



# Intern Brochure

## 2017-2018

Revised 07/10/2017

## **Aim:**

***Alaska Psychology Internship Consortium's (AK-PIC) mission 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 five 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**

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Alaska Psychology Internship Consortium (AK-PIC) is accredited by the APA. Accreditation was awarded beginning June 2012, and is effective for 7 years.

Questions about AK-PIC's training may be directed to either of the Training Co-Directors, Dr. Sarah Dewane: [Sarah.Dewane@providence.org](mailto:Sarah.Dewane@providence.org) or Dr. Seth Green: [Sgreen@NSHCorp.org](mailto:Sgreen@NSHCorp.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](mailto:apaaccred@apa.org)

## **APPIC Membership Status**

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

## **Internship Admissions, Support, and Initial Placement Data**

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See Appendix

## **Program Structure and Rotations**

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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 Aims, Competencies and Training Elements

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### Overarching Aims:

The Alaska Psychology Internship Consortium (AK-PIC) represents the collaborative effort of five Alaska agencies to share resources and faculty for the purpose of providing a broad and general educational program for doctoral psychology interns. The program will prepare professionals to successfully 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.

Our program 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.

#### Training Emphases

All sites will offer three major training emphases:

##### **Psychological Intervention**

Each consortium site provides opportunities for interns to work in inpatient or outpatient settings to provide individual, group, family and/or couples therapy to people from a diverse range of age groups, ethnic groups, and socioeconomic levels within a variety of therapeutic modalities.

##### **Psychological Assessment**

Assessment experience is provided at each consortium site. Interns at every site will be expected to administer, interpret, and provide written synthesis of psychological test batteries. Assessments may include intellectual, achievement, personality, and competency-based measures. Interns will have opportunities to write reports and make recommendations that convey meaningful information to clients. While each site varies on the number and type of referrals, most interns will complete 5 or more batteries throughout the course of the year.

##### **Substance Use Disorders**

All interns will have experience working with clients with drug and alcohol comorbidities (e.g., alcohol, marijuana, tobacco, opioids, misuse of prescription medication and other illicit drugs). The clinical experiences within this major training emphasis will vary from site to

site and may include but not limited to: Screening Brief Intervention and Referral to Treatment (SBIRT), assessment, consultation, referral, outpatient treatment, inpatient treatment, and/or work within a court setting.

## Required Alaska Specific Experiential Activity (AK-SEA)

Every intern will complete an AK-SEA at the Alaska Psychiatric Institute in Anchorage in order to gain clinical exposure in both civil and forensic inpatient settings. Every intern will additionally participate in an AK-SEA with Norton Sound Health Corporation in one of its 15 outlying Native communities or with Aleutian Pribilof Islands Association and one of their Native communities. The purpose of this AK-SEA is to gain 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. All interns will complete an AK-SEA focused transcultural 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.

## 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. Weekly group supervision will be required and conducted with all interns across consortium sites via distance technology. 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 \$28,352 with the exception of Alaska Psychiatric Institute. The stipend for the interns placed at the Alaska Psychiatric Institute will be \$32,000. This difference is due to the ineligibility of API interns to receive health benefits or paid time off through their employer. The difference in the API stipend helps to offset the variance in benefits.

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. Due to the differential stipend, health insurance benefits at API will be unpaid and are considered to be covered by the increased wage. 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.

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

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The Consortium will offer full-time positions during the 2017-2018 internship year. Students interested in applying for the internship program should submit an online application through the APPIC website ([www.appic.org](http://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 interview to applicant who is 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.

<b>AK-PIC Important Dates for 2017-2018 Applicants</b>	
<b>Application Deadline</b>	November 6 <sup>th</sup> , 2016
<b>Interview Notification</b>	December 2 <sup>nd</sup> , 2016
<b>Interview Dates</b>	January 24 <sup>th</sup> -26 <sup>th</sup> , 2017 Optional: Nome Site Tour on January 27 <sup>th</sup> , 2017
<b>Internship Slots Across Sites</b>	Alaska Psychiatric Institute – <b>3</b> Aleutian Pribilof Island Association – <b>1</b> Hope Counseling Center – <b>1</b> Norton Sound Health Corporation – <b>6</b> Providence Family Medicine Center/Alaska Family Medicine Residency - <b>4</b>

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

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

### Alaska Psychiatric Institute (API)

#### General Information

Alaska Psychiatric Institute (API) is the only public psychiatric hospital in the State of Alaska and serves the entire state. 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).

#### 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 <http://dhss.alaska.gov/ocs/Documents/BarrierCrimeMatrix.pdf>). The background check occurs after the Match outcome.

### **Staff**

Tamara Russell, Psy.D. – API Clinical Director, AK-PIC Faculty, Primary Site Supervisor  
Kristy Becker, Ph.D. – Chief Forensic Psychologist, State of Alaska

### **Contact Information**

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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. 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. 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. 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. Travel expenses for these trips are covered by

APIA, while travel for consortium requirements such as orientation, required minor rotations, 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. 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 (<http://dhss.alaska.gov/ocs/Documents/BarrierCrimeMatrix.pdf>). The background check occurs after the Match outcome

### **Staff**

Cody Chipp, Ph.D. – Licensed Clinical Psychologist, AK-PIC Faculty, Primary Site Supervisor  
Mark Holman, Psy.D. – Licensed Clinical Psychologist, Behavioral Health Clinical Lead

### **Contact Information**

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## **Hope Counseling Center (HCC)**

### **General Information**

Hope Counseling Center is a faith-based outpatient mental health center located in Fairbanks, Alaska providing services for 44,000 people living in Fairbanks and the greater North Star Borough. The North Star Borough includes two military bases. Hope Counseling provides therapeutic and assessment services to the outlying communities of interior Alaska on an "as requested" basis.

Therapeutic services provided by Hope Counseling include individual, family, couples, and group counseling to address a variety of mental health issues. Our dual diagnosis substance abuse program provides entry level as well as level I and level II interventions for adults and adolescents. Hope Counseling Center also provides a complete range of psychological assessments for individuals, other social service agencies, The Alaska Office of Children's Services, the North Star Borough School District, and the Alaska State Court System.

### **The Internship Experience**

The primary goal of the internship program is to provide a rigorous clinical training opportunity that readies program participants to provide high quality mental health care addressing the wide variety mental health needs experienced in our community. Interns gain specific experience working with families doing individual and family interventions, marriage counseling, trauma and grief therapy, as well as multi-level substance abuse treatment for individuals with Dual Diagnoses. Interns will also gain experience working with individuals who have Axis II disorders. Interns also receive significant training and experience conducting psychological assessments for a variety of mental health and governmental agencies in the Fairbanks area. Hope Counseling Center is strongly invested in training mental health professionals who are interested in continuing to provide services in Alaska. Interns have the opportunity to participate as co-counselors with other clinical staff to augment their training experience when appropriate. As co-counselors they work with selected clients to learn a variety of intervention styles and techniques practiced by our clinical staff.

Interns are expected to be on site by 9:00 AM on days that the clinic is open. Their work day generally ends about 5:00 PM; however interns may be expected to participate in evening group sessions while working with the dual diagnosis substance abuse program. Depending on the specific area of focus, Interns conduct between 10 and 20 individual therapy sessions each week and complete at least 2 full psychological evaluations each month. While interns are completing their assessment rotation they will complete at least 1 psychological assessment each week in addition to a restricted therapy load. The clientele served by Hope Counseling Center reflects our extremely diverse community. The rich ethnic diversity represented by those we serve, as well as the significant range of

mental health needs addressed by Hope Counseling place significant demands on the time and expertise of our clinical staff. Interns are expected to be full participants in that process.

Interns meet one-on-one with their primary supervisors twice each week for supervision. Individual supervision addresses all aspects of the intern's clinical work including specific interventions, ethical issues and considerations as well as transference/counter transference concerns. Interns participate in group supervision with other staff counselors once each week. Group supervision is conducted by the Clinical Director and is generally conducted in a "Grand Rounds" format. Interns are expected to make periodic presentations on topics of interest during weekly staff didactic training.

### **Special Requirements of Applicant**

Hope Counseling Center is a Faith Based mental health center organized as a private, not-for-profit corporation with a 501 (c) (3) designation by the IRS. Intern applicants are not required to hold any specific religious beliefs or affiliations to be considered for this training site or the AK-PIC program as a whole. Hope Counseling Center also does not require that staff hold any specific doctrinal perspective, and does not have formal hiring practices that limit employment based on religious affiliation. However, Hope Counseling Center does give preference in their hiring practices for staff that are willing and comfortable incorporating their spiritual beliefs into their clinical work as requested by clients, and thus has invoked Footnote 4 of APA's Guidelines and Principles. Because faith-based counseling is one of the services provided by Hope Counseling, the ability of interns to speak to their own experience of faith and spirituality within their clinical work will serve as a strength if placed at this training site, but again, is not a requirement.

### **A Description of Footnote 4**

This requirement does not exclude programs from having a religious affiliation or purpose and adopting and applying admission and employment policies that directly relate to this affiliation or purpose so long as: (1) Public notice of these policies has been made to applicants, students, faculty, or staff before their application or affiliation with the program; and (2) the policies do not contravene the intent of other relevant portions of this document or the concept of academic freedom. These policies may provide a preference for persons adhering to the religious purpose or affiliation of the program, but they shall not be used to preclude the admission, hiring, or retention of individuals because of the personal and demographic characteristics described in Domain A, Section 5 of this document (and referred to as cultural and individual diversity). This footnote is intended to permit religious policies as to admission, retention, and employment only to the extent that they are protected by the U.S. Constitution. It will be administered as if the United States Constitution governed its application



## **Staff**

Bill Couthran, Psy.D. – Licensed Psychologist, Executive Director, AK-PIC Faculty, Primary Site Supervisor

Valerie Gifford, Ph.D. - Clinical Psychologist

## **Contact Information**

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## **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 Diomed 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.

- 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 minimally 40 hours per week, Monday through Friday. At least three evenings will include interns co-leading a Matrix outpatient substance abuse group with their supervisor and/or staff clinician/intern for one 16 week cohort. At least 8 hours per week will be devoted to working within the Norton Sound Regional Hospital on its primary care clinic as a behavioral health consultant. Every 4 weeks, interns will travel to an outlying Native village for minimally 2 nights and 3 days in the Bering Strait Region where 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.

### **Staff**

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

Ray Droby, Ph.D. – Licensed Clinical Psychologist, Director of Psychological Services: Sub-Regional Clinic

### **Contact Information**

Training Co-Director: Seth Green, Ph.D. – [sgreen@nshcorp.org](mailto:sgreen@nshcorp.org)

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Norton Sound Health Corporation

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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. 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 a Level 3 Physician Practice Connections® Patient-Centered Medical Home™ by the National Committee for Quality Assurance. The Patient-Centered Medical Home is a model of health care delivery that aims to improve the quality and efficiency of care. The standards emphasize the use of systematic, patient-centered, coordinated care that supports access, communication, and patient involvement.

PFMC functions as a “safety net” clinic for underserved individuals in Anchorage. The primary care clinic utilizes an integrated health psychology focus in its treatment of individuals of all ages from newborn to geriatric. The medical clinic completes over 35,000 visits per year, and psychology trainees including practicum students and doctoral interns complete approximately 3,500 visits per year. The population served by PFMC is multicultural and reflective of the population of Anchorage, which is the second most diverse city in the nation. Services such as psychological consultation, as well as individual, couples, and group therapy, are provided to those served in the primary care clinic by the behavioral health staff. PFMC is the continuity care clinic for the Alaska Family Medicine Residency (AKFMR).

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.

## The 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. Interns at AKFMR are provided with training opportunities that become more challenging and with greater expectations for autonomy over the course of the year. Specialty clinic experiences are required for each intern, focusing on refugee mental health, geriatrics, maternal mental health, group medical visits, and intensive interdisciplinary care. 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 minimally 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 API. See State of Alaska Barrier Crime Matrix for a full listing of barrier crimes <http://dhss.alaska.gov/ocs/Documents/BarrierCrimeMatrix.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 Scientist, Licensed Clinical Psychologist, AK-PIC Faculty  
Annie Derthick, Ph.D. - Group Visit Clinical Therapist, Licensed Clinical Psychologist

**Contact Information**

Training Co-Director: Sarah Dewane, Ph.D., ABPP-- [Sarah.Dewane@providence.org](mailto:Sarah.Dewane@providence.org)

AK-PIC Faculty: Virginia "Ginny" Parret, Ph.D. -- [Virginia.parret@providencge.org](mailto:Virginia.parret@providencge.org)

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Sarah Dewane, Ph.D., ABPP

Providence Family Medicine Center/Alaska Family Medicine Residency

1201 E. 36th Avenue

Anchorage, AK 99508

## Appendix

### Internship Admissions, Support, and Initial Placement Data

Date Program Tables are updated: **7/10/2017**

#### 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; Hope Counseling Center; Providence Family Medicine Center/Alaska Family Medicine Residency; and Norton Sound Health Corporation. Each site is 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. 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.

##### Training Emphases

All sites will offer three major training emphases:

##### **Psychological Intervention**

Each consortium site provides opportunities for interns to work in inpatient or outpatient settings to provide individual, group, family and/or couples therapy to people from a diverse range of age groups, ethnic groups, and socioeconomic levels within a variety of therapeutic modalities.

##### **Psychological Assessment**

Assessment experience is provided at each consortium site. Interns at every site will be expected to administer, interpret, and provide written synthesis of psychological test batteries. Assessments may include intellectual, achievement, personality, and competency-based measures. Interns will have opportunities to write reports and make recommendations that convey meaningful information to clients. While each site varies on

the number and type of referrals, most interns will complete 5 or more batteries throughout the course of the year.

### **Substance Use Disorders**

All interns will have experience working with clients with drug and alcohol comorbidities (e.g., alcohol, marijuana, tobacco, opioids, misuse of prescription medication and other illicit drugs). The clinical experiences within this major training emphasis will vary from site to site and may include but not limited to: Screening Brief Intervention and Referral to Treatment (SBIRT), assessment, consultation, referral, outpatient treatment, inpatient treatment, and/or work within a court setting.

### **Required Alaska Specific Experiential Activity (AK-SEA)**

Every intern will complete an AK-SEA at the Alaska Psychiatric Institute in Anchorage in order to gain clinical exposure in both civil and forensic inpatient settings. Every intern will additionally participate in an AK-SEA with Norton Sound Health Corporation in one of its 15 outlying Native communities or with Aleutian Pribilof Islands Association and one of their Native communities. The purpose of this AK-SEA is to gain village-based experience with Alaska Native culture. All interns will complete an AK-SEA focused transcultural 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.

### **Alaska Psychiatric Institute**

#### **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

<b>Program provides access to medical insurance for intern?</b>	Yes	<b><u>No</u></b>
<b>If access to medical insurance is provided</b>		
Trainee contribution to cost required?	Yes	<b><u>No</u></b>
Coverage of family member(s) available?	Yes	<b><u>No</u></b>
Coverage of legally married partner available?	Yes	<b><u>No</u></b>
Coverage of domestic partner available?	Yes	<b><u>No</u></b>

**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 **No**



### **Aleutian Pribilof Island Association**

#### **Financial and Other Benefit Support for Upcoming Training Year**

**Annual Stipend/Salary for Full-time Interns:** \$28,352

**Annual Stipend/Salary for Half-time Interns:** NA

**Program provides access to medical insurance for intern?** Yes No

**If access to medical insurance is provided**

**Trainee contribution to cost required?** Yes No

**Coverage of family member(s) available?** Yes No

**Coverage of legally married partner available?** Yes No

**Coverage of domestic partner available?** Yes No

**Hours of Annual Paid Personal Time off (PTO and/or Vacation):** 117.5

**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?**

Yes No

### **Hope Counseling Center**

#### **Financial and Other Benefit Support for Upcoming Training Year**

**Annual Stipend/Salary for Full-time Interns:** \$28,352

**Annual Stipend/Salary for Half-time Interns:** NA

**Program provides access to medical insurance for intern?** Yes No

**If access to medical insurance is provided**

**Trainee contribution to cost required?** Yes No

**Coverage of family member(s) available?** Yes No

**Coverage of legally married partner available?** Yes No

**Coverage of domestic partner available?** Yes No

**Hours of Annual Paid Personal Time off (PTO and/or Vacation):** 80

**Hours of Annual Paid Sick Leave:** 80

**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 No

## **Norton Sound Health Corporation**

### **Financial and Other Benefit Support for Upcoming Training Year**

Annual Stipend/Salary for Full-time Interns: \$28,352

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: 0

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    No

## **Providence Family Medicine Center/Alaska Family Medicine Residency**

### **Financial and Other Benefit Support for Upcoming Training Year**

Annual Stipend/Salary for Full-time Interns: \$28,352

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?

Yes    No

**Initial Post-Internship Positions**  
(Aggregated Tally for Preceding 3 cohorts)

Total # of interns who were in the 3 cohorts:	27	
Total # of interns who did not seek employment because they returned to their doctoral program/are completing doctoral degree	4	
	Post-doctoral residency position	Employed position
Community mental health center	7	0
Federally qualified health center	2	1
Independent primary care facility/clinic	0	2
University counseling center	0	0
Veterans Affairs medical center	2	1
Military health center	1	0
Academic health center	0	0
Other medical center or hospital	0	0
Psychiatric hospital	3	1
Academic university/department	0	0
Community college or other teaching setting	0	0
Independent research institution	0	0
Correctional facility	1	0
School district/system	0	0
Independent practice setting	1	0
Not currently employed	0	0
Changed to another field	0	0
Other	0	1
Unknown	0	0

### Consortium Contact Information

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

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or

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Or go to [www.ak-pic.org](http://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.

