

# Integrated Care Web Series for Alaska's Health Aides



This series of online trainings was developed specifically for Alaska's Health Aides – Behavioral Health, Dental Health, and Community Health. Each session is aimed to build on current knowledge and skills, while providing information and skills necessary to be a member of an interprofessional team of healthcare workers. Each webinar will be 90-120 minutes in length, with the full series taking place over the course of eight weeks via the Zoom online meeting platform.

Fee: \$20 per session, all sessions will offer CEUs and CMEs.

Date	Session Topic
October 2	Postpartum Mental Health: Health Aides Partnering to Improve the Lives of New Parents
October 9	Healthy Healers: Strengthening Self-care through Culturally Responsive Practices
October 16	Eating Disorders 101: Identification and Early Intervention in the Village Setting
October 23	Healthy Healers: Building a Sustainable Workplace Support System
October 30	A Multidisciplinary Model for Brain Injury Care
November 6	Sex Trafficking in Alaska: What to look for, What to do
November 13	Working Effectively and Respectfully with People with Disabilities
November 20	Healthcare Providers as the Eye of the Storm: Healing Centered Care

**For more information and to register visit:** [www.regpack.com/reg/AlaskaHealthAides](http://www.regpack.com/reg/AlaskaHealthAides)



**ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM**



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## Session Descriptions

### Postpartum Mental Health: Health Aides Partnering to Improve the Lives of New Parents

Friday, October 2, 2020

10:00am – 12noon

**Description:** Approximately 70% to 80% of women experience the “baby blues.” Many of these women will go on to experience more severe symptoms that meet the criteria for Postpartum Depression (PPD). A higher percentage of American Indian/Alaska Native women suffer from Postpartum Depression symptoms than all other race/ethnicities, at 16.6%. And, these statistics are suspected to be much lower than actual figures due to the stigma, lack of screening, and the tendency for women to be fearful of talking about these types of symptoms. During this web-based course, students will learn who is at risk of developing PPD, the difference between PPD, baby blues, and sleep deprivation. Guest speakers will share their experiences with it. Students will learn how to screen for PPD using a standardized tool, and then most importantly, what their role is in referring, treating, and following-up on women with PPD.

#### Learning Objectives:

1. Learn what postpartum depression is.
2. Identify who is at risk of developing postpartum depression.
3. Compare and contrast postpartum depression, baby blues, and sleep deprivation.
4. Learn and practice how to screen for postpartum depression.
5. Recognize what their role is in referring, treating, and following up on mothers with postpartum depression.
6. Briefly discuss other postpartum mental health issues including postpartum anxiety, psychosis, obsessive compulsive disorder, and posttraumatic stress disorder.
7. Listen to the instructor and guest speaker share about their postpartum experiences.
8. Identify a way they can implement what they've learned into their work to help identify, support, and help postpartum mothers better.

**Presenter:** *Teri Forst, MS, LPC-S, MAC*

Teri Forst was born and raised in Bethel, Alaska but now live in Juneau. As a child in rural Alaska, she watched people suffer from addiction and mental health issues. This unique experience was what motivated her to seek a profession helping others. Teri is a Licensed Professional Counselor, provides therapy services to children and adults in private practice and is employed by ANTHC as a BHA/P instructor. Additionally, she is a mother of two young children who provide her with up close and personal knowledge about this topic.

### Healthy Healers: Strengthening self-care through culturally responsive practices

Friday, October 9, 2020

10:00am – 11:30am

**Description:** Healthy Healers is an 8 module curriculum developed by the Alaska Native Tribal Health Consortium to promote resiliency and self-care among our rural healthcare providers including Behavioral Health Aides. This 90-minute session will highlight key components of the curriculum to guide participants to develop and adopt self-care habits, identify and address the symptoms of compassion fatigue, and identify ways to prevent and manage stress in the workplace. The curriculum is culturally responsive and includes teachings from our Elders alongside best practices for promoting self-care from Western science.

#### Learning Objectives:

1. Define symptoms of compassion fatigue and how they impact us physically, mentally and spiritually
2. Describe the neurobiology of stress and identify techniques to “retrain” the brain
3. List and describe strategies for stress reduction
4. List and describe strategies for adopting self-care

**Presenter:** *Dana Diehl*

Dana Diehl is the Director of the Wellness and Prevention Department at ANTHC where she oversees eight statewide programs focused on promoting culturally responsive wellness initiatives among Alaska Native communities. Dana is a trained facilitator in the Healthy Healers curriculum and has partnered with the DHAT program to offer Healthy Healers to students since 2018. Dana is both Yupik and Athabascan and is an enrolled tribal member with the Native Village of Aniak

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## Session Descriptions

### Eating Disorders 101: Identification and Early Intervention in the Village Setting

Friday, October 16, 2020

10:00am – 12noon

**Description:** Eating disorders involve extreme emotions, attitudes, and behaviors surrounding weight, food, and size. While often missed or misdiagnosed, eating disorders have the second highest mortality rate of any psychiatric condition after opioid addiction. Fortunately, early identification and intervention by an integrated care team increase the likelihood of a full recovery. In this presentation, you will learn from a panel of presenters including a doctor, therapist, and dietitian how to recognize the signs of an eating disorder, increase early identification and intervention using a team approach, and learn about treatment options.

#### Learning Objectives:

1. Describe common eating disorders and their dangers.
2. Identify signs and symptoms including those that are found upon physical, dental, and behavioral/psychological examination.
3. Obtain screening questions and approaches to engage patients about potential eating disorder thoughts or behaviors.
4. Determine how common supportive responses may impede diagnosis and encourage eating disorders behaviors.
5. Understand how and when to coordinate with other providers to assure timely and adequate intervention.
6. Understand what resources in Alaska exist to help individuals with an eating disorder.

#### Presenter: *Margaret Carlson Cosentino DO*

Dr. Carlson graduated from the Chicago School of Osteopathic Medicine in 2012 and completed residency training at Christus Santa Rosa Family Medicine program in San Antonio, Texas. After completing her residency, she moved to Fairbanks, Alaska and worked practicing full spectrum Family Medicine with obstetrics for primarily Alaskan Native people in the interior region of Alaska for 3 years before moving to Anchorage. She currently works at Southcentral Foundation as a Primary Care Physician. Dr. Carlson has additional training and certification in management of obesity/post bariatric care and a special interest in the management of eating disorders. She serves on the board of directors of the Alaska Eating Disorders Alliance (AKEDA).

#### Presenter: *Grace Ray Schumacher, RDN, LD*

Grace holds an undergraduate degree in Dietetics from the University of Alaska Anchorage. She is an advocate with the International Federation of Eating Disorders Dietitians (IFEDD) and the Eating Disorders Coalition (EDC). Grace has completed specialized training through the International Association of Eating Disorders Professionals (iaedp), certification pending. She founded the Alaska State Chapter of the iaedp foundation in 2018, increasing eating disorders awareness in Alaska and making specialty training accessible to medical and behavioral health providers throughout Alaska. She serves on the board of directors of the Alaska Eating Disorders Alliance (AKEDA).

#### Presenter: *Katie Kajdan Bell, LPC, ATR*

Katie Kajdan Bell is a Licensed Professional Counselor and Registered Art Therapist in Anchorage, Alaska. She has worked in both the arts community and mental health for almost 20 years and combined both interests by completing an M.A. in Clinical Psychology and Art Therapy. Katie has received specialized training in Somatic Therapies, ARC Trauma Treatment, CBT, and specific Eating Disorders treatment modalities including Exposure Therapy, Emotionally Focused Family Therapy, and Acceptance and Commitment Therapy. Katie works with adults and adolescents providing support and help through issues including anxiety, depression, social pressures, self-harm, PTSD, ADHD, eating disorders, and more. Katie serves on the board of directors for the Alaska Eating Disorders Alliance (AKEDA) and is a member of the American Counseling Association, American Art Therapy Association, and International Association of Eating Disorder Professionals.

### Healthy Healers: Building a Sustainable Workplace Support System

Friday, October 23, 2020

10:00am – 11:30am

**Description:** Healthy Healers is an 8 module curriculum developed by the Alaska Native Tribal Health Consortium to promote resiliency and self-care among our rural healthcare providers including Behavioral Health Aides. This 90-minute session will discuss strategies for Building a Sustainable Support System within the workplace. The curriculum is culturally responsive and includes teachings from our Elders alongside best practices for promoting self-care from Western science.

#### Learning Objectives:

1. Describe how personality and communication styles can impact our working relationships.
2. Identify strategies to improve communication across health aide disciplines.
3. Identify strategies to create a sustainable workplace support system.

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**Presenter:** *Dana Diehl*

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### A Multidisciplinary Model for Brain Injury Care

Friday, October 30, 2020

10:00am – 12noon

**Description:** Brain Injury in AK is the highest per capita in the country and we do not have enough providers who are knowledgeable about brain injury; how to provide treatment, referrals and interventions. Community Health Aides are particularly positioned to be essential in the treatment of patients with brain injuries as they can fit into the role as treatment aides for multiple health care disciplines including Physical Therapy, Occupational Therapy, Speech Language Pathology and Neuro Optometry. This talk will provide education and tools for the benefit of our communities.

**Learning Objectives:**

1. Describe common persisting symptoms patients experience following a TBI.
2. Compare different health care disciplines and how they help patients who experience a TBI.
3. Examine how to help patients who live in remote locations who experience TBI symptoms.
4. Discover how the Alaska Brain Injury Network can provide community education to prevent brain injury and care for those who experience it.

**Presenter:** *Laura Kompkoff, O.D.*

Dr. Kompkoff has been practicing for 20 years and specializes in Optometric Vision Rehabilitation for patients who suffer from TBI, stroke, strabismus, amblyopia and vision related learning challenges. She especially enjoys collaborating with other professions for improved patient care. She is the Clinical Outreach Coordinator for the Alaska Brain Injury Network. She has lectured at the Occupational Therapy Association, at Providence Rehabilitation, and at local schools. She serves as the Treasurer for the Alaska Optometric Association and is a member of various other organizations including Neuro Optometric Rehabilitation Association.

**Presenter:** *Heather D. Wengler, PT, DPT, MPT, CCI*

Current and past work experiences involve the evaluation, consultation, treatment planning, and education of patients with neurologic injuries including traumatic brain injury, spinal cord injury, stroke, and progressive neurologic disorders. She has worked with William Beaumont Army Medical Center (WBAMC), Ft. Bliss, TX to establish the physical therapy portion of the Traumatic Brain Injury Program and was the lead Physical Therapist for the Traumatic Brain Injury Team at WBAMC.

**Presenter:** *Dustin Logan, PhD, ABPP-CN*

Dr. Logan is a life-long Alaskan and a board-certified neuropsychologist. Dr. Logan completed his pre-doctoral internship at QLI in Nebraska, a premier post-acute neuro-rehabilitation facility. Dr. Logan also works with the University of Alaska Anchorage, Center for Human Development, as a Hub Team member and adjunct professor for the Traumatic and Acquired Brain Injury ECHO.

### Sex Trafficking in Alaska: What to look for, what to do

Friday, November 6, 2020

10:00am – 12noon

**Description:** Trafficking is the illegal exploitation of a person – trafficking crimes do not require any movement across state lines. Victims can be recruited and trafficked in their own villages and hometowns—and sadly, even in their own homes. Indigenous women and girls face higher rates of violence and sexual exploitation than their non-Native peers. Alaska Natives are frequently targeted by traffickers because of their appearance. Fortunately, statistics can change. During this presentation participants will gain general knowledge on sex trafficking, information on identification, interventions to assist victims/survivors, and resources available. Mandatory reporting and strategies for navigating dual relationships in small communities will be addressed. The question and answer session at the end will help in clarifying issues and determining specific needs of the participants.

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## Session Descriptions

### Learning Objectives:

1. Define sex trafficking.
2. Identify common signs and symptoms in victims of sex trafficking.
3. Identify assessments and interventions to assist a victim/survivor of sex trafficking.
4. Discuss common needs of victims as well as resources available in Alaska to help individuals who are victims of sex trafficking.
5. Identify the mandatory reporting associated with sex trafficking.
6. Identify how and when to coordinate with other providers to assure timely and adequate interventions.

### Presenter: *Martha Carver MS, RN*

Martha Carver is a nurse who has volunteered with Priceless, an organization which assists survivors of sex trafficking, for the past 5 years. I developed this presentation and have offered continuing education to healthcare professionals for the past 3 years through partnerships with the Alaska Nurses Association and the Alaska Native Tribal Health Consortium. I also coordinated a Sex Trafficking Conference in January for healthcare professionals with additional related presentations.

## Working Effectively and Respectfully with People with Disabilities

Friday, November 13, 2020

10:00am – 11:30am

**Description:** In this 90 minute workshop, learn about how to interact and best provide services to people with various disabilities. Teisha's and will be sharing her personal story of living with a disability for the last 28 years and how people have empowered her to create a life more beautiful than she could have ever imagined. In this workshop, you will gain practical approaches for effectively and respectfully interacting with people with disabilities.

### Learning Objectives:

1. View individuals with disabilities from an empowering perspective.
2. Have the ability to empower individuals to utilize their health appointments to the maximum potential comfortably.
3. Have the ability to respectfully interact with people with disabilities.

### Presenter: *Teisha Simmons, MS*

Teisha Simmons was injured in a car accident in 1992 in her home community of Galena. The accident resulted in her being paralyzed from the chest down. After many years of depression, Teisha went on to graduate with a Bachelor of Arts in psychology and a Master of Arts in Clinical – Community Psychology. Teisha has held various senior leadership positions in higher education and behavioral health and now teaches for the Alaska Native Tribal Health Consortium. She currently resides in Fairbanks where she enjoys time with her partner Zac and their 15 -year-old daughter Tassy.

## Healthcare Providers as the Eye of the Storm: Healing Centered Care

Friday, November 20, 2020

10:00am – 11:30am

**Description:** Psychological trauma can dramatically impact the health and wellbeing of people and communities across generations. As healthcare providers, we can either help or hinder the healing process. Gaining understanding of psychological trauma can help healthcare providers adapt their practice to promote healing with every encounter. This 90-minute session will define psychological trauma, describe how psychological trauma changes the way our body responds to stressors, and present a framework for healing centered care.

### Learning Objectives:

1. Define psychological trauma.
2. Describe how psychological trauma changes the way the body responds to stressors.
3. Describe a framework for healing centered care.

### Presenter: *Rebecca Volino Robinson, Ph.D.*

Dr. Robinson is a Licensed Clinical Psychologist at ANTHC. She has extensive experience working with adults and communities with histories of complex trauma and problems associated with this history including substance misuse, infectious, and chronic disease. Dr. Robinson is an advocate for work-life balance. When she is not working, you can find her spending time with family and friends, hiking in the Chugach Mountains, or at home reading a book.