

BBH NEWS

The Not So Regular Newsletter of Birchwood Behavioral Health
(Formerly Alaska Baptist Family Services)

CARF Accreditation

In March of this year, BBH received its three-year renewal of accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF). While this may not sound like much, it is a very big deal for facilities like ours since they not only give us a much coveted stamp of approval, but also have high standards and assist BBH in its own quality of care.

Did you know?

- Birchwood Behavioral Health belongs to Alaska Baptists.
- We are located in South Anchorage, not in Birchwood...right next door to the Alaska Baptist Convention offices.
- Approximately 3% of our budget comes from individual and church donations.
- Our residential clients are provided the opportunity to attend church every Sunday and several churches come out at various times for Bible studies and activity times.



Outpatient Counseling

It has been a long time coming and something our Alaska Baptist Churches have asked for for a long time. Beginning in September, we have added outpatient counseling for children (4 and up), adolescents, adults, families, and couples. Brittany Kuka, who has been our girls clinician for three years, will be doing the bulk of this program, while David Banks, our Executive Director, will see a limited number of couples. Both Brittany and David are Licensed Professional Counselors and David is about a month away from being a Licensed Marital and Family Therapist. At present, we will accept cash pay and Medicaid and will provide paperwork for clients to bill their other insurance providers, but hope to become preferred providers for other insurance carriers. Please visit our website, <http://bbhalaska.com>, for further information.

Behavior is the language of the child who has not yet found his voice. - Karen Purvis, Co-founder of TBRI

When you designate “Southern Baptist Convention” on smile.amazon.com, .05% of your purchase goes to Birchwood Behavioral Health.



Donating Churches

A great big Thank You to those churches that send donations regularly.

FBC Sitka
Fairview Loop
Immanuel, Anchorage
FBC Valdez
Grandview
Sunset Hills
Rabbit Creek Community
Glacier Valley Juneau
First Native Anchorage
FBC Juneau
Hillside
Salcha

We also have several individuals who donate regularly, for which we are equally grateful. We do not list their names, but God, us, and you know who you are. Thank you and God bless you for your faithful giving.

Equine Therapy

For the fourth summer, we were able to have equine therapy, or horse therapy, available for the young people at BBH. This is especially helpful as working with horses tends to calm anxiety, teach discipline, teach responsibility, and has an overall therapeutic effect on traumatized youth. A former employee of BBH, Laurie Linsley, LPC, runs a nearby horse therapy program and specializes in therapy through working with these beautiful animals. If you would be interested in sponsoring a child for equine therapy next summer, please let us know. Each child's program costs \$300 per child per week, and we usually try to involve them in a two week program.

