

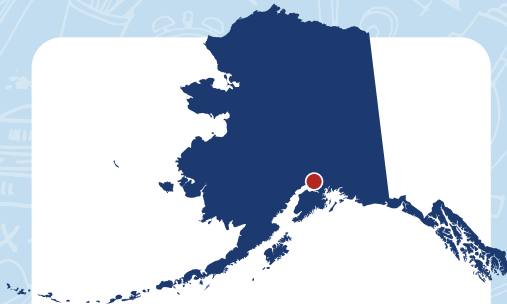
School-Based Mental Health in Anchorage School District

VOA Alaska's School-Based Services offers students professional mental health supports to help them reduce stressors at school and at home. Our team empowers students to build self-confidence, resiliency, and social competency that enhance their capacity for academic success—all directly within their school!

School-based services help families overcome common barriers to mental health care, like

finding transportation or figuring out where to get help. Our clinicians provide students, staff and families many services, including: training, general mental health and wellness resources, classroom consultations, community resource navigation, crisis interventions, assessments, and therapy services.

2023-2024 School Year Highlights



VOA staff are in the Anchorage School District.

- Creekside Park Elementary
- Lake Hood Elementary
- William Tyson Elementary
- Russian Jack Elementary
- Begich Middle School
- Romig Middle School
- Bartlett High School
- Benny Benson Secondary School
- East High School
- SAVE High School
- West High School



162 students enrolled in VOA school-based therapy services.

VOA clinicians provided **3,998 services** to students, families, and school staff.



Services included:

- Family drop-ins or therapy sessions
- Student groups
- Student therapy sessions
- Staff consultations or support sessions

To learn more visit www.voak.org/schools

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VOA Alaska Highlights



91% of students in crisis supported by a VOA clinician stayed at school, instead of being sent to the Emergency Department or home.



90% of middle and high school students receiving services know more about their mental health needs and how to address them.



69% of school staff felt VOA mental health services significantly impacted student academic performance.



90% of caregivers would recommend VOA school-based services to others.

Families say...



"I am grateful for the help that not only [the] school based therapist has done for my child, but the VOA program as a whole has helped greatly with getting my family the services they need."

"If the VOA school based services could be expanded to all schools, that would be awesome!"

Students say...

"[What was most helpful about VOA was] setting a goal and figuring out the path that will let me achieve this goal."

"[I'm] getting better at identifying my problems and learning how to use my resources to help overcome big problems."



Thank you for being a partner this school year!

We look forward to continuing our work together to grow and improve school-based services in Anchorage!

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