

ANCAP

Alaska Native Community Advancement in Psychology

CONGRATULATIONS ALI MARVIN!



Please join ANCAP as we congratulate Ali Marvin on her recent acceptance into the UAA-UAF Clinical-Community Psychology PhD program! Ali has been an exemplary student throughout her undergraduate training, and in May she will graduate with a Bachelor's degree in Psychology from the University of Alaska Anchorage. Following her summer break, Ali will join a new cohort of students and begin her journey in UAA's doctoral program. Ali's admirable drive and dedication to work with the Alaska Native population is a mission she shares with many others in the Clinical-Community Psychology program. Through her doctoral training Ali will be able to develop knowledge and skills that will help her pursue her future goals.

When talking with Ali, she emphasized a clinical interest working with Alaska Natives and minority populations. Ali recognizes many of the mental health issues facing the state of Alaska and reported that she is passionate about learning how to address these issues through social justice on a community-wide level. Specifically, she is interested in social justice areas related to homelessness and human trafficking. Ali currently runs a volunteer group and actively participates in community organizations that focus on these issues. Ali also expressed a desire to continue working within the field of research. During her undergraduate training, Ali conducted a project working with the homeless community and in the future she hopes to continue examining racial stereotypes and perceptions of the homeless community.

Ali's clinical and research interests make her a perfect fit for the Clinical Community Psychology program. Her acceptance into the program is a huge accomplishment and we look forward to highlighting her accomplishments along the way! "ANCAP was amazingly supportive as I was putting together my graduate school applications. I got help on putting together my curriculum vitae and preparing for interviews, which was extremely helpful. I really appreciated knowing I had support and encouragement as I was pursuing my goals." – Ali Marvin



Paula Drake Receives Master's Degree



On May 3, 2015, ANTHC Employee, Paula Mary Drake, received her Master of Science, Clinical Psychology from the University of Alaska-Anchorage (UAA). She participated in the "hooding" ceremony on May 2, 2015 along with numerous family and friends. This achievement was the culmination of a long educational journey.

Paula grew up in Southeast Alaska and started her education in Hoonah's "HeadStart" program. She attended school in Hoonah, Ketchikan and Juneau, graduating from Juneau-Douglas High School in 1996. In 2010, she received her Bachelor's of Art, Psychology degree from UAA.



Continuing education has always been a priority for Paula, as

demonstrated by her taking as many post-secondary courses as she could within her busy schedule/life, raising three children (Katelynn, Timothy II and Paul) and working full time. She attributed much of her success to her husband, Timothy Drake who is also an ANTHC Employee.

Juggling class schedules, participating in her children's life and volunteering as their youth basketball and soccer coach, year in and year out, was no simple feat. Finding the time and energy to take classes to complete her own education is testament to the priority and importance she places on education. Paula's Grandpa, Paul Rudolph, who recently passed, often shared his love for knowledge, and encouraged Paula to never stop learning.

"I know that even though my Grandpa Paul didn't make it to see me graduate, he was with me in heart and was smiling down on me with pride."

Paula has worked for ANTHC and ANMC through 2003-2011, and 2014 improving her overall education and skills, which are primarily aimed at helping the Alaska Native people in overall mental and physical health. She has long professed her desire to 'make a difference' in the health and well-being of Alaskan's, and feels strongly that she is on the right path to achieving that goal. Paula plans to continue her own development, and hopes to obtain her PhD in Clinical Psychology in the future.

Paula would also like to thank ANCAP for the ongoing support during her time at UAA. Paula received financial assistance in 2012 from

ANCAP to help pay for part of her tuition. The ANCAP coordinator at the time, Chantel Justice, always provided great support and guidance.



Congratulations for a job well done!

ANCAP COORDINATOR HIGHLIGHTS

During the 2014 Summer and Fall semesters, **Jennifer Burkhart**, ANCAP Co-Coordinator, completed a Community Psychology Practicum with the Yukon-Kuskokwim Health Corporation (YKHC)'s Behavioral Health Department, located in Bethel, Alaska. As a practicum student, Jennifer completed an extensive evaluation of YKHC's Behavioral Health Intake Department to determine whether the Intake Department was helping clients receive counseling services when they needed them. She also has developed and implemented a clinical training program for their paraprofessional behavioral health staff; most of whom did not have a college degree or educational formal training.



several other topics. The majority of the work Jennifer completed for YKHC was done from a distance, which also helped her to gain valuable experience in providing services to a rural Alaskan community, by using the aid of technology.

With ANCAP's support, Jennifer traveled to Bethel to present her evaluation findings in person, and had the opportunity to get to know many of the providers working in the outpatient clinic. After reflecting on her time as a community practicum student, Jennifer said she considers it to be one of the most meaningful and rewarding experiences of her doctoral training. She had the pleasure of getting to know many of the wonderful people working in Bethel and learned a lot about the challenges and rewards of working in a rural, community-based setting. Jennifer also learned more about what it means to practice as a clinical-community psychologist.



This is just one example of the many community practicum opportunities offered through the UAA Clinical-Community Psychology program. If you are a student interested in gaining experience working at the community level, please contact Dr. EJ David at **907-786-6778** or ejrdavid@uaa.alaska.edu.

The YKHC training program helped the staff gain knowledge and skills related to identifying and diagnosing behavioral health conditions, effective communication, interview strategies, gender and sexuality, self-care and wellness, and



ANCAP COORDINATOR HIGHLIGHTS

It is my pleasure to announce that **Tracy Stewart**, ANCAP Co-coordinator, has been selected as one of the recipients of the prestigious (and highly competitive) American Psychological Association (APA) Minority Fellowship Program (MFP) Mental Health and Substance Abuse Services Fellowship! Each year, APA MFP receives over 200 applications and only approximately 5-7% of the applicants are chosen to become an APA MFP Fellow. This is quite an honor and great opportunity to be a part of such a scholarly network. So please join us in congratulating Tracy for this award!

Tracy has been collaborating with several faculty members in the UAA-UAF Clinical Community Psychology program, including ANCAP director, Dr. E.J. David.

"I'm extremely honored to receive this award and am grateful for the knowledge and experiences I have gained through my program. Dr. David has provided guidance and supervision throughout several of my community service endeavors and was extremely supportive with my MFP application. This is just another example of ANCAP's support system at work!" – Tracy Stewart

Tracy plans to utilize support from the APA MFP to network with professional who specialize in areas of her interest. Tracy is committed to working with the Alaska Native population in order to promote wellness and empower rural communities. She is also interested in sparking social change through community-level interventions that address behavioral health needs within the Alaska Native population, and beyond.

Tracy will be using her APA MFP in order to pay for tuition fees and also to expenditures related to her dissertation. Tracy will begin working on her dissertation in Fall 2015, which will be focused on addressing the occurrence of microaggressions that impact Alaska Natives. Microaggressions common and subtle derogatory or negative messages that target minorities and marginalized groups. Specifically, Tracy will examine peoples' perceptions and reactions when they witness microaggressions that occur during the therapeutic processes.



**Welcome to the
APA MFP Family
Tracy!**

ANCAP OUTREACH

Over the past year, ANCAP had the opportunity to reach out to high school students across the state. Our mission in outreach is to encourage and provide support for high school students interested in pursuing higher education in the health sciences. During outreach trips we discuss psychology, the importance of a college education, and ways to use their degree within their communities. This year ANCAP Co-coordinator, Tracy Stewart, provided outreach in Galena, Bethel, and Sitka. The students were engaged and excited to learn more about psychology. Several students discussed plans for attending college and many expressed an interest in health science careers, such as nursing, dental hygiene, social work, and psychology.

Galena Interior Learning Academy Go Hawks!



Bethel Regional High School Home of the Warriors!



Mt. Edgecumbe High School Go Braves!





ANCAP strives to collaborate with community organizations and agencies in order to provide additional services at a community- and state-wide level. Earlier this year, the Alaska Native Tribal Health Consortium (ANTHC) enlisted help from ANCAP in order to identify student leaders to participate in the Native Connections Grant. The purpose of the grant is to prevent and reduce suicidal behavior and substance abuse and promote mental health among Alaska Native young people up to and including age 24. To kick off the grant cycle all grantees were invited to attend the Native Youth Conference in Washington DC on November 17-19th (2014). Grantees were encouraged to bring Native Youth with them



to the conference because a special focus was on engaging Native Youth. ANTHC

brought two UAA undergraduates Mary Sherbick and Audry Leary. These attendees were engaged in Native youth leadership trainings such as the Training of Trainers to be a Gathering of Native Americans (GONA) Facilitators.



This spring, ANCAP was excited to collaborate with We-Are-Anchorage, which is a collective group of Anchorage citizens doing their part to make the city a safer place to live. On March 12th (2015) We-Are-Anchorage, in collaboration with ANCAP, hosted the **"Mayoral Candidates Forum on Violence and Solutions for TODAY's Anchorage"** Community members filled the UAA Wendy Williamson Auditorium as mayoral candidates: Lance Ahern, Ethan Berkowitz, Dan Coffey, Dustin Darden, Amy Demboski, Andrew Halcro, Tim Huit, and Phil Stoddard participated in the forum. ANCAP director, Dr. E.J. David, was also in attendance and helped to moderate the forum discussion. Overall, it was a successful event that provided the opportunity for community members and leaders to explore solutions for addressing and preventing violence in Anchorage.

Seeking Applicants for Community Practicum opportunity in Barrow!

In partnership with the North Slope Borough Health and Social Services Department (<http://www.north-slope.org/departments/health-social-services>), the Alaska Native Community Advancement in Psychology (ANCAP) program is excited to offer a community psychology practicum (PSY 672)



opportunity in Barrow this summer. This practicum also has the potential to provide experience working within other North Slope villages.

This practicum will be an excellent rural, cross-cultural, and community psychology experience! ANCAP will cover travel costs and provide a \$5,000 stipend, and the North Slope Borough Health and Social Services Department will provide free 'dorm-style' housing for no more than 2 doctoral practicum students! The North Slope Borough Health and Social Services Department will have a voice in the selection of potential practicum students.

The Community Practicum (PSY 672) requires a minimum of 15 hours per week for 15 weeks (or 225 total hours). This practicum may take place for approximately a 2-3 month period, sometime between May and August of 2015.

If students prove to be eligible to take PSY 672 in the summer and are interested in completing a summer Community Practicum in Barrow, one of the most unique places in the world, please

forward your CV and a one-page (single spaced) discussion of **(1)** how this Community Practicum experience will benefit your professional development and **(2)** how your skills, interests and experiences may benefit the peoples of the North Slope Borough.

Please be advised that registering for PSY 672 during the summer is allowed **ONLY** for this specific practicum partnership. No other students (with the exception of those who are individually selected for the ANCAP North Slope Borough Community Practicum) will be allowed to register for and complete PSY 672 during the summer.

Interested students, please submit your CV & one-page discussion to Dr. EJ David at 907-786-6778 or ejr david@uaa.alaska.edu.

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! 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.

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 has laptops and iPads available for loan. We have short-term equipment loans for when students are in a bind and also offer long-term loans for students needing equipment throughout the academic year. You can stop by



the ANCAP office. We are located in the **Social Science Building, Room 217**. If interested in learning more about

equipment loans, please contact ANCAP coordinators Jennifer Burkhart or Tracy Stewart at uaa.ancap@gmail.com or **907-786-1501**.

One member who utilized ANCAP's equipment loan program, during previous academic years, remarked, "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, PhD student in the UAA Clinical-Community Psychology program.

Tutoring & Mentoring

ANCAP also offers Tutoring services. We offer tutoring in a variety of courses, not only in Psychology. And if you need additional assistance we can help get you in touch with the right person and resources.

Aside from tutoring, we also offer mentorships that can help student with preparing for college and scholarship applications, help with academic advising, and training for professional interviews.



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

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**
- **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 CONTACT INFORMATION

We are located in the **Social Sciences Building, Room 217**. We have two ANCAP coordinators, **Jennifer Burkhart & Tracy Stewart**. Please feel free to stop by the office to meet the coordinators! 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.

THANK YOU!