



Juneau

# Family Pages

Resource Directory for families with children ages birth to eight

## Mental Health Services

### **Bartlett Mental Health Outpatient Psychiatric Services..... 907-796-8498**

3240 Hospital Drive | <https://www.bartletthospital.org/services/psychiatric-services/>

Psychiatric assessment, consultation, therapy, and medication management for families and young children.

### **Denali Kid Care.....907-465-3537, 1-800-478-3537**

Juneau District Office: 10002 Glacier Hwy., Suite 200

[dhss.alaska.gov/dhcs/Pages/denalikidcare](https://dhss.alaska.gov/dhcs/Pages/denalikidcare)

Basic insurance for children and pregnant women, covering a wide range of medical and dental services to income eligible families.

### **JAMHI Salmon Creek Clinic.....(907) 463-3303**

3406 A Glacier Highway, M-F, 7:30-4:30

[jamhihealthandwellness.org](http://jamhihealthandwellness.org)

We provide whole-person evidence-based addiction and mental health treatment services to adult clients ages 18+ including individual psychotherapy, cognitive behavioral therapy, medication management, EMDR therapy, case management, wellness, community housing and support services, peer support, prisoner reentry, and weekly group activities and classes. In order to determine which services would be most beneficial for you to live your own best life, we need a snapshot of who you are. The whole assessment process can take several hours so please plan to come on a day when you can be available for that length of time. Walk-ins begin at 7:30 Monday through Thursday on a first come, first served basis. JAMHI bills all insurance types and services are provided on a sliding fee scale based on ability to pay.

### **JAMHI Family.....(907) 463-6877**

2075 Jordan Creek Ave, Juneau AK

Mon/Tues/Thurs/Fri 8:00-7:30, Wed 11:00-7:30

[jamhihealthandwellness.org](http://jamhihealthandwellness.org)

We offer a continuum of behavioral health services dedicated to serving the needs of children, adolescents, and families.

JAMHI Family has a dedicated staff of trained professionals who are compassionate and committed to supporting children and families throughout Juneau and outlying communities. All services are strengths-based and client-centered, supporting individuals and families as they create healthy changes and work towards living their own best lives. At this time, services at JAMHI Family include: Comprehensive integrated behavioral health assessments, psychiatric services with medication management, limited psychological testing, counseling, skill development, treatment planning/coordination, and case management services for children, adolescents, and families with social, emotional, and behavioral issues.

Prospective clients can fill out the JAMHI Family Referral Form on our website, call the number listed above, or stop by our Family location for more information. JAMHI bills all insurance types and services are provided on a sliding fee scale based on ability to pay.

### **JAMHI Midtown Clinic.....(907) 463-3303**

3406 A Glacier Highway, M-F 7:30-4:30

We offer services to anyone of all ages in our community who need healthcare including primary medical care, pediatric care, diagnostic laboratory and radiology, immunizations, screenings, coverage for emergencies, voluntary family

planning, and pharmaceutical services.

Prospective clients can stop by to set up an appointment or call the number listed above. JAMHI bills all insurance types and services are provided on a sliding fee scale based on ability to pay.

### **Juneau Mental Health..... [www.juneaumentalhealth.org](http://www.juneaumentalhealth.org)**

This user friendly site is full of mental health resources, such as the Juneau Mental Health Directory which provides a comprehensive list of all the mental health agencies, psychiatrists, psychologists and mental health therapists in Juneau, with a clear explanation of what services and populations they serve. There are also links to tools and resources such as an online survey for signs of depression, and what to do if you know someone that is suicidal.

### **Juneau Public Health Center.....907-465-3353**

3412 Glacier Highway (by Twin Lakes)

Services include immunizations, tuberculosis and sexually transmitted infections treatment, home visits for high risk families, pregnancy testing and referral, and family planning services. Call for information on well-women appointments. They do not bill insurance, working on a sliding fee scale. Medicaid also accepted. By appointment only.

### **Juneau Suicide Prevention Coalition.....907-463-4251**

[www.juneausuicideprevention.org](http://www.juneausuicideprevention.org)

The Juneau Suicide Prevention Coalition (JSPC) provides education, trainings, and publications about suicide and suicide prevention. If a suicide occurs in Juneau, the JSPC meets to offer resources to those most impacted by the loss. If you have any questions or are interested in scheduling a training for your work, friends, or family, please sign up through the website.

### **Juneau Teen Health Center**

[www.juneauteenhealthcenter.weebly.com](http://www.juneauteenhealthcenter.weebly.com)

JDHS: 907-523-1634, Room 124

Yaakoosge-Daakahidi: 907-523-1823, Marie Drake Room 206

TMHS: 907-780-1973, Yellow Wing, Room E214B

Working to promote the health and well being of teenagers in the Juneau community. Everything is confidential. Referrals and follow-up for health problems are also available.

### **SEARHC Help Line .....1-877-294-0074**

Are you feeling lost, sad, lonely, confused or need advice from a non-biased or judgment-free source? Do you need help with someone in your life for prevention or crisis resources? The SEARHC Helpline is available 24 hours a day, seven days a week to residents of Southeast Alaska. The crisis call center is staffed with a team of master's and bachelor's degree level mental health therapists who will listen and provide effective, compassionate and confidential care.

### **Southeast Regional Health Consortium (SEARHC).....**

**907-463-6608**

1200 Salmon Creek Lane | [www.searhc.org](http://www.searhc.org)

Offers outpatient services for all people, including family medicine, pediatrics, prenatal care, vision, radiology, pharmacy, dental, pediatric dental, physical therapy, behavioral health, and wellness programs.

*Continued...*



Juneau

# Family Pages

Resource Directory for families with children ages birth to eight

## **Tlingit & Haida Community & Behavioral Services .....907-463-7305**

400 W. Willoughby Ave. | [www.cbs.ccthita-nsn.gov](http://www.cbs.ccthita-nsn.gov)

Tlingit & Haida's Community & Behavioral Services Healing Center offers tribal members mental health services, addiction treatment, and unique groups and parenting classes to support you and/or your families healing journey. Joining a group provides a safe space to be with peers who share a common purpose and to help each other through challenges.

## **NAMI..... 907-463-4251**

[www.namijuneau.org](http://www.namijuneau.org)

National Alliance on Mental Illness (NAMI) Juneau offers free, peer led support groups for people living with mental health conditions and their families. You can reach out to them at 907-463-4251 or [namijuneau@gmail.com](mailto:namijuneau@gmail.com) to get support finding local mental health resources for yourself and/or your family member.

**The Family Pages** is a guide to the many resources available to families in Juneau to help support their children's health, growth, and development. This guide is a Juneau Partnership for Families and Children project, a coalition of local and state agencies that work collaboratively to promote shared, broad-based communication and support for families with young children.

Partner Agencies: SEAAEYC, Alaska Association of School Boards, Bartlett Beginnings, Hello BABY, JAMHI Family, Juneau Family Birth Center, Juneau Public Health, Juneau Public Libraries, Juneau School District, Office of Children's Services, REACH, Inc., SAIL, Sealaska Heritage Institute Baby Raven Reads, Tlingit & Haida Head Start, United Way of Southeast Alaska

This guide was produced and updated by SEAAEYC, 3200 Hospital Drive, Suite 204, Juneau, AK 99801 | 907-789-1235. Please contact the Partnerships Coordinator with any corrections or additions, [info@aeYC-sea.org](mailto:info@aeYC-sea.org). A copy of this information along with other helpful family resources are available at [www.aeYC-sea.org](http://www.aeYC-sea.org). V.0725



Juneau

**Partnerships**

for Families & Children

# Beyond Baby Blues

Many women experience mild mood changes during pregnancy or after having a child, but 15-20% of women experience a Perinatal Mood Disorder (PMD), which entails much more significant feelings of anxiety or depression.

Only a trained healthcare or mental health professional can tell you whether you have Perinatal Mood Disorder (PMD). However, the following checklist can help you know whether you have some of the common symptoms. Mark the box if the statement sounds familiar to you.

## During the past week or two:

- ☐ I have been unable to laugh and see the funny side of things.
- ☐ I have not looked forward to things I usually enjoy.
- ☐ I have blamed myself unnecessarily when things went wrong.
- ☐ I have been anxious or worried for no apparent reason.
- ☐ I have felt scared or panicky for no apparent reason.
- ☐ Things have been getting the best of me.
- ☐ I have been so unhappy that I have had difficulty sleeping.
- ☐ I have felt sad or miserable.
- ☐ I have been so unhappy that I have been crying.
- ☐ The thought of harming myself, my baby, or others has occurred to me.

## Did you check more than one box?

If so, we encourage you to visit with a trained healthcare or mental health professional who can help determine if you are suffering from a PMD and advise a course of action.

# Stress Checklist

## How do I know if my child is experiencing stress?

Like adults, children can experience stress and anxiety. Your answers to the following questions will help your health care provider connect you with support and resources for your family, if needed.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Is safe, stable housing a concern for your family?
<input type="checkbox"/>	<input type="checkbox"/>	2. Does money cause stress in your home?
<input type="checkbox"/>	<input type="checkbox"/>	3. Have you or anyone close to your child expressed concerns about your child's development, learning or behavior?
<input type="checkbox"/>	<input type="checkbox"/>	4. Has there been recent serious illness or a death in the family?
<input type="checkbox"/>	<input type="checkbox"/>	5. Have you or your child ever been exposed to violence?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is there a parent in prison?
<input type="checkbox"/>	<input type="checkbox"/>	7. Has there been misuse of alcohol or drugs in the family?
<input type="checkbox"/>	<input type="checkbox"/>	8. Have there been recent changes in the child's living situation? (absent parent, multiple caregivers, foster home placement, separation, moving)
<input type="checkbox"/>	<input type="checkbox"/>	9. Are you a single parent?
<input type="checkbox"/>	<input type="checkbox"/>	10. Has there been depression or other mental health concerns in the family?

These questions are similar to those asked in the Adverse Childhood Experiences (ACEs) study. For more information on ACEs, please see the Crisis Contacts & Resiliency Resource Sheet.

If your family or child is feeling stressed, contact your family medical provider about solutions, or take contact one of the resources on this sheet.

**The Family Pages** is a guide to the many resources available to families in Juneau to help support their children's health, growth, and development. This guide is a Juneau Partnership for Families and Children project, a coalition of local and state agencies that work collaboratively to promote shared, broad-based communication and support for families with young children.

Partner Agencies: SEAAEYC, Alaska Association of School Boards, Bartlett Beginnings, Hello BABY, JAMHI Family, Juneau Family Birth Center, Juneau Public Health, Juneau Public Libraries, Juneau School District, Office of Children's Services, REACH, Inc., SAIL, Sealaska Heritage Institute Baby Raven Reads, Tlingit & Haida Head Start, United Way of Southeast Alaska

This guide was produced and updated by SEAAEYC, 3200 Hospital Drive, Suite 204, Juneau, AK 99801 | 907-789-1235. Please contact the Partnerships Coordinator with any corrections or additions, [info@aeyc-sea.org](mailto:info@aeyc-sea.org). A copy of this information along with other helpful family resources are available at [www.aeyc-sea.org](http://www.aeyc-sea.org). V.0725

