

2025 West Coast Storm Newsletter



Scan this QR code to subscribe!



Yup'ik Language Tool Supports Behavioral Health Understanding

Moses Marr'aq Wiseman, a Yup'ik speaker from Cheffornak, recently supported evacuees from Western Alaska by providing Yup'ik interpretation at Anchorage shelters, using a newly developed glossary of behavioral health terms. Having culturally appropriate language available, he said, helped ease conversations and made it easier for people to understand and talk about their experiences.

Wiseman, who serves as Alaska Native Languages Program Director at the Alaska Institute for Justice, helped launch the free, online Yup'ik behavioral health glossary last month. The resource allows users to search health-related terms, see Yup'ik translations, and hear correct pronunciation.

Funded by a grant from the Alaska Department of Health, the glossary was developed over several years through collaboration with Yup'ik speakers, interpreters, and medical professionals. Project leaders emphasized that the glossary is a "living" resource that will continue to evolve as language and community needs change.

The resource is available at:
<https://www.akjp.org/yugtun-medical-resources/>



Moses Marr'aq Wiseman and Indra Arriaga with the Alaska Institute for Justice on Nov. 6, 2025. Photo by: Alena Naiden



January is Mental Wellness Month - Behavioral and Mental Health Services Available

The Alaska Native Tribal Health Consortium (ANTHC) offers behavioral health services to all Alaska Native and American Indian adults age 18 and older who are physically present in Alaska.

Through the ANTHC Behavioral Health Wellness Clinic, individuals can access behavioral health assessments, health behavior coaching, individual and group counseling, and referrals to additional resources or treatments. All services are available via telehealth, allowing patients to receive care from home.

The Behavioral Health Wellness Clinic is designed to support overall wellness but is not a crisis service. If you are experiencing a medical emergency, call 911. If you or someone you know is in a mental health crisis, call or text the Suicide & Crisis Lifeline at 988 for immediate support.

For more information or to learn how to access services, visit the ANTHC Behavioral Health Wellness Clinic webpage at: <https://anthc.org/patient-care/bhwc/>



Bethel Assistance Hub Reopens

The Bethel Assistance Hub reopens to support individuals and families impacted by recent storms.

Staff will be available from **10:00am-12:00 p.m. and 1:00pm-4:00pm** at the **AVCP Tugkar Building**, located at **570 3rd Avenue** in Bethel.

Those who have been impacted by the West Coast Storms are encouraged to stop by during these hours to ask questions, get information, and receive assistance with available recovery resources.

Free Legal Clinic on January 19, 2026

The Alaska Bar Association is hosting their annual MLK Day Free Legal Help event on January 19, 2026, in Anchorage, Fairbanks, and Bethel.

- **Anchorage:** Mountain View Community Center, 315 Price Street, noon-4 p.m.
- **Fairbanks:** UAF Community and Technical College, 604 Barnette Street (6th Ave Doors), 10 a.m.-4 p.m.
- **Bethel:** Evangelical Covenant Church, 2 p.m.-5 p.m.

Volunteer attorneys will be available for 20-minute consultations with Alaskans who need advice for civil legal issues.

State of Alaska and FEMA will be at the event to assist with Individual Assistance applications and questions. SBA will be available to assist with disaster loans.



Alaska Legal Services



Alaska Free Legal Answers

Free Eye Clinic Offered in Anchorage

The Alaska District 49A Lions and local volunteers, will host a free eye clinic for community members without vision insurance.



Participants will receive a free comprehensive eye exam and can choose eyeglass frames on site.

Finished glasses will be available for pickup in 2–3 weeks. This clinic is a great opportunity for those without insurance to receive quality vision care and eyewear at no charge.

The clinic will take place on Saturday, **January 31, 2026**, from **11 a.m. to 5 p.m.** at the **Mountain View Lions Clubhouse, 501 N Pine Street in Anchorage**.

Disaster Unemployment Assistance Deadline Extended to February 20

If you were impacted by Typhoon Halong and are unable to work due to storm-related damage, Disaster Unemployment Assistance (DUA) is still available. The application deadline has been extended to **February 20, 2026**.

DUA provides temporary financial help for people who are not eligible for regular unemployment or have exhausted benefits. Weekly assistance ranges from \$153 to \$370 and may be available for up to 27 weeks.

To apply, call **(907) 465-4691** and ask for Disaster Unemployment Assistance. Interpreter services are available at no cost.

Don't Miss Out on Help - Deadlines Extended for Financial Assistance

The deadline to apply for individual assistance programs from the State of Alaska and FEMA, in addition to SBA disaster loans has been extended to February 20, 2026.

Applying to multiple assistance programs increases your chances of receiving the full support your family needs, whether that's help with temporary housing, home repairs, personal property, transportation, or other essential needs.

Each program provides different types of support, and no single program covers every kind of loss—this is why it's important to apply for more than one.

And remember: you can apply online or over the phone.

If you're unsure where to begin, shelter staff and on-site partners can help guide you through the process.

The sooner you apply, the sooner assistance can begin.

Scan the QR codes or visit the links below to begin your assistance applications.



State of Alaska Individual Assistance
Deadline: Feb. 20, 2026



FEMA Individual Assistance
Deadline: Feb. 20, 2026



Small Business Administration (SBA) Disaster Loans
Deadline: Feb. 20, 2026



Scan the QR code or visit Ready.Alaska.gov for a list of resources and regular updates related to the 2025 West Coast Storm.

