Welcome to CITC’s Ch’wala Youth Outpatient Services!
We are a supportive alcohol and drug treatment program unique to the needs of young people struggling with substance use and mental health issues. Our outpatient programs typically last 16 weeks, depending on the needs of the individual. Our programs include weekly group and individual sessions with a substance-use counselor, case management, social support, and peer and family support as needed.

Group Sessions
Ch’Wala uses the Matrix Model for our group curriculum. This model is evidence-based and person-centered. We offer a wide variety of group topics designed to motivate and educate participants in understanding how alcohol and drugs affect the individual and their family and friends, as well as their self-awareness, self-destructive behaviors, trauma issues, barriers in treatment, development of recovery skills, relapse prevention, life skills development, family relationships, cultural and community support services, and discharge planning.

Individual Sessions
During intake with a substance use counselor, participants assist in writing their individualized treatment plan. The treatment plan is created in collaboration as it will serve as a road map for treatment needs and the life skills needed to achieve a more productive and sober lifestyle. Individual counselors may assign homework allowing participants to practice the skills gained during individual sessions and/or group activities. Overall, the design of the sessions will be linked to the objectives and interventions listed on individual treatment plans. Plans are designed to serve as an evolving tool and are updated as individuals progress in their recovery journeys.
Case Management
Our Ch’Wala youth program uses the Transition to Independence Process (TIP) as the foundation for our case management services. TIP seeks to provide guidance for transition-age young people and their families. We offer transitional support (housing, employment, education), as well as assistance in finding a sober-support network, linkage to mental health, medication management and related services, transportation, and referrals to partner agencies.

Social Support Services
Peer Support Specialists are available to provide support and encouragement, advocacy, mentoring, and assistance in meeting recovery goals.

Family and Mental Health Counseling Services
We have peer and family support staff available to provide encouragement and support to participants and families, both individually and in family support and education group structures. Throughout all services, we collaborate with participants and their families regarding individual needs and goals toward success.

We also offer sessions and groups at our Nat’uh building in east Anchorage, as well as off-site in other community locations. We have afternoon and evening hours throughout the school year and daytime hours during the summer. Our family groups are held Wednesday evenings.

The first step in receiving services at Ch’Wala is reaching out. If you or your child aged 12-25 is struggling with substance use issues, contact us to see if our program might be a good fit.

Contact CITC Recovery Services at (907) 793-3200