

Fairbanks Counseling Resources K-12

Emergency Mental Health Services

Fairbanks Memorial Hospital

Walk-in Emergency Room

Fairbanks Community Mental Health

Walk-in Assessment, Mon-Fri 8-5pm

Chief Andrew Issac Hospital

Walk-in Assessment, Mon-Fri 8:30-4:30

At urgent care until 6pm, and weekends

Telephone Assistance

Careline

907-452-4357 (HELP), 877-266-4357

Or text 4help to 839863

National Crisis Line 24/7 800-273-8255

211

Resource information hotline, call 211

Fairbanks Community Mental Health

907-371-1300, after hour crisis line

Inpatient & Outpatient Services

Medicaid Accepted

Elaine Ponchione

250 Cushman Street Suite C2

P:907-455-7801 F: 907-455-7803

Outpatient, K-12, mental health & medication

Fairbanks Community Mental Health

1423 Peger Road

P:907-371-1300 F: 907-371-1387

Outpatient counseling youth & adults, psychiatry/medication for adults only, walk-in emergency assessment Mon-Fri, 8-5pm, 24/7 hotline

Family Centered Services of Alaska (FCSA)

1825 Marika Rd

P:907-474-0890 F:907-474-3621

Application online,

<http://familycenteredservices.org>

Outpatient: individual counseling K-12, psychiatry with medication management

Inpatient: therapeutic foster care and residential treatment

Interior Community Health Center

1606 23rd Avenue

P: 907-455-4567 F: 907-458-1580

Outpatient: Must be established patient for counseling services

No child psychiatry- medication management for some behavioral and mental health diagnosis

Private insurance, Medicaid & sliding fee scale

ND Systems

Teresa Lyons

815 2nd Ave., Suite 122

907-374-0852

K-12 counseling, medication management, neurofeedback

Private insurance & *Limited Medicaid Slots

Orion Behavioral Health

P: 907-696-7466

Psychiatry/Medication Management - contracted through Tanana Valley Clinic. Self referral and doctor referral accepted

Presbyterian Hospitality House (PHH)

209 40 Mile Avenue Suite #100

P: 907-456-6445 F: 907-456-6402

Outpatient: individual counseling 12-18 years old, Parenting with Love and Limits family program

Inpatient: residential treatment, therapeutic foster care, independent living program 18+

Tanana Chiefs Behavioral Health

122 1st Avenue Suite #400

P: 907-459-3800 F: 907-459-3810

Outpatient: Counseling, initial assessment for services by appointment only

*Indian Health Services/Medicaid

Fairbanks Counseling Resources K-12

Wendell Street Psychiatric Services

Mikki Barker, MD
Yolanda Easaw-Favor
225 Wendell Ave Suite B
P: 907-455-4135 F: 907-455-4115
Outpatient: Psychiatry and medication management,
counseling with Easaw-Favor
Private insurance & *Limited Medicaid slots

Substance Abuse Services **Medicaid Accepted**

Fairbanks Native Association (FNA) Youth and Young Adults Program (YYA)

3100 S. Cushman
P: 907-452-6251 F: 907-452-6277
Outpatient: Substance abuse assessment &
counseling services, case management/support
FNA Graf Healing Place
12-18 years old
Inpatient: Substance abuse treatment

Restore, Inc.

542 4th Avenue, Suite B #101
P: 907-374-1097 F: 907-374-1062
Outpatient: Substance abuse assessment &
counseling services, Mentor program

Outpatient Counseling **Private Insurance/ No Medicaid**

Birch Tree Counseling

Nancy Winford
P: 907-347-7481
Mental health and anxiety, minimum age 14

Borealis Counseling

Sean O'Neill
P: 907-456-3036 F: 907-456-3035
K-12 mental health counseling, youth with autism

Clear Sky Counseling

Karin Gillis
1403 Joliet Drive
P: 907-479-3411
K-12 students, CBT, EMDR, brainspotting, trauma,
mental health, family, play therapy

Clearwater Counseling

David Bates
122 10th Avenue
P: 907-457-6002 F: 907-457-3610
Christian based, depression, relationships, sexual
disorders

Dellie Dickinson

907-460-2166
Women's issues, relationships and attachment,
anxiety, depression, trauma

Douglas Pomeroy, PhD

907-457-1744
General mental health practice, middle school age+

Fairbanks Biofeedback & Counseling

Mike Schmoker
907-452-4405
Depression, anxiety, relationships, self-regulation,
biofeedback training, stress related health disorders,
chronic pain, stress management

Foundations, LLC

Nina Wendt
145 S. Santa Claus Lane, North Pole
P: 907-488-8848 F: 907-488-0695
Specializes in complicated family dynamics and
sexual trauma

Grace in Motion

Paige Metzgar & Damaris Bronson
3504 Industrial Avenue
P: 907-452-4673 F: 907-452-1430
Faith based, mental health, personal growth, grief,
recovery, trauma, codependency
*Sliding scale payment options

Fairbanks Counseling Resources K-12

Hope Counseling Center

926 Aspen Street
P: 907-451-8208 F: 907-451-8207
Faith Based, Multiple providers
*Sliding scale payment options

Jennifer Hood

626 2nd Avenue
907-750-8831 F: 907-328-2250
Specializes in children who have experienced trauma,
and caregiver support

Kinship Counseling & Consulting

Cristina Ackerman
3180 Peger Road Suite 200
P: 907-451-0300 F: 907-451-0306
Specializes in infant mental health, children 0-3

Lisa Hay/LEAP

600 University Avenue Suite #300
P: 907-452-2473 F: 907-452-6903
Relationships, anger, behavior and abuse

Lotus Family Counseling, LLC

Angela Brown
626 2nd Ave, Suite 201A
P: 907-251-1053
General practice, depression, anxiety, addiction

Lynn Harrison

3504 Industrial Avenue
P: 907-479-8450
Parenting issues, school related issues, evenings
only. Cannot see students from Nordale.

Mike Hopper

505 Illinois St (new office)
P: 907-388-2358
K-12 mental health, abuse/neglect, delinquency

Northwind Behavioral Health

Cathy Johnson, Nurse Practitioner
Elizabeth Kraska & Caroline Atkinson
P: 907-456-1434
Medication management adults only
Mental health counseling-minimum age 13

Rachael Bolton Counseling & Psychotherapy Services...

600 University Avenue #105
P: 907-374-0965 F: 907-374-0965
Trauma, teen mental health

Shayle Hutchison

600 University Ave Suite #110-111
P: 907-374-1328 F: 907-374-1328
Trauma, specializes in younger children

Stanton Counseling

Susan Stanton
480 University Avenue
P: 907-347-2160
General mental health practice, middle school age +
*Sliding scale payment options

Sunrise Counseling and Therapy

Dana Pictou & Lorraine Landers
626 2nd St., Suite 303
P: 907-371-9739 F: 907-374-1887
Trauma and domestic violence, substance abuse,
Alaska Native/Am.Indian cultural approaches

Turning Point Counseling Services

315 5th Avenue
P: 907-374-7776 F: 1-800-988-1650
Multiple providers-see website
Mental health and substance abuse outpatient
Brainspotting, trauma work

Self-Pay Providers

Headwaters Counseling and Wellness

Liz Pawelko
250 Cushman St., Suite 5
P: 907-456-2256 F: 907-456-6620
Trauma, anxiety, eating disorders, family work

Fairbanks Counseling Resources K-12

Middle school age and older
*Will provide itemized bill for insurance reimbursement

Red Door Counseling & Consultation

Laura Volmert
250 Cushman St., Suite 5A
P: 907-799-6054

Trauma, depression, anxiety, sexuality issues, adolescents, substance abuse
*Will provide itemized bill for insurance reimbursement

UAF Health Clinic

907-474-1999
Teaching clinic-student clinician under supervision
Intake and screening are free, \$10 sessions
Services for K-12 depends on supervisors available

Support Groups

Alanon & Alateen.
<http://Al-anon-ak.org>

IAC: Interior Center for Non-Violent Living
907-452-2293
Call for groups and schedules

Funding Options

Medicaid

<http://dhss.alaska.gov>
Online and printable applications
In person: 675 7th Avenue, Fairbanks

Employee Assistance Programs:

Employee Assistance Programs if available to you.
Contact your Human Resources department or private insurance company. Children may be able to use their parents counseling sessions. Ex: FNSBSD: ComPsych, UAF: DEERS.

Violent Crimes Compensation Board

P: 800-764-3040
<http://doa.alaska.gov/vccb>

Funding for medical and mental health services needed by victims as a result of violent crimes. Apply online, download an application or call.

IAC: Interior Center for Non-Violent Living

P: 907-452-2293
Victims of domestic violence
Provides referrals and funding for services

Military Specific

Fairbanks Veterans Center

540 4th Avenue Suite #100
P: 907-456-4238

Family and individual counseling
*Free to veterans and military dependents

MFLC Counseling Services-All Branches

Active Duty and Reserve
P:907-371-8586 (Located on Ft. Wainwright)
P: 907-799-6921 (Located on Eielson)
Family and individual counseling
*Free to veterans and military dependents

Army (Ft. Wainwright)

Fort Wainwright Behavioral Health
P: 907-361-5069
Tricare Prime patients can be seen without a referral.
Children under the age of 7 need a referral from their primary care provider or pediatrician

Ft. Wainwright Family Advocacy

P:907-353-7317
Free to active duty and dependents, counseling for family issues, anger management and relationships, parenting support

Chaplain Services, Religious Support Office

P: 907-353-6112

Air Force Base (Eielson)

Eielson Family Advocacy
P: 907-377-4041

Fairbanks Counseling Resources K-12

Free to active duty and dependents, counseling for family issues, anger management and relationships, parenting support

Eielson Mental Health

P: 907-377-3071

Active Duty Only-no dependents

Eielson Chaplain and Religious Services

P: 907-377-2130

