

Certification Board Newsletter

Community Health Aide Program

CHAPCB Members

Miranda Petruska, CHP
CHAP Director/Specialist, RASU
Southcentral Foundation
Chair

Siene Allen, LMT, NASM-CES
Community Health Director
Kodiak Area Native Association
Vice Chair

Andrew McLaughlin, CHP, EMT, BS,
AAS
Chugachmiut
Secretary

Greg Bell, Ed.S., LPC-S
Behavioral Health Director of
Outpatient Services
Yukon-Kuskokwim Health Corporation

Rahnia Boyer
Vice President of Village Health
Yukon-Kuskokwim Health Corporation

CAPT Matthew A. Clark, MD, FAAP,
FACP
Chief Medical Officer, Alaska Area
Native Health Service, IHS

Stephen Daniel, MD
NSHC VHS and HAT Medical Director
Norton Sound Health Corporation

Heidi Hedberg
Director of Public Health
Alaska Dept. of Health and Social
Services
State of Alaska

Ellen Hodges, MD
Chief of Staff
Yukon-Kuskokwim Health Corporation

Jean Rounds-Riley, PA-C
CHAP Instructor/APP
Alaska Native Tribal Health
Consortium

Crystal Stordahl, PA, MMSC
CHAP-CHC Director
Tanana Chiefs Conference



COVID-19 Pandemic Resources

The ANTHC Behavioral Health Department is here for you! Under the *abnormal* circumstances surrounding the COVID-19 pandemic, increased stress and anxiety is *normal*, worsening of existing behavioral health conditions is *expected*, and the conditions for later stress-related problems are *present*. The ANTHC Behavioral Health Department is taking steps to support the mental health and wellbeing of our Alaska Tribal Health System – including *you!* Our team of trained Critical Incident Stress Management (CISM) staff and behavioral health providers are here to support individuals or groups during this time. We are here to be good listeners, to suggest healthy coping strategies, and to help facilitate referrals to other resources in the community.

To contact the ANTHC CISM team, call 729-8250 or email CISMteam@anthc.org.

For more information, visit <http://anthc.org/cism/>.

We know that you, your clients, and community members may be feeling extra stress, worry, or grief among

other strong emotions. Check out the “Managing Stress and Anxiety During COVID” handout for ideas on how to help yourself and your family manage stress and stress responses. Also, we encourage you to take a moment to check out this list of FREE resources that have been compiled by ANTHC’s BHA Training Center to help you as you support your clients and community during this unique and challenging time. Go to the www.akchap.org main page for the list.

Xiomara Owens, PhD
Director of Behavioral Health Aide Training
Alaska Native Tribal Health Consortium
P: (907)729-2468
xowens@anthc.org
www.anthc.org

continued on page 4

this issue

February 2020 Certifications	P. 2
Certification Extensions	P. 6
Board Membership	P. 6
ANTHC CHAP Medical Director	P. 6
Weekly COVID-19 Meeting	P. 6
Summary of Board Actions	P. 7

February 2020 Certifications, Congratulations!

Akhiok

1. Brenteson, Stephanie R., CHA II ▲

Akiachak

2. Jackson, Asisalyn W., CHA III ▲
3. Phillip, Jon T., CHA I ★

Akiak

4. Nicolai, Samantha M., CHA III ☺

Alakanuk

5. Joseph, Katherine M., CHA I ★
6. Phillip, Pius R., CHA I ★

Allakaket

7. Bergman, Valerie S., BHA I ☺

Anchorage

8. Brown, Jovani T., CHA III ☺▲
9. Chase, Shannon F., CHP ☺▲
10. Flygare, Eydie Y., BHA I ★
11. Jenkins, Wassiliane N., CHA II ▲
12. Malstrom, Chelsea S., CHP ☺
13. Petruska, Miranda B., CHP ☺
14. Woods, Tamija K., DHAT ★

Aniak

15. Simeon, Shelby, CHA II ▲

Arctic Village

16. Hollandsworth, Kate L., CHA I ★

Atmautluak

17. Nick, Annette M.L., CHA IV ☺▲

Atkasuk

18. Aveoganna, Jeffrey, CHA III ☺▲

Beaver

20. Wiehl, Teisha M., CHA IV ▲

Bethel

21. Afcan, Angelica D., DHAT ☺
22. Lincoln III, Richard, CHP ☺
23. Okitkun, Ruby M., DHAT ☺▲

Bettles

24. Schmitz, Betty J., CHA II ▲

Brevig Mission

25. Olanna, Marie M., CHA III ☺
26. Olanna, Renee M., CHP ☺

Chefornak

27. Avugiak, Jofina M., CHA I ★
28. Fairbanks, Theresa E., CHP ☺
29. Wiseman, Sophie T., CHP ☺

Chenega Bay

30. Evanoff, Gail K., BHP ☺
31. McLaughlin, Andrew T., CHP ☺

Chevak

32. Nayagak, Victor X., CHA II ▲
33. Symbol, Lee A., CHA I ★

Chitina

34. MacDougall, Sara A., CHA IV ☺▲

Chugiak

35. Howard, Betty, CHP ☺

Circle

36. Nollner, Tina L., CHA III ▲

Copper Center

37. Pete, Carol E., CHA III ☺

Dillingham

38. Noden, Sophie A., CHP ☺

Eagle

39. Kamholz, Phebe A., CHA II ▲

EEK

40. Cleveland, Janaye A., CHA II ▲
41. Friendly, John J., CHA II ▲

Fairbanks

42. Reed, Debra D., CHA IV ☺
43. Salmon, Destiny J., CHP ▲
44. Stein, Tori M., CHP ☺▲

Gakona

45. Craig, Mariah L., CHP ☺

Galena

46. Gregory, Nicole R., CHP ☺

Gambell

47. Campbell, Jill, CHP ▲

Glennallen

48. Ewan, Rene L., CHA III ☺
49. Tsinnie, Junior R., CHP ☺

Grayling

50. Kruger, Melody A., CHP ▲

Hoonah

51. Hughes, Lily E., CHP ☺
52. Roberts, Cora M., DHAT ☺

Hooper Bay

53. Tomaganuk-Moses, Tessanna N.,
CHA II ☺

LEGEND

☺ CHA/P, DHA or BHA/P who has renewed certification.

▲ CHA, DHA or BHA who has upgraded in certification.

★ CHA/P, DHA or BHA/P who is initially certified.

Huslia

54. Agnes, Cesa M., BHA I ☺
55. Ambrose, Margie, CHP ☺

Igiugig

56. Salmon, Tanya J., CHA II ▲

Juneau

57. Vick, Sabrina M., DHAT ☺

Kake

58. Moler, Kimberly A., PDHA II ☺

Kaktovik

59. Rexford, Mary C., CHP ☺▲

Kaltag

60. McGinty, Jessica, CHA IV ☺
61. Neglaska, Ann J., BHA I ☺

Kasigluk

62. Andrew, Annie K., CHA I ★
63. Brink, Amanda E.S., CHA I ★
64. Seal III, Manuel F., CHA I ★
65. Twitchell, Theresa A., CHA IV ▲

King Cove

66. Bendixen, Riza Z., CHP ☺

Kipnuk

67. Kiunya, Faith S., CHA I ★
68. Tony, Rena T., CHP ☺

Kodiak

69. Beard, Jordan E., BHA III ★
70. Marlar-Enbom, Samantha F., BHA III ★

Koliganek

71. Merlino, Anna M., CHP ☺
72. Tunguing, Shawna, CHP ▲

Kotlik

73. Okitkun, Michaela A., CHA II ☺

Koyuk

74. Keith, Mary Ann, CHP ☺
75. Nassuk, Cecelia R., CHA I ★

Kwethluk

76. Ayapan, Tamara J., CHA III ☺
77. David, Patricia M. M., CHA I ★
78. Fisher, Jordan T., CHA II ▲
79. Jackson, Rhonda M., CHA I ★
80. Olick, Charlamagne, CHA I ★

Kwigillingok

81. Clark, Sr., Daniel A., CHP ☺

Larsen Bay

82. Aga, Rachelle D., CHA II ▲

Manley Hot Springs

83. Keeling, Robert D., CHA IV ▲

Marshall

84. Coffee, Carolyn A., CHA I ★

McGrath

85. Egrass, Pauline A., CHA II ▲
86. Magnuson, Sterling M., CHA II ▲

Metlakatla

87. McGilton, Lillian D., DHAT ☺

Minto

88. Jimmie, Amber J., CHA III ☺

Mountain Village

89. Alexie, Minnie S., CHA I ★
90. Chief, Beth L., CHP ☺
91. Johnson, Deborah, CHP ☺
92. Okitkun, Mary P., CHA II ▲

Nanwalek

93. Brewster, Quanah R., CHA III ▲

Napaskiak

94. Joekay, Daniel E., CHA I ★

Nelson Lagoon

95. Johnson, Melinda L., CHP ☺

Newtok

96. John, Annie T., CHP ☺

Nikolai

97. Esai, Dante W., CHA III ▲
98. Navarro, Natalia L., CHA IV ▲

Nikolski

99. Hillhouse, Tasha M., CHA IV ☺▲

Niniichik

100. Hubbard, Judith A., BHA I ☺

Nome

101. Holly, Kathy M., EFDHA I ☺
102. Nakak, Maasingah E. H., CHP ☺

Nunapitchuk

103. Jenkins, Delores K., CHA I ★
104. Tobeluk, Eliza M., CHP ☺

Ouzinkie

105. Bennett-Melendez, Susana, BHA I ★

Perryville

106. Kosbruk, Justine R., CHA I ★

Pilot Station

107. Heckman, Gwendolyn R., CHA III ☺

Quinhagak

108. Beebe, Cynthia D., CHA II ☺
109. Kiunya, Hope P., CHA III ☺

Rampart

110. Newman, Dawn, CHP ▲

Ruby

111. Cleaver, Nicole, CHA II ▲

Saint Michael

112. Lockwood, Morgon M., CHA III ☺▲

Saint Paul Island

113. Bourdukofsky, Binni C., CHA IV ☺

Sand Point

114. Morris, Silvanna D., BHA I ★

Savoonga

115. Kava, Dorothy, CHP ☺
116. Kingeekuk, Darcie L., CHA II ▲
117. Miklahook, Chelsea R., CHA II ▲
118. Miklahook, Merton T., CHA II ▲
119. Miklahook-Noongwook, Chantal,
CHA III ▲
120. Pelowook, Judith M., CHA II ▲
121. Reynolds, Danielle M., CHP ☺
122. Soonagrook, Shaina M., CHA II ★

Scammon Bay

123. Tobeluk, Esther A., CHP ☺

Seldovia

124. Chartier, Alexandra, BHA I ☺

Shaktoolik

125. Paniptchuk, Kristin J., CHA III ▲

Shishmaref

126. Kuzuguk, Alan A., CHA II ▲

Shungnak

127. Woods, Stephanie, DHAT ☺

Sitka

128. Bonorden, Savannah J., DHAT ☺
129. Dundas, Reba O. R., PDHA II ☺
130. Larsen, Saphire D., PDHA I ★
131. Schwantes, Jessica H., PDHA I ★

St. Paul Island

132. Lestenkof-Mandregan, Cara P.A.,
CHA III ▲

Stevens Village

133. Copeland, Christina M., CHP ▲

Tanacross

134. Demit, Herbert F., CHA I ☺

Teller

135. Okleasik, Jolene H., CHP ▲

Togiak

136. Wassillie, Amy J., CHP ▲

Tok

137. Nelson, Lorelei A., BHA I ★
138. Shank, Chance W., CHA II ★

Toksook Bay

139. Ayapan, Allison N., DHAT ☺
140. Chagluak, Marlene R., CHA IV ☺
141. Lincoln, Kristy S., CHA III ☺
142. Martin, Shawn Q., DHAT ☺

Tuntutuliak

143. Chris, Sherileen R., CHA III ☺

Tununak

144. Albert, Anna M., CHA II ▲
145. Kanrilak, George, CHA I ★

Tyonek

146. Moon, Chrystal M., CHP ☺
147. Standifer, Frankie C., CHA I ★

Utqiagvik

19. Ipalook, Dora L., CHA II ▲

Wainwright

148. Godfrey, Annette M., CHP ☺
149. Segevan, Allison M., CHP ☺▲

Wales

150. Tokeinna, Octavia A., CHA II ☺

Wasilla

151. Wulf, Beverly M., CHA IV ☺

White Mountain

152. Adams, Lynette L., CHA II ▲

Managing Anxiety & Stress During COVID-19



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

The coronavirus pandemic is stressful for all Alaskans. Fear about the disease, disruption of normal life, and protective measures like social distancing is all very difficult. Fear and anxiety about the virus can be overwhelming and cause strong emotions that affect the health and well-being of yourself and everyone in your home.

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, drink plenty of water, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Connect with others over the phone or video.

Things you can do to support your children

- Take time to talk with your child or teen about the new coronavirus outbreak. Reassure your child or teen that they are safe. Let them know it is OK if they feel upset.
- Limit your family's exposure to news coverage of the event, including social media.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.

Self-Care & Family Ideas

Walk it off



Taking a stroll is one of the easiest ways to clear your head and adjust your frame of mind. Once you are out, try to maintain a steady pace. There is no need to rush or push yourself too hard.

Try a new craft

Sewing, crocheting, stitching, painting, coloring, beading, etc. Through creativity, you reconnect with your emotions and work towards understanding them. Art also provides physical benefits due to its relaxing properties.



Board Games

Turn off the TV and challenge the family to a board game. Introduce kids to a classic like Chutes N Ladders or try a new one like Mice and Mystics that you can all learn together.

Easy minute neck stretch

Taking a minute to stretch will release tension from head to toe.

-Inhale deeply and lift your shoulders high up to your ears. Release and drop your shoulders.

Repeat 5 times.

-Shake your head slowly in an extended "no" direction then shake your head slowly in an extended "yes" direction.

Repeat 3 times.

Information for this flyer was obtained from the Centers for Disease Control's website. Please visit the website to learn more about managing anxiety and stress during this time: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Attention Alaska Tribal Health System Staff fighting the spread of COVID-19

Is the Coronavirus making you feel additional stress for your family or well-being?

During this challenging time, you may be experiencing **stress, burnout, exhaustion, or other symptoms** that affect your ability to take care of yourself and others.

The **ANTHC CISM (Critical Incident Stress Management)** team of trained staff and behavioral health providers is standing by to support your mental health and well-being.

You can reach out to CISM at any time.

All communication is confidential.

Call 729-8250 or email [CISMteam @anthc.org](mailto:CISMteam@anthc.org).



WHEN CONTACTING CISM, PLEASE PROVIDE:

1. **Your name**
2. **How we can help** (*individual support session, group support session*)
3. **Preferred Contact** (*phone number, email address*)

A CISM coordinator will review your request and identify a CISM service that meets your needs.

For requests received 8 a.m. – 4 p.m. (M-F):
We will contact you within 60 minutes with next steps.

After hours:
We will contact you by 9 a.m. the next business day with next steps.

Thank you for taking care of us – let us take care of you!

 729-8250

 CISMteam@anthc.org



**ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM**

Certification Extensions Due to the Pandemic

The CHAP Certification Board recognizes that the COVID-19 pandemic has changed the landscape for CHA/P CEs which in turn effects individual certifications. The Board is currently working on a plan for emergency extensions. More details will be forthcoming once the plan has been approved.

Board Member Update



CAPT Matthew Clark assumed the role of Chief Medical Officer of the Alaska Area Native Health Service in October 2019. He is board-certified in Internal Medicine and Pediatrics, having completed his residency training at Vanderbilt University Medical Center in 2001. Since that time, Dr. Clark has served the two tribal communities in

southwestern Colorado. With 15 years of experience in clinical administration, Dr. Clark is currently assigned as the Clinical Director of the Ute Mountain Ute Health Center in Towaoc, Colorado, where he has served since 2009. He has prior experience as an acting Chief Medical Officer for the Albuquerque Area Indian Health Service from 2015 to 2018 and was appointed in January 2019 as Chair of the IHS National Pharmacy and Therapeutics Committee. Dr. Clark lives with his wife and three children in Durango, Colorado.

CHAP News

Welcome Dr. Anne Musser, ANTHC CHAP Training Center Medical Director.

Dr. Christine Golnick will remain on as a consultant Medical Director with the training program as Dr. Anne Musser transitions into her new role as the new ANTHC CHAP Training Center Medical Director. Please help us in welcoming Dr. Anne Musser in her new position.

Dr. Musser is an Osteopathic Family Physician. She has been in practice for over 30 years, serving most of her career in



medical education (medical schools and residency programs). Most recently, she served as the Program Director for the Alaska Family Medicine Residency at Providence, here in Anchorage. Anne is looking forward to joining the CHAP team, learning more about the delivery of health care in rural Alaska and contributing to the program through her years of experience in Family Medicine and education.

Anne is originally from Southern California. She moved to Anchorage 15 years ago.

COVID-19 Weekly CHA/P Update Meetings

Please join us for the weekly COVID-19 CHA/P Update, every **Wednesday at 12:10 p.m.**

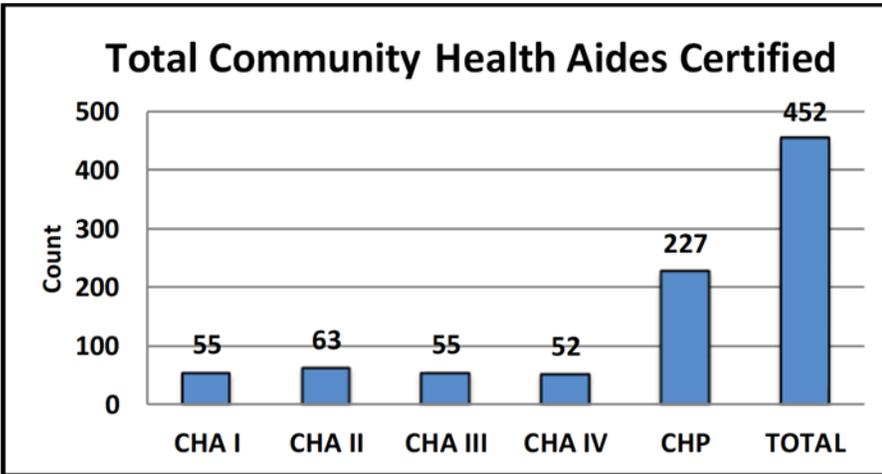
This Zoom meeting is open to all Community Health Aides/Practitioners, Dental Health Aides/ and Behavioral Health Aides/Practitioners each week. There will be a brief presentation and time available for feedback and discussion. The CHAP Training Center staff and your peers are also available for questions and discussion. We hope

this weekly time can be a place for you to share your personal and professional concerns. You can share with your peers what is working in your clinics, how you are preparing for any COVID-19 related issues, and any other topics you wish to discuss.

Link for meeting:
<https://zoom.us/j/93830305350?pwd=bWwvQ3lldUdCRc82SDRhcGQyRmxWdz09>

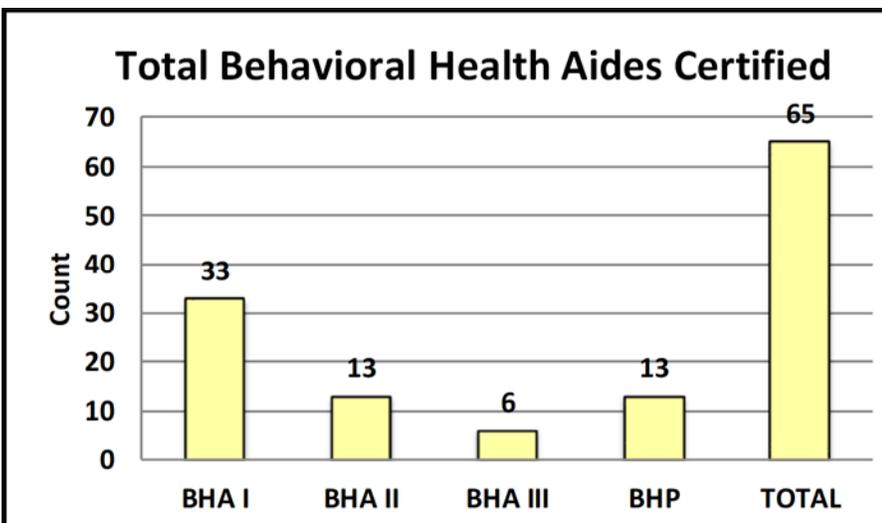
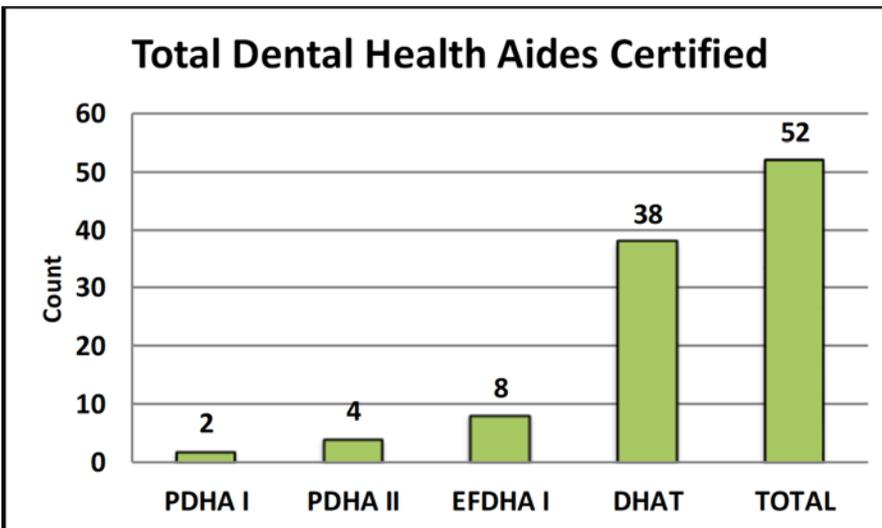
Summary of Board Actions to Date

Total number of Community Health Aides/Practitioners, Dental Health Aides and Behavioral Health Aides/Practitioners certified by the CHAPCB as of April 2020:



CHAPCB Future Meeting Dates

- June 2-3, 2020
Anchorage, AK
- September 29-30, 2020
Anchorage, AK
- January 13-14, 2021
Anchorage, AK



www.akchap.org

CHAPCB Standards and Procedures, applications, CE logs and other information can be accessed on the Alaska Community Health Aide Program website:

<http://www.akchap.org>



Community Health Aide Program Certification Board

4000 Ambassador Drive
Anchorage, AK 99508-5909

(907) 729-3624 phone
(907) 729-3629 fax

www.akchap.org

Please Deliver To:

CONTACT INFORMATION:

To submit suggestions, corrections,
or story ideas please contact the
CHAP Certification Board office at:

Phone: (907) 729-3624

Email: chapcb@anthc.org

ANTHC EDITORIAL STAFF

Ella Gonzalez
Program Manager
CHAP Certification Board

James Lesniak, APP
CHAP Instructor/APP Supervisor

Carolyn Craig, PA-C
Director, CHAP



To conserve paper and energy we have converted to a digital newsletter and will distribute the newsletter electronically. We will continue to print a limited number of newsletters. If you would like to be added or removed from our email list or are requesting a hard copy please contact the CHAPCB office at chapcb@anthc.org.