



ACMHS 2018 Annual Report

FOOD IS MEDICINE

At **Anchorage Community Mental Health Services**, when we say food is medicine, we don't mean nutrition for your body (though that is important also.) **We're talking about the role food plays in our lives** – in building community, and in fostering independence. In teaching communications skills for today, and vocational skills to build a future.





Jim Myers, MBA joined ACMHS in January as the new Chief Executive Officer. He served as Executive Director of the Pediatric Mental Health Institute at Children's Hospital of Colorado and was the Business Director for Psychosocial Services at Seattle Children's Hospital. Jim earned his Masters of Business Administration from Indiana University.

Letter from the CEO

Hippocrates is credited (correctly or not) with saying "Let food be thy medicine and medicine be thy food" and kicking off the "food is medicine" concept. Here at ACMHS, when we say food is medicine, we mean it a little differently. We're talking about the role that food plays in our lives – in building community and in fostering independence, in teaching communication skills for today and building vocational skills for tomorrow. Food can be a foundation for a brighter future.

We spent 2018 at ACMHS/FCMHS laying a foundation for future growth.

Our first focus was to work on staff retention and staff morale. Changing the culture of an organization takes time, but we knew there were some things we needed to do right away. Our salary schedule was out-of-date, and salaries were no longer competitive with the market. We implemented a new salary schedule in June 2018 and have planned for annual increases to insure that we remain competitive.

Next, we designed an employee incentive program that rewards staff for completing individual as well as organizational goals.

Another priority was opening up access to our services. We know there are more Alaskans in need of mental health services, and we heard a lot of frustration from community members about the length of time it took to get scheduled. So we began to look at ways to streamline our intake processes and remove barriers wherever possible.

Spending this time laying the foundation was an essential first step in our plan to grow to truly meet the mental health needs of Alaska's two largest communities. Now we look forward to years of healthy growth.

Jim Myers
CEO

Facebook:

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Food is a Future

Lead Greenhouse Grower Sara Wake-Renard has a passion for growing food. She worked at several farms in the Mat-Su before starting her job at Alaska Seeds of Change. But AKSOC offers something more than those jobs – an emphasis on building skills to be successful in all aspects of life.

AKSOC is an indoor vertical hydroponic greenhouse located in mid-town Anchorage, so fresh local greens and herbs can be grown year-round. But the real emphasis of the program is on growing youth. Transition age youth ages 16-23 work as apprentices and staff at the greenhouse, learning the basic skills needed to run the greenhouse, as well as the "soft skills" needed in any work place – how to communicate with your supervisors, how to call in if you're going to be late or sick. All in a trauma-informed environment, where supervisors work with youth to overcome the hurdles to successful employment – whether that's learning a new bus route or a coping mechanism for anxiety.

Sara says the most important thing she has learned is time management.

See video at: <https://bit.ly/2JmSMpF>

Follow Alaska Seeds of Change on Facebook and YouTube to keep up on farmers markets dates and learn more about hydroponic growing.



*Lead Greenhouse Grower
Sara Wake-Renard*

Food is Security

At Little Tykes therapeutic day program, some of the 4 to 6 year-old enrollees have trouble putting their lunches away when they arrive. Many of them are in foster care, and all have experienced trauma in their short lives. Their lunch is theirs, and they don't want it out of their sight. Clinician Mara Hill says one of the signs that new clients are starting to feel secure and trust their environment at Little Tykes is when they can happily put their lunch away in the morning – confident it will be waiting for them at lunch time.



Food is Independence — and Community

For clients in the ACMHS Residential Team, learning to shop for food and prepare it is a major step toward independence. These clients have been living in assisted living homes or other institutions for years and are learning the skills they need to move to independent living in their own apartments. ACMHS staff help them get ready, and then continue to provide support for up to a year after the move.

When board member Stephanie Rhoades visited the program for lunch in May 2018, several clients had spent the morning cooking. Leland's spicy sweet potato fries were a hit. Chicken-saute chef Michael, sporting the G necklace, was about to move to his own apartment the next day — and he sure looked pleased. There was a lot of talk and laughter during prep time.

These lunches show the culmination and demonstration of all the planning, shopping, budgeting, cooking, cleaning and teamwork skills required to live independently. Team members use community resources available to them, like the Food Banks, to acquire nutritious foods, prepare, cook and store them. During lunch preparation, and throughout the day, clients refine social skills, share their day-to-day life experiences and learn coping strategies for the stress of the independent living.

When all was ready, Kevin said Grace. The table was surrounded by clients and staff of the ACMHS Residential Team. Kevin is working on his GED. At lunch, he talked openly about feeling depressed and his personal safety plan. The food was served family-style, and it really felt like family.

Independence may be the goal, but it comes with a hefty dose of *community*.



WHO WE ARE:

Alaska's largest community provider of mental health services.

WHO WE SERVE:

Children, transition-age youth and adults with a wide range of mental health needs, including co-occurring substance use in the Anchorage and Fairbanks areas.

WHAT WE DO:

- » Crisis intervention
- » Psychiatric assessment and treatment
- » Individual, group and family therapy
- » Skill development
- » Rehabilitative services
- » Case management
- » Wrap-around support services
- » Vocational support for clients and others
- » Specialized trauma services and training

Food is Appreciation

Wanda Naffzinger is a case manager at Fairbanks Community Mental Health Services. She once helped a client prepare a Thanksgiving meal for family and friends. The client wanted to thank everyone who had helped her through some tough times, but was a little overwhelmed with prepping the meal. So Wanda helped her get started in the morning, checked in by phone throughout the day, and then helped in person with the last details at the end of the day. Given that level of dedication, it comes as no surprise that Wanda has also had clients who want to thank her — by inviting her to a lunch prepared in her honor.

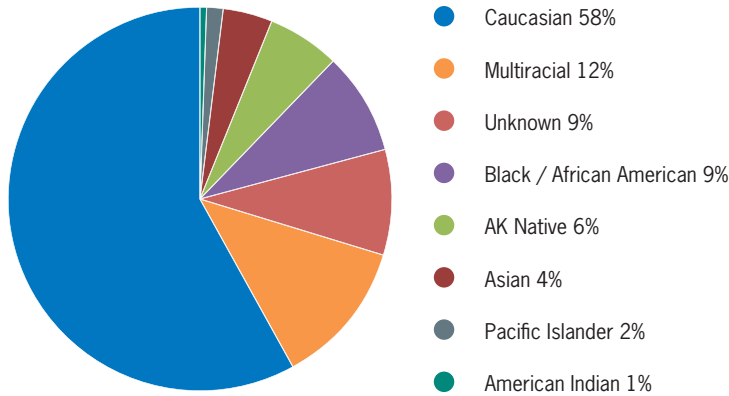
Food is Family

Parenting with Love and Limits is an evidence-based group and family therapy program to help families struggling with out-of-control tween and teen behaviors. ACMHS provides PLL services in Anchorage, and coordinates PLL training in Alaska. At six weekly group meetings, food is served. Its part practical — the sessions happen over the dinner hour. And part modeling — conversation over dinner can be a natural check-in time for caregivers and kids.

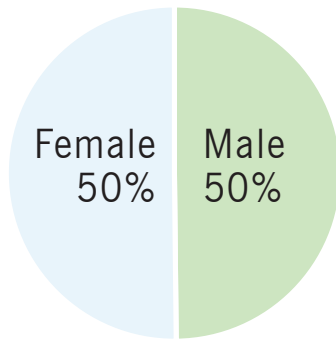


Who We Serve

CLIENTS BY RACE & ETHNICITY

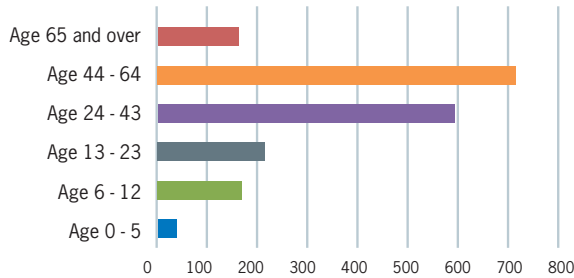


CLIENTS BY GENDER



TOTAL
ACMHS/FCMHS
CLIENTS
SERVED:
1776

CLIENTS BY AGE



ACMHS

907-563-1000

4020 Folker Street

Anchorage, AK 99508

FCMHS

907-371-1300

1423 Peger Road

Fairbanks, AK 99709

Anchorage Community Mental Health Services, Inc.

2018 FINANCIALS

Operational Revenues

Net Client Fees	\$ 7,979,000
Grants	\$ 8,978,000
Other	\$ 376,000

Total Revenue \$ 17,333,000

Operational Expenses

Program Expenses	\$ 12,962,000
Administrative Expenses	\$ 3,984,000

Total Expenses \$ 16,946,000

Net Income \$ 387,000

2017-2018 Board of Directors

Dr. Phillip Bach

Patti Bozzo (2017 President)

***Susan Crosson** (2018 president- elect)

***Andrew Crow**

Sarah Davies

Ramona Duby

***Suzanne Fairbanks** (2017 Secretary)

***Irene Gobeli** (2017,2018 Treasurer)

Marieke Heatwole

***Nicole Jones-Vogel**

Gregg Knutsen

***Ian van Tets** (2018 Treasurer)

***Stephanie Rhoades**

***Kris Rognes**

***Rob Rosentreter**

***Linda Setterberg**

***Cathy Taylor** (2018 President)

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Fat Ptarmigan
Flying Dutchman
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Grace Merritt
Gretchen Bersch
Gretchen Cusack
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Hilltop Ski Area

Hubert and Janet
Gellert
Ian van Tets
In Honor of Leigh
Honig's mother
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Duclos
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Jan Hale
Jane Ross
Jeanne Davis
Jeff and Kris Rognes
Jerry Jenkins
Jim Myers
Jesse and Irene Gobeli
Joseph and Geneva
Columbus
Joshua & Minda
Nieblas
Julia Moore
Karen and Richard
Divebiss
Kathryn Berkowitz
Kenai Fjords Tours
Kenneth and Karla
Jones

Kimberley Hase
Kristen Wendt
Kristin Mortenson
Laura and Gabriel
Kompkoff
Leslye and Gerald
Randall
Linda Bustamante
Linda Carlson
Linda Setterberg
Lizette Sture
Margaret and Jonathan
Isaacs
Margaret Halloran
Maria F. Olson
Maribeth and Griffith
Steiner
Marilyn Kerr
Mary Doppelfeld
Mary Louise Young
Mary Witte
Matson Giving
Medical Equipment
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Meganne Hendricks

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