

# **2014 Annual Report**

**Anchorage Community Mental Health Services, Inc.**



## Table of Contents

ACMHS Governing Board	1
Letter from Chief Executive Officer	2-3
Fairbanks Community Mental Health Services	4-5
ACMHS Child Programs	6
Spotlight on Staff	7
ACMHS Adult Case Managers	8
Financials	9
ACMHS Demographics	10
ACMHS Funders	11

2014 Board of Directors  
Brad Spees, President  
Suzanne Fairbanks, President-Elect  
Patricia Bozzo, Treasurer  
Susan Crosson, Secretary  
Phillip Bach, Ph. D., OD  
Kathleen Broquet  
Ramona Duby, JOAT  
Deborah Fachko  
Tina Morgan  
Katie Schneider, PA  
Cyndi Strobach, Ph. D.  
Cathy Taylor, CPA  
Sonda Tepton



Housing Staff at Mission of Mercy

From Left; Tanya Vandenbos Kimberly Runyan,  
Francesca Ybarra-Knight, Monica Stoesser



Child and Family Staff model hats donated by Pistil

From Left: Matt Liston, Barry Andres, Brittany Beaujean



Ramona Duby, JOAT; Scott Terranella, MD MPH,  
Jan Adasiak, ANP

I will date myself by recalling the opening lyric of the Temptations song "Papa Was A Rollin' Stone" which said "It was the third of September, that day I'll always remember." Same can be said for Anchorage Community Mental Health Services (ACMHS) and Fiscal Year 2014 – a year to remember.

July 2013 found Anchorage Community Mental Health Services providing administrative support to Fairbanks Community Behavioral Health Center and in particularly business office support. This followed the departure of key staff in June 2013. FCBHC served the Fairbanks and North Star Borough area with a staff of over 70 focusing on psychiatric emergency services, services for children and youth with severe emotional disturbance and adults with serious mental illness. It was obvious by the beginning of August 2013 that FCBHC would not financially survive. ACMHS developed a contingency to 'stand up' and new company – Fairbanks Community Mental Health Services effective September 14, 2013.

Fairbanks Community Mental Health Services was established and a staff was hired for the new company. Twenty four staff was hired in Fairbanks and began the process of starting a new company from scratch in mere days. Leadership, administrative and clinical support were provided from ACMHS. Staff immediately started orientation to ACMHS and the systems approach used to provide services to severely emotionally disturbed children (SED) and seriously mentally ill adults (SMI). Within the first week ACMHS Medical Director Scott Terranella initiated psychiatric services in Fairbanks. He met with community members and former clients of FCBHC who voiced concern with the use of locum tenens over the years. Dr. Terranella committed to providing Alaska based psychiatric providers in order to increase the continuity of care. Capacity to do this was further enhanced in April 2014 when tele-health capability was added between Anchorage and Fairbanks. Dr. Terranella kept his word to the Fairbanks community.

Under the leadership of Fairbanks Chief Operations Officer Jami Teets, FCMHS admitted 76 children with severe emotional disturbance and 390 adults with serious mental illness by the end of the fiscal year. Everyone required a new intake assessment. A remarkable feat was accomplished by Ms. Teets and her staff to insure behavioral health services were available to the Fairbanks area. (For more insight, see accompanying story by Jami Teets.) Services in Anchorage continued emphasizing consumer recovery, community tenure, engagement in meaningful activity and staff increasing trauma informed services. Anchorage staff provided 73.6k services to 1,890 during the year.

Adults admitted during the year had an 87.5% reduction in acute psychiatric care when compared to the year before admission.

Continued on page 3

This is an important data point due to the limited number of adult acute care psychiatric beds at the Alaska Psychiatric Institute (50). Utilization is continuing to trend up.

My assumption is at API there are limited or no options to access services prior to acute care. This is partially due to workforce recruiting at API and retention issues. Still “Improved” quality of life was reported by 87% of adults.

Children in services averaged between 77-84% having complex trauma/adverse childhood experiences (ACEs). Focusing on placement stability for children resulted in 85% being in long term, stable placements. Children need a predictable place to live in order to improve their mental health.

Daybreak provided over 33.6k hours of day care for persons with Alzheimer’s Disease or related dementia during the year.

Other highlights included ACMHS commemorating the 50th Anniversary of the signing of the Community Mental Health Act of 1963 by President Kennedy in October 2013.

Board leadership transitioned from Suzanne Fairbanks to Brad Spees in January 2014.

Alaska Youth Advocates Board of Directors also voted in January 2014 to pursue a merger with ACMHS. As part of the transition, Chris Mortenson, LCSW became the interim Executive Director of AYA in March 2014. This affiliation substantially expanded the presence of ACMHS in the Transitional Aged Youth arena in Anchorage.

ACMHS continued to provide leadership in the state for the development and expansion of Early Childhood mental health services (0-5) along with trauma informed and treatment capable services. One major step forward was the initiation of the Alaskan Advanced Trauma Institute and Learning Community in March 2014.

April 2014 brought another memorable event when Director of the Alaska Child Trauma Center at ACMHS Josh Arvidson was selected as one of the 2014 Top Forty Under 40 by the Alaska Journal of Commerce.

Yes, a year to remember as Anchorage Community Mental Health Services added an entirely new company in Fairbanks resulting in new opportunities and technological advancements with the addition of tele-behavioral health. On the horizon, a 40th Anniversary, adding an internal pharmacy, adding Alaska Youth Advocates and creating Seeds of Change. Yes, a year to remember with more on the horizon. -Jerry A. Jenkins



Brent Yocum & John Sperbeck



Stolt Team Flattop memorial hike



Cynthia Burrows and Bailey Reichard

# Fairbanks Community Mental Health Services

This year ACMHS created a new community behavioral health center in Fairbanks after the previous company closed. FCMHS opened in September serving children and adults and providing emergency on-call services.

With only 23 employees, including administrative staff, FCMHS started off with over 200 consumers receiving services and a massive wait list of people in need. The staff rose to the challenge and by the end of the year served over 450 consumers.

FCMHS shares the values and vision of ACMHS; community-based, consumer-driven behavioral healthcare with the goal of wellness for everyone. FCMHS has been



able to utilize the closeness of the Fairbanks community to include a lot of community feedback and advice in the formation of the company and service delivery goals.

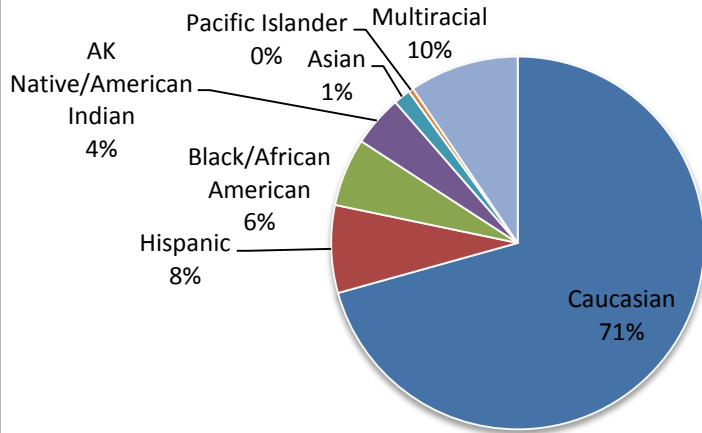
Through community events and open houses, FCMHS is committed to hearing about the needs of Fairbanks and promoting recovery and wellness for everyone.

-Jamie Teets

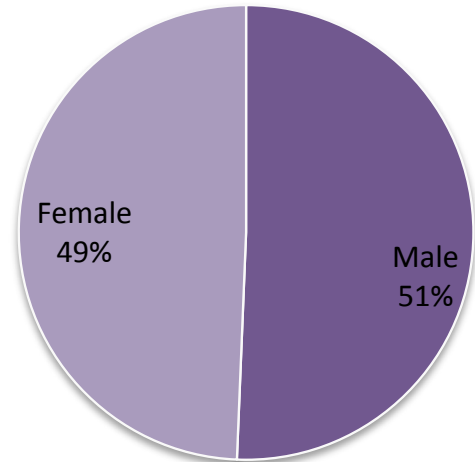


# FCMHS: FY14 Consumers

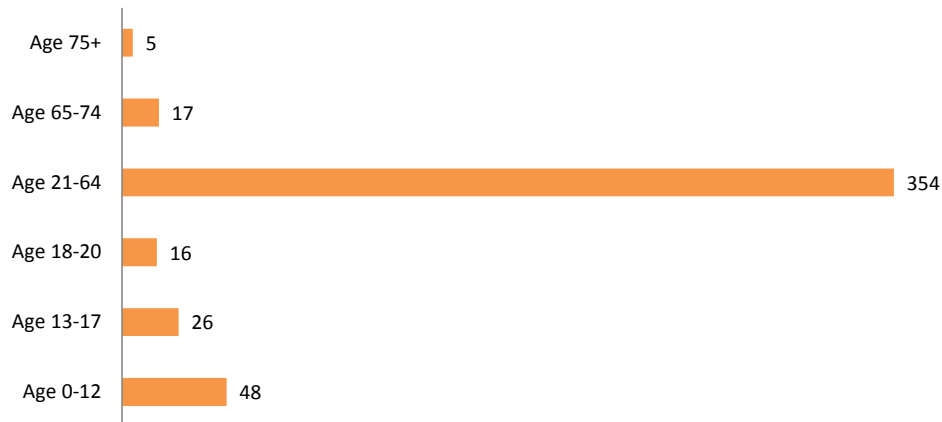
## Racial Composition



## Gender



## Consumers by Age



**466**

Consumers Served in 9 months.



# CHILD AND FAMILY

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Child and Family Services Continuum provides a wide range of therapeutic services to severely emotionally disturbed children, adolescents and their families. The programs in the Continuum specialize in trauma informed and focused practices, early childhood intervention, intervention with older children and adolescents, and family intervention. The scope of services provide a comprehensive array of community based mental health services designed to enable children and adolescents to live successfully in their community. Families are offered training and support to create more successful family communication and healthy home living environments.

## **Highlights of FY14 in Child and Family Services**

-The Trauma Institute. In March of 2014, The Alaska Child Trauma Center at ACMHS expanded their focus from teaching early childhood professionals on how to become trauma-informed providers to all behavioral health providers in the state. To be a trauma-informed professional is to recognize the role that traumatic experiences plays in the current behaviors/experiences of an individual and to incorporate that history into care.

-Transition Age Youth-ACMHS began expanding services to this population of young people, ages 16-24 that are moving out of child-based services into adult care. This age group has special concerns that are often not successfully addressed in traditional adult services and negatively impacts the quality of life for youth. ACMHS will be significantly expanding services to this group in FY15 with several programs planned.

-Domestic Violence and Sexual Assault Focus-ACMHS has always worked closely with community partners who serve victims of intimate violence, most often women and children. In FY14 ACMHS, under the direction of Child and Family Continuum Director, Dee Foster and generous financial support from State of Alaska, provided a clinician to split their time between clients at Standing Together Against Rape (STAR) and the domestic violence shelter at AWAIC (Abused Women's Aid In Crisis) -Dee Foster

# ACMHS STAFF-Spotlight on Serving Vulnerable Adults

Jim Briskey, Discharge Coordinator, Adult Services

Jim Briskey plays a vital role in connecting inmates entering or leaving the correctional system with their behavioral health providers. Jim checks the daily intake and discharge logs, searching for individuals who receive case management or similar services. He then contacts staff so that the inmate doesn't lose touch with his or her housing support, ongoing treatment or other vital services. Jim also contacts ACMHS Crossover House or Institutional Discharge Program to start services for inmates preparing to be released. Jim serves a vital role, both for the prisoners and for the community. As the Discharge Coordinator, Jim is the conduit for communication between social services providers and the inmates and staff at the Anchorage Jail. Without Jim, vulnerable individuals would not have the services in place to be successful and nonprofits would waste vital resources searching for at-risk individuals who had been arrested. -Jennifer Smerud



Monica Stoesser, Case Manager, Crossover House

Crossover House plays a vital role in ending homelessness in Anchorage. The longest running street outreach program targeting adults with severe mental illness, Crossover has operated since 1983. Monica spends several evenings a week at the shelters and soup kitchens providing outreach and connections to adults who, due to their mental illness, often have difficulty accessing services. Monica connects with people, and enrolls them in the program. She then works to connect these individuals to benefits, housing, and basic health care. "I love the people I work with everyday. Little changes and supports can make a huge difference in their lives." Every day is an adventure."

-Jennifer Smerud



# Adult Case Management



Case Management is one of those nebulous phrases that applies to many people doing completely different jobs. Within the programs at ACMHS, Case Managers help people find housing, connect to primary care among a million other responsibilities that encompass the consumer-driven focus on recovery that is the mission of ACMHS.

Within all of the adult teams, case managers operate on a 'strengths' based approach focusing on insuring basic needs are met, skill building and linking consumers to services and community supports than enhance recovery from mental illness.

In FY14, 13% of our total number of employees were case managers or clinical associates. Rarely at their desk, these employees interact the most with our consumers and the community. Whether it is a 15 minute check-in by phone or a 12 hour stay by a hospital bed, case managers are the advocates, support persons and community connectors that assist consumers in maintaining safe and stable housing, find and keep employment, meet with doctors and celebrate recovery from severe mental illness. -Jennifer Smerud



Pictured Top: Jackson Marvin Permanent Housing

Middle: Samantha Fili, Judy Sparks of the Institutional Discharge Program

Bottom from Left: Kevin Kessler, Daniel Motz, Anthony Newcomer

# ACMHS & FCMHS FINANCIALS

## Operational Revenue

Client Fees	\$ 8,681,551
Grants	\$ 10,923,850
Other	\$ 1,035,999
<b>Total</b>	<b>\$ 20,641,400</b>

*Charity Care	\$ 9,809,473.47
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## Operational Expenses

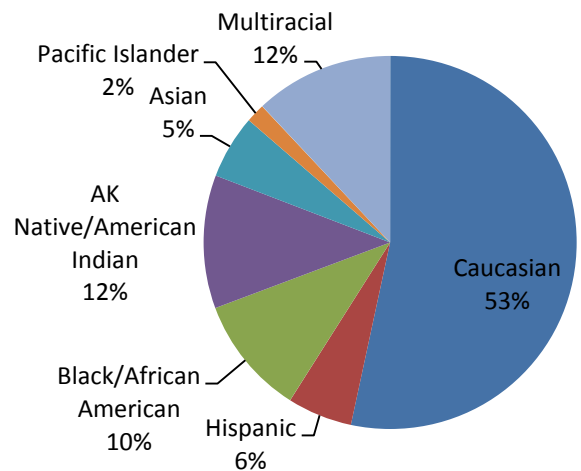
Program Expenses	\$ 14,604,923
Administrative Expenses	\$ 3,897,819
<b>Total</b>	<b>\$ 18,502,742</b>

\*Charity Care represents services that are unreimbursed or underreimbursed that are provided to consumers.

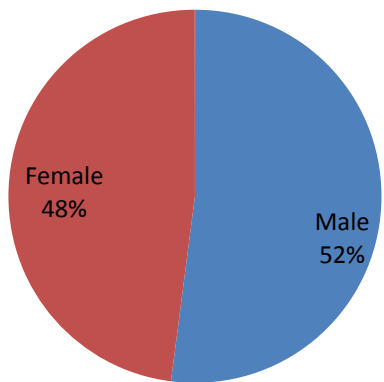
# ACMHS DEMOGRAPHICS

1,898  
consumers

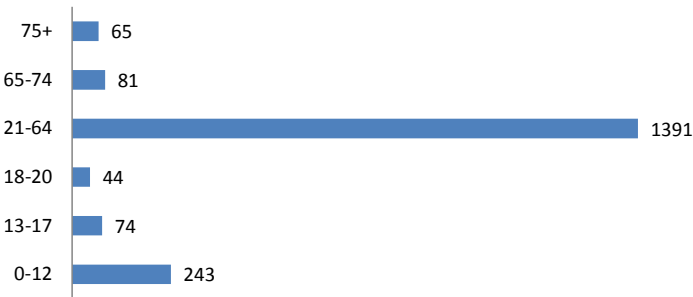
**Racial Composition**



**Gender**



**Age**





# THANK YOU

## Anchorage Community



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