



ACMHS 2019 Annual Report

REDUCING BARRIERS

At Anchorage Community Mental Health Services, we spent FY 2019 reducing the barriers to receiving mental health services.

We streamlined intake processes and eliminated waitlists. We added services and locations and even provided group therapy outdoors. And we served 30% more clients than in the previous year.



Top: Artwork by our youngest clients at Little Tykes, a therapeutic half-day program for children ages 3 to 5.

Middle: In FY 19, we added on-site clinical services, plus this beautiful mural, to the building that houses Alaska Seeds of Change and the POWER Center – our drop-in program for youth ages 13 to 23.

Bottom: Our Rise vocational services team helped Walter overcome his anxiety to get back to work for the first time in 6 years.



Jim Myers, MBA, became Chief Executive Officer of ACMHS in January 2018. Previously, 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

There are a lot of reasons it may be hard for people to receive mental health services. We're working hard to make sure we aren't one of them.

We spent fiscal year 2019 trying to make it easier to begin getting help at our Anchorage and Fairbanks clinics. That meant streamlining our intake paperwork and changing the way we schedule and staff. On the adult side, all clinicians are now trained to do those initial first appointments with new clients, and in both Anchorage and Fairbanks, there are opportunities to walk-in, no appointment needed, to get started with services. In the children's continuum, we eliminated the waitlist for new clients, a years-long goal, and can schedule new clients within ten days.

We've expanded services for transition age youth (young ages 13-23) by adding on-site clinical staff at our Arctic Building, home of youth vocational program Alaska Seeds of Change and the POWER Center youth drop-in program. And we joined a national learning collaborative through the National Council

for Behavioral Health to develop best practices to improve access to mental health care and outcomes for this age range.

Why do we do it? Because when we reduce the barriers to services, we can help our clients overcome the barriers in their own lives. At Little Tykes therapeutic day program, helping our clients learn how to regulate behavior and express emotions safely means they can start kindergarten ready to participate and learn. When our vocational team helps clients like Walter (front cover) learn new bus routes and manage anxiety, they can find work to support their basic needs. And when clients with chronic serious mental illness feel supported, like Chad (next page), they learn to trust and smile more.

And that makes it all worth it.

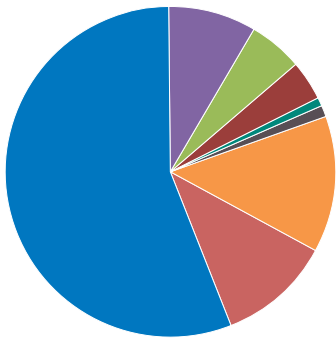
Jim Myers
CEO

Who We Serve

ACMHS
907-563-1000
4020 Folker Street
Anchorage, AK 99508

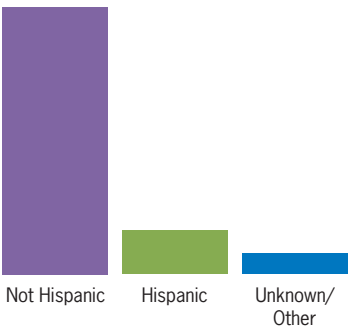
FCMHS
907-371-1300
1423 Peger Road
Fairbanks, AK 99709

CLIENTS BY RACE

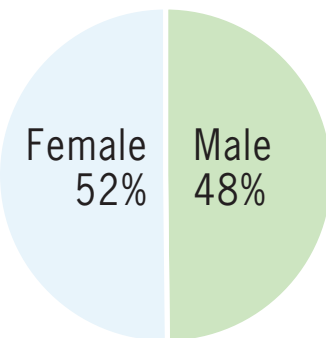


- Caucasian 56%
- Multiracial 13%
- Unknown 11%
- Black / African American 9%
- AK Native 5%
- Asian 4%
- Pacific Islander 1%
- American Indian 1%

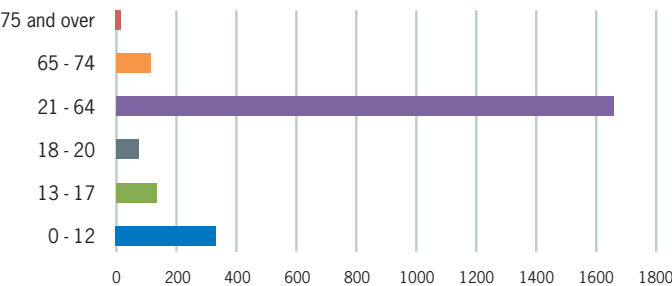
CLIENTS BY ETHNICITY



CLIENTS BY GENDER



CLIENTS BY AGE



TOTAL
ACMHS/FCMHS
CLIENTS
SERVED:
2376

Thank you to our generous donors:

| | | |
|----------------------------------|-----------------------------------|------------------------|
| Mike Roberts | Bass Pro Shops | Laura Herman |
| Cheryl Mandala | Bear Tooth | Adam Driggs |
| Dainne Prince | Bradley House | Gerard Davis |
| Cheryl E Mounts | Cabin Fever | Patricia Johnston |
| Stephanie Wright | Center Bowl | Seth Ayotte |
| Big Ray's, The Alaskan Outfitter | Dawn Gerety | Wells Fargo |
| Microcom | Dimond Bowling | Rasmuson Foundation |
| Jeff and Kris Rognes | Dimond Ice Chalet | AT&T Foundation |
| Adam Weber | Dino's Donuts | Billy Stapleton |
| Jim Myers | Fat Ptarmigan | Becky Aftreth |
| Stephanie Rhoades | Grassroots | Kathryn Berkowitz |
| Joshua & Minda Nieblas | Great Harvest Bread Co | James Brady |
| Linda Setterberg | Hilltop Ski Area | Nancy Brady |
| Jerry Jenkins | Jessica Cochran | Hugh Brown |
| Susan Crosson | Jewel Lake Bowl | Christopher Cox |
| Tim Nixon | Kaladi Brothers Coffee | Kiara Cox |
| Alaska Escape Rooms | Kinleys Restaurant and Bar | Stason Douglas |
| Mr Jesse and Mrs Irene Gobeli | Lowe's Southside | Wendy Fossum |
| Alaska Fur Exchange | Mylords Floral | Melonie Goodhue |
| Nature's Jewels | Nail Magic | Alison Hedberg |
| Taiga Mining Company, Inc. | Natural Pantry | Heather Ireland |
| Deha Yoga | New Sagaya | Stephanie Kennedy |
| D. Katharine Adams | Pink Elephant Car Wash | Marta Kurowski |
| Mary Johnstone | Pita Pit | Bonnie Lind |
| CJ Williams | Planet Fitness Northern Lights | Shannon Maillet |
| Alaska Club | Ryan Witten | Ian Maury |
| Victoria Cardenas | Simon & Seafort's | Charles McClung |
| Joshua Arvidson | Skinny Raven | Brooke McCreadie |
| Mladen Begojevic | Snow City Cafe | Jennifer Meyhoff |
| Hostgator Dotcom (Billy Gibby) | Studio One Pilates | Mati Minton |
| Madeleine Gaiser | Tim Brooks | Melissa Myers |
| Tyler Greeson | Title Wave Books | Kaia Pearson |
| Nancy Kavan | Valley Cinema & Xtreme Fun Center | Pamela Renkert |
| Denali Lukacinsky | Yogurt Lounge | David Rohlfing |
| Mario Morante | Powder Hound | Leslie Rosenberger |
| Maria F. Olson | Alaina Prince | Rachel Samuelson |
| Glenda Paulsen | Serena Nesteby | Christine Sherman |
| Teresa Marie Stephenson | Shauna Thornton | Jennifer Smerud-Weaver |
| Tycie L. Vesper | Jason Lessard | James Stogsdill |
| Lisa Villalobos | Suzanne Fairbanks | Michelle Trowbridge |
| Tom Carrell | AlaskaUSA Federal Credit Union | Lucero Walker |
| Mrs. Olga Moninski | Judith Goodrum | Sarah Wilcox |
| Mr. Stuart J. Parks | Kevin Santistevan | Nami Williams |
| Costco Corporation | St Mary's Episcopal Church | Joanne Wolcott |
| 2 Friends Art Gallery | Catherine Mannix | Lolenese Mareko |
| Alaska Geographic | Jim Pidde | Donna Olsen |
| The Hotel Alyeska | Michelle Renee | Pure Barre Anchorage |
| Anchorage Yoga & Cycle | Pamela Moe | Alison Arians |
| Arctic Roadrunner | Nader Qasem | Connor Scher |
| | | Alena Gerlak |
| | | Chloe Cotton |
| | | Ms. Suzanna Caldwell |

What a difference therapy makes!

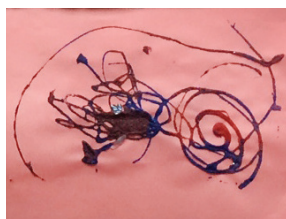
Chad came in for services at Fairbanks Community Mental Health Services in summer 2018. At the time, he was on the verge of complete homelessness – living in an old motel that had been shut down and abandoned because it was caving in.

He'd been on the decline for about five years, when he got disconnected from services and stopped taking his medication. He rarely went outside: getting to FCMHS on his own to get services was too hard. Eventually another client and friend helped him come in for an intake appointment.

Now, Chad is back on his medication and back in therapy. And he has a case manager, Wanda Naffziger, who he describes as a "lifesaver". She helped him get on food stamps and on disability – and helped him find new housing with funding help from Supportive Services for Veterans Families.

Chad says he's "taking it one step at a time. I'm afraid to look too far into the future, I'm not ready for that." Staff at FCMHS are impressed with the progress he's made, happy to see him out walking around town. He's predictably a little more modest. "I go to the store. I'm not completely useless by myself. But if it comes to something different, it's still exceedingly difficult, especially if there's a lot of people."

A year after Chad's story was first shared, Wanda reports that he continues to improve. She still goes with him to some appointments at new places, but sits in the background as he communicates and advocates for himself. Chad now has a cat named Roo, and best of all, Wanda says, he smiles more often.



2018-2019 Board of Directors

Dr. Phillip Bach
 Kristy Becker*
 Patti Bozzo
 Susan Crosson (2019 president)*
 Andrew Crow (2019 president-elect)*
 Sarah Davies
 Suzanne Fairbanks*
 Jim Fitterling*
 Irene Gobeli (2018, 2019 treasurer)*
 Nicole Jones-Vogel
 Stephanie Rhoades
 Kris Rognes*
 Rob Rosentreter
 Linda Setterberg*
 Cathy Taylor (2018 President)*
 Lisa Tobin*
 Ian van Tets (2018, 2019 Secretary)*

*Current Board Member

Anchorage Community Mental Health Services, Inc.

2019 FINANCIALS

Operational Revenues

| | |
|-----------------|--------------|
| Net Client Fees | \$ 9,226,082 |
| Grants | \$ 8,469,722 |
| Other | \$ 709,447 |

Total Revenue \$ 18,405,251

Operational Expenses

| | |
|-------------------------|---------------|
| Program Expenses | \$ 12,857,212 |
| Administrative Expenses | \$ 4,501,665 |

Total Expenses \$ 17,358,877

Net Income \$ 1,046,374

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. We serve clients in person in the Anchorage and Fairbanks areas, and throughout the state via telehealth.

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

COMPANY OVERVIEW

**Anchorage
Community
Mental Health
Services**
907-563-1000

**Fairbanks
Community
Mental Health
Services**
907-371-1300

Facebook:

- AnchCMHS
- FCMHS
- AKSOC
- PowerCenteratACMHS

Instagram:

- Alaska Mental Health

Twitter:

- AnchCMHS

YouTube:

- ACMHServices

Linked In:

- [linkedin.com/company/anchorage-community-mental-health-services](https://www.linkedin.com/company/anchorage-community-mental-health-services)