

ALASKA BEHAVIORAL HEALTH



Our Mission: to strengthen Alaska communities and improve the lives of our clients through exceptional behavioral healthcare

Alaska Behavioral Health
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FY 2023 Annual Report

FY2023 Financials

Net Operating Margin: \$1,360,187

Revenues

Net Client Fees	16,995,263
Grants	14,111,543
Other Revenues	695,500
Total Operational Revenues	31,802,306

Expenses

Program Expenses	21,473,099
Administrative Expenses	8,969,020
Total Operational Expenses	30,442,119

Clients and Services

Our clients are diverse!



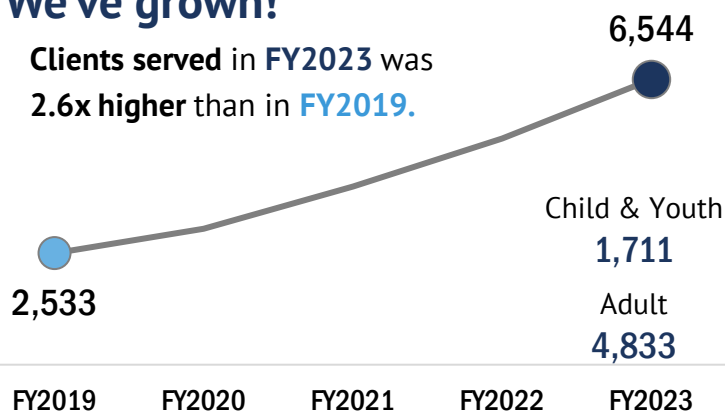
1 in 3 clients identified as a **person of color***

- 14%** Black, African American
- 12%** Alaska Native, American Indian
- 8%** Other

*A client is considered a person of color if they self-identify as any race other than white, alone or in combination.

We've grown!

Clients served in **FY2023** was **2.6x higher** than in **FY2019**.



We serve clients across the lifespan.

From toddlers to seniors, the **average age** of our clients is **33 years**.

- 7%** early childhood (8 and under)
- 18%** 30 to 39 years
- 24%** transition age youth (13 to 24 years)
- 7%** seniors (65+)

The **primary payer** for **3 in 4 clients** (74%) was **Medicaid/Medicare**.

- 15% Private insurance
- 4% VA/Tricare



We serve clients all over Alaska.

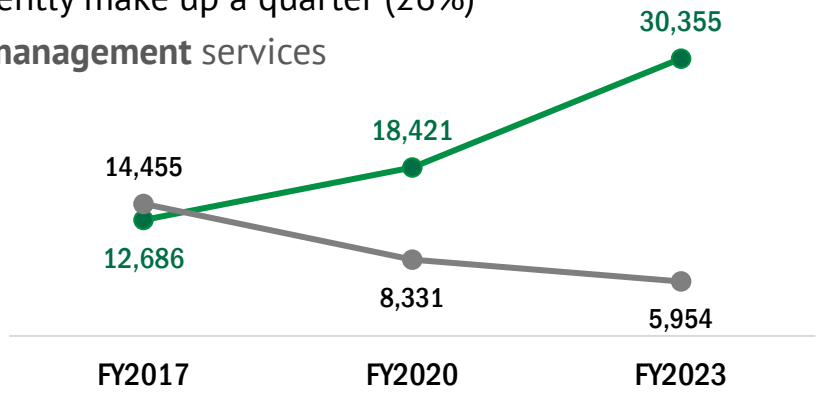
From Anchorage, Mat-Su, and the Kenai Peninsula, Fairbanks to Utqiagvik, Ketchikan to Haines, Dillingham, Bethel, and Nome.



Telehealth services help increase access to mental health care throughout our great state.

Psychotherapy services (individual and family) have increased nearly 2.5x between FY2017 and FY2023 and currently make up a quarter (26%) of all services we provide, while **case management** services have decreased by over half.

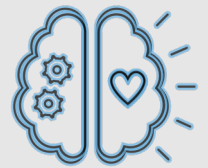
118,477
total services provided
during FY2023.



Nearly half (47%) of clients were being treated for mood disorders.

Including depression (21%), anxiety (12%), and bipolar disorder (12%); followed by schizophrenia and schizoaffective disorders (15%) and trauma- and stressor-related disorders (13%).

We use age-appropriate standardized assessment tools to regularly screen for depression and anxiety symptoms to measure and monitor client progress and treatment outcomes.



65% **Adults** experienced **improvement in traumatic stress** symptoms.

As measured by the PTSD Checklist 5-item (PCL-5).

57% **Youth** **51%** **Adults**

experienced **improvement in depression** symptoms after a few months of treatment.

As measured by the **Patient Health Questionnaire 9-item** (PHQ-9) for adult clients and PHQ-9A modified for Adolescents for youth clients.



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Thank you, donors!

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