



Introduction

In Fall 2021, Alaska Behavioral Health is opening an adult mental health residential treatment facility in Fairbanks. This level of care did not previously exist in the State of Alaska, which meant that some Alaskans were sent to residential facilities out of state when they needed this level of care. Now Alaskans can not only stay in Alaska but also in their community. Additionally, with the addition of the mobile crisis team and future crisis stabilization center in Fairbanks, this program will provide treatment options for those in crisis who do not need inpatient care but require intensive treatment to achieve stability.

Everyone admitted to adult mental health residential treatment will receive treatment services by an interdisciplinary treatment team of qualified professionals including advanced nurse practitioners, mental health clinicians, peer support specialists, and clinical associates in a therapeutically structured, supervised environment.



Population

Adult mental health residential treatment is for adults (18 and older) experiencing a serious mental illness and diagnosed with a mental health or co-occurring disorder with a prior history of continuous high service needs. Adults come to residential treatment because their health is at risk while living in their community and they have not responded to outpatient treatment, needs could not be met in a less-restrictive setting, or who need further treatment following discharge from inpatient care.

Services

The service components of adult mental health residential include:

- A comprehensive evaluation to assess emotional, behavioral, medical, educational, and social needs, and support those needs safely.
- Clinically directed therapeutic treatment
- Medication services including medication prescription, review of medication, medication administration, and medication management
- Individual and group therapy focused on skill development including communication, problem solving, and conflict resolution; life and social skills to restore functioning; and self-regulation, anger management, and other mood management skills.
- Individual plans of care that highlight interventions aimed at assisting the individual attain goals designed to facilitate discharge to a lower level of care as soon as possible.