

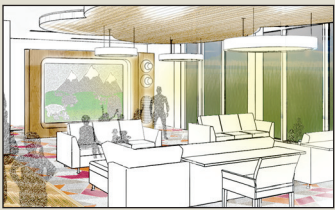


THE Mukluk Telegraph

THE OFFICIAL QUARTERLY NEWSPAPER FOR THE CUSTOMER-OWNERS OF THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

JULY - SEPTEMBER 2014

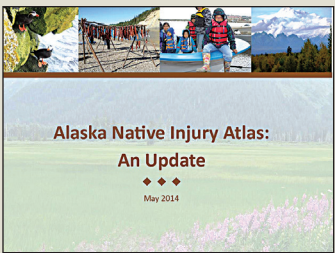
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Healthy and historic smiles

Ten years of Dental Health Aide Therapists blazing trails, providing oral health care in rural Alaska

BY JOSH NIVA

2014 marks the 10th anniversary of the first group of Alaska Native students becoming Alaska's first Dental Health Aide Therapists (DHATs). They traveled to New Zealand for training. They were pioneers, providing much-needed access to mid-level dental care and prevention services for Alaska Native people in Alaska's rural communities.

Much has changed for Alaska's DHATs in 10 years. Today, nearly 30 DHATs provide professional and culturally competent dental care and prevention services, fighting the decades-long epidemic of oral disease around rural Alaska and improving access to dental care for Alaska Native people.

Future DHATs no longer travel across the world for training. Since 2007, ANTHC's DHAT Educational Program has prepared students with a two-year program housed in state-of-the-art facilities and led by award-winning staff in Anchorage and Bethel.

Another significant change is the perception of DHATs. For years, many in the dental profession fought against DHATs providing care. Today, Alaska's DHATs and ANTHC's Educational Program are recognized as the models of success for improving oral health and access to care for rural populations around the world.

SEE HEALTHY AND HISTORIC CARE, PAGES 8-10 ►



PHOTO BY TODD HENRY / ANTHC

Recently transitioned first-year Dental Health Aide Therapist students include, from left, Amanda Miles, Sharon Johnson, Sadie Green, Sabrina Manacio and Charles Redfox (not pictured, Carrie Tikiun).



The group of Alaska's first DHATs who were educated in New Zealand, from left, Lillian McGilton (Annette Island Service Unit, Metlakatla), Robert "Bobby" Curtis (Norton Sound Health Corporation, Shishmaref), Conan Murat (Yukon-Kuskokwim Health Corporation, Aniak), and Stephanie Woods (Maniilaq Association, Kotzebue).

ANTHC PHOTO

Education and celebration for Alaska's CHA/Ps

Each year, the Alaska Native Tribal Health Consortium's (ANTHC) Community Health Aide Program (CHAP) hosts the annual CHAP Forum in Anchorage for Alaska's Community Health Aides and Community Health Practitioners (CHA/Ps). This year, 56 CHA/Ps from 13 Alaska Tribal Health

Organizations attended the weeklong forum held at ANTHC's Consortium Office Building. The forum provides CHA/Ps with the rare opportunity to share their successes and challenges, earn continuing education credits, and celebrate at an awards luncheon that honors outstanding CHA/Ps.

ANTHC's Suicide Prevention

and Injury Prevention programs partnered to provide safeTALK training to CHA/Ps. The three sessions taught participants how to identify at-risk behavior and how to get help for those who confide in them, whether through statewide channels like the Alaska Careline

SEE ALASKA CHA/PS, PAGE 2 ►

ALASKA CHA/PS, FROM PAGE 1 ▶

or at a community level with Behavioral Health Aides.

“This was the first time in recent history that the suicide intervention training has been offered along with the focus on trauma and substance abuse,” said ANTHC’s Rebecca Pazdernik Moore, CHAP Assistant Director.

Other topics included traumatic brain injuries, medevacs in Alaska, injury prevention, Electronic Health Aide Manual training sessions, and treatment of the effects of historical trauma presented by Dr. Eduardo Duran, Ph.D., an internationally recognized speaker and psychologist.

Another highlight was Alaska Governor Sean Parnell’s Executive Proclamation designating April 14-18 as Community Health Aide, Community Health Practitioner, Dental Health Aide and Behavioral Health Aide Week. The proclamation was presented at the forum’s Shining Star luncheon.

Also during the luncheon, the CHAP Shining Star award was presented to Tania McMullen from Chugachmiut for her exemplary care, attitude and teamwork. Riza Bendixen from Eastern Aleutian Tribes was given the Rising Star award for her positive attitude,



PHOTO BY JOSH NIVA / ANTHC

Community Health Aides and Practitioners from across Alaska recently traveled to Anchorage for the annual Community Health Aide Program Forum, which offers educational opportunities as well as networking and recognition for hardworking CHA/Ps.

enthusiasm and professionalism with patients. This year’s Outstanding Accomplishment was shared by Community Health Aide clinics and staff in the Yukon-Kuskokwim Delta who responded to a fatal plane crash outside of St. Mary’s in November 2013. Sharing the honor were Jewel Thompson and Pitkas Point Clinic, Mountain Village Clinic, and St. Mary’s Clinic. Many lives were saved as a result

of the teamwork, dedication and commitment of those who worked through the night to provide care to the people involved in the accident.

At the end of the awards luncheon, there was a moment of silence to honor CHA/Ps who passed away in the last year.

Learn more about the work of Alaska’s CHA/Ps and ANTHC’s role in training and supporting them at

akchap.org



THE MUKLUK TELEGRAPH

The Mukluk Telegraph is the official newspaper of the Alaska Native Tribal Health Consortium.

The paper is published quarterly and distributed at no charge to customer-owners, employees and partners of ANTHC statewide.

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- Native self-determination
- Treat with respect and integrity
- Health and wellness
- Compassion

ANMC Patient Housing project comes into focus, parking facility construction underway



A rendering of the interior of the ANMC Patient Housing building, which will include 170-plus rooms, easy access to the ANMC hospital via sky-bridge, and a home-away-from-home environment for patients and families.

More than half of ANMC hospital's patients travel to Anchorage for care and services, and providing suitable housing for ANMC's customer-owners can be a struggle at times. This is why ANTHC's new ANMC Patient Housing facility project is so important and urgent. The flagship project of ANTHC's improved access to care efforts, the new housing facility will offer 170-plus rooms for patients and families. It will also allow easy access to the ANMC hospital via sky-bridge and provide a home-away-from-home environment for all who stay there.

Staff and leadership from across the Consortium continue making progress on the

ANMC Patient Housing project. The project is at the end of the 35 percent design phase and the plans are currently being reviewed by ANTHC Executive Leadership and operational stakeholders throughout the organization. ANTHC is on schedule to put the project out to bid in the fall with an award before the end of the calendar year.

To continue the thread of Alaska Native art and culture around campus, ANTHC is working with Jeanne Dougherty of the ANMC Heritage Collection on art placement and with Gary Ferguson of ANTHC's Store Outside Your Door on the Patient Housing courtyard design.

The project has a tentative groundbreaking date of May 2015 and a planned completion date of spring or early summer 2016.

With the addition of the ANMC Patient Housing complex comes the need for additional parking. ANTHC is currently constructing a five-floor, 440-stall parking garage next to the site of the ANMC Patient Housing facility. The project broke ground in March and is expected to be completed by August 2015.

Learn more about the ANMC Patient Housing project at anmc.org/new-anmc-patient-housing.



Construction is well underway at the site of the new ANMC parking garage.



PHOTO BY ANTHC

Community and Tribal leaders from across Alaska participate in environmental health action planning and solutions session at a recent 7 Generations training in Anchorage. 7 Generations trainings are now available in person and in online webinars. Learn more at anthc.org/chs/ces/hve/7-generations.cfm.

Around Alaska: Community Health

Alaska's Food Distribution Program on Indian Reservations expands to provide more healthy food for Tribes, people

More people are accessing healthy foods thanks to Alaska's Food Distribution Program on Indian Reservations (FDPIR), which is run by the Alaska Native Tribal Health Consortium (ANTHC). FDPIR provides nutritional food assistance to income-eligible Alaska Native, American Indian and non-Native households. Gregory Nothstine, ANTHC's FDPIR Manager, recently announced that the number of participants served by the program doubled between October 2012 and October 2013.

In October 2012, there were 112 participants in the program; by October 2013, the total reached 248. Nothstine noted that the increase was due in large part to the income eligibility standards being expanded to help provide healthy food to even more Alaska Native people and families in need. Nothstine helped draft resolutions in 2009 and 2010 that

requested the U.S. Department of Agriculture (USDA) change the income eligibility standards to be more similar to the standards that are used by the food stamp program, since the FDPIR is a healthier alternative to food stamps. Now that the new income eligibility standards have taken effect, participation rates across the country and Alaska have increased.

In other FDPIR news, the program was recently busy helping Alaska's 17 FDPIR Tribal communities receive fresh five-pound packages of hardy, shelf-stable produce items, including

apples, carrots, onions and potatoes. In April, eight Tribes received produce packages: Agdaagux Tribal Council (King Cove); Chilkoot Indian Association (Haines); Craig Tribal Association; Hydaburg Community Association; Klawock Cooperative Association; Metlakatla Indian Community; Qagan Tayagungin Tribe (Sand Point); and Yakutat Tlingit Tribe. Nine additional Tribal communities received these same fresh produce items in May: Alakanuk Tribal Council; Native Village of Buckland; Native Village of Elim; Native Village of Kiana; Native Village

of Kotzebue; Organized Village of Kwethluk; Old Harbor Traditional Council; Native Village of Saint Michael; and Seldovia Village Tribe.

The FDPIR program is in its 33rd year of operation under a service grant offered through the USDA Food Nutrition Service. When ANTHC introduced FDPIR in Alaska in 2007, it was the first Tribal organization to offer the program in Alaska and was the first new Tribal organization to participate in the program since 1993.

SEE COMMUNITY HEALTH, PAGE 5 ►

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COMMUNITY HEALTH, FROM PAGE 4 ▶

Eligible households in Alaska are certified by ANTHC's FDPIR office based on income and resource standards set by the federal government and must be re-certified at least every 12 months.

Learn more about the Alaska Tribes administering FDPIR by visiting anthctoday.org/community/fdpir_tribes.html.

7 Generations training returns to Anchorage, new opportunities online

ANTHC's Healthy Village and Environment Program recently hosted 29 participants from 14 Alaska communities for the first 7 Generations training of 2014. ANTHC's Healthy Village and Environment Program leads this unique training, which teaches participants community based approaches for identifying, prioritizing, planning and managing environmental issues such as drinking water, wastewater, solid waste, fuel storage, air quality, energy, climate and more.

The program utilized ANTHC's Consortium Office Building for the training. Presentations were led by from various ANTHC programs, as well as members of the U.S. Environmental Protection Agency and the State of Alaska Division of Homeland Security.

The next 7 Generations training



PHOTO BY ANTHC
Participants in the 2013 Alaska Plants as Food and Medicine Symposium plant walk pick fireweed shoots, which are perfect for eating in salads or stir fry dishes.

is scheduled for August 26-29 in Anchorage. In addition to trainings, the Healthy Village and Environment Program now also offers monthly online webinars and one-on-one technical support for Tribes needing assistance with environmental planning for their communities. Webinars take place on the second Thursday of each month.

More than 50 people from around Alaska participated in the group's first webinar in March. That two-hour webinar helped participants navigate the online Indian Environmental General Assistance Program (IGAP) application and reporting process. Future webinar topics include:

resource roundtable; Microsoft basics; effective IGAP management; Tribal environmental plan; and facilitating effective meetings.

Learn more about the 7 Generations training sessions and upcoming webinars at anthc.org/chs/ces/hve/7-generations.cfm.

Save the date: 2014 Alaska Plants as Food and Medicine Symposium on August 7-9

The 2014 Alaska Plants as Food and Medicine Symposium is scheduled August 7-9 at Alaska Pacific University in Anchorage. The popular symposium, hosted by ANTHC, promotes traditional plant knowledge and ethical harvesting

of Alaska's plants to a diverse gathering of conference attendees. As the reliance upon imported foods has increased over recent generations and as educational dynamics have shifted, a gap in the knowledge, skills and practice related to Alaska plants as food and medicine has widened. This symposium hopes to help lessen this gap and share the knowledge of Alaska's local, natural bounty.

Watch a video recap of the 2013 APFM Symposium on YouTube at youtu.be/p7y_rtP3ZJA. Learn more about the APFM Symposium and register online by visiting alaskanplants.org.

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Read copies of Hot Topics in Alaska Native Health and We Are Getting Healthier at www.anthc.org/news

New Alaska Native Injury Atlas informs communities, guides injury prevention efforts

Unintentional injuries are the leading cause of potential life lost for Alaska Native people, often happening to young people. Unintentional injuries are also the third-leading cause of death, led only by cancer and heart disease. Monitoring injuries over time can help identify whether injury prevention efforts, like those led by ANTHC, programs and partners, are successful. In addition, surveillance can identify disparities between groups, which can help prioritize injury prevention efforts.

ANTHC's Injury Prevention Program and Alaska Native Epidemiology Center (EpiCenter) recently released the new Alaska Native Injury Atlas. The atlas provides an overview of injuries among Alaska Native and American Indian people in Alaska using the most recent decade of data available, 2002-2011, for deaths and hospitalizations. This report also includes regional summaries using data from 1992-2011. The atlas describes the leading causes of injury deaths and injury hospitalizations statewide and within each region. It also shares Alaska Native injury prevention success stories, such as drowning prevention outreach, increasing safety gear availability, and increasing safe gun storage

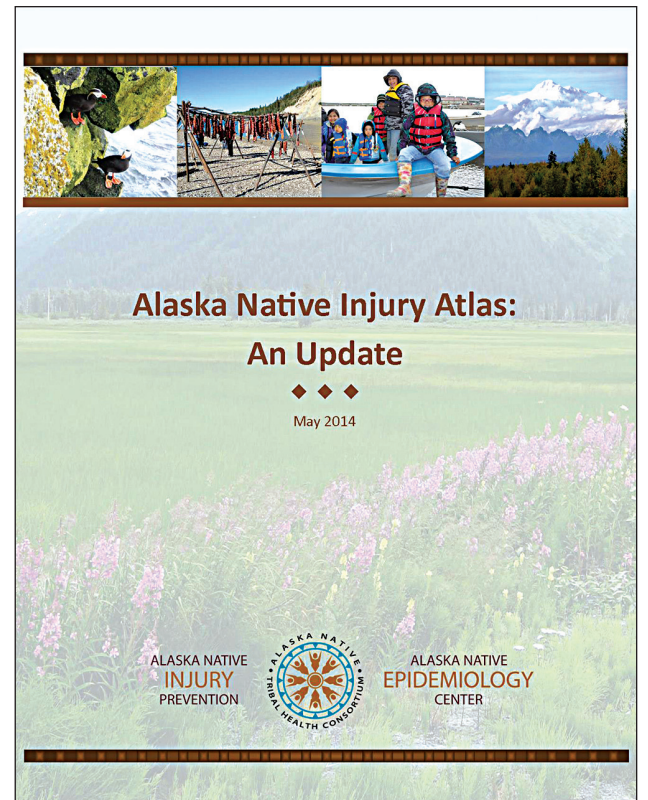
in rural communities. The atlas also presents some of the challenges to injury prevention efforts in Alaska.

ANTHC's Injury Prevention Program and EpiCenter recognize that data and the information gained from the interpretation of the data are only parts of the decision-making process. Nevertheless, data can guide advocacy, policy making, strategic and program planning, and program evaluation. The atlas serves as a useful resource for those interested in Alaska Native injury-related issues and enables them to put data into action.

Read and download the Alaska Native Injury Atlas at anthctoday.org/epicenter/publications/injury_atlas/Alaska%20Native%20Injury%20Atlas%20-%20Full.pdf.

Introduction to Injury Prevention course arrives in August

ANTHC's Injury Prevention Program is also hosting courses to build Tribal capacity for preventing injuries around Alaska. The first training, Level I – Introduction to Injury Prevention, covers the public health approach, program planning and development, evaluation and more, and is scheduled for August 26-



29 in Anchorage. The second training, Level II – Intermediate Injury Prevention, focuses on introduction to data collection and use, intervention theory, coalitions and more, and takes place March 17-20, 2015, in Anchorage. Level I is a prerequisite for Level II. For more information or to register, please contact ANTHC's Injury Prevention Program at (907) 729-3513 or (907) 729-5674.

Praveen K.C. named 2014 Public Health Service Commissioned Corps Engineer of the Year

BY JOSH NIVA

ANTHC's Lieutenant Praveen K.C. was recently named the 2014 Ian K. Burgess Young Public Health Service Commissioned Corps Engineer of the Year for engineering services in support of sanitation facilities, energy improvement projects and health care facilities. This award recognizes one junior U.S. Public Health Service (USPHS) engineer officer who has demonstrated exemplary work supporting the mission of the USPHS. Praveen is a Mechanical Engineer in ANTHC's Health Facilities program, providing assistance to rural hospitals and clinics within the Alaska Tribal Health System.

Praveen grew up in Nepal, where he said that water and electricity were "privileges, not granted." He moved to Texas to pursue his master's degree in mechanical engineering. Then, in 2009, he moved to Alaska to work for ANTHC, which gave him an opportunity to travel to Alaska's rural communities.

"I got to see how life is in rural Alaska, how the people have



adapted to the situations around them and how much they love life and their lands," he explained. "That really inspired me – I came from the same background in Nepal. The good thing about my work is that it makes an immediate impact by improving the quality of

life for the people in rural Alaska."

The award recognized Praveen's exceptional capacity for mastering the technical details of complex mechanical systems typical of an Arctic environment, as well as his creativity and focus on sustainability.

Prior to his current position, he was instrumental in designing numerous rural renewable energy projects that resulted in more sustainable water and sewer systems in several rural Alaska communities. This work included the design of ANTHC's first biomass heating system and preliminary work on ANTHC projects that will use wind energy to heat water systems. These systems will save communities thousands of gallons of fuel every year.

When he heard about his award, Praveen said, "I thought it was a mistake. But it's a good feeling to be recognized for the work we do and it encourages me to continue doing good work in the future. And I don't think I'll be able to work for a for-profit ever again where the goal is to make profit instead of serving people."

This is the second year in a row that an ANTHC employee earned the Ian K. Burgess Young Public Health Service Commissioned Corps Engineer of the Year award. Lt. Max Goggin-Kehm received the award last year.

Health Information Exchange: Patient information when and where it's needed

Imagine you or a loved one are in an accident and suddenly in an emergency room, unable to speak. Emergency room providers who have never seen you before are about to administer care. They quickly log on to a computer and instantly have access to your health care history – what you are allergic to, what medications you are taking, recent health complications, provider encounters, and more. For a patient, this could be the difference between life and death.

ANTHC is helping lead the launch of the Alaska Health Information Exchange (HIE), which will allow health care organizations across Alaska that use electronic health records to safely, securely and quickly share patient medical records. The HIE will be a critical tool in emergency situations, but also helpful in primary care and specialty care situations for patients who see multiple providers. It will be especially important for Alaska Native people living in rural Alaska who often travel for care. With the HIE, their health records are available in a click instead delayed in delivery via fax or on paper, or at times not at all.

In recent years, most of the nation's health care organizations, including the Alaska Native Medical Center and many others in the Alaska Tribal Health System, have implemented electronic health records to elevate care, quality and staff communication and efficiency to new heights. Unfortunately, often those electronic records cannot be shared between organizations. The HIE provides that bridge.

The HIE will also allow patients to have access to their health records in a secure platform. Patients who have concerns about HIE can easily opt out of it. Or they can choose a partial opt out in which information can only be used in an emergency.

Security of patient information is the top priority with the HIE. Only patients, providers and insurance companies that are billing can access the records.

“In most cases of a patient going from one provider to another, there is zero access to their health care data,” explained Stewart Ferguson, ANTHC's Chief Information Officer. “The HIE will be a place a doctor can see the most up-to-date



PHOTO BY TODD HENRY / ANTHC

The new Alaska Health Information Exchange will further improve communication between patients and providers and ultimately help providers have the most up-to-date information on patients so they can offer the best care. Here, ANMC hospital RN Rona Johnson, right, visits with patient Sharon Nakamura.

information about their patient and ultimately provide the best care for them.”

ANTHC plans to roll out the

HIE with many Alaska health care organizations in the Tribal health system and other Alaska organizations like Providence

Health & Services Alaska this summer. ANTHC Health Information Technology staff have created an HIT Onboarding Toolkit for Tribal health organizations that are considering joining the HIE or want to learn more about it.

ANTHC is also providing information about the HIE to customer-owners and partners across Alaska. A brochure and more information are available online at www.anmc.org/hie. For additional information about the Alaska HIE, contact ANTHC Health Information Technology Program Manager Beth Fleischer at (907) 729-5636 or [bifleischer@anthc.org](mailto:bfleischer@anthc.org).

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—**Kaylee**, Human Resources Assistant
Alaska Native Tribal Health Consortium
Inupiaq, from Kiana

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HEALTHY AND HISTORIC CARE, FROM PAGE 1 ▶

What is a Dental Health Aide Therapist (DHAT)?

A DHAT is a dental team member who works under the supervision of a licensed dentist providing a limited range of services. Those services include patient and community based preventive dental care, basic restorations and uncomplicated extractions. DHAT education is two years in length, followed by at least three months of preceptorship with a supervising dentist. Successful completion of these requirements is needed prior to certification by the Alaska Community Health Aide Program

Learn more

About DHATs in Alaska at anthc.org/chs/chap/dhs or on Facebook at

[facebook.com/ANTHCSmile](https://www.facebook.com/ANTHCSmile)
Learn about ANTHC's DHAT training program at depts.washington.edu/dentexak

Certification Board. A DHAT's education provides them with the skills to meet the majority of basic dental care needs in rural Alaska Native communities.

WHY A DHAT'S WORK IS IMPORTANT ...

Roughly **83 million Americans** face barriers to dental care and **50 million children** and adults live in areas without enough dentists. Alaska Native people in rural communities without access to regular dental care have suffered an epidemic of poor oral health for many years. DHATs represent a community led solution to provide dental care and prevention services.

59 percent of American Indian and Alaska Native adults had periodontal (gum) disease.

Alaska Native children suffer from tooth decay at **twice the national average**.



PHOTO BY TODD HENRY / ANTHC
A DHAT student practices her craft on a dummy at the ANTHC/UW DENTEX Training Center in Anchorage.

“Alaska shows us the way forward. Access means more than having an insurance card; it means having professionals available to provide care.”

– Louis W. Sullivan, former Secretary, U.S. Department of Health and Human Services

DHAT TIMELINE

1999

SouthEast Alaska Regional Health Consortium releases “Crisis to access in dental care,” highlighting the extent of tooth decay in Alaska Native children, unmet needs, dentist vacancy rates and dental access issues for Alaska Native people.

2000

Alaska Area Dental Director receives a \$1.3 million, 5-year IHS grant for a Dental Health Aide Project. The University of Kentucky partners with ANTHC to develop a curriculum. Dr. Ron Nagel leads the program, building consensus, developing standards for training, education, modes of supervision, competencies and scope of practice for Dental Health Aides.

2001

ANTHC's Dental Health Aide Program starts under the Community Health Aide Program.

2002

Rasmuson Foundation awards ANTHC \$1 million for the Dental Health Aide Program.

Community Health Aide Certification Board accepts standards for Dental Health Aides.

2003

The first six Alaskan DHAT students travel to the University of



PHOTO BY TODD HENRY / ANTHC
DHAT Educational Program Director Mary Williard, DHAT student Charles Redfox and Dr. Ron Nagel, who helped create ANTHC's DHAT program.

Otago in Dunedin, New Zealand, to begin Dental Therapy educational program.

2004

Four of the original six DHAT students complete education and return from New Zealand, ready to begin preceptorships in rural Alaska – two in Bethel, two in Kotzebue. A second class of six Alaska students travels to New Zealand.

2005

Alaska Board of Dental Examiners asks Alaska Department of Law to take action against DHATs for practicing dentistry without a license. Alaska Attorney General issues informal opinion that application of the Alaska Dental Practice Act on practicing DHATs was precluded by federal law.

“A Report on Quality Assessment

of Primary Care Provided by Dental Therapists to Alaska Natives” gives DHAT program a favorable evaluation.

2006

The University of Washington School of Medicine develops Alaska's DHAT Educational Program curriculum with ANTHC. The Rasmuson Foundation awards ANTHC \$450,000 to develop and support Alaska-based DHAT education.

ANTHC's Dental Health Aide Program receives the Rural Health Conference Award for Outstanding Rural Health Program.

The American Dental Association (ADA), Alaska Dental Society and an Alaska dentist file suit against ANTHC and individual DHATs for unlicensed practice of dentistry by non-dentists.

American Public Health Association passes policy statement in support of the Alaska DHAT Program and other innovative programs for underserved populations.

2007

In January, the first class of nine students representing six Alaska Tribal Health Organizations enters its first year of ANTHC's DHAT Educational Program in a temporary Anchorage space. In April, the class moves into the new

Alaska's DHATs – By the Numbers

27 DHATs are currently practicing in **81 communities** – mostly in remote villages across Alaska.

More than **40,000 rural Alaskans** now have regular access to dental care from a DHAT; most have never had this kind of access or continuity of care before.

88 percent of Alaska's DHATs are Alaska Native and **78 percent** of DHATs are working in their home region. This improves relationships, makes for cultural connections, and builds comfort and trust for patients.

An Alaska DHAT sees an average of **800** individual patients over **1,200** visits annually.

700 of those visits are preventive work, helping improve oral health.

11 Alaska Native DHATs were educated in New Zealand from 2003-2006. Six of those New Zealand-educated DHATs are still certified today.

Typically, DHATs **bill \$150,000-\$250,000 per year** more than the cost to employ them and their assistant. The avoided patient travel cost is more than **\$40,000** per year per DHAT.



ANTHC PHOTO

Local DHATs work the crowd at the Kuskokwim 300 race in Bethel.

5 new DHATs graduated in 2014.

6 DHAT students entering their second and final year of training.

More than **50 countries** use DHATs to improve access to dental care, but only the Alaska Tribal Health System and two U.S. states (Minnesota and Maine) allow mid-level dental practitioners. More than **15 states** are considering mid-level dental practitioners.

In 2008, a Centers for Disease Control and Prevention Arctic Investigations study reported that:

100 percent of Alaska children between ages 4 and 5 living in communities without fluoride in the public water supply had at least one decayed or missing primary tooth.

67 percent of Alaska children between ages 4 and 5 living in communities with fluoridated water had at least one decayed or missing primary tooth.

How DHATs are improving the oral health of Alaska Native people

A recent pilot study by ANTHC and partners in The Centers for Disease Control and Prevention's Investigation team and the Yukon-Kuskokwim Health Corporation found that ...

50-60 percent of 6-year-old children living in non-DHAT communities received dental care.

100 percent of 6-year-old children living in DHAT communities received dental care.

UW DENTEX Training Center.

Alaska Superior Court rules DHAT program is authorized under federal law and Congressional intent. The ADA does not appeal and reaches a litigation settlement with ANTHC. ADA contributes funds that support efforts that promote preventive oral health in rural Alaska and begin ANTHC's Healthy Alaska Natives Foundation.

2008

Three successful students complete the two-year program and become the first graduates of the Alaska DHAT Educational Program.

National Rural Health Association gives ANTHC's Mary Williard, DDS, the Distinguished Educator award; The Alaska Health Education Consortium gives the DENTEX Training Program its Barbara Berger award; ANTHC's

DHAT Program is listed as an innovation profile by the Agency for Healthcare Research and Policy; and The Rasmuson Foundation is honored by the American Association of Public Health Dentistry for its support.

2009

The new, state-of-the-art Yuut Elitnaurviat Dental Training Clinic opens in Bethel, provided an excellent location for the second year of the DHAT Educational Program.

2010

ANTHC receives \$3 million in appropriations from the Omnibus Appropriations Act. \$2 million is allotted for DHAT education program: \$1 million is for facilities and equipment.

The American Association for Community Dental Programs



ANTHC PHOTO

The DHAT class of 2014 celebrate completing their first year of education in Anchorage and earning their white coats.

awards Dr. Ron Nagel its Myron Allukian Jr. Lifetime Achievement Award for Outstanding Contributions in Community Dental Programs.

The Alaska Primary Care Association gives its Chinook Award to the ANTHC DHAT Program.

An independent evaluation of the DHAT Program finds high levels of patient satisfaction, noting that DHATs provide safe, competent and appropriate dental care and are well-respected in the communities.

2011

National Indian Health Board awards the 2011 National Impact Award to Alaska's first DHATs who trained in New Zealand.

2013

The Pew Center on the States released its Oral Health Report Card as part of its Children's Dental Campaign. Alaska was one of five states to score an A. The Alaska State Dental Director, Dr. Brad Whistler, noted that while families and children living in Alaska's rural communities face many barriers to receiving dental care, DHATs are helping improve their access to care, close disparities and form better dental habits.

JUNE 6, 2014

ANTHC and the Alaska Tribal Health System celebrated the 10th anniversary of Alaska's first DHATs returning from New Zealand as well as the graduation of the 2014 DHAT class at a ceremony in Anchorage.



ANTHC PHOTO

DHAT Bobby Curtis with his dental gear waiting for a ride to the health clinic in Point Hope in 2006.

Alaska's dental therapists restore our smiles across the state

BY ANDY TEUBER
ANTHC CHAIRMAN AND PRESIDENT

In 2004, four students, including three Alaska Native people, returned to Alaska from New Zealand, where they completed a two-year education program to become the first Dental Health Aide Therapists (DHATs) to practice in the United States. They were ready to change the world — which to them meant bringing improved dental care to people in Alaska's remote Tribal villages.



Teuber

They were leaders of a national movement to make everyday dental care more accessible to rural Alaskans. Following Alaska's lead, Minnesota and Maine have passed laws authorizing similar mid-level dental care providers. Fifteen other states are exploring mid-level providers as options to care, and 90 Tribes have passed eight resolutions in support of the mid-level dental approach.

It all started here, with the Alaska Native Tribal Health Consortium (ANTHC), many partners and advocates in the state and across the nation, and Alaska Native people coming together to develop a community-led solution to a crisis that affects all of our villages and cities.

On June 6, ANTHC celebrated 10 years of DHATs in Alaska and the graduation of another class of DHAT students.

For decades, oral disease has run rampant among our Alaska Native people. We have suffered some of the highest rates of oral disease in the world. Rates of tooth decay among our children were twice the national average.

The Alaska Tribal Health System tried many solutions, including hiring itinerant dentists and training community health workers to provide preventive dental services to children and families. None worked. Temporary dentists did not stay and there was little demand for preventive services. Our people needed treatment for active cavities and infections. We needed prevention addressed and acute needs met.

ANTHC learned about the successful New Zealand program, which began educating and

deploying mid-level dental practitioners in the 1920s to provide preventive and routine care in underserved communities. We established a similar initiative, building on the principles of our successful Community Health Aide Program. We sent our first class of students to New Zealand in 2003. Today, nearly 80 percent of DHATs return to their home communities to practice.

DHATs are part of a team led and supervised by a dentist, similar to nurse practitioners and physician assistants working as part of a medical team to expand access to care. They provide preventive care and routine services like fillings and uncomplicated extractions, freeing dentists to treat patients with more complex needs. DHATs work in schools and Head Start programs, teaching children how to take care of their teeth. They visit clinics in remote communities, providing commonly needed oral health services.

Much has changed in 10 years. Our students no longer travel to New Zealand for education. Instead, they study at DHAT Educational Program locations in Anchorage and Bethel.

More important is the change that we see in the

mouths of children and adults living in 81 Tribal communities served by DHATs. More than 40,000 rural Alaskans now have regular access to dental care from a DHAT — access and continuity of care that few had before. For the first time, we have “cavity-free” clubs in our elementary schools. This is not just change — it is a dramatic transformation from the days when teenagers graduated from high school with full sets of dentures.

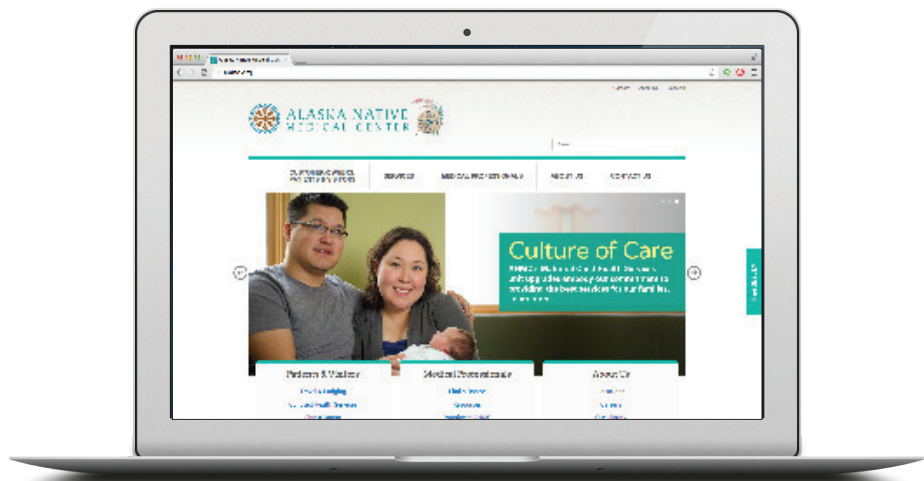
Alaska's DHAT program succeeded beyond expectations, but we must continue to invest in it. DHATs are critical resources, and although they have done so much, we need more of them. Currently, 27 DHATs are practicing across Alaska; soon, five new graduates will join them in rural Alaska. However, not all of our Tribal villages are served by DHATs. We still have thousands of people in many villages who lack access to regular dental care.

Investing in a DHAT is an investment in the community and in the health of our Alaska Native people. We are proud of our DHATs, from our pioneering first class to our new graduates. Next time you see an Alaska Native child with a beautiful smile, think about the community DHATs working with our families across Alaska.

“It's rewarding to give someone their smile back or to take out teeth they've been wanting to have taken out for a long time and get them some dentures. It's always good when someone leaves the office smiling.”

— DHAT Conan Murat, a New Zealand-trained student and Alaska Native who works for Yukon-Kuskokwim Health Corporation, based in Aniak, and travels every other week to serve 12 surrounding communities

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ALASKA NATIVE MEDICAL CENTER



ANTHC and SCF jointly own and manage ANMC under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the medical center.

Clean water, energy solutions and new construction around Alaska



ANTHC PHOTO

Members of the Alaska Rural Utility Collaborative (ARUC) Advisory Board members, representing 27 ARUC communities, met in Anchorage recently to discuss successes and challenges in the work of providing clean water and sanitation services to their regions.

ARUC meeting shares successes, challenges

ANTHC's Alaska Rural Utility Collaborative (ARUC) recently hosted a two-day meeting in Anchorage. One member from each of the 27 ARUC communities participated in presentations that recapped the past year and outlined some of the activities planned for the year ahead. Committee members had an opportunity to meet with their regional managers and project engineers to discuss issues and future projects. The meeting let members discuss common successes and challenges of providing water and sanitation services in their communities.

"ARUC is embracing the importance of customer relations and education," explained Francine Moreno, ARUC Program Administrator. "For our communities to be successful, it takes more than just our efficiency work on the main water and sewer systems. It also takes partnerships that empower our customers to make their homes efficient."

Learn more about ANTHC's ARUC at anthc.org/aruc. Like and follow ARUC on Facebook at [facebook.com/ANTHCaruc](https://www.facebook.com/ANTHCaruc).

Biomass breakthroughs, continued energy-saving work across Alaska

ANTHC's Rural Energy Initiative team recently attended and presented at the UAF Cooperative Extension Service's 2014 Alaska Wood Energy Conference in

Fairbanks. The focus of the conference was biomass for sustainable communities. People from around the world attended the conference and discussed lessons learned from biomass projects, emerging technologies that could help future projects succeed, and building a network for technical assistance.

ANTHC built its first biomass system in Elim in 2012. The small community near Nome is now burning 45 cords of wood annually to heat their community water system, displacing 5,000 gallons of expensive heating oil every year, and saving \$16,000 in annual operating expenses. The Rural Energy Initiative has biomass projects planned for construction this summer in Kobuk, Anvik, Hughes and Koyukuk. The project in Kobuk will help the community's water treatment plant save \$25,000 annually. The projects in Anvik, Hughes and Koyukuk will tie multiple public buildings to each community's biomass system and are expected to save resources in each community. The Rural Energy Initiative group will also design a biomass system to heat the washeteria and community health clinic in Huslia, and plan to pursue funding for its construction next summer.

Biomass projects consist of wood-fired boiler systems that displace fuel oil for heating public facilities. These projects promote sustainability of the communities served by reducing dependence on fuel oil for heating while also



PHOTO BY PRAVEEN KC / ANTHC

Pierre Costello, ANTHC Senior Utility Support Manager, demonstrates the proper way to load wood into the biomass boiler at the water treatment plant in Elim. ANTHC partnered with the community to build the biomass system in 2012 and it has since saved Elim \$16,000 in annual operation expenses.

keeping money spent on harvested wood in the local economy. These projects create jobs for local woodcutters in villages where employment is often hard to find.

Learn more about biomass projects and the ANTHC Rural Energy Initiative at anthc.org/energy and like the group on Facebook at [facebook.com/ANTHCenergy](https://www.facebook.com/ANTHCenergy).

New water treatment plant in Saxman is innovative, well-received

ANTHC staff joined community members in Saxman at a grand opening and dedication of the city's innovative new water treatment plant and connected water main system. ANTHC helped build the state-of-the-art digital water system, which will serve the town's 400-plus residents. The facility uses a magnetic ion exchange system,

the first of its kind in Alaska, to pretreat the water prior to filtration, as well as chlorination to complete the treatment of raw water from the nearby reservoir. The exchange system is critical to the cleanliness of the water and the health of the people using it. The plant can hold up to 800,000 gallons of treated water, so the City of Saxman is considering ways to sell excess water to nearby Ketchikan Gateway Borough service areas. The unique system received a great deal of media attention around Alaska and nationally since opening.

Learn more about the system and ANTHC's work in an Alaska newspaper story at juneauempire.com/state/2014-04-14/saxman-adds-5m-miex-system-treat-its-water.

Around ANMC

ANMC hospital adult inpatient rooms remodeled, score high for cleanliness, comfort

Built in 1997, the ANMC hospital facility is now 17 years old, and ANMC's Maintenance and Facilities, Nursing and Housekeeping groups are working together to keep inpatient rooms on the hospital's fourth and fifth floors updated and clean.

The project, known as the Healthy Rooms Initiative, has each room undergo a 36-point inspection, which includes patching and repairing walls; giving rooms a fresh coat of paint; refinishing the wood trim and replacing baseboard trim; repairing broken fixtures, lights or any other damaged components; replacing countertops and sinks; repairing or replacing plumbing components; deep cleaning the floors, fixtures and tile; replacing curtains; and much more.

The work is progressing as quickly as the hospital's patient census allows. Once a room is taken offline by ANMC nursing staff and turned over to the Facilities and Housekeeping teams, they have 48 hours to complete the work. The goal is to have all fourth and fifth floor patient rooms updated by the end of 2014.

ANMC staff take pride in keeping all rooms clean and comfortable for patients and visitors. An inpatient survey conducted by ANMC Customer Experience staff noted that 95.3 percent of patients were satisfied with cleanliness and comfort of their room in May. In April, the satisfaction rate was 96.9 and in March, the rate was 96.8. Over the past year, satisfaction scores have been above 95 percent every month.

To learn more about the ANMC hospital Healthy Rooms Initiative, contact ANMC's Customer Experience team at (907) 729-3990 or customercontact@anthc.org.

ANMC piloting a customer service program to assist traveling patients

ANMC leadership and Customer Experience team continue to provide new ways to better serve patients. Three rooms at ANMC's Qu yana House are now reserved for patients who come to ANMC for limited outpatient procedures and are not able to bring a guest observer. This pilot program is a partnership between ANMC's Surgical Services and Customer Experience staff.

Many regions have had to make budget

ANMC hospital nurses Maggie Sage, left, and Ingrid Reep discuss their shift change with customer-owner George Abbott.

PHOTO BY
BRIAN ADAMS



PHOTO BY BRIAN ADAMS

High quality care and clean and comfortable rooms are just part of experience at ANMC. Here, ANMC hospital RN Emma Rae checks in with customer-owner Fred Charles.

reductions due to sequestration that directly impact guest observer travel. This can leave customer-owners that come to ANMC for important procedures without many travel options. ANMC's new pilot program will accommodate customer-owners for select procedures, ensuring they get the care and assistance they need.

"This will help improve the customer experience and help people who may not have been able to come to ANMC for an important test or procedure," said Leatha Mercurieff, ANMC Vice President of Customer Experience. "Missing these important procedures could lead to a delayed diagnosis of cancer, all because they didn't have someone to travel with them and were not able to make it to ANMC for care."

The pilot program is starting with colonoscopy patients, and based on its success could expand to other services. For more information on this program, please contact Leatha Mercurieff, ANMC Vice President of Customer Experience, at (907) 729-1939 or lmercurieff@anthc.org.

New radiology equipment increases access, reduces radiation exposure

ANMC is constantly upgrading equipment while improving access and care for patients. The ANMC Radiology Clinic recently added digital radiography to its available services. Digital radiography technology is much improved over ANMC's previous radiography equipment. On the old equipment, it took between three and five minutes to produce an image, with the technicians also having to leave the room to process the image; they no longer have to do that. Now, when a radiology technician takes an X-ray, they

will see the image in about three seconds and can stay with their patient in the room.

"A big benefit of having this new equipment is increased throughput," said John Dolbinski, Director of Medical Imaging. "We'll be able to see a lot more patients throughout the day, greatly improving patient access for our department."

Another advantage of the new



ANMC Radiology Technician Rebecca Williams uses new digital radiography equipment to perform a scan on a customer-owner. The new equipment processes images in three seconds and uses half of the radiation of older equipment.

PHOTO BY
TODD HENRY
/ ANTHC

equipment is that a patient's exposure to radiation is now cut in half.

"Cutting the dose in half greatly benefits the patient," said Dolbinski, "as the risks associated with exposure to radiation are minimized considerably."

New molecular testing equipment saves time for customer-owners

Recently, the ANMC Laboratory purchased new equipment and began in-house molecular testing for certain respiratory viral infections and sexually transmitted infections.

Previously, work-ups done at ANMC for these disorders had to be sent to the State of Alaska for results. The average wait time for test results was between two and three days. Now, patients can expect their test results in about 24 hours, if tested during the business week.

"The customer-focused professionals at the ANMC Laboratory work closely with our caregivers to provide the most up-to-date, effective diagnostic services," said Dr. James Tiesinga, ANMC Laboratory Medical Director. "Molecular assays offer highly accurate results with minimal cost, as well as quick time to reporting. Our goal is to provide testing that is of greatest benefit to our customer-owners."

Online

Learn more about the Alaska Native Medical Center at

anmc.org

The ANMC Laboratory is working to inform Tribal partners of this new service and that they can also send specimens for in-house molecular testing. For more information on molecular testing at ANMC, please contact Ellen Murphy-Welk, ANMC's Microbiology and Phlebotomy/Lab Assistant Supervisor, at (907) 729-1225 or ewelk@anthc.org.

ANMC RNs expand customer-owner-and-family-driven care, bedside shift reporting

ANMC hospital nurses are currently working on two important initiatives: customer-owner-and-family-driven care and bedside shift reporting.

Customer-owner-and-family-driven care focuses on the patient and their family's needs – keeping everyone informed so they understand the treatment plan for the day and for the long term, and making sure all of their questions and concerns are addressed so they are fully apprised of the care plan.

In addition to improved communication, customer-owner-and-family-driven care empowers patients and their families to be active participants in the recovery process.

"Customer-owner-and-family-driven care is care that is customized for each individual," said Ingrid Reep, ANMC RN. "This includes taking time to inform patients, plan with patients, and ensure their daily needs are met."

Bedside shift reporting involves completing a shift change report at the patients' bedside, instead of at the nurses' station. Doing the shift report bedside allows the nurses to involve the patient and their family. It also allows for the opportunity to do a safety check and verify IV lines, enteral feedings and other matters that might require attention. Currently, bedside shift reporting is being piloted on the adult inpatient units on the ANMC hospital's fifth floor.

"Bedside shift reporting has and will continue to increase patient safety, as it allows for better communication between our nurses and our patients and their families," said Reep. "Bedside shift reporting incorporates customer-owner-and-family-driven care at its core and it is a reassurance for our patients and their families that they are not forgotten. It is also a reminder that they will continue to receive seamless care as shifts change."

Positive Energy

ANTHC's sustainability work produces four national awards, significant savings around Alaska

BY JOSH NIVA

Energy prices in rural Alaska are among the highest in the nation. ANTHC's innovative energy efficiency work helps ease costs so rural communities can operate health-improving infrastructure at maximum effectiveness and efficiency. That work has saved millions of dollars in energy costs in recent years while also earning ANTHC national recognition.

ANTHC's Environmental Health and Engineering staff and programs have received four Green Champion Awards from the U.S. Department of Health and Human Services (HHS) in recent years. The awards honor HHS employees and Alaska Native and Native American Tribal members involved in outstanding sustainability projects.

"A few years ago, we started off with a dream of, 'Wouldn't it be cool if we could make some small fixes, use new technology and make operational changes that will lead to greater energy conservation savings for communities?'" explained Gavin Dixon, ANTHC Project Manager. "It has been really exciting to utilize all the organizational knowledge we have at ANTHC and develop a program that makes health care and services more sustainable in rural communities."

Most recently, ANTHC's Rural Energy Initiative received a Green Champion Award for developing and implementing energy efficiency retrofits to 18 rural health clinics around



PHOTOS BY **TODD HENRY** / ANTHC

Part of the ANTHC's Rural Energy Initiative team that recently received a Health and Human Services Green Champion Award is, from left, Gavin Dixon, Praveen K.C., Kolt Garvey, Suzanne Wolf, Eric Hannsen and Carl Remley.



ANTHC Mechanical Engineer Praveen K.C. evaluates new LED lighting installations in Nulato.

Alaska. These energy efficiency upgrades and improvements to the clinics are estimated to save nearly \$68,000 in operations costs each year.

ANTHC received two 2012 Green Champion Awards – one for the Rural Energy Initiative's collective work in reducing health care facilities' operating costs and improving sanitation in rural communities; the other for a collaborative lighting project with the IHS and the Maniilaq Association that created an annual savings of \$13,000 in electricity costs for Maniilaq.

The Rural Energy Initiative received a 2011 Green Champion Award for energy audits and heat recovery work that reduced operating costs of water systems, protected the environment, and provided sustainable public health infrastructure.

Learn more about Follow ANTHC's energy work at anthc.org/energy or on Facebook at facebook.com/ANTHCenergy.



ANTHC Consulting Engineer Carl Remley analyzes electric meter data in Marshall.

AFHCAN improves access to care for rural Alaskans, maximizes resources for Tribal health system

In 1999, AFHCAN was designed by ANTHC to connect providers in urban and rural Alaska. AFHCAN has since developed a complete telehealth solution for the changing world of health care delivery. The combination of an award-winning store-and-forward system coupled with highly successful clinical program development has made AFHCAN a leader in the telehealth industry.

Using AFHCAN store-and-forward technology, providers can send and receive clinical information, images, ECGs, audiometry and other peripheral information for consultation from anywhere: at an AFHCAN cart and on a desktop computer, laptop or iPhone. This allows providers to easily and securely manage electronic referrals and have the opportunity to offer live video clinical consultations through one-to-one, multiuser or multisite conferencing.

AFHCAN hardware and software and their innovative store-and-

forward telehealth solutions are now deployed in more than 180 small rural health centers and seven regional hospitals across Alaska. Currently, providers in the Alaska Tribal Health System create more than 35,000 telehealth cases annually using AFHCAN. And that use of the AFHCAN system has revolutionized health care for Alaska, bringing high-quality health care and services closer to home for thousands of rural Alaskans.

“For example, a patient who used to have to travel two or three days to come to ANMC for a 20-minute follow-up appointment can now receive care in their own community as a result of telemedicine,” explained Sarah Freeman, ANTHC’s Telehealth Program Development Director. “AFHCAN brings doctors to the patients instead of the patients having to come to the doctors. We are seeing great satisfaction and improved outcomes for our patients because of this type of access to

care.”

AFHCAN has made a similar life-changing impact in rural areas around the world. More than 500 AFHCAN carts and other AFHCAN products are being used in 15 U.S. states and 15 countries to provide better care delivery, from Kenya to China, Saudi Arabia to Greece, Panama to Ireland, and more. In Greenland, 44 settlements are using AFHCAN tools and solutions. In the Maldives in the Indian Ocean, AFHCAN carts are used on 35 islands.

ANTHC is an FDA-listed medical device manufacturer and the AFHCAN team continues its pioneering research and development to provide innovative and effective telehealth solutions to the health care community. AFHCAN is currently working on integrating live video teleconferencing technology into solutions to provide a comprehensive suite of telehealth products and services that empower diverse organizations like those in

the Alaska Tribal Health System and beyond to improve health care.

“Moving ahead, our product development team is looking into shrinking our technology, as health care is trending toward incorporating mobile devices,” explained Chris Restall, Acting Director of Product Development/Development Manager. “We’re trying to stay ahead of the curve so providers and Community Health Aides can use mobile devices like smartphones and iPads, and Bluetooth technology, with plug-in otoscopes, ECG leads, and other peripheral devices to create and respond to cases. This year, AFHCAN developed a mobile app so clinicians can view, create and respond to AFHCAN cases from anywhere. AFHCAN’s mobile app is currently in place at ANMC and will be available to the rest of our Tribal health partners this summer.”

Learn more about ANTHC’s work with AFHCAN at afhcan.org.

Alaska students learn suicide prevention skills from ANTHC team

BY ESTELLA CLAYMORE

In 2013, ANTHC’s Behavioral Health staff partnered with the Chugach School District’s Voyage to Excellence program to provide students from Alaska’s school districts with substance abuse and suicide prevention training. Recently, ANTHC’s Barbara Franks, Suicide Prevention Program Associate, and Samantha Bacon, Behavioral Health PHD Intern, provided a safeTALK workshop to 11 students. Bacon is ANTHC’s newest safeTALK trainer and this was her first time acting as a co-trainer with Franks.

“Presenting safeTALK to the group of students from Voyage to Excellence was an incredible experience,” said Bacon. “Having so many students from various communities, all committed to becoming suicide alert helpers, in one room was more than I could have imagined my first safeTALK trainer experience to be. Despite the heaviness of such a topic, students were engaged and interested in how they could apply what they learned in safeTALK to help members of their communities.”

The 11 students included one each from Savoonga, Port Alsworth, and Chignik Lake; three from Akiak; three from Chenega Bay; and two from Port Heiden.

Voyage To Excellence provides students in grades 7-12 with unique training opportunities, which they can apply when they return to their communities and in other real life situations. Courses include life skills; personal, social, leadership and career development; service training; urban familiarization for students expecting to leave their rural communities; and more. Students can earn college credits through the Northwest Alaska Career & Technical Center and gain national certificates in First Aid and CPR. Career opportunities include job shadowing, internships and more.

At this training students had the opportunity to help celebrate the National Suicide Prevention hotline answering more than one million phone calls in one calendar year. This is the first time in the hotline’s history that this has happened. Students posed with the record number 1,130,192 for a photo that will be shared with the National Suicide Prevention crisis website and Facebook page.

For more information about the Voyage to Excellence Program, visit edline.net/pages/Chugach_VTE_Program. For more information about ANTHC’s Suicide Prevention Program, contact Barbara Franks at (907) 729-3751 or bjfranks@anthc.org.



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Thank you!

Distinguished visitors, international health care leaders visit ANTHC



PHOTO BY JOSH NIVA / ANTHC

ANTHC leaders and health care and social services dignitaries from Canada's Northwest Territories met recently to discuss approaches to health care and services in northern regions. The visiting group included the Minister of Health, the Director of the new Territorial Division of Aboriginal Health and Social Services, and two former Premiers of the Northwest Territories.

ANTHC and its staff are recognized around Alaska and the world for providing powerful and innovative services and care for more than 143,000 Alaska Native and American Indian people. ANTHC often has the opportunity to host visitors from around the world and share its unique work. This gives ANTHC a chance to share some of its programs, successes and challenges while also learning from those providing similar services in challenging and inspiring environments. Guests also visit to thank ANTHC or celebrate with staff for its high quality services and care.



PHOTO BY TODD HENRY / ANTHC

Regional and state U.S. Coast Guard leaders visited the Alaska Native Medical Center hospital recently for a ceremony to thank the Critical Care Unit team for their services and ANMC's ANTHC and Southcentral Foundation Joint Operating Board leaders for their partnership. U.S. Coast Guard Vice Admiral Paul Zukunft, Commander Pacific Area, and Rear Admiral Thomas Ostebo, Commander 17th District, presented a plaque to ANMC's CCU staff for their exemplary care of an officer who sustained injuries during a search-and-rescue operation in the Bering Sea.



ANMC Shuttles Let us do the driving!

A fleet of ANMC Shuttles are available to help patients and families get to and from ANMC and a handful of other important Anchorage destinations, including the Ted Stevens International Airport. We recently added two larger, wheelchair accessible buses for our customer-owners.

Let us drive! Find our ANMC Shuttle schedule and information about traveling to ANMC at www.anmc.org/travel. For more information, call us toll free at (855) 482-4382 or in Anchorage at 563-ANMC (2662).

Alaska Colorectal Cancer Partnership earns national honors for prevention campaign

The Alaska Colorectal Cancer Partnership (ACCP) was recently named the first place winner of the Prevent Cancer Foundation's 2014 National Screening Saves Lives Challenge for its work on the powerful colorectal cancer awareness campaign, The Cancer I Can Prevent. The ACCP received a \$7,500 grant, which it plans to use to produce video testimonials to expand The Cancer I Can Prevent campaign.

"National recognition lets us know our work is interesting to other people and that we're making a difference," explained Diana Redwood, Senior Epidemiologist with ANTHC's Alaska Native Epidemiology Center. "Our Tribal partners keep asking for more video content to use in their communities. This award will allow us to make high-quality videos of people who were screened for colorectal cancer telling their stories of why they got screened and why they think it's important for their friends and family to get screened, too."

ANTHC is one of many members of the ACCP,



which includes other Tribal health organizations, the State of Alaska and Anchorage-area hospitals, as well as physicians and community members from across Alaska. Judith Muller, a Coordinator in ANTHC's Cancer Program, has acted as the ACCP's Chair since it formed in 2006. She said the influential partnership creates many distinctive ways to help Alaskans fight cancer and puts special emphasis on making an impact in preventing cancer among

mortality of colorectal cancer," explained Muller. "We are very excited about the opportunity to make video testimonials which will help us reach even more people with the cancer screening message."

Learn more about The Cancer I Can Prevent campaign at alaskacolonealth.org. Learn more about the Prevent Cancer Foundation's 2014 National Screening Saves Lives Challenge and the Alaska CRC Partnership's winning application at screeningsaves.org/national-challenge.

Details

Alaska Native people who are 40 years old and older or who have a family history of colorectal cancer are encouraged to talk with their providers or local Tribal health organization about getting colorectal cancer screenings. You can also call the Alaska Native Medical Center Colorectal Cancer Screening Patient Navigators at (907) 729-4444 for more information.

Alaska Native people.

"The Prevent Cancer Foundation realizes that the need is great in Alaska, and that while screening rates are going up, Alaska Native people still lead the nation in incidence and

Alaska students use voices, new media to fight suicide

Three powerful student entries shine in Suicide Prevention Media Contest

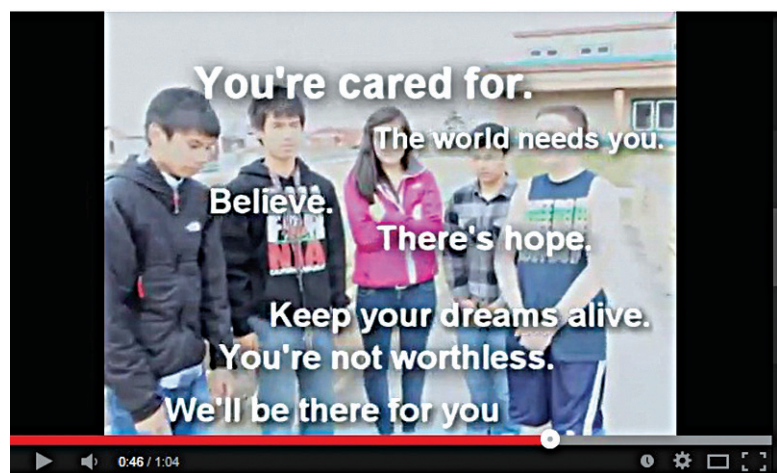
Around 318 high school students from around the state recently attended the Alaska Association of Student Government (AASG) annual spring conference in Fairbanks, where the top entries of its statewide Suicide Prevention Media Contest were announced. The media contest encourages students to create videos that promote and encourage suicide prevention. For the past three years, ANTHC supported this contest

Details

Watch the top entries in this year's Alaska Association of Student Government statewide Suicide Prevention Media Contest at bit.ly/1pKU7pL

by placing the winning videos on YouTube as well as converting the top entries into public service announcements. ANTHC also provides the top three winners with gift cards.

First place was awarded to Emma Daniels from Hutchison High School in Fairbanks for her entry, "More Than Words Anti-Bullying



A scene from the second-place video by Kanesia Price of Unalaska City School.

Video," which featured Daniels reciting a poem she wrote about overcoming bullies at her school. Second place went to Kanesia Price from Unalaska City School. Her entry featured a depressed teenager saved from his harmful actions by his friends. Third place went to Ian Nelson from Hutchison High School for his "Butterfly" entry, in which a young man's scars are transformed by his good friend into a butterfly. Each entry displayed the Alaska Careline number, 1-877-266-4357, and reinforced the message that teens and others who struggle with

thoughts of suicide are not alone and help is available.

Barbara Franks, ANTHC Suicide Prevention Program Associate, presented at the conference.

"I always love coming to this conference and spreading awareness about suicide prevention with the students," said Franks. "One young lady came up to me and told me that her writing is what keeps her out of trouble."

For more information about ANTHC's Suicide Prevention Programs and trainings, contact Barbara Franks at (907) 729-3751 or bjfranks@anthc.org. For more information about the Alaska Association of Student Government, visit aasg.org.

"More Than Words Anti-Bullying Video," the first-place winner by Emma Daniels from Hutchison High School in Fairbanks.

