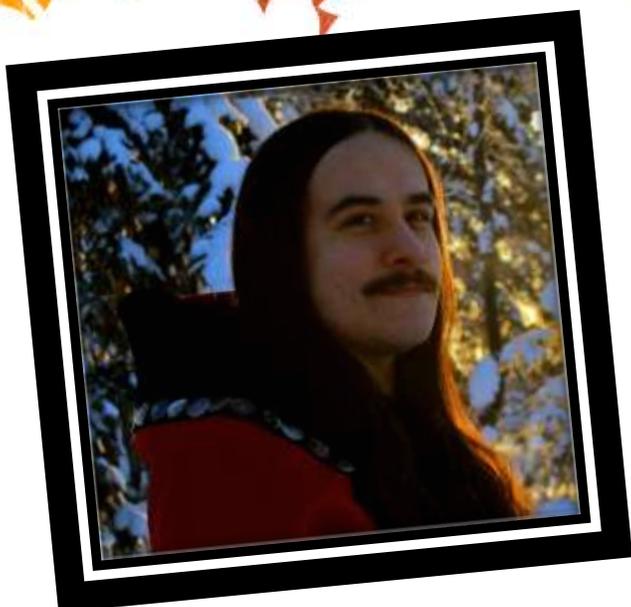


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ANCAP

Alaska Native Community Advancement in Psychology



Congratulations to Jordan Skan!

Please join ANCAP as we congratulate Jordan Skan for his recent success in being awarded the National Institute of Health (NIH) Minority Research Fellowship. Jordan is a Tlingit Alaska Native, born and raised in Ketchikan, Alaska. He is currently a 5th year Doctoral Student in the UAA Clinical Community Psychology Program. He became an ANCAP member while receiving his undergraduate degree at UAA and has previously serviced as the

ANCAP coordinator during his 1st and 2nd year of the doctoral program (2009-2011).

Currently, Jordan is working as a Behavioral Health clinician at Providence Family Medicine Center (PFMC) and working on dissertation. The NIH Minority Research Fellowship will help fund Jordan's dissertation, which is focused on developing and evaluating an informed consent protocol for Alaska Native populations. According to Jordan, "Due to the problematic history of unethical research, historical trauma, and non-western worldviews it is a reasonable concern that the Alaska Native peoples may be vulnerable to misunderstanding research study's purpose, risks, and benefits." Jordan hopes his dissertation will empower Alaska Natives participating in research.

In addition to his recent NIH fellowship award, Jordan has also been an Indian Health Scholarship (IHS) recipient and a role model for many students. Jordan's future plans include living and working in Alaska as a licensed psychologist, utilizing clinical research skills to conduct action research, provide counseling, and supervision serving Alaska Natives and American Indians.

Congratulations Jordan Skan from ANCAP and the Alaska Native community!



Congratulations to Maria Crouch!

ANCAP is happy to announce that Maria Crouch has also been awarded a NIH Minority Research Fellowship. Maria is of Deg Hi'tan Athabascan and Mexican heritage, born and raised in Alaska. She is currently a 1st year Doctoral Student in the UAA Clinical Community Psychology Program. Maria became an ANCAP member while working toward her Bachelor's Degree at UAA.

Maria's research interests include working with Alaska Native Elders and developing a better understanding of Wellness. She is also passionate about the positive implications of research and the dissemination of information. In the past, Maria collaborated with Stanford University to develop a teaching model for caregivers working with Alaska Native Elders. Currently, Maria is utilizing support from her NIH Minority Research Fellowship to develop a contextually-relevant and culturally-sensitive measure of wellbeing. The project is in the initial stages of a four-year endeavor to serve the Alaska Native peoples of the Bristol Bay region. Maria hopes her research will empower and promote wellness within the entire Alaska Native population.

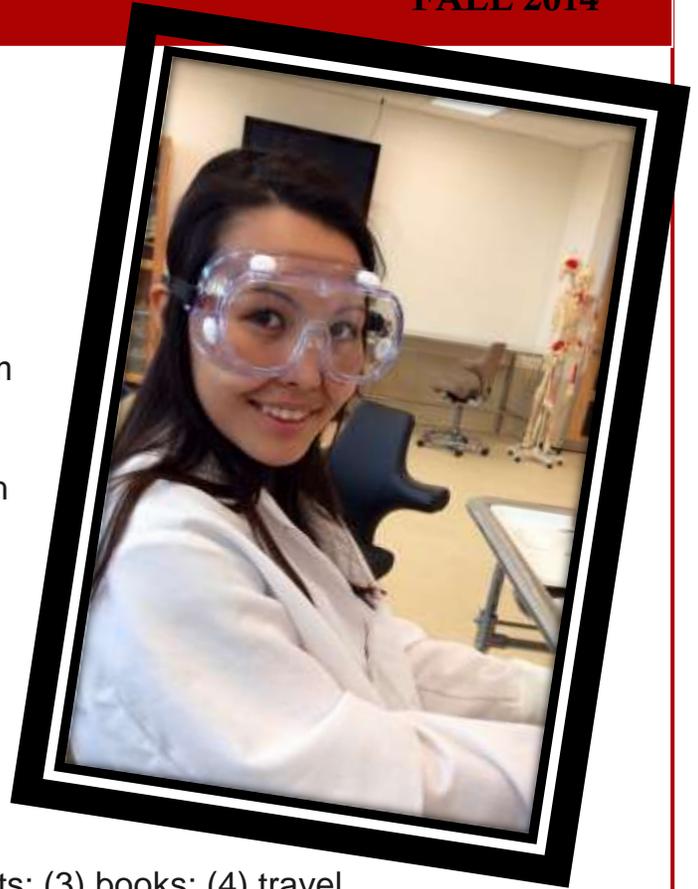
Maria's future plans include graduating from UAA with her PhD in Clinical Community Psychology, working with the Alaska Native population, and working with community agencies aimed at empowerment. She believes, "ANCAP has been an invaluable resource and will always hold a place in my heart. They supported, mentored, and encouraged me during my Undergraduate career and pursuit of higher education." ANCAP is honored to have to be a part of Maria's academic journey and we hope to continue to support her throughout her Graduate career as well.

Congratulations Maria Crouch from ANCAP and the Alaska Native community!



ANCAP Summer “Psyched” Program

The 2nd annual 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. They were extremely busy during this time, taking courses in psychology, public health, medical ethics, microbiology and genetics, written and oral communication, anatomy and physiology, and medical terminology. Participants who were selected for the program had all expenses paid for by ANCAP, including: (1) travel costs; (2) college placement tests; (3) books; (4) travel insurance; and (5) allowance while living in Anchorage for 6 weeks away from their families.



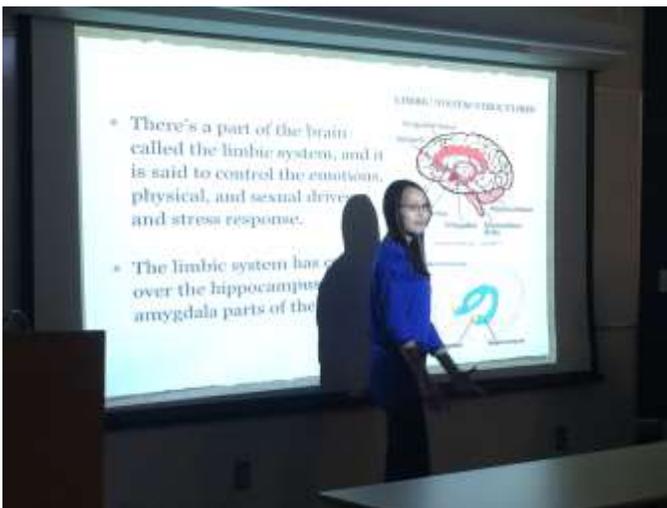
During the summer of 2014, three Alaska Native students from rural Alaska and one youth from Anchorage were exposed to UAA, college-level standards and expectations, and careers in the mental and behavioral health fields. They were able to explore the UAA campus and learn what they need to do to be prepared and succeed in college. 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. They all passed their classes and in addition to receiving some high school credit, they now also have 3 college credits that satisfy UAA General Education Requirements. Most importantly, students had fun and developed many new friendships!



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Congratulations to the 2014 ANCAP Summer “Psyched” Students!

Amber Dennis is Yupik & from St. Mary’s
Tiffany George is Koyukon Athabascan & from Galena
Cyrena Joseph is Aleut/Athabascan & from Port Graham
Kennedy Trabold is African American & from Anchorage



Call for Applicants:
ANCAP Summer “Psyched”
Program 2015

We are now accepting applications for the 2015 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 on the UAA campus.

If you or someone you know are interested in participating in the Summer “Psyched” Program during the summer of 2015, please contact ANCAP Coordinators Jennifer Burkhart or Tracy Stewart at uaa.ancap@gmail.com

You can also contact the ANCAP Director, E.J.R. David PhD at 907-786-6778 or ejrdavid@uaa.alaska.edu.



ANCAP Visits Galena!

In April, previous 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.





Arctic Slope Native Association/North Slope Borough Health Department Healthy Living Summit

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 during the Healthy Living Summit, 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.



First Alaskan Institute Internship

ANCAP was also able to help train several Alaska Native college students from all over Alaska who were serving as interns for the First Alaskans Institute. The training focused on 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.

ANCAP was able to sit down with one of the FAI interns, Mary Sherbick, and talk about what she gained from her experience. Some of her favorite moments included spending time with Alaska Native Elders, such as Rita Pitka Blumenstein, attending Tribal Behavioral Health meetings, and touring the Alaska Psychiatric Institute. Mary said she gained a lot from the FAI trainings, including Dr. EJ David's lecture on cultural oppression and tips for blending Traditional and Western ways. She was excited to learn more about the Alaska Native culture and network with others who share similar interests.

Thank You Mary from ANCAP and the Alaska Native community!



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 are due in December. ANCAP offers help to students applying for scholarships and grants.

If you or someone you know is interested in applying for a Service & Research Grant this Fall 2014, please contact ANCAP Coordinators Jennifer Burkhart or Tracy Stewart at uaa.ancap@gmail.com

You can also contact the ANCAP Director, E.J.R. David PhD at 907-786-6778 or ejrdavid@uaa.alaska.edu.

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 are coming up in December. Another important deadline is the UA scholarship for the 2015-2016 academic year, which is **February 15th, 2014.** The UA scholarship can be found on a database that is a convenient resource because you fill out only one application, but it 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 15th, 2014 in order to be eligible for scholarships through the UAOnline database.

Please remember that you should begin your application at least several weeks / months 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. **ANCAP is available to assist you through the application process** (including writing Thank-You letters)!



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! ANCAP also values knowledge and wisdom from our community members, so these courses often utilize guest speakers. This past year ANCAP was fortunate to have leaders from Southcentral Foundation's Family Wellness Warriors Initiative, Tribal Doctor Lisa Dolchok and her husband Max Dolchok, come talk with students. ANCAP plans to continue to offer unique educational opportunities through these courses!

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.

ANCAP **Courses**

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 Native/Native American guests demonstrate story telling.

ANCAP Services



Equipment Loans

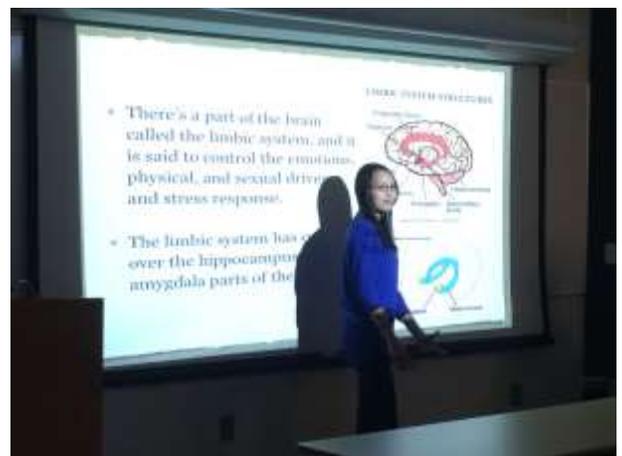
ANCAP is excited to offer equipment loans to ANCAP members during the academic year. Technology is convenient, very helpful, and for some courses it is a requirement. However, technology is also a large expense for students. ANCAP still has laptops and iPads available for loan. Please contact ANCAP coordinators Jennifer Burkhart or Tracy Stewart at uaa.ancap@gmail.com or 907-786-1501 if you would like an equipment loan.

One member who used an ANCAP iPad during previous school years 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).

Tutoring

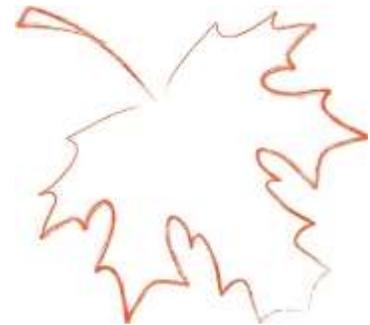
ANCAP also offers Tutoring services! You can stop by our office in the Social Science Building, Room 217, or email us at uaa.ancap@gmail.com to make an appointment. We offer tutoring in a variety of courses, not only Psychology. And if you need additional assistance we can help get you in touch with the right person and resources. Please know we are here to help you in any way we can!



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:

- Alaska Airlines
- Alaska Mental Health Trust Authority
- Arctic Slope Community Foundation
- Arctic Slope Regional Corporation
- Denali Commission
- Doyon, Limited
- Rasmuson Foundation
- UAA Center for Addressing Health Disparities through Research and Education (CAHDRE)
- UAA Center for Community Engagement and Learning (CCEL)
- UAA College of Arts and Sciences
- UAA Department of Psychology



ANCAP Staff & Contact Information

ANCAP has gotten off to a great start this semester with many returning students. We also have a new office located in the **Social Sciences Building, Room 217**. We also have two new ANCAP coordinators. Please feel free to stop by the office to meet the new coordinators, **Jennifer Burkhart & Tracy Stewart**. You can reach us in person at the office, email us at uaa.ancap@gmail.com or call us at 907-786-1501. We will be happy to help and assist you in any way we can during 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**. We look forward to seeing all of our new & returning students! You can also contact the ANCAP Director, **E.J.R. David PhD** at 907-786-6778 or ejrdavid@uaa.alaska.edu.

