

# RESOURCES

*And supports for families.....*



*...in Ketchikan, Alaska*

This Guide is provided courtesy of:  
Community Connections, Early Learning and Developmental Disabilities Programs  
225-7825 or 1-800-478-7825  
October 17, 2007

**RESOURCES AND SUPPORTS FOR**  
**FAMILIES**  
**IN KETCHIKAN**

**CONTENTS**

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Section I	Supports for All Families	page, 3
Section II	Services Based on Assessment, Diagnosis or Risk	page, 10
Section III	Services Based on Financial Eligibility	page, 13
Section IV	Medical, Dental, Vision, and Prenatal Care Providers	page, 17
	PT/OT/SLP Providers Ketchikan	page, 21
Section V	Videos from the Ketchikan Public Library on Child Development and Parenting	page, 22
Section VI	Telephone List of Resources	page, 24

## **Section I** **Supports for All Families**

### **Alcoholics Anonymous**

225-5154

PO box 9275

Support for recovery from alcoholism. Al-Anon is support for family members effected by alcoholism. Daily meetings are held at 1736 Tongass Ave. at 8pm, Sunday mornings at 10am, and Monday and Thursday evenings at 5:30. The second and last Friday of the month will be a potluck speaker meeting at 7:30pm. There are also meetings Monday through Saturday at 503 Mission st. (call for meeting times). Meeting schedules are available at those locations.

### **Child Support Services Division**

Anchorage

269-6900 or 800-478-3300

Fax. 265-6650

Web site: [www.csed.state.ak.us](http://www.csed.state.ak.us)

550 W. Seventh Ave. Suite 310

Anchorage, AK 99501

Hours: 7:00-5:15 M-F

Payments can be sent to:

Child Support Services Division (CSSD)

P.O. Box 100380

Anchorage, AK 99510-0380

Southeast Regional Office, Juneau

465-5887 Fax. 465-5190

Hours: By appointment 8:30-5:00

open to public 9:00-1:00pm, M-F

State Office Building 11<sup>th</sup> floor

333 Willoughby Ave

Juneau, AK 99811

Information on all aspects of child support including calculation of payments, establishing paternity, enforcement procedures, out of state and foster custody issues, medical insurance, alimony and spousal support, and wage withholding. Help in determining and enforcing payment of child support.

### **CCTHITA/ Saxman Social Services**

225-2581

Fax. 247-2504

Social Services/ Indian Child Welfare Act

Saxman City Hall

Rt. 2 box 2

Ketchikan, AK 99901

Resource for families that are suffering from abuse or home issues in Saxman. Families can receive help to get what is needed to provide a safe home for the family members. Help and information about the Indian Child Welfare Act (IQWA).

### **Gateway Center for Human Services**

225-4135

Fax. 247-4135

Web site: [www.city.ketchikan.ak.us/departments/gateway/index.html](http://www.city.ketchikan.ak.us/departments/gateway/index.html)

3050 Fifth Ave.

Hours: M-Fri. 8:00-5:00

State of Alaska grantee for Mental Health and Substance Abuse Services mandated to provide program components for Seriously and Emotionally Disturbed (SED) Youth, Adults with Serious and Persistent Mental Illness and an array of Substance Abuse Services. General mental health services include marriage and family counseling as well as individualized services. Other services include outpatient, psychiatric emergency services, child and youth services, child and youth rehabilitation services, psychological and psychiatric evaluation and school-based programs. Substance Abuse services include detoxification and residential services for adults; intensive outpatient and inpatient services for youth and adults; court screening services, inmate counseling; and array of aftercare services and community presentations on chemical dependency.

### **Ketchikan Area Arts and Humanities Council**

225-2211

Fax: 225-4430

330 Main St.

Web site: [www.ketchikanarts.org](http://www.ketchikanarts.org)

Hours: M-F 9:00-5:00, Sat. 11:00-3:00 (except for the last Saturday of the month)

Contact: Anita Maxwell

A non-profit organization that sponsors a wide variety of visual and performing arts experiences and opportunities throughout the community. Is an information and technical support resource for arts groups and individuals. Supports art education and community wide events such as the Blueberry Arts Festival and the Wearable Art Show. Supports local artists and runs the Mainstay Gallery.

### **Ketchikan Car Seat Program**

225-9616

Contact: Terry Roberts and the Ketchikan Fire Department

Infant size car seats available at reduced rates for new babies who might otherwise go home without a car seat. Car seat training for parents, families or child care workers to teach proper car seat position. Individual and group sessions available.

### **Ketchikan Gateway Borough Parks and Recreation Department**

225-9579

Fax: 247-3394

601 Schoenbar Rd.

e-mail: [parksandrec@borough.Ketchikan.ak.us](mailto:parksandrec@borough.Ketchikan.ak.us)

Web site: [www.borough.ketchikan.ak.us/parks/parks.htm](http://www.borough.ketchikan.ak.us/parks/parks.htm)

Hours: Summer- M-F 5:45-9pm, Sat. 7am-9pm, Sun. noon-5pm

Winter- M-Sat. 5:45am-10pm, Sun. noon-5pm

Recreational classes, special events and workshops for preschoolers, children, teens, adults, and seniors at the Gateway Recreation Center and around the community. The

Recreation Center is a sports facility with 2 gymnasiums, racquetball/squash courts, art rooms, public showers, outdoor skate park, canoe, BBQ and ski rentals, and more. Also schedules local swimming pool (including sauna, weights and showers), parks and fields. Brochure mailed to every residence 4 times a year. Hanging basket sponsorships. Fees depend upon activity, vouchers available for low income families and discounts for students.

**Ketchikan Gateway Borough School District**

225-2118

Fax: 225-2356

Web site: [www.kgbsd.org](http://www.kgbsd.org)

Central office email: [costaff@kgbsd.org](mailto:costaff@kgbsd.org) (each school has their own email as well)  
333 Schoenbar Rd.

Central Office Located at 2417 Tongass Ave Ste 222

Hours: 8:00-4:30, M-F

Manages all Ketchikan public schools and school staff. Provides maintenance of all school buildings, and transportation through Laidlaw Contractors (225-3806). Runs the district kitchen. Also provides district wide Indian Education, specialized education for children 3-21 years of age, and Gifted and Talented programs. School building locations:

<b>School</b>	<b>address</b>	<b>phone/fax</b>
Charter School	410 Schoenbar Rd	225-8568/ 247-8568
Fawn Mtn. Elementary	400 Old Homestead Rd	228-2200/ 247-4741
Houghtaling Elementary	2940 Baranof Ave	225-4128/ 225-7925
Point Higgins Elementary	981 N. Point Higgins Rd	247-1500/ 247-1558
Tongass School of Arts and Sciences	410 Schoenbar Rd Suite 202	235-5720/ 225-8822
Schoenbar Middle School	217 Schoenbar Rd.	228-7200/ 247-5138
Ketchikan High School	2610 Fourth Ave.	225-9815/ 247-5761
Ravilla high School	3131 Baranof Ave	225-6681/ 247-6611
Correspondence Center	3131 Baranof Ave	225-6681/ 247-6611
Ketchikan Regional Youth Facility (KRYF)	3058 Fifth Ave	225-8900/ 247-8900

**Ketchikan Hospice**

225-8941

Fax: 247-8941

126 Washington St.

Contact: Shannon Updike [Supdike@peacehealth.org](mailto:Supdike@peacehealth.org)

Support and services to those with a terminal illness. Grief support, end of life care and community education regarding death, dying and grief issues. Skilled Nursing, physical therapy, occupational therapy, speech therapy, social work, home health aids, installation of lifeline emergency call system unit.

### **Ketchikan Indian Corporation**

225-5158

2960 Tongass Ave

Web site: [www.kictribe.org](http://www.kictribe.org)

Hours: 8:00-5:00 M-F

Services for enrolled tribal members including the following: Economic development program, education and support services, Johnson-O'Malley program, Indian Education program, employment training, and home buyer program. Also provides the General Assistance Training Opportunities Program (GATO), with services listed below. No charge for any service.

**Classroom Training:** Provides GATO clients who do not possess employable skills, with vocational training opportunities. Contact Sheryl Whitesides.

**Job Readiness:** Prepares tribal members to enter the work force as valued employees. Clients are assessed in areas of Career Inventory prior to job placement and classroom training. Also assists individuals to seek work independently. Contact Lonnie Guthrie.

**OJT (On the Job Training):** Places GATO clients with an employer who will train the client, or give them the experience necessary to obtain unsubsidized employment. Contact Lonnie Guthrie.

**General Assistance:** A temporary financial assistance program for eligible KIC tribal members when no other resources are available. Funded by the Bureau of Indian Affairs (BIA). Specific rules and regulations apply. Contact Barbara Fields.

### **Ketchikan Indian Community (KIC) Social Services**

228-4917

Fax: 228-4920

Web site: [www.kictribe.org](http://www.kictribe.org)

Hours: 8-12 and 1-5 M-F (after hours triage system 1-888-635-3275)

Provides a variety of social services and weekly groups for Tribal members. Provides referrals and coordination of services with other providers. Programs listed below.

Social Services Administrator- Debbie Patton, BS., CDC11

Social Services Clinical Director- Sue Pickerell

**Clinical Social Services:** Medical social services, mental health evaluations, crisis intervention and family counseling. Contact Bill Hardy.

**Tribal Alcohol Program:** Drug and alcohol assessments, adult and youth substance abuse outpatient programs, individual counseling, residential referral services, weekly sober support groups, annual cultural camp, and recreational youth groups.

**Domestic Violence Programs:** Advocacy services, talking circles (men's/women's), domestic violence education groups (WISH), batterer's re-education group.

**Indian Child Welfare Act (ICWA):** Works toward keeping Native children in their Native environment. Assists with State cases and child placement. Coordinates the Family Protection Team that works toward family preservation.

**Fetal Alcohol Syndrome (FASD) Diagnostic and Prevention Team:** Community support team for diagnosis and prevention of FASD.

### **Ketchikan Job Center**

225-3181 or 247-JOBS (247-5627)

2030 Sea Level Dr. suite 220

Web site: [www.jobs.state.ak.us](http://www.jobs.state.ak.us)

Hours: 8:00-5:00 M-F

Job Center includes: Employment services, Job Training Program, and office of Division of Vocational Rehabilitation. Services provided include employment interviewing, testing and assessment, employee recruitment, employment referrals, temporary worker recruitment, resume and application forms assistance, vocational counseling, and internet access for job search. Has Federal and State job listings as well as statewide private sector listings. Can provide community leaders with labor market information, and employers with qualified applicants. For unemployment insurance claims and information call 1-888-252-2557.

### **Ketchikan Public Health Center**

225-4350

Fax: 247-0978

Web site: [www.hss.state.ak.us/dph/nursing/default.htm](http://www.hss.state.ak.us/dph/nursing/default.htm)

Email: [Rhonda\\_Richtsmeir@health.state.ak.us](mailto:Rhonda_Richtsmeir@health.state.ak.us) (head of state)

[Sylvia\\_Severson@health.state.ak.us](mailto:Sylvia_Severson@health.state.ak.us) (Ketchikan office)

3054 Fifth Ave.

Hours M-F 8-5. Drop in 8:00-2:00 on Fridays.

Services provided include: well child exams, parenting information, adult and child immunizations, blood pressure screening, reproductive health services (including pap smears, birth control methods, and referral for mammograms. STD/HIV testing/counseling, pregnancy testing/counseling/follow-up, prenatal and newborn home visits, breastfeeding counseling/support, health education materials and presentations, communicable disease investigation and follow-up, and specialty clinics (including cardiac, genetics, and neurodevelopmental). No charge for children's services, sliding fee scale available for adults. No one is denied service due to inability to pay.

### **Ketchikan Public Library**

225-3331, Children's library 225-0370

Fax: 225-0153

Web site: [www.firstcitylibraries.org](http://www.firstcitylibraries.org)

e-mail: [library@firstcitylibraries.org](mailto:library@firstcitylibraries.org)

629 Dock St.

Hours: M-W 10-8, Th-Sat 10-6, Sun 1-5

A member of the First City Libraries network, which includes college and all public school libraries. Literature and reference materials for adults and children are available. Other collections include videos, CD's, CD-ROM's, and cassettes. Patrons are encouraged to ask librarians for help with the Catalog or with finding materials. Internet access is available for library cardholders only and for a 1 hour limit per day. Must reserve Internet time in person. Access to library catalog available through web site. Story time for toddlers and preschoolers, consult children's librarian. Monthly calendar of events.

**ORCA Parenting Program**

225-ORCA (6722)  
2002 First Ave, or PO box 6552, Ketchikan  
Hours M-F 9-5  
Contact Dixie Duehn

Parenting education and support provided individually, in a group setting, or through a yearly parenting class. In-home parenting education. Referrals must come through OCS, but need not have any other OCS involvement.

**Parents As Teachers Program (PAT)**

247-7497  
Fax: 247-7499  
1001 Schoenbar Rd.

A home-based program for families with children prenatal to age 3 with emphasis on child development and parent involvement. One parent/child group per month. Child development information for parents. Bi-monthly home visits. Program uses Ages and Stages Questionnaires parent completed, child monitoring system.

**Park Ave Temporary Housing (PATH)**

225-4194  
628 Park Ave.  
Contact: Chris

Open to any man or woman or family as a sleeping shelter. Seasonal hours. Provides connection to employment opportunities and works with other organizations to provide resources for transportation (out of town if needed). \$3.00/day for individuals, \$5.00/day for families, but no one turned away due to inability to pay. Best to call first, especially a family.

**Rendezvous Senior Day Services**

247-1961  
Fax: 247-1963  
e-mail: [rendezvous@kpunet.net](mailto:rendezvous@kpunet.net)  
2441 First Ave.  
Hours M-F 8-5

Provides adult-based services for frail elderly or persons with disabilities who are at risk at home, or are in need of assistance in one or more daily living activities. Has a medical equipment loan closet. Operates a thrift store on site (store hours are M-F, 10-5; Sat 10-4; Sun 11-4). Services based on a sliding fee scale.

**Ketchikan Senior Center**

225-6575  
Fax: 247-6575  
1016 Water St.  
Hours: M-F 8-4:30

Provides meals and other social activities for persons 60 and older. Pick up and delivery of medications and transportation to and from Dr. appointments. Provides meals to Rendezvous adult day care center, and to home-bound people allowing them to remain independently in their homes. Provides accessible transportation and the Para-Transit system, which runs parallel to the city bus schedule. ADA card required and a day ahead notice necessary to access Para-Transit system.

**University of Alaska Southeast, Ketchikan**

225-6177 or 1-888-550-6177

Fax: 225-3624

2600 Seventh Ave.

Web site: [www.ketch.alaska.edu](http://www.ketch.alaska.edu)

The University of Alaska Ketchikan provides certificate, associate, bachelor and master degree programs in a variety of interests areas both locally and to students via state-of-the-art distance delivery. In addition, UAS Ketchikan provides technical training in welding, health care, maritime and other skilled professions at the UAS Ketchikan Technical Center. UAS Ketchikan is part of the statewide University of Alaska system.

**Women In Safe Homes (WISH)**

225-9474 or 1-800-478-9474

2002 First Ave.

Fax: 225-2472

e-mail: [wish@kpunet.net](mailto:wish@kpunet.net)

Web site: [www.wishorca.org](http://www.wishorca.org)

Provides services to victims of domestic violence, sexual assault, child abuse, and other violent crimes. Primarily a crisis shelter which houses 25 women and children in a shared home setting. Services for men also. 24-hour crisis line and individual and group support for adults and children. Free child care provided. Support and prevention services include:

**Advocacy:** Available 24 hours a day to provide personal support and/or emotional, legal, or medical advocacy.

**Children's Program:** Serves children of all ages in the shelter and in the community through advocacy, personal support, support groups, counseling, and outdoor activities. Groups include: art activities for all ages, support for victims of domestic violence, and support for elementary age victims of sexual assault. Summer and Winter schedules.

**Education Program:** Education and technical assistance to schools and other agencies providing information on domestic violence, sexual-assault, date rape, dating violence, child abuse, elder and vulnerable adult abuse, conflict resolution, personal safety, second step (alternatives to violence) and other violent crimes. To schedule a presentation or for more information call the office.

**VAWA Home Specialist:** WISH works in conjunction with KIC's VAWA home specialist to provide a continuum of services to Alaska Native women.

## Section II

### Services Based on Assessment, Diagnosis or Risk

#### Center for Community

1-800-478-6970 or 1-907-747-6960

Fax: 1-907-747-4868

700 Katlian, Suite B

Sitka, AK 99835

Contact: Connie Sipe

Providing in-home personal care, chore and respite services for people of all ages who are disabled, ill, or elderly. Care coordination and Choice Medicaid waiver services available. Contact Sitka office for Ketchikan services.

#### Community Connections

225-7825 or 1-800-478-7825

Fax: 225-1541

201 Deermount St.

Ketchikan, AK 99901

Office Hours M-F 8-5

Executive Director: Bess Clark

Individualized home and community services for families and individuals who experience a disability, or are at risk. Financial assistance is offer available to cover most costs. Programs include the following:

**Early Learning Program (ELP):** Provides family-centered, home-based services to promote the development of children from birth to three years of age. Services include developmental screening and assessment, occupational, physical, and speech therapy, specialized instruction, plus service coordination and other individualized services.

Contact Laurie Thomas.

**Children's Mental Health Program (CMH):** Comprehensive mental health services to children and families including comprehensive psychological assessments and individual, family and group therapy. Services can include intensive experiential skill building in group, individual, and family therapy. In addition to traditional mental health services, clinicians regularly provide consultation services to families and other agencies on various topics, and include parent education and early childhood mental health consultation. Referrals can be made by other social services agencies, the school district or by parents and families directly. Clinicians are available for questions about the program and services, informal consultation, and general questions pertaining to the field of children's mental health. Contact Quinn Lontz.

**Services for Children and Adults with Developmental Disabilities (DD):** Provides individualized assistance to families and individuals including: service coordination, family support, supported/assisted living,, specialized foster care, community living support, respite care, and personal care attendant services. Contact Maxwell Mercer. Short-term assistance also available for newly identified or under served persons and their families. Contact Maxwell Mercer.

**Older Alaskan and Adult Resource Services (OARS):** Provides individualized assistance including Care Coordination, Respite Care, Chore Services and Personal Care Services. Contact Lisa Noland.

**Vocational Resources:** Provides assistance to adults with any disability who are seeking employment. Community based services, which include vocational evaluation, job development, placement, follow-up, work adjustment training, on the job training, supported employment and job coaching.

**Disability Law Center**

1-907-586-1627 or 1-800-478-1234 (for initial intake)

Fax: 1-907-586-1066

230 South Franklin St, suite 206

Juneau, AK 99801

Web site: [www.dlcak.org](http://www.dlcak.org)

Contact: Jacob Kammermeyer

Representation and advocacy for individuals with disabilities, or parents, who have legal problems relating to their or their child's disability. Examples include Social Security appeals, housing complaints, Medicare and Medicaid denials, and AKA complaints. Fee for some services, contact office for information.

**Division of Senior and Disability Services(DSDS)**

1-907-465-3135 or 1-866-465-3165

P.O box 110680

Juneau, AK 99801

Web site: [www.hss.state.ak.us/dsds/dd/default.htm](http://www.hss.state.ak.us/dsds/dd/default.htm)

The state agency that determines eligibility and provides funding for an array of home and community based support services. Regional office serves SE Alaska from Yakutat south. In the Ketchikan area, Community Connections can be point of contact.

**Love Inc.**

247-5462

Contact: Lisa

Love Inc can assist with housecleaning, transportation, budgeting or almost anything else. Give them a call and find out what they can help with. Many other churches are involved with this program so if they can't help they might know someone else involved. Calling early can help to set up a time for assistance or transportation.

**Social Security Administration**

225-5200, or 1-800-478-5199

Fax: 225-8976

648 Mill St. Fifth floor (Federal Building)

Office hours: M-F 12-4

Contact: Katherine Potts

Processing of applications for social security numbers, benefits for retirement, auxiliary benefits, survivor's benefits and social security and SSI disability claims. Determines SSI eligibility for persons who are aged (65+), blind or disabled and who meet the income and resource criteria. Meeting all criteria guaranties a minimum income.

**Southeast Alaska Independent Living (SAIL)**

225-4735 or 1-888-452-7245

Fax: 225-4753

e-mail: [Ketchikan@sailinc.org](mailto:Ketchikan@sailinc.org)

602 Dock St. #107

Ketchikan, AK 99901

Provides monies for assistive technology and adaptive equipment to people with physical or developmental disabilities. Other services include information and referral, advocacy, benefits counseling, ADA consultation, and home accessibility assessment. Community Access and Recreation for Everyone (C.A.R.E.) program supports recreation for all.

**Tax Equity and Fiscal Responsibility Act (TEFRA) Option**

1-907-550-7600 or 1-888-578-2547

Fax: 1-907-562-5659

Web site: [www.qualishealth.org](http://www.qualishealth.org)

e-mail: [LYNDAB@qualishealth.org](mailto:LYNDAB@qualishealth.org)

741 Sesame St. suite 100

Anchorage, AK 99503-6632

TEFRA allows children to receive Medicaid for the care and treatment they require while living in their family's home. To qualify, a child must require an acute hospital level, or nursing facility level of care. Only the child's income is considered for Medicaid eligibility. Qualis Health, linked with the Division of Public Assistance, are the state agencies that process applications. Service coordinators at Community Connections can assist families through the application process.

## **Section III**

### **Services based on financial eligibility.**

#### **Alaska Housing Finance Corporation- Public Housing Division**

225-6030  
Fax: 225-1729  
130 Bryant St. suite 112 (Seaview Terrace Building) or P.O box. 5124  
Ketchikan AK, 99901  
Contact: Property Manager  
Provides conventional, low-income, housing and rental assistance.

#### **Alaska Legal Services**

225-6420 or toll free to Juneau office is 1-877-525-6420  
Fax: 225-6896  
306 Main St. suite 218, NBA Building  
Ketchikan AK, 99901  
Web site: [www.alsc-law.org](http://www.alsc-law.org)  
e-mail: [Ketchikan@alsc-law.org](mailto:Ketchikan@alsc-law.org)  
Hours M-F 8-12, 1-5  
Provides legal assistance to families, or individuals who have low income, in civil matters. By appointment.

#### **Day Care Assistance Program**

228-4917 or 1-800-505-6124  
344 Front St. (mailing address) or 2542 Fourth Ave  
Ketchikan, AK 99901  
Office hours: 8-5 M-F (best to call for appointment)  
Contact: Lynn Holderman  
Provides day care subsidy for single or married parents or guardians who are working going to high school, or training in a degree or certificate program. Assistance is on a sliding scale and is allocated on a priority basis. There can be a waiting list.

#### **Day Care, KIC**

228-4917 or 1-800-505-6124  
2960 Tongass (mailing address) or 615 Steadman (day care)  
Ketchikan, AK 99901  
Office hours: 8-12 1-5 M-F (best to call for appointment)  
Contact: Alice Ketah  
- Little Village Learning Center  
228-LVLC (5258)

### **Denali Kid Care**

1-888-318-8890 or 1-907-269-6529 (in Anchorage)

Web site: [www.hss.state.ak.us/dhcs/denalikidcare/default.htm](http://www.hss.state.ak.us/dhcs/denalikidcare/default.htm)

P.O. box 240047

Anchorage AK, 99524-0047

Contact: Ketchikan Public Health Center locally in Ketchikan 225-4350

Broad health coverage for children and youth through age 18, and for pregnant women who meet income and other eligibility guidelines. A Medicaid expansion sponsored by the State of Alaska that makes it possible for children and teens of working and non-working families and for pregnant women to have health insurance.

### **Division of Public Assistance**

225-2135

Fax: 247-2135

2030 Sea Level Dr. suite 301

Ketchikan, AK 99901

State wide web site: [www.hss.state.ak.us/dpa](http://www.hss.state.ak.us/dpa)

Office Hours: M-F 8-5

Various programs offer financial and health care assistance to qualified individuals and their families. Programs include the following.

**Medicaid:** Provides medical coverage for pregnant women, newborns, people under 21, and nursing home patients. People eligible for ATAP and APA (except Interim Assistance) will receive coverage.

**Alaska Temporary Assistance Program (ATAP):** Provides cash to children and their families when their lives are disrupted by death, continued absence, unemployment or incapacity of one or both parents. A family's income must be below limits set by State law, and the family's resources must not exceed \$2000.

**Food Stamps:** Program is designed to promote general health and welfare of Alaskan households by raising the level of nutrition.

**General Relief Assistance:** Provides aid for rent, utilities, and other expenses with proof of immediate need.

**Chronic and Acute Medical Care (CAMA):** Limited medical coverage for people not eligible for Medicaid or any other health care program. Covered services include inpatient hospitalization, nursing home care, and pregnancy related medical services.

**Heating Assistance:** Helps pay home heating bills to home owners and renters. Applications accepted November 1<sup>st</sup> through April 30<sup>th</sup> each year.

**Adult Public Assistance (APA):** Provides cash assistance to adults who are either physically or mentally disabled, blind, or at least 65 years of age. Individuals are required to apply for Supplemental Security Income (SSI, contact Social Security Administration 225-5200, or 1-800-478-5199).

**Glacier Park Apartments**

225-8627 (hearing impaired call 1-800-376-2840)  
660 Yorktown Dr., Apt. #11 (enter through laundry area for office)  
Ketchikan, AK 99901  
Contact: Marsha George

Subsidized housing, two and four bedroom units. One, one-bedroom accessible unit. Waiting list. Application required. Eligibility is based on income and family size.

**Head Start**

**Ketchikan:** 225-7499  
1001 Schoenbar Rd.  
Contact: Pam Gibson

**Saxman:** 225-8728  
PO box 6037  
Contact: Romain Thomas

Early childhood education, parent education, health and dental exams. Center-based preschool program for children 3-5 years of age. Screening and referral to other agencies as needed. Free. Transportation provided. In session for September through mid-May.

**2122 Apartments**

225-2039  
Fax: 247-2039  
1300 N. Yorktown Dr. Apt # M-1  
Contact: Lisa Krieger or Ron Whittam

Subsidized housing, one and two bedroom units. Waiting list. Application required. Rent is based on 30% of adjusted monthly income. Bottom floor of main building is wheelchair accessible.

**Weatherization Program**

1-877-325-2508  
Mimi Burbage 907-330-8300  
e-mail: [mburbage@ahfc.state.ak.us](mailto:mburbage@ahfc.state.ak.us)  
Web site: [www.eere.energy.gov/weatherization/cfm/index.cfm/state\\_abbr=ak](http://www.eere.energy.gov/weatherization/cfm/index.cfm/state_abbr=ak)  
PO box 101020  
Anchorage, AK 99510

Part of Alaska Community Development. Provides energy conservation improvements to owners and renters. No cost to qualified residents. Landlords may be asked to participate financially. Call or write for application. There may be a waiting period.

**Women, Infants and Children(WIC)**

247-3392  
Fax: 225-3392  
3054 Fifth Ave  
Contact: Laurie Williams or Janai Meyer

WIC is a supplemental nutrition program for pregnant, post-partum, and breastfeeding women and for infants and children up to age 5.

**KIC Housing Authority Program**

228-5233

2960 Tongass Ave

Ketchikan, AK 99901

Web site: [www.kictribe.org/Housing/Housing.htm](http://www.kictribe.org/Housing/Housing.htm)

Assists tribal family members and families in purchasing homes, and maintaining a safe home for their family

**Home Partnership Program:** Provides assistance to Tribal Members who are first time home buyers. Assistance with providing mortgage by-downs, down payments and closing costs.

**Emergency Rehabilitation Grant Program:** Assisting homeowners that are low income in purchasing or repairing a single item. Must be necessary for safety and must be an emergency i.e. Water heater.

**Transitional Housing:** Assists eligible families in the home buying process by providing shelter and utilities for limited time to restore credit and save money.

**Home Improvements:** Competitive grant to provide a safe, sound, sanitary home.

Other programs to inquire about:

**Elder Rehabilitation (65+).**

**College Student Housing**

## Medical, Dental, Vision, and Prenatal Care

### Ketchikan General Hospital

225-5171

Fax: 228-8322 (administration)

3100 Tongass Ave.

24 hour service

Web site: [www.peacehealth.org](http://www.peacehealth.org)

Provides a full range of medical services including emergency care, obstetrical care, therapy, home health, and rehabilitative services. In-patient care for seniors.

### Medical Clinics

#### *Family Practices:*

#### **Peacehealth:**

228-8140

Fax: 228-8440

212 Carlanna Lake Rd. suite 100

Ketchikan, AK 99901

#### Medical Doctors:

Peter Rice, MD

Madaline Borhani, MD

Diane Liljegren, MD

Andy Pankow, MD

Michael Samaan, MD

#### **KIC Tribal Health Clinic:**

225-0302

Fax: 247-4808

Web site: [KICtrbe.org](http://KICtrbe.org)

2960 Tongass Ave.

Ketchikan, AK 99901

#### Medical Doctors

Jennifer Bell, MD

Vicky Malurkar-Anthes, MD

#### *Pediatric:*

#### **Callisto Pediatric Clinic:**

225-4463

Fax: 228-8321

212 Carlanna Lake Rd. Ste. 203

#### Medical Doctors:

Norman Herron, MD

Elisa Rosier, MD

David Johnson, MD

***Internal Medicine:***

**William Anthes, MD**

225-9830  
3528 Tongass

**Peacehealth:**

228-8140  
Fax: 228-8440  
212 Carlanna Lake Rd. suite 100  
Ketchikan, AK 99901

Medical Doctors:

Peter Rice, MD  
Madaline Borhani, MD  
Herb Higgins, MD  
Diane Liljegren, MD  
Andy Pankow, MD

**KIC Tribal Health Clinic:**

228-4900  
Fax: 247-4808  
Web site: KICtrbe.org  
2960 Tongass Ave.  
Ketchikan, AK 99901

Medical Doctors

Jennifer Bell, MD  
Vicky Malurkar-Anthes, MD

***Surgery:***

**Southeast Surgical Center**

225-7346  
Fax: 228-8325  
212 Carlanna Lake Rd. #204

Medical Doctors

H.E. Guy Burman, MD, FACS  
Eric L. Garcia-Llorens, MD

***Obstetrics and Gynecology:***

**Donna Smith, MD**

225-6688  
3524 Tongass Ave

***Orthopedic Medicine***

**SE Orthopedic and Sports Medicine**

225-2811  
212 Carlanna, #202

Medical Doctors

Bruce Schwartz, MD  
John Schwartz, MD  
Alan Wolf, MD

***Emergency Medicine***

**Ketchikan General Hospital**

225-5171  
3100 Tongass Ave

Medical Doctors

Sarah Archer, MD OB/GYN  
Mark Raine, MD

Loulie Molloy, MD  
Robert Ford, MD  
Molly Hutsinpiller, MD  
Scott Kirchner, MD  
Ernest Meloche, MD  
Karl Richey, MD

***Psychiatry***

**Ronald Weisner, MD**  
228-7660  
Fax: 228-8336  
e-mail [rweisner@peacehealth.org](mailto:rweisner@peacehealth.org)  
3100 Tongass Ave, 3<sup>rd</sup> floor

***Ear, Nose and Throat Specialists***

**Peter Heraper, MD**  
247-6730  
P.O box 7996

***Midwifery, Prenatal and Well Woman Care***

**Ketchikan OB/GYN Clinic**  
225-6688  
3100 Tongass Ave (hospital)  
Medical Doctors  
Marta Poore, CNM  
Katrina Leiben, CNM  
Sarah Archer, MD OB/GYN

**A Woman's Place, INC**  
225-1231  
Fax: 247-1231  
355 Carlanna Lake Rd.  
e-mail: [awomansplace1@yahoo.com](mailto:awomansplace1@yahoo.com)  
Medical Doctors  
Eileen Small, CNM

***Dentistry***

**George Shaffer, DMD**  
225-9439  
306 Main St, suite 202  
(Wells Fargo Building)

**Arne Pihl, DMD**  
225-7445  
1621 Tongass Ave, #301  
(Westflight building)

**David Albertson, DDS**  
225-9631  
130 Carlanna Lake Rd.  
(Westflight Building)

**Thomas Nordvedt, DDS**  
225-8228  
1621 Tongass Ave. #103

**KIC Tribal Health Dental Clinic**

228-4915  
Fax: 247-4814  
Web site: [www.kictribe.org](http://www.kictribe.org)  
2960 Tongass Ave  
Elmer Guerrero, DDS  
John Fahey, DMD

**Ketchikan Dental Care**

130 Carlanna Lake Rd.  
James McConnell, BS, DMD

***Orthodontics***

**Charles Reed, DDS**

225-7333  
2851 Tongass Ave

**Larry Foster D, DDS**

907-789-9683  
130 Carlanna Lake Rd.

***Audiology***

**Northland Audiology Clinic**

Eric Brizzee  
320 Bawden St., suite 304 (Mary Francis)  
2479300, toll free Juneau: 1-800-841-0243

***Vision Clinics***

**Ketchikan Eye Care Center**

225-2020  
351 Carlanna Lake Rd.  
Erik Christianson, OD  
Rick Swearingen, OD

***Eye Surgeons and Physicians***

**Tongass Regional Eye Clinic**

1-800-478-3700 or 907-586-2700  
3137 Tongass Ave.  
Call for appointments which are held one week per month.  
Gordon R. Preece, MD  
Robert A. Breffelh, MD

***Prenatal Care, Classes and Support***

**Prenatal Medical Care**

Ketchikan OB/GYN Clinic, (225-6688)  
Peace Health, (228-8140)  
Prenatal Home visits, Ketchikan Public Health Center, (225-4350)

**Prenatal Classes, Information and Support**

Ketchikan Public Health Center, (225-4350)  
Prepared Childbirth classes, UAS Ketchikan campus (225-6177)  
Childbirth Orientation and Basic Breastfeeding class at Ketchikan General Hospital (225-5171)  
Lactation consultation, breast pump rentals, contact Lori Ortiz (225-7309)

**Nutrition**

Women, Infants and Children (WIC), Public Health Center (225-3392 or 225-4350)

**Physical Therapy/ Occupational Therapy/ Speech and Language Providers in Ketchikan**

**Hansen Occupational Therapy**

Loreyn Hansen  
7077 S. Tongass  
225-4933

**Kelly Chick, Physical Therapy**

1438 Millar  
247-7355

**Ketchikan Pediatric Occupational Therapy**

Jillian Malouf  
5193 Borch St.  
225-7808

**Pamela Christianson M.S CCC-Speech and Language Pathologist**

362 Edmond St.  
225-1259

**Patty Elliott OTRL (Occupational Therapist)**

76 Raspberry Ln.  
225-1929

## Videos available from the Ketchikan Public Library on Child Development and Parenting

**Baby Systems, The; Pregnancy and Birth** (103 minutes), Lifestart Multimedia Corp, c1997. Tools for making informed plans in preparing for and progressing through pregnancy and birth, as well as life after the baby arrives.

**Baby System, The; Baby and You** (87 minutes), Lifestart Multimedia Corp, c1997. Educational information for new moms and dads with vital tips on caring for the baby, the well being of the new mother and building family bonds.

**Baby System, The; First Year** (82 minutes), Lifestart Multimedia Corp, c1997. Information about child development and basic medical needs for infants.

**Baby System, Planning Your Pregnancy** (83 minutes), Lifestart Multimedia Corp, c1997. Provides tools for making informed plans in deciding whether or when to have a baby and the lifestyle changes that will and will not occur. It also covers detection of pregnancy and what should be expected during pregnancy .

**Breastfeeding Your Baby, a Mother's guide** (64 minutes) Medela, In cooperation with La Leche League, c 1987.

**Child Development, the First Two Years** (47 minutes) Special Interest Productions, c1990. A comprehensive guide to enhancing you child's physical and mental development.

**Fourteen Steps to Better Breastfeeding** (16 minutes) Injoy Productions, c2000. Essential information.

**How to Talk with Your Kids About Sex, Love, and Responsibility** c1993. Authoritative advice developed by health educators experience in the field of sexual education.

**The Potty Movie for Boys** (30 minutes) Barron's, c2007. Henry needs to have his diaper changed before he can go out and play. But Mom and Dad have just brought home a big package, and he's anxious to see what's inside. Is it a rocking chair? Or maybe a bed for Teddy Bear? No, it's a potty! It's time for Henry to graduate from his diapers and learn how to use the potty.

**The Potty Movie for Girls** (30 minutes) Barron's, c2007. Hannah needs to have her diaper changed before she can go out and play. But Mom and Dad have just brought home a big package, and she's anxious to see what's inside. Is it a rocking chair? Or maybe a bed Teddy? Not, it's a potty! It's time for Hannah to graduate from her diapers and learn how to use the potty.

**Lets Talk Babies** (35 minutes) with Shelly Lentz, c1994. How to make caring for your baby the happiest time of you life.

**Love and Logic Solutions** (120 minutes) Cline/Fay Institute, c1993. On-the-mark, unbeatable answers to parents' most-asked questions about raising kids.

**ABC's of Newborn Baby Care** (48 minutes) Baby Nurse Films, c2004. Professional baby nurse Michele Kemlar describes how to care for a healthy newborn.

**Once Upon Potty (for him or her)** (30 minutes) Frappe Productions, c1990.  
**Parenting for today-who's in charge?** (70 minutes) Dr. Lee Hausner, c1995. Simple, effective techniques you can use to maintain discipline with your children.

**Still Shiny** (50 minutes) Injoy Videos. The newborn's first 28 days.

# Telephone List of Resources

## Health

Callisto Pediatric Clinic	221-4463
Denali Kid Care	1-888-318-8890
Gateway Center for Human Services	225-4135
Ketchikan Public Health Center	225-4350
Ketchikan General Hospital	225-5171
KIC Tribal Health Clinic	225-0302
Peace Health	228-8140
Tax Equity and Fiscal Responsibility Act (TEFRA) Option	550-7600

## Education

Early Learning Program	225-5396
Ketchikan Head Start/Parents as Teachers	225-7499
Ketchikan Public Library	225-3331
Ketchikan School District	225-2118
Saxman Head Start	225-8728
University of Alaska, Southeast	225-6177
ORCA Parenting Program	225-6722

## Housing

Alaska State Housing Authority	225-6030
Glacier Park Apartments	225-8627
KIC Housing Authority Program	228-5233
Park Avenue Temporary Housing	225-4194
2122 Apartments	225-2039

## Child Care

Day Care Assistance, KIC Daycare	228-4917
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## Employment

Ketchikan Job Service Employment Center	225-3181
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## Food/Nutrition

Salvation Army Soup Kitchen	225-5277
Women, Infants and Children(WIC)	247-3392

## Transportation

Ketchikan Borough Transit System	225-8726
Laidlaw Contractors (school busses)	225-3806
Para-Transit System	225-6575

## Support Services

Alaska Legal Services	225-6420
Alcoholics Anonymous	225-5154
Child Support Services Division	465-5887
Center for Community	1-800-428-6970
Community Connections	225-7825
Disability Law Center	586-1627
Office of Children's Services	225-6611
Division of Mental Health and Developmental Disabilities	465-3135
Division of Senior and Disability Services (DSDS)	465-3135
Ketchikan Car Seat Program	225-9616
Ketchikan Hospice	225-8941
Ketchikan Indian Corporation (KIC)	225-5158
KIC Social Services	225-4917
Love Inc.	225-5462
Rendezvous Senior Day Services	247-1961
Senior Services	225-6575
Southeast Alaska Independent Living	225-4735
Women In Safe Homes	225-9474
Saxman Social Services	225-2581

## Other Services

Division of Public Assistance	225-2135
Ketchikan Area Arts and Humanities Council	225-2211
Ketchikan Resource Center	247-5767
Parks and Recreation Department	225-9579
Social Security Administration	225-5200

