

fetal alcohol syndrome prevention program and a women and children's program.

- Had three audits, one for the entire division and two for specific programs. We did well in all.
- Developed and implemented a five-day regional conference in May 2001 on fetal alcoholism syndrome prevention, parenting skills, and issues affecting women and children.
- Hosted a meeting by the Alaska Mental Health Trust in March and by the Alaska Mental Health Board in June. Attendees traveled to several villages to see first-hand the challenges and successes of providing behavioral health services in our region.
- Designed and executed a region-wide needs assessment.

## BEHAVIORAL HEALTH OUTPATIENT SERVICES

The program offers a full array of outpatient services in Nome and the surrounding villages for clients with mental health or substance abuse issues. These services include assessment; crisis management; individual, group and family counseling; psychiatric evaluation; case management; and referral.

During FY01, we:

- Completed 305 new intake assessments.
  - Provided 8,240 direct service client hours in Nome.
  - Had a total of 320 emergency contacts.
- Our substance abuse services range from prevention to the intensive outpatient program.

We offer individual counseling, aftercare and the alcohol and drug information school—the only state-licensed school of its kind in northwestern Alaska. The program started late in the year, and had 12 graduates by the end of two class cycles.

During the year, 92 clients received services in intensive outpatient services, and 72 were seen in our aftercare program.

The substance abuse program continued to refer clients requiring higher levels of care to residential services outside the region. To reduce the need for this, we are seeking funds to obtain a facility so we can offer transitional housing and provide a safe, sober environment for clients getting our services.

## VILLAGE BASED COUNSELING PROGRAM

The Village Based Counseling Program encourages self-sufficiency in the villages in the areas of counseling and prevention based on each village's needs.

The village-based counselors (VBCs) are both leader and liaison for treatment and prevention.

They work with clinicians who visit the villages, provide information on mental health and substance abuse services, and make appropriate referrals. They provide prevention and wellness activities, case management, supportive counseling, and

aftercare services. They are now tracking the number of clients, encounters, and activities they are involved with each week.

In FY01, two VBCs graduated from the University of Alaska Rural Human Services Program Level I offered in Nome, bringing the total number of NSHC graduates to nine. Seven of these are still employed as VBCs. Getting Level I certification requires 15 university credits in counseling and prevention and takes approximately two years.

The three VBC field supervisors have been taking Rural Human Services Level II classes in Bethel. Graduates from this level are almost halfway to a bachelor's degree.



Village Based Counseling field supervisors Teresa Sockpealuk-Perry of Shaktoolik, Duane Lincoln of Golovin, and Enid Brown of White Mountain were honored with an award from the Alaska Mental Health Trust Authority in May 2001.

## MOBILE ADOLESCENT TREATMENT TEAM

The Mobile Adolescent Treatment Team brings intensive outpatient services to the villages and Nome.

Bringing services to the villages allows our clients, ages 11-23, to stay connected with their homes and communities while receiving treatment.

In FY01, the team:

- Served 30 clients and their families, exceeding our target number by 10.
- Spent 379 staff days in villages.
- Organized social events for children and adolescents.