

Ketchikan Resource Guide

(Solutions for success in our community)



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Alaska Adult Protective Services

3601 C Street #310

Anchorage, Alaska 99503-5984

Phone: **800-478-9996 Or 907-269-3666**

Fax: 907-269-3648

Website: www.hss.state.ak.us/dsds

Hours: M-F, 8am - 4pm

Services Provided:

- Information and referral
 - Investigation of Reports
 - Protective placement
 - Guardianship or Conservatorship
- Counseling
- Linking clients to community resources

Clients Served:

Disabled, elderly, youth, low-income, 18+yrs.

Alaska Job Service/Dept. of Labor

2030 Sea Level Drive #220

Ketchikan, AK 99901

Contact: Pam Chatham, Mgr.

Phone: **228-3181**

Fax: 247-0557

Website: www.jobs.alaska.gov

Hours: M-F, 8am - 5pm

Services Provided:

• Career Support & Training Services

Contact: Barb Brown -**228-3244**

- Training & Support for employment

• Alaska Career Information System

Contact: **228-3244**

Resource Room Services:

- Job search assistance
- Typing, 10 -key, alphanumeric data entry
- Typing tutorials
- ALEXsys registration & assistance
- Phone, fax, copier, computer printer & assistive technology
- On-line job application assistance
- Hard copy resources

AK Legal Services

2417 Tongass STE #202B

Ketchikan, AK 99901

Phone: **225-6420**

Fax: 225-6896

Email: ketchikan@alsc-law.org

Website: www.alsc-law.org

Hours: M-F, 8am - 4pm

Services Provided:

- Family safety project (victims of domestic violence)
- Senior law project (seniors over 60 assistance with social security, disability, public assistance, housing, wills, living wills, miller trusts)
- Family law
- Landlord/Tenant issues
- Native allocatemen program

Clients:

Legal services to low-income individual and any senior over 60

Civil cases only

Alaska Public Assistance

2030 Sea Level Drive #301

Ketchikan, AK 99901

Phone: **225-2135**

Fax: 247-2135

Website: www.hss.state.alaska.us

Hours: M-F, 8am - 5pm

Services Provided:

- Temporary financial services
- Food stamps
- WIC - formula, food for infants

Clients:

General public

Alaska Public Housing

130 Bryant Street
Ketchikan, AK 99901

Phone: **225-6030**

Fax: 225-1729

Hours: M-F, 8am - 5pm

Services Provided:

- Low-income housing

Clients:

Low income families, elderly or disabled

Center for Community

2417 Tongass Avenue
Ketchikan, AK 99901

Phone: **254-3207**

Fax: 225-7262

Hours: M-F, 8am - 12pm, 1pm - 5pm

Clients:

All clients must be referred by Department of Labor or Public Assistance

Community Connections

721 Stedman Street
Ketchikan, AK 99901

Phone: **225-7825**

Fax: 225-1541

Website: www.comconnections.org

Hours: M-F, 8am - 4pm

Services Provided:

Elderly & disabled services:

- Information and referral
 - Comprehensive assessment and coordination of needed services in the home
 - Respite Services/Caregiver
 - Relief; chore services/housekeeping assistance, consumer-directed personal care services, transportation
- Children's mental health programs:

- Therapy assessment & counseling - therapeutic groups, parenting classes

Clients Served:

Disabled, children up to 18 & families with developmental delays

- Veterans Services

Consumer Direct Care Network

2441 First Avenue St#A

Ketchikan, AK 99901

Phone: **220-9461**

Fax: 907-220-9465

Email: stefanis@consumerdirectcare.com

Services Provided:

- Information & referral
- Comprehensive assessment
- Respite Services/Caregiver and Personal care services
- Habilitative Waiver Services: In-home supports, supported living

Clients:

Adults & Children with physical disabilities, Alzheimer's disease and related disorders & frail elderly

Cornerstone Home Care

1521 Tongass Avenue, STE#304

Ketchikan, AK 99901

Phone: **220-0897**

Fax: 220-0628

Email:

Hours: Mon-Fri 9am to 1pm

Services Provided:

- CDPCA, chore, respite, care coordination, in-home supports, supported living, day habilitation
- Eligibility - AK Medicaid + Senior and Disability services program requirements (hands on assistance with ADL's & Nursing facility level of care for all Waiver services).

Clients served: All ages

First City Homeless Services

400 Main Street
 Ketchikan, AK 99901
 Phone: **225-0888**

Services Provided:

M-S, 8am - 4pm
 Sunday, 8am - 2pm
 Day Shelter

- Self serve breakfast daily
- Brown bag Lunch - Saturday, 11-1pm
- Showers, computers, media, referrals

Overnight Warming Shelter:

October 1st - March 31st
 8:00pm - 6:00am

- Night shelter

Clients: Homeless individuals and families

Gateway Center for Human Services (Akeela)

3050 Fifth Avenue
 Ketchikan, AK 99901
 Phone: **225-4135**

Fax: 247-4135

Email: info@akeela.org

Website: www.akeela.us/ketchikan

Hours: M-F, 8am - 5pm

Services Provided:

- ER & outpatient substance abuse, mental health, child/youth, child telepsychiatry, crisis/respite, psychiatric/psychological counseling
- Support groups - see support group listings

Clients: General Public

Gateway Center for Human Services (Community Service Program)

3050 Fifth Avenue
 Ketchikan, AK 99901
 Phone: **225-4135**

Fax: 247-5460

Email: info@akeela.org

Website: www.akeela.us/ketchikan

Hours: M-F, 10am - 3pm

Services Provided:

- Treatment for cases of chronic mental illnesses such as; schizophrenia, schizo-affective & bipolar disorders
- Case management for outpatients
- Rehabilitation nursing
- Medication management

Clients: Anyone who meets the criteria

Hansen's Home Care & Specialty Services

9737 Mud Bay Road #102
 Ketchikan, AK 99901

Phone: **225-6445**

Fax: 247-6445

Email: hansenshomecare@gci.net

Hours: M-F, 9am - 5pm

Services Provided:

- Specialized equipment, oxygen, hospital beds, and wheelchairs, rehabilitation supplies

**Home Health & Volunteer Hospice -
PeaceHealth Ktn Medical**

3100 Tongass Avenue

Ketchikan, AK 99901

Phone: **228-7600**

Fax: 247-9814

Email:

Hours: M-F, 8am - 4:30pm

Services Provided:

- Home Health: Intermittent “skilled” care in home for those who are homebound, but do not need 24-hour professional care
 - Services: Nursing, Physical Therapy, Occupational Therapy, speech therapy, Social Work, and Home Health
 - Aides work with patients and families to manage acute, chronic and terminal conditions safely at home
 - Volunteer Hospice: Respite and companion services provided by trained volunteers for terminally ill patients and families
 - Lifeline - Home safety device installation
- Clients Served:* General Public

Ktn Boys & Girls Club

1200 Water Street - First Lutheran Church
Ketchikan, AK 99901

Phone: **247-2582**

Fax: 247-2583

Hours: Summer - M-TH, 1-6pm, School year - M-F, 2:30-6pm

Services Provided:

Meeting at First Lutheran Church, 1200 Tongass Avenue

- After school program, positive role models, sports & recreation, leadership building, drug & alcohol prevention

Clients Served: Youth ages 7-18

Ketchikan Indian Community

2960 Tongass Avenue

Ketchikan, AK 99901

Phone: **228-4900**

Fax: 228-4920

Website: www.kictribe.org

Hours: M-F, 8am - 5pm

Social services:

- Housing & housing referral services
 - Counseling, crisis intervention, information & referrals to other service providers, substance abuse counseling, case planning
 - Energy assistance case management, medical transportation
 - Medical/Dental clinic
- Youth services:
- Youth alcohol & drug information school program
 - Family & individual counseling & treatment programs
 - Youth psychiatric program
 - Prevention and education for families
 - Indian child welfare act family case management
 - Positive indian parenting class
 - Youth tribal addictions program

Clients: General public

Ketchikan Indian Community

Elders Services

615 Stedman Street

Ketchikan, AK 99901

Phone: **247-7433 (RIDE)**

Fax: 1-800-865-6310

Hours: M-F, 8am - 4:30pm

All services require pre-registration

Meals Services Provided:

- Hot in house meals at 615 Stedman street (55+)
- Home delivered meals to eligible Alaska Native and American Indian Elders (60+

Caregiving Services Provided:

- Provide caregiving services to eligible Alaska Native and American Indian Elders (55+)

Transportation Services Provided:

- Provide transportation on the roadway of Ketchikan Gateway Borough to any adults 60 and older & adults with proof of disability

Ketchikan Job Center - AK Dept. of Voc. Rehab

2030 SeaLevel Drive #220-A

Ketchikan, AK 99901

Phone: **228-3245**, 800-478-5387

Fax: 225-3394

Website: www.jobs.alaska.gov

Hours: M-F, 8am - 4pm

Services Provided:

- Information and referral.
- Resume skills & Job Searches

Clients Served:

All people ages 18+, 16+ with disabilities

Ketchikan Public Health Center

3054 Fifth Avenue

Ketchikan, AK 99901

Phone: **225-4350**

Fax: 247-0978

Hours: M-F, 8am - 5pm

Services Provided: By Appointment

- Child health screening
- Blood pressure screening
- Reproductive health
- Communicable disease & immunizations
- Home visits & Health Education
- HIV/AIDS pre/post counseling
- STD testing & treatment
- Emergency Preparation

Clients:

General Public

Ketchikan Public Library - Outreach

1110 Copper Ridge Road

Ketchikan, AK 99901

Phone: **225-3331**

Website: www.firstcitylibraries.org

Hours: W-F, 8am - 4pm

Services Provided:

- Outreach to clients who are unable to go to the library
- Home delivery of books, talking books, tapes and music

Clients Served:

General Public

Housebound & Elderly

Ketchikan Senior Services Center

2401 Eagle Avenue #2

Ketchikan, AK 99901

Phone: **225-6575**

Phone: **225-6578**

Fax: 247-6575

Hours: M-F, 8am - 4:30pm

Services Provided:

- Hot nutritious meals and a chance for socialization
- Mon-Fri, 8am to 4:30pm
- Home delivered meals to eligible seniors
 - Activities: everything from dancing, cards, crafts, art, exercises, bingo, foot care clinics, and health checks
 - Provide senior transportation and ADA transportation from Roosevelt Drive south to Clover Pass north.

Clients Served: Seniors 60+ & the disabled with a ADA card

Ketchikan Youth Initiatives

724 Bayview Street

Ketchikan, AK 99901

Phone: **907-617-5990**

Email: kyibobbie@gmail.com

Website: www.kyiyouth.org

Hours: varies

Services Provided:

- Mentoring youth and young adults
- Creation & delivery of youth directed programs

- Adult mentored programs

- Events & activities

Clients Served:

Youth & young adults

Lions Club

P.O. Box 8333

Ketchikan, AK 99901

Phone: **228-6049**

Hours: W-F, 8am - 4pm

Services Provided:

- Eye exams
- Eye care
- Glasses for those with no insurance coverage

Clients Served:

People low-income or without any insurance

Love In Action

P.O. Box 6371

Ketchikan, AK 99901

Phone: **247-5462**

Fax: 247-5463

Website: www.liaktn.org

Hours: Monday, 11-2pm, Tuesday, 9-12pm, Wednesday, 1-4pm

Services Provided:

- Groceries, household items, linen, toiletries, used furniture (when available), diapers, kitchen items
- Simple repairs such as; plumbing, electrical, painting, carpentry
- Housecleaning, shopping assistance, transportation, prepare and deliver hot meals, respite care,
- Financial assistance as available for; utilities, rent, bus passes, prescriptions, special requests

Clients:

Individuals and families in need.

Park Avenue Temporary Home (PATH)

628 Park Avenue

Ketchikan, AK 99901

Phone: **225-4194**

Hours: 5pm - 8:30am

Services Provided:

- Shelter for individuals and families
- Laundry, kitchen, shower facilities

Clients:

General Public, first come, first served

**PeaceHealth Ktn Medical Center
Social Services**

3100 Tongass Avenue
Ketchikan, AK 99901

Inpatient Services:

Phone: **225-5171 ext #7952 & 7953**

Fax: 228-8334

Hours: M-F, 8am - 4:30pm

Services Provided:

- Discharge planning, resource coordination, and community referrals

Outpatient Services:

Phone: **228-8106**

Fax: 228-8505

Email: candrews@peacehealth.org

Services Provided:

- Coordination of care, counseling and support, community referrals.

Clients Served: Clinic Patients

Residential Youth Care

2514 First Avenue
Ketchikan, AK 99901

Phone: **225-4664**

Fax: 247-4664

Hours: 24/7

Services Provided:

- Long-term residential program for youth ages 10-19, 6-12months
- Emergency shelter for ages 10-19

lasting 15-30 days

Clients: Youth 10-19

Rendezvous Senior Day Services

2441 First Avenue
Ketchikan, AK 99901

Phone: **247-1961**

Fax: 247-1963

Email: rendezvous@kpunet.net

Website: www.rendezvouservice.org

Hours: M-F, 8am - 4pm

Services Provided:

- Adult day services, including social and related health services in a safe environment
- Nutritious meals/snacks, group and individual activities, transportation to and from the center
- Housing: 8 individual furnished rooms with common kitchen and bathrooms, all ages
- Medical equipment closet

Clients Served:

Seniors and adults with Disabilities

Salvation Army, Gateway Corp

329 Stedman Street
Ketchikan, AK 99901

Phone: **225-5277**

Hours: M-W-F, 10am - 2pm

Services Provided:

- Soup Kitchen meals, M-F, 12:30pm
- Clothing, furniture vouchers & food boxes available M,W,F 10-12
- Commodities (TFAP) available the 3rd Saturday from 10am-1pm @ 301 Wolf Street, Saxman

Clients:

Low-income individuals and families

Saxman Tribal Family Youth Services

2706 STG Hwy.

Ketchikan, AK 99901

Phone: **225-2518**

Fax: 247-2504

Email:

Website: www.ccthita.org

Hours: M-Th, 8am-12pm, 1pm-4:30pm

F, 8am-12pm, 1pm-4pm

Services Provided:

- Emergency Elder Care Applications
- Employment & Training, General Assistance, Higher Education
- Burial Assistance
- Energy Assistance for Tlingit & Haida Regional Housing Authority
- Assist elders with reading and sorting mail

Clients:

Tribal families who reside in Saxman

SE Senior Case Management

2401 Eagle Avenue #2

Ketchikan, AK 99901

Phone: **225-8080**

Fax: 225-9777

Hours: M-F, 9am - 5pm

Services Provided:

- Information and referral.
- Comprehensive assessment and coordination of needed services in the home
- Support group for Caregivers held at the Senior Center on 2nd Friday each month @ 2-3pm At The Point

Clients Served:

60+ adults who are Frail, have Alzheimer's Disease or related disorders

Southeast Alaska Independent Living (SAIL)

2417 Tongass Avenue Ste #221

Ketchikan, AK 99901

Phone: **225-4735**

Fax: 225-4753

Email: ketchikan@sailinc.org

Hours: M-F, 9am - 4pm

Services Provided:

- Aging and Disability Resource Center
- Social Security and Medicaid/Medicare info
- Low-vision peer support group
- Adaptive recreation opportunities for people of all ages
- Assistance with moving out of a nursing home
- Government/systems advocacy
- Americans with Disability Act info and advocacy

Clients Served:

Anyone experiencing a disability or illness and seniors older than 60

The Manor

State of Alaska Licensed Assisted Living Home

250 Heckman Street

Ketchikan, AK 99901

Phone: 247-8748

Fax: 247-8747

Email: the_manor@gci.net

Services:

- Residential w/ Supportive Care
- Medication monitoring & coordination
- 12 residents age 50+
- Laundry assistance

Tribal HUD VASH Case Manager

Contact: Robin Murdock

Phone: 907-796-4309

Email: robin.murdock@va.gov

Women In Safe Homes (WISH)

2002 First Avenue
Ketchikan, AK 99901

Phone: **225-9474**

Fax: 225-2472

Email: wish@kpunet.net

Hours: Anytime emergency shelter

Services Provided:

- Primarily a crisis shelter housing 25 women and children
- 24-hour crisis line
- Individual and group support for both men and women
- Support & prevention services; advocacy, children's programs & educational programs

Clients: Victims of domestic violence, sexual assault, child abuse and other violent crimes

Social Services - Churches

First United Methodist Church

400 Main Street
Ketchikan, AK 99901

Phone: **225-3780**

fumc1@kpunet.net

Services Provided:

Hours: Mon-Sun, 5pm - 8am

- Hostel - open May - August

Clients:

General Public

Ketchikan Presbyterian Church

2711 Second Avenue
Ketchikan, AK 99901

Phone: **225-3619**

Services Provided:

Hours: Friday 12pm

- Weekly fresh food pantry - downstairs

Clients:

General Public

Lighthouse Church of God

3405 Baranof Avenue
Ketchikan, AK 99901

Phone: **225-2893**

Services Provided:

Hours: M-F, 9am - 1pm

- Food pantry

Clients:

General Public

Seventh-Day Adventist Church

2017 First Avenue - downstairs
Ketchikan, AK 99901

Phone: **225-3052**

Services Provided:

Hours: Sunday, 12pm - 4pm

Wee Blessings

- Clothing all ages
- Shoes, coats and other outerwear
- Small housewares such as: dishes, silverware, utensils, small appliances
- Children's toys and assorted items

Clients:

General Public

St. John's Episcopal Church

433 Mission Street
Ketchikan, AK 99901

Phone: **225-3680**

Services Provided:

The Lords Supper

- Evening meal, Sunday 3pm

Clients:

General Public

Support Groups

Alcoholics Anonymous

1736 Tongass Avenue
Ketchikan, AK 99901

Phone: **225-5154**

Meeting Times:

- Nightly, 8pm
- Sunday, 10am

Alcoholics Anonymous

433 Missions Street -
St. John's Episcopal
Ketchikan, AK 99901

Phone: **225-5154**

Meeting Times:

- Daily, 12pm

Bereavement Support Group

Ketchikan, AK 99901

Phone: **821-4732 - Call for location**

Meeting Times: Call for times and locations

Childbirth Education

Ketchikan, AK 99901

Phone: **225-5171**, ext 7044

Meeting Times:

- Call for info on next class

A class for pregnant women and supporters

Compassionate Friends Support Group

Pioneer Home

141 Bryant Street

Ketchikan, AK 99901

Phone: **225-2652**

Meeting Times: Call for times and locations

A support group for people who have lost a child no matter what age or how long ago

Diabetes Education Support Group

Ketchikan Public Health

3054 Fifth Avenue

Ketchikan, AK 99901

Phone: **228-7685** or 254-5103

Fax: 228-8440

2nd Floor Conference Room

Meeting Times: Call for times and locations

Gateway Center for Human Services (Akeela)

3050 Fifth Avenue

Ketchikan, AK 99901

Phone: **225-4135**

Meeting Times:

- Alc & Drug Information School (ADIS),
Early recovery - Mon. 5:30-7pm
Women - Tues. 5:30-7pm
Men - Wed. 5:30 -7pm

Relapse Prevention - Thurs. 5:30-7pm

Family - Fri. 5:30-7pm

Low Vision & Blindness Support Group

2417 Tongass Ste #221 - SAIL Office

Ketchikan, AK 99901

Phone: **225-4735**

Meeting Times: Call for times and locations

Older Blind Alaskans Support Group

141 Bryant Street - Pioneers Home

Second Floor Meeting Room

Ketchikan, AK 99901

Phone: **225-4735**

Meeting Times: Call for times and locations

Peer to Peer Mental Health

2417 Tongass Ste #221 - SAIL Office

Ketchikan, AK 99901

Phone: **225-4735**

Meeting Times: Call for times and locations

Traumatic Brain Injury Support Group

3100 Tongass Avenue (KGH)

Walt Shuham Board Room

Ketchikan, AK 99901

Phone: **617-5704**

Meeting Times: Call for times and locations

Women In Safe Homes (WISH)

2002 First Avenue

Anchorage, Alaska 99503-5984

Phone: **225-9474**

Fax: 225-2472

Email: wish@kpunet.net

Support Groups: Call WISH @ 225-9474 for times and locations

- Adolescent Girls S.A. & D.V. Group
- Children's S.A. & D.V. Support Group
- Parenting Class
- Parenting Support Group
- Women's Group

Women Infant Children (WIC)

3054 Fifth Avenue

Ketchikan, AK 99901

Phone: **225-3392**

Fax: **247-3392**

Hours: M-F, 8am - 5pm

Services Provided: By Appointment

- Child health screening
- WIC coupons for healthy foods for infants