

Lessons From Our Past Guiding Us Forward

-Ashley Moore



SPBHS
EST. 1979

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UPCOMING EVENTS

August 15th—Board Meeting
August 21st—School Starts
September 12th and 13th—45th Anniversary Celebration *more details to come

I love that part of my job is getting to share our story. I love getting to talk about what great things our staff and clients are accomplishing. But this month I was loaned a special treat for a history nerd and story teller. I was allowed to borrow an issue of Coping magazine from the early 80s with the article “Boomin In A Boom Town” which was the SPBHS origin story. In the article they were highlighting programs that as a new agency, we were experiencing success in. And what is so fascinating about this article, is how history repeats itself. I got to read about the success of a client employment program, a program that sounds very much like the newer IPS supported employment program that I recently featured in the July Newsletter. At the time the article was written, our agency was sponsoring an Infant Learning program, which would go on to be called Birth to Three, and then Sprout, an agency we still support whenever we are able. It was 1983 and we were discussing issues with a changing workforce, and the problems we faced as a society then, we are facing again today, and our solution is not dissimilar. What I found so exciting, was that in finding ways for our agency to thrive and help transform lives today, we are getting closer to our roots, and to the heart of why we were founded in the first place.



The Great Alaska Bike Trek—Over 40 years later

-Ashley Moore

Meg Mitchell recently loaned me her three issues of Coping Magazine. One article featured SPBHS, and across all three issues was an article about a surprising bicycle trek, which Meg participated in.

Meg was going to graduate in Spring of 82 then had plans of living in Alaska. While listening to Radio KAOS at Evergreen State College in Olympia, WA. She heard about an opportunity to join a group of people wanting to raise money and awareness for mental health via a bike ride from Alaska to California and thought that sounded like a great way to get to know the place she wanted to one day call home. 24 cyclists, ages from 15 to 70, from novice riders, to seasoned road warriors. All of varying levels of ability, including a blind, 15-year-old boy named Steven, bicycling 4,400 miles across two countries, in 81 days. For perspective there are 95 days of summer break for most public-school children. The longest bike ride I have ever done is from Denali to Anchorage, which we did in 6 days, doing roughly 50 miles a day. This group would have to average 56 miles a day, traveling places like the Cassiar highway, for 81 days.

Prior to being accepted to go on this ride, Meg had little previous cycling experience. So, she did all of her training in just a few months prior to the journey. The participants of this 81 day adventure were offered a discount on a Trek road bike, which Meg's parents purchased for her.



The trip was full of new challenges, individuals experienced everything from mechanical to physical failure, as riders had to learn to be not only dependent on each other but also the sag wagon (support vehicles that follow cyclists and provide logistical sup-

port, carry supplies, and occasionally cyclists whose bike or body are unable to continue for a time). It was also an opportunity to learn about disability, or rather, extra ability, as both the article and Meg's own memories bring attention to Steven. Meg remembers, "Steven was blind, and I learned so much about his ability to overcome this disability with other skills he had like being able to hear and by counting steps at new locations like where we overnight at a church basement or a campground to navigate his way around. One dark night in N. California at the Redwoods we were camping, and the group was sitting around the campfire as it got very dark out and because of the trees there was no light. Most of us did not have flashlights with us at the time. Steven was able to lead a group of four of us back to our tents based upon his knowledge of the trail and the steps he counted from his tent to the firepit. In addition, Steven completely rebuilt my Trek 21 speed bike for me along the journey and did an outstanding job with the wheels and hubs and I had no reservations allowing him to do this skilled work for me. He has been a machinist at Boeing in Seattle for several decades now."

For Meg, the big lesson was how life experiences, including this journey, shape who we become, "The lasting take away is we are made and tempered by our life experiences and having survived this long bike ride... ..with a crazy group of people across two countries, 9 or more mountain ranges, 81 days of biking (including all of the Cassier Hwy on gravel) has made me a strong individual. The connections made with the other trekkers are a strong lasting bond like family and the social experiment was accomplished with flying colors to those that participated."

The lessons of endurance, depending on others, and learning from others has been reflected in Meg's 33 years of dedicated employment at SPBHS. Meg demonstrates that her passion and drive is for the mission, and the people served. She's a champion for her department, her team mates, and people served.

While Meg may have never engaged in another extraordinary bicycle trek again. She did take that bike to explore for a summer. The members of The Great Alaska Bike Trek still get together for reunions.

Meg still has her Trek 21 speed.



LAST DAY! We made it!

Never seeking the spotlight. Meg hiding in the published group photo

August Anniversaries!

5 Years and Over

Lise Klein Kirsis

18 Years



Leeann Serio

11 Years

Paul Eneboe

5 Years



In the last 5 years
Jennifer Gibson 2020
Lexi McQueen 2022

45th Anniversary Celebration and Fundraiser

September 12th—Open House at Our Parkside Campus 3665 Ben Walters Ln.

- **Noon to 3—During that time you are welcome to participate in Lunch Club, a Sorry Tournament, and get to know our Pride and Adult Rehab staff.**

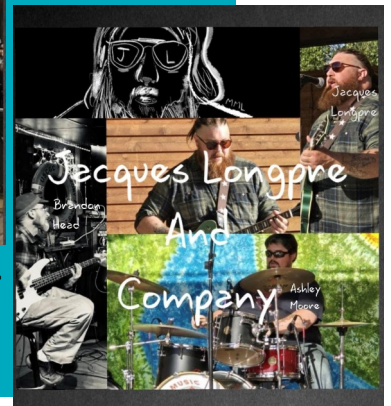
September 13th—Join us for a party and NOT-Auction at Alice's Champaign Palace.

Live Music featuring

- **Rudy Multz**
- **She Who's Gone Mad**
(Madelynn Moore, Madison Jones)
- **Jacques Longpre and Co.**

A Not-Auction

- **No items to pretend you're interested in**
- **No overbidding on tours you won't book**
- **Pick a mission support item that speaks to your values, and sponsor it according to your budget.**



At SPBHS we serve around 400 clients in the community at any given time. And while many of the services we provide are reimbursed by Medicaid, Medicare, or private insurance, we have a whole team of mission support staff whose services are not reimbursed. They are handling the logistical side of our operation to keep our service providers being the hands and feet of the agency. We are looking for Champions, who will help sponsor our mission support team so we can maintain seamless provision of care for your neighbors.

SPBHS

Our Mission

The Center Partners with individuals, families, and communities to enhance the health, productivity, and social engagement by offering compassionate and evidenced-based services in the areas of developmental disabilities, mental health, substance abuse, and co-occurring disorders.

Our Vision

A dynamic organization committed to outstanding care with and for communities, valuing integrity, and respect for all.

We Believe

In the Individual's right to self-determination
In the individual's right to be treated with dignity, kindness, and respect.
In innovative response to obstacles.
That cooperation is founded on respect, honesty, and forgiveness, as well as the opportunity to change.
In forging partnerships that create synergy within the community.
That diverse opinions enrich outcomes.
In collaboration, commitment, teamwork, and problem solving
That integrity and personal responsibility are core to ethical behavior.

SERVICES

The Center— Individual, group, couples, and family therapy. For children, young adults, and adults. SPBHS takes all insurance and offers a sliding scale for anyone without. Additionally, medication support, YHDP, ASAP services, case management, and our administrative offices are all housed at The Center.

Journeys— Adult mental health rehab services. Individual and group day support across multiple settings including in home, in the community, and at our Parkside Building. Case management, IPS, and other services are also available through Journeys.

Child and Family Services— Youth (ages 4-21) mental health rehab services are available for children and families across multiple settings including in home, in the community, in schools, and in our Center offices.

Pride— Child and adult Intellectual and Developmental Disability Services. For any individual with a State Waiver, we offer Day Hab, Supported Living, and Family Hab services across multiple settings in home, in the community and at our Parkside Building.

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(yes, we still fax things)



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STAMP
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CARF International accreditation demonstrates a program's quality, transparency, and commitment to the satisfaction of the persons served. CARF International is an independent, nonprofit accreditor of health and human services.

