

"Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime.' Currently, your teachers/professors are teaching you how to fish but it is up to you to learn. Do you want to eat for a day or a lifetime?"
-Guillermo

participant's charts, but most importantly, I was having that one-on-one contact that I wanted with real people. After my Internship I was offered a job under a pilot research study that was about to start near my hometown.

As the programmatic assistant for the diabetes management program at offices in Indio, California, I am in charge of building relationships with local organizations to help our participants. I give exercise classes and help out with our cooking demonstrations, keep a record of the attendance for each ac-

tivity, and I help patients schedule lab appointments and doctor visits. Sometimes I even help perform some basic labs myself. In essence, switching my major in college is leading me down a road that I am glad to be traveling. I am not only learning the science behind helping people, I am able to have a continuous interaction with everyone involved in our program.

What excites me most about my career choice is the fact that I am directly involved in bettering the health of residents in my community. There is always something that can be done and the surprise of how I am going to help someone motivates me to go to work with a positive attitude on a daily basis.

"There will always be obstacles or even people in life that will tell you that you can't do it—that you don't have what it takes to graduate from a University. Let me tell you something; there is nothing better than proving otherwise."
-Guillermo

Healthcare Pathways

August 2014

USING LIVED EXPERIENCE TO ACHIEVE YOUR DREAMS

By Nathan Woolbright



My first year of college was a scary experience: I had no idea who I was as a student; I had no idea what my needs were; I had no idea where I could get help to meet my needs; and last but not least, I had no sense of "wellness" and how it could greatly benefit my overall goals in life. When my struggles as a student with a mental illness derailed me from being able to function and focus in a classroom, I gave up. I felt that I was academically struggling. I started to feel as if the 'college' life just wasn't for me. So I dropped out for a whole year and a half. It was during that break that I had spent a lot of time figuring out what I needed to be successful, not only as a student but as someone with goals and aspirations in general. I eventually realized that I wanted purpose in life: I wanted a career, to provide for myself. Overall, I wanted the chance to live a normal, prosperous, and happy life, just like anyone else.

"Being involved allowed me to reach out, talk to others, and to seek help when needed."
-Nathan

During the break, I was seeing a Mental Health Counselor, who helped me figure out who I was as a college student. When I told her that I was considering going back to school and how I was a little worried about going through the same issues or problems I did before the break, I remember her saying, "Well let's come up with a plan to keep those issues or problems from arising, and in addition, if those issues or problems were to arise, how to appropriately handle them." She helped me figure out that I wasn't struggling academically; that stress which led to symptoms of my mental illness most likely was the cause of my lack of success in college. In addition, I struggled because I had no knowledge of mental illness, the symptoms, and the coping skills involved (healthy and unhealthy). I also wasn't aware of my other health needs (physical, spiritual, etc.) that affected my mental health and contributed to some of my struggles as a student.

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For current and past editions of Healthcare Pathways, or to access tools resources, and information, please visit us at <http://oshpd.ca.gov/HWDD/http.html>.

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REACH OUT, GET HELP

High School: Talk to your parents, guidance counselors, and teachers.

Community College, California State University, or University of California: Make an appointment with counselors, seek out the Disability Services Program (DSP), or find the National Alliance of Mental Illness (NAMI) On-Campus or an affiliate at <http://www.nami.org>.

Community or Neighborhood: Check out Youth in Mind at <http://yimcal.org/>, California Youth Empowerment Network at <http://www.ca-yen.org/>, or Youth Uprising at <http://www.youthuprising.org/>.

"Lived Experience" Continued from Page 1

She also told me about on-campus supports and services available to students who struggle with mental illness, for instance, Disability Services Program (DSP) and the National Alliance on Mental Illness (NAMI) On-Campus, as well as healthy coping skills in handling stress and symptoms. When I was connected with DSP, I was able to receive the accommodations needed for me to be able to focus and function in the classroom. When I connected with NAMI On-Campus, I was able to connect with others who had gone through or were going through the same struggles as I was going through as a student with a mental illness. **(Where is he now? Nathan works for a county where he supports and assists mental health consumers.)**

Nathan's Tips for Success and Balance:

- ⇒ Don't be afraid to ask for help.
- ⇒ Build relationships.
- ⇒ Be aware of your holistic health and needs.

OSHPD SUPPORTS BOYS AND MEN OF COLOR

On February 27, 2014, President Barack Obama launched "My Brother's Keeper," an initiative to examine the challenges and lack of opportunities that boys and men of color experience, and to ensure that all youth can reach their potential. At the state level, the Office of Statewide Health Planning and Development's (OSHPD) Healthcare Workforce Development Division (HWDD) and the Health Professions Education Foundation (Foundation) continue to support medically underserved areas and outreach to underrepresented communities that include boys and men of color to expose them to healthcare careers, student scholarship and loan repayment opportunities, job boards, and other resources to help them achieve their goals.

OSHPD is committed to California's growing population and diverse needs by continually promoting resources, career awareness, training and placement, and financial incentives as well as systems redesign, research, policy and planning to create a diverse and culturally competent healthcare workforce and partnering with organizations to advance access to quality health.

We hope you are inspired by these amazing healthcare students and professionals who represent boys and men of color as they share some of their experiences and strategies for success.

For more information on OSHPD, visit: www.oshpd.ca.gov

For Health Careers Training Program resources, visit: www.oshpd.ca.gov/hwdd/hctp.html

KNOWLEDGE IS POWER

By Guillermo Alvarez

"Attending an institution of higher learning will allow you to make the changes that you want to see in the world. You will have something that no one will ever be able to take from you—knowledge. Knowledge is power. How much power do you want to have in life?"
-Guillermo



At 24 years old, I work as the programmatic assistant for a nonprofit organization called Latino Health Access in the city of Indio in Riverside County. I was born in Mexico and moved to the United States when I was just five years old.

As an only child, moving to a new country was a hard transition at the time. I went from having my own room and always having cousins my age over, to living in a new country where I shared a room with my parents because we lived at my aunt's house. Having to figure out ways to keep myself entertained because there wasn't anyone to play with, I began to take comfort in my schoolwork and sports, specifically soccer.

In middle school, I became familiar with the Advancement Via Individual Determination (AVID) program. Attending college was a new experience not just for me but for my entire family since I was the first to attend college in my family in the United States. AVID was a unique program that taught students various academic tools, ensured that everyone in the program took the necessary classes and exams to graduate from high school and to be eligible to apply to college, took students to visit various college campuses and even provided tutoring for students who were having difficulty with their schoolwork. In essence, this program entailed everything that my family and I were looking for. Eventually, I graduated high school among the Top 10 students from my class and went on to further my education to the University of California, Irvine.

College allowed me to interact with people from different cultures and gain a new outlook on life. I learned that within the richest county of Southern California (Orange County) there was also one of the poorest cities (Santa Ana) in the region; I was shocked. How could one of the richest counties have one of the poorest cities in Southern California? How was that pos-

sible? This issue was especially significant to me because the population being affected the most by this situation were Latinos. I switched my major from biology to public health science during my third year. I learned that I could be involved with directly promoting health through the community. When my last year came around, I had to do an internship in order to graduate so I thought, "What better way to help the community than in my own backyard?" With this in mind, I began to apply for internships to various sites in Santa Ana.

Eventually, the opportunity arose to intern at Latino Health Access, a nonprofit organization based on the ideology of helping anyone that comes through their door to the best of their abilities. After the first week of my internship, I was hooked. I was helping to set up for educational materials for classes, ensuring that all documentation was properly filled out in the

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What is AVID?

Advancement Via Individual Determination is a global nonprofit organization committed to student success and to closing the achievement gap by preparing all students for college and other postsecondary opportunities. Some AVID programs provide mentorship, support, and information about how to prepare, how to stay motivated, and how to apply for college. Ask about AVID in your high school or visit:

<http://www.avid.org>

Healthcare: Get in the Game

Junior Domingo, Certified master's/athletic trainer, who currently works as an athletic trainer at El Camino College in Torrance, California. Before joining El Camino College, he was the head athletic trainer at the University of Redlands for eight years.

Domingo decided to become an athletic trainer because of two loves: sports and healthcare. The two merged as Domingo had his share of injuries at Indio High School where he played football, wrestled, and participated in track and field. During his visits to the athletic trainer, he developed an interest in how the athletic trainer helped him and his team. Domingo asked more questions and volunteered at various physical therapy clinics. After some time volunteering, he knew that he would rather work more hands-on with athletes on the sidelines, on the field, and during competition, so he chose to study kinesiology, with an option in athletic training at California State University Long Beach. Inspired and interested in his studies, he gained more experience as a graduate assistant athletic trainer and earned his master's degree in exercise science at Utah State.



Junior's advice for students or those wishing to change careers:

- ⇒ Research the differences in programs and what they have to offer.
- ⇒ While in a program, gain as much experience as possible by learning, practicing, and doing.
- ⇒ Develop your professional network with fellow students, preceptors, and other Certified Athletic Trainers.
- ⇒ Become involved—involved in the direction of your own education, but also in the profession. Within this profession, it is all about making you the best that you can be in all aspects; continue to learn and grow to become the best clinician possible.

Health Careers in Athletics and Sports

- **Athletic Trainer**—Evaluates, advises, and treats athletes to assist recovery from injuries, avoid injuries, and maintain peak fitness.
- **Exercise Physiologist**—Develops fitness programs, demonstrates how to use exercise equipment and how to perform exercises.
- **Physical Therapists**—Evaluate a patient's physical status, establish a plan of care and goals to restore, maintain, and promote health. May plan and organize rehabilitative programs.
- **Physical Therapists Assistant**—May also be called physical therapy technicians, physiotherapy assistants, rehabilitation assistants—Help physical therapists provide treatment by instructing, motivating, and assisting patients as they practice exercises or other activities that will improve health.

For more information about salaries, education, and training for these careers visit <http://www.labormarketinfo.edd.ca.gov/occguides/Search.aspx> or for general resources www.oshpd.ca.gov/hwdd/hctp.html.

To find additional descriptions for healthcare careers in athletics and sports or to locate California school programs, visit:

- OSHPD's Health Education Portal <http://heportal.oshpd.ca.gov>
- American College of Sports Medicine www.acsm.org
- American Society of Exercise Physiologists www.asep.org
- Explore Health Careers www.explorehealthcareers.org

MENTAL HEALTH CAREERS

Have your friends ever told you that you are a good listener? Are you interested in relationships and how people treat each other? Maybe you have a knack for helping people get to the root of issues? Do you have lived experience? You may want to consider a mental health career!

Licensed Professional Clinical Counselor—Provides services that include assessment and diagnosis of mental health conditions as well as providing individual, group or family therapy.

Marriage and Family Therapist—Provide treatment within the context of marriage and family systems.

Psychiatrist—Counsels patients during office visits and may design care plans using a variety of treatments that could include medication. Sometimes collaborates with other team members, such as physicians, psychologists, and social workers to discuss treatment and progress.

Psychiatric/Mental Health Nurse—Has a California RN license, master's degree in psychiatric/mental health nursing, and two years of supervised counseling experience in psychiatric/mental health nursing.

Psychologist—Counsels patients and offers treatment plans. May conduct assessments of intelligence, academic ability, attention, concentration, etc.

Social Services Assistant—(may also be called advocate, alcohol and other drug use counselor, human services program specialist, mental health technician, caseworker, Fam-

ily development specialist, peer support specialist)—Provides assistance to the community by working under the direction of nurses, counselors, social workers, psychologists, and other professionals of a treatment team.

Social Worker—(may also be called clinical social worker, licensed clinical social worker, medical social worker, social service case manager)—Assesses needs, educate and empower people to make better decisions regarding their situations. Some work with families, groups, and may even specialize in a specific area, such as working with children or HIV/AIDS patients.

Tools are available to find more information about salaries, licensing, training and education needed for these careers and others.

For more information, visit:

- <http://www.labormarketinfo.edd.ca.gov>
- <http://www.nami.org>
- www.oshpd.ca.gov/hwdd/hctp.html

How Nathan Got His Start in a Mental Health Career

“What helped me get this job was my lived experience as someone with mental health conditions; in addition to that, I had been a volunteer Peer Support Counselor at a Mental Health Drop-in Center (Josie's Place) for young adults a few years before I was offered this job, so I had experience working in the field.”

WE DID IT AND YOU CAN TOO!



Dennis Lim is a graduate from East Los Angeles College in Monterey Park. Dennis will attend CSU LA to pursue his bachelor's degree in Nursing in the fall. Dennis admits that the coursework can be demanding. "For every hour of lecture, you have to put in two to three hours of studying. Not like a normal class. Not quite like a class where you can listen to lectures and pass the class. The nursing class seems more situational—circumstances change responses to everything." In order to be successful, he suggests teamwork. "Working with other students has made college easier." Collaboration has allowed Dennis to practice different scenarios and situations that he may not have thought about while studying alone.

Antonio Flores, a community health worker/promotor (CHW/P) believes, "When you dedicate yourself to helping those in need, the accomplishments are everywhere." He finds satisfaction and fulfillment by educating others about healthy living. Before becoming a CHW/P, he worked as a dental technician for a very large provider. But 12 years ago he was diagnosed with Type 2 Diabetes. It was a very big shock for him, but he explains, "Obstacles really don't exist. This challenge helped me change my profession." Shortly after his diagnosis, someone invited him to take a course about prevention, control and management of diabetes. After applying what he had learned in his own life, he felt inspired and promised himself to pass along the information that he learned to everyone. With this promise, he became a promotor.



William Wilson, physician assistant (PA) student at Loma Linda University, has ventured into many areas in healthcare, such as in the lab and as a residential counselor for individuals with mental disabilities. He explains, "My previous employment related to the healthcare field is in the laboratory and a short term as a residential counselor with mentally disabled individuals...I wanted a more intimate role with the individuals I was taking care of and becoming a physician assistant was the most efficient means to do so." With an expected graduation date in September, William Wilson motivates himself by trying to be better than he was the previous day, not only in his career but in life.

Philip Johnson, M.D. did not attend medical school immediately after college graduation. "I worked for two years in many odd jobs while studying for the MCAT and trying to improve my resume. Ultimately these two years of diverse experiences and time to mature my thinking about life have served me well. Though I am older than most of my colleagues, I would not trade the years between college and medical school for anything." Some of Dr. Johnson's jobs before he became a resident in family medicine included "landscaping, farming, biological lab assistant, hyperbaric chamber technician, roofing, commercial fishing, non-urgent patient transport driver, call center and front office of a small family medicine clinic, and personal assistant to a blind physician." Once he entered medical school, he had some struggles. "I was two years away from my college classes and much of the useful information had faded. Feeling like I had to review as well as study new material was difficult. I struggled until I was finally willing to ask for help from one of the deans. Asking for help has proved to be the most important decision of my life."



Franky Hasibaun, M.D. explains, "I struggled academically due to a difficult transition period from having a career and going back to medical school. In addition, my father passed away while I was in medical school. These things compounded and eventually delayed my graduation from medical school." He believes his strong faith and finding people who could help him cope with academics helped "turn these experiences into strengths" that could be implemented in his career.



Francisco Lopez is an analyst for the health system at University of California Los Angeles Orthopedic Hospital in Santa Monica, attended UCLA and is pursuing a Master's in Business Administration because he would like to manage an organization in the healthcare sector to provide resources to underserved communities. Being an optimist and turning challenges into personal development has helped. "The challenges I've experienced in pursuing my academic and professional aims are related to my immigration status. I am undocumented, so financial resources, access to employment, and simple tasks like driving have all posed challenges. Additionally, I became a father at 21, and while I would not take back the experience because it helped me grow as a person, it was a new challenge in my life that momentarily derailed my academic pursuits." His advice: "Don't be afraid to step out of your comfort zone. In fact, do it. STEP OUT OF YOUR COMFORT ZONE...be willing to humble yourself. When you do, it's normal to doubt yourself, but use that self-doubt and turn it into a strength."



Nathan Brinckhaus, M.D. confesses that he was his main obstacle. "Through elementary and high school I hated school. Because of this, I didn't apply myself to studying, got bad grades, and thought I wasn't smart." Even though he had these doubts, he set a goal to become a doctor. "This goal changed my mindset to at least say I'm going to give college my best shot." In essence, don't doubt yourself. Keep your goals in mind and focus on what you have to do to achieve them.

OSHPD is proud to partner with the California State Office of Rural Health in hosting California's 3RNet webpage. If you are looking for a health career, California's 3RNet is working to match health professionals with jobs in rural and underserved areas throughout California. Opportunities are available for health professionals at different stages in their career; from entry level to executive. For more information or to register for full access to available job opportunities, visit: <https://www.3rnet.org> or contact us at: HCTP@oshpd.ca.gov

Andrew Chan graduated from California State University Los Angeles (CSU LA) in 2012 with a Bachelor's Degree in Health Science because health promotion and program planning interested him. Upon graduating, he interned at the Department of Public Health. During his internship, Andrew felt inspired by public health nurses and decided to pursue nursing. This meant going back to school, so he enrolled in the registered nurse (RN) program at East Los Angeles College in Monterey Park. Even though he already graduated from college, adjusting to the nursing curriculum and learning materials was a bit more challenging than he thought it would be, so he leaned on his professors who encouraged him by demonstrating in the classroom, "Healthcare is a team approach." And that's his attitude toward school and studying—teamwork. For Andrew, working in study groups makes materials and resources more accessible. In May, Andrew completed the RN program but hopes to seek a bachelors of science in nursing at CSU LA.

