



ALASKA  
BEHAVIORAL  
HEALTH

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# REPORT *to the* COMMUNITY

FY2022







# Letter From The CEO

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Like most of the world, our fiscal year 2022 (July 1, 2021 – June 30, 2022) was the year we tried to get back to “normal,” while one COVID variant after another swept through to make it harder. Many of our kids welcomed being back in school, seeing friends and building routines, but we learned just how much they had lost in that year of remote learning. Some employees struggled with anxiety as they were asked to return to in-person work; others couldn’t wait to be back. Mostly, it became clear that the new “normal” would not be the old normal.

That is also true of Alaska Behavioral Health, as another year of growth shaped our company into something new, bigger, and better. In this year, we were able to provide services to 25% more clients than we had in the previous year.

That growth happened across many of our programs including our residential program where we added a facility in Fairbanks, owned, staffed, and managed entirely by Alaska Behavioral Health staff. Tamarack Living Facility (*see page 6*) offers a cozy home-like environment, where clients help cook meals, participate in chores, and have a daily house meeting to talk about likes and gripes, needs and ideas while receiving treatment for their mental illness.

In both Anchorage and Fairbanks, we grew our school-based services and wrap-around support for students, as teachers reported challenges for kids coming back to school after sometimes more than a year away. Clinicians meet with students at their school (*see page 4*) and clinical associates provide

supports in classrooms and after school, to give kids the hands-on in-the-moment support they need to develop coping and social skills.

We partnered with Fairbanks and the Alaska Mental Health Trust Authority to launch the Mobile Crisis Team. It’s part of Crisis Now, a broad effort to overhaul the way we address mental health crises in the state of Alaska (*see page 8*).

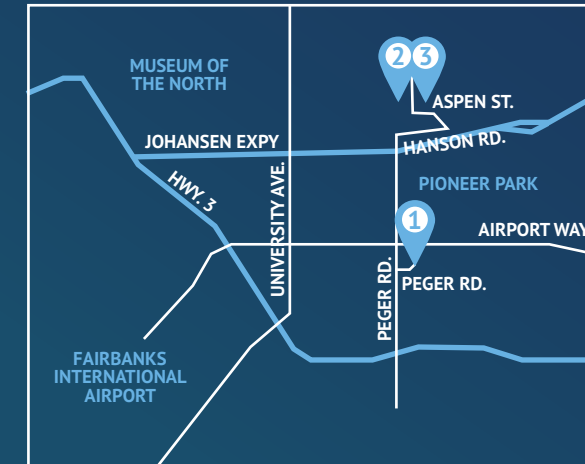
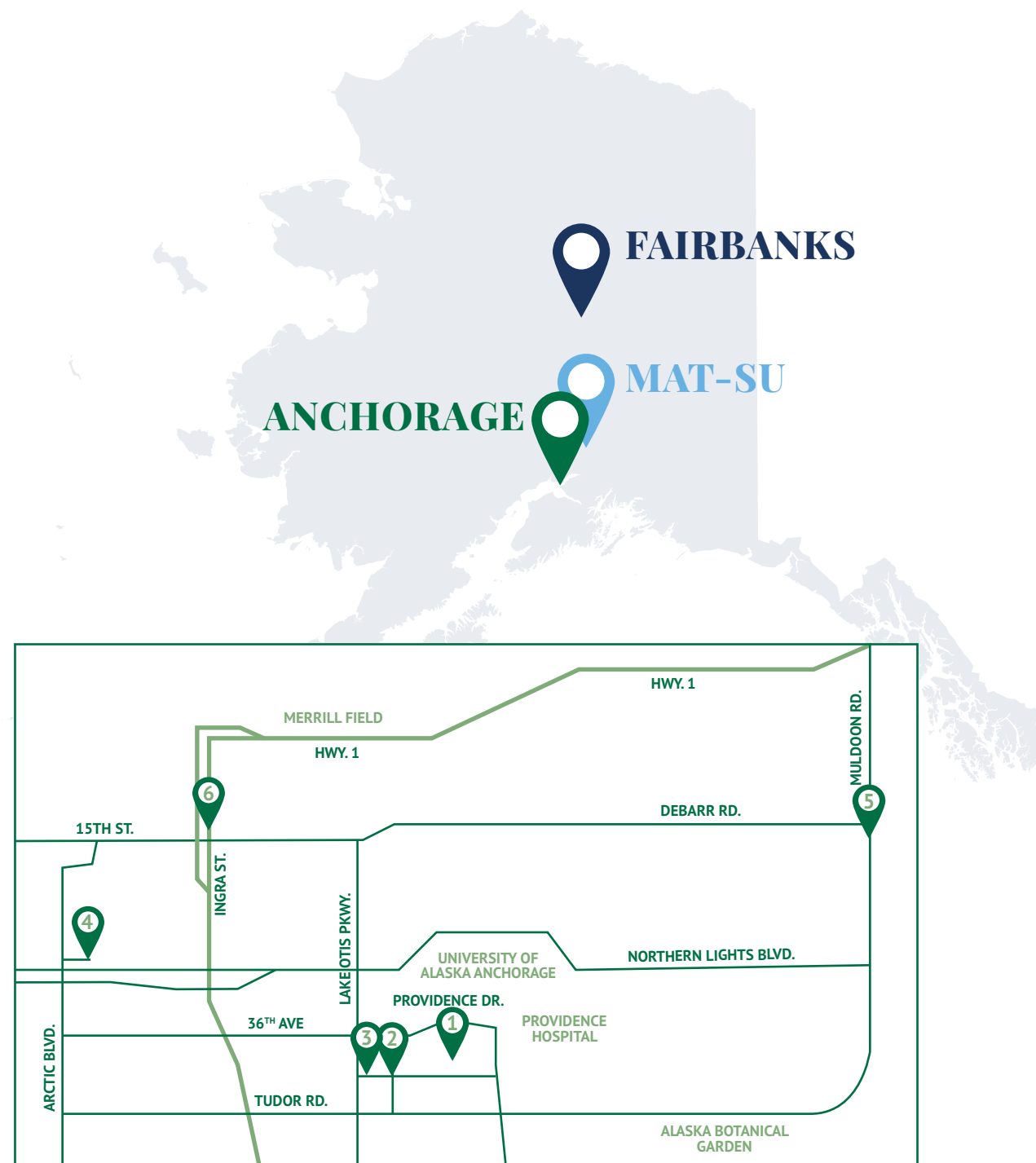
In the spring, we prepared to launch a new level of service: Partial Hospitalization Programs for both children and adults.

**It’s exciting to be making this new level of care available to most Alaskans for the first time: intensive short-term support for those with acute needs. I can’t wait to tell you all about it next year.**

*James I Myers*

Jim Myers, CEO

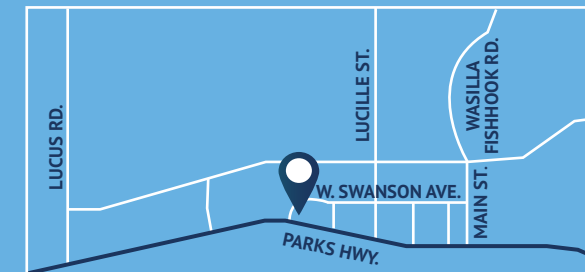
# Where We Serve



## FAIRBANKS

(907) 371-1300

- ❶ **ADULT OUTPATIENT CLINIC**  
1423 Peger Road
- ❷ **CHILD & FAMILY CLINIC**  
926 Aspen Street
- ❸ **STEVEN A COHEN MILITARY FAMILY CLINIC**  
926 Aspen Street



## MAT-SU

(907) 563-1000

**MAT-SU CLINIC**  
351. W Parks Highway

## ANCHORAGE

(907) 563-1000

- ❶ **ADULT OUTPATIENT CLINIC**  
4020 Folker Street
- ❷ **ANCHORAGE MEDICAL DEPARTMENT**  
4120 Laurel Street
- ❸ **CHILD AND FAMILY CLINIC**  
4045 Lake Otis Parkway
- ❹ **ALASKA SEEDS OF CHANGE**  
704 W. 26th Ave.
- ❺ **STEVEN A COHEN MILITARY FAMILY CLINIC**  
1450 Muldoon Road #111
- ❻ **ADULT INTENSIVE CASE MANAGEMENT & ASSERTIVE COMMUNITY TREATMENT**  
1432 Ingra Street



# School-Based Services

Jesse Barrett starts his days at Hunter Elementary School in Fairbanks chatting with the office staff and checking in with the school counselor.

Once school starts, he's busy seeing clients throughout the day—pulling them out of math class one week, and maybe spelling the next—but never asking his young clients to skip recess.

Jesse is one of half a dozen Alaska Behavioral Health clinicians who spend most of their work week in local schools in Fairbanks and Anchorage. They provide on-site access to therapy appointments for elementary, middle and high school students identified by school staff as needing help. While the sessions take place at school, caregivers consent for services and are engaged in care.

There are some challenges with offering services at school, Jesse says. He's careful not to dig too deep into trauma during the school day, because he doesn't want kids to return to their classroom more upset than they left. Sometimes it's harder to get kids to engage, and sometimes it's hard to engage caregivers. But there are also benefits: school staff have unique insights into behaviors, things their parents might not know about. And without school-based services, many of these kids might not attend therapy at all.



Amber Brownell works with older students at Ryan Middle School and Lathrop High. Her high-school clients are more than half self-referrals: they are the ones asking for therapy and making sure the paperwork gets done. Like Barrett, she says it can take longer to work through trauma—it helps when students want to continue services through the summer. But they are making real progress during school sessions also. “My kids are motivated to come to therapy and when they come, they put in the work. And that motivates me.” She uses Cognitive Behavioral Therapy, and spends a lot of time on mindfulness.

Many students receiving services at school struggle with anxiety. One high school client in Anchorage says she's made a lot of progress with the help of her school-based clinician. She used to be too anxious to make friends or talk to teachers when she needed help, much less do a class presentation.

“

Alaska Behavioral Health is a valued partner of the Anchorage School District. Together we work to break down barriers in access to necessary mental health services and promote students' educational, social and emotional wellbeing. We appreciate Alaska Behavioral Health's continued partnership in creating a safe and supportive school environment that values the healthy development of the whole child and family.

**KATE MCCLELLAND**  
Anchorage School District

“

AK Rises is an incredible asset to the school setting, providing much needed clinical services to students who have experienced significant trauma. Without the clinical support Jesse provides, many of our students would continue to flounder academically, socially, and emotionally. Jesse has given several of our students their voice, supporting the skills they need to advocate for themselves and ask questions, rather than sitting in silence. Incredible to see a student who rarely ever smiled, now smile and show confidence in themselves.

**JANE BEDFORD**  
Principal, Hunter Elementary School, Fairbanks

But her therapists helped her recognize when she was experiencing an anxiety attack.

*“She showed me how to get rid of anxiety thoughts, with...breathing exercises and mindfulness.”*

Now she's speaking up more in classes, including presentations, making friends, and is excited about her plans for after graduation.

School-based clinicians say working well with school staff is a key component of making school-based services work. As school staff become more familiar with the idea of therapy at school, they are more comfortable referring students and asking questions. At Hunter Elementary, Jesse Barrett is impressed with the approach staff take with children: “They are really good at holding compassion for students and

thinking about the origins of behavior.” Anchorage clinician Veronica Griffith says colleagues at East High School have gotten more comfortable referring students for services, and she thinks students are more open about their mental health needs, too. They talk to their friends about therapy and talk to her openly in the hallways.

For clinicians, seeing their students gain confidence is a big reward. Jesse recalls one client who was angry and sad, constantly being triggered and getting into lots of fights. After some hard work, this client “knows himself better, and likes himself more. He's succeeding, despite on-going trauma.” Amber watched several clients graduate high school, including one with significant anxiety: “To see them learn to regulate their emotions, express them appropriately, make smart goals and actually graduate—that was amazing.”





# Adult Residential Services

In FY 2022, our Adult Mental Health Residential programs expanded to three buildings and served 124 clients.

Tamarack Living Center opened in Fairbanks in November 2021, offering a new service for the Fairbanks community. Tamarack serves up to 10 adults, with round-the-clock staffing and programming 7 days a week. The daily schedule for residents includes yoga and tai chi, therapy and residential skills building groups, individual and group sessions. Case management and Peer Support Services are also provided.

Walking into Tamarack feels like walking into a big living room: residents are often gathered in the main sitting area, playing games, working on an

art project, or watching TV. Residents help prepare meals, served 3 times a day from the kitchen at the back of the open common area. Rooms line each side, with clinical offices tucked to the rear of the building.

Clients participate in residential programs anywhere from 30 days to 18 months or longer—as long as the program is helping clients meet their treatment plan goals. Those goals are reviewed every 90 days.

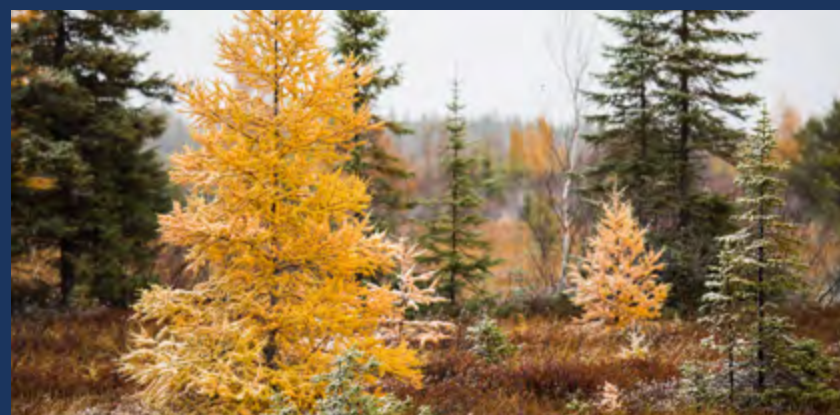
Tamarack coordinator Tonya Herrera says everything employees do at Tamarack is helping clients meet those goals—from establishing regular routines for personal hygiene and chores to figuring out transportation to appointments and other obligations. She's always looking for new ways for staff to engage with clients, and help “bring out their personalities a little bit”. That's how a morning of belting out Queen songs in the kitchen resulted in a new karaoke activity!

Tamarack lose their needles and too many look as if they are a dead spruce; but the needles grow back every spring. They produce fruit and their needles have medicinal purposes. Tamarack stands for change and growth and giving to others.

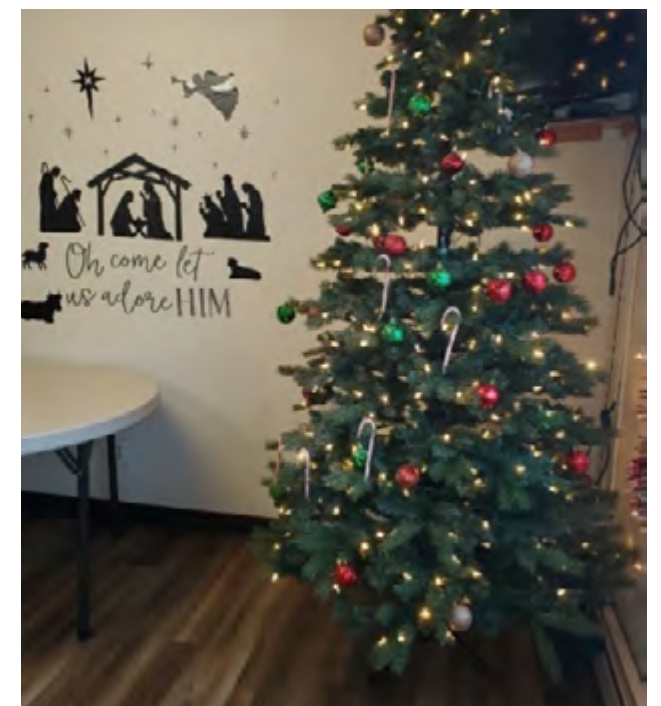
## ANNA STERNER

*Winner of the naming of new facility;  
Tamarack Living Center*

Photo by T. Herrera



Clients at Dwelling Place in Anchorage decorated pumpkins for Halloween. Dwelling Place serves up to 12 female residents.



Christmas 2021 at Rosewood in Anchorage. Rosewood serves up to 16 male residents in Anchorage. Both Dwelling Place and Rosewood are managed in partnership with Hallelujah Corporation: Alaska Behavioral Health provides the mental health services, while Hallelujah maintains the facilities and provides meals and overnight monitoring.



# Mobile Crisis Team

Our Mobile Crisis Team started operating in Oct. 2021 with support from the Alaska Mental Health Trust Authority and a lot of coordination with the City of Fairbanks and local police departments.

Mobile Crisis teams are designed to provide an appropriate mental health response to community members experiencing a mental health crisis. Mental health calls to 9-1-1 are triaged and when it's appropriate, a behavioral health clinician and a peer support specialist are dispatched to answer the call, instead of or along-side the police. The program reduces call-outs for the police and results in fewer arrests and hospitalizations. On average, 80% of calls are resolved by the mobile crisis team, about 15% end up at the hospital, and less than 5% of calls need a law enforcement response.

## Q1 2022 DATA



### AVERAGE TIME FROM CALL INITIATED TO MCT ARRIVAL ON SCENE



### MCT AVERAGE TIME ON SCENE

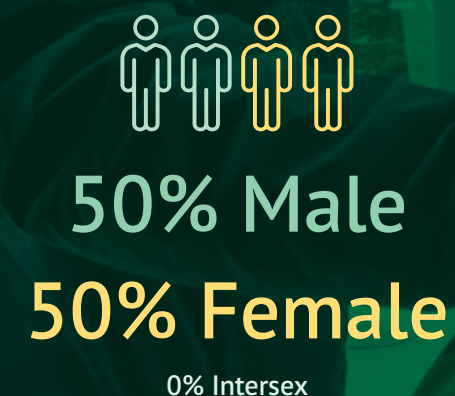


The City of Fairbanks posts monthly stats for the program at [bit.ly/FBX-mobile-crisis-team](https://bit.ly/FBX-mobile-crisis-team).

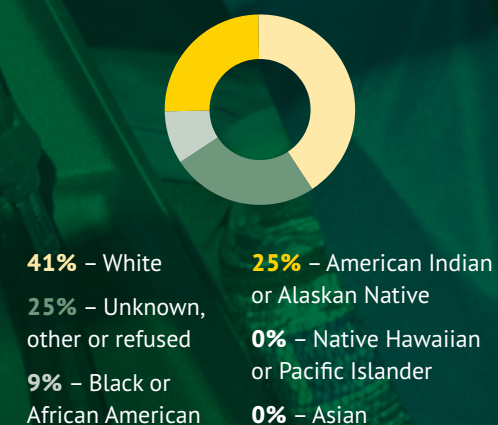
### INDIVIDUALS SERVED BY AGE



### INDIVIDUALS SERVED BY GENDER



### INDIVIDUALS SERVED BY RACE

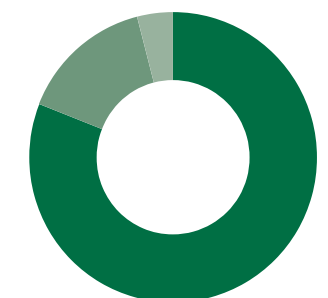


### CALLS BY RESPONSE LEVEL



- 70 – Level 4** MCT without law enforcement on standby.
- 33 – Level 3** Law enforcement will not respond until requested by MCT.
- 29 – Level 5** MCT clinician responds to a secure facility with or without Peer Support Specialist.
- 11 – Level 2** MCT Lead with law enforcement staging near the scene.
- 10 – Level 1** Law Enforcement response required with MCT accompanying or staging.

### OUTCOME OF CALL



- 81%** – Resolved with Crisis Now Model: including four patients transported to 23-hr Stabilization Center
- 15%** – Resolved at Hospital
- 4%** – Law Enforcement



# Expanding Services for Fairbanks



Fairbanks provider Myra Kelly caring for a patient.

## Primary Care

FY 2022 brought primary care to our Fairbanks clinics when Myra Kelly and her family arrived from Kentucky.

Myra's warmth is immediately obvious to her co-workers and clients alike. She provides annual wellness checks, disease prevention, counseling and education regarding medications and diagnoses, as well as treatment of acute illnesses and chronic conditions—including high blood pressure, high cholesterol, thyroid disorders and diabetes. (She can also do school and sports physicals for children!) Statistically, clients with mental illness have poorer overall health, and adding primary care on-site is one way to help address the disparity. Providing primary care alongside mental health care means providers can easily coordinate care to make sure all of a client's health issues are addressed.

## Adult Residential Services

Alaska Behavioral Health opened a Residential facility for adults in 2022. [See page 6.](#)

## Intensive Case Management

The Fairbanks Adult Team started providing Intensive Case Management (ICM) services for clients in Fall 2021.

ICM has allowed the clinic to meet the needs of more Fairbanks area residents, especially those with serious mental illness who have a hard time consistently coming to appointments in the clinic. That's because ICM provides services in the community, with a clinician and case manager meeting their clients where they live. Clinician Katie Strange says her clients typically don't have strong support systems and struggle to maintain housing and going to them gives her the chance to get a real picture of their daily reality and their living situations. She also relies heavily on case managers to get a full picture. They see clients several times a week, helping with housing, food and other needs—and sometimes clients are more "real" with their case managers.

Clients stay with the ICM team as long as they need that level of support. But Katie says, "ICM isn't forever. It's really cool to see a client doing well and graduate to outpatient clinic services." Clients sometimes step down from the Residential program ([see page 6](#)) to the ICM team.

## Mobile Crisis Team

Alaska Behavioral Health established a Mobile Crisis Team in 2022. [See page 8.](#)

## Steven A. Cohen Military Family Clinic

The Steven A. Cohen Military Family Clinic opened a satellite office in Fairbanks in March 2022, operating out of our Child & Family Clinic at 926 Aspen Street.

With military suicide rates in Alaska at record levels, there is a great need for services. The Cohen Clinic supports post 9/11 veterans, service members, and their families with high-quality evidence-based care in a military-informed setting. The Clinic has been embraced by the Fairbanks community and was a beneficiary of the popular Spin for a Cause event in downtown Fairbanks in June 2022 (below)!





# Anchorage Highlights

## Partial Hospitalization Program

Our Adult Partial Hospitalization Program launched in Anchorage in April 2022.

The program provides intensive all-day services for adults with depression, anxiety and other mood disorders. Our children's PHP program launched soon after in June 2022.

## POWER Center

Construction continued through the year on the new POWER Center, opened in summer 2022.

The POWER Center is a youth drop-in program for transition age youth; the new facility at 2601 Arctic Blvd. offers showers and laundry, a spacious kitchen, and plenty of space for youth to use computers, engage in workshops, or just hang out playing games.

## Steven A. Cohen Military Family Clinic

The Steven A. Cohen Military Family Clinic grew by leaps and bounds in FY22!

After opening during the pandemic, FY 22 was the first year the clinic was fully open for in-person services. In its second year of operation, the clinic tripled the number of clinical staff and more than tripled the number of therapeutic service hours delivered at nearly 3,500 hours! Clinic staff continued to build relationships with community partners around the state, visited Coast Guard installations in Homer, Valdez and Sitka and participated in dozens of community events, including the annual American Foundation for Suicide Prevention Out of the Darkness Walks in Anchorage, Mat-Su and Fairbanks.

## School-Based Services

We expanded school-based services in Anchorage. [See page 4.](#)

## Adult Residential Services

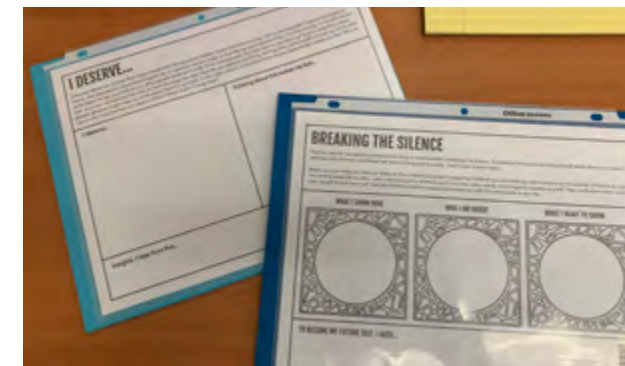
Opened Residential facility for adults. [See page 6.](#)



(Above) Clinic staff participated in the annual American Foundation for Suicide Prevention Out of the Darkness Walks in Anchorage, Mat-Su and Fairbanks.



(Above top and above below) The POWER Center's new facility offers a spacious kitchen, and plenty of space for youth to hang out.



(Left above and left below) Our Partial Hospitalization Program provides intensive all-day services for adults with depression, anxiety and other mood disorders.





# Mental Health & Trauma

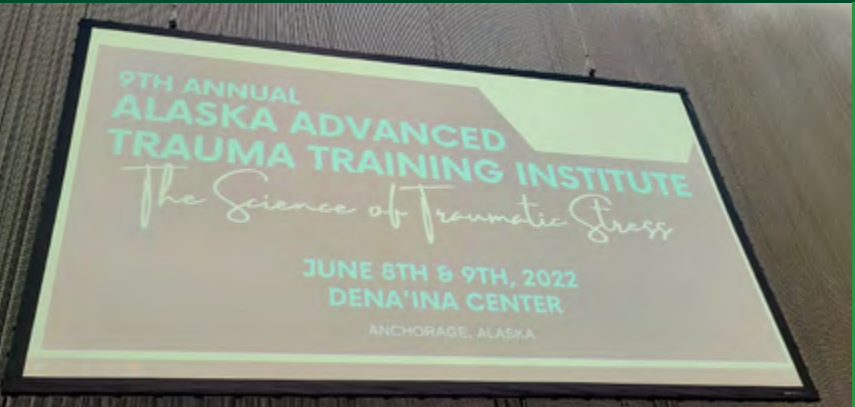
27

TRAININGS

hosted by Alaska Behavioral Health in  
FY 22, reaching

926

PARTICIPANTS



The 2022 Alaska Advanced Trauma  
Training Institute included

16

sessions, reaching



220

participants, representing

77 DIFFERENT ORGANIZATIONS

# By the Numbers

## Revenues

NET CLIENT FEES	\$15,057,622
GRANTS	\$13,332,408
OTHER REVENUES	\$949,157
<b>TOTAL OPERATIONAL REVENUES</b>	<b>\$29,319,187</b>

## Expenses

PROGRAM EXPENSES	\$20,792,857
ADMINISTRATIVE EXPENSES	\$6,230,609
<b>TOTAL OPERATIONAL EXPENSES</b>	<b>\$27,023,466</b>

<b>NET OPERATING INCOME</b>	<b>\$2,295,718</b>
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# Client Statistics



55% FEMALE  
45% MALE

## 5,138

CLIENTS SERVED  
IN FY 2022



124 RESIDENTIAL  
CLIENTS



580 CLIENTS  
received primary  
care services



21,899  
kept appointments



1 in 4 clients  
**UNDER THE  
AGE OF 18**

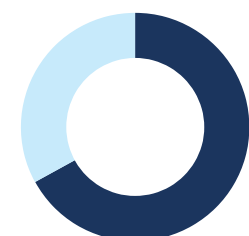


1 in 3 clients  
**PERSONS  
OF COLOR**

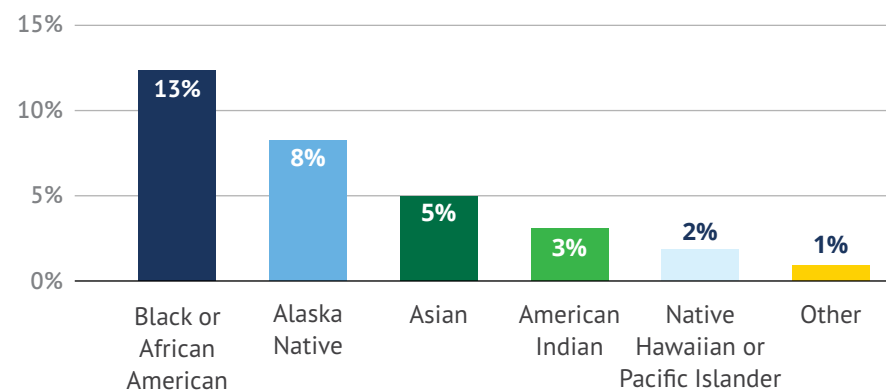


Nearly 1 in 5 clients  
**TRANSITION AGE  
YOUTH** (Age 16-24)

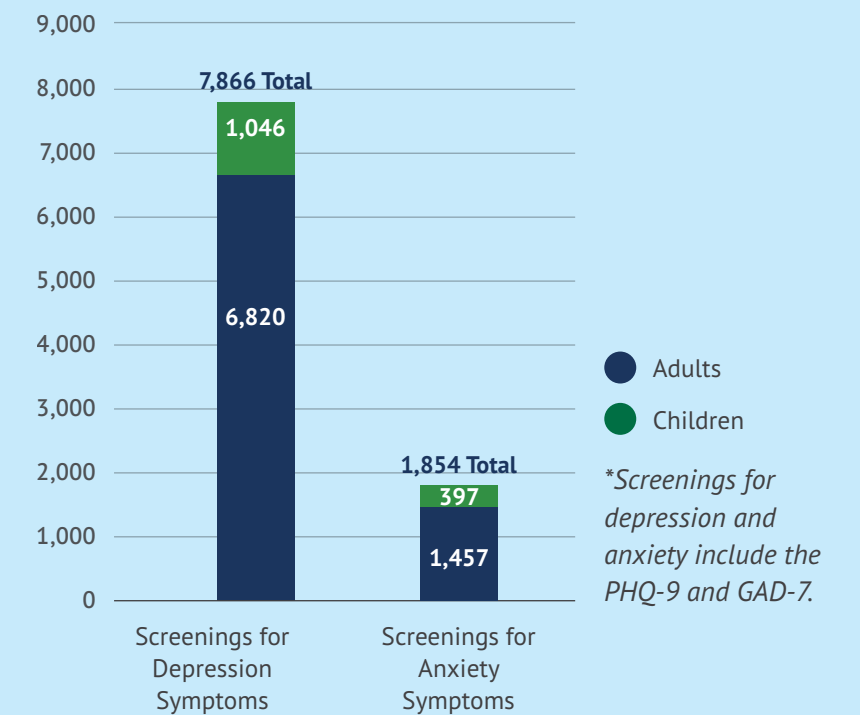
CLIENTS SERVED BY RACE



67%  
Caucasian



SCREENINGS COMPLETED







# Thank You to our Donors

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Alaska Police Academy Alumni Association  
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Dondee Groves  
Tiarra Gustin  
Lindsey Hajduk  
Angelia Hamill  
Lisa Hanson  
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Clayton Harrison  
Michele Hart  
David Hayden  
Brian Heckman  
Jera Henry  
Victor Hernandez

Tonya Herrera  
Robin & Erik Hill  
Mara Hill  
Cory Hill  
Michael Hiller  
Helene Howard  
Elayne Hunter  
Heather Ireland  
Kimberly Jeffery  
Jerry Jenkins  
William Jodwalis  
Kasey Johnson  
Heather Kaas  
Diane Kaplan  
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Jessica Williams  
Wendy Williams  
Charissa Williar  
Korbin Wilmink  
Tone Win  
Angellynn Wing  
Sandra Woods  
Zackariah Woods  
Sharyl Worrell  
Wounded Warrior Project  
Jessica Yang  
Yeti Dog AK





**BOARD MEMBERS** Ian van Tets, Jim Fitterling and Cathy Giessel at the Aspen Child & Family Clinic in Fairbanks, summer 2022

## 2021-2022 BOARD MEMBERS

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 Susan Crosson\*  
 Andrew Crow\*  
 Suzanne Fairbanks\*  
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 Traci Gatewood\*  
 Cathy Giessel\*  
 Irene Gobeli\*  
 Linda Setterberg  
 Brad Spees\*  
 Cathy Taylor\*  
 Lisa Tobin  
 Ian Van Tets\*

*\*Current Board Member*







Our Little Tykes therapeutic pre-school program provides comprehensive wrap around services for children ages 3-5 and their families. Services are provided in a structured, safe, secure, nurturing environment led by mental health professionals. In Group Therapy the children learn to express and manage their emotions so that they will have healthier functioning in other areas of life including home, community, and school. Family therapy and caregiver group therapy help parents understand their children and master relationship and communication skills to help their child develop into happy, healthy children.



# ALASKA BEHAVIORAL HEALTH

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