



**FOR IMMEDIATE RELEASE**

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## **Alaska Public Media Welcomes Dr. Monique Andrews to Line One**

Andrews Joins Line One: Your Health Connection Host Rotation Starting Feb. 4

**ANCHORAGE, AK – January 23, 2026** – Alaska Public Media (AKPM) is pleased to announce the addition of Dr. Monique Andrews to its rotating lineup of hosts for ***Line One: Your Health Connection (Line One)***. Her first live episode as host will air on Wednesday, February 4.

Dr. Andrews is the founder and owner of A Step Forward Counseling and Consulting, LLC where she provides culturally responsive, resilience focused mental health services. A licensed mental health provider, she earned her undergraduate degree from the University of Alaska Fairbanks and went on to earn both her Master's and Doctorate degrees in Counseling Psychology from Alaska Pacific University.

Dr. Andrews is an Assistant Professor of Psychology at Alaska Pacific University where her research focuses on resilience and protective factors associated with suicide prevention, with a strong emphasis on integrating culturally informed frameworks and supporting diverse communities.

In addition, Dr. Andrews serves as the chairperson of the Alaska Statewide Suicide Prevention Council and is a member of both the Alaska Mental Health Board and the Alaska Board on Alcoholism and Drug Abuse. In addition, she is on the Alaska Psychological Association's Board of Directors.

"We are excited to have Dr. Andrews join our family of hosts for ***Line One***," said Linda Wei, Chief Operating Officer and Senior Vice President of Content. "Her experience in resilience focused mental health will add a new perspective to the show."

"I am honored to have an opportunity to talk with the public about mental health," said Dr. Andrews. "I know reaching out for help can be difficult so I am grateful to host ***Line One*** and have an opportunity to foster understanding and connections."

Dr. Andrews has also proudly served as an Alaska Army National Guard soldier since 2006 in various roles such as a Victim Advocate, Master Resiliency Trainer, Suicide Prevention Specialist, and an Equal Opportunity Specialist. Across her professional and military roles, she remains committed to advancing mental health equity, evidence-based approaches to healing and wellbeing.



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A weekly, live, call-in show, **Line One** features local physicians and national subject experts from the fields of child care, mental health, nutrition, pharmacology, surgery and more. Dr. Andrews joins four other hosts – Dr. Justin Clark, Prentiss Pemberton, Dr. Jillian Woodruff and Dr. Anne Zink - to discuss these topics with their guests and callers. **Line One** airs Wednesdays at 10 a.m., repeating at 8 p.m. on KSKA FM 91.1 in Anchorage, AK. You can also listen to **Line One** wherever you get your podcasts. Learn more at [alaskapublic.org/lineone](http://alaskapublic.org/lineone).

[Headshot for media use](#)

Credit: Matt Faubion, Alaska Public Media

**About Alaska Public Media**

[Alaska Public Media](#) (AKPM) is a shared Public Broadcasting System (PBS) and National Public Radio (NPR) member and a 501(c)(3) organization. Committed to meeting the needs of our community and state, AKPM produces and presents news and content that provides lifelong learning opportunities in public affairs, health and leisure, science and nature, economic and social development, civic engagement, and world events. The company is located in Southcentral Alaska and is comprised of KSKA radio, KAKM-TV, Create TV, PBS KIDS, and [alaskapublic.org](http://alaskapublic.org). Alaska Public Media also operates the Statewide News network and a shared television service with KTOO in Juneau and KYUK in Bethel.

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