

Who are the Behavioral Wellness Team Members and What Do They Do?

Mental Health Clinicians

Provides counseling and consultation services that combine traditional counseling and psychotherapy with an individualized holistic approach to meet client needs. They are available to ensure positive outcomes for all hours of the day.

Behavioral Health Associates

Work with the clients in the field to support them as they work on their treatment plan goals, and to ensure success in community events and outings. They work closely with the individuals and serve as the bridge of contact between families and team members, keeping the care team connected. Associates run groups, teach classes, and provide individual intervention under the direction of the clinicians.

Evidence-Based Practices

We use elements of the following, based on the individual needs of each client: Cognitive-Behavioral Therapy, Dialectical Behavior Therapy, Solution-Focused Therapy, Conflict Resolution, Managing Emotions, Trauma-Focused CBT, Rational Emotive Behavior Therapy, and a Community-Based emphasis.

FCS does not provide psychiatric care, psychotropic medication management, or substance abuse treatment. We recognize that these are real needs in our community, and will refer you to an appropriate provider for assistance.

FCS will continue to develop a sound, quality, human service organization by providing services that are needed to support individuals and families to live safely in the least restrictive setting of their choice; expanding service options in order to support individuals through all stages of life; and promoting community awareness and understanding.

Vision Statement

It is our belief that people are healthier and happier living in their own homes and communities. Based on that belief, Frontier Community Services will advocate for the right of individuals with disabilities of all ages to live in the home and community of their choice.

Mission Statement

The mission of Frontier Community Services is to provide quality, individualized home and community based services for people of all ages who are at risk of, or experiencing a disabling condition, in order to minimize the need for institutional care.



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Alaska Mental Health
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Behavioral Wellness Program

Frontier Community Services



Promote the independence of Alaskans who experience physical, medical, and/or developmental disabilities.

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Why the Behavioral Wellness Program?

Frontier Community Services' Behavioral Wellness Program offers services to individuals of all ages through our Youth and Adult programs. These services promote the independence of Alaskans who experience physical, medical, and/or developmental disabilities by providing services in their homes and in the community rather than in institutions or nursing facilities.

FCS's Youth Behavioral Wellness Program seeks to provide children and teenagers, ages 2 to 18, with behavioral and social-emotional intervention through counseling, one-on-one support, and group activities. Recognizing social-emotional needs in early childhood can lead to an improvement in academic settings, healthy relationships, improved mental health, and a higher quality of life.

The Adult Behavioral Wellness Program works with adults 18 years of age and older on an individualized basis. The goal of this program is to provide clients with a support system that enables them to increase their socialization, their coping skills, community involvement, and provide them with a strong support system.



What to expect from Behavioral Wellness Services?

A referral can be made by contacting Frontier Community Services (907) 714-6647. Once a referral has been made, a Behavioral Health Associate will contact you to set up an assessment with one of our Mental Health Clinicians.

An assessment consists of two parts. First, a Behavioral Health Coordinator will meet with the client and/or the parent(s)/guardian(s), to discuss concerns and medical/social/behavioral history. Then, a Mental Health Clinician will assess the initial needs and strengths of the client through conversation. Young children will receive play-based assessments with clinicians.

Following a behavioral health assessment, a treatment plan is created that focuses on the concerns identified during the assessment and identifies client specific goals. Once an treatment plan has been completed, a Behavioral Health Associate can then work with a client and their family up to four hours a week on the goals identified in the treatment plan, in addition to clinician services.

A Behavioral Health Associate can:

- Attend community events
- Provide family support in and out of the home
- Provide opportunities for social and community engagement
- Provide one on one intervention
- Facilitate team communication amongst various supports

Behavioral Wellness Services

Individual Psychotherapy: One-on-one therapy provided by a Mental Health Clinician addressing a variety of emotional and behavioral concerns that can affect daily living.

Case Management: Provided by a Behavioral Health Associate, this service assists clients and their families in accessing and coordinating high-quality needed services and supports.

Comprehensive Community Support Services: Provided by a Behavioral Health Associate to teach life skills that enhance their ongoing development, as identified in their treatment plan through coaching and encouragement. This includes facilitating interventions and providing opportunities for clients to participate in local activities, recreational events, and community programs.

Adult, Teen, and Youth Groups: Provided by Behavioral Health Associates to create opportunities for clients to engage with their peers and their community with additional supports.

Examples:

- Game Night (Youth/Teen)
- Science Exploration of Mars (Youth)
- Trick or Treating (Youth)
- Movies in the Park (Youth)
- Ice Skating (Teen)
- Escape Room (Teen)
- Ladies' Night/Guys' Night (Adult)
- Friendship and Dating Class (Adult)
- Cooking Classes (Adult)
- Community Events