



July 7, 2022 Resource Bulletin

Monthly Alaska, National & International Resources and Key Updates on:

[Justice Involved](#) | [Mental Health](#)
[Substance Misuse & Recovery](#) |
[Suicide Prevention & Postvention](#) |
[Neurobehavioral](#)

Miss our last email? Past e-bulletins are posted in the left column on both the [ABADA](#) and [AMHB](#) websites.



Substance Misuse Prevention, Treatment & Recovery

Essential Peer Support Supervision Continuing Education Opportunity

July 19 and 21, 9:00am-12:30pm

This course will address foundations and ethics of supervision, roles of peer support workers, hiring qualified people with lived experience as providers, and more. Presenters Susan Musante, Spencer Ladner, and Lee Breinig, will share their collective knowledge and experience in hiring, supervising and providing staff development.

For questions and to register, please email susanmusante@hotmail.com.

Opioid and Polysubstance Misuse Community Café

July 26, 1:30-6:00pm

Fairview Community Recreation Center (1121 E 10th Ave, Anchorage)

The State of Alaska's Office of Substance Misuse and Addiction Prevention (OSMAP) is hosting a community cafe to discuss opioid and polysubstance misuse in Anchorage. Come learn about current opioid data in Alaska and share your experiences and thoughts to inform the Statewide Opioid and Polysubstance Use Action Plan. Refreshments will be provided. For questions, email osmap@alaska.gov.

To RSVP, [click here](#).

Supervision of Peer Based Recovery Support Services Through Healing Centered Engagement

July 26-27, 8:30am-3:00pm AKDT

This training hosted by the Northwest Addiction Technology Transfer Network (ATTC), features trainers Christina Love and Jess Wojcik. The training will help attendees move toward organizational transformation and healing through supportive relationships and supervisory practices. This training is targeted for supervisors, clinicians, providers, administrators, leadership, and all staff who are currently or interested in integrating and supporting peers at their agency. To download the flyer, [click here](#).

For more information and to register, [click here](#).

Fentanyl Handout for Parents, Youth and Schools

Fentanyl is a synthetic opioid that is 50 times stronger than heroin and 100 times stronger than morphine. In Alaska, fentanyl is commonly seen in blue pills made to look like pharmaceutical oxycodone. People who sell or purchase drugs may call these pills “M-30s,” “blues,” or “dirty 30’s”. Everyone needs to be educated on the dangers of fentanyl, and that even one pill can be dangerous and fatal.

To download a 2-page shareable handout, [click here](#).



Mental Health

Call for Speakers at September 27-28 Improving Lives Conference in Anchorage

Applications due July 15th

The Alaska Mental Health Trust Authority is seeking thought-provoking content and discussions for the 2022 Improving Lives Conference. The themes of this year's conference include behavioral health support across the lifespan, innovative and promising practices, incorporating lived experience into programs and planning. For additional questions, please email Sarah at sarah@goveventservices.com or call 907-302-2323 extension 111. To download a flyer, [click here](#).

To learn more about the conference and apply to be a speaker, please [click here](#).

Input Needed to Determine Next Training on Evidence Based Practice Models for Children 0-5

Response needed by July 29

The UAA Family Services Training Center wants to hear from all Alaskan professionals who work with the 0-5 year old population on which evidence based practice model training they should offer next. The survey will take 10-15 minutes to complete.

To complete the survey, [click here](#).

NAMI Juneau Support Groups

NAMI Juneau offers both online and in person support groups. In person groups include:

Wednesdays 5:30-7pm: Connections is an in-person peer support group for anyone who wants to talk about their own mental health. It is free, confidential and drop-ins are welcome.

1st and 3rd Thursdays 5:30-7pm: Family Support group is open to anyone who is supporting a loved one with a mental health condition.

There are also online groups offered via Zoom. To learn more, [click here](#).



Suicide Prevention & Postvention

988 Suicide and Crisis Lifeline launches July 16th

The National Suicide Prevention Lifeline is switching to a three-digit number (9-8-8). Alaska is preparing to transition to 988 but until it is active you can still call the Lifeline at 800-273-8255 or the Alaska Careline at 877-266-HELP.

For more information about Alaska's transition to 988, please [click here](#).

Navigating the Tough Stuff: Suicide Awareness & Prevention for LGBTQ Youth & Families

July 8 and July 22, 9:30-11:00am AKDT

This two-part webinar series, hosted with Shawna Canaga from the Oregon Family Support Network, will explore how to increase LGBTQ youth suicide awareness and prevention from the family perspective.

To register [click here](#).

Talk Saves Lives: A Brief Introduction to Suicide Prevention

July 29, 10:00am-12:00pm AKDT

This presentation will be hosted over Zoom. It is community-based and covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

To learn more [click here](#).



Neurobehavioral

Food and Nutrition in Brain Health

July 13, 11:00am-12:30pm

Join Alzheimer's Resource of Alaska and University of Fairbanks Nutritionist Leslie Shallcross for an online discussion on the MIND diet (Mediterranean-DASH Intervention for Neurodegenerative Delay) recommendations as well as nutrition, food, and health habits for a healthier brain.

For more information and to register, [click here](#).

FASD Support and Discussion Group

July 28, 9:00-10:00am

Stone Soup Group hosts this monthly support group for parents and caregivers to provide networking for families, training, emotional support, sharing ideas, and information about community resources. This month's speaker is Marilyn Pierce-Bulger.

For more information and to register, [click here](#).

Caregiver Resource Guide

The Dementia Action Collaborative has published the new Alaska Caregiver Resource Guide, which includes general information on topics such as technology and financial planning, names and contact information for both Alaska-based and nationwide support services agencies, and details for each state of dementia, including what to expect, how to respond, services, and resources.

To access the guide, [click here](#).

Trying Differently Rather Than Harder: Fetal Alcohol Spectrum Disorders

This book, by Diane Malbin, is recommended by the FASCETS (Fetal Alcohol Spectrum Consultation Education and Training Services) organization. It provides a readable, narrative discussion of the neurobehavioral approach for working effectively with children, adolescents and adults with FASD.

If you would like to borrow the book, please send an email to rstraube@akchild.org that includes: the name of the book, your name, your company name, phone number, and your mailing address.



Justice Involved

Transition: Strategies to Promote Housing throughout the Reentry Process

July 19, 11:00-12:30 AKDT

The SAMHSA GAINS Center is hosting this webinar exploring three approaches to address the housing needs of individuals with mental and substance use disorders following incarceration as they transition through the reentry process and as their needs change. Local programs ranging from a shelter program for individuals with acute housing needs to landlord partnership programs to help house individuals ready for independent living will be featured.

To register, [click here](#).



Other Resources/Opportunities

If you know of a great resource or opportunity, [send us an email](#) and we'll try our best to include it here or in a section above.

Request for Proposals: 40-Hour Introductory Peer Support Worker Trainings

Responses due by July 19, 4:00pm AKDT

The Alaska Division of Behavioral Health seeks proposals from qualified offerors to

provide ten 40-hour Introductory Peer Support Worker Trainings. The goal of this project is to offer quality, comprehensive training to existing and aspiring peer workers to prepare them to work in both treatment oriented and recovery-oriented settings with individuals dealing with mental health and/or substance use disorder conditions.

To review the request, [click here](#).

Advancing Health Equity

July 6, 10:00-11:00am AKDT

The National Council on Mental Wellbeing is recognizing Minority Mental Health Awareness Month with a webinar featuring Rochelle P. Walensky, M.D., MPH, director of the Centers for Disease Control and Prevention (CDC). During this exclusive discussion, Dr. Walensky and Chuck Ingoglia, the National Council's president and CEO, will explore the state of health equity in the U.S.

For more information and to register, [click here](#).

Training on Claim Denials, Causes and Resolutions for the 1115 Waiver in Alaska

July 27, 9:00-10:00am AKDT

Optum Alaska provides ongoing training for 1115 Waiver Medicaid providers.

To register, please [click here](#).

Opioid Settlements in Region 10 (Alaska, Oregon, Idaho, Washington)

July 27, 10:30am-12:30pm AKDT

Join the Northwest Prevention Technology Transfer Center Network to learn about the status of the 2022 Janssen and three distributor opioid settlements and their distribution across Region 10 states (AK, OR, ID, WA), and gain insight on the flexibility given to each state and local government on how these funds can be spent.

For more information and to register, [click here](#).

2022 HRSA Region 10 Health Equity Conference

September 14-16, 7:00am-4:00pm AKDT (Tacoma, WA and via Zoom)

The HRSA Region 10 (AK, OR, ID, WA) Health Equity conference will be held in Tacoma, WA with virtual access via Zoom on September 14-16, 2022. This event is free and will cover issues related to primary care access, behavioral health, environmental health, social justice, and more.

For more information and to register, [click here](#).

Do You Receive Medicaid Benefits? Has Your Address or Contact Info Changed in the Past Three Years?

Make sure your coverage moves with you! Individuals who use services through the Division of Public Assistance should make sure their mailing addresses are updated, if needed, to assist in the smooth delivery of services. You can drop off or mail information to any local office, or use the centralized phone, email or fax at:

Local Offices: [Click Here](#)

Virtual Contact Center: 800-478-7778 (TDD/Alaska Relay: 7-1-1)

Offices Email: HSS.DPA.Offices@alaska.gov

Secure Email (requires a DSM account): dpa.offices@hss.soa.directak.net

Fax: 888-269-6520, Anchorage 907-269-6031

To download a flyer to pass on to others, [click here](#).



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