

University of Washington, School of Social Work
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EDUCATION

PhD	University of Washington, Social Welfare <i>Dissertation: Exploring relationships between childhood stressor patterns and alcohol misuse, depressive symptoms, and diabetes self-care among Midwest American Indian adults</i>	Expected Spring 2018
MSW	University of California, Berkeley Management and Planning Concentration <i>Thesis: Foster youth and higher educational enrollment: An exploratory study of youth served by Transitional Housing Placement - Plus</i>	2009
BA	San Francisco State University, Social Work	2005
AS	Skyline College, Surgical Technology	1999
AA	Santa Rosa Junior College, General Education	1997

AWARDS, HONORS, GRANTS, & FELLOWSHIPS

Dissertation Fellowship Award, Graduate Opportunities and Minority Achievement Program, University of Washington	2017 - 2018
Research Gate's Most Read Publication from University of Washington, School of Social Work (Week Ending May 7, 2017)	2017
Native Children's Research Exchange Scholar, Fellowship Award, Centers for Native American and Alaska Native Health, University of Colorado, School of Public Health	2016 - 2017
Minority Fellowship Program, Council on Social Work Education, Substance Abuse and Mental Health Services Administration	2014 - 2017
American Indian Graduate Center, Conference Travel Award	2016
Native Children's Research Exchange, Travel and Conference Scholarship, Centers for Native American and Alaska Native Health, University of Colorado, School of Public Health	2015

Name changed occurred in 2015.

Society for Prevention Research 23 rd Annual Meeting, National Institute on Drug Abuse Travel Scholarship Recipient	2015
Canadian Studies, Foreign Language and Area Studies Fellowship, University of Washington (award offered)	2014
National Institutes for Health, Institute for Translational Health Sciences Multidisciplinary Clinical Research Training Program, University of Washington	2014
National Institute of Justice Annual Conference, Invited Participant Palm Springs, CA	2014
Tribal Early Childhood Research Center Summer Institute Travel and Tuition Scholarship	2013
Association on American Indian Affairs, Graduate Student Scholarship	2013
Sociometrics, Awarded: 1R43MH098496-01A1, National Institute of Mental Health (\$305,526)	2011
American University, Washington Internships for Native Students, Intern of the Year Award	2009
Native American Health Center, Graduate Student Award	2008
National Association of Social Workers, Consuelo W. Gosnell Memorial Scholarship	2008
National Conference for College Women Student Leaders Travel and Tuition Scholarship	2008
University of California, Berkeley, School of Social Work, Myrtle Lytle Award	2007
National Association of Social Workers, Consuelo W. Gosnell Memorial Scholarship	2006

RESEARCH INTERESTS & EXPERIENCE

Interests

Historical and contemporary sociopolitical stressors as determinants of American Indian health; constellations of stressors and cumulative adversity; resilience and post-traumatic growth

Experience

Research Affiliate and Trainee, Gathering for Health Study, (Walls PI) 2014 - Present
 Department of Biobehavioral Health Population Sciences,
 University of Minnesota Medical School, Duluth campus,
 Duluth, MN.

<i>Research Assistant and Consultant</i> , Creating Campus Change: Tribal Colleges and Universities Behavior Wellness Project (PI Duran). Indigenous Wellness Research Institute, University of Washington.	2014 - 2017
<i>Fellow</i> , Native Children's Research Exchange, Centers for Native American and Alaska Native Health, University of Colorado, Anschutz Medical Center.	2016 – 2017
<i>Consultant</i> , Breaking Free from the Web of Violence: Asset-Based Approaches for Boys & Men of Color (Hamby PI). RISE for Boys & Men of Color.	2016
<i>Research Fellow</i> , Summer Institute in LGBT Population Health, The Fenway Institute & Northeastern University Institute for Urban Health Research, Boston, MA.	2015
<i>Research Partner and Trainee</i> , University of Michigan Community-Based Participatory Research Partnership Academy, Ann Arbor, MI.	2015
<i>Fellow</i> , Indigenous Substance Abuse, Medicines, and Addictions Research Training Program, Indigenous Wellness Research Institute, University of Washington.	2013—2015
<i>Research Assistant</i> , Mentoring Diverse Scientists in HIV Research on Substance Abuse and Mental Health (PI Walters). Indigenous Wellness Research Institute, University of Washington.	2014
<i>Clinical Research Summer Trainee</i> , Institute of Translational Health Sciences Multidisciplinary Pre-doctoral Clinical Research Training Program (TL1), University of Washington.	2014
<i>Trainee</i> , Health Sciences Interprofessional Education Initiative, University of Washington, Seattle, WA.	2013—2014
<i>Trainee</i> , Tribal Early Childhood Research Center Summer Institute: Early Childhood Research with Tribal Communities, Johns Hopkins Center for American Indian Health, Baltimore, MD and Tribal Early Childhood Research Center, University of Colorado, Anschutz Medical Center.	2013
<i>Consultant</i> , Multimedia American Indian Skills Training, (PI Raghupathy & LaFramboise). Sociometrics, Los Altos, CA.	2011
<i>Trainee</i> , Graduate coursework in Maternal Child Health Epidemiology, University of Arizona, Tucson, AZ.	2010 - 2012
<i>Policy Research Fellow</i> , National Congress of American Indians, Washington, D.C.	2009
<i>Research Assistant Intern</i> , U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Washington, D.C.	2009

- Graduate Student Researcher, Office of the Vice Chancellor of Equity and Inclusion, University of California, Berkeley, CA. 2008
- Research Assistant, Columbia University, for Unclaimed Children Revisited: California Case Study in Oakland, CA. 2007
- Research Assistant, The San Francisco Department of Aging and Adult Services, Partnership for Community-based Care and Support, San Francisco, CA. 2004 - 2005

PUBLICATIONS

Peer Reviewed Publications

- Elm, J. H. L., Walls, M., Aronson, B. (under review). Sources of stress among Midwest American Indian adults with type two diabetes. *Ethnicity & Health*.
- Elm, J. H. L., Lewis, J., Walters, K. L., & Self, J. (2016). "I'm in this world for a reason": Resiliency, recovery, and two-spirit women. *Journal of Lesbian Studies*. 20(3-4) 352-371. doi.10.1080/10894160.2016.1152813
- Walker, R. D., Bigelow, D. A., LePak, J. H., & Singer, M. J. (2012). Demonstrating the process of community innovation: The Indian country methamphetamine initiative. *Journal of Psychoactive Drugs*. 43(4), 325-330. doi.10.1080/02791072.2011.629140

Manuscripts in Preparation

- Elm, J. H. L. & Walters, K. L. Child abuse and suicide attempt among male and female sexual minority American Indians and Alaska Native Two-spirits. *Journal of Interpersonal Violence*.
- Walls, M., Brockie, T., Elm, J. H. L., & Beaulieu, S. Exploring the buffering effect of social support among American Indians exposed to adverse childhood experiences.
- Sarche, M., Nayaran, A., Elm, J. H. L., & Beaulieu, S. Attachment styles across generations of American Indians.
- Sittner, K., Krey, M., & Elm, J. H. L. Covert and overt microaggressions experienced by American Indians.

Book Chapter

- Walters, K. L., Evans-Campbell, T., Town, M., Schultz, K., Elm, J. H. L., & Beltrán, R. E. Incorporating cultural worldviews into oncology social work practice with American Indian and Alaska Native populations. (2015). In G., Christ, C., Messner, & L., Behar, L. (Eds.). *Handbook of Oncology Social Work*. New York, NY: Oxford University Press.

Policy Briefs, Commentaries, & Reports

- 7 Directions Architects and Planners. (2017). *Residential Substance Abuse Treatment Facility Feasibility Study: Report to the Business Council of the Confederated Tribes of the Colville Reservation*. Confederated Tribes of the Colville Reservation: Nespelem, WA.
- Elm, J. H. L.,** Walters, K. L., & The Indigenous Wellness Research Institute, National Center of Excellence. (2015). *Response to federal Indian Health Services' request for public comment on the Indian Health Service's request for information on the health needs of the American Indian/Alaska Native LGBT community*, Document Number: 2015-13774.
- Native American Health Center & Native American California Reducing Disparities Project. (2012). *Native vision: A focus on improving behavioral health wellness for California Native Americans. California reducing disparities project, Native American population report*. Office of Multicultural Services: Sacramento, CA.
- National Congress of American Indians. (2009). *American Indian and Alaska Native youth and teen pregnancy: A White House policy brief*. National Congress of American Indians: Washington, D.C.
- LePak, J. H.** (2009). *Same day billing case study: Report to U.S. Department of Health and Human Services*. Substance Abuse and Mental Health Services Administration: Washington, D.C.
- LePak, J. H.** (2009). *Assessment and recommendations on students, staff, and faculty with disabilities: Report to the University of California, Berkeley, Office of Equity & Inclusion*. University of California, Berkeley: Berkeley, CA.
- LePak, J. H.** (2005). Native American pressures. *Multicultural Voices*, 9(1), 1-5. San Francisco State University: San Francisco, CA.

PRESENTATIONS

Peer-Reviewed Conference Presentations & Posters

- Elm, J. H. L.** (2017, June). Suicide Attempt and Childhood Risk Factors among Urban Lesbians, Gay, Bisexual and Two Spirit American Indians and Alaskan Natives. Presented at the Native American and Indigenous Studies Association Conference 2017. Vancouver, British Columbia.
- Elm, J. H. L.** (2017, April). High (but not as high as expected) prevalence of suicide attempt among American Indian and Alaska Native Sexual Minority Two-Spirits. Poster presented at the 2nd Annual ResilienceCon 2017: The Science of Strength. Nashville, TN.
- Elm, J. H. L.** (2016, September). Developing an ACE measure for Indian Country: Early considerations. Presented at the Native Children's Research Exchange II Annual Conference. Denver, CO.

- Walls, M.L., Aronson, B. & **Elm, J.H.L.** (2016, June). Stress and diabetes among American Indian adults: First results from a longitudinal study. Presented at the 15th International Conference on Social Stress Research. San Diego, CA.
- Ignacio, M. & **Elm, J. H. L.** (2016, March). Exploring Native LGBTQ/Two-Spirit health issues. Presented at the Queer I Am Summit. Olympia, WA.
- Elm, J. H. L.** & Aronson, B. (2015, September). Adverse childhood experiences, depression, and diabetes: Is there a link? Poster presented at Native Children's Research Exchange II Annual Conference. Denver, CO.
- Elm, J. H. L.** (2015, June). Substance use: Origins, consequences, & implications in American Indian Vocational Rehabilitation Services. Presented at the Consortia of Administrators for Native American Rehabilitation Annual Mid-Year Conference. Myrtle Beach, NC.
- Elm, J. H. L.** (2015, June). Stressors and health inequities within American Indian tribal communities. In **J. H. L. Elm** (Chair), *Stress, Resiliency, and Health Disparities among American Indian, Alaska Native, and Two Spirit Populations: Understanding Complex Stress, Trauma, and Wellness in an Affordable Care Act Era*. Paper and symposium presented at the 23rd Annual Meeting of the Society for Prevention Research. Washington, D.C.
- Elm, J. H. L.** & Villegas, M. (2015, May). Adverse childhood experiences: Using data to inform policy and design interventions. Workshop conducted at the 36th Annual Protecting Our Children National Indian Child Welfare Association Conference. Portland, OR.
- LePak, J. H.**, Walters, K., Evans-Campbell, T., Huh, D. (2014, November). Embodiment of historical trauma among sexual minority American Indian and Alaska Native women. In Zimmerman, L. (Chair), *The Impact of Sexual Identity, Lifetime Trauma Exposure, Intergenerational Trauma and Family Factors on Mental Health and Substance Abuse among Diverse Samples of Women*. Paper symposium conducted at the International Society for Traumatic Stress Studies 30th Annual Meeting. Miami, FL.
- Walters, K. L., Simoni, J. M., Pearson C. R., Evans-Campbell, T., Charles, C. D., & **LePak, J. H.** (2014, October). *Developing a community grounded HIV preventative intervention using technology, for American Indian and Alaska Native men who have sex with men*. Symposium accepted at the International Network of Indigenous Health Knowledge and Development, 6th Biennial Conference, Winnipeg, MB, Canada.

Peer-Reviewed Conference Presentations – Under Review

- Elm, J. H. L. & Haverkate, R. (under review). *Fostering resilience in tribal communities: Understanding the link between child abuse and suicide attempt and ways we can reduce risk among our LGBTQ-Two Spirit relatives*. Indian Health Service, Annual Behavioral Health Conference. Tulsa, OK.

Select Professional Presentations

- Elm, J. H. L.** (2017, July). Resiliency and Recovery among American Indian and Alaska Native Two-Spirit Women & Child Abuse & Suicide Attempt Among American Indian and Alaska Native Two-Spirits. LGBTQ-Two Spirit Work Group. Indian Health Service, Rockville, MD.
- Elm, J. H. L.** (2017, June). *Child Abuse & Suicide Attempt among Male & Female American Indian & Alaska Native Two-Spirits*. Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, Rockville, MD.
- 7 Directions Architects and Planners & **Elm, J. H. L.** (2017, March). *Colville Substance Use Treatment Facility: Data Collection & Pre-design Feasibility Study*. Colville Business Council, Confederated Tribes of the Colville Reservation, Nespelem, WA.
- Elm, J. H. L.** & Parker, S. (2016, August). *Principles of Community-Based Participatory Research*. Quarterly Tribal Health Committee Meeting. Oneida Nation, Oneida, WI.
- Elm, J. H. L.** (2015, April). *Indigenizing mentoring for PhD students*. Indigenous Wellness Research Institute. Indigenous Substance Abuse, Medicines, and Addictions Research Training Program Annual Retreat. Albuquerque, NM.
- LePak, J. H.** (2011). *Urban Indians 101*. Native American Health Center. Oakland, CA.
- LePak, J. H.** (2011). *Urban Indians in California*. First 5 Alameda County. Oakland, CA.
- LePak, J. H.** (2010). *Community development in Indian Country: Community health as a critical aspect*. American University, Washington, D.C.

TEACHING

Interests

Macro practice social work; child and family, and health policy; program evaluation; social determinants of health; historical trauma and resilience; historical foundations of social work

Course Experience

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| <i>Instructor</i> , Historical Trauma and Healing (MSW),
University of Washington, School of Social Work. | 2016 |
| <i>Co-Instructor</i> , Child and Family Services and Policy (MSW)
University of Washington, School of Social Work. | 2013 |
| <i>Instructor</i> , Urban Indian Experience, (BA), College of Ethnic Studies,
San Francisco State University, San Francisco, CA. | 2010 |

Invited University Lectures

- Historical trauma: Theory, practice and policy.* Guest Lecture for Social Work course: Advanced Practice with Diverse Multigenerational Families. University of Washington. 2017
- Historical trauma and healing: Health inequities & the stress process.* Guest Lecture for Social Work course: Historical Trauma and Healing. University of Washington. 2017
- Colonization, substance “misuse”, and “recovery”.* Guest lecture for Gender, Women, and Sexuality Studies course: Criminality and “Deviance” in Native Communities. University of Washington. 2016
- Intergenerational resiliency: Recovering from stress through braiding our strengths.* American Indian Graduate Program and School of Social Welfare, University of California, Berkeley. 2015
- Historical trauma and resilience.* Guest lecture for cohort of first year MSW students. University of Washington. 2015
- Historical trauma, coping, and resilience.* Guest lecture for MSW course: Social Work for Social Justice Developing a Personal-Professional Stance. University of Washington. 2015
- Social justice in macro practice.* Guest lecture for BASW course: Introduction to Social Work Practice. University of Washington. 2013

ADDITIONAL PROFESSIONAL EXPERIENCE

- Consultant, The Confederated Tribes of The Colville Reservation, Nespelem, WA.* Colville residential substance abuse treatment feasibility study. 2016 - 2017
- Consultant, Wisconsin Inter-Tribal Child Care Association Spring Conference, Red Cliff Reservation, WI.* Training: *Adverse childhood experiences from a tribal perspective.* 2016
- Consultant, American Indian Child Resources Center, Oakland, CA.* Awarded California Office of Emergency Services, The American Indian Child Abuse Treatment Program grant, California Office of Emergency Services (\$125,000). 2015
- Youth and Family Advocate, Federated Indians of Graton Rancheria, Rohnert Park, CA.* Awarded U.S. Department of Justice, Justice Systems and Alcohol and Substance Abuse grant (\$730,902) & U.S. Department of Justice, Tribal Youth Program grant (\$429,053). 2011

<i>Program Coordinator</i> , Native American Health Center, Oakland, CA. Awarded Substance Abuse and Mental Health Services Administration, Youth Suicide Prevention and Early Intervention Grant (\$736,000) & U.S. Department of Health and Human Resources, Office of the Administration for Children and Families, Tribal Home Visiting (\$2,045,000).	2010—2011
<i>Senior Operating Room Technician</i> , Kaiser Permanente, San Rafael, CA.	2001—2011
<i>Legislative Associate</i> , National Congress of American Indians, Washington, D.C.	2010
<i>Legislative Fellow</i> , National Congress of American Indians, Washington, D.C.	2009
<i>Research & Policy Associate</i> , John Burton Foundation for Children without Homes, San Francisco, CA.	2008
<i>Management and Planning Assistant</i> , California Department of Education, Foster Youth Services Program, Sacramento, CA & Alameda County Office of Education, Foster Youth Services Program, Oakland, CA.	2007—2008
<i>Planning Assistant</i> , American Indian Child Resource Center, Oakland, CA.	2006
<i>Community Health Educator</i> , St. Kitts Life Services Association, West Indies.	2004

PROFESSIONAL AFFILIATIONS & SERVICE

REVIEWER ACTIVITIES

Journal of Primary Prevention
 Transcultural Psychiatry
 Journal of Consulting and Clinical Psychology
 Journal of Psychoactive Drugs

UNIVERSITY SERVICE

<i>Student Representative</i> , School of Social Work Awards Committee, University of Washington	2015—2016
<i>Student Representative</i> , School of Social Work PhD Steering Committee, University of Washington	2013—2015
<i>Senator</i> , Graduate and Professional Student Senate, University of Washington	2013—2014
<i>Co-chair</i> , Native Organization of Indigenous Scholars, University of Washington	2013—2014

<i>Member, School of Social Work PhD Curriculum Committee, University of Washington</i>	2012 – 2013
<i>Member, School of Social Work PhD Social Justice Committee, University of Washington</i>	2011 – 2013
<i>Advisory Board Member, American Indian Graduate Program, University of California, Berkeley</i>	2007 – 2012
<i>Chair, American Indian Graduate Student Association, University of California, Berkeley</i>	2007 – 2009
<i>Advisory Board Member, Tang Health Center, University of California, Berkeley</i>	2007 – 2009
<i>Delegate, Graduate Assembly: Graduate Student Government, University of California, Berkeley</i>	2007 – 2009
<i>Advisory Board Member, Office of the Vice Chancellor of Equity and Inclusion, Strategic Advisory Group, University of California, Berkeley</i>	2007 – 2008

PUBLIC ENGAGEMENT & MEDIA MENTIONS

- Lee, N. & MacLean S.J. (2016, August 28). How big of a problem is ice use among Indigenous Australians? *The Conversation*. <http://theconversation.com/how-big-a-problem-is-ice-use-among-indigenous-australians-57977>
- Cheney-Rice, Z. (2016, April 26). Oklahoma Republican apologizes for saying Native Americans are predisposed to alcoholism. *Mic. & Yahoo*. <https://mic.com/articles/141824/oklahoma-republican-apologizes-for-saying-native-americans-are-predisposed-to-alcoholism#.AHMMTa9Kp>
- Mousseau, A., **Elm, J. H. L.**, & Sierra, A. (2016, February 14). Valentine’s Day edition with Andrew Ironshell: Healthy relationships. *Thunder Valley Community Development Corporation Radio Hour, KILI Radio*. Pine Ridge Reservation, SD. <https://soundcloud.com/andrew-ironshell/thunder-valley-cdc-radio-hour-valentines-day-special>
- Doctorow, C. (2015, October 6). Genocide, not genes: Indigenous peoples' genetic alcoholism is a racist myth. *Boing Boing*. <https://boingboing.net/2015/10/06/genocide-not-genes-indigenou.html>
- Szalavitz, M. (2015, October 2). No, Native Americans aren’t genetically more susceptible to alcoholism. *The Verge*. <http://www.theverge.com/2015/10/2/9428659/firewater-racist-myth-alcoholism-native-americans>
- LePak, J. H.** (2010, September 29). California’s AB 12: Good for Indian foster children. *Indian Country Today*.

COMMUNITY SERVICE

<i>Research Development Volunteer, Oneida Tribe of Indians of Wisconsin</i>	2015—2016
<i>Member, California Mental Health Services Act Multicultural Coalition, Sacramento, CA</i>	2011—2016
<i>Volunteer, American Indian Child Resource Center, Oakland, CA</i>	2011—2015
<i>Volunteer, National Association of Tribal Historic Preservation Officers, Washington, D.C.</i>	2009—2010 & 2014
<i>Board Member, University of California, Davis, Research and Education Community Advisory Board</i>	2011—2012
<i>Research Volunteer, Center for Reducing Health Disparities, University of California, Davis</i>	2011—2012
<i>Board Member, Seva Foundation, Native American Community Health Program, Berkeley, CA</i>	2011—2012
<i>Chair, First 5 Alameda County, Systems of Care Cultural and Linguistics Committee</i>	2011 Responsiveness
<i>Volunteer Grant Reviewer, Alameda County, Department of Mental Health, Innovations Program</i>	2011
<i>Member, Bay Area Collaborative of American Indian Resources, Oakland, CA</i>	2008—2011
<i>Board Member and Volunteer, Intertribal Friendship House, Oakland, CA</i>	2007—2009
<i>Volunteer Surgical Technologist and Circulating Nurse, Hospital De la Familia, Guatemala</i>	2002 & 2006

PROFESSIONAL AFFILIATIONS

<i>Member, Society for Prevention Research</i>	2015 - Present
<i>Member, American Academy of Pediatrics, Council on Community Pediatrics, Indian Health Special Interest Group</i>	2017
<i>Member, Native Children's Research Exchange</i>	2015-Present
<i>Member, National Indian Child Welfare Association</i>	2015-Present
<i>Member, Racial & Ethnic Mental Health Disparities Coalition</i>	2014-Present
<i>Member, Native American and Indigenous Studies Association</i>	2014-Present
<i>Member, Council on Social Work Education</i>	2012-Present
<i>Member, American Association of University Women</i>	2008-Present
<i>Member, National Association of Social Workers</i>	2003-2009

REFERENCES

Karina Walters, PhD, Professor
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Department of Behavioral Health &
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