



THE DEPARTMENT OF COUNSELING PSYCHOLOGY
ALASKA PACIFIC UNIVERSITY



**TELEMENTAL HEALTH
ADVANCING THE PROFESSION,
SERVING THE CLIENTS**

The Second Annual Psychology Conference
October 8, 2022

alaskapacific.edu/counseling-psychology



Welcome

The Department of Counseling Psychology at Alaska Pacific University is thrilled to welcome psychologists and mental health professionals from around the world to Anchorage, Alaska, for an online conference experience. Join us on October 8th, 2022, and enjoy the best in continuing education, updates on telemental health, and networking opportunities.

This year's highlights include:

- Integrating Technology in Behavioral Health
- Telehealth Training, Ethics & Best Practices Guidelines
- Delivery Beyond State Lines, Rural Access & Barriers
- Assessment, Treatment & Prescribing via Telehealth

The Annual Conference Committee is keen on providing the highest level of training and education, fostering the exchange of ideas, and facilitating networking opportunities for professionals across disciplines.

Counselors, psychologists, social workers, marriage and family therapists, graduate and undergraduate students, mental health, medical, other clinical professionals, community members, and advocates are invited to attend.

Conference Agenda

- 9:00 AM Opening Remarks
Dr. Farrah Greene-Palmer
Graduate Program Director
Counseling Psychology, APU
- 9:15 AM Child-Based Interventions Modified for Telehealth
Dr. Stephanie Dodge, Ph.D. Clinical Psychologist
- 10:15 AM Project ECHO: The Delivery of Addiction Medicine
and Medication-Assisted Treatment (MAT)
Jaclynne Richards
Amber Frasure
- 11: 15 AM Break for 15 minutes
- 11: 30 AM Reducing Psychiatric Re-admissions Using
Telehealth to Perform Cross-Site Training
Dr. Mychal Machado, Ph.D, BCBA-D, LBA
- 12:30 PM Break for 30 minutes
- 01:00 PM Telemedicine/Suicide
Dr. Kevin Tarlow

Conference Agenda

- 02:00 PM Opioid Use Disorder in the IHS tele-MOUD, review regulations, strategies for medication monitoring, remote behavioral health opportunities, harm reduction, and limitation to treatment accessibility in remote native villages
Dr. Sarah Spencer
- 03:00 PM Break for 15 minutes
- 03:15 PM Growing Online:
Branding, Marketing, Client Targeting, and Retention for Telehealth Clinicians
Mrs. Sophia McCarthy, MA, LPC, MFT, EMDR-T
- 04:15 PM Telehealth Services: Concerns of Boundaries, Professionalism and Clients Issues.
Mrs. Kendall Ross, MA, LCDC
- 04:50 PM Final Remarks
Dr. Robert Lane
Robert Lane, Ph.D., Professor
Graduate Counseling Psychology Program, APU
- 05:00 PM Closing Ceremony

Learn About Our Programs

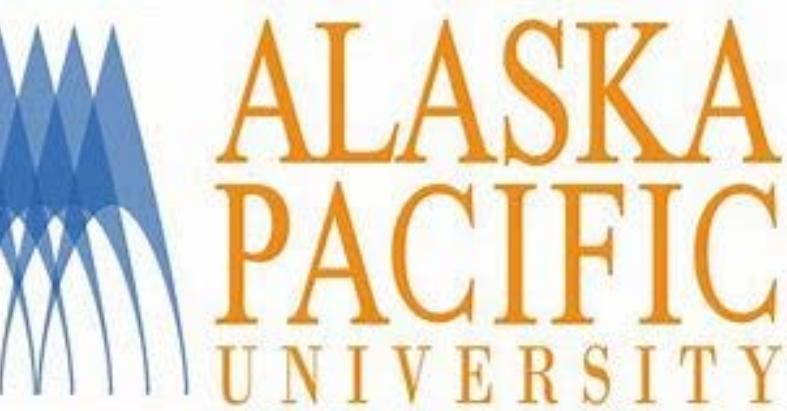
Renee Georg, Associate Professor:

People are fascinating! In Counseling Psychology, we study people, what they do, how they think, and how experiences impact their lives and attitudes; we study ourselves. Upon graduation, students are prepared to advance through the helping professions and to apply what they have learned about people to a wide variety of career and life goals.

The Institute of Health & Wellness promotes the advancement of knowledge, understanding, and reasoning in Counseling Psychology, Health Sciences, and Nursing. Honoring Alaska's complex and distinctive histories, health care services, and systems of care, the Institute prepares students to address and engage in stewardship of our peoples and communities to promote community health and wellness for all.

Move with courage and compassion. Explore the art and science of being a human. At APU, we emphasize positive psychology, applied to learn, and take wellness and strengths-based approach to counseling and the helping fields. With individualized attention from a dedicated faculty, our life-friendly degree programs prepare students from the bachelor's to the graduate level for dynamic counseling careers. Our degrees prepare you to work on the challenges and changes you desire to see in your community and in the world.





The Second Annual Psychology Conference

Topic :

Telemental Health Advancing the Profession, Serving the Clients

Saturday, October 8, 2022

9:00 AM - 5:00 PM

**100%
ONLINE**

Live at ZOOM
Virtual
Conference

Register now at :

<https://www.alaskapacific.edu/psych-conference/>

Contact

907-564-8225

psych.conf@alaskapacific.edu

MEET THE SPEAKERS



Dr. Stephanie Dodge

Clinical Psychologist
Private practice, Hilo, Hawaii



SPEAKER 2

Jaclynne Richards

Project Coordinator
Alaska Native Tribal Health Consortium



SPEAKER 3

Dr. Mychal Machado

Associate Professor
University of Alaska Anchorage



SPEAKER 4

Dr. Kevin Tarlow

Assistant Professor of Psychology
University of Alaska Anchorage



SPEAKER 5

Dr. Sarah Spencer

Addiction Medicine Physician
Ninilchik Community Clinic



SPEAKER 6

Mrs. Sophia McCarthy

Psychology Intern,
Alaska Psychiatric Institute
Alaska Pacific University PsyD Program



SPEAKER 7

Mrs. Kendall Ross

Counseling Intern,
The University of Alaska Fairbanks
Alaska Pacific University PsyD Program

Stephanie Dodge

Stephanie Dodge is currently a private practice clinical psychologist specializing in the assessment and treatment of children and adolescents. Her private practice is located in Hilo, Hawaii, which is a rural portion of the State of Hawaii that is underserved and has significant shortages in all medical services, including clinical psychology. Between 2012 and 2015, she worked at a Federally Qualified Rural Community Health Center providing integrated behavioral health services, where she developed and implemented the integrated "Keiki" (child) behavioral health service program, including collaborating with the State of Hawaii, Department of Health, Child and Mental Health Division (CAMHD) on a project to connect CAMHD with primary care in rural health settings. Prior to that, she completed an APA-accredited Post-Doctoral Fellowship (2010-2012) and an APA-accredited internship (2009-2010) at Tripler Army Medical Center. She completed her Ph.D. in Clinical Psychology at the University of Hawaii at Manoa in 2010 and also has a bachelor of the arts degree in clinical psychology from the University of Hawaii at Manoa (2003) and a bachelor of science degree from the Massachusetts Institute of Technology (1986). She is also committed to disseminating evidence-based treatment in her community through supervising internships for master's level graduate students attending the University of Hawaii Masters in Counseling program.



Jaclynne Richards

Jaclynne Richards (Qalukisaq), Iñupiaq, is an enrolled member of the Native Village of Kiana. She has served the Alaska Tribal Health System for eight years and works as a Project Coordinator for the Alaska Native Tribal Health Consortium's Behavioral Health Department. Her contributions at ANTHC include developing opioid and substance misuse prevention digital and print materials, developing and disseminating healthy relationship resources, and working on the Alaska Native Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Two-Spirit (LGBTQ2S+) Initiative. Jaclynne holds her Bachelor of Arts in Psychology from the University of Alaska Anchorage. She is a student in the Master of Science in Counseling Psychology Program at Alaska Pacific University.



Amber Frasure

Amber Frasure is a graduate student research assistant who is currently focused on addiction and addiction medicine. She has been working with ANTHC for the past two years on several projects, notably the development of the Addiction Medicine Toolkit and the facilitation of the Addiction Medicine ECHO training series. She has an MS in clinical psychology and is a current student in the UAA doctorate program in Clinical-Community Psychology.





Mychal A. Machado

Mychal A. Machado is an Associate Professor at the University of Alaska Anchorage in the Department of Psychology. They received their Ph.D. in Behavior Analysis at the University of Nebraska Medical Center in 2015 and are now a Board Certified and Licensed Behavior Analyst. Their research interests include many applications of behavior analysis, such as the integration of applied behavior analysis and technology-based interventions to improve behavioral healthcare and social justice issues, using a behavior analytic lens to evaluate methods related to popular claims in health and psychology, and the analysis of verbal behavior. Clinical areas of interest include inpatient and outpatient applications of behavior analytic treatments for children and adults experiencing autism, mental health disorders, or both. Outside of academia, Dr. Machado enjoys skiing, fishing, crocheting, Lego art creation, and spending time with their family.



Kevin Tarlow

Dr. Kevin Tarlow is a Licensed Psychologist and Assistant Professor of Clinical-Community Psychology at the University of Alaska Anchorage. He also provides therapy and psychological testing services to patients across Alaska from his telehealth practice in Anchorage.

Dr. Tarlow studies telebehavioral health, suicide, and the influence of identity, culture, and privilege on mental health practice. He has also developed single-case research methods for educational and psychological research. His experience serving uninsured patients in areas with mental health care shortages led Dr. Tarlow to create lowcosthelp.com, a national directory of affordable counseling services.

Dr. Tarlow received his Bachelor of Science in psychology from Texas A&M University, Master of Arts and Master of Education in counseling from Columbia University, and doctorate in counseling psychology from Texas A&M University. He also completed a postdoctoral fellowship in telebehavioral health care at the Texas A&M University School of Public Health. Dr. Tarlow has held faculty positions at Texas A&M University and Hampton University.

Sarah Spencer

Dr. Sarah Spencer is board certified in family and addiction medicine and has been providing treatment for opioid use disorder in rural Alaska for over a decade. She works with Project HOPE to provide opioid overdose response training and naloxone distribution and is a founding member and volunteer medical director of Alaska's only rural syringe access program in Homer. She is currently an employee of the Ninilchik Traditional Council and provides family medicine and addiction treatment services at their tribal clinic, including telemedicine to remote native villages. She is a co-author of the state's medications for addiction treatment guide, and provides addiction medicine teaching and consulting services for non-profits like the Alaska Native Tribal Health Consortium and the SAHMSA funded Opioid Response Network.





Sophia McCarthy

Mrs. Sophia McCarthy is a Dual-Licensed LPC and MFT clinician with more than nine years of clinical experience post-graduation. She is a graduate of the University of Akron's Dual (Counseling/Marriage and Family Therapy) Master's program. She possesses diverse clinical experience, including but not limited to forensics, addiction, dual diagnoses, assessments, treatment, groups, couples, and adults.

She worked in the private and public sectors before founding a successful private practice. She is a trainer of trainers, a public speaker, and an advocate for child and family welfare.

She was invited to speak at different national and international universities and organizations, including the United Nations, the Human Rights Commission, and UNESCO.

Mrs. McCarthy is a mother of 4 young children and enjoys spending quality time with her husband and kids playing board games, reading, drawing, or watching sports and rooting for the Pittsburgh Steelers & Penguins, & Cleveland Cavaliers & Guardians. She also supports any teams with LeBron James or Cristiano Ronaldo.

Kendall Ross

Kendall Ross is a counseling intern with the Student Health and Counseling team at the University of Alaska Fairbanks (UAF). She attended UAF years prior and obtained a B.A. and M.A. degree in Criminal Justice and is a licensed Chemical Dependency Counselor in both Alaska and Wisconsin state. Kendall has experience working in inpatient, outpatient, medicated assisted treatment facilities, and most recently a Court Diversion program as an opioid addictions' counselor. Recently, Kendall decided she would like to pursue more education to become a better advocate for the population she serves. Kendall is now attending the Alaska Pacific University in pursuit of Doctor of Counseling Psychology Degree (PsyD).





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Thank You!

The Department of Counseling Psychology at Alaska Pacific University would like to thank the staff, faculty, alumni, guest speakers, attendees, and students for their support and contributions to the success of this conference. Special thanks to the 2022 Psychology Conference committee and the GSC members.



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