

Healthcare Pathways



Promises to Keep

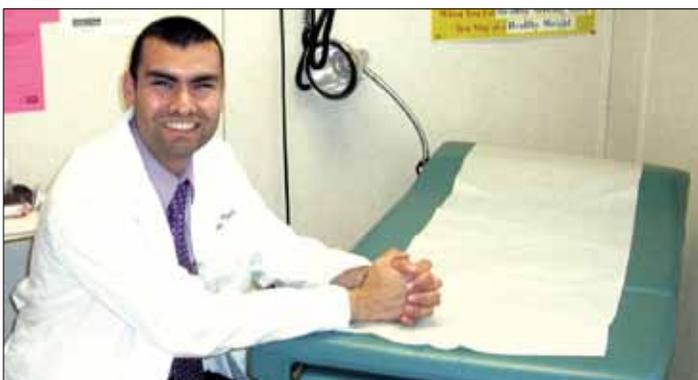
by Juan Vitelio Rodriguez

I remember that at age 10, before even starting high school, my parents and I went to the Stanford University campus to tour the school. As I was taking pictures, I asked my parents if I could attend Stanford University one day. I clearly remember they told me that hard work, determination, and persistence are the keys for success. Since then, and with this advice in mind, I have worked intensively pursuing my dream of becoming a doctor.

I had left El Salvador at a young age and settled with my parents in San Jose. Today, I am a medical student at Stanford University School of Medicine. Getting the acceptance to attend medical school at Stanford University is a dream come true and has also allowed me to begin fulfilling a promise of helping out the underprivileged and underserved community in which I grew up.

Medicine has always interested me so I wanted to attend a high school that had a program devoted to helping students to learn more about the health professions. For that reason, I attended Andrew Hill High School and entered the Medical Magnet Program which prepares and encourages health professions students to enter college.

As part of the program, we learned how minorities struggled to solve their health problems. This helped me decide to volunteer at the Gardner Family Clinic, which serves disadvantaged communities in San Jose. While working within the clinic, I learned that practicing medicine is



Juan Vitelio Rodriguez, Stanford University Medical Student

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complex and requires not only academic knowledge, but also the ability to interact with patients in a compassionate and sensitive manner.

During my sophomore year, we visited the Stanford University campus and I received college admission information in a bright red Stanford folder. Having a beautiful Stanford folder in my hands meant everything to me. I put all of my important school papers in that folder throughout my high school days. I felt one step closer to attending Stanford.

The Medical Magnet Program continued to help me learn more about the health professions and due to its guidance, I was accepted into the University of California, San Diego for my undergraduate studies. Currently, I am studying to become an infectious disease physician at the Stanford School of Medicine and plan to practice holistic healing while advocating for my patients. I would love to become a community advocate who works hard to eliminate the healthcare disparities that affect underserved patients and communities in the United States and worldwide.

I am also collaborating with college undergraduates in the STEM Cell project, an initiative designed to develop the pre-medical and pre-health interests of high school students in underserved communities. In this program, Andrew Hill High School students will be mentored by Stanford University undergraduates and medical students.

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Students In Action - "A Passion to Serve"

Ivon Pena is an outstanding tenth-grade scholar who endeavors to become a neurologist. She has been a student at Palomares Academy of Health Sciences in Pomona since seventh grade and is relentless in the pursuit of her dreams. She maintains a 4.21 grade point average (GPA) and is enrolled in advanced placement, honors, and biomedical coursework.

Ivon is also class president, member of the Superintendent's Advisory Committee and the school's National Academy Foundation Planning Team, and takes additional vocational coursework at Pomona Valley Medical Center. Upon graduation in 2014, Ivon hopes to attend Harvard University in pre-medical studies.

"At one point in middle school, I had low grades and was below basic in math. I never thought I could be successful in school or pursue a career in the sciences. But through perseverance, determination, and help from my teachers, I was able to turn it around. If you set your mind on a goal, formulate a plan, and work hard, you can achieve anything," related Ivon Pena.

From an underserved urban area of Pomona, California, Ivon challenges stereotypes and demonstrates a sincere commitment to the medical field. She continually seeks opportunities to learn or strengthen skills which can help her achieve her goals. In her year-end Biomedical Sciences project, Ivon investigated Post-Traumatic Stress Disorder in servicemen and women returning from active duty.



Ivon Pena attending class at Palomares Academy of Health Sciences

Ivon and her project team became so passionate about their efforts, they embarked on a service learning project to solicit letters and donations of goods to prepare care packages filled with treats for soldiers. The response was overwhelming and became a good lesson for the school community.

Learn about the many health careers available, from Allied Health to Public Health at: <http://explorehealthcareers.org/en/home>

More information about the high school Junior Volunteer Program at Pomona Valley Medical Center can be found at: <http://www.pusd.org/education/dept/dept.php?sectiondetailid=1378>

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At the end of the year, the Andrew Hill students will come to the Stanford University campus to have the opportunity to shadow the undergraduates and medical students and enjoy a banquet with their mentors.

"Before graduating from Andrew Hill High School in 2002, my friends told me three things that I have never forgotten: '1) Never forget where you came from; 2) Always represent for us; and 3) Come back to San Jose and help us; not just by being our friend and mentor, but our doctor.'"

Since that time, I have wanted to come back to San Jose to fulfill that commitment. After years of wanting to return to my high school campus, the day finally arrived on Thursday, April 29, 2010. I shared my life experiences and the obstacles that I had to overcome with the current medical magnet students.

The day was made even more special because, for the first time in many years, I saw my former mentor and medical magnet coordinator, Marilyn Bliss. While I was in high school, she told me that she wanted to see me in a

white coat one day. Her dream came true as I asked Ms. Bliss to help me put on my white coat. It was a touching and inspirational moment!

I know that today's high school students are very passionate and that they can accomplish anything that they set their mind to. With preparation, determination, the right mindset, and opportunity, I know that they will accomplish great things, despite all the barriers and obstacles they face. It is a pleasure and privilege to make a big difference in the lives of these students.

Learn more about the Andrew Hill High School Medical Magnet Program at: <http://ah.ca.campusgrid.net/home/Academy+Programs/Medical+Magnet/medmagnet2.htm>

Undergraduate admission information for the University of California San Diego is located at: <http://www.ucsd.edu/prospective-students/undergrad.html>

Admission information and an overview of educational programs for Stanford University School of Medicine is located at: <http://med.stanford.edu/>

Students In Action - “Growing Health Leaders”

Gaining Insight Into Local Community Healthcare Services

California high school students are learning how their community stays healthy through an intensive one-day program which explores the roles of community clinics, hospitals, and dedicated healthcare professionals.

“Growing Health Leaders” is a high school health exploration fair presented by Community Medical Centers and the Central Valley Health Network, and supported by OSHPD Health Careers Training Program Mini-Grants. Over 350 students from Tulare County high schools attend the one-day event, including those from Dinuba High School, Mission Oak High School, Porterville High School, and Golden West High School.

The health exploration fair presents information and hands-on activities for students to learn about healthcare workforce opportunities at local community health centers. Students are presented with the many benefits of a health career and



Tulare County students explore health careers

are given encouragement to continue into higher education. Personal interaction with clinical staff and healthcare professionals gives students insight into the healthcare industry and the services available to the community.

More information on the Central Valley Health Network can be found at: <http://www.cvhnclinics.org/>

Students In Action - “Summer Scrubs and Beyond”

Working Together Toward a Future in Healthcare

Students across California are exploring health careers and learning about the benefits of higher education as they meet and interact with medical students and healthcare professionals in a unique Northern California program.

“Summer Scrubs and Beyond” is offered by the University of California, Davis School of Medicine, the Regents of the University of California, Davis, and supported by OSHPD Health Careers Training Program Mini-Grants. The program brings together 55 students from Sacramento and Woodland to attend a three-day program of hands-on activities and presentations led by medical students and faculty members. The students meet with working health professionals, visit an anatomy lab, and prepare for upcoming Scholastic Assessment Tests (SATs). The program also follows the student’s academic progress throughout the year to encourage and promote a clear path to college.

Information on the U.C. Davis School of Medicine outreach programs, including Summer Scrubs and Beyond, can be found at: http://www.ucdmc.ucdavis.edu/diversity/high_school.html



Sacramento high school students in the 2009 Summer Scrubs and Beyond program



2012 Summer Scrubs and Beyond program

Students In Action - “Health and Medical Sciences Academy”

Students in the Health and Medical Sciences (HMS) Academy are on a fast track to a future in healthcare. Part of Hiram W. Johnson High School in Sacramento, the HMS Academy combines college coursework with experiences in community health and offers a foundation for students to make informed education and career decisions. Students enrolled in the HMS Academy keep active through community projects, internships, field trips, and participate in activities designed to prepare them for college and a career in the health care industry. They also visit and interact with community partners, which include the U.C. Davis Medical Center, Blood Source, Briarwood Health Care, American River College, Sacramento City College, and learn of the many career choices available in healthcare.



Cal-HOSA participants Susan Rubert (Advisor), Nikita Devi, Jassmin Castillo, Genesis Magana, Lorena Caballos, Trung Nguyen, Summer Oien, Adrian Chao, Aaron Pecho (Instructor)

Health Ambassadors

The Health Ambassadors program brings together academy students interested in promoting health and wellness to fellow students and the public. Working with doctors from U.C. Davis Medical Center, students create educational displays, interactive learning games, and lessons focusing on an area of health the students find important to themselves and their community. Acting as health ambassadors, the students have presented important messages about nutrition and exercise, sleep, and dental hygiene at Hiram Johnson’s Health Fair and Family Fitness Night and other community events.

“Health Ambassadors has been a very educational class that I enjoy attending. The instructors are extremely devoted to our group. It provides an environment that is comfortable to work in with others.”
—Lorena Caballos, HMS Academy student

“The Health Ambassadors class is helping me to prepare for the science related field I plan to go into in the future. It has also helped me with communication skills. The class is also a great help with science related tutoring.”

—Fey Saechao, HMS Academy student

Health Occupations Students of America (HOSA)

Many of the academy students are involved with Hiram Johnson’s chapter of the Health Occupations Students of America (HOSA). HOSA students participate in group activities that build technical skills and encourage active participation in the community. Several students attended the HOSA Leadership Institute and the State Leadership Conference where they had the opportunity to network with peers across the state and with health professionals, including medical doctors and lawyers.

“In HOSA, I’m getting the skills that can be used later in my education. Attending this class will look great on my transcript and applications and will open more opportunities.”

—Genesis Magana, HOSA student

Vlastimil Krbec, Science Teacher and Health Careers Academy Coordinator, speaks proudly of his students, “Many of the HOSA students at Hiram Johnson High School overcome busy schedules, financial pressures and cultural differences to succeed in the HOSA environment, where they compete against schools with far more experience and resources. For most of the students, the experiences are unlike anything they had ever done before.”

“I wanted to be in HOSA because I want to learn all about skills in the medical field so that when I grow up I can have basic knowledge and a medical background. This has helped me a lot.”

—Trung Nguyen, HOSA student

Working together, the students at Hiram Johnson learn both inside and outside the classroom by acting as health ambassadors for the community and building leadership skills in student organizations. Together they share a confidence to succeed and a bright future.

For more information on the Health and Medical Sciences Academy at Hiram W. Johnson High School, please visit: <http://www.hiramjohnson.net/Academy-Pathways/HMS/>

Information on the Health Occupations Students of America (HOSA) in California can be found at: <http://www.cal-hosa.org>

Lessons Learned from ABHPHS Students

During high school, many students begin to consider health careers but are not sure how to prepare. In order to discover valuable advice from graduating seniors, the Office of Statewide Health Planning & Development (OSHPD) Health Careers Training Program presented a survey to 12th graders who currently attend the Arthur A. Benjamin Health Professions High School (ABHPHS) in Sacramento. This survey was given to students who are preparing to begin their college education in the healthcare field.

The ABHPHS curriculum cultivates future healthcare professionals that are truly passionate and genuinely concerned about the communities they intend to serve. Because of the passion of ABHPHS students and the fact that healthcare jobs will be one of the fastest growing fields in the State, many of these students have decided to pursue careers in a wide range of health professions such as medicine, nursing, researcher, etc.

Here are some direct quotes from the students with practical advice and thoughts on which healthcare profession they are most interested in and why:

“I want to have a job that makes a difference.”

“Time management is key.”

“Try your best and don’t give up.”

“I am interested in majoring in biology and probably becoming a phlebotomist because I always knew I wanted to do something with blood and saving lives.”

“I am most interested in becoming a registered nurse (RN) because I want to help save peoples’ lives, and also change peoples’ lives positively.”

“Pay attention in your science and math classes and get good grades in school.”

“I am interested in diagnostics because this year I had an internship at a hospital and it was very interesting.”

Students at ABHPHS study an intensive medical and health professional preparation program which includes laboratory work, research projects, and community presentations and partnerships. The goal is to assist graduates in becoming highly adaptable professionals with exceptional skills, diverse assets and excellent habits of mind.

For more information on the Arthur A. Benjamin Health Professions High School visit: <http://www.hphsjaguars.com/>

The ABHPHS students offered insight into what 12th grade students felt were the most important things that helped prepare them for their healthcare college career. The top six things that ABHPHS students felt middle-school students needed to know in order to prepare them for beginning their college career in the healthcare profession are:

- Make the most out of class lecture time by being able to take fast and efficient notes during class. This will help better manage time and get the most out of study hours. Practice makes perfect.
- Get all the information you can about cost and/or study groups established on college campuses for the program you intend to pursue.
- Realize that every class is important and do your very best to work hard. Take everything seriously starting at the beginning of your high school career.
- Pay close attention in your science and math classes. Stay focused and determined on your goals. Work hard to keep your GPA up.
- Don’t be afraid to ask for help or assistance from your teachers or counselors. They are there to assist you. Take advantage of the assistance and resources that are offered.
- Try not to pressure yourself too much. Be patient and always do your homework.

CACHE Students Engage the Community

Within the Health TECH Academy at Valley High School in Sacramento is a group of students who have taken great strides in preparing for a healthcare career. These students are part of the Cultural Awareness and Community Health Education (CACHE) outreach project. Under the guidance of Kaiser Permanente physicians, students investigate issues within their own cultural group and create a culturally-sensitive presentation addressing the issue. They take their message to the community in powerful ways, acting as community health workers or “health ambassadors.”

This year, a group of CACHE students had multiple opportunities to present and were well received by the community. Vincent Allen, Faith Allison, Adam Haak, Jaychala Malone, Adam McClain, and Destiny Savage went into the African American community and met with families to share information on important health issues. They tackled a sensitive health issue which greatly impacts many communities, youth violence. The topic of youth violence resonated with the audience as stories were shared of recent incidents in their community.

Jaychala Malone said, ***“Our CACHE group topic meant a lot to me personally. The CACHE project allows students to connect their own life experiences to the community and education.”***

“I volunteer at a local elementary school, and I believe that reaching out to the kids early is a great way of preventing violence in their future. I think I realized the connection through the CACHE project,” related Adam McClain.

Students appreciate the skills they gained through the Health TECH Academy. Working as a team, they rely on each other to complete research, analysis, and presentation materials.

“I really have a better understanding of how to present to large groups of people,” said Destiny Savage. ***“I also learned to work with healthcare professionals. I know I will use these skills later.”***

Adam Haak values what he learned through the experience, ***“Speaking with the community to raise awareness against violence will forever be a highlight of my life. Working with my fellow students helped me with group-work and public speaking. I even gained some new computer skills like Microsoft Word.”***



CACHE students review details of their project with advisor, Dr. Maya Leggett.

As the word gets out about the CACHE project’s impact in the community, the Health TECH Academy is expanding its outreach into underserved communities. Students are continuing to create exceptional, culturally-competent presentations on health and safety topics. The students are also finding additional opportunities arising from the work they have done. One of the students, Faith Allison, has participated in the Kaiser Permanente Learn About Unlimited New Careers in Healthcare (L.A.U.N.C.H.) Summer Youth Employment Program scholarship and noted, ***“The fact that I had been in a project with such significance really seemed to impress the director of Human Resources.”***

For information on mental health and social work careers, which help people deal with relationships and solve personal problems, visit Health Jobs Start Here at: <http://www.healthjobsstarthere.com/fields/info/Mental-Health-and-Social-Work.html>

Information on the Kaiser Permanente L.A.U.N.C.H. Summer Youth Employment Program for high school students and recent graduates, can be found at: https://epf.kp.org/wps/portal/hr/kpme/career/jobs?WCM_GLOBAL_CONTEXT=/myhr/EPFSite/HR/KPMe/CareerAndDevelopment/Jobs/SYEP_SCAL_NCAL&bookmarkRegion=Northern%20California

For more information on the Health TECH Academy or the CACHE Program at Valley High School, please visit the school website at: <http://valleyhs.schoolloop.com/>

Empower Latino Youth Project – ELAYO

At San Francisco State University's Health Equity Institute, high school students are serving as Youth Advisory Group (YAG) members for the Empower Latino Youth (ELAYO) Project. The ELAYO Project is training and mentoring future generations of sexuality researchers and educators to bring potential solutions to health disparities in local communities. These researchers range from high school students to postdoctoral fellows who work to promote reproductive health and rights, and encourage comprehensive education on sexuality and health equality throughout the San Francisco Bay area.

Two of ELAYO's members, Abigail Paz and Brenda Ortiz, attend Ida B. Wells High School in San Francisco. As part of their duties as youth advisors, they provide input to research efforts including the content of interview guides, help with data collection and interpretation, and assist with the development of a documentary film. Abigail and Brenda also participate in quarterly meetings and regular trainings, including a recent training in reproductive justice policy.

Abigail Paz currently participates in the Huckleberry Wellness Academy-San Francisco, an intensive three-year health career pipeline program that fosters interest and engagement in health-related professions through academic case management, tutoring, and internships in healthcare settings. Abigail has volunteer experience at the Mission Girls after-school program through Mission Neighborhood Centers Inc. in San Francisco, where she worked as a staff aide and provided tutoring and homework help to younger girls.

Vanessa Cardona, an ELAYO research assistant/interviewer and current public health student at San Francisco State University, shared how the project has shaped her academic and professional life, stating that, "It is at these times where I feel like the academic knowledge I learned is enriched two-fold by the real life experience of working on this research team. And with ELAYO, these life lessons (where we learn by doing) are happening all the time."

Working together, students and other members of the ELAYO project continue to support and develop sexual and reproductive health policies and programs. These high school students are a core component of ELAYO's research and strategic communications activities, which aim to shed new light on how Latino youth negotiate decisions about sex, education, pregnancy, and



A gathering of staff and youth advisors of Health Equity Institute's Empower Latino Youth Project (ELAYO): Cynthia Gomez PhD, Vanessa Mercado MPH, Abigail Paz, Brenda Ortiz, Miguel Torres, Heidi Lucas, Miguel Alcalá, Vanessa Cardona

parenting in the context of competing individual, peer, family, cultural, and societal values.

It is at these times where I feel like the academic knowledge I learned is enriched two-fold by the real life experience of working on this research team. And with ELAYO, these life lessons (where we learn by doing) are happening all the time.

For more information on Empower Latino Youth (ELAYO), visit: <http://healthequity.sfsu.edu/our-work/research/elayo.html>

To learn more about San Francisco State University's Health Equity Institute, visit: <http://www.healthequity.sfsu.edu/>

Information on Huckleberry Youth Program and its services to youth and their families can be found at: www.huckleberryyouth.org

For more information on Mission Neighborhood Centers, Inc., please visit: <http://www.mncsf.org/>

Healthcare Workforce Clearinghouse Program

O SHPD's Healthcare Workforce Development Division proudly announces the new online services of the Healthcare Workforce Clearinghouse Program. The Clearinghouse is responsible for the collection, analysis, and distribution of information on the educational and employment trends for health occupations in the State.

Examples of the workforce data include:

- Approximately 130,440 physicians and surgeons have an active license in California.
- Approximately 43 percent of active physicians are primary care doctors who specialize in family practice, general medicine, internal medicine or general pediatrics.
- Approximately 330,943 registered nurses have an active license in California.



Currently, information is available from the following data providers:

- Medical Board of California
- Board of Registered Nursing
- Physician Assistant Committee
- Naturopathic Medicine Committee
- Respiratory Care Board of California
- Board of Vocational Nurses and Psychiatric Technicians
- California Department of Public Health (Laboratory Field Services and Licensing & Certification Branches)
- Employment Development Department-Labor Market Information Division
- California Postsecondary Education Commission

We invite you to visit the Clearinghouse website and be the first to view these reports. As we continue to work with more data providers, we will provide additional data and reports. We strongly encourage your comments and feedback through the website so that we can continue meeting your data needs.

Please visit the Healthcare Workforce Clearinghouse at: www.oshpd.ca.gov/clearinghouse

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