



# Trust

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## Alaska Mental Health Trust Authority

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Dear Alaskan,

July 2019

Together, our organizations share a vision that Alaska Mental Health Trust beneficiaries – who experience mental illness, intellectual or developmental disabilities, or chronic alcoholism and drug dependence, or suffer from a traumatic brain injury or Alzheimer’s disease or related dementia – live meaningful lives while being supported in their home communities.

This shared vision requires that Alaska has a comprehensive behavioral health system with the necessary resources and funding behind it to provide a full continuum of care of prevention, treatment, and support services across the lifespan.

*Strengthening the System: The Comprehensive Integrated Mental Health Program Plan* outlines a path to achieving that vision by identifying priorities for the next five years to inform planning and funding decisions. In addition to defining nine goals with corresponding objectives, for the first time, strategies provide specific approaches to reach those goals. Unique to this plan is a strong focus on prevention and early intervention efforts that build resilience and addresses trauma in individuals who are at risk of developing disabling conditions.

This plan was developed by the Department of Health and Social Services through a partnership with the Alaska Mental Health Trust Authority and their associated advisory boards. It included a comprehensive, stakeholder-driven process that incorporated feedback from public comments.

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Continuing this collaborative effort with state, tribal and community groups working together and individually is key to deciding how resources, funding, and talent can best be applied to close existing gaps in the behavioral health system and improve care for all Alaskans.

Intended to serve as a living document, the plan will be available online along with a list of complementary resources where anyone working to promote behavioral health services can review the information and use it to guide their work. It will be revisited annually to monitor progress and assess impacts to the health and safety of Trust beneficiaries.

We extend our gratitude to everyone who has worked and will work to implement Alaska's Comprehensive Integrated Mental Health Program Plan and to all of you who work to improve the lives of our beneficiaries. We thank you for your partnership, contributions, and dedication.



**Adam Crum, Commissioner**

Alaska Department of Health  
and Social Services



**Mary Jane Michael, Board Chair**

Alaska Mental Health Trust Authority