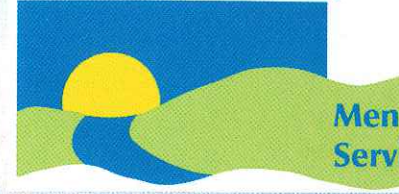


Anchorage Community



Mental Health
Services, Inc.

Fairbanks Community



Mental Health
Services, LLC.



ACMHS
4020 Folker Street
1432 Ingra
1000 E 4th Ave
4045 Parkway
Anchorage, Alaska

FCMHS
3830 Cushman
Fairbanks, Alaska



CREDIBILITY • INTEGRITY • ACHIEVEMENT



FY2015 Annual Report

Our Vision is: Wellness for Everyone

The mission of
ACMHS is to promote recovery and wellness
by providing consumer driven
behavioral healthcare.

Table of Contents

Board and Community Advisory Lists	Page 3
Letter from Chief Executive Officer	Page 4
ACMHS Programs and Services	Page 6
ACMHS Consumer Demographics	Page 7
Alaska Youth Advocates	Page 8
Financial Information	Page 9
FCMHS	Page 10
FCMHS Consumer Demographics	Page 11

Front Cover. The Denali Park Road. Located inside Denali National Park, the Road lies between ACMHS and FCMHS and is a fitting remainder of the paths we travel towards wellness.

2015 Board of Directors

Suzanne Fairbanks
Susan Crosson
Cathy Taylor, CPA
Patti Bozzo
Brad Spees

President
Incoming President
Treasurer
Secretary
Immediate Past President

Phillip Bach, Ph.D., OD
Kathleen Broquet
Ramona Duby, JAAT
Tina Morgan
Katie Schneider, PA
Cynthia Strobach, Ph.D.
Sonda Tetpon
Ian van Tets, Ph.D.

Child and Family Services Advisory Council

Angela Camos
Suzanne Fairbanks
Dianne Horbochuk
Toni Jolevski
Kelley Olson
Pat Sandburg



Adult Services Advisory Council

Michael Burke
Jim Fitterling
Alvin Griffin
Matt Jones
Mark Kraft
Kate Sumey

Day Break Senior Services Advisory Council



Kris Armbrust
Wayne Boedecker
George Haley
Ken Helander
Karen Higgs
Sally Kneeland
Cathleen McLaughlin
Melissa Mitchell
Flo Pearson
Shelia Soule
Cathy Taylor
Yaso Thiru
Danette Williams



Photos: Some of the beautiful flowers planted by volunteers at the Folker Building during the FY16 year.



Those who know me know I love history and reading about how we got to where we are today. Same goes for Anchorage Community Mental Health Services. ACMHS is a diverse company. The Anchorage operation serves the most diverse community in the US as evidenced by having over 90 languages spoken in municipality. During FY 2015 Anchorage and Fairbanks had over 40 funding streams and over twenty service lines. Services covered the span of life from two years of age to persons in their nineties. Yes, a lot of diversity - diversity in services and locations of services. The diversity reflects the creativeness of staff to meet the needs of people and geography we serve.

Examples abound. For instance, this year Anchorage based Alaska Youth Advocates (AYA) joined ACMHS. AYA operated for years as a small nonprofit specializing in outreach, engagement and harm reduction for homeless or at risk transition age youth on the streets of Anchorage. As reported in last year's annual report, the AYA Board

strategically evaluated alliance opportunities ultimately deciding ACMHS was the best fit. The decision was based on ACMHS having focused for several years on building services for transition age youth, experience with street outreach and engagement plus supporting the use of peer to peer providers.

Another example is Fairbanks Community Mental Health Services (FCMHS) which celebrated anniversary number one in September 2014. Numbers served and staff continued to grow throughout the year. Josh Sonkiss, MD, joined FCMHS as the Medical Director. Psychiatric, clinical, pharmacy and administrative support to FCMHS was strengthened during the year particularly through increased video-teleconferencing and -behavioral health capability.

Another example was the September opening of Genoa Pharmacy in the Folker location in Anchorage. This added an immediate resource for psychiatric staff, consumers as well as employees. Genoa supports both Anchorage and Fairbanks operations.

December 2014 found ACMHS purchasing a 17k square foot building thanks to a grant from the State of Alaska. The building will be used to house Seeds of Change. Seeds of Change will employ 10-15 transition aged youth who will be growing vegetables hydroponically for retail sale. Yes, another service line and revenue stream targeted to open in FY 2016.

Having diverse services supported by numerous funding streams plus covering diverse locations requires a nimble and adaptive staff. This fiscal year provided many examples with both clinical and administrative staff. Training and quality assurance efforts expanded across the company. Staff in Anchorage and Fairbanks reemphasized employment services. Project Managers Ken Howell and Bob Walker rolled out FileHold in order to formalize records retention through digital means and help the company reduce its paper. Michael Sobocinski, Ph.D., led the effort to select the company's ten year solution for its revenue cycle electronic clinical record from the six proposals received. We look forward to Bob Walker leading the effort to implement CareLogic as it will integrate clinical records keeping, scheduling and the revenue cycle while improving connectivity to other providers, compliance and quality assurance measures.

Other highlights reflect the many moving parts of this dynamic company. Juneau Street Supported Housing in Anchorage came on line in September 2014 providing renovated apartments for up to six with around the clock support staff on site. Bessel van der Kolk, MD was the keynote for the Trauma Institute also held in September 2014. ACMHS continues to be the lead in Alaska due to the leadership of Josh Arvidson for promoting trauma informed and trauma treatment capability. A related expansion this year was in the area of domestic violence and sexual assault thanks to the efforts of Child and Family Services Director Dee Foster. Staff are now located in the Anchorage domestic violence shelter (AWAIC), sexual assault assistance center (STAR), Covenant House Alaska and at AYA.

October found ACMHS celebrating its 40th Anniversary. It has come a long ways since the early days in the Spenard section of Anchorage as evidenced throughout this letter and by the accompanying photographs in this report.

December 2014 was the month that ACMHS entered into a two year corrective action plan with the US DHHS Office of Civil Rights as a result of a January 2012 breach. Staff remains vigilant due to the multitude of ploys used in an attempt to either gain protected health information or money through hack or phishing. ACMHS implemented encryption companywide as a precaution during the year as well as adding formal auditing of all electronic systems.

January 2015 found a hand off of the Board's leadership gavel from outgoing Board President Brad Spees to incoming Board President Suzanne Fairbanks. Ms. Fairbanks previously served as the Board President in 2013.

The legislative session beginning in January presented opportunities and challenges. The biggest opportunities included advocating for Medicaid expansion and rebasing for the Behavioral Health Medicaid rates. The latter was accomplished as evidenced by the commitment DHSS Commissioner Valarie Davidson in her letter of 1 April 2015. The rebasing will occur over the next two fiscal years for implementation in July 2018. This writer has been advocating for a number of years for this undertaking after realizing the current rate base is 1992. Fantastic rates in 1992 but way underwater by 2005 and have only sunk since.

The challenges from the legislative session relate to the increased demand for services while grant dollars remain flat or reduced and no rate increases. Problems persist with the Medicaid Management Information System implemented in September 2013 requiring touching every service claim at least once since the implementation. The demand for services particularly for persons without insurance and the underwater Medicaid rates resulted in ACMHS/FCMHS providing over \$7.5m in charity care during the year. May I say that long term attention is needed which I believe will start with the Medicaid rebasing.

I am frequently challenged by legislators and others to describe the outcomes being achieved and why they should invest in our services. If kids oriented, I provide information about children's services and the results being achieved. Many times though, the questions focus on adult services due to the amount of services being provided in emergency rooms and the census pressures at the inpatient psychiatric settings across the state. And, did I mention the Alaska Department of Corrections population?

Following are two summaries for the year with which I will end. They are reflective of the results possible when promoting recovery and consumer driven services. Promoting recovery means helping people be in the community and not institutionalized.

For adults admitted in Anchorage during FY 2014, a **93%** reduction in number of days in API when compared to year prior to admissions to ACMHS. (1,894/177)

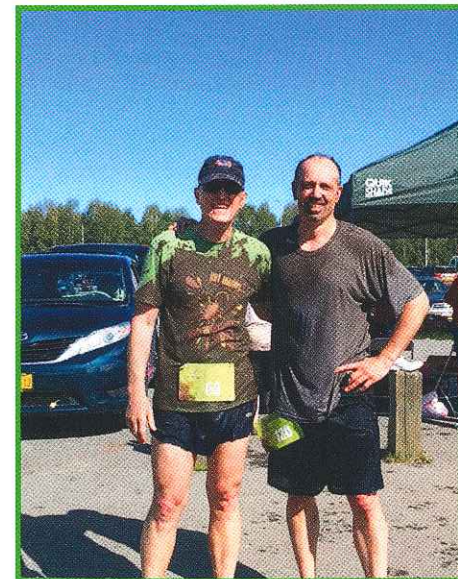
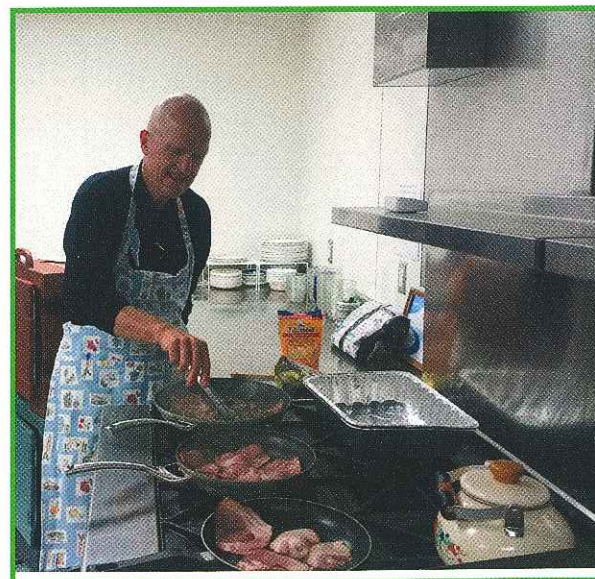
The Institutional Discharge Program (IDP) under the leadership of Andrea Axelson had a **95%** reduction in DOC days during FY 2015. (n=27 5,391 DOC days in FY 2014 v 264 in FY 2015. Top 9 = 65% of days (3,507) in FY 2014 had only 21 in FY 2015 = **99%** reduction in DOC days. And, no, they were not in API.)

Proud? Yes.

More to do? Yes.

Thanks to all who made all this happen - Board of Directors, Staff, Advisory Councils, donors and stakeholders. FY 2015 was a good year.

Jerry A. Jenkins, M.Ed., MAC
Chief Executive Officer



Far left: Celebrating staff at a holiday breakfast for Day Break Staff. Left: I pose with IT Manager Bob Walker after completing the 2015 Race For Recovery.

ACMHS FY15 Programs and Services

Child and Family

Alaska Child Trauma Center at ACMHS

Family Services

Wellness Way

Little Tykes Therapeutic Day Program

Parenting With Love and Limits

Transitional-Aged Youth Program

Alaska Youth Advocates



Adult Services

Intake

Crossover House

Transitional Housing Program

Permanent Housing Program

Institutional Discharge Program

Folker Team

Medical Team

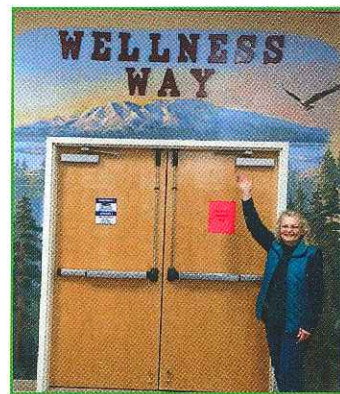
Pathways to Recovery

Psych Emergency Services at Providence

Rise Vocational Program

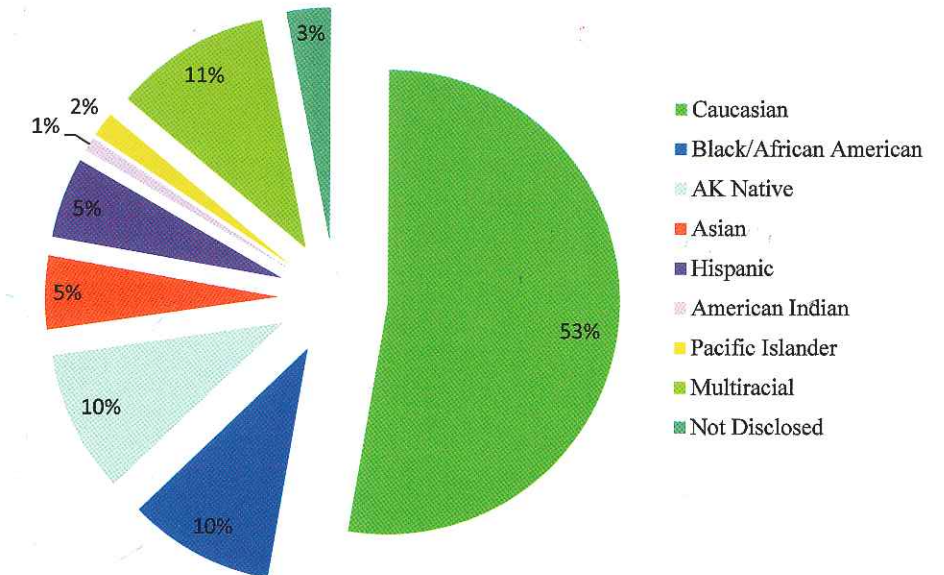
Senior Services

Day Break

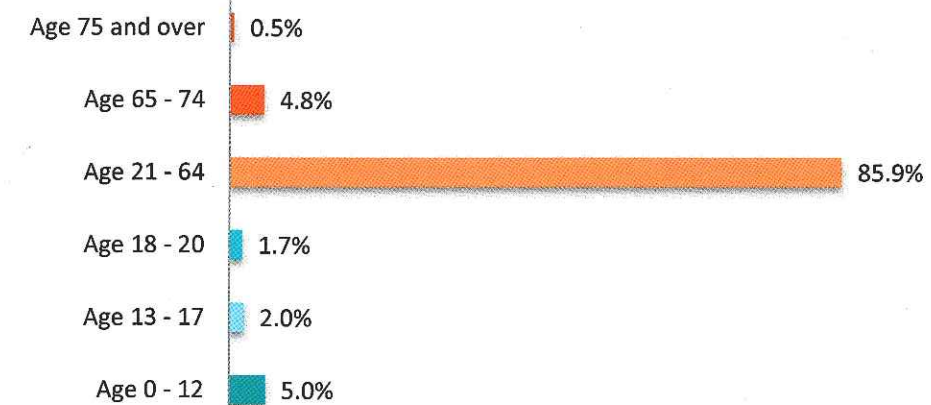


FY15 ACMHS Consumer Demographics

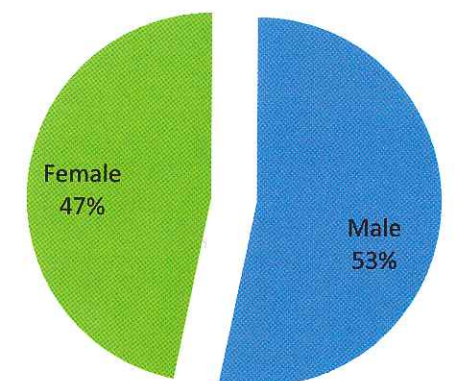
Race & Ethnicity



Age of Consumers



Gender



1597 Consumers Served

Alaska Youth Advocates



At the beginning of July, 2014 Alaska Youth Advocates (AYA) officially merged with ACMHS becoming a program within ACMHS's child and family continuum. ACMHS has provided a number of community based therapeutic and outreach services in the community for many years with transitional age youth. This decision was whole-heartedly supported by the boards of both nonprofits as a means to continue the vital services that AYA provides the community.

AYA brought several vital programs to ACMHS. Located inside the Downtown Transit Center, the POWER (Peer Outreach Workers Education and Referral) Teen Center and Health Clinic, provides a safe space and basic necessities to homeless or at risk of homeless youth. Youth are able to get a snack, find new clothing or toiletries from the donated supplies and just spend a little time in a warm and safe environment. Unfortunately for homeless youth, finding safe spaces is extraordinarily difficult. Through grant funds and partnership with the Municipality of Anchorage, Muni public health nurses also spend a few hours a week on-site in the drop in center providing basic health care, STD testing and education and more. As a program of ACMHS, there will be increased behavioral health services as well.

In FY15 AYA provided 252 health screenings, employed 7 Peer Outreach Workers and providing education presentations to 198 at-risk youth.

Story and photos by Jennifer Smerud

Anchorage Community Mental Health Services, Inc. Financials

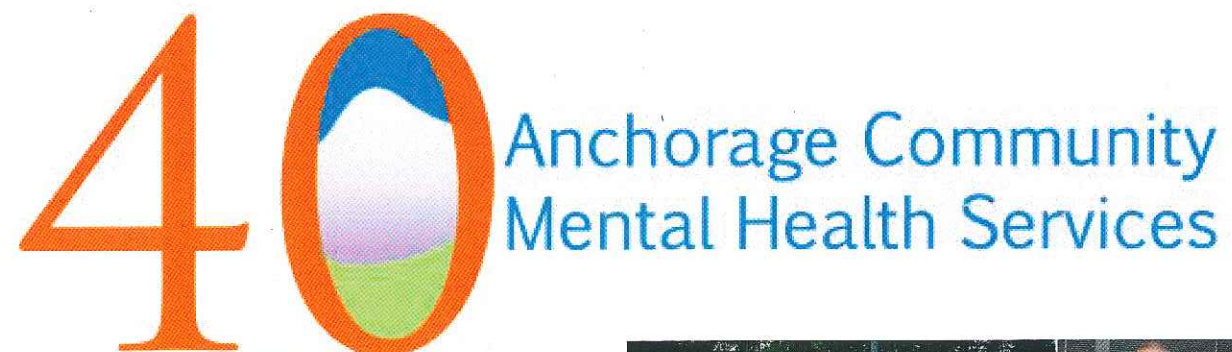
Operational Revenues

Client Fees	\$8,393,973
Grants	\$13,875,408
Other	<u>\$1,148,669</u>
Total	\$23,148,050

Charity Care **\$9,792,181**

Operational Expenditures

Program Expenses	\$16,809,750
Administrative Expenses	<u>\$5,295,509</u>
Total	\$22,105,259



Fairbanks Community Mental Health Services



Fairbanks Community Mental Health Services (FCMHS) is one of the few options for adults who experience a Serious Mental Illness (SMI) and youth who are diagnosed as Severely Emotionally Disturbed (SED) in Fairbanks. We are also the only grantee for psychiatric emergency services in the Interior which means that we provide access to a Master's level clinician 24/7 and conduct involuntary commitment assessments as ordered by the court.

The outpatient mental health services provided at FCMHS assist this population in obtaining the assessment and treatment needed with the goal of successfully functioning in the community. Whether intervening during a crisis to potentially prevent hospitalization, establishing services post-hospitalization or maintaining supportive services throughout ones illness, FCMHS is key piece to providing stability to the SMI and SED population in this community. Many of our clients have a co-occurring disorder meaning that they may also have a substance use disorder or physical/developmental disability; Without these services, the emergency room and behavioral health unit at Fairbanks Memorial Hospital or the Fairbanks Correctional Facility would be the main safety net for this population.

In the first full year of operations, FCMHS served 627 individuals in our youth and adult programs. We implemented vocational programs and a community garden. We increased staff from 23 in FY14 to 32 full time employees. We started our Advisory Council with an informational meeting in March of 2014 with an informational meeting and had our first official meeting on October 28th, 2014. We have implemented a yearly tradition of hosting a big holiday meal that staff cook along with gifts and visit from Santa. Fundraising for this event is spearheaded by one of the youth groups and an estimated 55 consumers participated.

We provide services to people who are experiencing a mental illness that is long-term and impacts their daily functioning;

Services provided include:

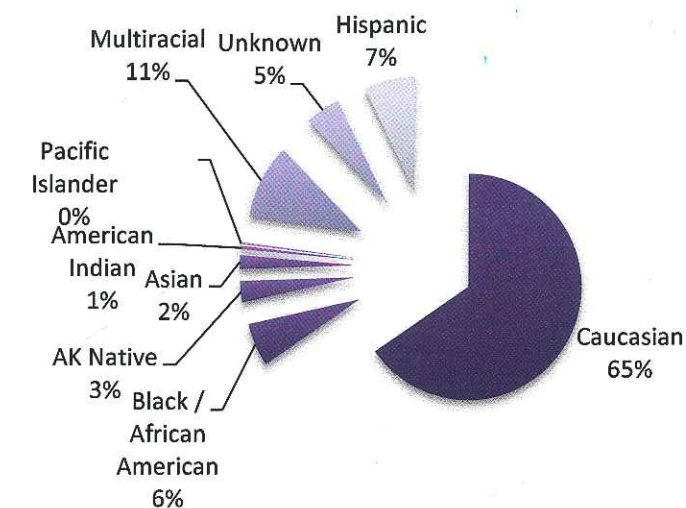
- Psychiatric services – assessment, medication management and nursing services
- Psychotherapy – individual, family and group
- Rehabilitation Services – case management, daily living skill development, community support services & various group skill development.

Our focus areas for growth in FY16 include expanded vocational services, youth services and increasing the number of consumers served through onboarding additional clinical staff including therapists and case managers.

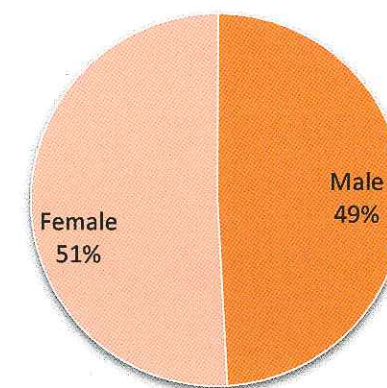
-Jami Teets, Chief Operations Officer.

FY 15 FCMHS Consumer Demographics

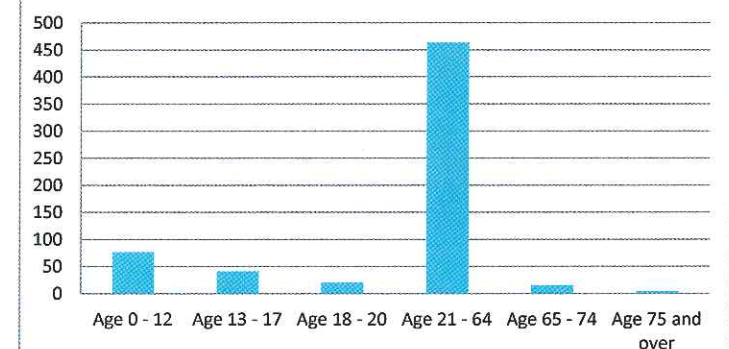
Racial Composition



Gender Composition



Age Composition

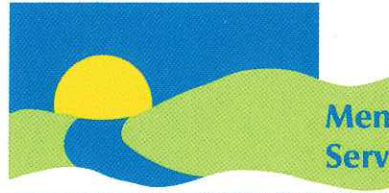


Anchorage Community



Mental Health
Services, Inc.

Fairbanks Community



Mental Health
Services, LLC.



ACMHS
4020 Folker Street
1432 Ingra
1000 E 4th Ave
4045 Parkway
Anchorage, Alaska

FCMHS
3830 Cushman
Fairbanks, Alaska



CREDIBILITY • INTEGRITY • ACHIEVEMENT

