

ALASKA BEHAVIORAL HEALTH

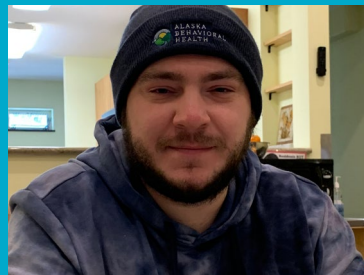
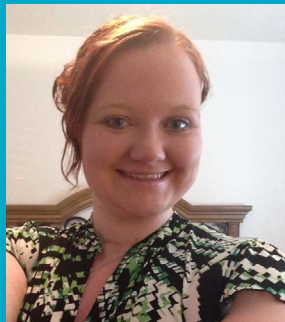
2021 Annual Report



New
People



New
Programs



New
Possibilities

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Letter from the CEO



PATH outreach staff prepare items to bring to people living in homeless camps in the winter to help engage them in conversation. The **PATH** program aims to find people who are not receiving services and help them get connected.

Our Own PPP: new People, new Programs, new Possibilities

Early in the COVID-19 pandemic, the U.S. Small Business Administration introduced the Paycheck Protection Program, to keep people employed while businesses were temporarily closed. At Alaska Behavioral Health, operations never stopped, and FY 2021 (July 1, 2020 to June 30, 2021) became an opportunity for growth.

New People

Taking good care of our clients requires excellent staff, from leadership to front-line providers. FY 21 saw tremendous growth in both. **Dr. Curt Wengel** joined our staff as child psychiatrist, and soon became Chief Medical Officer. **Kelsea Henry, MBA** became our new Chief Financial Officer. **Paul Gaines, LCSW** moved to Fairbanks to provide clinical leadership at our Child & Family Clinic. **Cat Sears, RN** joined our ACT (Assertive Community Treatment) team, providing care in the community to some of our most vulnerable clients. **LaShanda McGowan** and **Eli Michael** in Anchorage and **Paul Fergeson** in Fairbanks were among many new therapists to join our clinical teams.

New Programs (& Places!)

In FY 2021, we substantially increased the services we offer for Alaskans living with severe and persistent mental illness, those who need a bit more support to function in day-to-day life. Our **Assertive Community Treatment (ACT)** Team members spend most of their time out and around Anchorage, checking in with clients, administering medications, helping with housing and other issues, and providing support. The **Steven A. Cohen Military Family Clinic at Alaska Behavioral Health** opened its doors to in-person clients, after launching virtually in June 2020. We initiated **primary care** for our mental health clients, to address emerging physical health issues quickly and promote overall health. In both Anchorage and Fairbanks, we started providing outreach to those experiencing homelessness through **PATH (Projects for Assistance in Transition from Homelessness)** grants. We initiated a new service in Alaska, **Adult Mental Health Residential Treatment**, partnering with an existing Assisted Living Provider at two Anchorage facilities.

Definition:

Assertive Community Treatment

is an evidence-based practice that incorporates treatment, rehabilitation, and supportive services using a person-centered, recovery-based approach serving adults who live with severe and persistent mental illness and have continuous high service needs.

We launched **Adult Mental Health Residential Services** in January 2021. **Rosewood** opened in April 2021 with 12 beds; **Dwelling Place** followed soon after with space for another 12. Residents engage in daily therapy and skill development groups as part of the program. **Tamarack Living Center**, our Fairbanks program, opened in

And we purchased (and began renovating) a new, larger facility to expand our youth drop-in program, the **POWER Center**, allowing us to add showers, laundry, additional programming, and more space for clinical services for transition age youth in Anchorage.

New Possibilities

That foundation of growth in FY 2021 laid the base for new possibilities in FY 2022, already being realized. **Mobile Crisis** launched in Fairbanks in fall 2021, a partnership between the city of Fairbanks, the Alaska Mental Health Trust Authority, the Bridge, and Alaska Behavioral Health. For the first time in Alaska, people in the city of Fairbanks calling 911 for a mental health emergency may be met by a mental health clinician and a peer support specialist, instead of (or in addition to) a police officer. **Adult Mental Health Residential Services** launched in **Fairbanks** in early December 2021. A new **Partial Hospitalization Program (PHP)** program is being planned for Anchorage. We continue to grow our **Peer Support** program, adding peer support specialists or parent navigators to each clinical team.

All of this growth is possible because of a growing recognition of the importance of mental health, and the effectiveness of providing the right treatment, at the right time. For that, I am thankful for the support of our individual donors and major funders. For leadership from Alaska's public policy makers from the Alaska Mental Health Trust Authority to the Division of Behavioral Health. And for our staff, who have shown enormous creativity, resilience, and dedication through the entire pandemic-shadowed year.

Jim Myers, MBA
CEO

Our Anchorage primary care provider is **Jared Martin, Family Nurse Practitioner**. Jared is a retired National Guard Member who has served two deployments in Iraq. Primary care is launching in Fairbanks in early 2022!



Paul Gaines, LCSW, M.Ed., LPC-S provides clinical supervision for our Fairbanks Child & Family clinic. His resume is impressively varied: he has worked on political campaigns, mentored non-traditional students on college campuses, and trained horses and competed in rodeos! He previously worked in mental health in Haines and Kodiak and is thrilled to be back in Alaska providing direct services and supervision.



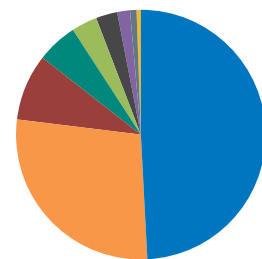
Paul Fergeson, MA has been working in the field of mental health for 30 years, and his work has been published in the Journals of Addiction and Abnormal Psychology, among others. He has lived in many places, including his van, and loves calling Alaska home, with its fishing, hunting, camping, skiing, hiking, snow machining & even berry picking.

Eli Michael, LCSW, works as a Clinician in Child and Family Services using a client-centered approach. Professionally and personally, Eli is a strong advocate for building community, relationships and creating safety within the LGBTQ+ community, focusing with queer houseless youth. Beyond work and volunteering, Eli is often found outside enjoying wilderness by paddling, biking, skiing or snowboarding.



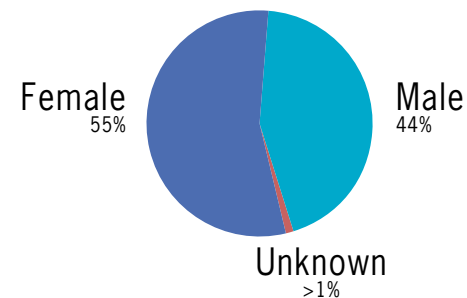
Who We Serve

CLIENTS BY RACE

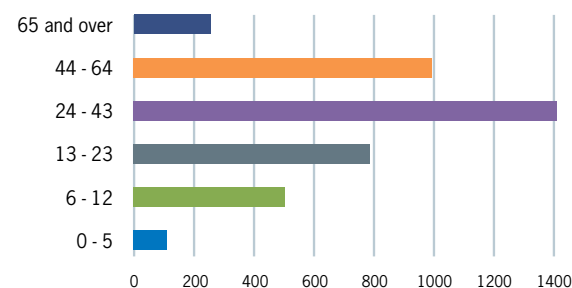


- Caucasian 49%
- Unknown 28%
- Black or African American 8%
- Alaska Native 5%
- Asian 4%
- American Indian 3%
- Other 1%
- Pacific Islander 1%
- Native Hawaiian 1%

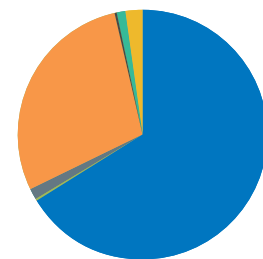
CLIENTS BY GENDER



CLIENTS BY AGE



CLIENTS BY LOCATION



- Anchorage Area
- Mat-Su
- Southwest Alaska
- North and Northwest Alaska
- Southeast Alaska
- Kenai
- Fairbanks Area
- Kodiak
- Interior (not Fairbanks)
- Other/Unknown

TOTAL CLIENTS SERVED:

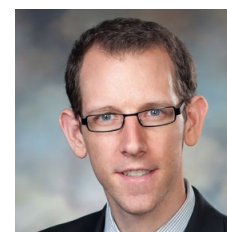
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Definition: Partial Hospitalization

is a structured mental health treatment program that runs for several hours each day, three to five days per week. Clients participate in scheduled treatment sessions during the day and return home at night. It can be used as a step down for in-patient or residential care, or to prevent the need for an inpatient stay.

The POWER Center

is a youth drop in and outreach program serving at-risk youth in the Anchorage area. Youth have access to clothing, hygiene supplies, and food to eat on site or take home. Peer outreach workers help connect youth with community resources for housing, health insurance, and other needs, and help with resume writing and job searches. Mental health services are available on site as needed.



Dr. Curt Wengel

Curt Wengel, MD is a Board-Certified Psychiatrist whose clinical practice is primarily with children and adolescents. He appreciates being part of a collaborative team working closely with therapists. His overall philosophy is that psychiatric medications are incredibly effective when used well: the smallest dose for the least amount of time, tailored to each patient's needs and situation. He led the medical department through some major transitions in FY 21, poised for tremendous growth in FY 22.

Alaska Behavioral Health

2021 FINANCIALS

Operational Revenues

Net Client Fees	\$ 12,887,626
Grants	\$ 11,961,456
Other	\$ 3,926,030*

Total Revenue \$ 28,775,112

Operational Expenses

Program Expenses	\$ 18,483,329
Administrative Expenses	\$ 5,797,619

Total Expenses \$ 24,280,948

Net Income \$ 4,494,164

*includes PPP Loan

2020-2021 Board of Directors

Kristy Becker
 Christopher Cox*
 Susan Crosson*
 Andrew Crow*
 Suzanne Fairbanks*
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 *Current Board Member

WHO WE ARE:

Alaska's largest community provider of behavioral 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 and rehabilitative services
- » Intensive case management, Assertive Community Treatment (ACT), adult mental health residential services
- » Wrap-around support services
- » Specialized trauma services and training

Thank you to our generous donors:

Aaron Briggs	Chad Lechner in honor of Kass and Charles Lechner	Ian Van Tets J.D.	Linda Setterberg	Rebecca Bernard
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