

Healthcare Pathways



Dozier-Libbey Medical High School

Antioch's health career-focused high school, Dozier-Libbey Medical High School, opened in August 2008. This magnet school provides a four-year program involving hands-on instruction, service learning opportunities, and community involvement. The school closely partners with health organizations and medical professionals in the community to keep student focus and course curriculum aligned with the realities of the job market and current workforce issues.

With more than 500 students in grades 9 through 12, the school is in its early stages of creating successful college-bound students. The students are recruited from five middle schools in the area. Informational meetings with students and parents are scheduled to share experiences and answer questions. Interested students submit an application to begin the enrollment process. More than 400 applications were received last year.

The school strives to offer equal access for all students and to look beyond just doctors and nurses. The students are challenged every step of the way toward graduation. The students attend seven classes per day, which meet



Dozier-Libbey students visit with medical emergency professionals

the University of California entrance requirements of four years of math and science. The students exceed these minimum requirements by taking an additional four years of health science. Along with English, math, and history lessons, students examine and determine their own blood type and perform other laboratory-based activities.

“The students have great support from peers and working medical professionals. This is what we want. We want our community in the school, and our school in the community.”

– Cyndi Saroaka, Teacher/Workforce Education Coordinator

Support services for students include peer-to-peer tutoring sessions built into each student's weekly schedule. Juniors staff the tutoring sessions, which are called CURE sessions or “Creating Understanding and Relevance Every day.” This type of academic support by peers is one of the key ingredients of student success at Dozier-Libbey Medical School.

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Each year, students are assigned a theme by grade level, such as “Personal Fitness and Nutrition” or “Human Life Cycle.” Students then create school projects and learn concepts and practices related to the theme. They create displays and posters, prepare for debates on health issues, and even create award-winning medical terminology rap videos!

The experiences of freshmen differ greatly from those of seniors. The challenging courses progress from basic medical terminology to advanced laboratory sciences. Freshmen attend the guest speaker series and take guided study tours of local healthcare facilities, such as the UC Davis Medical School. Sophomores begin to correspond with medical professionals in order to build mentorships and also stage debates on specific areas of medicine based upon a chosen theme. Juniors develop public service announcements targeted to particular audiences and begin job shadowing in a professional healthcare setting. Seniors are actively involved with internships in local health systems, community clinics, and private practices.

More than 100 students are members of Health Occupations Students of America (HOSA), a national student organization. They participate in leadership training, are active in the community, and strive for professionalism and academic success. Many are award winners in medical event competitions held at the state and national level.

At the end of the year, the school presents a “culminating event” that is open to the public. The event is a time for students to share the accomplishments of the year with parents and the community. It also serves as a milestone for graduating students who will soon begin the next steps toward a college education and a rewarding job in the healthcare industry.

The students at Dozier-Libbey continue to meet the challenges ahead of them and are blazing new trails in community involvement and service.

For more information on Dozier-Libbey Medical High School, please visit the school Web site at: <http://dlmhs-antioch-ca.schoolloop.com/>

For more information on the California Chapter of the Health Occupations Students of America (HOSA), visit: www.cal-hosa.org/

For more information on other high school health academy programs in California, visit the California Department of Education at: www.cde.ca.gov



Constructing a clay heart during medical terminology class



Hands-on instruction of blood type testing procedures

Ryan Steen – Extreme Sports Training and Injury Prevention

At extreme sports competitions, a wide variety of medical personnel and specialists can be found assisting athletes, providing immediate care, and making decisions if advanced medical care is necessary. Among those medical professionals is Ryan Steen, B.S., D.C., who provides training and wellness care to both highly-trained athletes and his patients in the San Francisco Bay Area.

Starting with his football scholarship for the Mustangs at California Polytechnic State University, San Luis Obispo, Ryan has worked and trained with athletes for many years. He began studying exercise science at California State University, Northridge, using his medical training to help athletes in competition.

“I am making my career exactly what I want it to be. I get to help athletes perform at their highest potential and I get to experience my favorite sports right on the field. The added bonus is that my family gets to enjoy the adventure too.” – Ryan Steen, B.S., D.C.

Ryan has combined his medical training with his knowledge of competitive sports (his hobbies include dirt bike riding, wakeboarding, and surfing) which allow him to work as a medical professional during extreme sports events. He offers athletic conditioning and guidance to professional supercross racers during the West Coast Supercross Racing series and other professional athletes such as street bike racers and wakeboarders.

The largest part of Ryan’s professional work, however, is the training he does with athletes before they compete. He provides cardiovascular training and develops flexibility and warm-up routines, which help athletes build strength, improve performance, and stay healthy while building a competitive edge. He also assists competitors in rehabilitating pulled muscles, broken collar bones (clavicle) and broken wrists.

Ryan strongly believes in working with healthcare providers in other disciplines to ensure the best care possible for all his patients. As part of a healthcare team, he can offer a treatment program and exercise schedule to meet the specific needs of the individual.

There are many health careers to be found in athletics and sports, including:

- **Kinesiologists and Kinesiotherapists** study the body in motion and focus on fitness instruction, athletic training and coaching for both professional and non-professional athletes. In most cases, these professionals have earned a Bachelor’s degree in Kinesiology or a related field.
- **Exercise physiologists** oversee health and fitness with an emphasis on rehabilitation from heart disease. These professionals have completed a degree in exercise physiology and are certified by the American Society of Exercise Physiologists (ASEP).
- **Physical Therapists** require a Master’s degree and are licensed by the State of California Board of Physical Therapy. They often practice in hospitals, clinics, or private offices providing treatment for permanent or temporary physical disabilities.
- **Physical Therapist Assistants** require an Associate’s degree and a state license. They develop and carry out treatment plans for patients as part of a medical team.

For more information on health careers in athletics and sports or to locate California school programs, please visit:

OSHPD’s Health Professions Education Program Search Tool:
www.oshpd.ca.gov/HealthEducationProgram/

American College of Sports Medicine: www.acsm.org

American Society of Exercise Physiologists: www.asep.org

Explore Health Careers: www.explorehealthcareers.org



Ryan Steen, B.S., D.C.



Athletes prepare for SuperCross event in Seattle

Community Health Workers

In communities where common languages and backgrounds are shared, many turn to trusted advisors for health advice and medical questions. These advisors, also known as community health workers, are respected because they are effective in providing support services. They offer informal, client-centered counseling, case management, and guidance based upon connections to health providers, clinics, charities, and other local resources. Their work is vital to the health and well-being of many communities across the state.

Who Are Community Health Workers?

Community health workers are sometimes called peer counselors, health advocates, or system navigators.

They may work for non-profit organizations or community clinics or may volunteer at local charities. They are often part of a health provider network team and are able to assist clients with services through community health clinics, nonprofit organizations, and other health agencies, while respecting and appreciating cultural diversity.

These diverse outreach workers strive to create a healthy future for their community by offering guidance for disadvantaged and/or minority populations and/or in rural or isolated areas. They each have a unique place in the community – one of trust. They are able to speak on difficult subjects with respect to cultural beliefs and traditions.

In the long-term, these workers advocate for changes in healthcare and mental health services provided to the community. Today's community health workers are much more knowledgeable about managed healthcare options and local resource networks. They recognize the health risks for their neighborhoods and the barriers to healthcare that may exist. They can motivate health behavioral change, prevent disease and injury, and identify and use community resources.

Many health organizations use community health worker programs to provide education and outreach services such as maternal and child care, HIV/AIDS education, violence prevention, or alcohol and drug counseling.

It is widely known that community health workers greatly assist the overall effectiveness of healthcare delivery systems. They are knowledgeable about what works and the best ways to connect planning and policy makers with people living in the community.

What is the Future for Community Health Workers?

Careers for community health workers will be impacted by changes in the community. A growing over-65 age population and an increase in non- or limited-English speaking patients will bring opportunities for healthcare professionals who can deliver quality care that is affordable, accessible, and culturally competent.

Community health workers benefit from expanding educational opportunities and long-term funding for training programs across the state. Education is vital to improving the work done by these professionals. Specific programs addressing the unique skill development needs of community health workers have been established at select campuses across the state, but vary greatly by region. Many training programs are job or agency specific.

Healthcare professionals serve as an educational resource and act as role models in the community. With support, they will continue to be instrumental in serving underserved or underrepresented communities in the future.

Visit the following for more information on community health worker education:

Santa Rosa Junior College
Community Health Worker Degree

www.santarosa.edu

Mission College, Santa Clara
Community Health Worker Degree and Certificate

www.missioncollege.org

City College of San Francisco
Community Health Worker Certificate

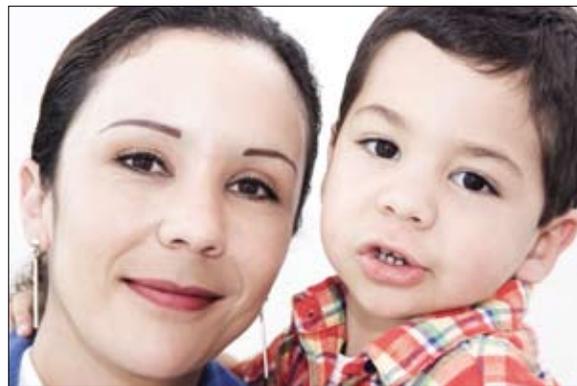
www.ccsf.edu

East Los Angeles College
Medical Assisting/Community Health Worker Degree

www.elac.edu

Sonoma State University
Patient Navigator Certificate

www.sonoma.edu



Promotoras in the Community

In Latino communities across the state, there are individuals who offer *servicio de corazon* (heartfelt service) to their local neighborhood or community. They are known as promotoras or promotores. They live in the neighborhoods they serve and are able to interact with families in the home, and help to access medical services and assist with follow-up and preventive care.

These community health workers play a key role in bringing health education to underserved communities. In California, promotora programs were first used in 1988 by organizations working in HIV/AIDS prevention. These outreach programs to underserved communities are currently used by many public health agencies, hospital groups, and health organizations to educate people about topics such as cancer, obesity, diabetes, geriatric care, HIV/AIDS, mental health, lead poisoning prevention, and patient rights.



Promotoras training in Los Angeles

“Promotoras have a natural ability to relate and speak to the people with whom they share a common neighborhood. Trust is the basis for their successful and efficient community labor.”

– María Lemus, Visión y Compromiso

María Lemus, Executive Director of Visión y Compromiso, a statewide forum and advocacy organization, runs the Community Health Worker/Promotoras Network in California representing more than 4,000 promotores and community health workers. The organization began by promoting good health in local neighborhoods, and now instructs others on good health practices and works to strengthen support networks statewide.

These community networks are located in urban, semi-urban, suburban, and rural areas of the state. They operate in schools, hospitals, parks, churches, in the fields, and in the home. Services may include helping adults learn to manage their diabetes, providing youth with nutrition information, or providing outreach care, education, and client navigation services to seniors.

“Promotoras have a natural ability to relate and speak to the people with whom they share a common neighborhood. Trust is the basis for their successful and efficient community labor,” said Ms. Lemus. “They bring the healthcare system to the community. And from a community perspective, promotoras provide credibility to healthcare institutions.”

To find out more about the promotoras network, Visión y Compromiso, please visit: www.visionycompromiso.org

For information on professional organizations representing community workers, please visit:

Community Health Worker National Education Collaborative – www.chw-nec.org

National Association of Community Health Representatives – www.nachr.net

National Association of Social Workers – www.socialworkers.org



Public outreach to combat H1N1 virus



Enjoying outdoor activities at Dia de Campo (Camp Day) in Novato

Funding Sources for Students

Financial resources are currently available for students looking to attend college, as well as for working professionals seeking to repay educational loans. Many scholarships and grants are competitive, so early planning and preparation can pay off. Privately awarded funds are also worth considering. These awards are offered by organizations, foundations, and charities and are most often smaller dollar amounts. But even the smallest awards can add up to something big.

Many students who are looking for financial assistance take advantage of a variety of information and planning tools available. These tools include savings programs, cost calculators, work study programs, and assistance in following the guidelines and meeting the requirements for state and federal grants.

Healthcare students and professionals agreeing to work in parts of California that have been determined to be medically underserved areas can qualify for scholarships and loan repayments. Repayment of educational loans are awarded by the California State Loan Repayment Program (SLRP).

The Health Professions Education Foundation offers awards in the areas of allied health, nursing, mental health, and dentistry. This program requires a “service obligation” or a commitment from licensed professionals to practice in medically underserved areas (MUAs) for a minimum of two years.

Medically underserved areas (MUAs) are federally designated and determined by several factors, including the ratio of primary medical care physicians per 1,000 population, infant mortality rate, population at or below the poverty level, and the percentage of the population age 65 or over.

Information on the California State Loan Repayment Program (SLRP) requirements can be found at: www.oshpd.ca.gov/HWDD/SLRP.html

For more information on the Health Professions Education Foundation, please visit: www.oshpd.ca.gov/HPEF/index.html

The State of California offers links to grants and information on other sources of federal funding at: www.edd.ca.gov/Jobs_and_Training/Other_Grant_Funding_Opportunities.htm

The University of California also provides details on financing education at: www.universityofcalifornia.edu/admissions/paying.html



The California State University Web site offers financial guidance at: www.csumentor.edu/FinAid/

California Community Colleges have an informational Web site about financial aid options at: www.icanaffordcollege.org/

Scholarships toward health professions can be found at: <http://cliniccareers.cpc.org/students/scholarships/index.cfm>

For even more educational and career resources, including scholarship and loan repayment links, visit the Healthcare Careers Training Program Resources page at: www.oshpd.ca.gov/HWDD/HCTP.html



Fastest Growing Health Careers in Southern California

Many of the fastest growing careers in Southern California (including Imperial, Orange, and San Diego counties) are in the allied health professions. These jobs are found in a variety of locations including hospitals, clinical laboratories, community centers and clinics, medical offices, and extended care in the home.

Job forecasts show the greatest opportunities for employment will be in the counties with the most population. The workforce in both Orange and San Diego counties is 25 times larger than the workforce in Imperial County.

Regional shifts in population will also change the healthcare needs of local communities. The over-65 age population is expected to more than double, and the overall population will grow by 1.6 million people by 2030. The majority of the area's growth will come in the Latino and Asian populations. Healthcare and other community services will need to expand in order to meet the needs of changing communities.

Fastest Growing Allied Health Careers in Southern California (Imperial, Orange, and San Diego counties)

Health Occupation	Education	Average Annual Salary (2006)
Home Health Aide	Certificate (<1 yr)	\$18,428 - \$20,820
Medical Assistant	Certificate (1-2 yrs)	\$22,235 - \$26,728
Pharmacy Technician	Certificate (1-2 yrs)	\$31,969 - \$34,507
Public / Community Health Educator	Baccalaureate/ Master/ Doctoral degree	\$32,510 - \$55,328
Mental Health Counselor	Master/ Doctoral degree	\$33,841 - \$44,324
Mental Health Social Worker	Master/ Doctoral degree	\$32,177 - \$33,384
Clinical Laboratory Scientist	Post-Baccalaureate	\$64,813 - \$66,976

– Data from the June 2008 Report, *Allied Health Workforce Analysis – San Diego Region*, prepared by the UCSF Center for the Health Professions and supported by The California Endowment.

Overall, Southern California faces unique challenges in providing a healthcare workforce of racial and ethnic diversity. But that may change as job opportunities in allied health continue to grow. Many entry-level positions do not require an advanced college degree, but rather a certificate which can be earned in one to two years. There are many allied health career training programs available throughout Southern California to choose from. Don't hesitate to start preparing for your future in healthcare!

For more information on Allied Health Careers, visit: www.explorehealthcareers.org/en/Field.1.aspx

For more information on careers in medical science, please visit the community college resource page at: https://misweb.cccco.edu/webproginv/prod/toptitlelist_n.cfm

The California State University resource page is located at: www.calstate.edu/

The University of California resource page is located at: www.universityofcalifornia.edu/

NEW! Health Professions Education Program Search Tool

Want to learn what health professions education and training programs exist in your county? Need to know which schools in California offer training in a particular medical or allied health career? Only need a listing of certification programs? No problem!

A new tool is now available for locating health professions education resources in California! This service from the Office of Statewide Health Planning and Development (OSHPD) allows anyone to search for health professions education and training programs statewide. The most recent data from the California Postsecondary Education Commission (CPEC) is used to ensure accuracy.

With more than 200 health professions education and training programs to choose from, this easy-to-use tool is vital to locating training programs at California universities, community colleges and private schools. You can also search a particular geographic area or limit your search to the type of degree offered. This is a free service – no login or sign-up required!

Visit OSHPD's Health Professions Education Program Search Tool at:

www.oshpd.ca.gov/HealthEducationProgram/



Professional Organizations in the Healthcare Industry

Various professional organizations exist which can offer professional guidance, licensing/certification courses, skill development, and opportunities for networking and job seeking. Many of these organizations also advocate for changes in the workplace to improve patient care and working conditions for healthcare workers. Visit the following organizations for more information on specific health careers:

Medical/Physician Assistant and Nursing:

California Medical Assistants Association:

www.cmaa-ca.org

California Academy of Physician Assistants:

www.capanet.org

California Nurses Association:

www.calnurses.org

California Academy of Family Physicians:

www.familydocs.org

Counselor, Laboratory/Pharmacy Technician and Pharmacist:

California Counseling Association:

www.cacounseling.org

California Association for Medical Laboratory Technology:

www.camlt.org

California Pharmacists Association:

www.cpha.com

More links to professional organizations serving medical professionals can be found at the Health Careers Training Program Resources page at: www.oshpd.ca.gov/HWDD/HCTP.html

Healthcare Pathways

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