



Anchor Counseling & Consulting LLC

State of Alaska Division of Forestry and Fire Protection Contracted Clinical Director

Why Anchor Counseling & Consulting, LLC?

ACC is the contracted provider of choice for the DOF, delivering comprehensive clinical services, clinical consultation and direction, wellness unit support and development, training and education, and Critical Incident Stress Management assistance. Owned and operated by first responders and their family members, ACC brings a unique and personal understanding of the demands faced by those in the field. Our clinicians and CISM providers are highly trained and experienced in working with first responders, offering specialized care rooted in a deep appreciation for the unique challenges of the profession

What is the process to obtain counseling?

- Contact Anchor Counseling & Consulting (ACC)
- Identify yourself as a DOF employee
- You'll be offered an appointment with an ACC counselor depending on location, schedule, needs
- Electronically sign consent forms
- Receive HIPAA compliant Zoom link via email if telehealth appt or address of office if in-person appt

Who will pay for it?

- Your insurance may include mental health benefits, to find out more, email or text your insurance card (front and back) to ACC and they will provide you with any estimated out of pocket expenses.
- There are some funds available to offer assistance to those that need help covering their share of costs- let ACC know if you would like to access these funds.

Is it confidential?

Counseling is completely confidential with few exceptions:

- A mandatory report will be made if you: disclose child, elder, or vulnerable adult abuse (*not including cases already reported or being investigated*)
- If you are at serious risk of killing yourself or others, confidentiality may be broken for safety risks
- Aside from the exceptions above, counseling is completely confidential and protected by federal law

How do I start?

Contact ACC by phone, text, or email: teri@anchorcandc.com // 907-921-1291

Identify yourself as a DOF employee

You will be matched with a counselor who fits your needs and schedule

Services • Counseling • EMDR • CISM • Consultation

WEBSITE:



Teri Forst
LPC-S, CCISM
ACC Owner



Carol Altepeter
LCSW
FR Counselor



Jessica Koh
LPC
FR Counselor



Kali Hudson
MA, CCISM
FR Counselor



Branden Forst
CCISM
FR & CISM Provider

To read more about ACC, the providers, and services offered, visit:

<https://www.anchorcounselingconsulting.com/>

Get Started – email: teri@anchorcandc.com – text or call: 907-921-1291