



Application for Appointment to Boards, Committees, and Commissions City and Borough of Sitka

Board/Commission/Committee: Marijuana Advisory Committee
 Name: Jeff Arndt Daytime Phone: 738-2025
 Address: 207 Cedar Heights Evening Phone: same
 Email Address: queenmab@gci.net Fax Number: none
 Length of Residence in Sitka: 3.5 years Registered to vote in Sitka? Yes No
 Employer: Self employed Mental Health Counselor and Substance Abuse Therapist

Organizations you belong to or participate in: Soon to be elected to Sitka Trailworks Board
Member of Sitka Conservation. Participate on newly formed Sitka Big Band playing tenor sax. Panelist on recent marijuana panel.

Explain your main reason for applying: I have training and experience working with people who use substances and think I could help our community create a plan that will thoughtful, organized and realistic.

What background, experience or credentials will you bring to the board, commission, or committee membership?
I am a licensed Professional Counselor (LPC) and a Master Addiction Counselor (MAC).

I am not for or against marijuana use, but I do believe we have to manage the parameters of use and the process of sell it In Sitka.

Please disclose any potential conflicts of interest that may arise from your appointment. These may include but are not limited to: None

- A substantial financial interest of \$1000 annually that could be influenced by your appointment.
- An immediate family member employed within the scope of this appointment.

Please attach a letter of interest, outline, or resume which includes your education, work, and volunteer experience that will enhance your membership.

→ (To be considered, your application must be complete AND be accompanied by one of the above supporting documents.)

Date: 10/3/15 Signature: Jeff Arndt

Your complete application and resume should be returned to the Municipal Clerk's Office by noon on the Wednesday prior to an advertised Assembly meeting.

Please note: all information submitted will be made public and published online. Appointments are normally made during open session of an Assembly meeting, however, Assembly members may vote to discuss applicant(s) in closed executive session. In this case, do you wish to be present when your application is discussed? Yes No

Return to:
 Melissa Henshaw, Deputy Clerk/Records Specialist, 100 Lincoln Street
 Fax: 907-747-7403 Email: melissa.henshaw@cityofsitka.org

Jeff Arndt

207 Cedar Heights
Sitka, Alaska 99835

(907) 738-2025
Email: queenmab@gci.net

STRENGTHS BROUGHT TO THIS POSITION

- Extensive experience in emergency medical situations and crisis intervention
- Well developed cross cultural skills
- Ability to create and maintain a peaceful, productive working environment
- Extensive experience working with people from diverse backgrounds and viewpoints to arrive at solutions to personal, medical, community, and mental health issues
- Excellent writing and public speaking skills
- Ability to persevere in difficult circumstances
- Strong ability to improvise and respond flexibly to others
- Years of success at managing a profitable business
- Mature person who has lived an adventurous, mindful, and grounded life

EDUCATION

August 2007- April 24, 2009 **Masters of Science in Counseling Psychology**
Alaska Pacific University

Relevant Skills:

- Individual, family, and group counseling
- Training in substance abuse counseling
- Strong writing and communication skills
- Multicultural awareness and ethical responsibility

Internship Experience:

- 142 hours at a substance abuse clinic doing evaluations and groups
- 530 plus hours at the University Counseling and Wellness Center; counseling faculty, staff, and students ages 18-60 with issues of substance abuse, relationships, depression, anxiety, suicidal ideation, and crisis intervention
- Planned and led a wellness retreat and groups

2008 ASIST (Applied Suicide Intervention Skills Training) certification

- Training in prevention, intervention, and postvention (for those who injure themselves and those who are effected)

2003 Teaching English as a Foreign Language (TEFL Certificate) **1997, 1998, 1999 Certificates of Achievement in Spanish Language**

- Learned to speak spanish as an adult learner in Mexico, Ecuador, and Costa Rica
- Student taught non-english speakers in Mexico using multiple techniques
- Augmented my skills in deciphering intonation, facial expression, and body language enhancing interpersonal communication
- Developed ability to understand, appreciate, and interact with different cultures

1982 Bachelor of Arts in Flute Performance University of Alaska

- Communicated complex musical concepts to an audience
- Developed ability communicate on an intuitive level with other musicians
- Learned to regulate emotions under the stress of public performance

1976 Diploma in Respiratory Therapy Indian Hills Medical Center

- Learned to work independently and manage a patient case load
- Learned a variety of complex medical procedures
- Learned to function in stressful situations including the emergency room
- Developed ability to communicate with a wide variety of patients and family members
- Extensive experience treating children and adolescents

WORK EXPERIENCE

Present

-I am in the process of opening up my private practice in Mental Health and Substance Abuse counseling

January 2014 to April 2015 Acting Program Manager SEARHC

- Am managing all aspects of Clinic II (HTNH) operations, including
- budget, personnel issues, position recruitment
- growing and overseeing Intensive Outpatient Substance Abuse Program
- rebuilding FASD diagnostic team
- raised client visits 35% and lowered No Show rate to 15-20%
- created an improved No Show policy that is used throughout Behavioral Health
- working proactively on all aspects of Joint Commission requirements
- working constantly to create and maintain an environment where the staff can focus on the clients, think as a team, and stay motivated and engaged

May 2013- January 2014 Behavioral Health Clinician II SEARHC

- All duties as required at Clinic II (HTNH) including
- general mental health counseling
- child, adolescent counseling
- marriage and family counseling
- grief and trauma counseling
- substance abuse counseling
- Integrated Assessments

February 2012-May 2013 Behavioral Health Clinician II

SEARHC

- Supervised paraprofessional staff
- Did Integrated Mental Health/Substance Abuse Assessments
- Did Individual counseling
- Led various groups, including REBT, Boundaries, Domestic Violence, Self Esteem, Tobacco Cessation, Nutrition
- Updated and developed new curriculum for groups
- Coordinated process of staff upgrading credentials
- Became a MAC (Master Addiction Counselor)

May 2009-December 2012 Substance Abuse Counselor

Alaska Human Services

- Did evaluations and intakes on clients mandated by courts to receive treatment
- Did individual counseling with clients of all ages, ethnicities and cultural backgrounds
- Led groups on topics related to substance abuse
- Earned CDC-11
- Earned LPC license

1989-present Self-Employed Woodturner/Sculptor

- Created art objects to please the gallery, the customer, and myself
- Established enduring relationships with gallery owners based on trust and respect
- Listened deeply to clients' desires to create a commissioned piece that reflected their personalities and aesthetic preferences
- Lived a nature based life, where I grew in mindfulness and developed a calm center from which I operate as a counselor

2005-2008

Writer

Spanish Learning Resources

- Wrote stories for a spanish language website about Latin America based on my travels
- Worked closely with a team to produce these stories which included photographs, written translation, and audio reading of the story in Spanish

2004

Coalbed Methane Coordinator

Friends of Mat-Su

- Organized and moderated groups of citizens and bureaucrats with opposing views
- Gave speeches in various venues
- Testified before the state legislature
- Appeared on TV and radio, and in print as the spokesperson for the organization
- Persuaded a state agency to hold public meetings on the coalbed methane issue to address the concerns of private property owners
- Created brochures that informed hundreds of citizens at state-sponsored meetings
- Helped the Mat-Su Borough craft and adopt ordinances to protect property owners from harmful drilling practices

1977-1982, 1988-1991 Respiratory Therapist Providence Hospital, Anchorage
1982-1984, 1986-1988 Respiratory Therapist Mat-Su Regional Medical Center

- Worked closely with children, adolescents, and their families in a hospital setting
- Learned to function calmly and effectively in crisis and emergency situations
- Functioned as a de facto counselor to individuals who were experiencing life and health crises or even imminent death
- Learned to work both independently and with a team in stressful environments

1984-1986 Agriculturalist Maniilaq Association, Kotzebue, Alaska

- Lived and worked in an Inupiat community for several years
- Greatly expanded my awareness and knowledge of Alaska Native issues
- Interacted in a wide variety of circumstances with community members
- Created and presented agricultural programs in schools and on garden sites for children ages 6-18

References

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dterry@search.org