

**GUIDE TO THE
RURAL HUMAN
SERVICES
STATEWIDE
PROGRAM,
UNIVERSITY OF
ALASKA
FAIRBANKS**

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SERVICES STATEWIDE PROGRAM, UNIVERSITY OF ALASKA
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College of Rural and Community Development
University of Alaska Fairbanks

Guide to the Rural Human Services Statewide Program



Toll Free: 1-800-478-5696



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Rural Human Services

15 Years of Cultural Integrity

1-800-478-5696
www.uaf.edu/rhs

General Information

What is the Rural Human Services Program?

PROGRAM OVERVIEW AND DESCRIPTION

The 1988 Pulitzer Prize-winning series, "A People in Peril," featured articles in the *Anchorage Daily News* that chronicled the state of mental health in rural Alaska. The articles brought to light the astonishing number of deaths amongst our Alaska Native people and described the ongoing cultural crisis. The series dramatically detailed the growing sense of helplessness and despair across Alaska, aligned with the increase of alcohol use and related increase in violent acts, particularly domestic violence. This series was the impetus for many dedicated people to come together from across the state to discuss the behavioral health needs of rural Alaskans and how best to intervene. Almost everyone involved in mental health treatment in rural Alaska had, by the late 1980s, become all too familiar with the inability of the system, as it then functioned, to meet the cultural, treatment, and geographic needs of rural Alaska Native peoples. In 1989, the leaders of Alaska Federation of Natives led the charge to make positive social change to develop a behavioral health education program that was grounded in Alaska Native cultures while combining best practice of Western treatment methods. The University of Alaska Fairbanks College of Rural & Community Development (CRCD) Rural Human Services Program (RHS) is the result of all of these efforts which germinated the "Grow Your Own" theme and other ideas from elders, students, interested individuals, rural human service providers, trainers, and university instructors. The RHS cohort model is now widely recognized and utilized as best practice at the University of Alaska CRCD programs.

As of 2008 the program has graduated 356 trained rural human service providers working in over 171 communities around the state of Alaska. The home of the RHS program is located at the Interior Aleutians Campus in Fairbanks and is delivered in an intensive cohort model on three campuses across the state: Fairbanks (Interior-Aleutians Campus), CRCD Health in Anchorage and at the Kuskokwin Campus in Bethel. Rural Human Services continues to be a statewide effort with community partnerships and collaborations as its foundation.

"The Rural Human Services Program owes its existence to the vision and determination of many people in the Alaska rural human services community. The program continues to thrive because the vision and determination shown by the founders has continued through all those involved with the program. The themes of group work, vision, and dedication runs through the entire history of the

program from its beginnings in 1989 to its present state as a well-established and respected program at the University of Alaska's College of Rural and Community Development" (Alison Meadows, 2003).

RHS is overseen and guided by elders and an advisory board to ensure the integrity of its Alaska Native cultural roots.

HISTORICAL TIMELINE OF RHS

- 1982: Group of Rural Mental Health providers write position paper to discuss why present service model is not working.
- 1988: "A People in Peril," Anchorage Daily News
- 1989: AFN's "Call to Action: Growing our Own"
- 1991: Legislation approved for funding RHS
- 1992: First state grants awarded to 5 regional health corporations for 44 RHS students
- 1994: UA Board of Regents approved RHS certificate and 1st RHS cohort graduated 44 students/
- 2006 Occupational Endorsement Approved
- 1995–2014: RHS is currently offered at the Fairbanks, Anchorage, and Bethel campuses!

*Now has over 356 graduates with rural providers in over 171 communities!

RHS Occupational Endorsement

The newly established RHS Occupational Endorsement is a 16-credit concentrated course of study focused on rural behavioral health. This endorsement coursework provides students with basic entry level training in behavioral health services and meets the educational training requirements for the entry level, professionally recognized Behavioral Health Aide I credential as developed by the Alaska Native Tribal Health Consortium. The endorsement can also serve as a "stepping stone" to the 32 credit RHS certificate degree. All sixteen credits of the endorsement can directly be applied to the RHS certificate. The RHS endorsement has been developed in direct response to current industry efforts to identify and define levels of competency-based credentials in behavioral health services. The Alaska Native Tribal Health Consortium has recently developed and defined competencies and credentials for Alaska behavioral health care workers. The State of Alaska Division of Behavioral Health standards are currently under development. The make up of the occupational endorsement directly parallels the entry level competencies training required under these systems.

The RHS Occupational Endorsement can also provide a credentialing option for service providers who work in related fields and would like additional training in rural behavioral health services. Providers who may want such training could include health aids, family service workers, correctional workers, and teachers.

Rural Human Services Mission and Goals

The Rural Human Services program promotes, coordinates, and delivers high quality skill-based education in human services for students in rural Alaska. The mission and goals of the program include:

1. Ensure that Rural Human Service graduates are qualified for and attain human service/behavioral health entry-level positions or promotions statewide, especially in rural Alaska.
2. Through the use of a systems approach, ensure that Rural Human Services graduates are well equipped to provide support and counseling in Alaskan communities.
3. Meet the training needs for entry level behavioral health care workers by using best practice models of instructional delivery through the establishment of RHS learning cohorts statewide.
4. Blend Western behavioral health practices with traditional Alaska Native knowledge and practices.
5. Expand workforce capacity by providing academic and career paths to behavioral health credentialing.

Who May Enroll In the Program?

There are no academic prerequisites for the RHS program. Any person currently working for a regional health corporation, employed to deliver village-based human services, or recognized by his or her community as a natural helper or healer may enroll. A high school diploma or GED, and previous training or work experience in the delivery of village-based human services are recommended but are not required. Students writing and math skills are assessed and referral to an appropriate course placement is made.

Where Is the Program Delivered?

RHS Programs are now available at three campuses throughout the College of Rural & Community Development (CRCD): Interior-Aleutians Campus in Fairbanks, Kuskokwim Campus in Bethel, and the CRCD office in Anchorage.

How Is the Program Delivered?

Most courses are delivered in intensive, residential week-long formats. Training sessions last from one to three weeks depending on the location. Since most students are also full time employees, it usually takes four semesters to earn a RHS certificate.

Program Collaboration

The program is a statewide effort that embraces the Alaska Mental Health Board's goal to have at least one trained human service provider in each of Alaska's 232 villages. UA faculty and staff, representatives from the Alaska Department of Health and Human Services, Alaska Native elders, Alaska Native health corporations, rural behavioral health centers, and the RHS Advisory Council work closely together.

How the Rural Human Services Program Fits With Other University Programs?

RHS provides entry-level training and skill development and enhancement for people who are currently employed or hope to be employed in organizations and agencies that deliver village-based human services. Besides providing students with introductory training and skills, the program serves as a bridge between the workplace and higher education. The program strives to serve as a stepping stone to other careers. Students who complete the program may choose to take additional university courses toward an Associate of Applied Science degree (A.A.S.) in human service or toward a Bachelor of Science degree (B.S.) in social work or a Bachelor of Arts (BA) degree in rural development, psychology, or other related fields of study. (For details, see pages 11.)

The Training Sessions

Training sessions are held at different sites around the state. Each location holds different expectations in terms of its structure and situation. Each supervisor is notified prior to courses beginning of all site requirements pertinent to that region, such as where, when, expectations, etc.

ACADEMIC REQUIREMENTS

On average, the program takes 2 years (4 semesters) to complete and requires 32 credits. Each week of the traditional sessions, a two-credit class is presented. Students have a take-home project for each class. In addition, there is an English and Math requirement and 100 hours of practicum work. Class listings start on page 11.

*Please contact the region in which you are interested for student advising.

ENGLISH REQUIREMENT

In order to graduate, students must fulfill the UAF English requirement. Students are tested for appropriate placement in an English course which for many, is taught during evening sessions and/or by audio conference.

COLLEGE CREDITS

If students have attended any other college (besides any branch of the University of Alaska), we will need an official transcript. There is usually a small fee for obtaining this.



PRACTICUM

Students will be enrolled in a 4-credit practicum during their enrollment, generally their last semester. The students' supervisors will be actively involved in practicum choice and process. A Practicum Manual will be provided that spells out the process and requirements. A faculty member will meet with the supervisor in person or by phone to detail the partnership.

ACADEMIC TRACKS AFTER RHS

Upon completion of all program requirements, students receive a Certificate (diploma) from UAF. It is equivalent to one year of college credit. Students who want to continue their formal education can apply these credits to Human Services (HUMS Associates degree), Bachelors in Social Work degree, or other behavioral health bachelor's degrees.

TRAINING SESSION COSTS

The costs for the training sessions may vary from site to site depending on course schedules. Each supervisor and/or corporation will be notified of costs pertinent to that region. There are additional charges for the Practicum and English classes. Tuition is due six weeks before the session begins. Refund policy is generally 4 weeks notice for a full refund depending on the campus being applied to; 2 weeks notice for a half refund; and less than two weeks notice is no refund.

TRAVEL

Travel arrangements and costs are the employer's responsibility. The least expensive fares are usually booked at least 21 days in advance.

Completion ceremonies recognize the students' accomplishments. Supervisors are strongly encouraged to budget money to attend depending on the region.

Supervisor Training

A supervisors' training is held on an annual basis (place to be determined). Supervisors are required to attend these meetings to give feedback, learn more about the RHS system, and to help plan for change. The travel costs are budgeted by the RHS agency sponsoring a student. (In agencies with multiple supervisors, budget constraints may limit the number of supervisors who can attend).

RHS Advisory Council

The educational program receives guidance and direction from its Program's Advisory Council. The Council is made up of members who created the philosophy and watch over the development and delivery of the program. They stress the importance of staying firmly connected to Native ways of thinking, being, and doing. The program has been very successful. RHS received a national award for innovation from the State Directors of Mental Health Program and was selected as a model program for rural mental health services. Even more important, students and their supervisors are very positive about the courses. Graduates develop a professional support network all over the state and many close friendships have been formed.

For further information, contact RHS Statewide Office at (907) 474-5440 or (800) 478-5696, x2).

Active Elders

Rural Human Services is built on Alaska Native traditional values. The program validates respective traditions to facilitate the healing of people in rural Alaskan communities. A unique aspect of RHS is that it uses Alaska Native cultures, traditions, and learning styles.

Elders are a vital part of program design and class instruction. Their wisdom guides our program. Elders are an integrate part of the classroom across the state. Courses blend Native and Western knowledge, values, and principles. The program enhances self-awareness and personal growth. RHS emphasizes cooperative learning and is grounded in the oral tradition. Learning techniques include observation, oral communication, hands-on experience, and skill applications for use in rural Alaska.

OUR ACTIVE ELDERS ARE:

Poldine Carlo, Nulato/Fairbanks
Neal and Geraldine Charlie, Minto
Elizabeth Fleagle, Alatna/Fairbanks
Anna & Richard Frank, Minto/Fairbanks
Trimbel Gilbert, Arctic Village
Mable Hopson, Barrow/Fairbanks
Peter Jacob, Bethel
Grace Larsen, Sitka
Howard Luke, Chena/Fairbanks

Alice Petrivelli, Anchorage
Thomas and Edith Pungalik, Noorvik
Ida Ross, Kobuk/Fairbanks
Wilson & Eleanor Sam, Huslia
Marie Yaska, Huslia/Fairbanks'



Regional Representatives

Brenda Wilson, Aleutians-Pribilof (Chair)
Eva Leveque, Bristol Bay (Co-Chair)
Miriam Titus, Interior (Secretary)
Susan LaBelle, Chugach
Vacant, Copper River
Vacant, Kodiak
Josie Garnie, Norton Sound
Margie Smith, North Slope
Linda Joule, Northwest Arctic
Ted Sutton, Bristol Bay
Carol Wren, Southcentral
Dinah Aceveda, Southeast
Ray Watson, Yukon-Kuskokwim

Program Awards and Recognition

- 1994 Award for Excellence and Innovation. National Association of State Mental Health Program Directors, Human Resource Division.
- 1995 Cited as a model program in rural mental health by National Association for Rural Mental Health. Office of Rural Health Policy, Public Health Service, U.S. Department of Health and Human Services.
- 1997 Highlighted as a model program in counselor training in Mental Health News Alert, a national newsletter for mental health professionals.
- 2005 Effective Behavioral Health Interventions for Children, Adolescents, and Families of Color, First Nations Behavioral Health Association.
- 2006 Innovative and Exceptional Practice in Child and Adolescents Workforce Education. Annapolis Coalition on Behavioral Health Workforce Education.

RHS Course Descriptions

NOTE: Courses marked with an asterisk (*) are included in the RHS Behavioral Health Occupational Endorsement

* RHS-110 CROSS-CULTURAL BRIDGING SKILLS (1 CREDIT)

Identifies and examines issues and impacts relevant to effective cross-cultural communication. Focus is put on understanding the barriers to effective cross-cultural communication in rural settings and development of effective cross-cultural communication skills from a Native perspective. Special emphasis is placed on the development of bridging and networking skills that integrate Native values and principles.

* RHS-115 ISSUES OF PERSONAL DEVELOPMENT (2 CREDITS)

Explores and discusses the dynamics and impacts of personal development issues relevant to the delivery of rural human services. Focus is on understanding types, application, and processes of personal development. Special emphasis placed on facilitating personal development through processes that integrate or reflect Native values and principles.

* RHS-120 FAMILY SYSTEMS I (2 CREDITS)

Surveys the historical forces exerted on Alaska Native families, examines the impacts of those forces, and discusses their contemporary effects from a Native perspective. Focus is on developing options and strategies for developing healthy Native families as the foundation for healthy Native communities. Special emphasis placed on developing the understandings and skills necessary to facilitate development and maintenance of healthy families through healthy individuals.

* RHS-130 PROCESSES OF COMMUNITY CHANGE (2 CREDITS)

Examines and discusses contemporary foundations of rural social development and relevant issues from a Native perspective. Based on an ecological systems approach, this course focuses on developing the understanding and skills necessary for facilitating positive individual, family, and community development. Special emphasis placed on developing the skills necessary to identify, develop, and mobilize individual, family, and community resources in rural Native communities.

* RHS-140 ALASKA NATIVE VALUES AND PRINCIPLES (1 CREDIT)

Explores and discusses traditional Native values and principles, their applicability to today's world, and issues relevant to their integration into today's lifestyles. Focus is on developing understandings and skills necessary for facilitating formulation of positive world views within Native individuals, families, and communities. Special emphasis placed on developing an understanding of and appreciation for spirituality as a value and its role in the life processes of Alaska Natives.

* RHS-150 INTRODUCTION TO RURAL COUNSELING (2 CREDITS)

Identifies and examines issues relevant to the delivery of rural counseling services. Focus is on developing the understandings and skills necessary for the effective delivery of rural counseling services. With special emphasis on integration of Native values and principles, this course provides opportunities for development of basic rural counseling skills and also provides opportunities for exploring strategies that facilitate positive individual, family, and community growth and development through enhancement of healthy lifestyles in rural Native communities.

RHS-220 FAMILY SYSTEMS II (2 CREDITS)

A continuation of RHS-120 Family Systems I, this course explores and discusses the dynamics and issues relevant to personal healing and recovery from a Native perspective. Focus is on developing the understandings and skills necessary for healing and recovery in Native individuals, families, and communities. Special emphasis placed on achieving healthy lifestyles thorough self-understanding based on truth, grieving, and positive proactive repositioning.

RHS-250 RURAL COUNSELING II (2 CREDITS)

Examines and discusses the differences and similarities between Native and Western counseling skills and identifies and examines issues relevant to the development and delivery of basic rural counseling skills. Focusing on identifying and building on individual, family, and community strengths as the foundation for development of intervention strategies, this course addresses the importance of integrating Native traditional values and principles into intervention strategies and service delivery. Special emphasis placed on developing and enhancing basic rural counseling skills and short- and long-term intervention strategies.

* RHS-260 ADDICTIONS: INTERVENTION AND TREATMENT (2 CREDITS)

Explores the dynamics, issues, impacts, treatment options, and intervention strategies relevant to behavioral and chemical addictions. Focus is on understanding addictive processes and developing treatment options and intervention strategies from a Native perspective. Special emphasis placed on development of treatment options and intervention strategies that integrate Native values and principles.

RHS-265 INTERPERSONAL VIOLENCE (2 CREDITS)

Examines the types, causes, and impacts of interpersonal violence. Focus is on developing an understanding of interpersonal violence and development of treatment options and intervention strategies from a Native perspective. Special emphasis placed on development of treatment options and intervention strategies that integrate Native values and principles.

* RHS-275 INTRODUCTION TO RECOVERY AND MENTAL ILLNESS (2 CREDITS)

Overview of mental illness and recovery issues. Emphasis on issues for practitioners in small, rural communities in Alaska (Prerequisites: RHS 150 or permission of instructor. Recommended: RHS 115 and RHS 250.)

* RHS-285 CASE MANAGEMENT (2 CREDITS)

Identifies and discusses issues, components, procedures, responsibilities, skills, and processes for case management in rural settings and with diverse populations. Special emphasis placed on case management processes unique to rural and village Alaska and to the fields of mental health, addictions, and interpersonal violence. Oral and written communication skills essential to effective case management are explored.

RHS-290 GRIEF AND HEALING (2 CREDITS)

Examines the types, causes, and impacts of grief and explores various models of the grief cycle. Focus is on developing an understanding of grief and grieving cycles from a Native perspective. Special emphasis is placed on development of healing strategies that integrate Native values and principles.

RHS-287 PRACTICUM (4 CREDITS)

Designed to be taken as part of the final sequence of courses in the Rural Human Services Certificate Program, the practicum provides students with 100 hours of supervised learning experience in an approved rural human service organization or agency. Focus is on placing students in supervised experiential learning experiences that expose them to opportunities for personal and professional development, self-analysis, and growth. Special emphasis is placed on developing the understandings and skills necessary to integrate Native healing theory and problem solving into the delivery of rural human services.

COMMUNICATION REQUIREMENT (2–3 CREDITS) AND COMPUTATION REQUIREMENT (2–3 CREDITS)

In order to receive a UAF Certificate in Rural Human Services, each student must also fulfill UAF's communication and computation requirements. Students most frequently take the following courses. The degree worksheet on page 12 provides other options. See your advisor if you have prior academic credit in these areas.

- a. One of the following, as recommended by placement test:
 - ENG 111 (Introduction to Academic Writing)
 - DEVS 104 (University Communications)
 - CIOS 160 (Business English)
 - Or other approved course
- b. Any math course at the 100 level or above or HUMS 117 Math for Human Service Workers, or other approved course



A Seamless Academic Path

The RHS Certificate Articulates All the Way to a Bachelor of Social Work Degree

The following information (2008–2009 UAF Catalogs) provides a guide from RHS graduate to a bachelor's degree. It is not intended to be a substitute for academic advising. At each step of the way, students are urged to make sure they have an academic program advisor who can tailor their course of study to their individual circumstances. For more detail, see the UAF catalog online at <http://www.uaf.edu/catalog/index.html>.

UAF COURSE REQUIREMENTS

The Rural Human Services (RHS) Program articulates with the AAS degrees in Human Services (HUMS) and Bachelor of Social Work (BSW). For maximum benefit of their RHS credits, RHS graduates should complete the HUMS degree, and then apply for admission to the social work program. Students may also choose to transfer into Bachelor programs in Rural Development or Psychology.

Step 1: Rural Human Services Certificate—32 Credits

Certificates are awarded by UAF in specific occupational fields with an emphasis on entering the job market. Students take a series of courses to prepare them for entry-level human service positions in rural Alaska. The courses are delivered in an intensive face-to-face format (1–3 week sessions in residence) over a period of 4 semesters. In addition to RHS courses the student will complete a practicum in their community, as well as the general university requirements. Students should be sure they are formally enrolled in the RHS program and have an RHS adviser.

GENERAL UNIVERSITY REQUIREMENTS:

- Communication 2–3 credits
- Computations 2–3 credits
- Human Relations (RHS 110* and RHS 115*)

PROGRAM REQUIREMENTS:

- *RHS 120 Family Systems I (2 credits)
- *RHS 130 Processes of Community Change (2credits)*
- *RHS 140 Alaska Native Values and Principles (1 credit)
- *RHS 150 Intro to Rural counseling (2 credits)*
- RHS 220 Family System II (2 credits)
- RHS 250 Rural Counseling II (2 credits)
- *RHS 260 Addictions (2 credits)*
- *RHS 265 Interpersonal Violence (2 credits)
- *RHS 275 Intro to Mental Health and Recovery (2 credits)*
- *RHS 285 Case Management (2 credits)*
- RHS 287 Practicum (4 credits)
- RHS 290 Grief and Healing (2 credits)

*Classes included in the RHS BH Occupational Endorsement

2008–2009 CATALOG

RURAL HUMAN SERVICES CERTIFICATE REQUIREMENTS, 32 CREDITS

You must have a cumulative grade point average (GPA) of at least 2.0. Fifteen (15) semester hours must be UAF residence credits.

**Certificate Requirements:
Communication: (2–3)**

- ENGL 111X (3)
- Or ABUS 170 (3)
- Or ABUS 271 (3)
- Or ENGL 211X(3)
- Or ENGL 212 (3)
- Or ENGL 213X(3)
- Or COMM 131X(3)
- Or COMM 141X(3)
- Or DEVS 104 (1–3)
- Or DEVS 105 (3)

Or other program approved discipline-based Communication course or discipline-based courses with embedded communication content to total 2 or 3 credits:

- _____ ()

Computation: (2–3)

Mat/Computer Science/Statistics course at the 100-level or above:

- _____ ()
- Or ABUS 155 (3)
- Or DEVM 105 (3)
- Or ECE 117 (3)
- Or HLTH 116 (3)
- Or HUMS 117 (3)
- Or PRT 155 (3)
- Or TTCH 131 (3)

Or other program approved discipline-based computation Course or discipline-based courses with embedded Computation content to total 2 or 3 credits:

- _____ ()

**Major Requirements:
A. Complete the following: (25)**

- RHS 120 Family Systems I (2)
- RHS 130 Processes of Community Change (2)
- RHS 140 Alaska Native Values and Principles (1)
- RHS 150 Intro to Rural Counseling (2)
- RHS 220 Family Systems II (2)
- RHS 250 Rural Counseling II (2)
- RHS 260 Addictions (2)
- RHS 265 Interpersonal Violence (2)
- RHS 275 Intro to Mental Health and Recovery (2)
- RHS 285 Case Management (2)
- RHS 287 Practicum (4)
- RHS 290 Grief and Healing (2)

Human Relations: (3)

- RHS 110 Cross-Cultural Building Skills (1)

AND

- RHS 115 Issues of Personal Development (2)

Note: See your advisor if you are not sure which catalog year to use

Step 2: Associate of Applied Science (AAS) IN Human Services—60 Credits

RHS graduates have 27 of the HUMS credits and may proceed directly into general education requirements and upper level HUMS courses. The courses listed below are required in addition to the RHS courses and are available by distance delivery from one's home community. The HUMS degree can be completed by distance from your home community.

*The HUMS program is currently applying for National Accreditation.

GENERAL UNIVERSITY REQUIREMENTS (15 CREDITS)

Communication (9 credits) (courses highlighted in bold are designated core requirements for all UAF bachelor degrees)

ENGL 111X (3) Methods of Written Communication

ENGL 211X or 212X* or **213X** (3) Exposition Courses

COMM 131X or **141X** (3) Fundamentals of Oral Communication

PSY 101 (3) Introduction to Psychology

HUMS 117 (3) Math for Human Service Workers

or other approved computation course

(those going on for the BSW will need Math 131X)

* ENGL 212 (Grant Writing) does not fulfill second half of written communication requirement for baccalaureate degree

PROGRAM REQUIREMENTS (9 CREDITS)

- HUMS 301 Ethics in Human Services
- PSY 240 Lifespan Development Psychology
- SWK 103 Social Work in Human Services

CONCENTRATION:

- Addictions Counseling*: (7)
- HUMS 205 Group Counseling (3)
- HUMS 260 History of Alcohol in Alaska (1)
- HUMS 305 Substance Abuse Counseling (3)

*If choosing a different concentration, work closely with your advisor.

NOTE: The following table shows HUMS Equivalency to RHS. Both RHS courses must be completed to be equivalent. In other words, if you have taken the RHS courses, you don't need the HUMS equivalent class.

RHS 110 Cross-Cultural Building Skills and RHS 140 Alaska Native Values and Principles	HUMS 120 Cultural Diversity in Human Services
RHS 150 Intro to Rural Counseling and RHS 260 Addictions	HUMS 125 Intro to Addictions
RHS 115 Issues of Personal Development and RHS 150 Intro to Rural Counseling	HUMS 215 Individual Interviewing
RHS 250 Rural Counseling II and RHS 290 Grief and Healing	HUMS 210 Crisis and Grief Counseling
RHS 285 Case Management and RHS 287 Practicum	HUMS 232 and 233 HS Practicum
RHS 120 Family Systems I, 130 Processes of Community Change, 220 Family System II, 265 Interpersonal Violence, 270 Networking, Negotiating and Conflict Resolution	Can substitute for HUMS 250 courses

* Students may petition for credit for prior learning at any level.

Step 3: Bachelor in Social Work—120 credits

All courses required for the social work degree can be taken by distance from your home community.

A student must apply and be accepted into the social work program. To be admitted to the program, students need a 2.0 GPA or above. To enroll in the senior practicum, students must have a minimum 2.5 GPA. (The social work practicum is in addition to the RHS practicum.) HUMS graduates can use their coursework toward a minor in Human Services.

GENERAL UNIVERSITY REQUIREMENTS

Meet core B.A. degree requirements for the B.A. degree in Communications Skills, Humanities and the Social Sciences, Perspectives on the Human Condition, Math or Computer Science and Natural Science.

LIBERAL ARTS COURSES

- PSY 101 (completed in HUMS)
- SOC 100 X Individual, Culture and Society
- ANTH 242 Native Cultures of Alaska

PROGRAM REQUIREMENTS

- SWK 103 Introduction to Social Work (completed in HUMS)
- SWK 220 Values, Ethics, and Social Work Practice
- SWK 305 Social Welfare History
- SWK 306 Social Welfare Policies and Issues
- SWK 320 Rural Social Work Practice
- SWK 341 Human Behavior in the Social Environment I
- SWK 342O Human Behavior in the Social Environment II
- SWK 460 Social Work Practice I
- SWK 461 Practicum in Social Work I
- SWK 463 Social Work Practice II
- SWK 464 Practicum II
- SWK 375 Research Methods
- 6 social work elective credits

*a limited number of HUMS (HSV) and PSYCH courses are accepted as alternatives to SWK electives



University Paperwork and Policies

Getting Started

UAF Admissions Application—This form admits you as a UAF student into the RHS program. The cost is \$40. List “Rural Human Services” as your major and check (✓) certificate program. This is generally completed on the first day of class (check with the region where you are attending. After the first semester the Admissions Office will send you a letter asking if you are continuing your RHS studies. Be sure you reply “yes” or you may have to be re-admitted.

Obtain transcripts from any college or university you attended (except UAF, UAA, or UAS). These must be official transcripts sent directly from the school to UAF Office of Admissions. There is usually a small charge for this service (most schools will accept credit card payment over the phone). Admissions office won't evaluate transcripts until you are enrolled as a UAF student. The Admissions Office will decide which of your courses will transfer to UAF credit(s). Your RHS advisor will explain whether those credits can be used to meet RHS or other program requirements. Mail to:

UAF Admission Office
PO Box 757480
Fairbanks, AK. 99775

Academic Bankruptcy—Students who have not attended the university as a full-time student for a minimum of two years may choose to erase past UAF academic work from their GPA (grade point average) and start over. If you think that applies to you, see your advisor. If needed, complete the Application for Academic Bankruptcy. All prior credits will be disregarded—you can't only drop the “bad” grades.

Placement—Students enrolled in a certificate program will be tested to determine appropriate placement for communication and computation courses.

During the Program

Registration—You must be officially registered for each course to receive credit.

Account Holds—If a student owes money (e.g., parking tickets, outstanding balances, loans, etc.) to any branch of UA, they cannot be registered for a course, even if they attend the class, until the account is settled. If you are in this situation, see your advisor as soon as possible.

Grades—RHS assigns letter (A–F) grades for its classes. The University no longer sends out grade reports at the end of the semester; but you can check your grades on the web (see next page). You must earn a grade of C or better in all RHS classes in order to meet your graduation requirement.

Other grade options are at the discretion of the instructor and include:

I—Incomplete a temporary grade used to indicate that the student has satisfactorily (C grade or better) completed the majority of work in a class, but for serious personal reasons has been unable to complete the class. The student has one academic year to complete the work before the “I” changes to a F.

DF—Deferred grade—is given if the coursework extends beyond the end of the semester, usually the Practicum

W—Withdrawal (you may see this on your transcript from previous academic work—not used in RHS)

NB—No Basis

Graduating

Degree Audit—When you are close to the end of your program, you or your advisor will request a review of your progress toward the graduation. Staff in the Graduation Office will let you know which requirements you have met and whether you still have more work to finish.

Application for Graduation—Plan ahead. The deadlines to file for May graduation are either in February (\$20) or March (\$30). Complete the application and pay the fee if you intend to graduate. You’ll be asked if you are attending in person or want the diploma mailed to you. You are eligible to participate in graduation at any rural campus or in Fairbanks. Indicate that RHS is your major, the degree is a certificate and name your RHS advisor. The Graduation Office will usually contact your advisor if there is a problem. If you file for graduation but are unable to complete your course work that semester, you will have to re-apply the next semester and pay the fee again.

Re-applying to UAF—If you take off 4 consecutive semester(s) from the RHS program, you will have to re-apply to UAF and pay the \$40 fee again. RHS is a

two-year program and the university will drop you from enrollment when you are not an active student.

Catalog Changes—If you dropped out of RHS and returned several years later, you will still have all the credits you earned before. However, some of the requirements may have changed. This could be a change in the courses or the number of credits a course carries. Your advisor can help you determine how you will be affected and what you need to do.

To Order An Official UA Transcript—You have the option of ordering your official transcript on line or by telephone with a credit card payment. Call 1-800-730-9016. The cost is \$7.00. On the Web, go to <http://uaonline.alaska.edu/> and follow the information for transcript request. To order by mail or fax, call 877-474-6046 or 907-474-6300.

How to Get Your UAF Grades/Transcripts

UAF does not mail out individual grade reports. You can access grades online by following the directions below. Grades are usually filed at the end of each semester.

GRADES ON THE WEB

You can access your grades, unofficial transcript, account summary, and holds, by going to:

<http://uaonline.alaska.edu>

- Enter your student ID number (usually your social security number).
- Enter your Personal Identification Number (PIN). Your PIN is initially set to your date of birth in the MMDDYY format. For example, June 1, 1977 is 060177. (If you have already signed into UAOnline, you changed your PIN.)

CHANGE YOUR PIN

Your PIN (personal identification number) is a secured number that allows access to your records on the Web. The PIN is originally set to your date of birth. *To guard against unauthorized access to your records, change your PIN.* Your PIN can be any six-digit number. Once you change your PIN, remember the new number. If you forget your PIN, call the Registrar's Office at 474-5300. **Neither RHS faculty nor staff have your PIN.**

NEW STUDENT ID NUMBER NOW AVAILABLE ON UAONLINE.

To protect privacy, UA is using a unique ID number instead of SSN as primary form of identification.

To locate your new generated ID number:

- Log in to UA Online.
- Select “Login to Secured Area”.
- Enter your User ID (currently your SSN) and PIN number.
- Select the “Login “ button.
- Click on “Personal Information” text.
- Select “New UA Identification Number” at the bottom of the list.
- Your name and generated ID will be displayed. Use this ID when you log on in the future.

Transcripts

OFFICIAL UA TRANSCRIPTS

You have the option of requesting your official transcript by FAX if you are paying by credit card, or by mail if paying by check or credit card. If you attended more than one unit of the University of Alaska, you can use this process to order all of your UA transcript at once. The phone numbers for the Transcript Department are 907-474-6847 or 907-474-6240.

UNOFFICIAL UA TRANSCRIPTS

You may obtain an unofficial online transcript at <http://uaonline.alaska.edu> or request a transcript (one per semester free) at <http://www.uaf.edu/reg/transcripts/unofficial.html>.

Financial Aid

Financial assistance resources vary from year to year. Contact your local campus for further information.





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UAF RURAL HUMAN SERVICES THANKS YOU

TRANSFORMING ALASKA: A COUNSELOR IN EVERY VILLAGE

500 Graduates
185 Villages
Changing History

"RHS is just awesome, staff and students connection prepares us to do the impossible." - Luki Hobson

EFFECTIVE EDUCATION

- 32 credit Rural Human Services certificate over two year period
- Cohort model of delivery, 1-2 weeks at a time
- Students employed in diverse behavioral health fields
- Offered in Bethel, Anchorage, Fairbanks
- Guided by Elders & Advisory Board
- Cultural Integrity
- Blend of Alaska Native & Western knowledge
- Strong workforce partnerships with support from the State of Alaska, ANTHC, and tribal organizations
- Education in prevention & intervention of suicide, domestic violence, substance abuse as part of a well rounded curriculum



"My journey in Rural Health Services has taught me the importance of education," says Lee who hopes her pursuit of higher education will inspire her three sons, Speardon, Logan and Hunter. "It is now my goal to earn a bachelor's degree in social work. I will be the first of my 10 brothers and sisters to earn a bachelor's degree. I am paving the way for my sons to earn college degrees." - Eunice Lee

COLLEGE OF RURAL & COMMUNITY DEVELOPMENT INTERIOR-ALEUTIANS & KUSKOKWIM CAMPUS

- UAF Contributes: Faculty, Student Support, In-Class Support

OUTCOMES

- 22 years of program longevity
- 76% retention rate in on-the-job behavioral health workforce
- 75% of graduates continue to work in their fields in Alaska
- Graduates pursue higher education degrees
- Meets ANTHC 's Behavioral Health Aid levels I and II curriculum requirements
- 100 Hour community service practicums

LEARN MORE

www.uaf.rhs/ or call 1-800-478-5696



Naturally Inspiring.

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