

# Annual Report

*Fiscal Year 2009*



**Anchorage Community**

**Mental Health Services, Inc.**

**THE ACMHS MISSION**

**To promote wellness by providing  
consumer-driven behavioral health care services.**

## 2009 ACMHS Board of Directors



Pictured above is the FY 2009 Board of Directors. Not pictured: Carol Jacobsen

### Officers

Theresa Hennemann, JD, President  
*Holmes, Weddle & Barcott*

Cheryl Mann, Ph.D., Vice President  
*University of Alaska, Anchorage, Retired*

Phillip Bach, O.D., Ph.D., Secretary  
*Denali Vision Clinic*

Susan Crosson, Treasurer  
*Susan K. Crosson Appraisals*

In Memory of Joseph Laird, Past President  
*Laird's Transport Express*

### Members

Patricia Bozzo, *Wells Fargo*

Kimberly Brewington, *Northrim Bank*

Ramona Duby, *Alaska International Education Foundation*

Suzanne Fairbanks, *YRC*

Joseph Gross, *Alpine Valve & Control Systems*

Victoria Hampton, *Alyeska Pipeline*

Mel Henry, *DSW, University of Alaska, Anchorage*

Carol Jacobsen, *Northern Rehabilitation Services*

Donald McClintock, *JD, Ashburn & Mason*

### Founding Member of the ACMHS Consumer Driven Services, LLC

Susan Crosson, *Susan K. Crosson Appraisals*

Ramona Duby, *Alaska International Education Foundation*

Suzanne Fairbanks, *YRC*

### Senior Services Advisory Council

Wayne Boedecker, *Caregiver*

Pat Ferucci, *Caregiver*

George Haley, *Dokoozian Construction*

Mel Henry, *ACMHS Board Member*

Julie Holden, *University of Alaska, Anchorage*

Sally Kneeland, *Community Social Worker*

Lynda Meyer, *Municipality of Anchorage*

Yaso Thiru, *Alaska Pacific University and Caregiver*

Sheila Wright, *University of Alaska, Anchorage*

### Child and Family Services Advisory Council

Travis Erickson, *Office of Children's Services*

Patricia Sandberg, Ph.D., *University of Alaska, Anchorage*

Corey Bryant, *Alaska Cares*

Suzanne Fairbanks, *ACMHS Board Member*

## 2009 ACMHS Executive Committee



Pictured above is the FY 2009 Executive Committee. From left to right is Theresa Hennemann, J.D., ACMHS Board of Directors President, Cheryl Mann, Ph.D., ACMHS Board of Directors Vice President, Susan Crosson, ACMHS Board of Directors Treasurer, Phillip Bach, O.D., Ph.D., ACMHS Board of Directors Secretary.

### Consumer Driven Services Advisory Council

Peggy O'Keefe, *Chenega Corp.*

Jim Sellers, *Akeela Development*

Rosella Young, *Community Volunteer*

Sarah Williams, *Department of Corrections, Retired*

Five members of The Wellness Innovation Center (The WIC) are also Advisory Council members

### ACMHS Systems Directors Team

Jerry Jenkins, M.Ed, MAC  
*Executive Director*

Jon Watkins, CPA, CITP, MSM, MSA, MCSE  
*Chief Financial Officer*

Shannon Wilks, MPA  
*Director Resource Development & Corporate Compliance*

Carey Edney, Ph.D  
*Director of Care Management*

Marcy Noren, SPHR  
*Director of Human Resources*

Dee Foster, M.S., LPA  
*Director of Family Services*

Bob Walker, B.A.  
*Director of Information Services*

Kate Yenik, B.S.  
*Director of Community Relations & Executive Coordinator*

John Fugett  
*Director of Adult Services*



Not sure who these people are.



Child and Family Services Advisory Council



Consumer Directed Services Advisory Council

Anchorage Community



Mental Health Services, Inc.

# Message from the Executive Director

Info to come

# Crossover House Homeless Project

Hearing voices, depressed, cold, hungry, and desperate for help and security. These are all everyday thoughts and feelings to some of our homeless population in Anchorage.

Where do you turn if you are homeless and have a serious mental illness? ACMHS has a program called the Crossover House Homeless Project which provides outreach and engagement to those who are homeless and seriously mentally ill. Crossover House is not a house, but a support group that can lead the way into services and aid with items such as housing vouchers, benefits, Social Security, and finding the right place to live.

"Crossover House is the gateway to ACMHS services for seriously mentally ill and homeless adults," explained Joe Bablonka, Ph.D., Clinical Manager for Crossover House, Transitional Housing and Permanent Housing. Dr. Bablonka said that his goals for 2010 are to expand outreach and engagement, on the streets and in camps. This goal has already been realized to a significant degree by collaborating with Brother Francis Shelter, Bean's Café, Covenant House, the Anchorage Soup Kitchen and maintaining a respected presence on the streets of Anchorage. Crossover House has been able to connect people to services right from where they are. "Crossover House is a funded project that allows us to move mentally ill clients from

homelessness into housing. It works because of funding and a devoted staff who support this effort," Dr. Bablonka explained.

Crossover House has many success stories and one example is Harry who was homeless for three years in Anchorage. He was in dire straits when the Crossover House team met him. Harry originally came to Anchorage for a vacation from Vegas. "I found peace in the woods," Harry said. So he stayed. The only problem was that he had no job and didn't



*Photo caption can go here about Crossover House.*



*Photo caption can go here about Crossover House.*

know anyone in Alaska. Harry became homeless and was mentally ill. Three years later, Harry had a terrible accident that opened his eyes to services that Crossover

House could provide. From successfully building trust with Crossover Staff, he was then connected with the ACMHS Transitional Housing team at Safe Harbor and eventually into his very own apartment. Through devoted outreach and engagement, the Crossover House team was able to bring him to services and housing he wouldn't have been able to get otherwise.

Today, Harry talks about his experiences, and still attends groups at Safe Harbor Inn. He receives Social Security, and Crossover House helped him get hearing aids and furnish his house. Now he has his very own bed. It is a long way from living on the street.

**Crossover House has served 886 individuals on the streets and in shelters since 1992.**



# Starry Starry Night Annual Art Auction

In January 16, 2009 at the ConocoPhillips Atrium, ACMHS had its First Annual Fundraiser. The event was held on a very windy, icy day, however, tickets were sold, people were there and art was auctioned off! Chef Al was our caterer and art was donated from various artist and galleries locally. We had eight silent auction tables and seven live auction items. Our auctioneer, Dave Karp, did an amazing job keeping the auction going and the audience laughing! Members from the Anchorage Civic Orchestra performed beautiful music. Ramona Duby, Board Member, kept the silent auction moving as the emcee. Overall, the Fundraiser was a *big* success, thanks to our many donors and sponsors:



ConocoPhillips ★ OfficeTech

K&L Distributors ★ Odom Corporation

Bear Tooth/Moose Tooth ★ Anchorage Civic Orchestra

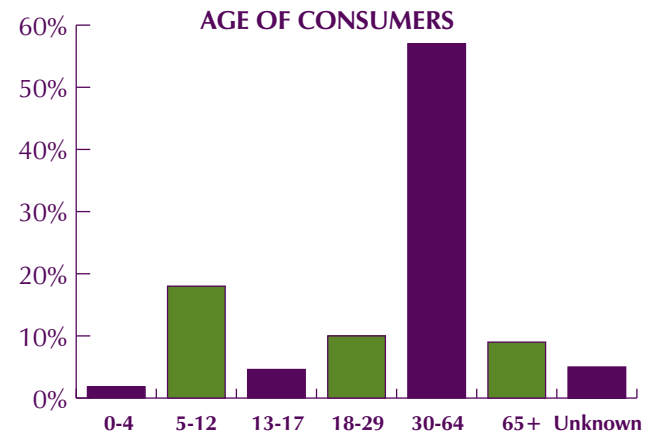
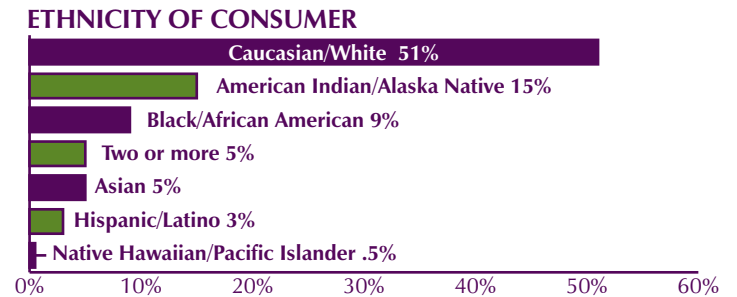
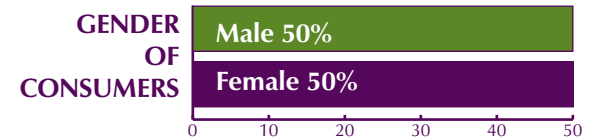
## THANK YOU TO THOSE WHO DONATED ARTWORK

ACMHS consumers ★ Artique Ltd. ★ Betty Atkinson ★ Pita Benz ★ Vivian Brautley  
★ Jim Clark ★ Chantel Cohen ★ Kaci Courser ★ Ramona Duby ★ Yvonne Evans  
★ Wells Fargo ★ Tammy Ferris ★ David and Wanda Fike ★ Dee Foster ★ Freeman  
and Watts ★ Yvonne Gossett ★ Victoria Hampton ★ Dawn Hoxie ★ In Memory  
of Joe Laird ★ Sheridan Leigh ★ The Log Cabin Quilters ★ Linda Infante Lyons ★  
Jackson Mounts ★ Tamara Nedens ★ Margaret Nelson ★ Anthony Newcomer  
★ Marcy Noren ★ Northrim Bank ★ Matt Raney ★ Heather Roberts ★ Laurel  
Searcy ★ Andrea Schmoock ★ Susan Watkins ★ Diane Wassmann



# Fiscal Year 2009

(July 1, 2008 to June 30, 2009)



Total Number  
of People  
Served  
in Fiscal Year  
2009:  
**2,127**

## Financials 2009 Revenue

Client Fees	\$ 7,069,215
Grants	\$ 4,332,689
Other	\$ 1,054,689
<b>Total</b>	<b>\$12,456,593</b>

## 2009 Expenditures

Personnel	\$ 9,531,114
Other	\$ 2,898,227
<b>Total</b>	<b>\$12,429,341</b>

# A Dream, Realized

By Andrea Schmook, Executive Director, Consumer Directed Services, LLC

**O**n March 31, 2009, the new Articles of Incorporation were filed with the State of Alaska Department of Commerce establishing the new company, ACMHS Consumer Driven Services, LLC. Launching the new company was in keeping with ACMHS's commitment to support the development of consumer-driven services. The new company is consumer-run with a board of directors that are at least 51% consumer. The first program of the new company is The Wellness Innovations Center (The WIC) which is consumer-driven. The WIC was funded by the Alaska Mental Health Trust Authority for the first time in FY 2007. As a new company, ACMHS Consumer Driven Services, LLC is an affiliate of Anchorage Community Mental Health Services.

Staff of the new company is Joan Cullinane, MA, who is the program manager of The WIC, Alvin Griffin, peer support/job coach, and Andrea Schmook, executive director of the company. The WIC is a member-run center. This allows for members to be involved in meaningful ways of The WIC, making it "run by the membership for the membership." The WIC is divided into work teams such as clerical, food services, facilities/

environment, reach out (contacting and supporting members), membership, education, advocacy, social recreation, and employment.

One of the goals of ACMHS Consumer Driven Services (CDS) is providing members with an opportunity to engage in "meaningful activities." These give a person meaning and fulfillment. Therefore, CDS will emphasize employment as a goal for meaningful activity for adults. Examples of employment services are hiring consumers into peer support services within ACMHS, developing job opportunities for consumers outside the agency such as office positions, day labor, food service, UPS, hotels, etc.

Examples of employment services are also hiring consumers into peer support services within ACMHS, developing job opportunities for consumers outside the agency such as day labor, office positions, food service, UPS, hotels, etc. This will also include prevocational training, job assessment, linking individuals with vocational services, job development, and job coaching, supported employment in competitive settings, and providing follow-along services for the long-term.

**CDS will emphasize employment as a goal for meaningful activity for adults.**



# Alaska Child Trauma Center: A National Collaboration

By Joshua Arvidson, Director of the Alaska Child Trauma Center

**I**n January of 2009, the Alaska Child Trauma Center was approached by several partner sites (led by the Trauma Center at Justice Resource Institute) to develop a proposal to form a National Complex Trauma Treatment Network as a Category II, SAMHSA supported site. This proposal was based on the experience and expertise developed by ACMHS as a Category III Trauma Services site since 2004, particularly our experience providing training and technical assistance on trauma intervention within diverse service systems. Since 2004, the Alaska Child Trauma Center has provided approximately 22,000 contact hours of training on child trauma, all while also running a service-focused clinic that serves 50 families a year, launching two State-level pilot projects and participating in the Longitudinal Child Trauma Outcomes Study and becoming a certified ARC (Attachment self-Regulation and Competency) training site.

This new National Complex Trauma Treatment Network is a collaborative project led by The Trauma Center at Justice



*Pictured above from left to right: Joshua Arvidson, Director of the Alaska Child Trauma Center, Molly Evans, clinician for the Child Trauma Center and Helen Strothers, clinician for the Child Trauma Center. Not pictured: Kristin Howard, clinician for the Child Trauma Center.*

Resource Institute, the National Center for Child and Adolescent Trauma, LaRabida Children's Hospital, DePelchin Center, Washington State University and the Alaska Child Trauma Center. The Network is

focused on leading state-level trauma informed system of care initiatives, and currently we are working with five systems of care projects in the New England region and hosting a Complex Trauma Learning Community Conference in April in Massachusetts. Subsequent project years will focus on other regions within the country. The National Complex Trauma Treatment Network is also heading up a field trial for Developmental Trauma Disorder for the DSM V. Along with four other sites, the Alaska Child Trauma Center will be a coordinating site for data collection and research for the field trial.

**Since 2004, the Alaska Child Trauma Center has provided approximately 22,000 contact hours of training on child trauma.**

# Day Break Expansion is on its way!

*Day Break's mission is to provide adult day services for individuals with Alzheimer's disease and related disorders (ADRD) and assist their caregivers to allow the individual to age in place.*

For those who have family members, husbands, wives, or friends experiencing Alzheimer's disease or dementia, you probably already know how challenging it can be for those experiencing the symptoms but also their caregivers. Day Break Adult Day Center, a program of ACMHS, strives to help not only the person experiencing these symptoms, but also the caregivers. Day Break helps the primary caregiver by allowing them to take a break from their care giving role and allow time for them to go shopping, make their own medical appointments, or even take a nap.

Day Break focuses on keeping the members active. It is a social model, and has a therapeutic activity based schedule Monday through Friday. Activities include events which stimulate the mind, the body and the spirit. In one week, members could go on an outing to volunteer in their community, such as helping to keep a local garden beautiful or recycling. Another option is to go walking twice a week to keep

us physically fit. And then we also enjoy going to experience the Alaska Zoo, the Anchorage Museum, the Alaska State Fair, Fur Rondy, and other Anchorage events and activities. Members even enjoy an outing at Trend Setters to get their hair cut. Thanks to Trend Setters and other organizations Day Break members are able to continue their quality of life as it was before the symptoms started. Our activities are the same as they were before this disease process started; we just modify the steps.

Day Break started in 1982 and has since expanded to meet the growing needs of the community. In fiscal year 2009 Day Break served 69 members and the need for more membership continues to grow. The goal of Day Break for 2010 and 2011 is to expand again.

The Day Break building does not have enough space to serve more members or have an adequate kitchen to provide meal service for the members who attend. The Day Break expansion will provide additional space and that means more

**Research shows that 50% of the individuals who are 85 years of age and older have Alzheimer's disease. So the need to expand is now.**

## Day Break Expansion *continued*

room to serve more seniors. Also included in the expansion is a covered walk way that individuals can utilize throughout the year, especially those who need to keep moving or "wandering" in a safe environment.

The need to prepare meals at Day Break is essential to client care. With the expansion will be a commercial kitchen, clients will be able to assist with some of the tasks for meal preparation and this will also assist in their retaining skills. Individuals with dementia can process information better when they are able to receive as many cues as possible.

When a prepared meal is placed in front of a member, it takes them time to process the task of eating. Members will be able to assist in and see the meal preparation, hear the sounds of the kitchen, and enjoy the smells of food cooking. This will greatly enhance the members' appetite and provide a more successful environment at meal time.

Our own kitchen would allow our members to have a voice in what is served. We would also be able to meet member's special nutritional needs and to customize meals so that they would be individualized. Food is a shared joy and a quality of life. The smells of an apple pie cooling in the window, chopping the onions, making and

sharing the meals with family brings back memories and stimulates the members while providing a nutritional lunch. The new expansion will allow Day Break to serve 25 more members and hire 4 more staff.

As the Anchorage population continues to age and retire, the need continues for programs like Day Break. Members are engaged and are an integral part of the events of each day. Their quality of life is the focus and emphasis is placed on purpose filled and meaningful activities and the members are always busy with

events, projects, or crafts. Members are a part of the Day Break community and they feel included in every aspect of the day.

Research shows that 50% of the individuals who are 85 years of age and older have Alzheimer's disease. So the need to expand is now.

ACMHS and Day Break will be starting a capital campaign that will pay for the kitchen and building expansion. The project is consistent with Day Break's goals of enhancing the quality of life for both members and their caregivers, for providing a safe and accessible facility for the provision of services. All donations marked Day Break Building Fund will be designated for the Day Break expansion.



**Donate now to the Day Break Building Fund!**





## Mental Health Services, Inc.

### **Day Break Adult Day Center**

9210 Jupiter Drive  
Anchorage, AK 99507  
907-346-2234

### **Family Services**

4045 Lake Otis Pkwy.  
Anchorage, AK 99508  
907-561-0954

### **Administration/Adult Services**

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

### **Adult Services/**

### **ACMHS Consumer Driven Services, LLC**

2735 Tudor Road  
Anchorage, AK 99508  
907-562-7900

### **24-Hour Crisis Line**

# **563-3200**

## **[www.acmhs.com](http://www.acmhs.com)**

Anchorage Community Mental Health Services is supported in part through grants from the Federal government and State of Alaska, through self-pay, Medicaid, Medicare, United Way of Anchorage, corporations such as GCI, third party payers, and the generous support of the Anchorage community through direct contributions.



**United Way of Anchorage**