

Healthcare Pathways



San Joaquin Delta Community College Partners with Local Hospitals

Education and employer partnerships are necessary to introduce and prepare young students for entering and succeeding in healthcare careers. These partnerships provide an opportunity for young people to pursue programs at the high school, community and four-year college level for healthcare-related certificates and degrees. For example, in San Joaquin County, the San Joaquin Delta Community College partners with six of the Community Health Forum hospitals (Dameron Hospital, Doctor's Hospital in Manteca, Kaiser Permanente Hospital/Clinics, Lodi Memorial Hospital, St. Joseph's Hospital and San Joaquin General Hospital) to offer three opportunities for health career exposure to young people, starting in kindergarten, and continuing through high school, college and eventual employment within San Joaquin County's healthcare systems.

Health, Education and Leadership (HEAL)

The HEAL adopt-a-school program is a hands-on experience providing 4th through 7th graders at Hamilton Elementary School, in Stockton, an opportunity to interact with health professionals who teach students various aspects of healthcare.

San Joaquin Delta and Hospitals Project

This program, initiated by the San Joaquin Delta Community College and funded by a grant through the California Community College System, provides healthcare career exploration in a unique hands-on hospital experience for 600 eighth graders. As students tour the hospitals, they participate in a mock surgery and observe patients and newborns. Additionally, 300 eighth grade classes receive a "Healthcare Career Pathways Resources Binder" to keep students interested.

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San Joaquin County Students Explore Health Careers

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Investigate Public Health Careers



Want to make a difference and have a rewarding career? Choose Public Health!

Public Health is a rapidly growing, dynamic field that is essential to the health and well being of our communities and each of us. Most of the leading causes of illness and death are preventable! While medical professionals focus on providing quality treatment when people are sick, public health professionals are dedicated to preventing diseases from occurring and creating conditions that keep people healthy. They work to address the social, behavioral, environmental and biological factors that influence our health. They also work on programs, policies and research that promote and protect our health and prevent disease.

You can make a difference in public health and have a rewarding career with tremendous advancement opportunities. Public health leaders and professionals work in public, private and non-profit organizations. As our population increases, ages and becomes more diverse, the need for public health professionals is growing rapidly. It is estimated that by 2020, our country will need an additional 250,000 public health professionals in the public sector, primarily at state, federal and local public health departments and public health laboratories. Private sector and non-profit opportunities in organizations such as community health centers, hospitals and health systems, community based organizations and biotech companies will also grow dramatically.

The top leaders and clinicians in all of these areas will be retiring and dedicated new leaders and professionals who are culturally and linguistically capable will need to step up and solve our complex health challenges. The increase in the number of public health majors and minors on undergraduate campuses and projected growth in enrollment in public health graduate schools will provide more educational paths and opportunities to fill this gap.

"I selected a career in Public Health because it gives me an opportunity to have impact on communities and it allows me to work in an area that I am committed to and passionate about, despite some of the daunting challenges we face in trying to improve the public's health."

**- Byron Kennedy, M.D.,
Ph.D., MPH, California
Department of Public
Health**

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Decision Medicine

The San Joaquin Medical Society offers an exciting hands-on two-week field study program designed to introduce the field of medicine to 24 high-achieving high school students. During the two-week program students experience one-on-one mentoring with local physicians at hospitals as well as visit UC Davis Medical School and regional hospitals.

The Decision Medicine program is **Free!** Come and experience the fast-paced life of a physician and find out how you may become part of an exhilarating career that you thought was unavailable or beyond your reach.

For more information about these programs visit the following websites:

<http://www.decisionmedicine.com> or <http://www.stockton.k12.ca.us/susd/frontpagenews/April08/spotlight.htm>



Current issues that public health professionals address:

- Prevention of diabetes, asthma and other chronic diseases
- Violence and injury prevention
- Health reform for greater coverage and access to care for the uninsured
- Healthy eating and active lifestyle programs and education
- Policies and programs that reduce smoking
- Investigation and containment of infectious disease outbreaks
- Increasing prenatal care and childhood immunizations



- Educating and empowering communities to address their priority health issues
- HIV and AIDS prevention and screening
- Improving living and working conditions and access to services for immigrant population
- Ensuring clean air and water in developing countries and low income communities

“Public health offers tremendous opportunities to those who want to make a difference on issues that play an important role in our communities, improving our health and to those who feel passionate about their work!”
– Jeff S. Oxedine, MBA, MPH, Associate Dean Public Health Practice, UC Berkeley School of Public Health

What kind of public health careers are there?

Public health leaders and professionals work in many different roles and types of organizations. The positions and type of work you do vary depending on your background and interests. There is an exciting career in public health for everyone! Some examples include:

<p>Behavioral Health and Community Outreach</p> <ul style="list-style-type: none"> • Health Educator • Community Health Team Leader • Director or Prevention Services • Occupational Safety and Health Specialist • Community Organizer or Coalition Leader 	<p>Clinical and Public Health</p> <ul style="list-style-type: none"> • Public Health Nurse • Public Health Physician or Health Officer • Public Health Nutritionist • Maternal and Child Health Specialist
<p>Policy, Advocacy or Management</p> <ul style="list-style-type: none"> • Health policy advocate • Policy analyst • Program or Department Director • Health Planner 	<p>Scientific, Analytical and/or Research</p> <ul style="list-style-type: none"> • Public Health Microbiologist • Biostatistician • Epidemiologist • Environmental Health Specialist • Public Health Lab Director • Global Health Researcher • Professor

For information about public health visit the following websites:

Centers for Disease Control - www.cdc.gov

What is Public Health? - www.whatispUBLICHEALTH.org

Health Policy - <http://www.usnews.com/articles/business/best-careers/2008/12/11best-careers-2009health-policy-specialist.html>

Combining a Career in Clinical and Community Health Interests

One of the exciting things about public health is that you can combine clinical and community health interests. For example, you can be a physician who sees individual patients in a community health center, works on health education and outreach programs for the underserved communities, and impact policy changes to improve community conditions. Physicians are increasingly obtaining masters in public health degrees along with their medical training.

If you have a passion for public health issues, there are career and educational opportunities for you. To find out more:

Public Health Education Information:

Pathways to public health: www.pathwaystopublichealth.org/

Public Health Accredited Schooling: <http://www.asph.org/document.cfm?page=725> or <http://ceph.org/i4a/pages/index.cfm?pageid=1>

Summer Enrichment Program (SEP): www.sph.umich.edu/sep/

Undergraduate Opportunities: <http://www.sph.umich.edu/careers/prospective/opportunities.html>

Public Health Career Information:

American Public Health Career Services: <http://www.apha.org/aboutcareers/> or <http://careers.apha.org/careerdev/> or <http://www.apha-ih.org/JobOpportunities.htm>

Careers: <http://www.apha.org/aboutcareers/careermart/default.htm>

Health Career Connection: www.healthcareers.org

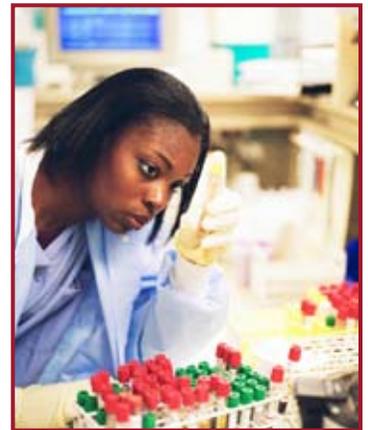
Health Jobs Start Here: <http://www.healthjobsstarthere.com/>

Job Search: <http://careers.apha.org/search.cfm>

Public Health Jobs: <http://www.publichealthjobs.net#>

Want to explore and pursue Public Health further?

There are exciting opportunities to pursue public health no matter where you are in your career. People in public health are passionate about what they do and know the importance of inspiring and supporting future professionals with learning opportunities. To discover a public health career that best suits you, it is important to get as much exposure, experience, and mentoring as possible and then strengthen your academic preparation and support networks. Here are some suggestions to get you started:



To get a picture of what you want to do, work on answering the following questions:

1. Are there particular health issues that you are passionate about and want to work with individuals or with groups, communities or policies?
2. Are there particular populations or organizations that you would like to work with?
3. What role or functions or combination would you like to have? (e.g., educator, physician, nurse, administrator, researcher)

Along with considering these questions it is important to think about the impact you want to have and what you are good at. By answering these questions, you can begin to develop a vision of what you would like to do in public health.

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As you begin to see how the answers to your questions point you toward a particular public health career you may want to **volunteer or participate in some of these activities:**

Intermediate School:

- Field trips
- Group projects on health issues
- Guest speakers
- Job shadowing

High School:

- Class or volunteer projects in the community
- Field trips
- Guest speakers
- Develop educational materials or programs
- Health academies
- Health fairs
- Internships
- Job shadowing
- Volunteer



Undergraduates or recent graduates:

- Course projects in health organizations or on public health issues
- Informational Interviews
- Part-time jobs
- Public health association, issue or prospective student conferences
- Public health coursework
- Read articles and visit websites on public health
- Research projects with public health professors or researchers
- Shadow public health professionals
- Student health clubs (e.g., Chicano's in Health Education, Black Students in Health)
- Summer or school - internships
- Take graduate school courses
- Volunteer with public health or community-based organizations

The **Financial Opportunities** listed below are just a few of the many health scholarship, fellowship and internship programs you may want to explore:

- **American Dental Association (ADA)** – Award amount from \$1,000 - \$2,500
www.ada.org/ada/adaf/grants/scholarshps.asp
- **American Public Health Association (APHA)** – Award amount of \$500 mighty.fine@apha.org
and www.getreadyforflu.org/scholarshp.htm
- **Kaiser Permanente Student Financial Aid Program** – Award amount varies
https://epf.kp.org/wps/portal/hr/kpme/career/tuitionassistance?WCM_GLOBAL_CONTEXT=/myh
- **National Institute of Health Scholarship** – Award amount up to \$20,000
www.training.nih.gov/careers/careercenter/finaid.html
- **The National Environmental Health Association and American Academy of Sanitarians** –
Award amount \$2,500 www.collegescholarships.org/scholarships/health/public.htm
- **University of California, Irvine** – Award amount of \$2,500 www.roybalfoundation.org./scholarship.htm



Interested in Paid Health Internships?

“The internship affirmed my passion to work in health care!”
- Cathy Huang- Alameda Alliance for Health

Did you know that paid health internships can open doors to jobs and educational opportunities? Apply for a healthcare internship today. Health Career Connection (HCC) is a non-profit organization that inspires, empowers, and provides educational opportunities to undergraduate students interested in pursuing careers in health management and policy, health education, community health, and other public health options.

While HCC does not offer clinical internships, students considering medicine or nursing and who have a strong interest in exploring other health career options and public health issues can apply.

HCC is committed to building a diverse health professions workforce and encourages all students to apply.

Paid Internships and Mentoring

HCC offers ten-week, full-time summer internships from mid-June through mid-August. Interns are paid educational stipends. Through an apprenticeship model, preceptors and HCC staff mentors and guide interns in an orientation to the organization, work on important projects, develop valuable professional networks, and attend professional development events.

The internship sponsors and HCC place qualified candidates in leading California, New England, New York and New Jersey healthcare and public health organizations. HCC offers intern placements in hospitals, clinics, health plans, policy advocacy, medical groups, public health departments, community health organizations, foundations and consulting firms.

“I do believe that this internship will not just help us in building our network skills, but also friendships.”
- Jonathan Abrenica - St. Rose Hospital in Hayward, CA

Previous host organizations include:

CENTRAL CALIFORNIA	NORTHERN CALIFORNIA	SOUTHERN CALIFORNIA
<ul style="list-style-type: none"> Central Valley Health Policy Institute Fresno Interdenominational Refugee Ministries Golden Valley Health Centers Sequoia Community Health Centers UCS, Fresno Latino Center for Medical Education and Research 	<ul style="list-style-type: none"> Alameda County Public Health Department Catholic Healthcare West John Muir Health System Kaiser Hospitals & Medical Groups La Clínica de La Raza 	<ul style="list-style-type: none"> California Hospital Medical Center Insure the Uninsured Project Northeast Valley Community Health Riverside Community Hospital Venice Family Clinic

Join Our Program

To read about HCC experiences visit: <http://www.healthcareers.org/main/casestudies.htm>

For information regarding HCC, please contact **Jeffrey S. Oxendine** at oxendine@berkeley.edu or **Jagjit Jain** at jjain@healthcareers.org.



HCC provides students with Exposure, Experience and Support needed to achieve a successful health career.

Student Tip: Public Speaking

Speaking in front of an audience can be daunting but is a necessary skill. Here are some helpful **do's** and **don'ts** when preparing for your next speaking engagement:

Public Speaking Do's

- **Identify who your audience is.** Keep in mind the group that you are speaking to. Be flexible. Be able to work with the audience that you have.
- **Figure out what topic you wish to communicate.** Understand the purpose of the presentation.
- **Determine how to best convey your message.** Keep the message clear, concise, and simple. Plan a beginning, middle and an ending. Concentrate on your audience.
- **Be prepared.** Practice your delivery. Rehearse out loud and use examples to bring your points to life. Timing is important.
- **Relax.** Keep your body language upbeat. Don't stay stuck behind a podium. Move around.
- **Review the physical content of the room or location.** If you have time to visit the room, for example, you may be able to rearrange the furniture. Check for availability and visibility if you are using audio or visual aids.



Public Speaking Don'ts



- **Start with a whimper.** Don't start with "Thank you for that kind introduction." Start with a bang! Give the audience a startling statistic, an interesting quote, a news headline – something that will get their attention immediately.
- **Talk too fast.** Be confident. Less is sometimes more. Pauses are effective. Use variety of tones in your voice.
- **Read a speech word for word.** This will put the audience to sleep. Look into the eyes of the audience, and then speak.
- **Use someone else's stories.** It's okay to use brief quotes from other sources, but to connect with the audience, illustrate with your own experiences.
- **Fail to prepare.** Rehearse to ensure you'll leave a good impression.
- **Forget to "work" the room.** Your audience wants to meet you. If you don't take time to mingle before the presentation, you lose an opportunity to enhance your credibility with your listeners.

For more public speaking tips, please visit the following websites:

<http://www.mindtools.com/>

<http://jobfunctions.bnet.com/>

<http://www.umw.edu/>

<http://www.toastmasters.org/>



Scholarships and Loan Repayment

The Health Professions Education Foundation (Foundation) administers a number of scholarship and loan repayment programs for health professional students and graduates. All program recipients are required to provide direct patient care in a medically underserved area (MUA) of California as designated by the Office of

Statewide Health Planning and Development (OSHPD). The period of obligated professional service is one to three years (depending upon program).

The Foundation has scheduled several conference calls in February to assist individuals in applying for their scholarship and loan repayment programs. Program Officers will present information about Allied Health, Nursing, Mental Health, Physician and other health professions programs and application instructions.

To find out more about the Foundation's scholarship and loan repayment programs, please visit: <http://www.oshpd.ca.gov/HPEF/Schlrshp.html> or to reserve your space for the upcoming technical assistance calls, please visit http://www.oshpd.ca.gov/HPEF/Text_pdf_files/TAConfCalls.pdf or contact the Foundation directly at 1(800) 773-1669.

Hurry, as space for each conference call is limited.

ANNOUNCEMENT

Health Career Training Program (HCTP) Mini-Grants are now available. In an effort to develop a more culturally and linguistically-competent healthcare workforce for Californians, HCTP seeks to fund programs that reinforce skill sets, education, and training programs that encourage economically/educationally disadvantaged and/or underrepresented groups to pursue health careers. The HCTP has \$121,000 total available for 11 awards.

To obtain a Request for Applications (RFA) 08-9389 and forms/templates, please visit: http://www.oshpd.ca.gov/HWDD/HCTP_mini_grants.html.

Application Deadline: April 14, 2009, by 5:00 p.m. No postmarks or late applications accepted.

Healthcare Pathways

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