

**PHH is the largest program of its kind in the State of Alaska based on the number of youth served as well as the number of licensed homes, serving more than 1,900 youth in the last five years**

## **The Teaching Family Model**

The PHH treatment process was developed by the Bureau of Child Research at the University of Kansas and is widely recognized as an effective method of treating troubled youth. It's the cornerstone of the PHH program model, and its three tools include:

- Social reinforcement of behavior from caring and consistent teaching parents
- A token economy appropriate to the child's age that promotes positive achievements, and
- A guidance system that allows youth to participate while also learning about self-governance.



## **67 years of experience caring for Alaskan youth**

In 1957, Mrs. Mable Rasmussen opened her home to girls coming from rural Alaskan areas as a safe place to start out in the Fairbanks community. These girls are now teachers, legislators, and leaders of their communities.

Today PHH is a 'faith-friendly' traditional foster care program for individualized care to address mental health and behavioral challenges of youth 3 to 23 years old. Like Mrs. Rasmussen, PHH creates safe spaces for Alaskan youth to rest, heal, and be successful as a part of Alaskan society.



**Does a youth in your life need support?**

Call (907) 456-6445  
or visit  
[www.phhalaska.org](http://www.phhalaska.org)

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A Member of the  
United Way of the  
Tanana Valley



# **Learn how we're fostering a brighter, safer future for Alaskan youth**

Presbyterian Hospitality House, or PHH, is an Alaskan 501c3 that provides mental health and behavioral treatment in a community-based program as an alternative to institutional or juvenile detention placement

**[www.phhalaska.org](http://www.phhalaska.org)**



## PHH program overview

Each youth is assessed to determine and direct individualized treatment, and a team of the youth, their family, teaching parents, clinicians, and staff work together to deliver the very outcomes.

Our single-gender **residential group homes** are guided by Teaching Parents who set and maintain the treatment environment. These teaching families work closely with school personnel, juvenile probation officers, mental health professionals, and social workers to help youth develop a positive character, academic discipline, and an individual work ethic.

**Therapeutic treatment homes** use the Teaching Family Model and offer individualized treatment with greater sensitivity and responsiveness to a child's needs with one-to-one adult and child interactions.

The **Transition to Independence® Process** is a supervised living opportunity that supports 18-23 year olds to develop skills like budgeting, paying bills, getting a job, as well as doing laundry, shopping, cooking and cleaning.

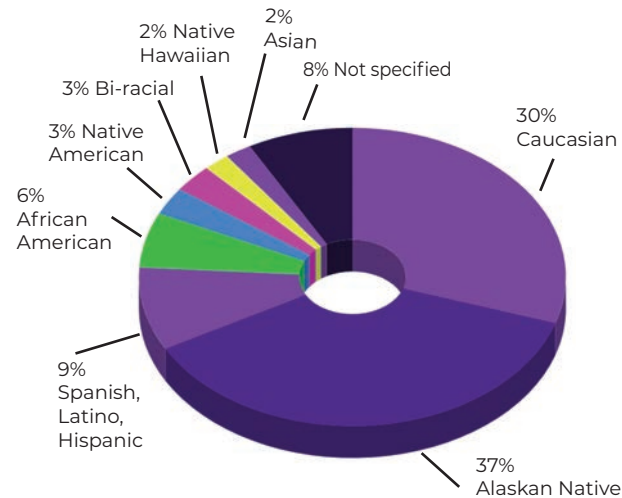
Our on-staff **mental health clinicians** have expertise in cognitive behavioral therapy, humanistic therapy, mindfulness-based therapy, narrative therapy, and solution-based therapy, as well as Eye Movement Desensitization and Reprocessing (EMDR) and substance abuse prevention programs.

## Thousands of youth are in foster care in the Alaska every year

Most youth are removed from their homes due to alcohol and drug addiction, or mental and behavioral disorders.

Presbyterian Hospitality House welcomes some of these youth to its licensed group homes and therapeutic treatment homes to provide the clinical treatment and family-based teaching model to heal and learn the life skills required to live healthy and productive lives.

### Youth race breakdown FY2023



## Coming soon: Riverfront Village

We're currently raising funds to build a new space to heal, study, socialize, exercise, and grow.

It's been designed to be a productive space for staff, teaching parents, youth, and their families to work together for the best outcomes for each youth.

The design plan provides:

- A safe place for our kids to hang out and apply the social skills they're taught by Teaching Parents
- An indoor, multipurpose gym space for basketball, games, and indoor events as well as new future programs to serve additional youth
- A library for a quiet study space
- A garage & small machine shop for program vehicle maintenance, and for youth to learn vocational skills
- Visitor accommodations for remote and rural family visits so parents can be involved in treatment

Learn more at  
[www.phhalaska.org/expansion](http://www.phhalaska.org/expansion)