

SOUND MENTAL HEALTH LLC: OUR ROADMAP FROM FOUNDATION TO FUTURE

START:
EARLY FALL 2024

WE ARE SEEING
A LOT OF CLIENTS!
ALL THREE OF US ARE
WORKING MORE THAN
A FULL CASE LOAD.

MID: REALIZATION

3/4TH THROUGH:
THE PIVOT!

THE VALDEZ
LIGHTHOUSE
(NON-PROFIT BRANCH)

OUR BUSINESS
OPENED

SEEING A LOT OF
CLIENTS!

CLINIC
CASE LOAD:
OVER 120%

SO MANY
CLIENTS...

WE START A
NON PROFIT!

FUNDING FOR
COMMUNITY MH SERVICES,
MH SERVICES,
GRANTS & DONATIONS

START:
EARLY FALL
2024

COMMUNITY
OUTREACH &
MH LECTURE
SERIES

COMMUNITY
PRESENTATIONS
EVERY MONTH

WORKING HARD
WITH LITTLE FUNDING

CITY OF VALDEZ
CAN'T FUND A
PRIVATE BUSINESS

THE VALDEZ
LIGHTHOUSE!

WHERE WE ARE GOING:
SUSTAINABLE
COMMUNITY IMPACT
& IMPACT & GROWTH

WE'VE HIRED TWO
MORE CLINICIANS
B/C OF CASE LOAD.



SO WHAT?



The Board



Colleen Murphy
Treasurer



Katey Connell
President



Bart Hinkle
Secretary

PROPOSAL · VALDEZ CITY COUNCIL

LIGHT HOUSE

A 501(c)(3) nonprofit committed to expanding community mental health services and building a more resilient Valdez.

• CRISIS MANAGEMENT

◆ CRISIS PREVENTION

There is more we can do to support our community.

1 in 4

Alaskans experience a mental health condition each year



Growing demand for co-response and community-based care

Together

We can do more when
community
partners coordinate care



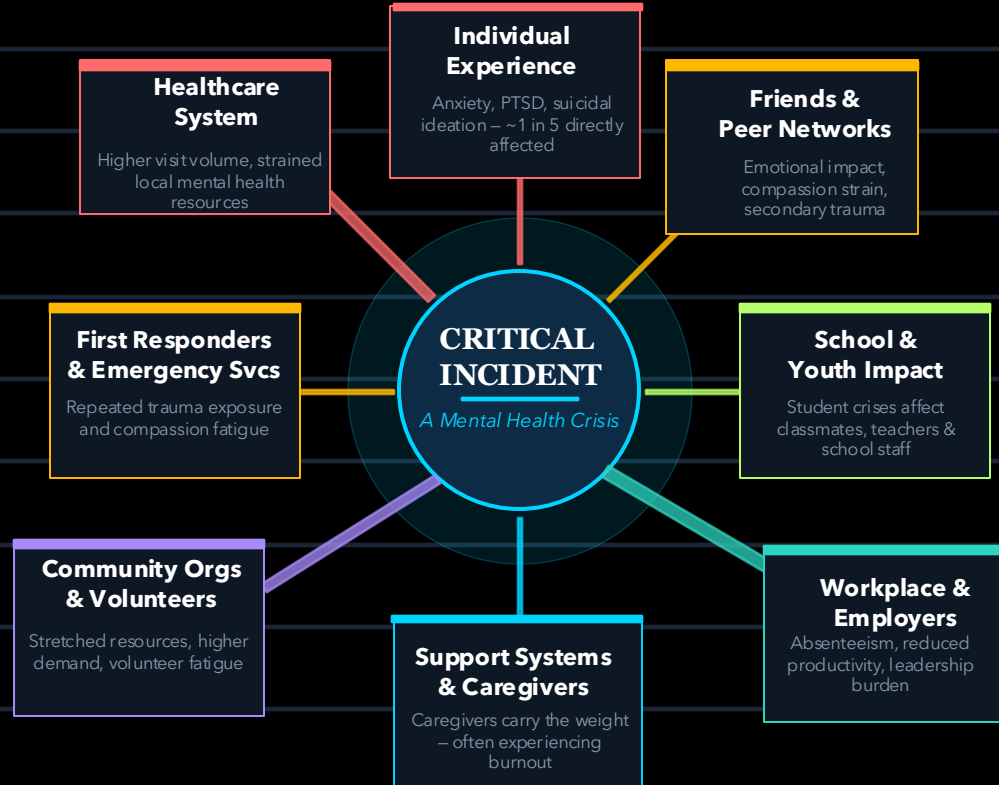
Lighthouse exists to expand capacity – adding coordinated crisis response, prevention programming, and cross-agency care to complement existing services in Valdez.



This is in alliance with: Behavioral Health Crisis Response through local agencies, city, state, and federal funding sources

MENTAL HEALTH IMPACT IN OUR COMMUNITY

In Valdez, mental health doesn't affect a small group – it touches nearly everyone. When you include family members, support systems, and the ripple effects of crisis, loss, and shame, it's likely that **over half of our community** is impacted annually.



One crisis can impact 150+ people. Grief, fear, and trauma spread through our community, shaping how all of us feel and function.

A Comprehensive Framework for Community Mental Health

• CRISIS MANAGEMENT



1: Crisis Intervention

Co-response · Safety Planning · Follow-Up



2: Community Partner Support

In-Person Response · Crisis Plans · Consultation



3: MDT Coordination

Multi-Agency Care · High-Impact Clients



4: CISM

Defusing · Debriefing · Peer Support

◆ CRISIS PREVENTION



Community Presentations

Suicide Prevention · Stigma Reduction · MH Literacy



Disaster Mental Health

Policy · Peer Listeners · Shelter Staffing

Prevention services reduce the frequency and severity of crisis events, building long-term community resilience.

Community Partner Support Services



In-Person Response

Clinicians deploy alongside community partners to provide on-site mental health support for individuals in distress.



Individualized Crisis Support Plans

Co-develop customized crisis plans with community members, their support networks, and partner organizations to reduce repeated acute episodes.



Care Consultation

Real-time clinical guidance to partner agency staff navigating complex mental health situations so frontline workers feel confident and effective.



Partners include: Emergency Responders, Valdez schools, housing authority, senior services, and other community services

Multi-Disciplinary Team Coordinated Care



Case Identification

Flag high-impact individuals whose needs span criminal justice, housing, health, and social services.



Coordinated Care Plans

Develop unified cross-agency plans that eliminate siloed responses and conflicting interventions.



Accountability & Tracking

Monitor outcomes across agencies, identify gaps, and adapt plans through regular MDT meetings.



Community-Level Oversight

Lighthouse Clinicians chairs the MDT, providing clinical expertise and neutral coordination across all departments.



Lighthouse Clinicians

MDT Chair & Facilitator

Current and Potential Partners

- Emergency Responders
- AVV, VNT
- Prince William Sound College
- Valdez City Schools & Youth Services
- Senior Services
- OCS
- Food Bank, Alaska Housing

Community Presentations

Prevention & Stigma Reduction



Suicide Prevention

QPR (Question, Persuade, Refer) training, safeTALK, and ASIST workshops for community members, educators, first responders, and organizations.



Stigma Reduction

Community conversations that normalize help-seeking, challenge mental health myths, and create cultures where support is welcomed – not stigmatized.



Mental Health Literacy

Accessible presentations on recognizing common mental health conditions, understanding warning signs, and connecting people to care early.



Youth & School Outreach

Age-appropriate programs for Valdez schools, youth organizations, and families – building awareness and coping skills from the ground up.



Delivered by licensed clinicians with deep Valdez roots. Prevention works best when it comes from trusted, familiar faces in the community.

Disaster Mental Health Preparedness & Response



Policies & Procedures

- Develop crisis response protocols for disaster scenarios
- Establish mental health activation criteria and decision trees
- Integrate with city emergency management plans
- Provide training for city staff on MH response procedures



Peer Listener Program

- Recruit community volunteers as trained peer listeners
- Deliver structured disaster mental health training
- Build a deployable roster for emergency activation
- Provide ongoing supervision and support for peer volunteers



Emergency Shelter Staffing

- Clinical staffing of community emergency shelters
- On-site mental health triage and support
- Coordination with city emergency services
- Debriefing and follow-up for shelter residents and staff



Prepared before disaster strikes. Lighthouse builds Valdez's mental health infrastructure for emergencies so the community is never starting from zero.

Governance & Accountability Structure



Lighthouse
501(c)(3) Nonprofit

Subcontracts + Grants



Sound Mental Health
Licensed Clinical Team

Service Delivery



Valdez Community
Stronger Community

Outcome

✓ Nonprofit structure unlocks grant funding and support from local entities, businesses, and individuals

✓ Single accountability chain: one contract, one mission, measurable outcomes

✓ Board selected from individuals with deep roots to Valdez

✓ MDT chaired by Lighthouse Clinicians unite all impacted agencies

• CRISIS MANAGEMENT

Crisis Intervention · CISM · Community Partner Support · MDT

◆ CRISIS PREVENTION

Community Presentations · Disaster Preparedness & Response