

Strategic Theme Identification

Taskforce's will be developed to address each theme.

Empowering Youth

- Increase access and availability to recreational and mentoring activities for all youth
- Increase and broaden day care and preschool opportunities for young families
- Increase school graduation rate
- Create opportunities for active youth voice and involvement in decision-making institutions

A Diverse Year-Round Economy

- Focus on workforce development for adults and youth that matches the needs of our emerging economy
- Increase opportunities for entrepreneurial investment and start-up businesses
- Create a unified action plan and collaborative opportunities between businesses and educational institutions
- Affordable health/dental/vision care for all
- Living wage and quality of life

Uniting Around Life Challenges

- Increase availability of low-income housing
- Streamline a collaborative, interagency system for the purpose of information and referral
- Increase availability and access to basic adult education services
- Support the plan to address homelessness and expand resources to meet the basic needs of the homeless

Strengthening Cultural Unity

- Convene a diverse taskforce of community leaders to address this issue
- Provide culturally relevant education in our school system
- Improve collaboration between Native and non-Native service providers
- Build increased awareness of Ketchikan's rich indigenous and imported cultures that add to the vitality of the community

The Costs of Substance Abuse

- Increase awareness of the issue and community-wide commitment to changing social norms and behaviors
- Develop a plan to ensure adequate treatment is available to those who need it
- Develop a plan and expand services for long term recovery

Promoting Respectful Relationships

- Increase awareness of intimate partner violence
- Educate youth and adults about respectful relationship behavior
- Empower youth to be involved in social activism and pro-social activities
- Support families to promote and practice safe and healthy relationships
- Promote social norms of non-violence through media campaigns and cultural activities



ktnwc@yahoo.com

Ketchikan Resource Guide

(Solutions for success in our community)

Promoted & Published by



September 2009

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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

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Low Vision & Blindness Support Group

602 Dock Street #107 - SAIL Office
 Ketchikan, AK 99901
 Phone: **225-4735**
 Meeting Times:
 • First Monday, 12pm

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

Nutrition & Alternative Health

3100 Tongass Avenue (KGH)
 Walt Shuham Board Room
 Ketchikan, AK 99901
 Phone: **225-5171** - Elise Berger
 Meeting Times:
 • Call Elise for info

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

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

Phone: **225-3181**

Fax: 247-0557

Email: ketchikan.jobcenter@alaska.gov

Website: www.jobs.state.ak.us

Hours: M-F, 8am - 5pm

Services Provided:

• Alaska Careers Information Systems

Contact: **225-3237**

- Apprenticeship Program

- Assessments

• Career Support & Training Services

Contact: **228-3244**

- Training & Support for employment

• Division of Vocational Rehabilitation

Contact: **228-3245**

- Assist disabled individuals to obtain & maintain employment

• Job Club

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

Meeting Times:

- Second Thursday of each month, 6:30-8pm

Gateway Center for Human Services

3050 Fifth Avenue

Ketchikan, AK 99901

Phone: **225-4135**

Meeting Times:

- Alcohol & 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

GROW in Ketchikan

Ketchikan, AK 99901

Phone: **247-8221 - leave message**

Meeting Times:

drop in open to all

- Monday, 6:30-8:30pm - Walt Shuham Board Room @ KGH

- Wednesday, 12:30-2:30pm - KIC 4th floor Conference Room

A uniquely structured community mental health movement for prevention and rehabilitation.

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.

Contact: **228-3238**

- Weekly forum for job seekers to come together and share labor market information, employment opportunities

• Mature Alaskans Seeking Skills Training

Cont **228-3237**

- Placing older individuals in the community service positions and provide them with job training to help them become self-sufficient

• Vocational Counseling

Contact: **228-3237**

- Counselor provides individual and group sessions with the outcome of assisting in the selection of educational or vocational goals

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

306 Main Street #218

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 #317
Ketchikan, AK 99901
Phone: **247-3350 - Emergencies 821-1159**
Fax: 225-3351
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

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:
• Evening meal, Sunday 3pm
Clients:
General Public

Social Services - Churches

First United Methodist Church

400 Main Street
Ketchikan, AK 99901
Phone: **225-3780**
Fax: 247-3780
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

Center for Community

2030 SeaLevel Drive #220 B
Ketchikan, AK 99901
Phone: **254-3207**
Fax: 225-7262
Email: lindy1@cfc.org
Hours: M-F, 8am - 12pm, 1pm - 5pm
Services Provided:
• Job seekers
• Individuals obtaining SSDI assistance
• Vocational Rehab referral
• Youth under 24 needing job services
Clients:
All clients must be referred by Department of Labor or Public Assistance

Community Connections

201 Deermount Street.
Ketchikan, AK 99901
Phone: **225-7825**
Fax: 225-1541
Email: lisanoland@comconnections.org
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

Gateway Center for Human Services

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

Fax: 247-4135

Email: marlab@city.ketchikan.ak.us

Website: www.cityofketchikan.com

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: marlab@city.ketchikan.ak.us

Website: www.cityofketchikan.com

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. Most equipment in stock.

Clients Served:

General Public

Southeast Alaska Independent Living (SAIL)

602 Dock Street #107
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

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

1610 Water Street

Ketchikan, AK 99901

Phone: **225-8080**, Emer. 866-746-6177

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 at 11am every third Wednesday

Clients Served:

60+, Frail or any age with Alzheimer's Disease or related disorders
Adults with disabilities over 30

Saxman Tribal Family Youth Services

2706 STG Hwy.

Ketchikan, AK 99901

Phone: **225-2518**

Fax: 247-2504

Email: jjackson@ccthita.org

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

Healing Every Abuse, Recovering Through Stories (H.E.A.R.T.S.)

P.O. Box 6271

Ketchikan, AK 99901

Phone: **617-0412**

Email: info@myhearts.org

Website: www.myhearts.org

Hours: By appointment

Services Provided:

- Peer lead program to help adult survivors of childhood harm live more full & rich lives
- Classes with small groups
 - Class 1 - Discover your story
 - Class 2 - Which story will win?
 - Class 3 - Story meets world

Clients:

Any adult age 18+ who has survived neglect, sexual abuse, spiritual abuse, psychological (mental) abuse, emotional abuse, physical abuse

Home Health & Volunteer Hospice - KGH

126 Washington Street

Ketchikan, AK 99901

Phone: **225-9814**

Fax: 247-9814

Email: supdike@peacehealth.org

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

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:

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

Clients Served:

Youth ages 7-18

Ktn General Hospital Social Services

3100 Tongass Avenue
Ketchikan, AK 99901
Phone: **228-8300**, ext 7952

Email: dsmith5@peacehealth.org

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

Services Provided:

- Discharge planning, resource coordination, and community referrals

Clients Served:

General Public

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

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:

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

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 (Income and age guidelines apply)
- Medical equipment closet

Clients Served:

Disabled seniors

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 the Name of Christ, Gateway Affiliate (Love INC)

P.O. Box 6371

Ketchikan, AK 99901

Phone: **247-5462**

Fax: 247-5463

Website: www.loveinc-gateway.org

Hours: Tues & Thurs, 9am-12pm, Fri, 12-2:30pm

Services Provided:

- Groceries, household items, linen, toiletries, used furniture (when available), diapers
- Simple repairs such as; plumbing, electrical, painting, carpentry, furnace, auto repair
- Housecleaning, shopping assistance, transportation, prepare and deliver hot meals, respite care, money management classes
- Tutoring for adults, teens & children
- Financial assistance of \$50.00 as available for; utilities, rent, bus passes, prescriptions, special requests

Clients:

Low income individuals and families

Park Avenue Temporary Home (PATH)

628 Park Avenue

Ketchikan, AK 99901

Phone: **225-4194**

Hours: M-S, 10pm - 8:30am

Services Provided:

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

Clients:

General Public, first come, first served

PATCHWorks

3054 Fifth Avenue

Ketchikan, AK 99901

Phone: **225-4350**

Email: communityassets@yahoo.com

Services Provided:

- Community assets development - teaching asset-based development
- TALK program - aims at increasing communication between adults & youth

Clients: Youth

KIC cont...

- 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 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
- Reproductive health
- HIV/AIDS pre/post counseling
- Emergency Preparation
- 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

Ketchikan Senior Services Center

1016 Water Street

Ketchikan, AK 99901

Phone: **225-6575**

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 within the borders south of Fawn Mountain School and north to Mud Bight

Clients Served:

Elderly

Ketchikan Youth Initiatives

724 Bayview Street

Ketchikan, AK 99901

Phone: **225-2250**

Email: kyl@kpunet.net

Website: www.empowerketchikan.com

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