

**Agency: Commerce, Community and Economic Development****Grants to Named Recipients (AS 37.05.316)****Grant Recipient: Anchorage Community Mental Health Services****Federal Tax ID: 51-0152394****Project Title:****Project Type: New Construction and Land Acquisition**

# Anchorage Community Mental Health Services - Adult Day Care Facility Expansion

**State Funding Requested: \$250,000**  
One-Time Need**House District: Anchorage Areawide (16-32)****Brief Project Description:**

ACMHS is expanding the current Day Break facility by 3,000 square feet. This will add a commercial kitchen, upgraded bathrooms and a large dining/activity room. This will double our daily capacity and finally have the kitchen facilities to provide lunch and food related activities for the members.

**Funding Plan:**

Total Project Cost:	\$1,236,533
Funding Already Secured:	(\$653,469)
FY2013 State Funding Request:	(\$250,000)
Project Deficit:	\$333,064

*Funding Details:*

- 1) Municipality of Anchorage - CDBG, \$450,000, February 2011
- 2) GCI, \$10,000, July 2010
- 3) Alaska Mental Health Trust Authority, \$100,000, December 2011
- 4) Rasmuson Foundation, \$50,000, June 2011
- 5) Community Donations, \$86,017, Began 2007
- 6) ACMHS Board of Directors Gap Commitment Funding based on need, \$333,064, April 2011 (The ACMHS Board has committed to raising the additional funds needed to complete the expansion project)

**Detailed Project Description and Justification:**

The mission of Day Break is to provide adult day services for individuals with ADRD and assist their caregivers to allow individuals to age in place. The purpose is to provide adult day care in a safe, secure, accommodating, stimulating and nurturing manner for its members in an accessible environment.

Day Break specifically serves individuals with Alzheimer's Disease and related dementias (ADRD). Due to the complications of the disease process and other physical disabilities, this population needs specific building accommodations and program design to benefit the clients and maintain a therapeutic environment. Day Break utilizes the best practices for individuals with ADRD emphasizing person centered care as the focus for all therapeutic activities. The program is a social model that provides therapeutic activities that focus on physical, cognitive and social stimulation to assist clients.

Day Break provides personalized care with the goals of enhancing the quality of life for both the individual members and their caregivers. This care is aimed at maximizing individual functioning, promoting physical and emotional well-being, offering opportunities for community inclusion and focusing on community tenure versus institutional based care.

Activities are targeted at maintaining quality of life and assisting members with ADRD to maintain levels of functioning in daily activities. Activities include daily exercises, music/singing, health monitoring, outing to places of interest in the community, movies/visual entertainment, crafts, daily social activities, volunteering, and more. The addition of the kitchen will allow for additional stimulation through member participation in preparation of meals and the aromas of cooking activities.

In fiscal year 2010 the Day Break program served a total of 75 individuals who experienced Alzheimer's disease or a related disorder. Males comprised 39% of those served and females comprised 61%. The ethnic background of the persons served was diverse with 13 % being American Indian/Alaska Native, 3 % Asian/Pacific Islander/Hawaiian, 7 % African American, 5 % Hispanic, 72 % being Caucasian.

**Project Significance to You and Others:**

The expansion of the Day Break facility is designed to meet the growing need in the Anchorage community for adult day services that is coming with the increasing number of seniors as a percent of the population. Expanding at this time lays the foundation for more people to be served as the need and demand for these services increases.

The Day Break expansion will serve seniors with ADRD during the day and the kitchen will be used during evening and weekends to serve another ACMHS program - Consumer Driven Services (CDS). CDS is a peer run organization of persons recovering from mental illness. CDS will help people in recovery learn job skills in order to pursue jobs and improved financial outlook. CDS works with the State of Alaska Divisional Vocational Rehabilitation program and will be using the Day Break facility to train members in a commercial grade kitchen to develop skills needed to work in the hospitality industry and/or do catering.

The statistics are clear and convincing. It is now time to prepare to accommodate seniors and their caregivers. Our strategy is to support families in the community. This is done by providing adult day care for persons with Alzheimer's or related dementia so caregivers can either continue to work or have a respite from caregiving. Doing so allows seniors to remain in the community rather than have no option other than institutional based care. This project results from research by professionals and personal experience of the caregivers who make up the Senior Services Advisory Council. Day Break is at capacity. The need exists now. Therefore, it is time to expand now to meet the need and be to be prepared for the next ten years. Thanks to our State Legislatures for considering this request and helping make Anchorage a better place for seniors.

ACMHS has served Anchorage for 38 years. Day Break has served the Anchorage community for 30 years. With the trend of the increased aging of the Anchorage's population with baby boomers entering their senior years at an increased rate, we will have more members to serve.

**Project Timeline:**

Following the completion of the zoning update and the permitting process, construction began on the project in August 2011. Construction has continued since that time and the interior portion of the project is approaching completion. Exterior portions of the project that could not be completed during the winter construction season will commence in the spring and final completion of the project is anticipated for August 2012.

**Entity Responsible for the Ongoing Operation and Maintenance of this Project:**

Anchorage Community Mental Health Services

**Grant Recipient Contact Information:**

Name: Shannon Wilks  
Title: Director of Resource Development  
Address: 4020 Folker Street  
Anchorage, Alaska 99508  
Phone Number: (907)261-5361  
Email: swilks@acmhs.com

Has this project been through a public review process at the local level and is it a community priority?  Yes  No



## Anchorage Community Mental Health Services

### Day Break Adult Day Program Capital Expansion Campaign

**Summary of the Day Break Capital Expansion Campaign – January 27, 2012**

1. **Federal Tax ID number: 51-0152394**
  
2. **Brief description of the project (1-2 sentences):** Day Break provides Adult Day Services to individuals diagnosed with Alzheimer’s Disease and Related Dementia (ADRD). ACMHS is expanding the current facility by 3,000 square feet. This will add a commercial kitchen, upgraded bathrooms and a large dining/activity room. This will double our daily capacity and finally have the kitchen facilities to provide lunch and food related activities for the members. Active participation in Adult Day Services provides members with a stimulating environment to help maintain their skills and abilities for as long as possible as well as needed respite for family caregivers
  
3. **Total Project Cost:** Current total Project cost for the Day Break Capital Expansion Project is: \$1,236,533.

4. **Current Status of funding for the project:**

<b>Day Break Building Expansion</b>		
<b>Current Status</b>		1/28/2012
<b>Total Project Budget</b>	<b>1,236,533.00</b>	
<b>Committed Funding:</b>	<b>Donation Amount</b>	<b>%</b>
Municipality of Anchorage - Community Development Block Grant	450,000.00	36.39%
Community Donations	43,469.00	3.52%
GCI	10,000.00	0.81%
Alaska Mental Health Trust Authority	100,000.00	8.09%
Rasmuson Foundation	50,000.00	4.04%
ACMHS Commitment - Gap Funding	333,064.00	26.94%
<b>Total-Committed Funding</b>	<b>986,533.00</b>	<b>79.78%</b>
<b>Legislative Capital Request</b>	<b>250,000.00</b>	<b>20.22%</b>
<b>Total Funding</b>	<b>1,236,533.00</b>	<b>100.00%</b>

**5. Amount of funds requested from capital budget: \$250,000**

**6. Additional funding needed to complete project:** In addition to the funding committed by the Municipality of Anchorage, private donations, GCI, The Trust, Rasmuson Foundation and the ACMHS Board of Directors, ACMHS is committed to continue fundraising activities through the completion of the project. The ACMHS Board of Directors has committed ACMHS funds to assure the completion of this project. The Board has also directed ACMHS Management to continue seeking funds for this project as ACMHS has several other rehabilitation/ capital project needs.

**7. If project is funded this year will you request more funding next year?** No. This project will be completed. ACMHS is also in the planning stages to increase the number of children with severe emotional disturbance and adults with severe mental illness and co-occurring disorders as there is an increased demand for services. ACMHS currently owns the three main facilities providing services to these consumers. To meet the increased demand we anticipate the need for capital funding for facility modifications to meet service demand serve those with behavioral health needs in Anchorage

**8. Provide detail of funding history (year, funding source, etc.):** The project cost is \$1.2 million.

Funding Source	Request Amount	Commitment Date
Municipality of Anchorage - CDBG	\$450,000	February 2011
GCI	\$10,000	July 2010
Alaska Mental Health Trust Authority	\$100,000	December 2011
Rasmuson Foundation	\$50,000	June 2011
Community Donations	\$86,017	Began 2007
ACMHS Board of Directors Gap Commitment	Gap Funding based on need	April 2011

With regard to fundraising activities, Day Break began raising money from private donors for the expansion in 2007. With the advent of the formal capital campaign on 21 June 2010, Day Break fundraising activities have raised over \$86,000 in private donations.

**9. Please provide a detailed project description, project justification, and any other information you want to provide about the project:**

**Background:**

Day Break Adult Day Services was established in 1982. Day Break is a program of Anchorage Community Mental Health Services, Inc. (ACMHS). ACMHS is the community mental health center for Anchorage, Alaska established in 1974. Day Break was founded to provide specialized adult day care for individuals with Alzheimer’s Disease and related dementias (ADRD) and frail seniors in a social model adult day setting. The first Day Break location was in a First Baptist Church building in downtown Anchorage. In 1984, Nellie

Johnson of Anchorage donated her single family residence on the Anchorage hillside for use by the ACMHS Day Break Program.

The mission of Day Break is to provide adult day services for individuals with ADRD and assist their caregivers to allow individuals to age in place. The purpose is to provide adult day care in a safe, secure, accommodating, stimulating and nurturing manner for its members in an accessible environment.

Day Break specifically serves individuals with Alzheimer's Disease and related dementias (ADRD). Due to the complications of the disease process and other physical disabilities, this population needs specific building accommodations and program design to benefit the clients and maintain a therapeutic environment. Day Break utilizes the best practices for individuals with ADRD emphasizing person centered care as the focus for all therapeutic activities. The program is a social model that provides therapeutic activities that focus on physical, cognitive and social stimulation to assist clients.

Day Break provides personalized care with the goals of enhancing the quality of life for both the individual members and their caregivers. This care is aimed at maximizing individual functioning, promoting physical and emotional well-being, offering opportunities for community inclusion and focusing on community tenure versus institutional based care.

Activities are targeted at maintaining quality of life and assisting members with ADRD to maintain levels of functioning in daily activities. Activities include daily exercises, music/singing, health monitoring, outing to places of interest in the community, movies/visual entertainment, crafts, daily social activities, volunteering, and more. The addition of the kitchen will allow for additional stimulation through member participation in preparation of meals and the aromas of cooking activities.

In fiscal year 2010 the Day Break program served a total of 75 individuals who experienced Alzheimer's disease or a related disorder. Males comprised 39% of those served and females comprised 61%. The ethnic background of the persons served was diverse with 13 % being American Indian/Alaska Native, 3 % Asian/Pacific Islander/Hawaiian, 7 % African American, 5 % Hispanic, 72 % being Caucasian.

### **Problem or Opportunity:**

Prior to expansion, the building housing Day Break did not have adequate space to serve more seniors. The kitchen was not adequate to provide meal service for the members. ACMHS owns the property and building. The Day Break addition will be of over 3,000 square feet to the existing building and would add a dining area and commercial grade kitchen. The kitchen expansion will allow members who enjoy cooking to participate in the food preparation. The research shows that individuals with progressive dementia need to continue to perform learned skills, such as cooking, as this assists in their retaining those skills longer. The kitchen will also allow members to have a voice in what is served; meals are currently brought by a caterer without any input on the menu.

The number one risk factor for developing Alzheimer's disease (AD) is age. Ten percent of the individuals 65 plus have AD. Half of the seniors 85 and older already have AD. These statistics do not include individuals who have been diagnosed with other types of dementia.

This project is consistent with Day Break's goals of enhancing the quality of life for both members and their caregivers by providing a safe and accessible facility for the provision of services. The projects goals and objectives relate to maintaining health and safety. The kitchen expansion supports independence and particularly choice as members will have a role in deciding what foods they will have for lunch and snacks which is not possible now.

The largest and fastest growing population in Alaska is seniors. The Alaska Commission on Aging tracks and trends the senior population, needs, resources and advocates for seniors needs within the state. In their 2010 Annual Report they noted that 11.7% of the Anchorage population is comprised of seniors and that since 2001 to 2009 Anchorage has seen a 51.7% increase in seniors in the city. According to the Alaska Commission on Aging *Report on the Economic Well-Being of Alaska Seniors Report*, published in January 2007: "While the senior population in the U.S. increased by 12% in the decade of the 1990s; it grew by 60% in Alaska." It was also noted that baby boomers comprise 32% of the Alaska population and that the number of individuals becoming seniors in the next few years will increase faster than any other state than Nevada. The February 2005 Alaska Economic Trends Report by the Alaska Department of Labor noted that of the senior population: "This group is currently increasing at about four percent annually. The rate of growth is expected to increase 5 to 6 percent annually between 2008 through 2020. In 2012, it is forecast to increase 7.4% with the retirement of the leading edge of the baby boom, facilities, as well a medical, professional and social services to serve this population, will need to expand at a corresponding rate."

Amazing community support for the Day Break expansion has been received. In fact, when applying for the CDBG grant, over 60 letters of support were provided by current and former client's family caregivers, community members, volunteers and Board members.

Construction began in August of 2011. The planned completion of the expansion is Spring 2012 with exterior work, paving and landscaping completed during the summer of 2012.

### **Project Significance to You and Others:**

The expansion of the Day Break facility is designed to meet the growing need in the Anchorage community for adult day services that is coming with the increasing number of seniors as a percent of the population. Expanding at this time lays the foundation for more people to be served as the need and demand for these services increases.

The Day Break expansion will serve seniors with ADRD during the day and the kitchen will be used during evening and weekends to serve another ACMHS program - Consumer Driven Services (CDS). CDS is a peer run organization of persons recovering from mental illness. CDS will help people in recovery learn job skills in order to pursue jobs and improved

financial outlook. CDS works with the State of Alaska Divisional Vocational Rehabilitation program and will be using the Day Break facility to train members in a commercial grade kitchen to develop skills needed to work in the hospitality industry and/or do catering.

The statistics are clear and convincing. It is now time to prepare to accommodate seniors and their caregivers. Our strategy is to support families in the community. This is done by providing adult day care for persons with Alzheimer's or related dementia so caregivers can either continue to work or have a respite from caregiving. Doing so allows seniors to remain in the community rather than have no option other than institutional based care. This project results from research by professionals and personal experience of the caregivers who make up the Senior Services Advisory Council. Day Break is at capacity. The need exists now. Therefore, it is time to expand now to meet the need and be to be prepared for the next ten years. Thanks to our State Legislatures for considering this request and helping make Anchorage a better place for seniors.

### **Future of the Project -Sustainability:**

ACMHS has served Anchorage for 38 years. Day Break has served the Anchorage community for 30 years. With the trend of the increased aging of the Anchorage's population with baby boomers entering their senior years at an increased rate, we will have more members to serve. Over 50% of the Day Break revenue is from fees for services. This is a reflection of both the continuing need for the service and the willingness of individuals to pay for the service. We have also received grant funding from the State of Alaska for over 20 years and foresee this funding continuing in the future.

The sustainability of Day Break's operating costs will be managed through several means. First, due to the increase in the square footage, the program will be able to double the number of members served. Also, with the addition of a commercial kitchen we will be able to create, serve and charge for the meals provided. Those meals will be reimbursed through the Medicaid CHOICE Waiver and private pay fees. The additional building space will also be used by other ACMHS programs when Day Break is not offering services. These other programs will be using the kitchen to teach skills to clients. These programs will also generate income to pay for the building usage.

Day Break receives funding from a variety of sources. The primary revenue is from fees for services which comprises 53% of funding. The Alaska Commission on Aging grant is the next largest at 31% with State Behavioral Health funding at 12%.

### **10. Has the project gone through a public review process at the local level and is it a community priority demonstrated by resolution or other official action by the governing body?**

ACMHS worked with the Municipality of Anchorage, Planning Division to review and update the Conditional Use permit that the Day Break Facility has been operating under for the last 28 years. The project went before the Planning and Zoning Commission and there



were no community objections to the proposed expansion or to the update of the zoning status. This process, while time consuming, produced an acceptable resolution to the zoning update.

**11. Please describe the project time-line and when expenditures will occur.**

Following the completion of the zoning update and the permitting process, construction began on the project in August 2011. Construction has continued since that time and the interior portion of the project is approaching completion. Exterior portions of the project that could not be completed during the winter construction season will commence in the spring and final completion of the project is anticipated for August 2012.