

## HAND-WRITTEN LETTER GUIDELINES

All students alternatively placed at in the Outreach Program must complete a hand-written letter as one of the requirements to return to their neighborhood school. Students can complete this on their own or with the help of any staff at Outreach.

Hand-written letters to request reinstatement to ASD should;

- Be at least 1 page in length written in pen on lined notebook paper
- State why the student wants to return to their neighborhood school
- State students goals (educational, professional, personal)
- State what the student learned from their experience at Outreach

LETTER TEMPLATE/GUIDE – Use your own words. This is just a guide.

Dear Anchorage School District,

My name is **[FIRST NAME] [LAST NAME]**. I am a **[GRADE]** student in the Outreach Program. I am writing to request reinstatement to **[NEIGHBORHOOD SCHOOL NAME]**. I understand that my choices before were \_\_\_\_\_

\_\_\_\_\_  
*[In the blank space – explain in your own words that you understand you did not make the best/safest choices before – apologize for your choices – etc]*

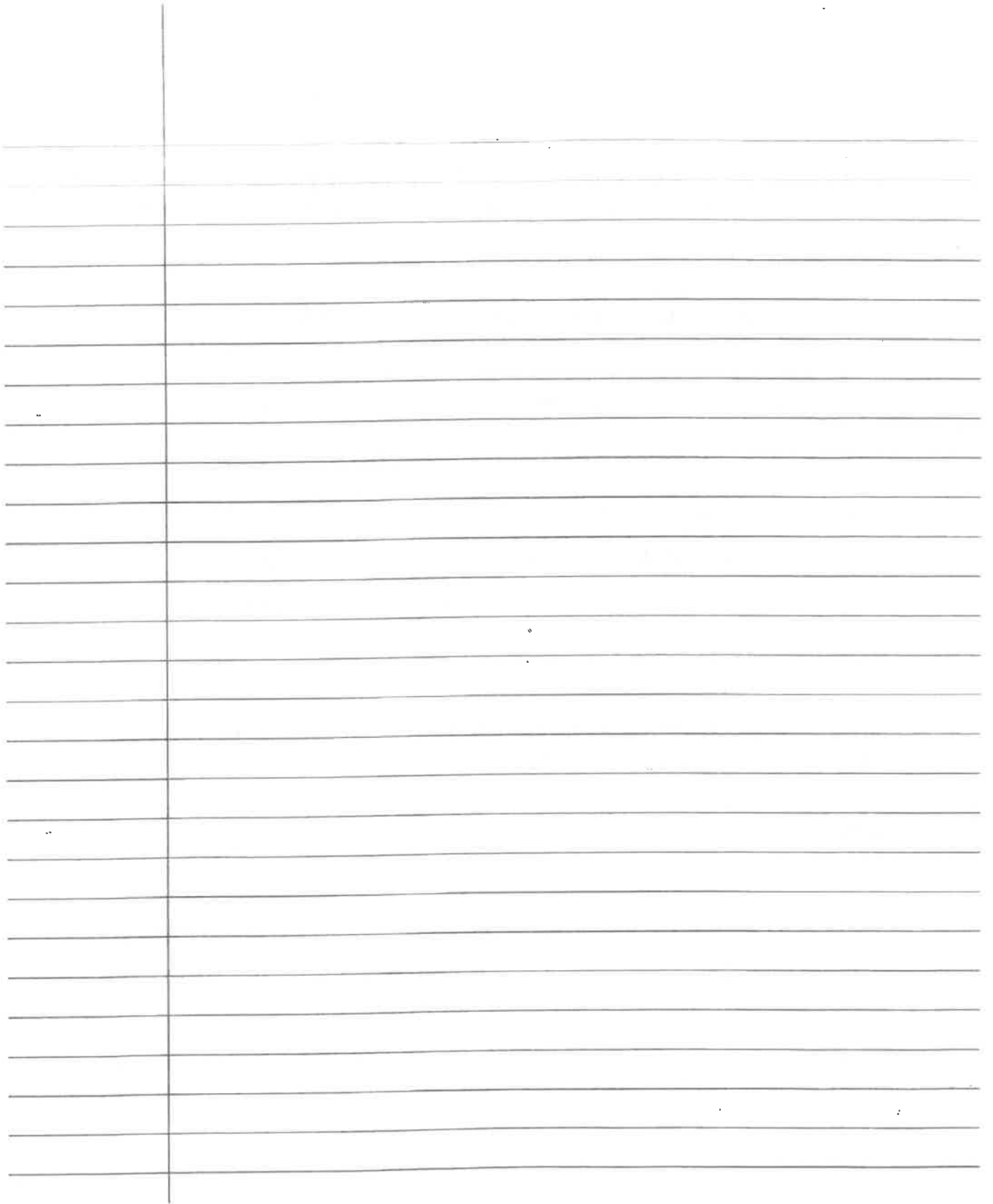
At Outreach I learned \_\_\_\_\_

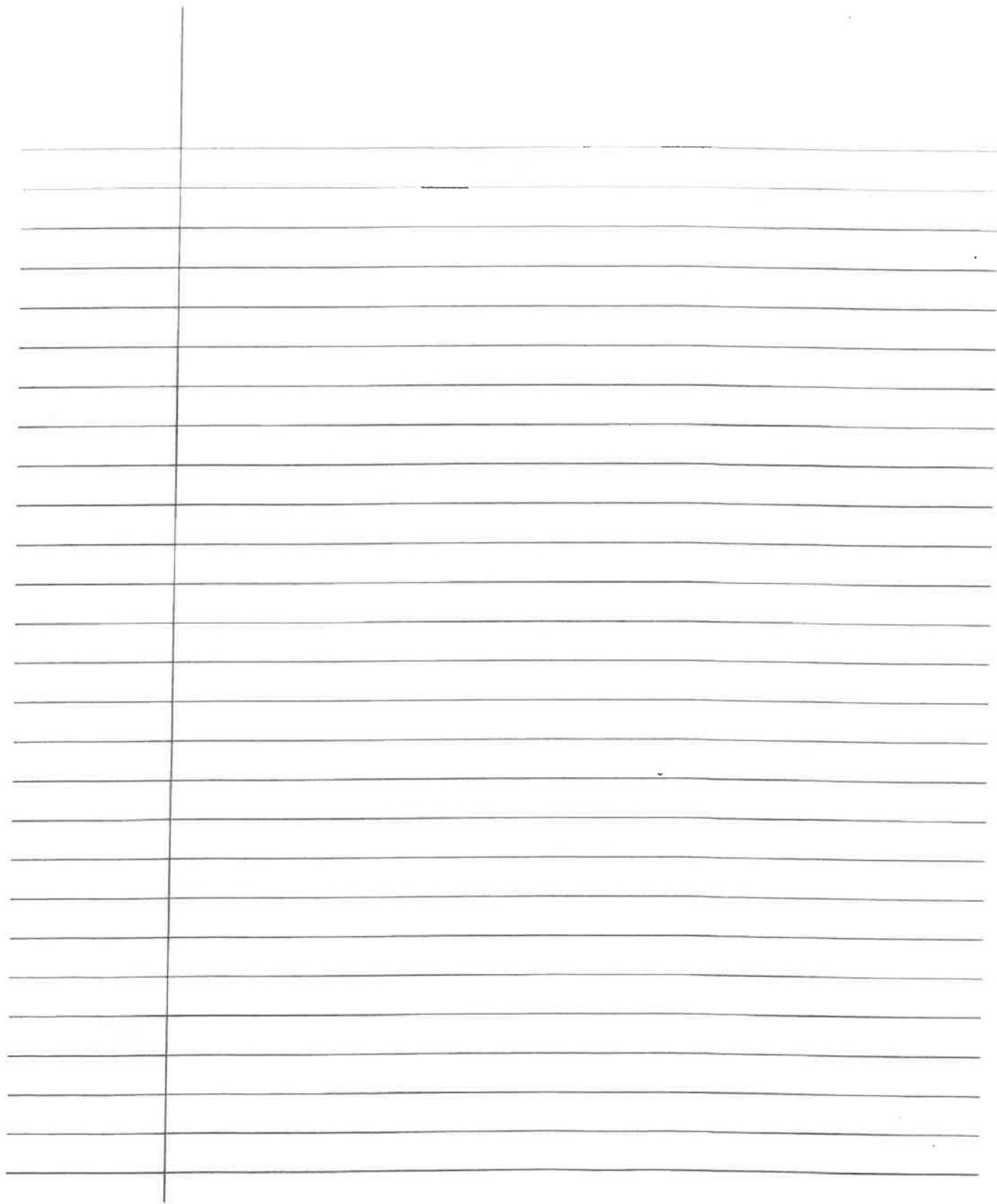
\_\_\_\_\_ to help me stay focused on my goals, graduate and be successful.

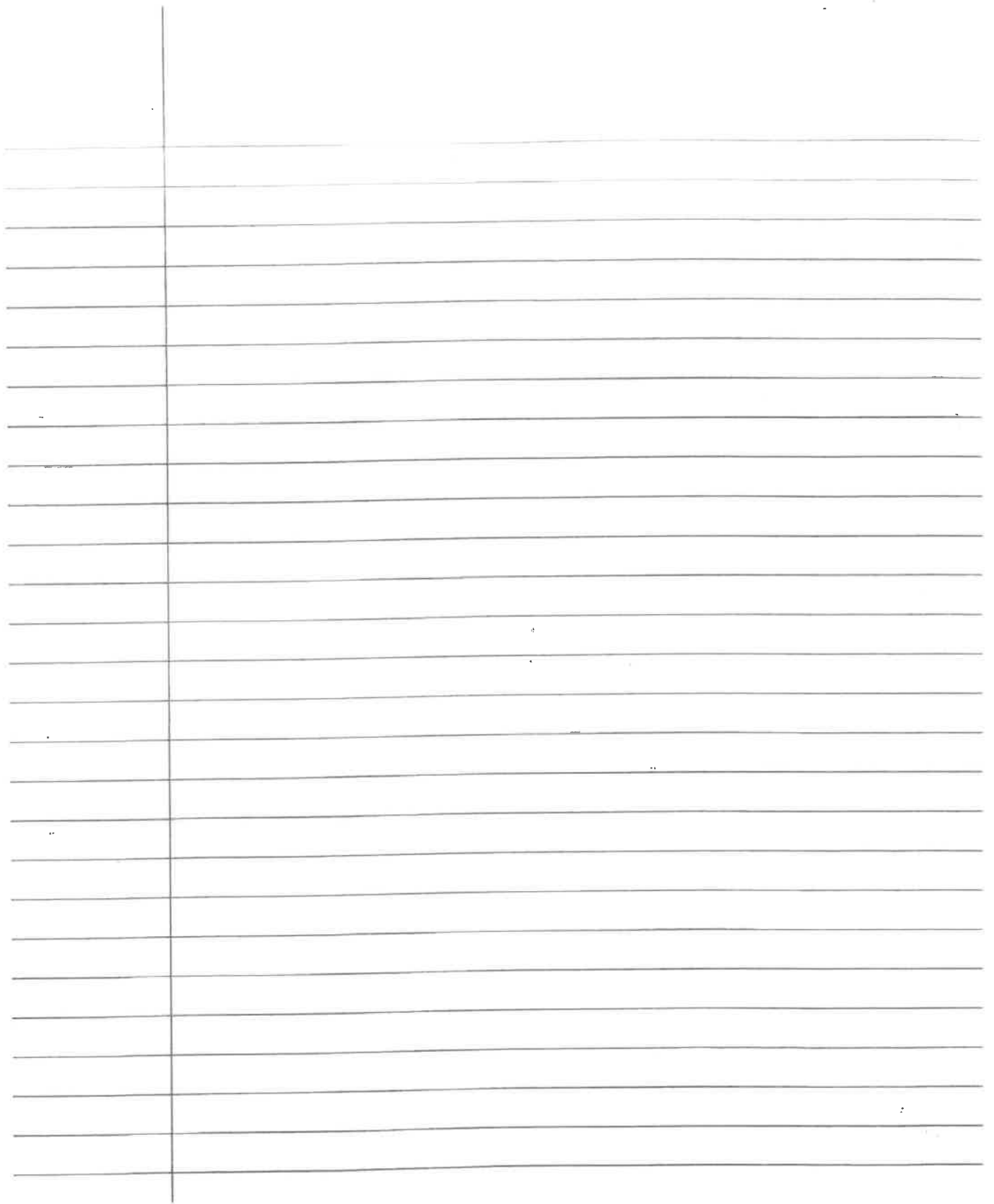
*[Explain what you learned in counseling, at Outreach, from group, etc. – talk about coping skills, goals, dreams, successes you have had]*

I am looking forward to returning to **[NEIGHBORHOOD SCHOOL]**. Thank you for your time.

**[SIGN YOUR NAME]**









**Anchorage School District**  
*Educating All Students for Success in Life*

## Community Service Opportunities

Agency/Provider	Contact Information	Services Provided & Hours
Anchorage Public Library (Anchorage & Eagle River)	Mtn. View Location: 907-343-2818 Midtown Location: 907-343-2975 Eagle River Location: 907-343-1530 Muldoon Location: 907-343-4032	<ul style="list-style-type: none"> <li>Contact any location for a variety of volunteer opportunities.</li> <li><b>TEEN BOOK REVIEWS</b> Teens 12-18 can email a 100 words summary &amp; review of a book they've read this year, with their name and grade to: TeenUnderground@anchorageak.gov. For 1 hour of Comm. Ser.</li> </ul>
Boys & Girls Club (Anchorage & Eagle River)	Main Office: 907-248-5437 volunteer@bgcalaska.org Mtn. View Club: 907-338-2532 Muldoon Club: 907-333-2583 Woodland Park: 907-248-5437 Eagle River Club: 907-694-5437	Volunteer duties include; help prepare and clean up snack, teach youth how to play sports, help youth with homework, other duties as assigned.
Anchorage ReMade (South Anchorage)	907-887-9760 13500 Old Seward Hwy Anchorage, AK 99515	Volunteer duties include; Organizing collections, decorating/creating retail displays, organizing/sorting items, woodworkings, crafting.
Beans Cafe (Anchorage)	907-433-8601 info@beanscafe.org <a href="https://volunteer.beanscafe.org/">https://volunteer.beanscafe.org/</a>	Current volunteer events & opportunities posted on their website.
Food Bank	907-222-3116 <a href="https://foodbankofalaska.org/get-involved/volunteer/individual-volunteers/">https://foodbankofalaska.org/get-involved/volunteer/individual-volunteers/</a>	Current volunteer events & opportunities posted on their website.

Examples of other non-profits that may be in your community and need volunteers:

Local Church

Animal Rescues

Food Pantries

Please visit <https://www.bethechange907.org/> for a current list of volunteer opportunities in our community!

<b>Crisis Services</b>		
<b>Agency/Provider</b>	<b>Contact Information</b>	<b>Services Provided &amp; Hours</b>
Alaska 2-1-1	211 or 1-800-478-2221  <a href="https://alaska211.org/">https://alaska211.org/</a>	One-stop resource for finding help in your community. It's free, confidential & available in almost any language. For life challenges or everyday needs. Available M-F 8:30 a.m. to 5:00 p.m. & closed on holidays
American Red Cross	907-646-5400  235 E. 8th Ave.  <a href="https://www.redcross.org/local/alaska/get-help.html">https://www.redcross.org/local/alaska/get-help.html</a>	Assists disaster affected families with emergency food, shelter & clothing. Provides emergency preparation services, including CPR & first aid classes.
APD: Anchorage Police Department	Emergent: 911 Non-Emergent: 311	Emergent & non-emergent needs
AWAIC Abused Women's Aid in Crisis	24 hr Crisis Line: 907-272-0100 Information: 907-279-9581  100 West 13th Avenue  <a href="http://www.awaic.org/">http://www.awaic.org/</a>	Provides a safe place for women & their children involved in domestic violence. Counseling & support groups. Sliding fee, no one refused. 24/7/365 Shelter available
STAR: Standing Together Against Rape	24 Crisis Line: 907-276-7273 Or 1-800-478-8999 Office: 907-276-7279  1057 W. Fireweed Lane #230  <a href="http://www.staralaska.com">http://www.staralaska.com</a>	Crisis intervention, education & advocacy services to victims of sexual assault & sexual abuse, & their families & our community.
Suicide Prevention Services	Crisis Line: 988 Alaska Careline: 877-266-4357 Text: 4help to 839863 (3-11pm Tues-Sun)	988 is a National Suicide Prevention Lifeline with direct connection to a compassionate, accessible support for anyone experiencing mental health related distress.

## Counseling/Mental Health/Support

Alaska Behavioral Health Child & Family Services	907-561-0954  4045 Lake Otis Pkwy  <a href="https://alaskabehavioralhealth.org/what-we-do/child-family-services/about-child-family-services/">https://alaskabehavioralhealth.org/what-we-do/child-family-services/about-child-family-services/</a>	Provides a wide range of behavioral health services from brief counseling to comprehensive wrap-around supports. Clinicians specialize in trauma-informed & trauma-focused practices, early childhood intervention, Intervention with older children & adolescents, & family intervention.
Alaska Pacific Rim Counseling	907-349-0077  920 W Dimond Blvd  <a href="https://www.akpacrim.com/">https://www.akpacrim.com/</a>	Provides a range of counseling services including family, couples, or individual therapy.
Behavior Matters LLC	16941 N. Eagle River Loop Rd Eagle River AK  907-206-4421 ex.2 <a href="https://behaviormattersllc.com/aba-services-contact/">https://behaviormattersllc.com/aba-services-contact/</a>	Provides a wide range of behavioral health assessments, therapy, consulting, skills groups and more for youth and their families.
Counseling Solutions of Alaska	907-644-8044  701 E Tudor Rd # 215  <a href="https://www.counselingsolutionsak.com/">https://www.counselingsolutionsak.com/</a>	Provides a broad range of counseling services for children, families, and adults.
Denali Family Services	907-274-8281  1251 Muldoon Rd. #116  <a href="http://www.denalifs.org">http://www.denalifs.org</a>	Provides individual, family, or group therapy, psychiatric care, and crisis intervention.
North Star Behavioral Health System	907-264-3506  2530 Debarr Rd.  <a href="https://northstarbehavioral.com/">https://northstarbehavioral.com/</a>	Offers programs in & around the Anchorage, Alaska area for children, teens & adults who suffer from psychiatric or substance abuse issues.
Providence Behavioral Health Anchorage	907-212-6900  3760 Piper St. #1108  <a href="https://www.providence.org/locations/ak/behavioral-health-anchorage">https://www.providence.org/locations/ak/behavioral-health-anchorage</a>	Full range of outpatient services for children, adolescents, & adults, from diagnostic interviews to psychological testing & individual, couples, & group therapy.

VOA: Volunteers of America	907-279-9640 2600 Cordova Street, Suite 101 <a href="https://voaak.org/">https://voaak.org/</a>	Adolescent behavioral health care & alcohol & drug abuse counseling, treatment, & prevention. Housing support for vulnerable populations. Youth residential treatment for substance use.
<b>Substance Abuse &amp; Treatment</b>		
Akeela	907-565-1200 360 West Benson #300 <a href="http://www.akeela.us/">http://www.akeela.us/</a>	Provides outpatient & residential programs for substance use treatment.
Al-Anon	1-888-425-2666 <a href="https://al-anon-ak.org/">https://al-anon-ak.org/</a>	Support group for those with friends or family with drug or alcohol problems. Check the website or call number for meeting times & locations.
Alcoholics Anonymous	907-272-2312 <a href="http://www.anchorageaa.org/">http://www.anchorageaa.org/</a>	An Anonymous, voluntary 12-step program for alcoholics to attain & maintain sobriety. Check the website or call number for meeting times & locations.
Providence Breakthrough Substance Use Treatment Program	907-212-6970 3760 Piper St. #1108 <a href="https://www.providence.org/locations/ak/alaska-medical-center/breakthrough-substance-abuse-program">https://www.providence.org/locations/ak/alaska-medical-center/breakthrough-substance-abuse-program</a>	Helps individuals 13 & older with substance use problems through counseling & support. This outpatient program helps develop skills for sober living in the home environment.
VOA: ARCH Residential Treatment	907-694-3336 8012 Stewart Mountain Dr. <a href="https://voaak.org/services/arch/">https://voaak.org/services/arch/</a>	Treatment program for 12-18 year olds that are diagnosed with a substance use disorder & may also present with co-occurring mental health disorders.
Alaska's Tobacco Quit Line	Quitline: 1-800-QUIT-NOW Text READY to 200-400 <a href="https://alaskaquitline.com/">https://alaskaquitline.com/</a>	Statewide organization that works to create conditions for a tobacco-free Alaska.