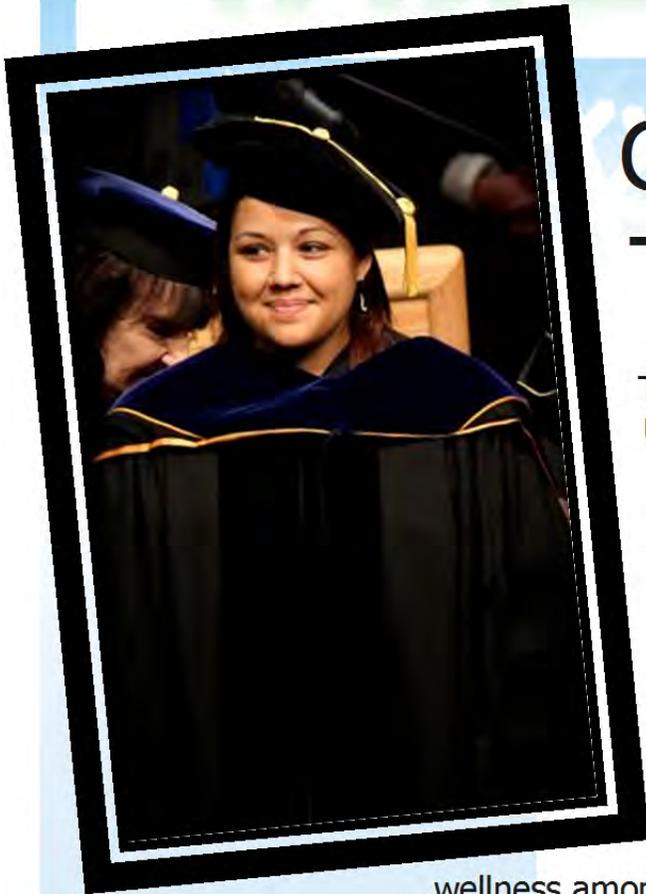


F A L L 2 0 1 3

# ANCAP

Alaska Native Community Advancement in Psychology



## Congratulations to Tina Woods, PhD!

Tina Woods is the first Alaska Native graduate from the UAA-UAF joint PhD program in community-clinical psychology with a rural and indigenous focus.

Through her academic journey Tina was a member of the ANCAP program and was a previous coordinator for ANCAP. Dr. Woods received mentorship through ANCAP and her dissertation research was supported by an ANCAP research grant. Dr. Woods' graduation was a major accomplishment for her and represents a great success for ANCAP. The graduation of Dr. Woods supports the goals of ANCAP: To address behavioral and mental health issues and promote

wellness among Alaska Native communities by enhancing cultural pride and connectedness by recruiting, retaining, and training Alaska Native behavioral health researchers, providers and leaders.

"I came to UAA to pursue my PhD in Clinical-Community Psychology with a Rural Indigenous Emphasis. I came with passion, dedication and determination... it was one of the toughest journeys I've ever endured. ANCAP was a significant part of my educational

success. ANCAP- from the bottom of my heart, Qagaasakung (Thank You), for promoting the connection between my culture and the field of psychology." - Tina Woods, PhD

Dr. Woods is currently working as the Community Health Service Regional Administrator for the Aleutian Pribilof Islands Association, which addresses behavioral health, health promotion, and disease prevention. Additionally, She is working on attaining her psychologist

## ANCAP Summer “Psyched” Program



The first ever ANCAP Summer “Psyched” Program was conducted in collaboration with the WWAMI Della Keats Health Sciences Program. Through the ANCAP Summer “Psyched” Program incoming high school seniors travelled from their home communities and stayed in the UAA campus dormitories for 6 weeks while taking courses in psychology, public health, medical ethics, microbiology and genetics, written and oral communication, anatomy and physiology, biomedical ethics, and medical terminology. Those who were selected for the program had all expenses paid for by ANCAP, including: (1) travel costs for the program participants; (2) college placement tests for the program participants; (3) books for the program participants; (4) travel insurance for the program participants; and (5) allowance while the program participants were living in Anchorage for 6 weeks away from their families.

During the summer of 2013, three Alaska Native students from rural Alaska were exposed to UAA, to college-level standards and expectations, and to careers in the mental and behavioral health fields. It is hoped that these students will continue with their desire to pursue careers in mental and behavioral health, and that their dedication to serving the Alaska Native community will continue to grow. ANCAP Summer “Psyched” students were extremely busy over 6 weeks. However, they all handled it, passed all of their classes (in addition to receiving some high school credit, they now also have 3 college credits that satisfies UAA General Education Requirements), developed many new friendships, and had fun. Perhaps most importantly, they learned what UAA and college is about, and they now know they are more prepared to succeed in their collegiate goals.

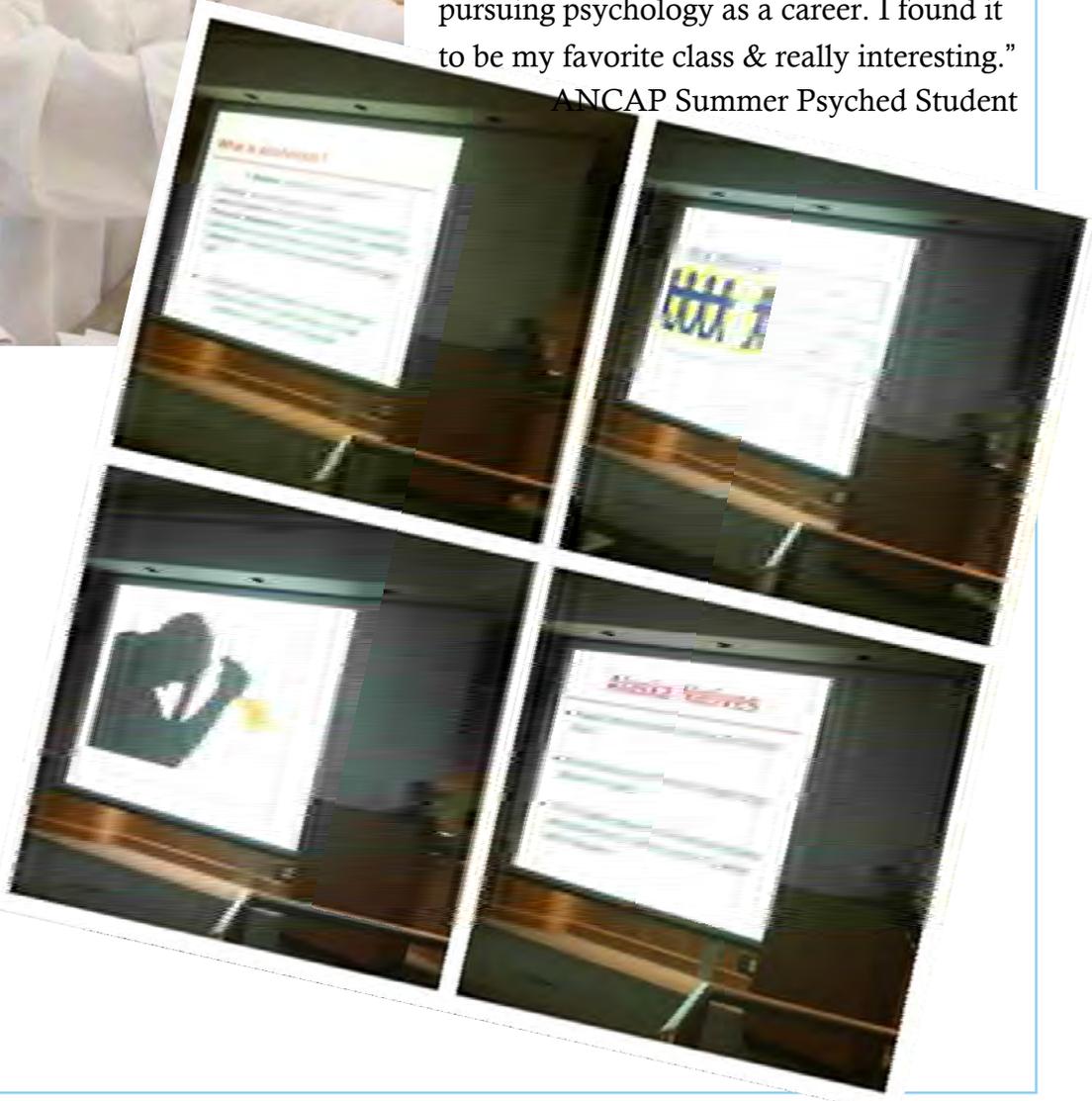


“I really liked [the psychology course] and it intrigued me so much that I am currently pursuing psychology as a career. I found it to be my favorite class & really interesting.”

ANCAP Summer Psyched Student

“Digital storytelling was my favorite part of the summer program because it made me really interested in the topic I chose, and I learned a new way to share the information that had other students interested as well. I felt like I could tell my story in my way, and that made me feel like I was a part of psychology, not just a student of it.”

ANCAP Summer Psyched Student



*Call for Applicants:*  
**ANCAP Summer Psyched  
Program 2014**

**We are now accepting applications for the 2014 summer Psyched! Program. Chosen applicants will receive coverage for travel costs, college placement tests, books, travel insurance, and an allowance while the program participants live in Anchorage for six weeks away from families.**

*If you or someone you know are interested in participating in the Summer Psyched! Program during the summer of 2014, please contact Chantel Justice at 907-786-1501 or [cjustice@alaska.edu](mailto:cjustice@alaska.edu).*

*You can also contact the ANCAP Director, E.J.R. David PhD at 907-786-6778 or [ejrdavid@uaa.alaska.edu](mailto:ejrdavid@uaa.alaska.edu).*

## ANCAP Visits Galena!

In April the ANCAP coordinator, Chantel Justice, visited the Galena boarding school. She met with junior high and high school students to discuss psychology, the importance of a college education, and how they can use their education within their communities. The

students were very excited and had wonderful questions about psychology. Several students are working with ANCAP to apply for college and/or scholarships. ANCAP





ANCAP was able to raise awareness about behavioral and mental health issues facing Alaska Native communities during our village visits. One of our village visits was in collaboration with the North Slope Borough School District during the Career Expo, where ANCAP reached hundreds of high school students throughout the North Slope. The ANCAP Director also presented to the larger Barrow community in the Tuzzy Library about the psychological consequences of colonialism among indigenous peoples. Moreover, ANCAP was also able to help train approximately 50 Alaska Native college students from all over Alaska who were serving as interns for the First Alaskans Institute, specifically about how colonialism, cultural loss, and historical trauma may contribute to behavioral and mental health concerns in Alaska Native communities today. Historically, FAI summer interns have a reputation of becoming the next generation of Native leaders. Thus, ANCAP is very honored to have the opportunity to help shape Alaska's Native leaders of tomorrow, and ANCAP's collaboration with FAI will undoubtedly continue for many years. Finally, ANCAP also conducted a workshop on the mental and behavioral health consequences of colonialism, as well as about decolonization, during the Elders and Youth Conference in Fairbanks this past October. ANCAP was able to reach and connect with Alaska Native community members from throughout the state.



# Seeking Applicants for Service & Research Grants

## Up to \$1500

ANCAP offers four competitive grants each year to support an outstanding graduate or undergraduate research or service activity in the broad area of behavioral/mental health or psychological experiences of Alaska Native or American Indian communities. Proposals need to be submitted by December.



Congratulations to our recipients of the spring 2013 tuition waiver recipients! These students received a tuition waiver for three credits each in appreciation of their promising work and their dedication to the Alaska Native community.



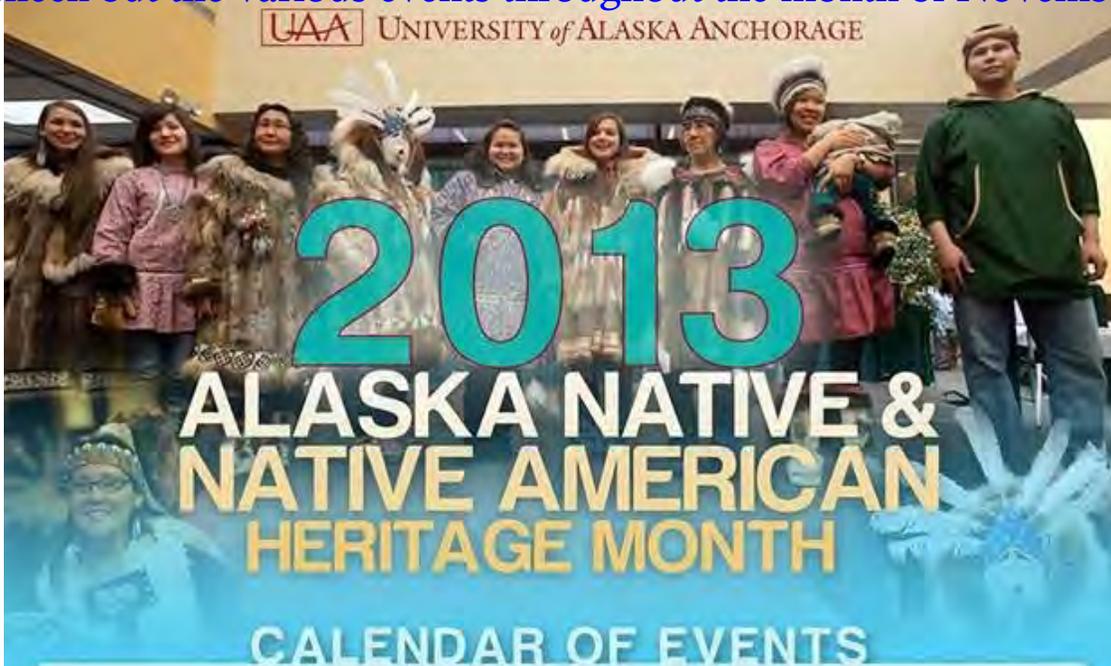
Paula Drake is Tlingit from Hoonah, AK. She is a Masters student in psychology, a mother of 3, a wife, and she loves basketball. Thank you Paula for paving the way to achieve a degree and your passion for serving the Alaska Native community!

Theresa Olanna is Aleut and Inupiaq. She is a nursing major with a minor in psychology. Thank you Theresa for all your hard work and for striving for excellence!



Ezra Lockhart is Aboriginal Hawaiian and Hispanic. He is a psychology major and is hoping to apply to the PhD program in clinical-community psychology with a rural and indigenous focus. Thank you Ezra for your dedication to better serving Alaska Native communities and other indigenous groups!

ANCAP is a proud supporter of the 2013 Alaska Native & Native American Heritage Month celebrations at the University of Alaska Anchorage. Please check out the various events throughout the month of November.



ALL UAA PROGRAMS AND EVENTS FREE & OPEN TO THE PUBLIC  
 For more information, contact UAA Office of Campus Diversity & Compliance at (907) 786-4680 or at [www.uaa.alaska.edu/diversity](http://www.uaa.alaska.edu/diversity)

**FRIDAY, NOV. 1-WEDNESDAY, NOV. 27**

ALASKA NATIVE LEADERS INSTALLATION  
 SPONSORED BY THE ALASKA NATIVE ORAL HISTORY CLASS.  
 Main Campus, Central Spine, all month long

**TUESDAY, NOVEMBER 5**

ALASKA REDISTRICTING PANEL DISCUSSION  
 UAA Campus Bookstore, 5-7pm

**THURSDAY, NOVEMBER 7**

YAGHELI - GOOD DAY  
 2013 HERITAGE MONTH CELEBRATION   
 NATIVE DRESS REVIEW, KEYNOTE DR. PHYLLIS FAST, AND  
 TRADITIONAL NATIVE FOODS: FRY BREAD, SALMON, SQUASH  
 AND BEANS, BERRIES AND CREAM, AND RUSSIAN TEA.  
 Student Union Cafeteria, 11:30am-1pm

ALASKA NATIVE GAMES  
 Gorsuch Commons 106, 9-11:30pm

**FRIDAY, NOVEMBER 8**

NCBI SOCIAL INCLUSION AND EQUITY FOR  
 UAA FACULTY & STAFF  
 RSVP TO 786-4680  
 Gorsuch Commons 107, 8:55am-4:15pm

**FRIDAY, NOVEMBER 8 & 15**

1 CREDIT CLASS: INTRODUCTION TO ALASKA  
 NATIVE BUSINESS (AKNS A290-631)  
 INCLUSIVE OF ALASKA NATIVE BUSINESS LEADERS MEETING  
 WITH STUDENTS, A TOUR OF AN ALASKA NATIVE CORPORATE  
 OFFICES. NOT FREE TO THE PUBLIC. REGISTER AT UAONLINE.  
 Location TBD, 8am-4pm

**THURSDAY, NOVEMBER 14**

YUP'IK LANGUAGE WORKSHOP  
 AN INTERACTIVE YUP'IK LANGUAGE LEARNING EVENT. NO PRIOR  
 SPEAKING SKILLS REQUIRED.  
 Gorsuch Commons 106, 6-7pm

ALASKA NATIVE GAMES  
 Gorsuch Commons 106, 9-11:30pm

ALASKA NATIVE VALUES DISCUSSION  
 Rasmuson Hall 108, 12-1pm

**THURSDAY, NOVEMBER 21**

ALASKA NATIVE VALUES DISCUSSION  
 Rasmuson Hall 108, 12-1pm

DR. ALISHA DRABEK, DIRECTOR OF THE  
 ALUTIIQ MUSEUM  
 SPONSORED BY THE ALASKA CENTER FOR THE BOOK.  
 UAA Campus Bookstore, 5-7pm

ALASKA NATIVE GAMES  
 Gorsuch Commons 106, 9-11:30pm

**FRIDAY, NOVEMBER 22**

ALASKA NATIVE STUDIES UNDERGRADUATE  
 SYMPOSIUM  
 Rasmuson Hall 101, 11am-2pm

**MONDAY, NOVEMBER 25**

TRANSFORMING THE UNIVERSITY: ALASKA  
 NATIVE STUDIES IN THE 21ST CENTURY.  
 A CELEBRATION OF THE PUBLICATION,  
 UAA Campus Bookstore, 5-7pm



Our sincere thanks to the UAA Diversity Action Council, the Alaska Native Student Council, Office of Diversity & Compliance, Alaska Native Studies, Native Student Services, Student Affairs, Multicultural Center, Student Life & Leadership, Student Activities, and the UAA Heritage Month Planning committee.



Interpreting services for UAA events are available by contacting (907) 786-4680 or [uaa\\_ooc@uaa.alaska.edu](mailto:uaa_ooc@uaa.alaska.edu) with at least 7 business days advance notice.  
 UAA is an EEO/AAE employer and is committed to diversity.

## Mentoring

Looking for interested students!



Last year we launched a mentoring program and had undergraduate students working with graduate students and honored Elders within the Anchorage community. We are actively seeking students who are interested in joining this program. This is especially helpful for those who are considering applying for a graduate program. We are able to connect undergraduate students with currently enrolled graduate students who can assist in school selection, information on PhD and Masters programs, and tips for applying.

If you've experienced challenges or struggles adjusting to the expectations in school or living in Anchorage, you are not alone. Some of these challenges make it difficult to maintain cultural grounding and overall wellbeing for students. Many that have gone before you have experienced similar struggles and are here to offer collective support through an ANCAP facilitated Mentor. The vision is to support the Alaska Native and American Indian community in psychology and other behavioral health professions through a culturally grounded path that helps students maintain overall wellbeing.

**If you are interested in joining a mentoring circle, please email Chantel Justice at [cjustice@alaska.edu](mailto:cjustice@alaska.edu) or call (907) 786-1501.** Please include a short message about why you would like to be involved and what you hope to gain from the experience.





## ANCAP Courses

We are continuing to offer three courses through the psychology department each semester. The descriptions for these classes are listed below. These are two day seminar courses that take place on a Friday and Saturday during the semester. Similar to the learning style that is traditional for many Alaska Native cultures, these courses are taught through an experiential manner. This means no PowerPoint's or lectures, you will learn by doing!

### **Introduction to Alaska Native Values and Principles (PSY 190 Section 001, CRN 36784)**

Examines the impact of culture on communication with emphasis on issues related to individuals working in Alaskan communities. Identifies barriers and develops strategies for better communication. Explores and discusses traditional Native values and principles, their applicability to today's world, and issues relevant to their integration into today's lifestyles.

### **Cultural Perspectives in Mentoring and Leadership Development (PSY 190**

#### **Section 002, CRN 36785)**

The course examines the impact of culture on perspectives in mentoring and leadership development with emphasis on topics related to the Alaska Native Culture and its history such as the (ANCSA) Alaska Native Claims Settlement Act. The course explores and discusses traditional Alaska Native perspectives in mentoring and leadership development. It identifies barriers and successes with the development of the Alaska Native Regional Corporations

and how leadership development is considered within the process.

### **Alaska Native Oral Tradition and Storytelling: A Therapeutic Tool (PSY 190 Section 003, CRN 36786)**

The oral tradition of story telling is holistic and balanced, and interconnects the generations. Elders hold a central role in passing on traditional values and principles through the venue of stories. Story telling is an ageless teaching and healing tool used in all cultures. Alaska

# Time for Scholarship Applications!

Applying for scholarships can seem to be an overwhelming process.

ANCAP is here to assist you in that process at whichever stage you are currently in. ANCAP can help with finding scholarships that you are eligible for, clarifying questions you have about the application process, filling out the application, requesting letters of recommendation, and editing required essays. Several students have stopped by the office for assistance and have felt like the process of applying was demystified. Applying for scholarships is one of the easiest ways to have your education paid for, and helps to avoid unwanted debt.

Several scholarship deadlines were in December; however the deadline for the UA scholarship database for the 2014-2015 academic year is **February 15<sup>th</sup>, 2014**. This is a convenient resource because you fill out only one application, but gives you access to several different scholarships. You can access the application by going to <http://www.uaa.alaska.edu/scholarships/>. This website has tips available on how to write a quality essay for applications, and instructions for how to apply through your UAOnline account. \*\*Remember that some

scholarships require additional documents such as transcripts and letters of recommendation. *These documents can take additional time to obtain; so don't wait until the deadline to start your application.*

FAFSA (Federal Application for Student Aid) is another resource for financial assistance. The earlier you fill out your FAFSA, the more helpful it will be in receiving financial aid. It is also a requirement of applying for scholarships through UAOnline. If you, or someone you know, are a first time student at University of Alaska then you must apply for admission by February 15<sup>th</sup>, 2014 in order to be eligible for scholarships through the UAOnline database.

ANCAP is available to assist you through the application process (including writing Thank-You letters). Please remember that you should begin your application at least several weeks before a deadline. This will allow you to submit a quality application, request letters of recommendation, and attain any additional documents such as transcripts or budgets.

# Thank You

These services are made possible by the generous funding we have received from the community. We would like to say a special thank you to:

ANCAP has gotten off to a great start this semester with many returning students. We also have a new office located in the **Natural Sciences Building, Room 236**. Stop by the office to meet the ANCAP coordinator, Chantel Justice, and to let us know how we can assist you in your academic journey. We offer several services including: *tutoring, mentoring, scholarship assistance, grants, equipment loans, cultural connections, and assistance in finding and applying for community resources*. You can also call (907) 786-1501 to make an appointment. We look forward to seeing all of our returning students!

- Arctic Slope Regional Corporation
- Dovon. Limited
- Arctic Slope Community Foundation
- UAA Center for Addressing Health Disparities through Research and Education (CAHDRE)
- UAA Center for Community Engagement and Learning (CEEL)
- UAA Department of Psychology
- UAA College of Arts and Sciences
- Alaska Mental Health Trust Authority
- Alaska Airlines

## Equipment Loans

ANCAP is excited to offer equipment loans to ANCAP members during the academic year. Technology is convenient, very helpful, and for some courses it is a requirement. However, technology is also a large expense for students. ANCAP still has laptops and iPads available for loan. Please contact Chantel Justice if you would like to participate in an equipment loan at [cjustice@alaska.edu](mailto:cjustice@alaska.edu) or (907) 786-1501.

One member who used an ANCAP iPad on last school year said, "It was a great help and money saver. Using an iPad was easier to carry with me to courses and helped me organize my schedule and work. The calculator and calendar on the iPad were helpful in my classes, as were many of the available applications." - Mariana Ivanovic, doctoral student in the UAA-UAF joint PhD program in clinical-community psychology.

If you have a unique need, then please contact the ANCAP office. For example, we had a request last year for a voice recorder to use during class for help with note taking. We now have two voice recorders available in addition to the laptops and iPads. You can use voice recorders during class lectures (providing it is not prohibited by your professor).