



APIA Behavioral Health Therapy Groups

BH Scheduling: 1-844-375-2742 or 907-222-9764

APIA Inc. provides psychological and substance use assessment, outpatient treatment services and therapy groups in Anchorage, Atka, Nikolski,

St. George, King Cove (Belkofski) and Unalaska. We offer services to individuals regardless of race or ethnicity. We accept Private Insurance, Medicare, Medicaid, IHS, VA and Self-Pay but we are not considered preferred providers or in-network with private insurance or VA insurance at this time.

We also provide a sliding scale/discount schedule program based on income and optional monthly payment plans.

September-December 2020-Groups offered telephonically or through internet based Vidyo

TIME	MON	TUES	WED	THURS	FRI
12:00-1:15		Wellness in Adversity Employee 9/15, 10/13, 11/17, 12/8			
1:00-2:00	Winter Blues Nov 9 -Dec 21			Living Beyond Pain Oct 15-Dec 10	
1:30-2:45		Wellness in Adversity Patient 9/15, 10/13, 11/17, 12/8			
2:30-4:00				Expressive Arts Therapy Ongoing	

To Register:

New Patients: To attend an APIA Therapy Group you must be a patient of the APIA Behavioral Health Clinic. Please contact our front desk staff to schedule an intake and become a patient today! We will need a photo ID, insurance information and registration paperwork. During the intake, let the provider know you are interested in group therapy, so the provider can note this on your treatment plan.

Established patients: To attend an APIA Therapy Group work with your regular provider to have the therapy group listed on your treatment plan.

Insurance: Please contact your insurance company for group therapy coverage.

Medicaid: Comprehensive Community Support services- code: H2015-HQ Private Insurance: Group Psychotherapy code-90853

Why attend a group? Many people find it helpful to learn that they are not alone

- Participants can receive feedback, support and suggestions from other group members
- Groups provide opportunities to learn from the hardships and successes of others
- Potential for building social support and practicing skills in a safe and confidential environment

Before attending, or if there are questions/concerns: Contact the group facilitator. See phone and email below.

APIA Employee Groups: APIA employee groups are only open to employees at this time.

To Access:

Groups are facilitated using Vidyo. Group members will be provided instructions and a link to join the session. In the future, patients will attend in-person sessions with the potential for participation via Vidyo.

Group Title: Winter Blues		
Facilitator: Dr. Keri Boyd, Co-Facilitator: Alisha Wenger		
Dates: November 9 -Dec 21 (7 weeks) MON. 1:00PM-2:00PM	Patients: Min. 3 Max. 8	Contact: Dr. Keri Boyd kerib@apiai.org , 222-4221
<p><i>Winter Blues</i> Group - As winter approaches, do you notice your energy levels dropping? Do you have difficulty staying focused, or feeling fully awake? This winter we want to help you survive and maybe even thrive as you tackle the change in seasons. The Winter Blues group is for anyone who would like to find support in boosting their mood, energy, and overall functioning during the darker parts of the year. We strive to create an atmosphere of warmth and community, while also providing research-based information, and practical strategies to embrace this winter.</p>		
Group Title: Wellness in Adversity (Employee and Patient)		
Facilitator : Dr. Ali Marvin (employee group), Co-Facilitator Alisha Wenger (patient group)		
Dates: Sept 15, Oct. 13, Nov. 17, Dec 8 TUES. 12-1:15 Employee/ 1:30-2:45 Patient	Patients: Min. 3 Max. 8	Contact: Dr. Ali Marvin alim@apiai.org , 222-4240
<p>The <i>Wellness in Adversity</i> group is a space to find support, connection, and learn about wellness practices as we all adapt to living during the Covid-19 pandemic. This group is also available for APIA employees and will be offered at a separate time.</p>		
Group Title: Living Beyond Pain		
Facilitator(s): Dr. Mark Holman, Co-Facilitator Alisha Wenger		
Dates: October 15-Dec 10 (no class Thanksgiving)	Patients: Min. 3 Max. 8	Contact: Dr. Mark Holman markho@apiai.org , 222-4205
<p>The <i>Living Beyond Pain</i> group is a supportive and collaborative environment that combines the research on effective and ineffective strategies for management of chronic pain (and chronic conditions) with real world pragmatic experiences and solution. This group takes a holistic, broad approach to increasing wellness in the person. A group member can expect to experience improvements in sleep, greater activity level, deeper relationships, increased experience of control and management strategies, and cultivation of a positive outlook.</p>		
Group Title: Expressive Arts Therapy		
Facilitator(s): Alice Palen, Co-Facilitator Christine Heller		
Dates: Ongoing, (no class Thanksgiving) THURS. 2:30-4:00pm	Patients: Min. 3 Max. 8	Contact: Alice Palen alicep@apiai.org , 222-9714
<p>The <i>Expressive Arts Therapy</i> uses various art forms to promote emotional healing. In our group we use art materials to express emotions and thoughts and then reflect upon the art making experience to gain insight into distress, and well-being. Guilt and shame that often accompany emotional and mental distress are removed because the art simply expresses thoughts and emotions in a non-judgmental manner. No experience in art is needed, only an open mind to try expressing oneself through art.</p>		