



Cyntha Begay (Navajo), NARCH I0 Research Support Fellow

# Mentor Guide



NW NARCH



# Contents

- About this guide
- Tips
- Mentor list
- Our team
- Contact us

# About this Guide

NW NARCH understands that Native mentors are an essential component to increasing Native representation in health research and the sciences. That's why we maintain strong relationships with Indigenous scholars across the country who can serve as mentors to our trainees.

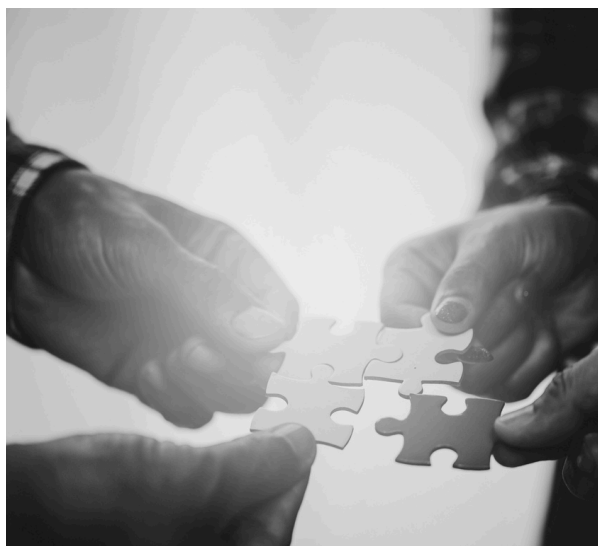
This guide lists available mentors in an easy to use directory. Fellows can learn about our mentors before making a connection. New mentors will be added as they become available.







# Tips



Creating culturally safe & successful mentor relationships aren't always easy. Luckily, we're here to help.





# It starts with **you.**



**Take an Indigenous approach** to mentorship. Our approach is a community approach. Mentees should seek out many mentors to learn different skills and perspectives.

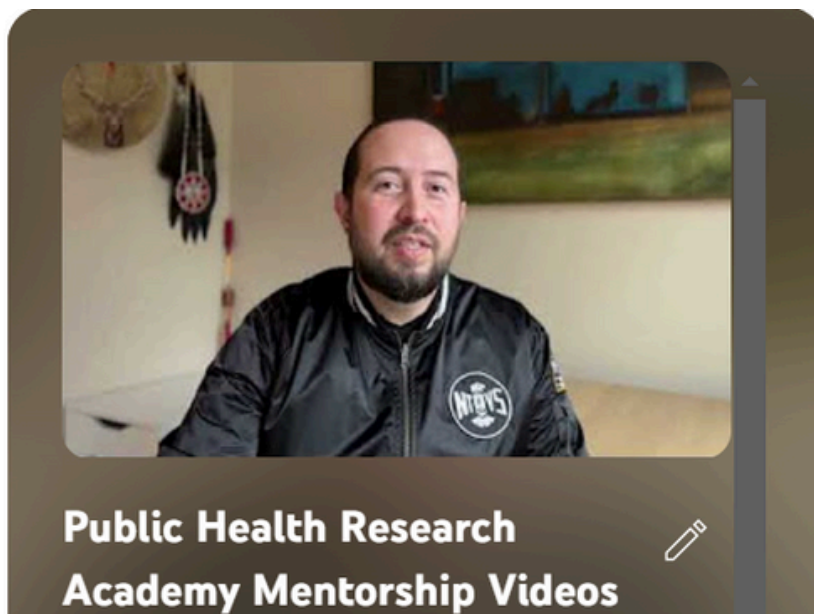
**Select a mentor** whose personality fits yours and who is doing research that interests you. Reflecting on your own strengths and weaknesses can help you find the best mentors for your needs.

**Determine well-defined goals** for your relationships. Share these goals with your mentors for feedback.

**Schedule regular meetings** with your mentors. This will keep you on track.

**It's okay to change mentors** if things aren't working out. Be open and honest with yourself and your mentor.

Visit <https://www.youtube.com/playlist?list=PLK4FMRI fsuHK5Z-kFnSeUTMSXdX0d9m6Z> to hear all of Dr. Claymore Kills First's mentorship tips.



# Mentor List



Learn.  
**Connect.**  
Grow.



## Jonathan Credo, M.D, PhD

Navajo-Filipino  
Internal Medicine - Psychiatry Combined Residency - UC Davis

**Email:** [jmcredo@arizona.edu](mailto:jmcredo@arizona.edu)

### **Area of Expertise:**

Environmental analytical chemistry and collaboration with Tribal, minority, and rural populations since 2010. All projects are community-based and deeply collaborative in nature, with the questions and directions coming directly from his community partners.

### **Methods of Expertise:**

Utilization of environmental analytical chemistry to address questions and concerns regarding environmental exposures and contaminants. The research encompasses a wide-range of activities in the field collecting biotic and/or abiotic samples and at the bench optimizing instrumentation. Dr. Credo is using his clinical training to understand how to improve Tribal, minority, and rural representation in STEM and medicine.



## Hayden Hedman, PhD

Healthcare Analytics

**Email:** [haydenhedman@gmail.com](mailto:haydenhedman@gmail.com)

### **Area of Expertise:**

Python, R, SQL, SAS, Power Bi, & Tableau

### **Methods of Expertise:**

Application of data science and epidemiological methods to address challenges in healthcare.

For more information, please see Dr. Hedman's Github Portfolio (<https://h-hedman.github.io/portfolio/>).



## Betty Izumi, PhD, MPH, RD

Registered dietitian and professor in the OHSU-PSU School of Public Health

**Email:** [izumibet@pdx.edu](mailto:izumibet@pdx.edu)

### **Area of Expertise:**

Research focus on issues at the intersection of nutrition, sustainability and health equity.

### **Methods of Expertise:**

Community-based participatory research (CBPR) approach to explore the question: How can diet quality and health be improved among underserved populations while simultaneously promoting vibrant and resilient local food systems?





### **Lynne C. Messer, PhD, MPH**

Social, reproductive/perinatal and environmental Epidemiologist

**Email:** [lymesser@pdx.edu](mailto:lymesser@pdx.edu)

**Area of Expertise:**

Substantive work focuses on the social-structural determinants of maternal and child health inequities within the developmental origins of health and disease framework.

**Methods of Expertise:**

Research explores the intersection of social-environmental justice and residential segregation in exacerbating inequities among vulnerable populations. Most recently, she has explored the association of documentation status on pregnancy outcomes.



### **Melanie Nadeau, PhD, MPH**

Turtle Mountain Band of Chippewa Indians  
Vice Chair, Assistant Professor of Indigenous Health - University of North Dakota

**Email:** [melanie.nadeau@und.edu](mailto:melanie.nadeau@und.edu)

**Area of Expertise:**

Community health education with a concentration in health disparities and social/behavioral epidemiology. American Indian Health, Health Disparities, Health Equity, Epidemiology, Mixed Methods, Indigenous Driven Evaluation and Tool Development.

**Methods of Expertise:**

Successful engagement of a multitude of tribal health stakeholders from across the nation to improve the health and well-being of Native communities.



### **Jackilen Shannon, PhD**

Associate director of Community Outreach and Engagement - Knight Cancer Institute

**Email:** [shannoja@ohsu.edu](mailto:shannoja@ohsu.edu)

**Area of Expertise:**

Expansion of translational research to the population through community engagement.

**Method of Expertise:**

Addressing barriers to cancer prevention and early detection in communities impacted by geographic and racial/ethnic disparities.



### **Angela Spencer, PhD, MBA**

Cherokee Nation citizen  
Global Health Researcher

**Email:** [angelags@uw.edu](mailto:angelags@uw.edu)

#### **Area of Expertise:**

Quantitative and qualitative methods to implement and scale up evidence-based practices in community and healthcare settings with over 10 years' experience in global health research.

#### **Methods of Expertise:**

Working with a multi-disciplinary team to apply human-centered design and community-based participatory methods to adapt cardiovascular care innovations from low- and middle-income countries to healthcare settings in the rural western United States.



### **Matthew Town, PhD, MPH**

Choctaw Nation of Oklahoma,  
Clinical Support Services Division Director- NPAIHB

**Email:** [mtown@npaihb.org](mailto:mtown@npaihb.org)

#### **Area of Expertise:**

Global health, mental health, prevention research, indigenous health, HIV/STIs, health care services research, and substance use.

#### **Methods of Expertise:**

Research focuses on social inequality, diversity science, and health behavior among American Indian and Alaska Native communities, sexual and gender diverse communities, and other underserved populations. Experience working with Tribal communities, Tribal Epidemiology Centers, and the Indian Health Services conducting outreach, program management, and program evaluation. Dr. Town also worked in public health practice in several county health departments in Oregon including the Medical Monitoring Project as well as supervising the Disease Control and Prevention programs.



### **Thomas Weiser, MD, MPH**

Medical Epidemiologist

**Email:** [tweiser-contractor@npaihb.org](mailto:tweiser-contractor@npaihb.org)

#### **Area of Expertise:**

Dr. Weiser has spent his professional career in the US Public Health Service. From 2007-2003, he served as the Epidemiologist for the Portland Area Indian Health Service (IHS) assigned to the Northwest Portland Area Indian Health Board (NPAIHB) and Northwest Tribal Epidemiology Center (NWTEC). Dr. Weiser is proud to have supervised four EIS Officers. He has also served as the Co-Chair of the Portland Area IHS Institutional Review Board providing oversight of human subjects' protection and guidance to researchers and tribes.

#### **Methods of Expertise:**

Addressing data access to improve public health surveillance for Northwest Tribes to develop new ways of understanding, and addressing important public health issues including declining immunization coverage, substance use disorder and overdose, COVID-19, syphilis and hepatitis C. He has been a part of the Northwest Native American Research Center for Health (NW NARCH) since 2008 supporting training and funding for native researchers.

# Our Team



Thomas Becker, MD, PhD



Rosaline James, PhD



Ashley Thomas, MPH



Grazia Cunningham, MPH



Rochelle Thomas, BS



Genevieve McGeshick, BA



# Contact Us



To learn more about NW NARCH, email Ashley Thomas, Senior Program Manager, at [athomas@npaihb.org](mailto:athomas@npaihb.org).

Visit us online at [www.npaihb.org/nw-narch/](http://www.npaihb.org/nw-narch/)