

Ketchikan Wellness Coalition Steering Committee and Taskforces

Governing Board – Coordinates & Supports Task Forces

- Representative from each task force
 - Develops policies and processes
 - Responsible for on-going community assessment
- ktnwc@yahoo.com
www.ktnkwc.org

Strengthening Cultural Unity

- On-going fundraising, organization and planning
- Advocating for social justice
- Celebration of diversity in our community
- Developing ways to move into the larger community

Empowering Youth - Building unity through Challenge Day and “Be the Change” Activities

- Provide growth opportunities for youth through Challenge Day
- Power point presentations to the public on the findings
- Survey of secondary students on attitudes and ideas about school

Promoting Respectful Relationships - Prevention & Education on D.V.

- Developed a strategic plan for prevention in Ketchikan
- Girls on the Run
- “Lead On” youth leadership conference
- 4th R curriculum

Seeking Community Homeless Solutions –

- Working to Coordinate Homeless Services
- Exploring family & youth shelter services
- Developing homeless plan for Southeast Alaska

Building a Healthy Community

- Weigh Down Workshop with Ktn Public Library
- Work with businesses to promote healthy lifestyles

SPEAK – Prevention & Awareness

- Website and suicide hotline
- Suicide prevention pamphlets
- Gatekeeper training and S.O.S. interviews with ninth graders

Cost of Substance Abuse - Information, Education & Prevention Activities

- National Night Out in August
- Red Ribbon Week each October
- Prescription Drug drop-off campaign - April

Financial Foundations Task Force

- Build a sustainable network of educators, professionals, individuals & organizations collaborating to strengthen the financial system in the Greater Ketchikan area.
- To implement a strategic plan for improving access to quality financial education opportunities to residents of the Greater Ketchikan area.
- To maintain a system of ensuring quality/pertinent financial education opportunities for Greater Ketchikan area residents for into the future.

Ketchikan Resource Guide

(Solutions for success in our community)



Promoted & Published by:
Ketchikan Wellness Coalition & Love In Action

Updated 1/15/2016

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Traumatic Brain Injury Support Group

3100 Tongass Avenue (KGH)
Walt Shuham Board Room
Ketchikan, AK 99901
Phone: **617-5704**
Meeting Times:
• First & Third Wednesday, 5-7pm

Women In Safe Homes (WISH)

2002 First Avenue
Anchorage, Alaska 99503-5984
Phone: **225-9474**
Fax: 225-2472
Email: wish@kpunet.net
Support Groups:
• Adolescent Girls S.A. & D.V. Group
Tuesday 3-4pm, transportation provided
• Children's S.A. & D.V. Support Group
Thursday, ages 4-11
• Parenting Class
Monday, 6-8pm, transportation provided
• Parenting Support Group
Friday, 12-1pm
• Women's Group
Wednesday, 9-10am

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

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Low Vision & Blindness Support Group

2417 Tongass Ste #221 - SAIL Office
 Ketchikan, AK 99901
 Phone: **225-4735**
 Meeting Times:
 • Second Monday, 1:30-3pm

National Alliance on Mental Illness (NAMI)

3100 Tongass Avenue (KGH)
 Walt Shuham Board Room
 Ketchikan, AK 99901
 Phone: **225-5887**
 Meeting Times:
 • Every Saturday, 4:30pm
 Uniquely structured community mental health movement for prevention and rehabilitation

Older Blind Alaskans Support Group

141 Bryant Street - Pioneers Home
 Second Floor Meeting Room
 Ketchikan, AK 99901
 Phone: **225-4735**
 Meeting Times:
 • Third Monday, 10:30am

Peer to Peer Mental Health

2417 Tongass Ste #221 - SAIL Office
 Ketchikan, AK 99901
 Phone: **225-4735**
 Meeting Times:
 • 2nd & 4th Monday, @5:30pm

Stroke Survivors Support Group

3100 Tongass Avenue (KGH)
 Walt Shuham Board Room
 Ketchikan, AK 99901
 Phone: **247-8276** or 225-0939
 Meeting Times:
 • First Tuesday, call for time
 For survivors, families and caregivers

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Alaska Adult Protective Services

3601 C Street #310

Anchorage, Alaska 99503-5984

Phone: **800-478-9996**

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 SeaLevel 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 ServicesContact: Barb Brown -**228-3244**

- Training & Support for employment

• Alaska Career Information SystemContact: **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

Depression & Bi-Polar Support Alliance

3100 Tongass Avenue (KGH)

Walt Shuham Board Room

Ketchikan, AK 99901

Phone: **225-5887**

Meeting Times:

- Every Saturday, 4:30pm
- Support for individuals and family and friends

Diabetes Education Support Group

Ketchikan Public Health

3054 Fifth Avenue

Ketchikan, AK 99901

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

2nd Floor Conference Room

Meeting Times:

- Monday 12pm - 2pm

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

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

3100 Tongass Avenue (KGH)
Walt Shuham Board Room
Ketchikan, AK 99901

Phone: **225-8914**

Meeting Times:

- Tuesday, 5-6pm

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:

- Second Thursday, 7-9pm

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

AK Legal Services

306 Main Street #301
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 SeaLevel 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

Big Brothers Big Sisters

306 Main Street #230

Ketchikan, AK 99901

Phone: **247-3350**

aubree.kline@bbbsak.org

Hours: M-F, 10am - 6pm

Services Provided:

- Youth Mentoring: matching positive adult mentors with any child who wants or needs one
- School & community based programs

Clients:

Youth 6-17 years of age

Center for Community

2030 SeaLevel Drive #220 B

Ketchikan, AK 99901

Phone: **254-3207**

Fax: 225-7262

Email:

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

Services Provided:

- Individuals obtaining SSDI assistance
- Vocational Rehab referral, job seekers
- Youth under 24 needing job services

Clients:

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

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

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

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

Consumer Direct

2441 First Avenue St#A
Ketchikan, AK 99901
Phone: 907-220-9461
Fax: 907-220-9465
Email: rebeccac@consumerdirectcare.com
Services Provided:
• Information & referral
• Comprehensive assessment
• Respite Services/Caregiver. Relief, chore services/housekeeping assistance, consumer directed personal care services.
• Transportation
Clients:
Seniors & adults 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 Day Shelter

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

Services Provided:

M-S, 8am - 4pm

Sunday, 8am - 2pm

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

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

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

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

SE Senior Care Coordination

1016 Water Street
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

Saxman Tribal Family Youth Services

2706 STG Hwy.
Ketchikan, AK 99901
Phone: **225-2518**

Fax: 247-2504

Email:

Website: www.ccthita.org

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

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

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 home-bound, 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

Hope Community Resources, Inc.

2417 Tongass Avenue, Suite 209A
Ketchikan, AK 99901

Phone: **220-9924**

Fax: 220-9934

dlondon@hopealaska.org

Services Provided:

- Day Habitation for all ages
- In-home services for children 18 and under.
- Supportive living for those 18 and over.
- Supported employment

Clients served:

Seniors, all ages with developmental disabilities

Ktn Boys & Girls Club

645 Jackson Street

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

PeaceHealth Ktn Medical Social Services

3100 Tongass Avenue

Ketchikan, AK 99901

Phone: **228-5**, ext 7952

Fax: 228-8334

Email: WWeston@peacehealth.org

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

Services Provided:

- Discharge planning, resource coordination, and community referrals

Clients Served:

General Public

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.rendezvoussevice.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: seniors and adults
- 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-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 11am-4pm @ 301 Wolf Street, Saxman

Clients:

Low-income individuals and families

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, money management classes
- 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

Ketchikan Indian Community

2960 Tongass Avenue

Ketchikan, AK 99901

Phone: **228-4917**

Fax: 228-4920

Email: spickrell@kictribe.org /for Youth pgreen@kictribe.org

Website: www.kictribe.org

Hours: M-F, 8am - 5pm

Services Provided: 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: 800-590-3277

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

All services require pre-registration

Meals Services Provided:

- Hot nutritious meals and a chance for socialization to eligible Alaska Native and American Indian Elders (55 and older)
- Home delivered meals to eligible Alaska Native and American Indian Elders (55 and older)

Caregiving Services Provided:

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

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

Clients:

General Public

Ketchikan Public Library - Outreach

629 Dock Street
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

1016 Water Street
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: