eligible members living anywhere in the U.S. Application: Call Social Services for eligibility screening. Note: Other villages also operate their own burial assistance programs – please check with your tribal office.

Emergency Assistance: Provides limited financial assistance to individuals or families who experience loss due to fire, flood, or similar crisis. Available to eligible members regardless of location. Example: A tribal member from Nuiqsut living in Anchorage may qualify if their home is destroyed in a fire. Must be a secondary resource – not intended to replace other programs.

General Assistance: Supports basic needs such as food, shelter, utilities, or clothing. Available to eligible tribal members regardless of location. Call for an initial eligibility screening.

Higher Education, Job Placement, and Vocational Training: Supports members from Atkasuk with scholarships and career training. Scholarships for college students, Job skills training or certification. Check with your tribal office for other local education/training support.

Tribal Child Care Program | 907-852-9376 | childcare@arcticslope.org

This program helps make child care more affordable and accessible on the North Slope. Serves all eight villages, for parents who are working, in training/education, self-employed, or engaged in subsistence. Providers must meet training and safety requirements (also supports those interested in becoming childcare providers)

Family Preservation & Child Welfare Program: Supports families in crisis with the goal of keeping them together safely. Includes parenting resources, rental assistance, cribs, winter gear, car seats, food, and more. Applicants must have an open OCS or tribal case OR demonstrate that they are in crisis. Available to members of seven villages (Native Village of Barrow will have their own specific Family Preservation Program beginning 10/1/25)

Indian Child Welfare Act (ICWA) Program | 907-852-2762 | icwa@arcticslope.org

Protects tribal families by advocating for Native children in state or tribal custody

proceedings. Ensures children remain with their families and culture whenever possible. Staff work with courts, families, and case workers to support customary adoption, kinship placement, and reunification. You don't need to apply – ASNA is automatically notified by the state or court.

Aimaagvik Assisted Living | 907-852-0272

A 12-bed facility in Utqiaġvik offering 24/7 care for elders. *This facility allows elders to receive respectful, community-based care close to home.*

- Daily meals and snacks
- Health coordination with SSMH providers
- Individual and group activities
- Help with dressing, bathing, and other daily needs

Medical Travel and Funeral Assistance Program (MTFA) | 907-852-9114

ASNA administers this program with support from the North Slope Borough and Arctic Slope Regional Corporation (ASRC). Helps NSB residents and ASRC shareholders pay for medical travel or funeral arrangements when no other funds are available. Call for details and eligibility.



TANANA CHIEFS CONFERENCE (TCC) – FOR ANAKTUVUK PASS

907-459-3800 | Available 24/7, option 2 for after-hours | www.tananachiefs.org

Tanana Chiefs Conference (TCC) is the designated tribal healthcare provider for Anaktuvuk Pass by both the Indian Health Service (IHS) and the State of Alaska, and provides a comprehensive range of behavioral health and substance use disorder (SUD) services for the AKP community. Combining clinical expertise with person-centered care, are offered in-person when available and through telehealth to ensure access for the community.

Services include:

Therapy (ages 4 and up)

TCC offers individual therapy using a person-centered approach. Clients work with licensed clinicians to explore thoughts, feelings, and behaviors that may be impacting their lives. Therapy is tailored to each person's needs and may draw from different treatment methods. Services typically follow a 12-week cycle, but can be adjusted based on individual goals and circumstances.

Psychiatry and Medication Management

TCC provides psychiatric evaluation and medication support for children and adults. Psychiatrists work with clients to assess mental health needs, prescribe medication if needed, and monitor progress. Medication services typically begin around age 4, depending on developmental readiness.

Case Management for Adults with Serious Mental Illness (SMI)

For adults facing complex behavioral health needs, TCC offers case management services. Case managers help clients navigate daily living challenges, maintain housing, attend appointments, and access financial or social support. They work closely with clients to ensure their mental health needs are met in a holistic, supportive way. TCC also offers programs that provide supportive housing for patients with serious mental illness, helping to promote stability and recovery.

Substance Use Services

Outpatient treatment for substance use is available via telehealth and, when needed, through partnerships with the Fairbanks Native Association. Services follow a recovery-oriented curriculum designed to help clients build lasting recovery skills. This program is currently intended for adults and is tailored to support individuals at any stage of their recovery journey. For those needing a higher level of care, TCC provides referrals and access to residential treatment programs like the Old Minto Family Recovery Camp.

Behavioral Health Aide (BHA) Program

TCC employs village-based Behavioral Health Aides who are trained to provide mental health support, education, advocacy, and referrals, serving as a vital link to care within the community.

Telehealth Access

TCC uses secure telehealth technology to connect residents in Anaktuvuk Pass with care providers. This approach increases access to therapy, psychiatry, and case management services without the need to travel far from home.

Need help right now? TCC's Behavioral Health team is available 24/7. Call 907-459-3800 to schedule a screening (if after hours, select Option 2).

MANIILAQ ASSOCIATION – FOR POINT HOPE

Main Line: 907-442-7640 | www.maniilaq.org

Maniilaq Association's Behavioral Health Services (BHS) department offers a broad array of culturally grounded programs to support the mental, emotional, and spiritual wellness of individuals, families, and communities across the Northwest Arctic region, including Point Hope. Services blend traditional values with modern practices and are designed to help people become managers of their own healing journey.

Counseling and Recovery Center (CRC)

907-442-7640 | CRC provides compassionate behavioral health care for people of all ages. Services include:

- Mental Health Counseling: Individual therapy, family counseling, marital therapy, and crisis response services tailored to each client's needs.
- Play Therapy: Age-appropriate, therapeutic interventions for young children.
- Outpatient and Enhanced Outpatient Substance Use Treatment: For individuals struggling with alcohol or other substances. Treatment includes education, group sessions, and individual support to promote lasting recovery.
- Safety Action Program (J/ASAP): Support for youth and adults referred by the court system for alcohol-related offenses.
- Medication Management (Telepsychiatry): Clients receiving psychiatric medication support are assigned a therapist and have monthly check-ins to ensure effectiveness. Services are provided via telehealth with licensed psychiatrists.

Putyuk Children's Home

907-442-7582 | A therapeutic home offering emergency stabilization and assessment (Level II ESA) for children and teens (ages 0–18). Services are primarily for youth referred by the Office of Children's Services (OCS) or Department of Juvenile Justice (DJJ). The home has nine beds, one of which is reserved for respite care. Putyuk provides a nurturing, structured environment to support healing and safety.



Rural Alcohol Prevention (RAP) Program

907-442-7691 | RAP is a youth-focused prevention program for ages 9–20. Funded by ANTHC and SAMHSA, the program uses evidence-based practices to educate and engage youth in healthy choices and reduce alcohol and marijuana use. RAP works closely with schools, local partners, and families to create safe, positive environments for youth.

Social Medicine Program

907-442-7603 | The Social Medicine Program (SMP) integrates behavioral health services directly into primary care clinics. This includes:

- Training primary care providers in best-practice psychiatric and addiction care
- Community needs assessments to shape behavioral health priorities
- Incorporation of Circles/Systems of Care to serve youth and families using Iñupiat Ilitqusiatic values
- Partnerships with Harvard Medical School and Massachusetts General Hospital for clinical guidance
- Development of job roles for clinical social workers and psychiatric nurse practitioners

Wellness Program

907-442-7640 ext. 6150 | The Wellness Program focuses on building community strength and resilience. Services include:

- Suicide Prevention: Community-specific education and support
- Recovery Support: Recovery Support Leaders (RSLs) help individuals stay connected to sober support networks
- Cultural Healing Activities: Talking circles, sober social gatherings, and events rooted in Iñupiat teachings
- Community Wellness Committees: Local leaders are encouraged to organize activities that promote health and connection

Tribal Vocational Rehabilitation (TVR)

907-475-2291 | TVR helps Alaska Native and American Indian individuals with disabilities prepare for and maintain employment or subsistence lifestyles. Services may include:

- Vocational counseling and job readiness
- Referral and coordination with other support agencies
- Assistive technology or devices
- Job coaching and follow-up support
- *Note: Applicants must provide proof of Alaska Native or American Indian descent. Referral services are also available for non-Native individuals.*

IÑUPIAT COMMUNITY OF THE ARCTIC SLOPE (ICAS)

ICAS Community Services – 907-852-4227 | www.inupiatgov.com

Serves all NSB tribal members as a regional tribal government

The Iñupiat Community of the Arctic Slope (ICAS) is a federally recognized regional tribal government serving all North Slope Iñupiat people. Through its Community Services division, ICAS offers support programs to strengthen families, promote self-sufficiency, and uphold the values and wellbeing of Iñupiat communities across the region.

Tribal Vocational Rehabilitation (TVR) Program

The ICAS TVR program supports Alaska Native and American Indian individuals on the North Slope who have a physical or mental disability and want to prepare for, gain, or retain employment. The program is tailored to each individual's needs and goals and can help with:

- Career counseling and individualized guidance
- Referrals to other agencies or services
- Support for college or vocational coursework
- Assistance with training programs, certifications, and job readiness
- Financial assistance for tools, equipment, uniforms, and assistive technology

TVR staff work in partnership with individuals to help them overcome barriers and successfully participate in the workforce or in subsistence activities important to their communities and culture.

Social Services Support

ICAS provides additional community-based social services designed to meet unique local needs:

- **Homemaker Program:** Available in the villages of Point Lay and Anaktuvuk Pass, this service supports individuals and families with in-home assistance. Homemakers may help with household tasks, personal care, and daily living needs to promote health and safety at home.
- **ICWA Case Support in Point Lay:** ICAS helps connect families in Point Lay who are involved in Indian Child Welfare Act (ICWA) cases with their tribes or the State of Alaska. This can be especially helpful for families needing extra assistance navigating the legal process, coordinating documents, or ensuring their children stay connected to their culture and extended family.

Did You Know? Even if you live in a small or remote village, ICAS services can often be accessed through phone, virtual appointments, or in collaboration with local tribal staff. Call the Community Services team to learn what may be available to you.

NATIVE VILLAGE TRIBAL ORGANIZATIONS

Each village has a tribal council or Native Village Organization (NVO). Tribal governments provide a variety of behavioral health-related services. These may include:

- ICWA and family preservation programs
- Cultural or traditional healing support

- Tribal Court interventions or diversion programs
- Youth activities and mentorships
- Emergency Assistance
- And more...

Tribal Courts & ICWA Programs

Across the North Slope, Tribal Courts and ICWA (Indian Child Welfare Act) programs play an essential role in supporting the wellbeing of children, families, and communities. These programs work to ensure that decisions affecting children are guided by cultural values, family connection, and the best interest of the child.

- Native Village of Barrow Tribal Court helps address a variety of cases, including child welfare, guardianship, and juvenile justice matters. The court works closely with families to ensure that children remain safely connected to their culture and community whenever possible.
- Tribal ICWA Advocates represent the interests of tribal children in child welfare cases. Their goal is to prevent the unnecessary separation of Native children from their families, and when separation is unavoidable, to ensure placements honor cultural identity and family ties.
- Family Preservation Programs provide early support for families who may be at risk of being separated due to challenges like housing instability, substance use, or involvement with child welfare systems. Services may include housing assistance, parenting support, access to basic needs, and help navigating state systems.

If you or someone you know is experiencing legal, housing, or parenting-related stress, your local tribal office can connect you to these resources. They are there to help support families, strengthen connections, and keep children safe and rooted in their communities.



Key Village Tribe Contacts:

- Native Village of Anaktuvuk Pass, Phone: 907-661-2575
E-mail: naqsrarmiuttribe@gmail.com

- Native Village of Atqasuk, Phone: 907-663-2575
E-mail: nativevillageofatqasuk@gmail.com
- Native Village of Kaktovik, Phone: 907-640-2042
E-Mail: nvkaktovik@gmail.com
- Native Village of Point Hope, Phone: 907-368-2330
E-Mail: peggy.frankson@tikigaq.org
- Native Village of Wainwright, Phone: 907-763-2535
E-Mail: assistantvillageofwainwright@gmail.com or asst@vowak.org
- Native Village of Barrow
 - Contact Info: 907-852-4411
 - Childcare Program: 907-852-4411 ext. 213 or 238
 - Social Services: 907-852-4411 or 907-852-8928
 - Tribal Courts: 907-852-4442 / 4446
- Native Village of Nuiqsut: Phone: 907-480-3010
E-Mail: administrator@nvnuiqsut.org
- Native Village of Point Lay, Phone: 907-833-5052
E-Mail: ptlay.ira@gmail.com

NATIVE VILLAGE OF BARROW

(907) 852-4411 Main Office

Located at 6090 Boxer St, Utqiagvik, AK 99723

Social Services

The Social Services Department of the Native Village of Barrow (NVB) plays a crucial role in protecting children and supporting families within the tribal community. Our mission is to ensure the safety, well-being, and cultural connection of children while working toward strengthening family units. Our department is guided by the principles of the Indian Child Welfare Act (ICWA) and strives to preserve the integrity of families, prevent the breakup of tribal families, and maintain children's ties to their heritage. Contact: 907-852-8928 or email socialservices@nvnnsn.gov

Child Protective Services

We protect children from abuse and neglect by investigating reports and assessing family safety. We create case plans to connect families with services and work with the tribal court when removals or protective actions are needed. We ensure children are safe and well-cared for.

Foster Care Services

We assist tribal members interested in fostering children, helping them stay connected to their culture and community. Our support includes the licensing process and guidance through the application and placement steps.

Victim Support Services

We support crime victims through a Victim Advocate and specialized services. With \$1.2 million in funding (2019-2020), we assess community needs and provide direct assistance to help victims heal and recover.

Tribal Courts

The Native Village of Barrow Tribal Court provides culturally appropriate legal services for child welfare, juvenile justice, and guardianship cases. The court integrates Inupiaq values and traditions into its processes, focusing on family preservation, youth rehabilitation, and community well-being. It also collaborates with the State of Alaska under the Indian Child Welfare Act (ICWA) to maintain tribal jurisdiction over child custody cases. Contact: 907-852-4426 or email: courtclerk@nvb-nsn.gov

Behavioral Health/Substance Abuse Assistance

What it Covers - Native Village of Barrow tribal members may qualify for assistance with housing, food, supplies, or online counseling through Talk Space while undergoing or completing substance abuse or behavioral health treatment.

- Eligibility - Tribal members must be 13 years or older and provide proof of enrollment in a treatment program.
- Application Process - Submit a completed application along with a letter from a case manager or counselor verifying participation in a treatment program and a copy of a government-issued ID (for minors, a parent/guardian ID is required).
- Award Limits - Up to \$750 per individual, with a one-time maximum allowance per year. Talk Space accounts are available until December 31, 2026, with two 30-minute sessions per month. Funding is limited and awarded on a first-come, first-served basis. Applying does not guarantee approval.
- Email Completed Applications to - application@nvb-nsn.gov

Tribal Member Talk Space

Talkspace: Online therapy with a licensed therapist.

Who is eligible: All NVB Tribal Members ages 14 and older.

This access is based on a first-come, first-served basis, and limited to availability while funding lasts. NVB will start accepting applications on Monday March 17th, 2025. If you have any questions, you may call (907) 852-4411 ADD's Department.

ILISAĠVIK COLLEGE: STUDENT SERVICES & WELLNESS PROGRAMS

www.ilisagvik.edu | 907-852-3333

Located in Utqiaġvik, AK – Serving students across the North Slope and beyond

- Wellness Office: 907-852-1802 | wellness@ilisagvik.edu
- Student Services: studentservices@ilisagvik.edu

Iḷisaġvik College is Alaska's only tribal college and serves as a vital hub for education, personal development, and community engagement on the North Slope. The college is deeply rooted in Iñupiat values and committed to nurturing the whole student – mind, body, and spirit – through a wide array of student-centered services.

Office of Wellness, Disability, and Accommodations

Piagiksugut – “We Are Healthy”

The Office of Wellness leads Iḷisaġvik efforts to support students' emotional, physical, and mental wellbeing. The office provides confidential services and programs that promote healthy living and equal access for all students.

Services include:

- Reasonable accommodations for students with disabilities or medical conditions
- Wellness programming such as stress reduction workshops, peer support events, and cultural activities
- OCR scanning services to support students with reading or learning challenges
- Advocacy and student support to help students navigate challenges and access the resources they need

Whether you're seeking support for your mental health, need help balancing school and personal responsibilities, or want to participate in community wellness events, the Wellness Office is here for you.



Student Services Division

Iḷisaḡvik Student Services Division offers wraparound supports to help students thrive academically, socially, and personally throughout their educational journey. This team is here to ensure students feel welcome, prepared, and supported from their first day on campus to graduation.

Programs and resources include:

- First Year Pathway – helping new students transition successfully into college life
- Student Orientation – getting students connected, informed, and confident at the start of their journey
- Career Services – resume building, job search support, and career exploration
- Student Residential Life – comfortable housing options, including support for student parents
- Transportation Services – helping students get to and from classes and events
- Learning Resource Center – access to academic materials, computers, and quiet study space
- Tutoring and Testing Center – academic help, test prep, and proctoring services

Student Services staff work closely with each student to foster a sense of belonging, personal accountability, and achievement.

Reminder: You don't have to be a full-time student to reach out for support. Many services are available to part-time and vocational students too.



NORTH SLOPE BOROUGH SCHOOL DISTRICT (NSBSD)

Student Services: 907-852-9651 | nsbsd.org

The North Slope Borough School District serves students and families in all eight communities across the North Slope. The Student Services Department provides specialized support to help students succeed academically, socially, and emotionally – from early childhood through high school.

At NSBSD, **Iluaḡniq** is the foundation of wellness and learning, emphasizing balance of the whole child by supporting physical, spiritual, social, cultural, emotional domains of wellness. Student wellbeing is shaped by both internal and external factors and strengthened through Iñupiaq values. These values guide how students care for themselves, build healthy relationships, and contribute to their school and community. By grounding Student Services and Social Emotional Learning in Iluaḡniq, NSBSD supports the whole child in developing the self-awareness, resilience and inner connectedness needed for lifelong wellbeing and success.

Student Services helps families:

- Understand and access special education and individualized learning programs
- Receive special education classroom supports and accommodations
- Connect with school guidance counselors for help with career planning, social and emotional learning, and peer relationships

- Where appropriate, connect students to outside behavioral or mental health services, in partnership with parents or guardians

The school district believes that all children deserve to feel safe, supported, and valued – both in school and in life.

Social-Emotional Wellbeing

Social-emotional well-being is foundational to learning. It refers to the quality of a student's relationships and sense of belonging. When students feel connected, included, and respected, they're better able to grow, solve problems, and care for themselves and others.

Teachers, aides, and counselors help students:

- Build positive relationships with peers and adults
- Learn communication and conflict resolution skills
- Understand emotions and manage stress
- Feel a sense of identity, culture, and pride in who they are

These lessons are woven into classroom teaching, schoolwide culture, and individual support.

School Guidance Counseling Services

School counselors offer confidential support to help students thrive. They work one-on-one or in small groups to support students with:

- Goal setting, career planning, and future education
- Peer relationships, behavior issues, or social skills
- Emotional challenges like grief, anxiety, or bullying
- Crisis response and connections to outside care (when needed)

Counselors also collaborate with families, teachers, and principals to create safe, inclusive learning environments. Every school has access to a guidance counselor or student support specialist.

Special Education Services

Special education ensures that students with disabilities or learning challenges receive specialized instruction and the right tools to succeed. Services include:

- Individualized Education Programs (IEPs) for each eligible student
- Accommodations like extra time, visual supports, or sensory tools
- Therapies such as speech-language, physical, or occupational therapy
- Classroom and 1:3 support from trained educators and specialists as needed

The goal is to help each child reach their potential in school, at home, and in the community – while respecting their strengths and needs.

Parents and caregivers are essential partners in this work. Student Services teams meet regularly with families to ensure that services are working and goals are being met.

Village Schools

- Nunamiut: 907-661-5800
- Meade River: 907-633-5800
- Harold Kaveolook: 907-640-5800
- Nuiqsut Trapper: 907-480-5800
- Kali: 907-833-5800
- Alak: 907-763-5800
- Tikigaq: 907-368-5800



LOCAL RESOURCES FOR EACH COMMUNITY

CHAP information

The Community Health Aide Program has resources to connect you with the things you need, and are able to coordinate between different entities to get you connected to the care that's best for you. Connect with your CHAP Clinic today!

- Anaktuvuk Pass: 907-661-3914
- Atkasuk, Alaska: 907-633-6711
- Kaktovik, Alaska: 907-640-6413
- Nuiqsut, Alaska: 907-480-6720
- Point Lay, Alaska: 907-833-2526
- Wainwright, Alaska: 907-763-2714
- Point Hope, Alaska: 907-368-2234



NSB Village Liaison Offices

The Liaison Office is a great hub for you find out more about services updates.

- Anaktuvuk Pass: 907-661-3928
- Atqasuk: 907-633-6815
- Kaktovik: 907-640-4305
- Nuiqsut: 907-480-6028
- Point Hope: 907-368-2630
- Point Lay: 907-833-2428
- Wainwright: 907-763-2091

Village Tribes

- Naqragmiut: 907-661-2575
- Atqasuk: 907-633-2575
- Kaktovik: 907-640-2042
- Nuiqsut: 907-480-3010
- Point Lay: 907-833-2575
- Wainwright: 907-763-2535
- Point Hope: 907-368-2330

Village Corporations

- Nunamiut Corporation: 907-661-3026
- Atqasuk Inupiat Corporation: 907-633-6414
- Kaktovik Inupiat Corporation: 907-640-6120
- Kuukpik Corporation: 907-480-3220
- Cully Corporation: 907-833-2705
- Olgoonik Corporation: 907-763-2613
- Tikigaq Corporation: 907-368-2235

City Village Offices

- Anaktuvuk Pass: 907-661-3612
- Atqasuk: 907-633-6811

- Kaktovik: 907-640-6303
- Nuiqsut: 907-480-6727
- Wainwright: 907-763-2815
- Point Hope: 907-368-2537



Section 5: Telehealth & Statewide Support

You don't have to be in a city – or even leave your home – to get connected to quality care. Telehealth and statewide services help North Slope residents access mental, emotional, and behavioral health resources, no matter where they live. These services are available through tribal health organizations, state agencies, and community-based providers.

TELEHEALTH SERVICES FOR NORTH SLOPE RESIDENTS

- Telehealth makes it possible to connect with providers remotely for behavioral health care, medical appointments, substance use counseling, psychiatric medication management, and more. Services are available through:
- Arctic Slope Native Association (ASNA): Grief support circles individual support services, parenting classes via virtual methods.

- Alaska Native Tribal Health Consortium (ANTHC): Coordinates telehealth and specialty care for tribal members across Alaska.
- Indian Health Service (IHS): Offers remote care services to Alaska Native and American Indian beneficiaries through partnered tribal organizations.
- Maniilaq and Tanana Chiefs Conference (TCC): Provide telehealth behavioral health and psychiatry for residents in Point Hope and Anaktuvuk Pass, respectively.
- Iḷisaḡvik College Wellness Office: Offers remote counseling and student wellness supports to enrolled students.

STATEWIDE RESOURCES AND HELPLINES

- Alaska 2-1-1: Dial 2-1-1 to get connected with statewide services including housing, mental health, food assistance, and emergency shelter. Available Monday–Friday, 8 AM to 5 PM. Website: www.alaska211.org
- Alaska Careline: 1-877-266-4357 (HELP) – 24/7 support. Free, confidential crisis line for anyone in emotional distress, or for those who are worried about someone else.
- Veteran Service Officers (VSOs): VSOs are available statewide to help veterans, their dependents, and survivors navigate benefits, healthcare access, and claims. North Slope Tribal Veteran Representatives include: Wesley Aiken, Lucinda Akootchook, Jennifer Brower, Johnnie Brower, Alex Dattilo, Kim Edwards, Nancy Grant, Lilly Aveoganna, Veronica Morales, Paul Ningeok, Shayna Patkotak.
- Adult Protective Services (APS) | 1-800-478-9996: To report abuse, neglect, or exploitation of vulnerable adults.
- Office of Children’s Services (OCS) | 1-800-478-4444: For reporting child abuse or neglect; Fairbanks office also supports North Slope families.
- Aging and Disability Resource Centers (ADRCs) | 907-452-2551: ADRCs help seniors, caregivers, and people with disabilities access long-term services and support. They assist with things like transportation, home modifications, meals, and care planning.
- Access Alaska | Toll-Free: 800-770-4488: Supports Alaskans with disabilities in building self-confidence, accessing assistive technology, and gaining independence. Services also aim to reduce barriers in housing, communication, and the workplace.

RECOVERY AND SUBSTANCE USE VIRTUAL PEER SUPPORT

Many groups are available by phone or online.

- Alcoholics Anonymous (AA) Alaska: www.akaa.org
- SAMHSA’s National Helpline: 1-800-662-HELP (4357) – 24/7 support for substance use and mental health referrals.

STATE OF AK DEPT OF HEALTH: DIVISION OF BEHAVIORAL HEALTH

The State of Alaska Department of Health's Division of Behavioral Health is committed to promoting a comprehensive and integrated behavioral health system for all Alaskans. Their

website offers a central point of information for state-run programs, services, and resources. For the most current information, visit their website: health.alaska.gov.

Key resources that can be accessed through the Department of Health include:

- **Finding a Provider:** The website provides links to search for mental health and substance abuse treatment facilities through FindTreatment.gov and also has resources for finding providers that accept Alaska Medicaid.
- **988 Suicide & Crisis Lifeline:** Immediate, confidential crisis counseling is available 24/7 by calling or texting 988.
- **Prevention and Early Intervention:** The state supports programs focused on suicide prevention, substance abuse prevention, and Fetal Alcohol Spectrum Disorders (FASD).
- **Treatment and Recovery Support:** The Division of Behavioral Health oversees state and federally funded grant programs that support critical behavioral health services statewide, including opioid response, mental health services for adults and adolescents, and substance use disorder treatment.



Section 6: Activities for Healing & Wellness

Everyone experiences stress, grief, or overwhelm at times. Whether you're facing a crisis or just trying to get through a hard day, small tools and practices can make a difference. This section offers simple, culturally respectful strategies to help you stay grounded and connected – and reminds you that support is always available.

BREATHING AND GROUNDING EXERCISES

Breathe In Calm, Breathe Out Stress: 4-7-8 Breathing: Slow, steady breathing can help calm your body and mind. Try this simple grounding breath:

- Inhale through your nose for 4 counts
- Hold your breath for 7 counts
- Exhale slowly through your mouth for 8 counts
- Repeat 3–5 times

Feel Your Feet: When anxiety hits, grounding yourself can help you feel safe in the moment. Try This:

- Sit or stand with both feet flat on the floor
- Wiggle your toes and notice how your feet feel
- Name 3 things you can see, 2 things you can touch, 1 thing you can hear

TIPS FOR MANAGING STRESS, GRIEF, OR ANXIETY

Stress:

- Take a short walk outside and focus on the horizon
- Talk to someone you trust – don't keep it all inside
- Make time for rest, even if it's just 5 minutes
- Avoid skipping meals or relying on caffeine

Grief:

- Grieving is not a straight path. Let yourself feel what you feel
- Keep a small item or photo of the person you miss close by
- Write a letter to someone you've lost – say what's on your heart
- Reach out. You don't have to go through this alone

Anxiety:

- Try a warm shower or cup of tea to calm your senses
- Focus on one task at a time
- Say to yourself: "This feeling will pass. I am safe right now."
- Use grounding techniques to stay in the present

WHERE TO GO IF YOU NEED SOMEONE TO TALK TO

It's a sign of strength – not weakness – to reach out. Whether it's for yourself or someone you care about, here are trusted places to turn:

- **North Slope Integrated Behavioral Health (IBH)**
 - Walk-in or schedule a visit in Utqiagvik or through your village clinic
 - 907-852-0366
- **Maniilaq Association – Point Hope**
 - Counseling and Recovery Center: 907-442-7640
 - Putyuk Children's Home (youth support): 907-442-7582
- **Tanana Chiefs Conference – Anaktuvuk Pass**
 - Health Services: 907-459-3800 (option 2 after-hours)
- **24/7 Alaska Careline**
 - Call or text for confidential support, anytime: 988 or 1-877-266-4357
- **NSB Police or Fire Department (for emergencies)**
 - 911 from a landline or your local village safety officer

You are not alone. Support is here, and your wellbeing matters.

ACTIVITIES FOR HEALING AND CONNECTION

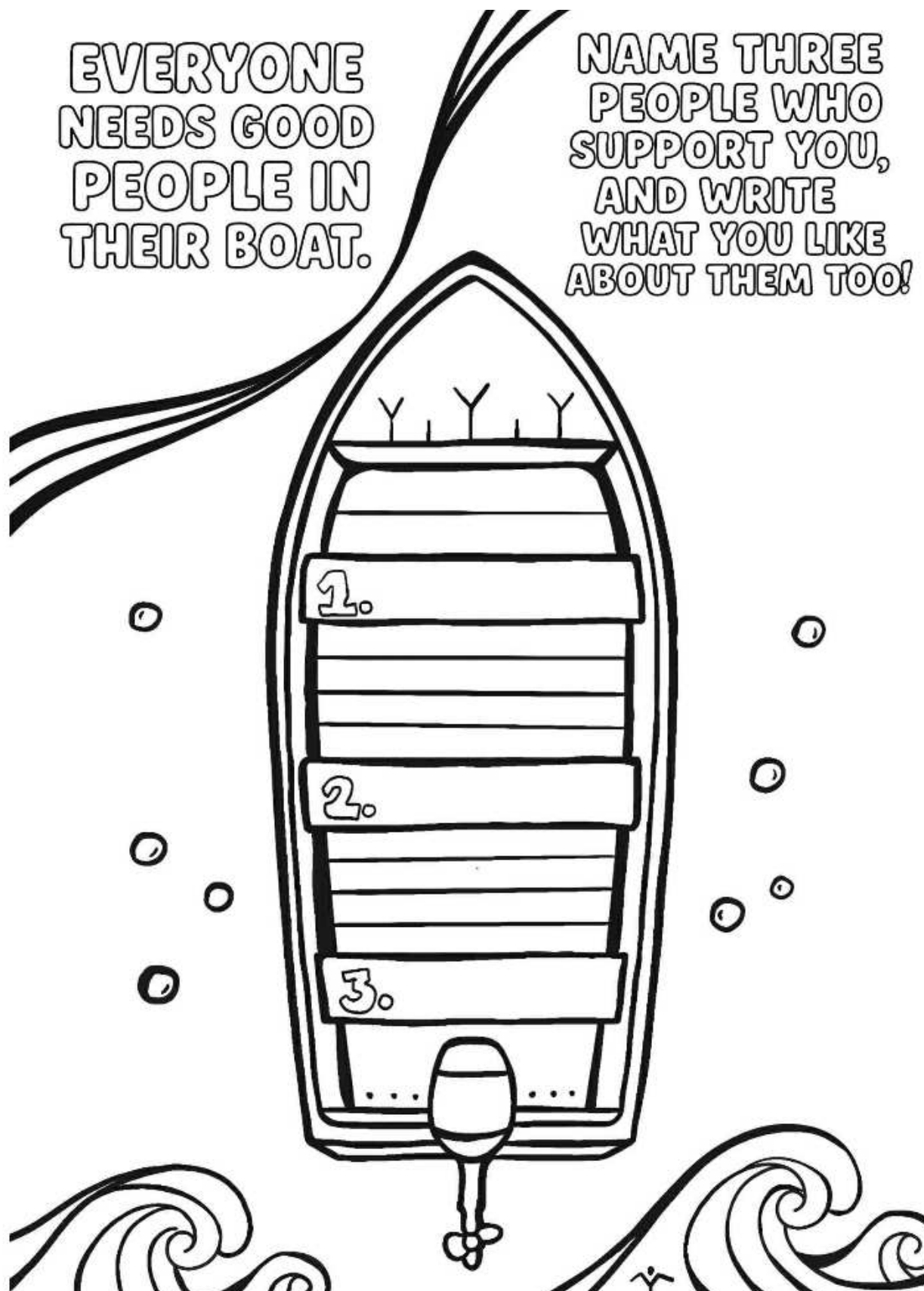
Sometimes the best way to care for our emotional health is through expression, reflection, and connection with traditions. This section offers low-pressure ways to explore feelings, start important conversations, and stay rooted in culture – on your own, with family, or as part of your healing journey.

Doodle & Coloring Pages

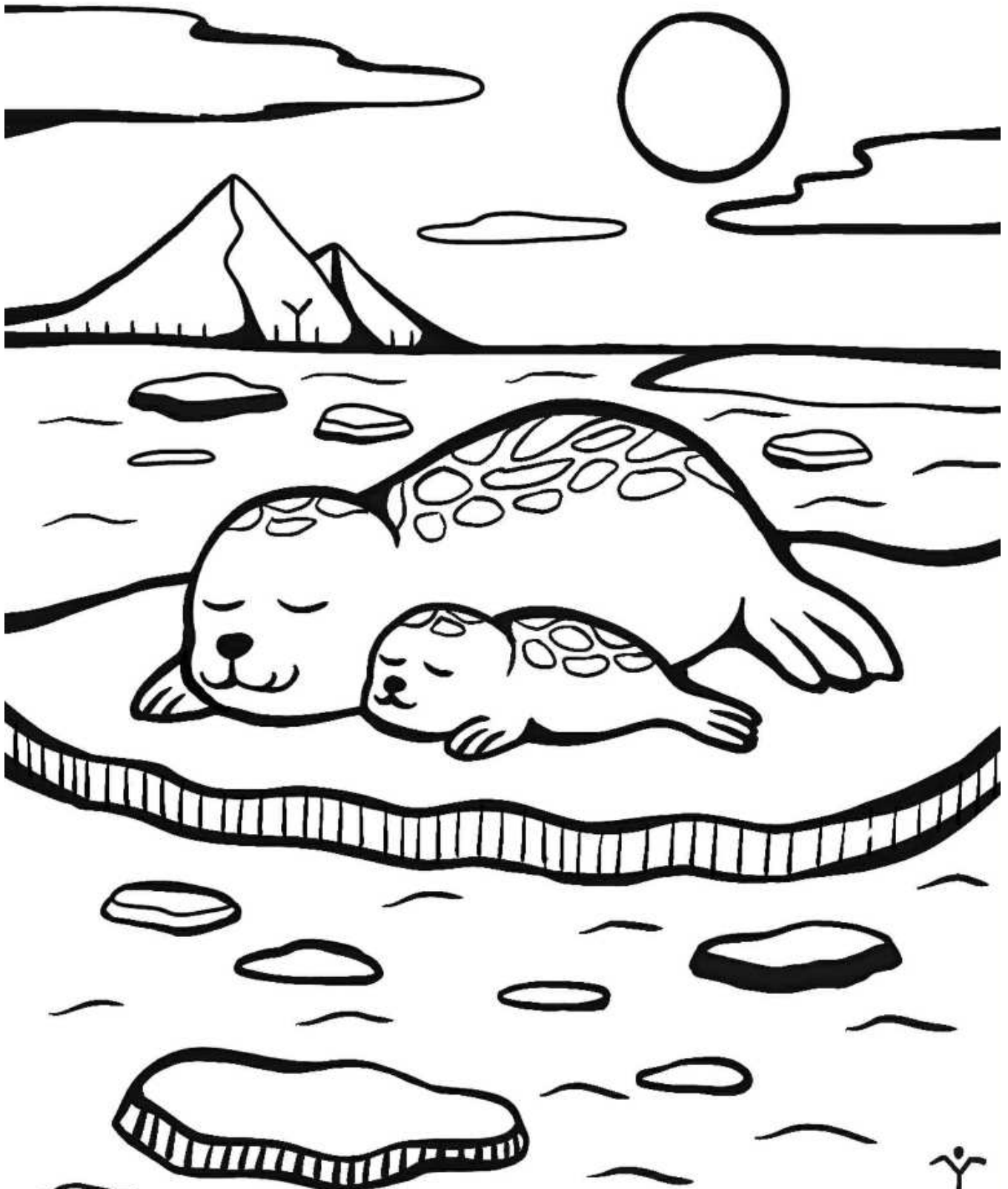
Drawing can help calm your nervous system and give your thoughts space to breathe. Ideas for how to use a blank page for wellness include:

- Draw how you're feeling today
- Make a "calm place" picture – real or imagined
- Color slowly and mindfully, focusing on your breath
- Decorate this page with berries, animals, or family symbols

You can also ask a friend or child to color with you – this can create quiet connection without needing to talk. Check out some coloring sheet options to help you disconnect from the busy world on the following pages of this guide.







Journaling Prompts

Writing doesn't have to be perfect. Just putting pen to paper can help organize your feelings, process tough situations, or remind you of what's good. Here are some easy starting points:

- Today, I feel...
- One thing that helps me feel grounded is...
- A memory that makes me smile is...
- I feel strong when...
- Something I want to say but haven't yet is...
- Three things I'm thankful for today are...

You can also draw or make a list if writing full sentences feels too hard. What matters is showing up for yourself.

Family Discussion Ideas

Strong families talk about feelings, even when it's not easy. These ideas can help start small conversations that build trust and togetherness. Try them around the table, on a walk, or before bedtime:

- "What was the best part of your day?"
- "When do you feel most loved?"
- "What helps you feel better when you're upset?"
- "What's something new you want to try or learn?"
- "Who do you look up to, and why?"
- "What's one thing we could do together this week to feel closer as a family?"

Kids often answer more freely when they don't feel "on the spot" – try making it a game or letting everyone draw their answer.



TRADITIONAL WELLNESS PRACTICES

Inupiaq values and teachings hold deep wisdom for keeping individuals and communities well. Whether it's through time on the land, connecting with Elders, practicing subsistence, or embracing cultural values like aviktuaqatigiigñiq (sharing with others), these traditions support strong minds and hearts.

Examples of Inupiaq wellness practices include:

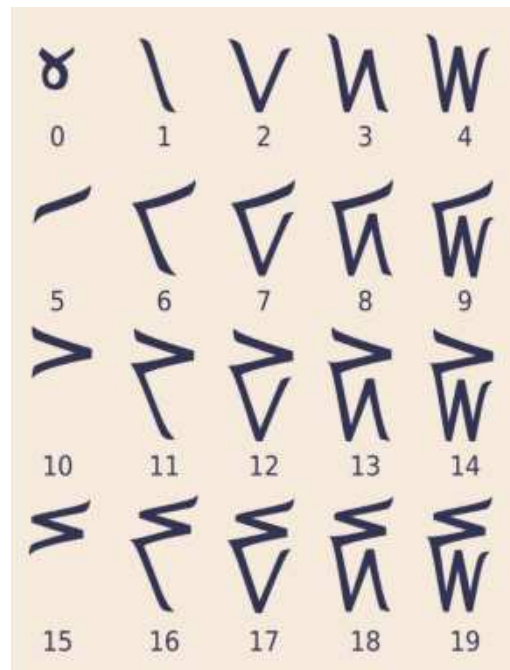
- Spending time outside on the tundra or sea ice
- Preparing traditional foods with family
- Sewing, beading, or carving
- Attending cultural events, singing, dance, or drumming
- Storytelling with Elders
- Teaching youth how to be safe, skilled, and respectful hunters
- Practicing forgiveness and gratitude
- Fishing, hunting, and subsistence activities

The *Positive Indian Parenting* curriculum reconnects Native families with traditional child-rearing practices, blending timeless cultural teachings with modern parenting challenges to nurture strong families, preserve traditions, and empower future generations.

SUDOKU PUZZLES TO KEEP YOUR MIND SHARP

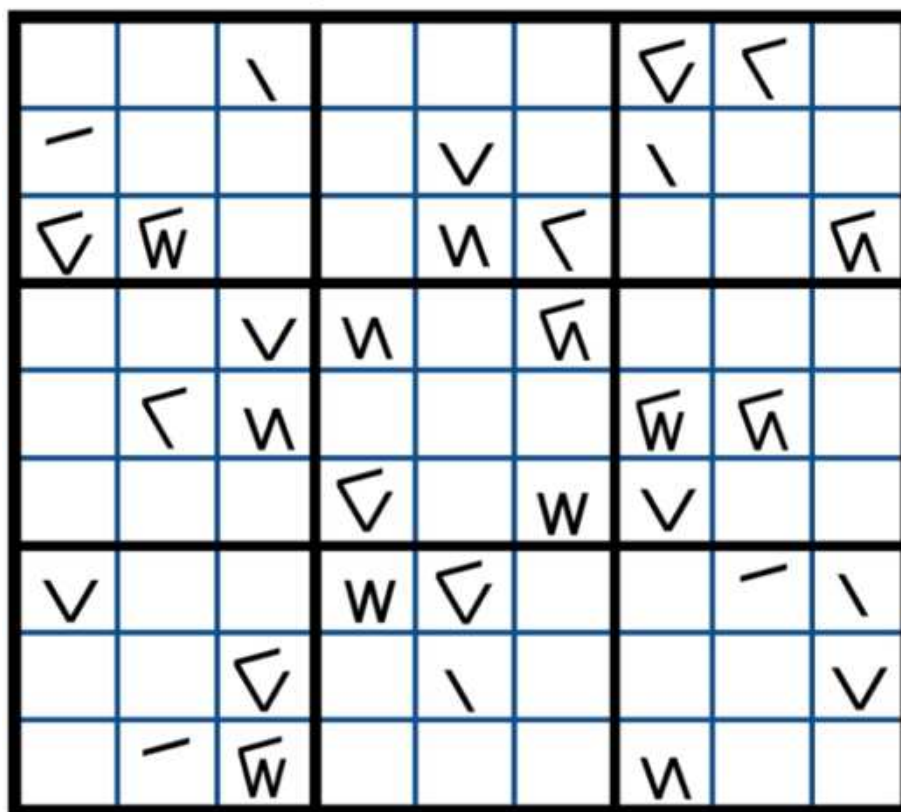
Try your hand at this special version of Sudoku puzzles that use our Iñupiat numbers!

The objective is to fill each of these 9x9 grids with digits from 1 to 9, so that each row, each column, and each of the nine 3x3 sub grids (also called blocks or regions) contains all the digits from 1 to 9, without repetition. Good luck!

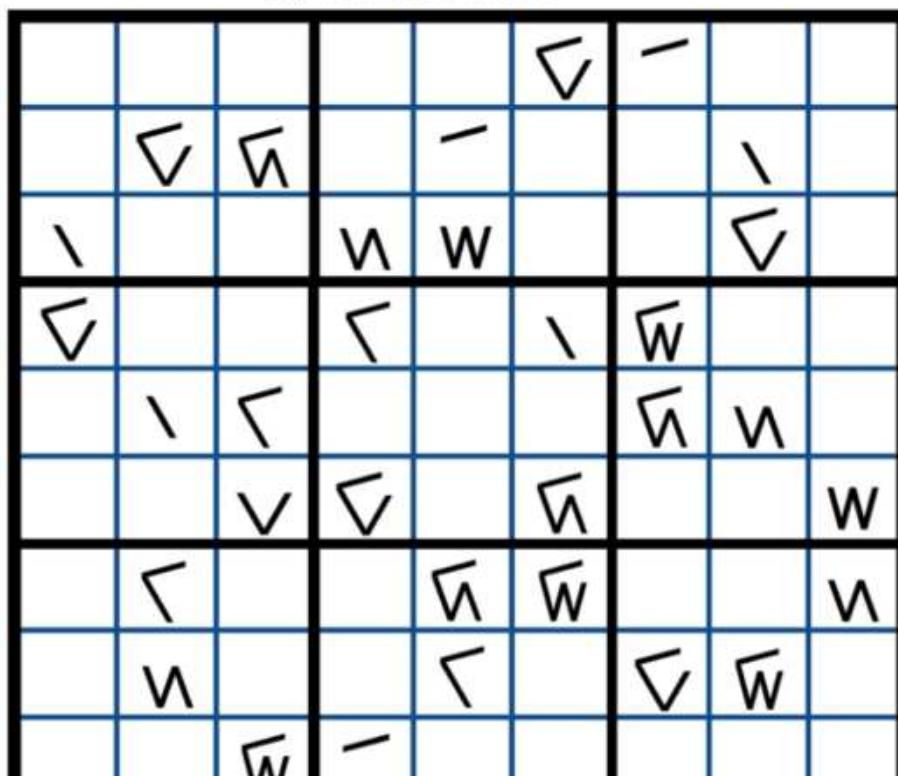


*Sudoku Puzzles made possible through
North Slope Borough School District Inupiaq Department
Chrisann Justice*

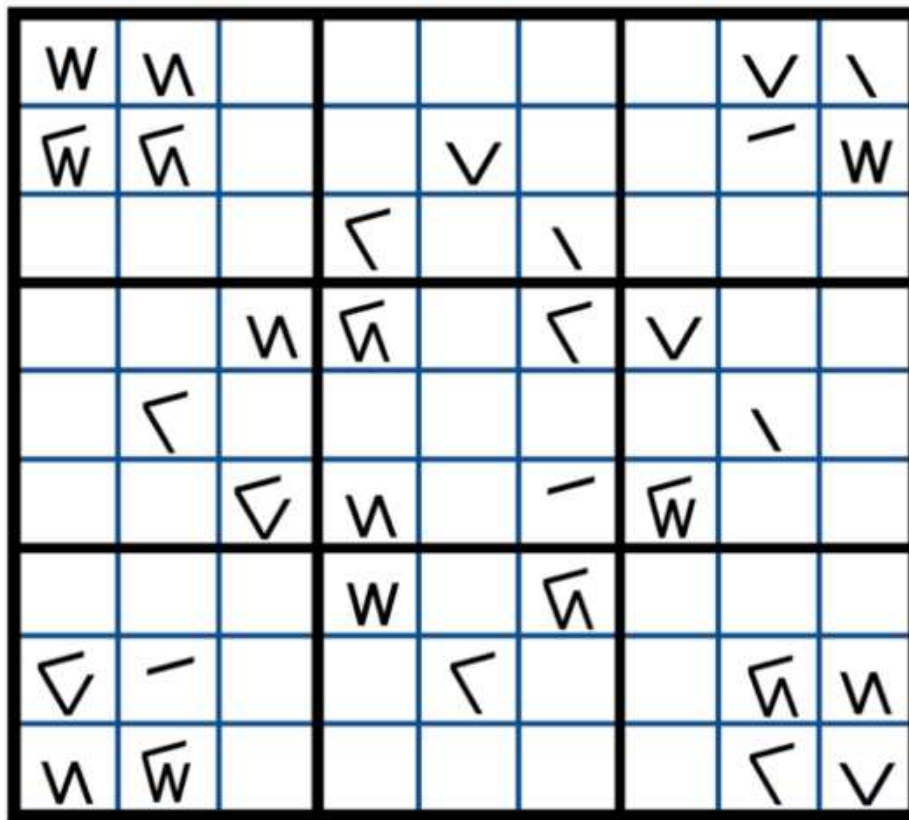
Beginner Sudoku On the Go #47



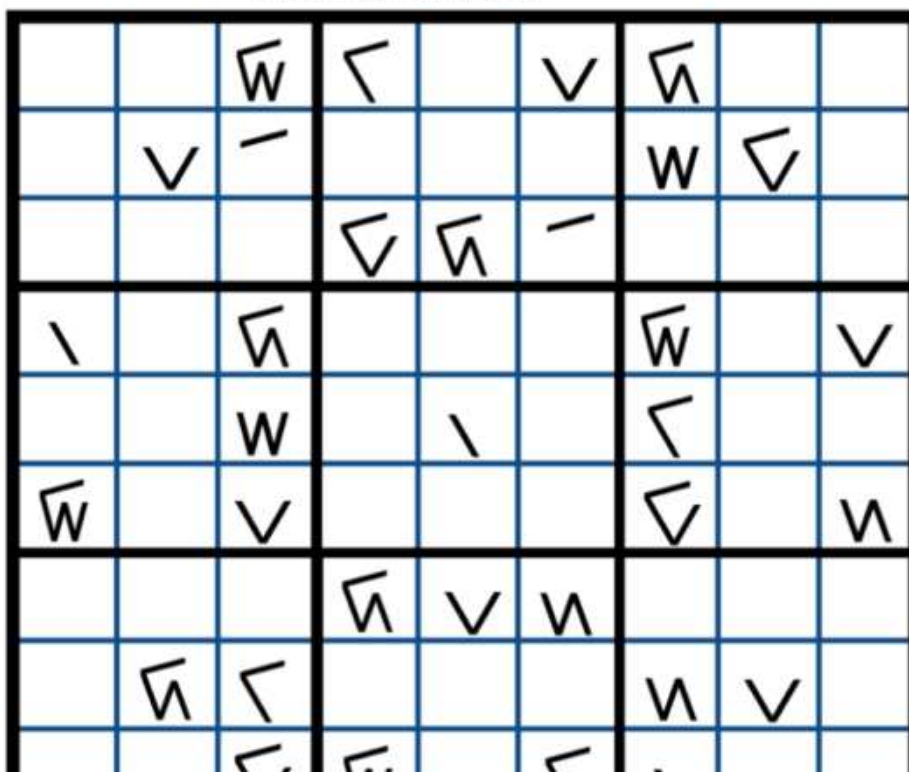
Beginner Sudoku On the Go #48



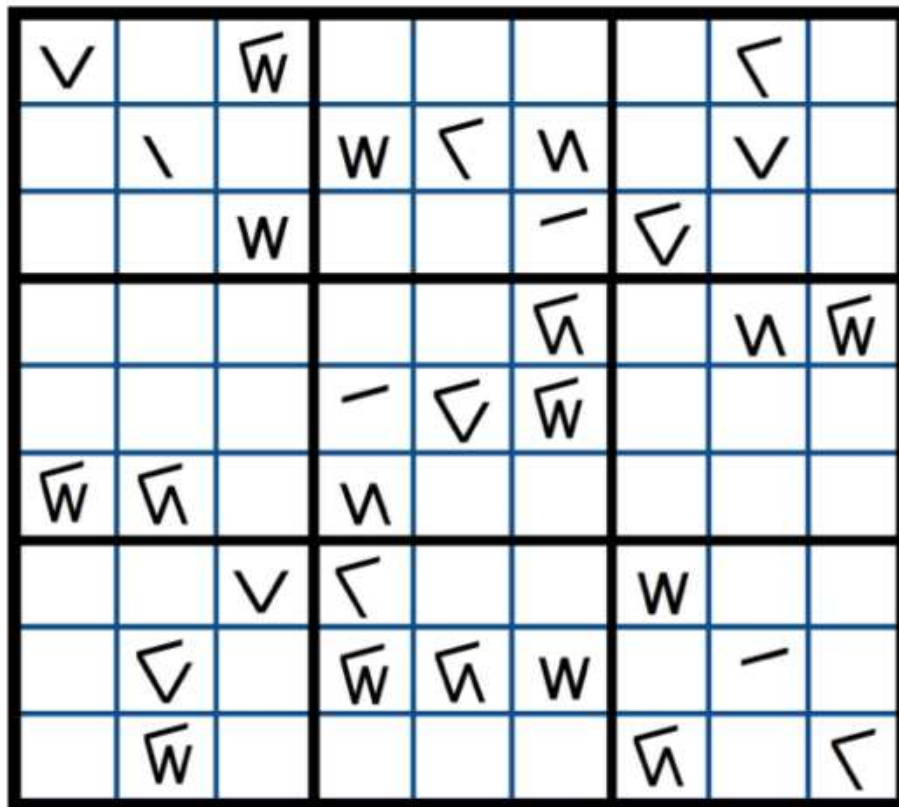
Beginner Sudoku On the Go #49



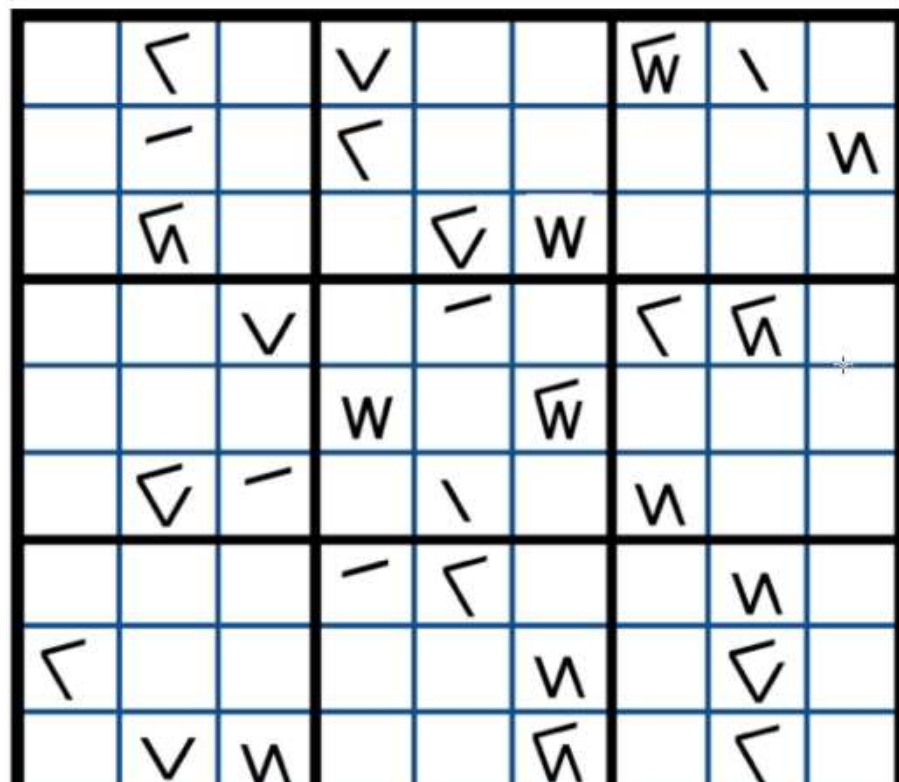
Beginner Sudoku On the Go #50



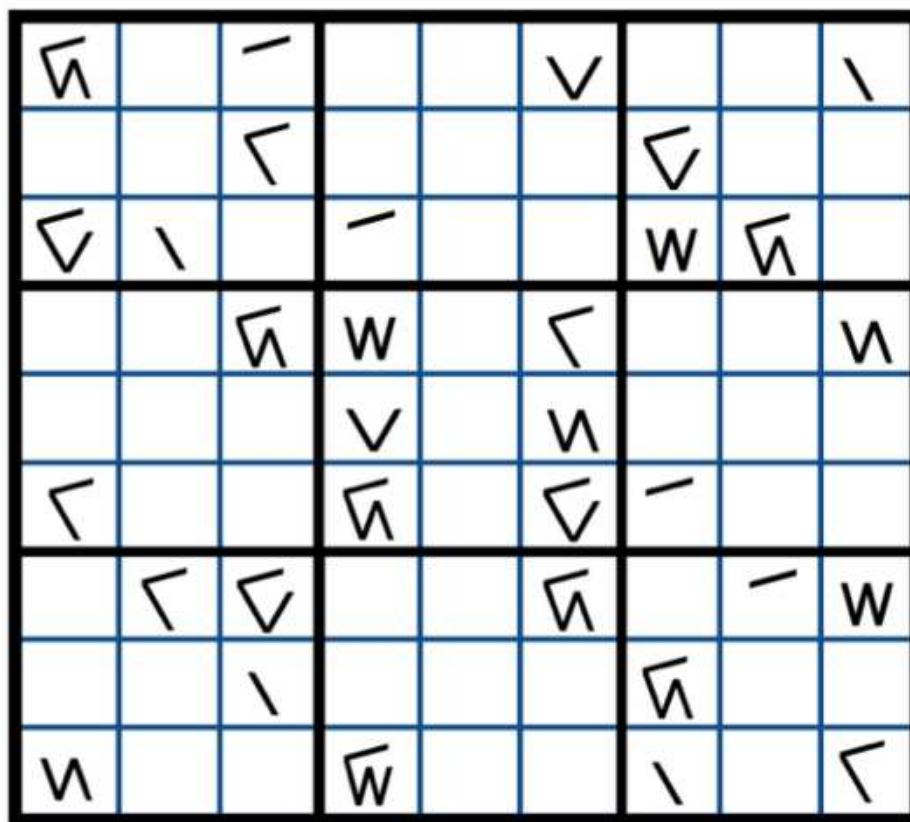
Mensa Sudoku #1



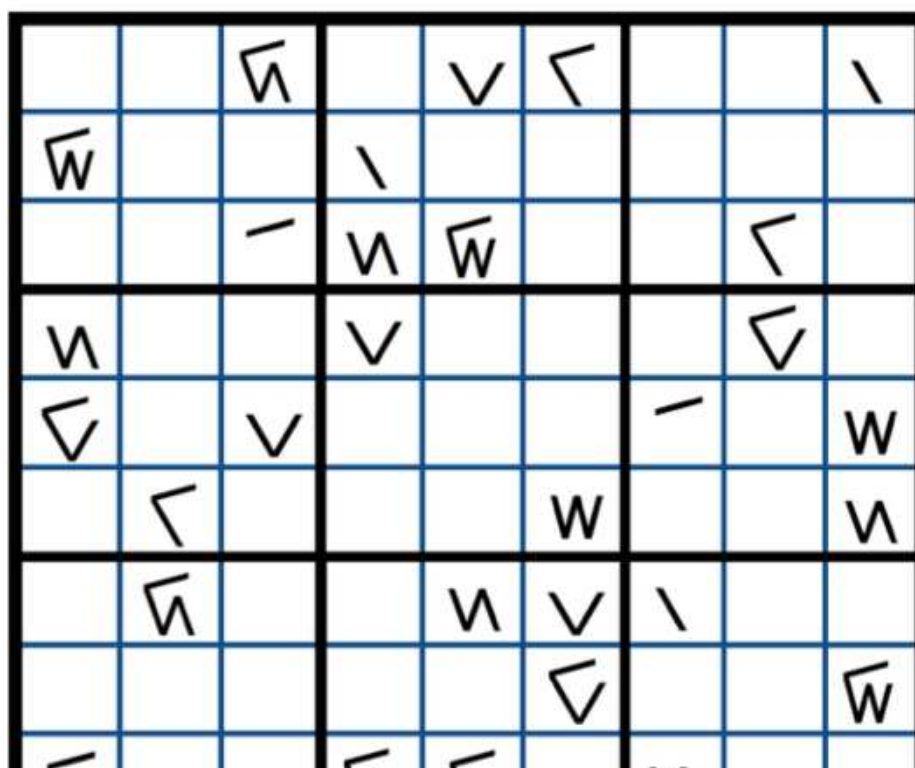
Mensa Sudoku #2



Mensa Sudoku #3



Mensa Sudoku #4



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

- Atqasuk 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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Notes & Reflections

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Notes & Reflections
