

# Healthcare Pathways



State of California



Created for Students by Students

## Graduates Wake Up Call: Where Are You?

Funding from the Song-Brown Family Physician (Song-Brown) training program is beneficial to students and residents interested in pursuing health careers in Primary Care. The Song-Brown program increases the training and educational opportunities of primary care providers. It also improves access to healthcare in California's rural and urban inner city areas of unmet need. Song-Brown provides funding to the following programs:

- ❖ Family Nurse Practitioner training programs,
- ❖ Physician Assistant training programs,
- ❖ Family Practice residency programs, and
- ❖ Registered Nurse education programs.

It is critical that training and education programs applying for Song-Brown funds track where graduates are practicing. This information also is critical to the application process since Song-Brown applicants must demonstrate success in placing graduates in areas of unmet need.

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### What to Do: Stay in Touch

Once students have graduated from a Song-Brown funded program, it is imperative that they keep in contact with those programs. Unfortunately, many graduates are failing to do so for a variety of reasons. Participating schools mail out surveys to their graduates annually. Graduates should ensure that they submit their most recent personal information, such as their mailing address, telephone number and practice location. The survey helps the schools identify which graduates practice in underserved communities and improve their chance for future Song-Brown awards.

Past and future graduates of Song-Brown funded programs, please consider this your wake up call to keep in contact with your training program. Your efforts will help future students receive similar training opportunities and lead them down the pathway to success.



For more information on the Song-Brown program, visit:  
[http://www.oshpd.ca.gov/HWDD/Song\\_Brown\\_Prog.html](http://www.oshpd.ca.gov/HWDD/Song_Brown_Prog.html)

# Healing the State of Mind and Body

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Batman, Superman and Wonder Woman are all superheroes who keep the peace! But in reality, we need super people to help heal the mind, body and spirit. People with the right attitude, training and enough will power can help patients in need.

With today's hectic modern lifestyle in America, there is an increased demand for health professionals to help people relax and maintain emotional and social well-being, and keep their bodies healthy. Take a look at the following professions to see how you can get started in a career that helps others find serenity and life long solutions. These jobs are projected to grow faster than average through 2016.

## Psychologist

**Annual Salary Range:** \$35,000 - \$103,000 (2006 U.S. Department of Labor, Bureau of Labor Statistics Data)

**Education/ Training:** Most specialists, including clinical and counseling psychologists, need a doctoral degree; school psychologists need an educational specialist degree; and industrial-organizational psychologists need a master's degree.

**Job Description:** Psychologists study the human mind and human behavior and practice in hospitals, clinics, schools or private settings. Health psychologists study how biological, psychological, and social factors affect health and illness. They promote healthy living and disease prevention through counseling. They also focus on how patients adjust to illnesses, manage treatments and view their quality of life.

## Substance Abuse and Behavioral Disorder Counselor

**Annual Salary Range:** \$23,000 - \$52,000 (2006 U.S. Department of Labor, Bureau of Labor Statistics Data)

**Education/ Training:** A master's degree generally is needed to become a licensed counselor.

**Job Description:** Substance abuse and behavioral disorder counselors help people who have problems with alcohol, drugs, gambling, and eating disorders. They counsel individuals who have addictions to drugs and help them identify behaviors and problems related to their addiction. They also conduct programs aimed at preventing addictions from occurring in the first place.

## Massage Therapist

**Hourly Salary Range:** \$7.50 - \$34.00 (2006 U.S. Department of Labor, Bureau of Labor Statistics Data)

**Education/ Training:** Most states require formal training and a national certification in order to practice massage therapy.

**Job Description:** Most massage therapists specialize in several modalities, which require different techniques to manipulate a client's soft tissues that improve the body's circulation and remove waste products from the muscles.

For more information about these occupations, visit:

<http://www.bls.gov/oco/home.htm> or <http://www.ama-assn.org/ama/pub/category/6038.html>

# 10 Ways to Conquer Stress

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Stress takes its toll on everyone. At times it can bring us down and make us feel overwhelmed and no longer in control. To prevent stress from overtaking you, take the time to invest in some simple solutions that can help maintain focus and relaxation!

Uhhggg!

1. **Exercise:** Get that blood flowing to help you maintain agility, keep healthy and stay energized.
2. **Take notice:** Recognize situations that trigger stress to better fend off its effects.
3. **Get it off your chest:** Unload your mind by talking to someone about the stress you're experiencing.
4. **Keep your sense of humor:** Find humor in the situation, if possible, and try to determine if it is really that serious.
5. **Stay grateful:** Maintain an attitude of gratitude! It's easy to neglect the things we often take for granted.
6. **Slow down have some fun:** What's the hurry? Take an opportunity to have some fun!
7. **Relax and take a deep breath:** When you feel the stress mounting, take a break from your studies for at least a half hour. Spend that time doing something that helps you relax.
8. **Keep it simple:** Simplifying doesn't benefit just fractions or equations. Keep it simple to reduce complications.
9. **Sleep:** If you're well rested, you have a better shot at handling any obstacles.
10. **Drink plenty of water:** Hydrate with water instead of energy drinks, coffee or soda to help your entire system function without the jitters.

For more information on ways to reduce stress, please visit:

<http://health.yahoo.com/experts/gabbyguide/3078/12-ways-to-stay-on-top-of-stress>

## NEWS ALERT!

## California Health Professions Pipeline Intervention Programs: Boosting the Pathway Into Healthcare Careers!

Do you want to know what types of health training intervention programs are available and where they are located in California? Please visit [www.oshpd.ca.gov/HWDD](http://www.oshpd.ca.gov/HWDD) to view a listing of these programs. For more information, contact the Health Careers Training Program staff at (916) 326-3700.

# Students Voice Their Success

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Students at some San Francisco Unified School District high schools enjoy the opportunity to succeed early in life. They can participate in programs to earn college credits and gain hands-on work experience. Developed by the Community Educational Services, the San Francisco Health Academies Project (SFHAP) supports programs like the Galileo High School's Health Academy (GHA). The SFHAP expands a health academy program for underrepresented minority students at GHA and other high schools to prepare them for health careers in the San Francisco Bay Area.

## Earn College Credits and Get Experience Early

GHA is a two-year program that offers students the opportunity to explore careers in the healthcare field. Students also earn 10.5 college credits after completing the program, which is almost one fulltime semester at a California State University! They can earn their college credits in a couple of ways:

To receive 3.0 units of college credit, students:

- ❖ Complete a Medical Terminology course through the City College of San Francisco (CCSF), and
- ❖ Visit the California Pacific Medical Center once a week, interact with doctors and other healthcare providers in a different medical department weekly, and observe real patient surgeries too!

To receive the remaining 7.5 units of college credit, students:

- ❖ Complete an Emergency Medical Technician (EMT) course through CCSF,
- ❖ Learn the basic procedures of saving lives, and
- ❖ Must pass the EMT exam and participate in a 'ride along' to be eligible to work as an EMT.

The GHA integrates career exploration and training in the health field with Science and English classes to increase academic motivation and graduation rates of 120 students. The San Francisco Unified School District has cited the academy as the leading health academy program in San Francisco, and is working to bring elements of the academy to several other schools.

For more information, please visit:

- ❖ Galileo High School Health Academy:  
<http://www.galileoweb.org/healthAcademy/>
- ❖ Community Education Services:  
<http://www.cessf.org/>

*Hear what students say about  
the GHA on the next page....*

## Scholarships and Grants

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**American College of Medical Practice Executives  
Scholarship Fund: Deadline: May 1**  
<http://www.mgma.com/pd/default.aspx?id=680>

**Tylenol Scholarships: Deadline: May 15**  
<http://scholarship.tylenol.com/>

**National AMBUCS Scholars-Scholarships for  
Therapists: Deadline: April 15**  
[www.ambucs.com](http://www.ambucs.com)

**Latino Healthcare Professionals Project**  
<http://www.csulb.edu/colleges/chhs/departments/hca/lhpp>

**Coca-Cola Two-Year Scholarship: Deadline: May 31**  
<http://www.coca-colascholars.org>

**Search for more grants, scholarships and loans**  
<http://www.studentscholarshipsearch.com>

"Now that I am in the Health Academy and have learned material pertaining to the medical profession, I am more confident that I want to pursue a career in this field."

-- Kiana Takeshita

"I learned a lot from this program. It really helped me decide what I want to be when I grow up. It didn't just teach me about medical things; it taught me about making real life decisions."

-- Darrin Brewer

"This pathway shows students that there's more to medicine than just a doctor and a nurse. There are so many different things available, and it inspires me to pursue a career in medicine."

-- Vikki Kong

"My experience will benefit me because now I have a good idea about the jobs available in healthcare. I now know what it's like to be a nurse."

-- Paul Padoan

"It's a stepping stone for a student to decide whether the medical field is right for them or not."

-- Amanda Wong

"Students should take this wonderful opportunity to gain experience, have fun and make money doing something they like."

-- Sandy Wong

"It gave me hands-on experience in nursing and gave me a clear vision of what I want to do. It was a great opportunity and I wouldn't change anything about it."

-- Jennifer Zhang

What's your key to success?



## *Recognize Seven Key Characteristics of Unsuccessful People* ---

At some point, we have all had to deal with that one person who has the supernatural ability to pull us down. Their pessimistic attitude is contagious, their way of thinking can be infectious, and yet they maintain the "I'm just telling it like it is..." syndrome. Do you recognize this type of individual in your life? If so, beware! These draining individuals have the capability to negatively infiltrate your mind and distract you from a path toward success. A key ingredient to helping us stay on task is tenacity. Here are some distinctive characteristics of unsuccessful people:

### **THEY BLAME AND COMPLAIN:**

...continually blame everyone and everything for all their troubles...

### **THEY THINK, SAY, AND DO NEGATIVE THINGS:**

..."I think I can't, I think I can't, I think I can't."

### **THEY ACT WITHOUT THINKING:**

...tendency to neglect putting thought and consideration into their actions...

### **THEY GIVE UP TOO EASILY:**

...when the going gets tough, they quit going!...

### **THEY DRAG OTHERS DOWN:**

...when bad luck piles up, they take the initiative to bury those around them too...

### **THEY WASTE TIME:**

...lack the ability to distinguish a proper balance between work and play...

### **THEY ALWAYS OPT FOR THE EASY WAY OUT:**

...choose to avoid addressing even the slightest problem...

Here are some tips:

- ✓ If you fall into any of the above descriptions, try to make a change for the better. It's a new year and still not too late to add one more resolution.
- ✓ Surround yourself with positive people with "can-do" attitudes.
- ✓ So don't look back, make the necessary moves toward reaching your goal(s).
- ✓ Don't allow the negative beliefs and actions of others lock the doors to your success!

For more information, please visit:

<http://faq.programmerworld.net/new/fun/7-destructive-habits-of-unsuccessful-people.html>

# Email and Voicemail Etiquette

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First impressions are important. It is possible your email address and voicemail greeting are the first things someone may learn about you - and judge you by. Are you at ease with that? Although a funny voicemail message makes your friends laugh, it may not necessarily be in your best interest. Cute or suggestive email addresses may work against you as well. Take into consideration the following tips on setting up a professional email address and voicemail greeting:



## DO

- ✓ Create a separate email address for conducting business. Just as you would dress to impress, create an email account set up for success!
- ✓ Create an email address that contains either the first letter of your first name followed by your last name or your entire first and last name if it's not too long. Email addresses such as [johnsmith@domain.com](mailto:johnsmith@domain.com) or [klopez@domain.com](mailto:klopez@domain.com) are perfect.
- ✓ Use a reliable and reputable email service.
- ✓ When setting up a voicemail greeting, be sure to keep in mind that your message may be the first thing someone learns about you. If your voicemail greeting is at all questionable, change it right away. Remember to speak slowly and clearly.



## DON'T

- ✓ Avoid email user names such as “\*\*tot@l\*hottie23” or “\$uperdude9” which can steer potentially interested employers away from you.
- ✓ Do not substitute the “@” symbol for the letter “a” or incorporate other confusing symbols.
- ✓ Refrain from a voicemail greeting that's too long, it may cause people to hang up prematurely. Callers who intend to leave a message will not wait around for yours to be over!
- ✓ Refrain from using questionable jargon.

## NEWS ALERT! HCTP Mini-Grants

Look out for the release of the HCTP Request For Applications (RFA) in May 2008.

\$120,000 in mini-grants will be awarded to entities that support health career pipeline, undergraduate, and post-baccalaureate activities designed to introduce, encourage, or reinforce healthcare training and careers for underrepresented and economically disadvantaged students throughout California.

View our website at: [www.oshpd.ca.gov/HWDD](http://www.oshpd.ca.gov/HWDD) to track the latest news on the release of the RFA.

# Health Education Training Programs: Direct Patient Care Occupations

The HWDD developed a series of maps that identify locations of health education/training programs offered by colleges and universities in California. The occupations listed below lead to degrees, certification and/or licensure in California. The HWDD plans to update this information annually. For more information on these health occupations and/or training programs go to [www.oshpd.ca.gov/hwdd](http://www.oshpd.ca.gov/hwdd) or contact the HCTP staff at (916) 326-3700.

- ❖ Athletic Trainers
- ❖ Audiologists
- ❖ Cardiovascular Technologists/ Techs
- ❖ Chiropractors
- ❖ Clinical/ Medical Laboratory Techs/ Assistants
- ❖ Dental Assistants
- ❖ Dental Hygienists
- ❖ Dental Laboratory Techs
- ❖ Dentists
- ❖ Diagnostic Medical Sonographers/ Ultrasound Techs
- ❖ Dietitians
- ❖ Emergency Medical Techs / Paramedics
- ❖ Genetic Counselors
- ❖ Gerontological Counselors
- ❖ Home Health Aides/Home Attendants
- ❖ Kinesiotherapists
- ❖ Licensed Practical & Vocational Nurses
- ❖ Marriage and Family Therapists
- ❖ Massage Therapists
- ❖ Medical Assistants
- ❖ Mental Health Counselors
- ❖ Nuclear Medicine Techs
- ❖ Nurse Assistants/ Aides
- ❖ Nurse Practitioners
- ❖ Nurses: Psychiatric/Mental
- ❖ Nurses: Public Health/ Community
- ❖ Nurses: Registered
- ❖ Nutritionists
- ❖ Occupational Therapist Aides/ Assistants
- ❖ Occupational Therapists
- ❖ Opticians/ Ophthalmic, Dispensing
- ❖ Optometrists (OD)
- ❖ Orthotists/ Prosthetists
- ❖ Pharmacists
- ❖ Pharmacy Techs/ Assistants
- ❖ Physical Therapist Assistants/ Aides
- ❖ Physical Therapists
- ❖ Physician Assistants
- ❖ Physicians and Surgeons (MD/OD)
- ❖ Podiatrists
- ❖ Psychiatric Aides/ Techs
- ❖ Psychologists
- ❖ Radiation Therapists
- ❖ Radiographers
- ❖ Recreational Therapists
- ❖ Rehabilitation Counselors
- ❖ Respiratory Therapists
- ❖ Respiratory Techs/ Assistants
- ❖ Social and Human Service Assistants
- ❖ Social Workers
- ❖ Social Workers: Medical /Clinical
- ❖ Speech/Language Pathologists
- ❖ Substance Abuse and Behavioral Disorder Counselors
- ❖ Surgical Techs

For more information about these occupations, go to the Bureau of Labor Statistics Occupational Outlook Handbook at <http://www.bls.gov/oco>.

## Healthcare Pathways

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## Guest Articles

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Send us your ideas, letters, announcements, or stories today! Announcements of scheduled events to be published must be mailed to our editorial office at least three months in advance. Be sure to include your name, address, and telephone number on all correspondence. The *Healthcare Pathways* editorial staff reserves the right to edit all material.



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