



Alaska
Psychology
Internship
Consortium

Intern Brochure 2020-2021

Revised 9/23/2020

Aim:

Alaska Psychology Internship Consortium's (AK-PIC) aim is to prepare and retain psychologists to provide culturally competent collaborative health care for Alaska's unique and diverse people.

Alaska Psychology Internship Consortium (AK-PIC) represents the collaborative effort of four Alaska agencies to share resources and faculty for the purpose of providing a diversified educational program for doctoral psychology interns. The consortium was designed to prepare interns to meet the unique challenges of practicing psychology in rural and remote settings and to ensure clinical competency in working with Alaska's various cultural groups.

Accreditation Status

Alaska Psychology Internship Consortium (AK-PIC) is accredited by the APA. AK-PIC received re-accreditation in June 2019, and is effective for 10 years. Questions about AK-PIC's training may be directed to either of the Training Co-Directors, Dr. Sarah Dewane: Sarah.Dewane@providence.org or Dr. Seth Green: sethg@apiai.org. However, questions specifically related to the program's accredited status should be directed to the Commission on Accreditation:

[Office of Program Consultation and Accreditation](#)

American Psychological Association
750 1st Street, NE, Washington, DC 20002
Phone: (202) 336-5979
Email: apaaccred@apa.org

APPIC Membership Status

AK-PIC is a participating member of APPIC and participates in the APPIC match.

Internship Admissions, Support, & Initial Placement Data

See Appendix

Due to the 2020 COVID-19 Pandemic – during the 2020-2021 academic year internship training experiences may be modified based on health and safety of interns, faculty, and community members. All adjustments to planned internship responsibilities and training experiences will be communicated to interns as soon as feasible. During the internship academic year internship responsibilities may include working remotely and delivering clinical services (including supervision) through telebehavioral health technology.

Program Structure and Rotations

The Consortium offers one-year, full-time internship placements that begin and end around July of each year. The Consortium is comprised of treatment centers throughout Alaska and will provide a range of clinical and didactic experiences that represents the necessary depth and breadth required for future professional practice with Alaska's diverse communities. Interns will have a primary placement at one site and will complete Alaska Specific Experiential Activities (AK-SEA) at other sites within the consortium. Across training sites, interns will complete a minimum of 500 hours per internship year of face-to-face direct service delivery.

AK-PIC Competencies and Training Elements

AK-PIC offers one-year, full time internship positions at treatment centers across the state of Alaska. Interns are expected to respond professionally in increasingly complex situations with a greater degree of independence across levels of training. It is expected that by the conclusion of the internship year, interns will have accomplished the following competencies and learning elements:

I. Profession-wide Competency: Research

Training elements associated with this competency include:

- Demonstrate the substantially independent ability to critically evaluate and disseminate research or other scholarly activities (e.g., case conference, presentation, publications) at the local (including the host institution), regional, or national level.
- Demonstrate knowledge of and respect for scientific bases of behavior.

II. Profession-wide Competency: Ethical and Legal Standards

Training elements associated with this competency include:

- Be knowledgeable of, demonstrate and act in accordance with each of the following:
 - the current version of the APA Ethical Principles of Psychologists and Code of Conduct;

- Relevant laws, regulations, rules, and policies governing health service psychology at the organizational, local, state, regional, and federal levels; and
- Relevant professional standards and guidelines.
- Recognize ethical dilemmas as they arise, and apply ethical decision-making processes in order to resolve the dilemmas.
- Conduct self in an ethical manner in all professional activities.
- Consult actively with supervisor to act upon ethical and legal aspects of practice.

III. Profession-wide Competency: Individual and Cultural Diversity

Training elements associated with this competency include:

- Demonstrate an understanding of how their own personal/cultural history, attitudes, and biases may affect how they understand and interact with people different from themselves
- Demonstrate knowledge of the current theoretical and empirical knowledge base as it relates to addressing diversity in all professional activities including research, training, supervision/consultation, and service.
- Demonstrate the ability to integrate awareness and knowledge of individual and cultural differences in the conduct of professional roles (e.g., research, services, and other professional activities). This includes the ability to apply a framework for working effectively with areas of individual and cultural diversity not previously encountered over the course of their careers. Also included is the ability to work effectively with individuals whose group membership, demographic characteristics, or worldviews create conflict with their own.
- Demonstrate the ability to independently apply their knowledge and approach in working effectively with the range of diverse individuals and groups encountered during internship.
- Initiate supervision regularly about diversity issues and integrate feedback into practice.

IV. Profession-wide Competency: Professional Values, Attitudes, and Behaviors

Training elements associated with this competency include:

- Behave in ways that reflect the values and attitudes of psychology, including integrity, deportment, professional identity, accountability, lifelong learning, and concern for the welfare of others
- Engage in self-reflection regarding one's personal and professional functioning; engage in activities to maintain and improve performance, well-being, and professional effectiveness.
- Actively seek and demonstrate openness and responsiveness to feedback and supervision.
- Respond professionally in increasingly complex situations with a greater degree of independence as they progress across levels of training.
- Accept responsibility for meeting deadlines, completing required documentation promptly and accurately.

V. Profession-wide Competency: **Communication and Interpersonal Skills**

Training elements associated with this competency include:

- Develop and maintain effective relationships with a wide range of individuals, including colleagues, communities, organizations, supervisors, supervisees, and those receiving professional services.
- Produce and comprehend oral, nonverbal, and written communications that are informative and well-integrated; demonstrate a thorough grasp of professional language and concepts.
- Demonstrate effective interpersonal skills and the ability to manage difficult communication well.
- Demonstrate knowledge of and comfort with the technological systems necessary to provide distance delivery.
- Engage in social media activities in a manner that maintains professionalism and respect.

VI. Profession-wide Competency: **Assessment**

Training elements associated with this competency include demonstration of the following:

- Select and apply assessment methods that draw from the best available empirical literature and that reflect the science of measurement and psychometrics; collect relevant data using multiple sources and methods appropriate to the identified goals and questions of the assessment as well as relevant diversity characteristics of the service recipient.
- Interpret assessment results, following current research and professional standards and guidelines, to inform case conceptualization, classification, and recommendations, while guarding against decision-making biases, distinguishing the aspects of assessment that are subjective from those that are objective.
- Communicate orally and in written documents the findings and implications of the assessment in an accurate and effective manner sensitive to a range of audiences.
- Articulate relevant developmental features, clinical symptoms, and cultural factors as applied to presenting questions and findings (e.g., intergenerational trauma).

VII. Profession-wide Competency: **Intervention**

Training elements associated with this competency include:

- Establish and maintain effective relationships with the recipients of psychological services.
- Develop evidence-based intervention plans specific to the service delivery goals.
- Implement interventions informed by the current scientific literature, assessment findings, diversity characteristics, and contextual variables.
- Demonstrate the ability to apply the relevant research literature to clinical decision making.
- Modify and adapt evidence-based approaches effectively when a clear evidence-base is lacking.

- Evaluate intervention effectiveness and adapt intervention goals and methods consistent with ongoing evaluation.
- Demonstrate ability to conduct a multi-diagnostic differential assessment and applies specific evidence-based interventions (e.g., intergenerational trauma) for Substance Use/Co-occurring Disorders.

VIII. Profession-wide Competency: **Supervision**

Training elements associated with this competency include:

- Apply supervision knowledge in direct or simulated practice with psychology trainees, or other health professionals. Examples of direct or simulated practice examples of supervision include, but are not limited to, role-played supervision with others, and peer supervision with other trainees.
- Demonstrate understanding of roles and responsibilities of the supervisor and supervisee in the supervision process.
 - Collaborate with supervisor and provides feedback regarding supervisory process.
 - Seek supervision to improve performance, presenting work for feedback, and integrating feedback into performance.
- Provide feedback to peers regarding peers' clinical work in context of group supervision or case conference.

IX. Profession-wide Competency: **Consultation and Interprofessional/Interdisciplinary Skills**

Training elements associated with this competency include:

- Demonstrate knowledge and respect for the roles and perspectives of other professions.
- Apply this knowledge in direct or simulated consultation with individuals and their families, other health care professionals, interprofessional groups, or systems related to health and behavior.
- Direct or simulated practice examples of consultation and interprofessional/interdisciplinary skills include but are not limited to:
 - role-played consultation with others.
 - peer consultation, provision of consultation to other trainees.
 - consultation within a direct care team or setting.

Required Alaska Specific Experiential Activity (AK-SEA) – (2020-2021)

Due to the 2020 COVID-19 Pandemic – AK-SEAs during the 2020-2021 academic year may be modified based on the health and safety of interns, faculty, and community members. All adjustments to planned AK-SEAs will be communicated with interns as soon as feasible.

AK-PIC Orientation - The purpose of orientation is to provide AK-PIC interns with an overview of the consortium, including orientation to the internship expectations, policies and procedures, Alaska-specific statutes and practice regulations, and Alaska Specific Experiential Activities (AK-SEAs). This AK-SEA is considered a professional, work-related orientation retreat and a time when all interns from the 3-active training sites come together in-person prior to departing to their individual sites. Orientation days are full of didactic, experiential, and team building activities. This is an AK-PIC sponsored event and interns are expected to participate in all mandatory activities. There are some outdoor activities that are optional for interns which are highlighted on the agenda.

Rural Village-Based Experience (RVBE) - Every intern will participate in an AK-SEA with Norton Sound Health Corporation in one of its 15 outlying Native communities. The purpose of this AK-SEA is to gain a rural and village-based experience with Alaska Native culture. Participation in this activity requires transportation in small aircraft (2-12 seats) and may also require transportation via all-terrain vehicles and small boats to very remote locations. At times, cellular services will not be available.

Transcultural & Community Medicine (TCM) - All interns will complete an AK-SEA focused on transcultural and community medicine at Providence Family Medicine Center/Alaska Family Medicine Residency in Anchorage. The purpose of this experience is to learn about the role of culture in medicine and its application focused on the diverse needs of Alaska's population. AK-SEAs are intended as opportunities for exposure and shadowing and may or may not involve the opportunity for provision of clinical services.

Spring AK-SEA – The Spring AK-SEA is a time during internship training experience that is tailored to the needs of the current cohort based on interest, experience, and funding resources.

Supervision

One licensed psychologist will serve as primary clinical supervisor for each intern. Interns receive a minimum of two (2) hours of individual supervision each week from a licensed psychologist. Supplemental weekly individual supervision may be provided by other appropriately credentialed professionals at the training site. When and if needed, individual supervision will/can be conducted via telesupervision for interns. One hour of weekly group supervision will be required and conducted with all interns across consortium sites via distance technology (telesupervision). Group supervision may focus on legal/ethical issues and clinical topics. All interns will receive a total minimum of 4 hours per week of supervision.

Stipend, Benefits, and Resources

The annual stipend across all of the consortium sites will be \$32,000, with the exception of Norton Sound Health Corporation, which is \$35,000, to make up for the higher cost of living in Nome, AK.

All interns are required by the consortium to have current health insurance coverage. Access to health benefits will be provided to all interns but may vary across sites. Annual vacation, professional, and sick leave will be available to all interns. All interns are responsible for ensuring they secure medical coverage by the beginning of the internship year (note some insurance companies have more lengthy review and approval processes prior to approving coverage). All interns are required to submit proof of health insurance coverage at the beginning of internship and upon request.

With regard to Family and Medical Leave extensions during the internship year, agency parameters will dictate extended leave options. Interns are responsible for discussing leave request with their supervisor and working in coordination with HR department. Not all sites have the ability to provide extensions.

Leave such as vacation, professional, or sick leave will be available to all interns and depends on site-specific policies. In addition, AK-PIC interns have access to numerous resources. Funding for travel within the state of Alaska is provided in order for interns to complete required training experiences. Assessment and other training materials are provided by each training site, and additional materials that may be needed can be purchased using consortium funding with Training Committee approval. Additionally, each intern has access to administrative and IT support through their primary training site.

Application Process and Selection Criteria

The Consortium will offer full-time positions during the 2020-2021 internship year. Students interested in applying for the internship program should submit an online application through the APPIC website (www.appic.org). Applicants may apply to as many or as few training sites within AK-PIC as they choose. Applicants designate the training sites by selecting the appropriate Match Number when submitting the application. Please note that the Alaska Psychiatric Institute has two tracks, and applicants may choose to apply to one or both tracks. Only one complete application is required for consideration to any of the sites in the Consortium.

In addition, sites receiving HRSA funds, including Norton Sound Health Corporation, Providence Family Medicine Center/Alaska Family Medicine Residency and Aleutian Pribilof Islands Association, are only granting interviews to applicants who are a US citizen, non-citizen national of the US, or a foreign national who possesses a visa permitting permanent residence in the US.

A complete application package consists of the following materials:

1. A completed On-line AAPI (APPIC's standard application)
2. Cover letter (part of on-line AAPI) stating your preferred training site(s) and why you are interested in those sites specifically
3. A current Curriculum Vitae (as part of the on-line AAPI)
4. Three letters of recommendation, two of which must be from persons who have directly supervised your clinical work (as part of the on-line AAPI). **Please submit no more than three letters**
5. Official transcripts of **all** graduate coursework

For all deadlines, please see the table below. All application materials must be received by the deadline in order to be considered. If applicants are invited to interview, they will be notified by email on or before interview notification date. At that time, they will also be informed of the sites for which they have been selected to interview. AK-PIC will conduct in-person interviews only; no video-conference interviews will be conducted. For those applicants who are selected to interview with one or more of our sites, the interviews will be conducted at a central location in Anchorage, with the opportunity to interview with faculty from each of the selected sites. They may also have the opportunity to tour sites and meet the staff at the local sites and to tour locations outside of Anchorage on a separate day.

AK-PIC Important Dates for 2020-2021 Applicants	
Application Deadline	November 17 th , 2019
Interview Notification	December 6 th , 2019
Interview Dates	January 21 st – 23 rd , 2020 Optional: Nome Site Tour on January 24 th , 2020
Internship Slots Open Across Sites for 2020-2021	Alaska Psychiatric Institute – Inactive for 2020-2021 Aleutian Pribilof Islands Association – 2 Norton Sound Health Corporation – 6 Providence Family Medicine Center/Alaska Family Medicine Residency - 4

AK-PIC will base its selection process on the entire application package noted above; however, strong preference is given to applicants who have met the following qualifications prior to beginning internship:

1. A minimum of 500 intervention hours;
2. A minimum of 50 assessment hours;
3. A minimum of 7 integrated assessment reports;
4. Dissertation proposal defense scheduled to occur prior to the beginning of internship;
5. Experience or special interest in working with diverse populations;
6. Current enrollment and good standing in an APA-accredited doctoral program.

In addition to the preferences noted above, AK-PIC takes into consideration the potential commitment or interest of any prospective intern to remain in Alaska following internship. Developing a strong behavioral health workforce is an important consideration for the state, and an interest in remaining in Alaska to join the workforce will be considered a benefit in a potential intern.

AK-PIC Training Sites

The consortium includes the following sites: Alaska Psychiatric Institute; Aleutian Pribilof Islands Association; Providence Family Medicine Center/Alaska Family Medicine Residency; and Norton Sound Health Corporation. Each site is described below.

Alaska Psychiatric Institute (API) - INACTIVE FOR 2020-2021

General Information

Alaska Psychiatric Institute (API) is the only public psychiatric hospital in the State of Alaska and serves the entire state, mainly serving Medicare, Medicaid, and uninsured population. API provides acute, inpatient mental health services for anyone in Alaska requiring hospitalization for a psychiatric crisis. Almost every psychiatric diagnosis in the *Diagnostic and Statistical Manual* is seen in a given year at API. The majority of patients have complex trauma histories in conjunction with substance abuse issues, requiring the treating professionals to maintain a high level of familiarity with evidence-based practices for multiple presenting problems. In addition, API serves as the safety net and crisis-stabilization facility for adults with developmental disabilities as well as seniors with dementia whose behavior and/or level of illness prevents them from remaining in their current placement. These patients often require intensive evaluation and innovative behavioral interventions to stabilize them and return them to a less restrictive placement. The 80-bed state hospital is located in Anchorage and has three adult civil units, one adolescent unit, and one adult forensic unit. It is adjacent to the University of Alaska/Anchorage and graduate students in other professional medical programs also complete clinical rotations at the hospital.

Most individuals at API are admitted on a court order and must be assessed to determine if they continue to meet criteria for involuntary admission or the involuntary administration of medication. Legal hearings on these issues are held at the hospital several times per week and the interns' evaluations assist the unit Psychiatrists in presenting evidence regarding a need for continued treatment and/or medication. Additionally, API is the only location in the state that provides competency restoration treatment for individuals with serious mental illness or a mental defect (i.e. a TBI or low IQ) who have been found by the Courts to be Incompetent to Stand Trial. Traditional psychiatric inpatient services at API are complimented by evidence-based therapeutic practices, psycho-education, and traditional healing practices. Experience at API will help interns expand their cultural competency as Anchorage serves a culturally and linguistically diverse population (the local school district serves families from more than 90 distinct language groups). Persons served within the hospital in 2019 self-reported approximately 41% as Caucasian and 38% as Alaska Native, 8% as African American, 13% as 'other'. In 2019, API primarily treated adults

ages 18 and older with 40% self-reporting as female, 60% as male. Only eight (8) adolescents ages 13-17 years were treated in 2019, prior to the treatment unit closing.

The Internship Experience

Interns work as full-time stipend employees at API and are expected to work Monday through Friday during regular business hours. During their time at API, interns are active members of multidisciplinary treatment teams and develop skill in collaborating with professionals in psychiatry, medicine, social work, occupational therapy, recreational therapy and nursing. Psychology interns may serve as clinical supervisors to graduate-level practicum psychology students from area programs. On all units, the interns provide focused assessments to assist in diagnostic clarification and treatment planning. API offers two training tracks for doctoral interns in psychology: the Inpatient Civil Track and the Forensic Psychology Track.

Inpatient Civil Track: In addition to completing psychological assessments, this intern will provide individual therapy that focuses on reducing suicide risk and coping with trauma. The intern also may co-facilitate family therapy sessions on the adolescent unit, will assist with the development of specialized behavior plans coordinated with the Applied Behavioral Analysis graduate students, and will facilitate therapeutic and psycho-educational groups on a variety of topics. Each intern is encouraged to develop one therapy group on a topic of specific interest to the intern. The inpatient civil track intern additionally interacts with forensic patients by facilitating a Dual Diagnoses group on the forensic treatment unit. Depending on intern interest and training, he or she may also be asked to conduct psychological assessments and provide intensive individual therapy for forensic patients with specialized needs.

Forensic Track: Interns on the forensic track complete formal court assessments for defendants involved with the criminal justice system. Most evaluations are for competency to stand trial, which involves assessment of a defendant's understanding of the legal changes, decisional capacity and ability to work with an attorney. Evaluations also address psychological, cultural, economic and environmental factors that can impact competency. These evaluations are usually conducted at one of the Department of Corrections facilities in the Anchorage area or at API and are completed under the supervision of the Chief Forensic Psychologist for the State of Alaska. As a member of the treatment team on the forensic units, the forensic intern will assist in the development of treatment plans for all assigned cases and of individualized behavioral plans on an as-needed basis. The forensic intern will additionally facilitate individual and group competency restoration sessions, as well as complete psychological assessments for patients on the forensic units.

The forensic intern will have the opportunity to interact with members of the legal profession, collaborate with personnel from the Department of Corrections, observe Mental Health Court, attend competency hearings, observe court testimony related to competency issues, and may be called to testify regarding his or her professional opinion based on an evaluation completed during this rotation. The intern on the forensic track will also have the opportunity to facilitate an ongoing Dual Diagnosis therapy group on either the adolescent or an adult civil unit.

Supervision and Training: Interns meet individually with their primary supervisors twice each week for supervision which addresses all aspects of the intern's clinical work. Additionally, group supervision for interns and psychology practicum students is held weekly. Interns will have the opportunity to lead discussions regarding topics as they arise, trends in psychology, and cultural considerations for providing therapy to patients. Interns participate in all training activities at API, including a two-day training in safely and therapeutically managing aggressive or violent patients.

In addition to the primary internship positions, API provides a minor rotation to all other AK-PIC interns with an introduction to legal orders impacting the provision of mental health in Alaska, the provision of mental health services to seriously mentally ill patients in an acute phase of their illness and the role of a psychologist in a State Psychiatric Hospital. During this rotation, the API-based interns will take the lead in presenting to their peers evidence-based interventions found to be effective with seriously mentally ill patients. During this time, AK-PIC interns also may observe the Anchorage Mental Health Court. API interns also will participate in minor rotations linked to the other consortium sites.

Special Requirements of Applicants

Prior to beginning internship, all API interns must pass a background check per Alaska Statute 47.05.300-47.05.390. This check is conducted by the Alaska Department of Health and Social Services Background Check Unit. The history of a felony or misdemeanor may result in a fail in this review process and prevent the intern from working at API. See State of Alaska Barrier Crime Matrix for a full listing of barrier crimes:

<https://www.akcertification.org/wp-content/uploads/documents/Barrier-Crime-Matrix.pdf>.

The background check occurs after the Match outcome.

Staff

-Bradley McConnell, Psy.D., ABPP, Director of Psychological Services, AK-PIC Faculty, Primary Site Supervisor

API Contact Information

AK-PIC Faculty: Bradley McConnell, PsyD, ABPP – Bradley.McConnell@alaska.gov

Website: <http://www.hss.state.ak.us/DBH/API/default.htm>

Mailing Address:

Alaska Psychiatric Institute

3700 Piper Street

Anchorage, Alaska 99508-4677

Aleutian Pribilof Islands Association (APIA)

General Information

The Aleutian Pribilof Islands Association, Inc. (APIA), provides Health Services (Primary Care, Behavioral Health, Community Wellness and Prevention) in four communities across the Aleutian and Pribilof Islands. The four communities include Atka, Nikolski, St. George, and Unalaska. In addition, APIA serves the Anchorage community for those Medicaid eligible. Behavioral Health services are also provided in the Anchorage office, which will be the principle location of the AK-PIC training site. The mission of APIA Behavioral Health Services is to increase the quality of health in the service area by providing effective, continuous, integrated, and empathic treatment. Services include prevention, intervention, treatment, and continuing care. APIA provides individualized, culturally congruent treatment, utilizing a recovery model as a basis for treatment.

APIA's treatment philosophy is one of assisting individuals to develop an awareness of their strengths and using their identified strengths to succeed with the treatment plan. Interventions are not only diagnosis specific, but they are also specific to the phase of recovery and stage of change. All services are provided in an outpatient setting, both in-person and via telemedicine.

Behavioral health services include individual, couple, family, and group psychotherapy to address mental health concerns, substance abuse difficulties, and co-occurring disorders. The most common occurring mental health issues include depression and anxiety related mood disorders; however, APIA does address the full range of diagnosis from adjustment to schizophrenia. Substance abuse treatment services include alcohol and drug information school (ADIS), evaluation and risk measurement/prevention, and individual and group therapies. Psychological testing is provided to geriatric, adult, children, and adolescent clients dealing with a broad range of issues from mental competency, learning disabilities, personality, emotional, and behavioral diagnostic issues. Psychiatric services involving medication assessment and evaluation are also provided through contractual partners. In addition to providing outpatient behavioral health services, Behavioral Health staff work with Primary Care staff to provide holistic, integrated care in four APIA service communities. Behavioral health staff members also assist with community outreach and education events.

The Internship Experience

Interns will be exposed to a variety of treatment modalities (i.e., individual and group), across different media (i.e., in-person and telemedicine). Furthermore, interns will become familiar with administering a variety of psychological assessments in a culturally-sensitive manner dealing with diverse referral issues. Another distinctive component of APIA's training site is that all interns will be exposed to village travel and working with community-based treatment providers in the context of remote Native communities. This will ultimately prepare them for working in the mental health and substance abuse field in rural and remote Alaska. Interns will be full-time employees of the APIA, and expected to work Monday through Friday during business hours with rare opportunities for weekend travel. Interns will be based in Anchorage and will travel to one of APIA's regional service communities on a quarterly basis, at a minimum, for approximately one-week in duration per trip. These trips are for immersion in life in rural settings, exposure to culture in the region, and not specifically clinical in nature. Travel expenses for these trips are covered by APIA, while travel for consortium requirements such as orientation, required AK-SEA's, and graduation will be covered by AK-PIC.

Special Requirements of Applicants

Prior to beginning internship, all APIA interns must pass a background check per Alaska Statute 47.05.300-47.05.390. This check is conducted by the Alaska Department of Health and Social Services Background Check Unit. History of a felony or misdemeanor may result failing in the review process and prevent the intern from working at API. See State of Alaska Barrier Crime Matrix for a full listing of barrier crimes:

<https://www.akcertification.org/wp-content/uploads/documents/Barrier-Crime-Matrix.pdf>.

The background check occurs after the Match outcome.

Staff

-Seth Green, Ph.D. – Licensed Clinical Psychologist, AK-PIC Training Co-Director, Primary Site Supervisor

-Mark Holman, Psy.D. – Licensed Clinical Psychologist, AK-PIC Faculty, Site Co-Supervisor

APIA Contact Information

Training Co-Director: Seth Green, Ph.D. – sethg@apiai.org

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Anchorage, AK 99518-1408

Norton Sound Health Corporation (NSHC)

General Information

The Norton Sound Health Corporation (NSHC) in the Bering Strait Region of remote northwest Alaska operates the Norton Sound Regional Hospital in Nome. The Bering Strait Region encompasses a vast pristine 44,000 square-mile area extending to the Russian border in the Bering Sea. Nome is the central community of the Bering Strait Region with 4,000 residents. NSHC operates clinics in 15 outlying Alaska Native villages on the coast, including the islands of St. Lawrence and Little Diomedede in the Bering Sea. About 81 percent of the Bering Strait Region's 10,900 people are Alaska Natives, composed of Siberian-Yupik, Central Yupik and Inupiat. The Behavioral Health Services (BHS) program of NSHC includes a staff of 54 in Nome coupled with its village-based counseling programs in the outlying Native villages.

The Behavioral Health Services program provides diverse mental health services to adult, children and adolescents, including inpatient and outpatient programs, within a culturally-sensitive milieu. Frequently treated diagnoses included depression, anxiety, PTSD, Axis II disorders and FASD.

- Outpatient mental health services include individual, couple, family and group psychotherapy including interactive and observational play therapy.
- Psychological testing is provided to geriatric, adult, children and adolescent clients dealing with a broad range of issues from mental competency, learning disabilities and personality, emotional and behavioral diagnostic issues.
- Psychiatric services involving medication assessment and evaluation are also provided.
- Outpatient substance abuse services include alcohol and drug information school (adolescent and adult), evaluation and risk measurement/prevention, individual and group counseling (Matrix).
- Village-based counseling programs offer first-line therapeutic services through community-based paraprofessionals supported by itinerant mental health clinicians based in Nome.
- BHS has several memorandums of agreement with other agencies (e.g., Office of Children's Services, Nome Youth Center, Kawerak Children's and Family Services) in Nome to promote therapeutic services throughout the region.

The Internship Experience

Each intern will have an individualized learning plan developed by the intern and his/her primary supervisor. Quarterly reviews will be conducted to insure that learning plan goals are being met. Doctoral psychology interns are expected to become familiar and comfortable with state regulations governing the execution of routine mental health and substance abuse assessments. Interns will be exposed to a variety of treatment modalities (i.e., individual, group) that promote the well-being of individuals suffering from mental health and/or substance abuse problems. Further, interns will become familiar with administering a variety of psychological assessments in a culturally-sensitive manner dealing with diverse referral issues. Another exciting aspect of NSHC's internship is that all interns will be exposed to village travel and working with village-based counselors in the context of a Native community. This will ultimately prepare them for working in the mental health and substance abuse field in rural Alaska. Finally, each intern is expected to

become familiar with the integrated care model at the primary care clinic with possibilities for experience with acute care and emergency department.

Interns are full-time employees of the Norton Sound Health Corporation and are expected to work 40 hours per week, Monday through Friday during business hours (8-5). At least three evenings will include interns co-leading a Matrix outpatient substance abuse group with staff clinicians/substance abuse counselors (e.g. clinical associates) during a 16 week rotation, . At least 8 hours per week will be devoted to working within the Norton Sound Regional Hospital in its primary care clinic as a behavioral health consultant during a 16-week rotation. Once per month, interns will travel to an outlying Native village in the Bering Strait Region for 1-2 nights they will work with a village-based counselor in the context of a Native community. Monthly tele-med trainings will also be provided through the consortium.

Special Requirements of Applicants

An important asset for all interns will involve being flexible since the Bering Strait Region historically carries one of the highest suicide rates in the nation. Crises are common and interns must be able to address different issues as they arise. Supervisors, however, will insure that exposure to crises is conducted in a manner that facilitates a productive learning experience.

Interns will also need to be willing and prepared to travel to remote Alaska Native villages at least one time per month on small bush planes as well as sleeping in lodging that may consist of the clinic, school, or itinerant housing.

NSHC is a drug and tobacco-free site. Interns who match with this site will be required to present for drug screening and employee health appointment prior to being employed with NSHC. All interns must pass a drug screen as NSHC does not employ individuals who use drugs. We do not screen for tobacco, but these products must be used off-site.

Prior to beginning internship, NSHC conducts employment verification, criminal background, and fingerprint checks for all positions. NSHC is covered by the Indian Child Protection Act (ICPA) and applicants with criminal convictions may be disqualified from positions which involve regular contact with or control over children. If you have questions regarding ICPA, please contact the Human Resources Department for a list of covered positions and disqualifying crimes. The history of a felony or misdemeanor may also result in a fail in this review process and prevent the intern from working at NSHC. See State of Alaska Barrier Crime Matrix for a full listing of barrier crimes (<https://www.akcertification.org/wp-content/uploads/documents/Barrier-Crime-Matrix.pdf>).

Staff

- Lindsey Hickey, Ph.D. –Licensed Clinical Psychologist, AK-PIC Faculty, Primary Site Supervisor
- Ray Droby, Ph.D. – Licensed Clinical Psychologist, Director of Psychological Services: Sub-Regional Clinic, Site Co-Supervisor
- Seth Green, Ph.D. - Licensed Clinical Psychologist, Back-up Clinical Supervisor
- Rebecca Robinson, Ph.D. – Licensed Clinical Psychologist, Back-up Clinical Supervisor

NSHC Contact Information

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Providence Family Medicine Center (PFMC)/Alaska Family Medicine Residency (AKFMR)

General Information

Providence Family Medicine Center (PFMC) is a primary care clinic providing complete medical treatment with open access for every member of our community. PFMC is the continuity care clinic for the Alaska Family Medicine Residency (AKFMR). Our clinic offers the full range of primary care services including: preventive care; acute and chronic disease treatment; same day “urgent” appointments; procedures and minor surgery; psychological, behavioral health, and social services; prenatal, pediatric, and geriatric care; and medical intensive case management. PFMC has been awarded recognition as Patient-Centered Medical Home (PCMH)[™] by the National Committee for Quality Assurance. As a fully integrated primary care clinic, PFMC has a robust integrated Direct Care Team (IDCT), including Behavioral Health, Social Work, Nurse Case Management, Patient Navigation, Home Visits, and Pharmacy. The IDCT works closely with patient's primary care physician to increase access, decrease utilization, and improve patient outcomes.

PFMC functions as a “safety net” clinic for underserved and under-resourced individuals in Anchorage, mainly serving Medicare, Medicaid, and uninsured populations. Within our program, approximately 58% self-reported as Caucasian and 42% as another ethnicity, including the largest representation coming from Latinx (20%) and Hmong (11%) ethnic groups. PFMC treats individuals of all ages from newborn to geriatric and 65% self-report as female, 28% as male, and 7% as non-binary.

AKFMR is the only family medicine residency in Alaska and maintains partnership with the University of Washington, WWAMI (Washington, Wyoming, Alaska, Montana, and Idaho) Family Medicine Residency Network. AKFMR's purpose is to deliver comprehensive resident education supporting the development of competent family medicine physicians who provide quality care to diverse populations, including rural, culturally diverse, and underserved communities in Alaska.

Professionals in this program place a major emphasis on cultural diversity and working within an interdisciplinary, patient-centered medical home approach. It is the belief of the residency that preparing professionals across disciplines for this type of practice also prepares them for practice in virtually any other setting, such as urban or suburban outpatient practice, urban underserved

practice, or third world/international medicine. Interns are placed in the Behavioral Health Program of the residency continuity care clinic and work hand-in-hand with medical providers across disciplines. This program provides integrated behavioral health and mental health services to primary care patients.

Internship Experience

Behavioral health experiences available to psychology interns at Providence Family Medicine Center are broad, comprehensive, and involve an interdisciplinary approach. Numerous medical staff, including physicians, nurses, pharmacists and social workers, are available to consult with interns as needed. A staff psychiatrist is also available and may provide consultation. The focus of treatment is often chronic disease and psychological disorders, including depression, anxiety, posttraumatic stress, and addiction. The most commonly occurring mental health issues included depression, anxiety, acculturation difficulties, psychological trauma, and bipolar disorders. Specialty clinic experiences are required for each intern, focusing on refugee mental health, geriatrics, chronic pain management, maternal mental health, group medical visits for chronic medical and behavior health issues, and intensive interdisciplinary care. Interns at AKFMR are provided with training opportunities that become more challenging and with greater expectations for autonomy over the course of the year. The primary age group served by the site is adults; however, interns have the opportunity to serve adolescents and families. Interns provide services, such as individual/family/group outpatient therapy, consultation with medical providers, crisis intervention, substance abuse screening and brief treatment, and psychological assessment.

Interns are full-time employees of the AKFMR and are expected to work 40 hours per week, Monday through Friday, 8am to 5pm. During the year, interns will be expected to maintain weekly therapy clinics, weekly behavioral health consultation clinics, co-facilitate groups, provide consultation to interdisciplinary team, and conduct outpatient psychological assessments.

Special Requirements of Applicants

Providence Hospital is a drug- and tobacco-free workplace. Interns who match with this site will be required to present for drug screening and employee health appointment prior to being employed within the Providence Health System. All interns must pass a drug screen which includes screening for nicotine, as Providence does not employ individuals who use tobacco products.

Prior to beginning internship, all AKFMR interns must pass a background check per Alaska Statute 47.05.300-47.05.390. This check is conducted by the Alaska Department of Health and Social Services Background Check Unit. The history of a felony or misdemeanor may result in a fail in this review process and prevent the intern from working at AKFMR. See State of Alaska Barrier Crime Matrix for a full listing of barrier crimes:

<https://www.akcertification.org/wp-content/uploads/documents/Barrier-Crime-Matrix.pdf>.

The background check occurs after the Match outcome.

Staff

-Sarah Dewane, Ph.D., ABPP- Director of Behavioral Health, Licensed Clinical Psychologist, AK-PIC Training Co-Director, Primary Site Supervisor

-Virginia Parret, Ph.D. - Behavioral Health Faculty, Licensed Clinical Psychologist, AK-PIC Faculty, Site Co-Supervisor

-Erin Iwamoto, Psy.D. – Behavioral Health Faculty, Licensed Clinical Psychologist, Site Co-Supervisor

PFMC/AKFMR Contact Information

Training Co-Director: Sarah Dewane, Ph.D., ABPP-- Sarah.Dewane@providence.org

AK-PIC Faculty: Virginia (Ginny) Parret, Ph.D. -- Viginia.Parret@providence.org

Website: <http://www.akfmr.org/>

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Appendix

Internship Admissions, Support, & Initial Placement Data

INTERNSHIP PROGRAM TABLES

Date Program Tables are updated: **8/25/2020**

Internship Program Admissions

Briefly describe in narrative form important information to assist potential applicants in assessing their likely fit with your program. This description must be consistent with the program’s policies on intern selection and practicum and academic preparation requirements:

AK-PIC Training Sites

The consortium includes the following sites: Alaska Psychiatric Institute; Aleutian Pribilof Islands Association; Providence Family Medicine Center/Alaska Family Medicine Residency; and Norton Sound Health Corporation. Each site’s *Financial and Other Benefit Support* are described below.

The Consortium offers one-year, full-time internship placements that begin and end around July of each year. The Consortium is comprised of treatment centers throughout Alaska and will provide a range of clinical and didactic experiences that represents the necessary depth and breadth required for future professional practice with Alaska’s diverse communities; didactic seminars utilize videoconference as the avenue for delivery. Interns will have a primary placement at one site and will complete Alaska Specific Experiential Activities (AK-SEA) at other sites within the consortium. Across training sites, interns will complete a minimum of 500 hours per internship year of face-to-face direct service delivery.

Does the program require that applicants have received a minimum number of hours of the following at time of application? If Yes, indicate how many:

Total Direct Contact Intervention Hours	No	Yes
Total Direct Contact Assessment Hours	No	Yes

Describe any other required minimum criteria used to screen applicants: NA

Note on Preference: AK-PIC will base its selection process on the entire application package; however, strong preference is given to applicants who have met the following qualifications prior to beginning internship:

1. A minimum of 500 intervention hours;
2. A minimum of 50 assessment hours;
3. A minimum of 7 integrated assessment reports;
4. Dissertation proposal defense scheduled to occur prior to the beginning of internship;
5. Experience or special interest in working with diverse populations;
6. Current enrollment and good standing in an APA-accredited doctoral program.

Alaska Psychiatric Institute – INACTIVE 2020-2021

Financial and Other Benefit Support for Upcoming Training Year*

Annual Stipend/Salary for Full-time Interns	TBD**	
Annual Stipend/Salary for Half-time Interns	NA	
Program provides access to medical insurance for intern?	Yes	<u>No</u>
• If access to medical insurance is provided:		
○ Trainee contribution to cost required?	Yes	<u>No</u>
○ Coverage of family member(s) available?	Yes	<u>No</u>
○ Coverage of legally married partner available?	Yes	<u>No</u>
○ Coverage of domestic partner available?	Yes	<u>No</u>
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	75	
Hours of Annual Paid Sick Leave	37.5	
In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?	Yes	<u>No</u>
Other Benefits (please describe)	N/A	

* Note. Programs are not required by the Commission on Accreditation to provide all benefits listed in this table.

** To be Determined (TBD) - Due to Inactive Status, the annual stipend/salary will be decided upon determination of active status.

Aleutian Pribilof Islands Association

Financial and Other Benefit Support for Upcoming Training Year*

Annual Stipend/Salary for Full-time Interns	\$32,000	
Annual Stipend/Salary for Half-time Interns	NA	
Program provides access to medical insurance for intern?	<u>Yes</u>	No
• If access to medical insurance is provided:		
○ Trainee contribution to cost required?	<u>Yes</u>	No
○ Coverage of family member(s) available?	<u>Yes</u>	No
○ Coverage of legally married partner available?	<u>Yes</u>	No
○ Coverage of domestic partner available?	<u>Yes</u>	No
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	80	
Hours of Annual Paid Sick Leave	40	
In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?	<u>Yes</u>	No
Other Benefits (please describe)	N/A	

* Note. Programs are not required by the Commission on Accreditation to provide all benefits listed in this table.

Norton Sound Health Corporation

Financial and Other Benefit Support for Upcoming Training Year*

Annual Stipend/Salary for Full-time Interns	\$35,000	
Annual Stipend/Salary for Half-time Interns	NA	
Program provides access to medical insurance for intern?	<u>Yes</u>	No
• If access to medical insurance is provided		
○ Trainee contribution to cost required?	<u>Yes</u>	No
○ Coverage of family member(s) available?	<u>Yes</u>	No
○ Coverage of legally married partner available?	<u>Yes</u>	No
○ Coverage of domestic partner available?	Yes	<u>No</u>
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	80	
Hours of Annual Paid Sick Leave	40	
In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?	<u>Yes</u>	No
Other Benefits (please describe)	N/A	

* Note. Programs are not required by the Commission on Accreditation to provide all benefits listed in this table.

Providence Family Medicine Center/Alaska Family Medicine Residency

Financial and Other Benefit Support for Upcoming Training Year*

Annual Stipend/Salary for Full-time Interns	\$32,000	
Annual Stipend/Salary for Half-time Interns	NA	
Program provides access to medical insurance for intern?	<u>Yes</u>	No
• If access to medical insurance is provided		
○ Trainee contribution to cost required?	<u>Yes</u>	No
○ Coverage of family member(s) available?	<u>Yes</u>	No
○ Coverage of legally married partner available?	<u>Yes</u>	No
○ Coverage of domestic partner available?	<u>Yes</u>	No
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	80	
Hours of Annual Paid Sick Leave	40	
In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?	<u>Yes</u>	No
Other Benefits (please describe)	N/A	

* Note. Programs are not required by the Commission on Accreditation to provide all benefits listed in this table.

Initial Post-Internship Positions

(Aggregated Tally for the Preceding 3 Cohorts)

Initial Post-Internship Positions	(2017/18) to (2019/20)	
Total # of interns who were in the 3 cohorts		38
Total # of interns who did not seek employment because they returned to their doctoral program / are completing doctoral degree		3
	PD	EP
Community mental health center	4	2
Federally qualified health center	6	2
Independent primary care facility/clinic	4	2
University counseling center		
Veterans Affairs medical center	3	
Military health center		
Academic health center		
Other medical center or hospital		
Psychiatric hospital	4	1
Academic university/department	1	2
Community college or other teaching setting		
Independent research institution		
Correctional facility	1	
School district/system	1	
Independent practice setting		
Not currently employed		3
Changed to another field		
Other		
Unknown		2

Note: "PD" = Post-doctoral residency position; "EP" = Employed Position. Each individual represented in this table should be counted only one time. For former trainees working in more than one setting, select the setting that represents their primary position.

Consortium Contact Information

For more information about AK-PIC, feel free to contact:

Seth Green, Ph.D., AK-PIC Training Co-Director- Sethg@apiai.org

Sarah Dewane, Ph.D., ABPP AK-PIC Training Co-Director- Sarah.Dewane@providence.org

or

Debra Kupfer, MHS, Western Interstate Commission for Higher Education- dkupfer@wiche.edu

Or go to www.ak-pic.org

Support for the Alaska Psychology Internship Consortium (AK-PIC) is a collaborative effort between the internship hosting organizations, the Alaska Mental Health Trust Authority, the state of Alaska Department of Health and Social Services, and the Western Interstate Commission for Higher Education (WICHE) Mental Health Program. WICHE has an extensive history of expertise working with systems to address behavioral health workforce planning and development, and has contracted to provide ongoing consultation and technical assistance to the internship program.

