



FY2024

REPORT

to the Community



ALASKA
BEHAVIORAL
HEALTH

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Photo: Clayton Manche

Learn more [here](#) about our 50 years of serving Alaskans and all the ways we celebrated in 2024!



Letter From the CEO

Celebrating our 50th anniversary in 2024 was a momentous occasion. We were thrilled to be joined by community leaders, clients, and former staff at our three anniversary events. We heard stories from former board members and staff, learned about programs that have long since ended, and were inspired by client success stories.

For the last five years, we have been focused on building out the continuum of care for behavioral health in Alaska: adding adult mental health residential, integrated primary care, crisis services, and intensive outpatient care through our partial hospitalization programs and a new intensive outpatient program for children this year.

We’re proud to have reached the point where we have a presence across every level of outpatient mental health care in Alaska.

Moving forward, we’ll continue to focus on the quality of care we deliver. As a Certified Community Behavioral Health Clinic, we have robust data reporting requirements for our state and federal grants. But collecting that data doesn’t just check a box; the data is analyzed and distributed to our clinical teams so they can see what is working

and use that collective experience to guide care. We use multiple assessment tools for depression, anxiety, PTSD and more to see how our clients are improving and look for disparities among client populations.

We focus on delivering services using evidence-based treatments and continue to expand EBT’s that we offer. In 2024, several staff trained in Integrated Modalities Therapy, an EBT for treatment of eating disorders, allowing us to open an eating-disorder specific treatment track within our Intensive Outpatient Program for children and adolescents. In future, we hope to expand that expertise across the age ranges we serve, and establish other centers of excellence – for anxiety, depression, PTSD.

The road ahead is exciting, with new opportunities to expand and refine our services, deepen our impact, and ensure that every individual who walks through our doors receives the compassionate, evidence-based care they deserve. We are grateful for the support of our community, our partners, and our incredible staff, who make all of this possible.

Thank you for being part of this journey. Together, we will continue to shape the future of behavioral health in Alaska for the next 50 years.

James J. Myers

Jim Myers, MBA
CEO

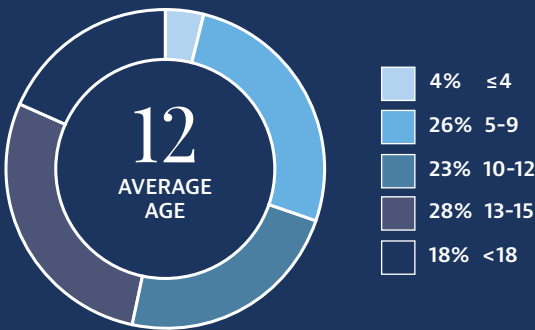
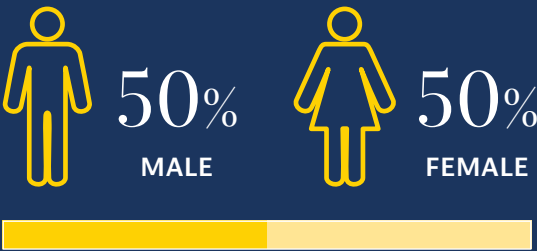
Who We Serve

* Percentages based on the clients who provided information.

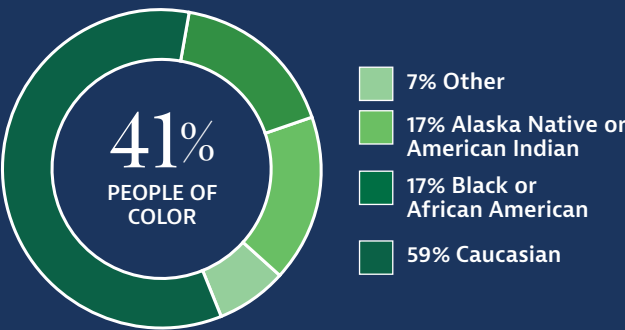
YOUTH

1,861

TOTAL YOUTH SERVED (>17)



YOUTH BY AGE

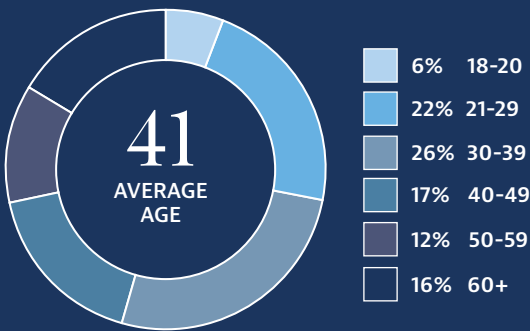
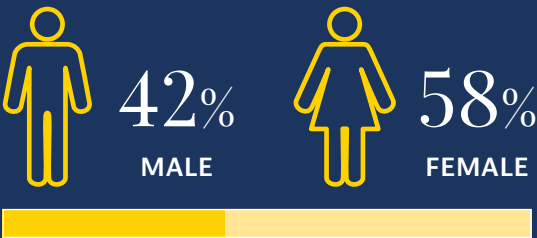


YOUTH BY RACE*

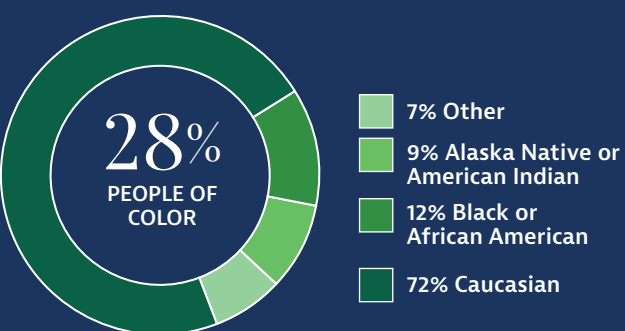
ADULTS

4,908

TOTAL ADULTS SERVED (18+)



ADULT BY AGE

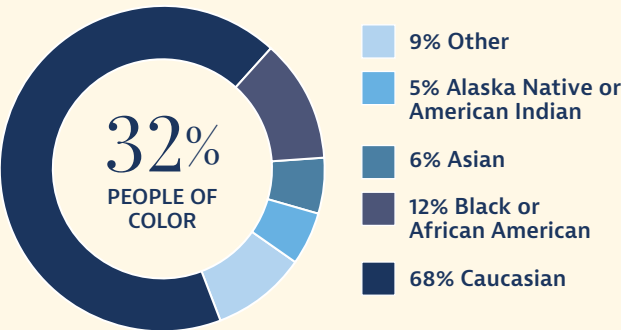
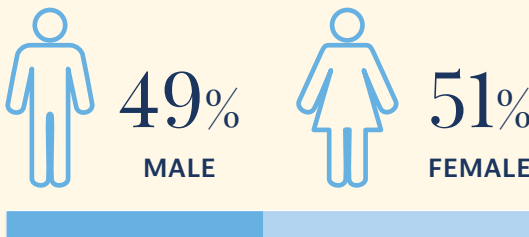


ADULT BY RACE*

Cohen Clinics

7,548

HOURS OF THERAPY PROVIDED



COHEN CLINICS BY RACE*

Our Impact



72% OF ADULT CLIENTS EXPERIENCED IMPROVEMENT IN TRAUMATIC STRESS SYMPTOMS



792 CALLS RESPONDED TO BY OUR FAIRBANKS MOBILE CRISIS TEAM.



LESS THAN 10% OF CALLS NEEDED LAW ENFORCEMENT OR EMT RESPONSE, SAVING HUNDREDS OF CALL-OUTS BY TRADITIONAL FIRST RESPONDERS



78 ADULTS SERVED ACROSS OUR 3 RESIDENTIAL PROGRAMS

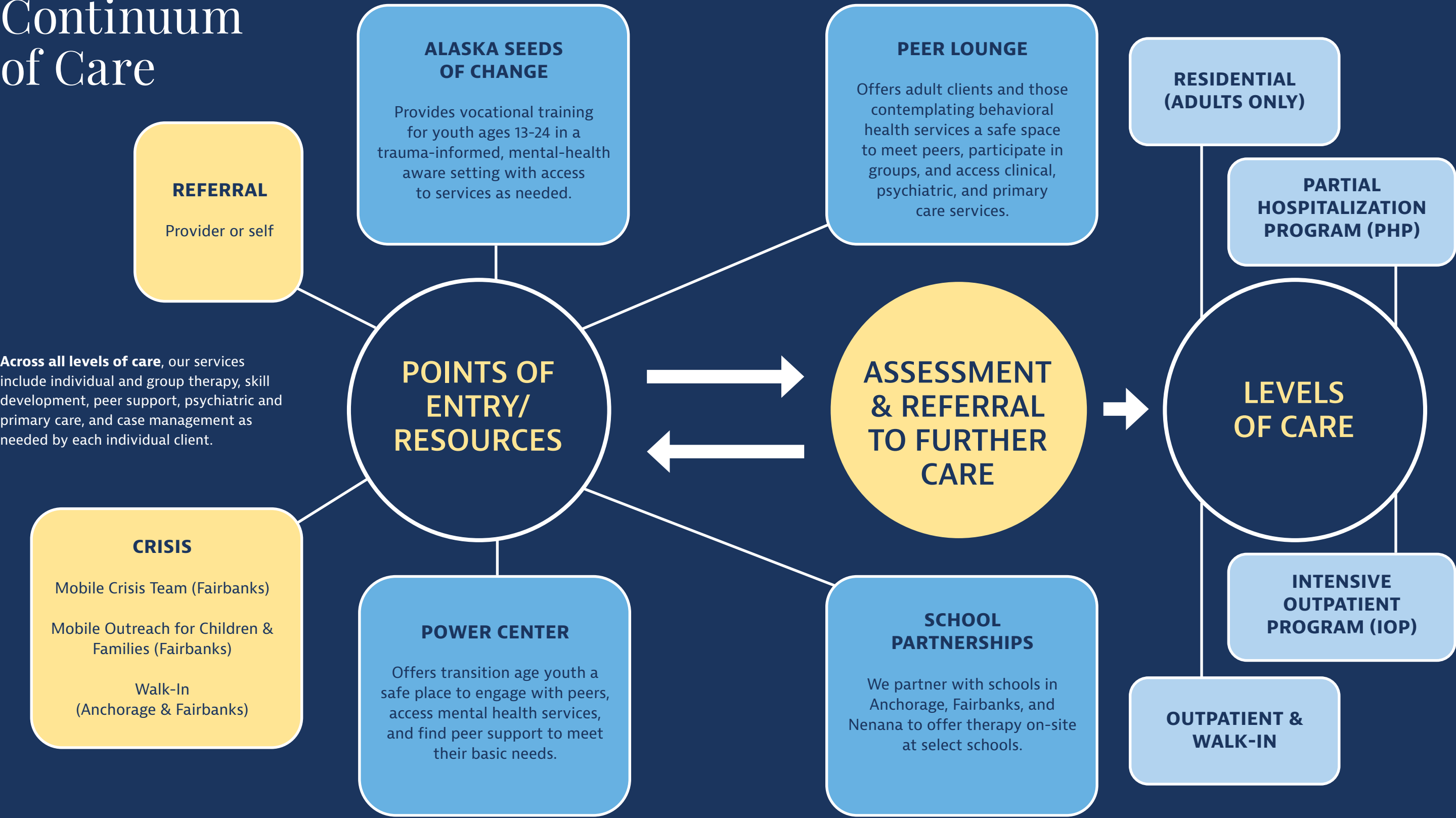


105 YOUTH

128 ADULTS

SERVED IN PARTIAL HOSPITALIZATION PROGRAM

Continuum of Care





Leah's Story

In 2021, I brought home 3 teenagers who had been in foster care for most of their lives. A sibling group to the baby I had adopted 8 years prior, these teens had been bounced around from one abusive or neglectful home to another before finally coming to live with their younger sister and I.

I knew we were in for hard work when I initially said 'yes' to bringing them home. But I had no idea just how difficult that path would become.

My 13-year-old barely spoke at all, my 11-year-old presented closer to the age of 5 or 6; physically, mentally, and verbally; their older brother, at 15, had the mind of a much younger child. When my 11-year-old started hitting me, I knew I was completely out of my depth. But I also knew I loved these kids.

Alaska Behavioral Health was there for us as I fought to knit our family together. When my daughter's violence and destruction escalated, they were the only professionals willing to truly walk beside me in trying to get her the help she needed. And when I started to falter myself, it was the team at AKBH who sat me down and helped me recognize the need to take care of myself first, in order to keep being the advocate my kids needed.

Eventually, my daughter was placed in the Crisis Recovery Center at Providence hospital. Twice, she was discharged from there to AKBH's PHP program, one of the program's first clients. When these weren't options, her personal therapist agreed to meet with her almost daily – adding structure to our days and giving me the support I needed.

As we dealt with the fallout of her escalations, additional revelations about the abuse my kids had lived through presented repeatedly. Every time, it knocked the wind out of me, and left me unsure of whether my kids would ever heal. But the team at AKBH remained hopeful.

When the time came to admit residential treatment was the best option left for my daughter, AKBH helped with applications and recommendations. They supported me through the rejections.

There was nowhere in Alaska willing to take her on: she was seen as a lost cause by many providers.

But AKBH saw her as I did: she was a brilliant, empathetic, gorgeous girl deserving of a chance.

That girl has been home from residential for over a year now, and she is doing better than I ever believed possible. My kids still have therapy teams at Alaska Behavioral Health, but their diagnostic profiles no longer include PTSD. We haven't dealt with violence or destruction in our home since 2022. And those constant revelations that seemed determined to break us have subsided, too.

I was a single mom who had no business taking on the family that I did. No right to think that I could possibly have handled that undertaking alone. But because of AKBH, I wasn't ever alone. And my kids and I are all healthy and whole today as a result of this team that never gave up on the family they knew we could become.

— Leah Campbell

Listen to Leah tell her story [here](#).

What is a CCBHC?

As a **Certified Community Behavioral Health Clinic** (CCBHC), Alaska Behavioral Health provides a list of comprehensive integrated services meeting 161 criteria related to quality and access, as defined by SAMHSA (the Substance Abuse and Mental Health Services Administration).



At AKBH, becoming a CCBHC meant adding primary care for our clients. Our Family Nurse Practitioners provide:

- Annual wellness checks
- Coaching in health maintenance and disease prevention
- Counseling and education regarding medications and diagnoses
- Treatment of acute illnesses and conditions, including foot and wound care
- Treatment of chronic illnesses/conditions, including high blood pressure, high cholesterol, thyroid disorders and diabetes



“At 57 yrs old I finally feel like I can function and have a thriving future.”

Alan’s Story

Alan first encountered services with Alaska Behavioral Health while he was staying at the Anchorage Gospel Rescue Mission nearby our clinic. He says meeting with an outpatient therapist was the first time he felt like getting better was a possibility.

“I always knew I had mental health issues, but I didn’t know there was any help for me.”

It took a few more tries, hospital stays, and an extended stay at Anchorage’s Covid-era mass shelter at the Sullivan Arena to decide to quit drugs for good. At the shelter, in the medical respite area, an AKBH case manager visited him every two weeks.

When the shelter closed, Alan had been drug-free for three months and was ready for the next step in his treatment: he began services in our Adult Mental Health Residential.

Alan is getting ready to discharge soon, and has hopes and dreams for his future. He plans a podcast to share his story, and is thinking about becoming a peer support specialist to help other people recover from early childhood trauma, quit drugs, and get the mental health help they need.

“I feel like a completely different person. AKBH has helped me in so many ways. At 57 yrs old I finally feel like I can function and have a thriving future.”

“I believe AKBH not only saved my life but helped me develop future hopes and dreams. I was a 38 yr daily meth user. AKBH saw past that fact and didn’t focus on my addiction. Instead they focused on me and helped me discover the reasons I was using drugs to self medicate. Now, armed with that knowledge and experience I can honestly (with confidence) say drugs are behind me. I have learned to not be a prisoner of my past, that it was a lesson not a life sentence. My future looks bright as AKBH lights the way.”

New in 2024

Anchorage Intensive Outpatient Program (IOP)

Our Intensive Outpatient Program (IOP) for children and adolescents ages 9-17 opened in Anchorage in summer 2024. The IOP program offers structured group therapy and skill development 5 days a week from 4 to 7 pm, allowing clients to come after school.

In its first 5 months, the program served 35 youth, with 94% successfully discharging to lower levels of care (outpatient therapy or graduating from treatment altogether).

TREATING EATING DISORDERS
Staff received specialized training in treating eating disorders (Integrative Modality Therapy) and launched a specialized eating disorder track in October 2024. Clients experiencing eating disorders attend group alongside their peers, with additional support around body image and mealtimes for clients and their families.

Anchorage Peer Lounge

Our new Peer Lounge for adult clients in Anchorage opened in spring 2024, in the Fairview neighborhood. The lounge is staffed by peer support specialists, who hold daily groups, serve lunch, and help clients engage with services. Clinicians are available on site

for appointments and crisis needs. Psychiatry and primary care appointments and walk-in hours are available several times a week. Clients have access to shower and laundry facilities.

Fairbanks Partial Hospitalization Program (PHP)

Also in summer 2024, our children’s partial hospitalization program expanded to Fairbanks. Modeled after the structure and curriculum of our Anchorage program, the Fairbanks PHP program runs from 9 am to 3 pm five days a week at our Aspen Clinic location.

We launched our program in response to needs identified by the Fairbanks Pediatric Behavioral Workgroup, a coalition of Fairbanks pediatric providers convened by Fairbanks Memorial Hospital. With the launch of our PHP and FMH’s planned opening of a pediatric inpatient unit, Fairbanks will have a full continuum of pediatric behavioral health care.

FY 2024

Financials

Revenues

Net Client Fees	\$19,492,095
Grants	\$14,743,745
Other Revenues	\$1,120,849
<hr/>	
Total Operational Revenue	\$35,356,689

Expenses

Program Expenses	\$23,470,612
Administrative Expenses	\$10,632,048
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Total Operational Expenses	\$34,102,660

Net Operating Income	\$1,254,029
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2024

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Thanks.

Our work is supported by the generous contributions of our donors.

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Locations

Anchorage

(907) 563-1000

ADULT OUTPATIENT CLINIC

4020 Folker Street

ANCHORAGE MEDICAL DEPARTMENT

4120 Laurel Street

CHILD & FAMILY MEDICAL CLINIC

4045 Lake Otis Parkway

ADULT INTENSIVE SERVICES & PEER LOUNGE

1231 Gambell Street

STEVEN A COHEN MILITARY FAMILY CLINIC

1450 Muldoon Road #111

POWER CENTER

2601 Arctic Blvd

ALASKA SEEDS OF CHANGE

704 W. 26th Avenue

Fairbanks

(907) 371-1300

ADULT OUTPATIENT CLINIC

1423 Peger Road

CHILD & FAMILY MEDICAL CLINIC

926 Aspen Street

STEVEN A COHEN MILITARY FAMILY CLINIC

926 Aspen Street

Mat-Su

(907) 563-1000

MAT-SU CLINIC

351 W. Parks Highway



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