



South Peninsula  
Behavioral Health Services, Inc.

# 2023/ 2024 Annual Report

## Letter from the CEO

How to cram a year's worth of effort into a few paragraphs? How to acknowledge the multiple ways our staff, our clients, and our community come together to help transform lives?

The work we do is focused on change. Changing behaviors, changing outlooks, or changing ideas about mental health. The State and the Federal Governments are always changing funding, program requirements, and regulations. Service provision is changing as staff retire, new employees are hired, or new degrees/certificates are conferred.

Change is inevitable, it's also stressful. And it is easy to get lost in that seemingly never-ending flood of change that hits us on a daily basis.

So, let's focus on what hasn't changed.

In the last forty-five years our dedicated staff continue to provide the best service possible to the communities of the Southern Kenai Peninsula. We have a Board of Directors who believe in our mission and the work SPBHS does. We have a Leadership Team who search for ways to make our services better.

We have individuals and families brave enough to seek help when life becomes overwhelming. We have long-term partnerships with multiple organizations which strengthen our ability to support the community. We have summer programs for kids and trips to Soldotna for adults. We help people find employment and help them maintain housing. We incorporate art, cooking, education, advocacy, groups, peer support, games, and many other activities to support individual health, wellness, and independence.

Throughout that whirlwind of change which constantly surrounds us, these things remain consistent and unchanged. A testament to a community intent on helping people transform their lives in ways that are meaningful to them.

And we plan on doing that for another forty-five years.

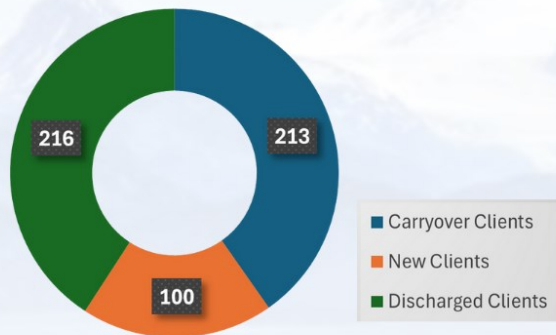
In wellness,  
Jay



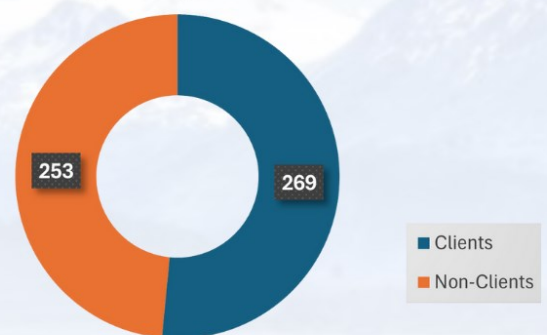


# By the numbers

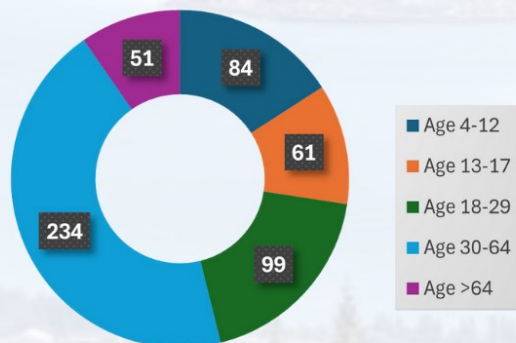
## Total Clients Served - 529



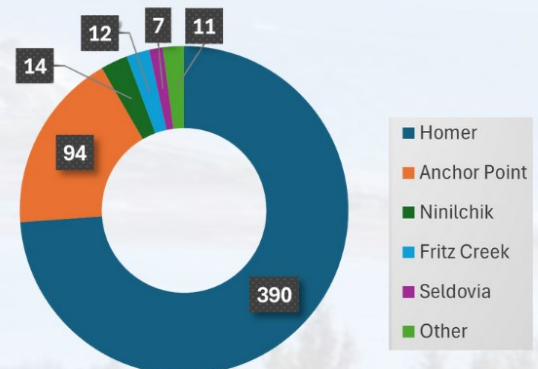
## Emergency Services Provided



## Clients by Age



## Clients by Community



## Revenue and Expenses

Grants	\$775,669.29
Fee for Service Payments	\$3,840,590.36
Misc	\$6,235.48
Other	\$306,943.34

**Grand Total \$4,929,438.47**

Salary/Benefits, Training, Recruitment	\$3,849,830.17
Facilities, Equipment, Operations	\$511,505.43
Contracted Services	\$505,727.93
Client Support	\$185,148.32

**Grand Total \$5,052,211.85**



# Working Together Transforming Lives



## In Her Own Words:

A journey to sobriety and peace by Brishel Brent

Hi, my name is Brishel Brent, born here in Homer, AK, and if you would've known me 2 years ago, you would never think I'd be telling my success story of 688 days of sobriety and mental health journey.

Just about two years ago, I literally called the Center and said, "I'm about to just lose my mind, I really need to get in and see someone asap." They said they would try to get with me as soon as they can. I honestly think I only waited a few days, it was pretty amazing. The feeling I felt from just going in and turning in my intake paperwork is a feeling I'll never forget. From how friendly and welcoming the staff are to following up with your appointments etc, they did it all for me. Even pairing me with the best fit counselor who related to my issues the most, which is now

a person I think highly of on a daily basis and am so thankful for. The Center has absolutely helped change my life! I struggled with alcohol abuse really bad. To the point I couldn't eat, sleep or function without it. It was terrible and hard and started to take over my life. I was also struggling with my own mental health illness and the two of those combined about ruined my life. I was destroying my relationships and turning me into someone I am not. I am very fortunate I didn't end up in jail, dead, or hurting someone else.

The Center stuck by my side and offered me help in everyway possible! I highly recommend to anyone out there who is struggling in this crazy life we have to reach out for help, that feeling once you do is worth it, I promise!

## A Staff with Staying Power Creates an Agency with Staying Power

K. Anders Ericsson, famously postulated that it takes 10,000 hours of dedicated practice to achieve mastery of a particular skill. And while we may know today that this was an oversimplification of the formula for mastery, we can certainly agree that 10,000 hours practice in a particular activity will make you pretty great at it. 10,000 hours, is roughly the equivalent of working a 40 hour job, 50 weeks a year (you gotta have some time off) for 5 years.

One of the ingredients in the recipe for success is our amazing employees. Dedicated caring people, who invest in others, pursue training with intentionality, and become the leaders in their field. Around 68% of our staff have been with SPBHS for OVER 5 years. That's over 10,000 hours, employed by the same employer, serving the same community.

Of the 68% of our staff who have been with us for over 5 years, 59% have been with us for over 10 years. If 10,000 hours is an

over simplification of the formula for mastery, surely we can agree that 20,000 hours of experience is mastery for certain. And 40% of our staff have been serving the Southern Kenai Peninsula through the same agency, for OVER 10 years.

In Mental Health, we can't take credit for a client's success. In the story above, all the credit goes to the client for making healthy choices, we were fortunate to be her avenue that she chose to reach where she is today. In the same way, we cannot take credit for the incredibly dedicated staff that are still with us. They wake up and choose to serve their neighbors daily.

While we may not be able to take credit for their staying power, we can proudly list it as an asset that we can enlist to equip those who choose to partner with us on their journey to a transformed life.



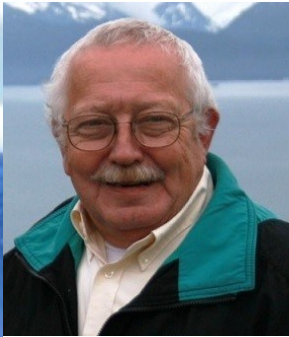
# Board of Directors



**Brian Partridge**  
Board  
President



**Tim Scheffel**  
Secretary



**John Calhoun**  
Board  
Member



**Ahnie Litecky**  
Board  
Member



**Jocelyn Brown**  
Board  
Member



**Morris Richardson**  
Board  
Member

# Leadership Team



**Jay Bechtol**  
Chief Executive  
Officer



**Carla Meitler**  
Chief Operating Officer/  
Chief Financial Officer



**Leeann Serio**  
Quality Improvement  
Director



**Ashley Moore**  
Development  
Director



**Donna Duncan**  
Clinical  
Director



**Rudy Multz**  
Program Manager  
Child and Family



**Shane Kilcher**  
Program Manager  
Pride



**Jon McGhee**  
Program Manager  
Adult Rehab