



Find help along the road to recovery

Road 2 Recovery

A guide for the
CENTRAL KENAI PENINSULA

01

ADDICTION



Learn more about the signs of addiction at change4kenai.org

Look on the reverse side for more information

Learn more about where to get help by following these road to recovery signs.

02

WITHDRAWAL MANAGEMENT



- 1 Intake at Central Peninsula Hospital Behavioral Health (Serenity House) or at the Emergency Department
- 2 Complete your application
- 3 Admission into the withdrawal management
Care options include Serenity House
Care Transitions
- 4 Apply for longer-term programs

03

RESIDENTIAL TREATMENT



30 Day Option
Serenity House
8-12 Month Option
Diamond Willow

04

INTENSIVE OUTPATIENT



Determine with a counselor if intensive outpatient or outpatient care is right for you.

05

OUTPATIENT



Central Peninsula
Hospital Behavioral
Health
CICADA

06

OTHER SERVICES



AKEELA
PCHS
Alcoholics Anonymous
Narcotics Anonymous
Sober Living Environments

Big journeys begin with small steps

WWW.CHANGE4KENAI.ORG



Change4theKenai
Connect community.
Save lives.

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SIGNS OF ADDICTION

- A shift in mood, attitude and motivation
- A new friend and new hangouts
- Poor performance at school or work and/or being absent
- Secretive behavior such as lying
- Sudden weight loss or gain
- A sudden, unexplained increase in spending
- Bloodshot eyes or enlarged pupils
- Giving up once-favorite pastimes and hobbies
- Strange body odors; trembling hands
- Unusual changes in sleeping patterns or schedule

U.S. Department of Health and Human Services

CENTRAL PENINSULA HOSPITAL SERVICES

Serenity House

Treatment Center

245 N Binkley St.
Soldotna, AK 99669
(907) 714-4521

Care Transitions

Coming Soon!

Withdrawal Management
245 N Binkley St.
Soldotna, AK 99669
(907) 714-4521

Diamond Willow

Coming Soon!

Long-Term Residential
245 N Binkley St.
Soldotna, AK 99669
(907) 714-4521

Resource Contact Information

CICADA

Cook Inlet Council on
Alcohol and Drug Abuse

10200 Kenai Spur Hwy
Kenai, AK 99611
(907) 283-3658

AKEELA

Behavioral Health
Program
Intensive Outpatient
(907) 283-4029

PCHS

**24-Hour Mental Health
Emergency Crisis Line:**
(907) 283-7511

230 E. Marydale Ave
Soldotna, AK 99669
(907) 260-3691

Sober Living

Freedom House
Faith-Based Home for Women
(907) 740-8018

Nuk'it'tun
Sober Living Home for Men
(907) 398-6935

Support Services

AK AL-ANON Groups
(907) 252-0558

Alcoholics Anonymous
(907) 283-5722

Kenaitze Indian Tribe
Sober Living Home & Other
Support Services
110 North Willow Street
Kenai, AK 99611
(907) 335-7200

Nakenu Counseling
Services
(907) 283-6423

Narcotics Anonymous
(866) 258-6329



www.change4kenai.org

MORE RESOURCES AVAILABLE ONLINE

