

Together we can make a difference and improve the lives of young Alaskans and their families!



Denali Family Services recognizes the hurdles that are presented as a young person nears adulthood for both the youth and their families. In addition to those challenges presented as a matter of simply "growing up", DFS also acknowledges the additional barriers to success for young adults who may have emotional/behavioral difficulties as they work to meet "real world" expectations.

Any questions, feedback, or concerns are welcome. Please contact:

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"If your mental health is great, life will be great."

- Howie Mandel
Mental Health Advocate and Actor

TRANSITION TO INDEPENDENCE PROGRAM



For Alaska

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Denali Family Services is a 501 (c) (3) nonprofit corporation. We accept Medicaid, Denali Kid Care, Insurance, MasterCard and Visa.



Denali Family Services is accredited by the Council of Accreditation



Serving Alaska since 1995

As young people approach adulthood, it's important to allow them the opportunity to begin making decisions for themselves. It's often difficult for parents/guardians to make this shift in thinking, especially if they have witnessed poor decision-making by the youth in the past.

As caregivers, it's important to keep in mind the ultimate goal: for the youth to be a healthy, responsible, and contributing member of the community. That requires good decision-making skills. Now is the time to practice while there's still a strong support network to catch them when they fall and celebrate their successes!

Teenagers are adults in the making.



DFS staff assist families and other key players to support youth by:

- providing input and feedback,
- allowing youth to engage in meaningful opportunities to build independent living skills,
- building on the youth's strengths,
- engaging youth in problem-solving to assist with identifying alternative solutions,
- and being available to assist the youth as needed to work towards goals he/she has identified.

"Adolescence is a tough time for parent and child alike. It is a time between: between childhood and maturity, between parental protection and personal responsibility, between life stages managed by grown-ups and life privately held."

~Anna Quindlen