



NORTON SOUND
HEALTH CORPORATION
BEHAVIORAL HEALTH SERVICES

OUTPATIENT SERVICES

AT BEHAVIORAL HEALTH SERVICES

- 1. Substance Use Disorder ASAM Level 1.0 Outpatient Services.** These services can be accessed in several different ways depending on your needs. Day and evening hours for individual and group sessions are available. Services, led by substance use counselors, licensed and Master's level clinicians and higher, village-based counselors, and clinical associates, are eight or fewer hours per week and available for both adults and adolescents in Nome and regional villages.
- 2. Substance Use Disorder ASAM Level 2.1 Intensive Outpatient Services.** IOP services offer nine hours of more of services per week. This may include evening group determined by your need and treatment plan. The weekly schedule can include, but is not limited to, individual sessions, group therapy, educational groups, family groups, coping skills interventions, talking circles, recreational therapy, stress management and relapse prevention. The MATRIX Model program is the modality most utilized at this time led by substance use counselors, licensed and Master's level clinicians and higher, village-based counselors, and clinical associates.
- 3. Substance Use Disorder Follow-Up.** Follow-up services are designed to provide ongoing support should you need intermittent services to prevent relapses and assist you in continuing lifestyle changes necessary to maintain ongoing recovery. This level of care in the villages is followed by the village-based counselors and the itinerant clinicians during their regular visits.
- 4. Mental Health Outpatient Services.** These comprehensive services are available for all ages with emotional problems, mental illness, or co-occurring disorders in Nome and in the fifteen (15) outlying villages. These services include assessment, psychological testing, psychiatric referrals, crisis intervention, after-hours emergency services, ongoing counseling (individual, group and family), case management, referrals for hospitalization or residential placement, consultation, education and outreach. These are led by Master's level clinicians and higher.

5. Village-Based Counseling Program. The Village-Based Counseling Program is designed to provide a basic set of behavioral health services based upon village needs. These services include substance use disorder counseling, follow-up health and wellness education, group activities, crisis stabilization and referral, and supportive individual, family and group counseling. The Village-Based Counselors (VBC) Behavioral Health Aides/Practitioners (BHA/P) are local individuals who have completed, or are currently enrolled in, the Rural Human Services Program through the University of Alaska, Fairbanks. These important staff members provide continuity of care within the fifteen outlying villages and work collaboratively with you and the itinerant Clinicians.

6. Psychology Services. BHS provides rural-based psychological testing and evaluation sessions through onsite, full-time psychologists. Referrals for these services from qualified outside agencies are accepted, and individual BHS clinicians may include this service provision within the individual treatment plans should you require these services led by licensed psychologists, supervised interns, and Post Doctoral Fellows.

7. Urgent Care Services. Led by Master's level clinicians and higher, daily services for emergent care are accessible from 8:00 a.m. to 5:00 p.m. Monday through Friday by calling the main BHS number at 443-3344. Crisis Intervention and Stabilization services are provided and occur regardless of admission to the hospital. After 5:00 p.m. and on weekends, people in crisis may access BHS services through its After-Hours on-call program.

8. After-Hours Services. Behavioral Health Services recognizes that not all emergencies occur during regular working hours. To ensure accessibility during a time of crisis or other emergent need, Master's level clinicians and higher oversee on-call services after 5:00 p.m. daily and all weekend/holiday hours. You can access After-Hours Services via the Nome-based on-call clinician by calling the Nurse Call Line at 443-6411 or 844-586-8773.

CRISIS INTERVENTION

Contact Alaska's CARELINE at

1-877-266-4357

CARELINE is confidential, caring, and free
24 hours a day, 7 days a week.