

# Healthcare Pathways



## Men in Nursing: Success at Monterey Peninsula College

Some men choose a nursing career because they are drawn to the emergency room and surgical areas. But did you know there are incredible rewards from treating, diagnosing, and caring for patients in other settings too? The Maurine Church Coburn School of Nursing at Monterey Peninsula College has found success supporting male students in this non-traditional career choice.

### Men in Monterey Peninsula College's Nursing Mentorship Group

The nursing students at Monterey Peninsula College have the support of faculty, peers, and working professionals. This support network provides students guidance and preparation for a successful career, helps improve professional behavior, and assists in managing stress, sharing opportunities, and discussing gender differences. The mentoring group offers male students a renewed feeling of support and identity, allowing them to be more comfortable sharing difficulties early in the program, when assistance and support is most needed.

"Students have confessed to me that they really feel confident and able to discuss more issues with other male RNs and without this program and the male nursing faculty – they would not be here," reflected Wayne Lavengood, one of the group's founders.



Monterey Peninsula College's Nursing Mentorship Group, 2009-2010

At Monterey Peninsula College, the mentorship group is available to registered nursing students in the first or second year of study, and has been so successful that the American Assembly for Men in Nursing (AAMN) awarded Monterey Peninsula College the "Best Nursing School/College for Men in Nursing for 2009." Many in the group have found assistance in the program and believe they have only been able to continue their nursing education because of it.

For more information on the nursing program at Monterey Peninsula College, please visit:

<http://www.mpc.edu/academics/nursing/Pages/default.aspx>

### Is a Career in Nursing Right For You?

According to 2006 data, men were less than 6% of the nursing workforce in the United States. In California, the percentage of male nurses was nearly 11% (American Nurses Association and California Board of Registered Nursing, 2006). This number is expected to rise in the next decade. Overall, opportunities for men in nursing careers will increase because more nursing jobs will be created in the next decade than any other single profession – nearly 600,000 new jobs by 2018.

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## Inland Coalition Broadens Its Reach

Recognizing the need to recruit and involve more high school students in the area's health career pipeline programs, Reach Out, in cooperation with the Latino Health Collaborative, formed the Inland Coalition, dedicated to advancing diversity and education in the health professions. Activities include bringing together local school districts, community groups, colleges, and healthcare industry partners in order to benefit health career programs.

The Inland Coalition works throughout Riverside and San Bernardino counties and the Pomona Valley to foster a healthcare workforce that is diverse and responsive to the community. Its active membership of more than 70 members represents health career academies and partnerships, the healthcare industry, and occupational programs in local universities and community colleges.



*Students are introduced to life-saving techniques through 'Si Se Puede,' a summer mentoring program at the Loma Linda University Medical Simulation Center, an Inland Coalition partner.*

### Attention All Middle/High School Students in the Inland Region!

On May 7, 2010 the Inland Coalition will host the second annual health careers pipeline conference, attracting 600 middle school and high school students – all interested in learning more about a broad range of health-related careers.

This event, to be held on the California State University, San Bernardino campus, will offer information and resources from teachers, senior-level college students, administrators, health professionals, community agencies, and representatives of the region's health-related universities, including Loma Linda University, Western University of Health Sciences, Claremont Graduate University, and the University of California Riverside.

If you are interested in participating in the annual event or in other ongoing efforts, please visit the Inland Coalition at: <http://www.inlandcoalition.org>

To learn more about the educational and assistance programs for parents and youth, visit Reach Out at: <http://we-reachout.org/>

To learn more about the community-focused programs of the Latino Health Collaborative, please visit: <http://latino-health.org>

...“Men in Nursing” (continued from page 1)

An entry-level registered nurse job is possible after only 3 years of college. An associate's degree in nursing from an accredited nursing program can prepare you for licensing requirements, while programs offering a bachelor's degree in nursing take about 4 years to complete.

One of the main reasons men are entering the nursing profession are the high wages. The median wage for a registered nurse was \$62,450 in 2008 (Bureau of Labor Statistics).

To explore the educational and career options toward a career in nursing, please visit: <http://www.choosenursing.com/index.html>.

The California Nursing Students' Association has a student newsletter on the activities and achievements of nursing students at: <http://www.cnsa.org/newsletter/>.



## Estelle Eugene – Performance in Medicine

**E**stelle Eugene knows that practice makes perfect and that hard work pays off. Growing up she won awards and scholarships for her singing performances. She also has won awards for her academic work.

“My parents are strong proponents of education. They are immigrants from Haiti and do not want me to struggle as they did.”

Being fluent in French Creole, Estelle especially wants to do volunteer work in Haiti. She has worked with a medical and dental education program in North Carolina and gained clinical experience during a clinical care internship program at Valley Presbyterian Hospital in Van Nuys. Her interest in a health career, however, started during high school.

“I was challenged and captivated by my first biology class. This was significant for me - I could apply what I learned to things that were occurring inside and all around me. Human physiology also intrigued me and I figured I would go into medicine and learn all I could about the body. I knew I could put it to good use improving lives.”

Estelle is currently a first year medical student at the David Geffen School of Medicine, University of California, Los Angeles. Throughout her years of study, she took advantage of the campus Student Affairs office, which can assist with a variety of issues or concerns, and the numerous clubs and organizations available, such as the SNMA (Student National Medical Association).

Along the way, Estelle did not let any circumstance, negativity, or criticism from others inhibit her dreams.

“You have to move forward when things get hard, and they will. Don’t give up, because you will be surprised by what you can accomplish. Countless times I have wanted to give up – and truly believed I couldn’t do it, but I gave my best anyway and surprisingly the end result was success.”

“The most important part of my education is the knowledge that I am gaining. Everyday I learn something new and my view of the world changes. It’s amazing! I know everything I am learning will eventually be put to good use and help improve the health of others.”

Her career goal is to become a physician, either in internal medicine or a sub-specialty, but with a focus on the underserved communities in California. She sees herself making a difference through public health or global health projects. Without a doubt, her experiences and motivation will continue to impact and inspire the lives of others.

To learn more about the SNMA (Student National Medical Association), please visit [www.snma.org](http://www.snma.org).

For information on health professionals assisting communities in Haiti, please visit the U.S. Department of Health & Human Services at [www.hhs.gov/haiti](http://www.hhs.gov/haiti) or the Partners in Health effort at <http://standwithhaiti.org>.



**“Don’t give up, because you will be surprised by what you can accomplish.”**

— Estelle Eugene, medical student, UCLA

# Mental Health Career Opportunities



**T**ake the path that leads to making positive change in the well-being of others, a career in mental health services! Closely assist others through difficult life circumstances and build life skills for a brighter future – for others and yourself.

Mental health service providers help people in all stages of life. They are found in every part of the community from schools, clinics and hospitals, to senior centers, prisons and corporations. These workers require effective communication, resourcefulness, and time management skills. They often coordinate efforts to manage patient treatment plans and clinical resources for patients. For example, school counselors and clinical social workers may work closely with psychiatric nurses, psychiatrists and psychologists.

Some of the most common mental health professions include:

## **Mental Health Technician or Psychiatric Aide:**

Often works in psychiatric departments of hospitals, outpatient clinics, or in long-term care facilities under the direction of nursing or medical staff. Assists with patient therapy or offers administrative support to care programs and facilities. Required training programs may be one year or more and are available through vocational high schools and community colleges. Additional hours of on-the-job training may also be required.  
Wages: \$19,906 to \$30,867 annually

## **Mental Health Counselor:**

Assists people with personal, family, educational, career, and emotional problems with an emphasis on prevention. A master's degree in mental health counseling, community counseling, or psychology is the minimum requirement.  
Wages: \$30,118 to \$63,960 annually

## **Mental Health and Substance Abuse Social Worker:**

Provides treatment to individuals with mental and emotional problems. Treatment may include individual or group therapy, crisis intervention, client advocacy, and education. A bachelor's degree is the minimum requirement, but a master's degree in social work or a related field is becoming the standard.  
Wages: \$33,134 to \$55,723 annually

## **Psychiatric Technician:**

Cares for mentally impaired or emotionally disturbed individuals by following physician instructions and hospital procedures. May participate in rehabilitation program, personal hygiene, and administer medications. These entry-level health care professionals require graduation from an accredited psychiatric technician school or completion of studies with 18 months of paid work experience.  
Wages: \$20,000 to \$65,000 annually

## **Psychiatric Nurses:**

Works with individuals, families, and groups to assess mental health needs and to develop treatment plans. This is an in-demand field due to a two-year degree requirement and many opportunities to participate in extra hands-on training in mental health nursing. Practicing professionals may hold an associate or bachelor's degree.  
Wages: \$35,000 to \$79,000 annually

## **Psychiatric Nurse Practitioners:**

Performs assessments, makes diagnoses, and plans treatments for individuals and groups. Often functions as therapist, educator, counselor, and family advisor. Most practicing professionals hold a master's degree or are advanced practice registered nurses with specialized training in mental health nursing.  
Wages: \$65,000 to \$99,000 annually

## **Clinical Psychologist:**

Plans treatment programs for patients following diagnoses and evaluation of individual's mental and emotional disorders. A master's degree and a doctor of psychology degree is held by most professionals in this field. Passage of licensing and certification exams also needed.  
Wages: \$38,000 to \$101,000 annually

## Getting to Know the...



The California Department of Mental Health (DMH) initiates, administers, supports, and enhances an integrated, comprehensive system of public mental health services. DMH provides workforce education and training programs through the Mental Health Services Act (MHSA). Educational loan repayments are available for hard-to-fill or hard-to-retain positions through a partnership with the Health Professions Education Foundation (HPEF), a non-profit entity under the Office of Statewide Health Planning and Development (OSHPD).

- **Mental health resources** include the County Mental Health Phone List, which contains information and links to county mental health contacts in your local area. For more information, please visit: <http://www.dmh.ca.gov/docs/CMHDA.pdf>
- **Stipends for mental health professionals** provide financial incentives to encourage students with critical skills to work in the public mental health system. Stipends are repaid in exchange for 12 months of work in the public mental health system. For more information, please visit: [http://www.dmh.ca.gov/prop\\_63/MHSA/Workforce\\_Education\\_and\\_Training/default.asp](http://www.dmh.ca.gov/prop_63/MHSA/Workforce_Education_and_Training/default.asp)
- **Mental health related loan assumption programs.** The Department of Mental Health partnered with the Health Professions Education Foundation to award a total of \$2.5 million in MHSA funds to repay educational loans. The mental health loan assumption program offers up to \$10,000 to repay educational loans after 12 months of work in a qualifying position in the public mental health system. A wide variety of mental health providers are eligible. For more information, please visit: <http://www.oshpd.ca.gov/HPEF/index.html>
- **Mental health related loan repayment programs** of the National Health Service Corps (NHSC)/State Loan Repayment Program (SLRP) offer up to \$50,000 for qualified providers who commit to a two-year service obligation. For more information, please visit: <http://www.oshpd.ca.gov/HWDD/SLRP.html>

For more information, please visit:

Bureau of Labor Statistics ([www.bls.gov](http://www.bls.gov))

National Mental Health Awareness Campaign ([www.nostigma.org/students\\_faqs.php](http://www.nostigma.org/students_faqs.php))

California Council of Community Mental Health Agencies ([www.cccmha.org](http://www.cccmha.org))

California Mental Health Directors Association ([www.cmhda.org](http://www.cmhda.org))

California Association for Nurse Practitioners ([www.canpweb.org](http://www.canpweb.org))

## Career Spotlight – Addiction Counseling

Addiction Counselors don't "think" about changing the future – they just do it. Everyday they repair dreams, instill hope, and save lives. Alcohol and Other Drug Abuse (AODA) counseling is an exciting profession with extremely high levels of career satisfaction. These workers offer guidance to those in need which strengthens the families and communities around us.

Addiction counselors are highly respected specialists with specific education and training in addiction therapy and are an integral part of any healthcare team. They have skills that make them great listeners, strong leaders and positive role models. Some counselors may be in recovery themselves or have been affected by addictive behavior in the lives of friends and family. Having "walked the walk," or known someone who has, they are sought-after community resources who can motivate even the most difficult clients toward recovery and a healthier lifestyle.

Entry into the field of AODA counseling is exciting from the first day. The curriculum is focused on treating addiction and helping people overcome dependencies to drugs, alcohol, gambling, and combat eating disorders. Students find this

approach to be a "fast track" to doing what they want to do – making an impact in the lives around them. A supervised "internship" and field work are generally requirements for entry into the field. This work challenges students to effectively apply his or her skills in a real world setting.

Most new counselors in California can complete the training and education requirements to start their careers in two to three years and may work in an agency, under supervision, while acquiring these skills. Many AODA treatment facilities encourage volunteerism and on-the-job, part-time employment. Counselors can become licensed or obtain an AODA credential in order to become an independent practitioner (similar to Marriage and Family Therapists), or become administrators who impact thousands of lives. Others may be appointed or employed by community or governmental organizations focused on healthy lifestyles.

Many individuals in this career work in hospitals, clinics, corrections settings, educational programs, or community outreach foundations. The rewards from improving the lives of others make the Addiction Counselor a career that lasts a lifetime.

### CAREERS IN ADDICTION COUNSELING

Job Title/Industry	Education	Average Salary*
Substance Abuse and Behavioral Disorder Counselor in General Medicine and Surgical Hospitals	Bachelor's or Master's degree	\$44,210
Addiction Counselor (general)	Bachelor's or Master's degree	\$39,670
Substance Abuse and Behavioral Disorder Counselor in Outpatient Care Center	Certificate** / Bachelor's or Master's degree	\$37,960
Substance Abuse and Behavioral Disorder Counselor in Residential Facility	Certificate** / Bachelor's or Master's degree	\$33,240

\* National estimates from Bureau of Labor Statistics, 2008

\*\* Certificate from organization or agency approved by the State Department of Alcohol and Drug Programs

For more information, please visit:

[www.naadac.org](http://www.naadac.org) - National Association for Addiction Professionals

[www.caadac.org](http://www.caadac.org) - California Association of Alcoholism and Drug Abuse Counselors (CAADAC)

[www.caarr.org](http://www.caarr.org) - California Association of Addiction Recovery Resources (CAARR)

[www.cadpaac.org](http://www.cadpaac.org) - County Alcohol and Drug Program Administrators' Association of California (CADPAAC)



## Protect Yourself Online - Social Networking Tips

**S**ocial networking sites are a great way to keep in contact with friends, online study groups, or to get involved with student and professional organizations. With a few clicks, you can join and learn from others who have common interests, study the same subjects, and share professional goals.

But be aware, social networking sites can also expose you to individuals with harmful intentions to commit fraud or obtain personal information.

Here are tips to protect yourself and your online personal information and profiles:

**Limit access to your profile to contacts you trust** – Be selective when adding friends. If someone you do not know requests to be added to your contacts, say no and block the sender. Believe it or not, some people lie about who they are online.

**Check your preferences and default privacy settings** – Familiarize yourself with security and privacy settings in order to restrict the amount of personal information available online or in search results. Disable options such as photo sharing. Site hosts may also change the default settings, so check periodically.

**Pause before you post** – Keep private conversations private. Don't text, email, post, or instant message any type of personal information. Don't identify people by name in public profiles or pictures. Remember, once you post it, you cannot get it back.

**Report inappropriate messages** – Know how to flag "inappropriate content" when you find it. If you feel uncomfortable or are threatened, report it to the police. Learn how to report a compromised account.

**Be careful what you click on** – Avoid messages trying to redirect you to additional Web sites. Do not fill out questionnaires or forms from others asking for your name, phone numbers, address, bank information, passwords, or other personal information.



### Professional Organizations and Career Resources Online

It is easy to find information on health careers or locate others who share your career goals using social networking sites. Many professional organizations and career resources are joining in on the action!

Organization	MySpace	FaceBook	Twitter
American Medical Student Association (AMSA) <a href="http://www.amsaarc.org">www.amsaarc.org</a>	--	✓	✓
California Health Occupations Students of America (Cal-HOSA) <a href="http://www.cal-hosa.org">www.cal-hosa.org</a>	--	✓	✓
Health Jobs Start Here <a href="http://www.healthjobsstarthere.com">www.healthjobsstarthere.com</a>	✓	✓	--
Explore Health Careers <a href="http://www.explorehealthcareers.org">www.explorehealthcareers.org</a>	✓	✓	--

For more information on protecting yourself online, please visit: <http://www.take25.org/informed/>

# Clinical Training Opportunities with Cal-SEARCH



Interested in a stipend for clinic-based training and participating in a community-based project? Don't miss this exciting opportunity! Applications are now being accepted for clinical training opportunities as part of California's first Student/Resident Experiences and Rotations in Community Health Program (Cal-SEARCH).

Selected applicants will participate in a 4-6 week clinical rotation and complete a community project! Students and residents of the following disciplines are eligible: physician assistant, family medicine, dentistry, family nurse practitioner, and allopathic & osteopathic medicine. Students of other disciplines are also encouraged to apply and will be considered – space permitting.

To learn more and to apply online, please visit: <http://www.oshpd.ca.gov/HWDD/Cal-SEARCH/index.html>.

*"This program is funded by U.S. Department of Health and Human Services, Health Resources and Services Administration"*

## Health Careers Training Program Resources

The new Health Careers Training Program site offers information and resources to students including career exploration, education and pipeline programs, scholarships, and a calendar of events for upcoming career fairs, job trainings, and other opportunities for learning and networking. Plan now for 2010!



Please visit: [http://www.oshpd.ca.gov/HWDD/HCTP\\_resources.html](http://www.oshpd.ca.gov/HWDD/HCTP_resources.html)

### Healthcare Pathways

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*Healthcare Pathways* is a quarterly publication of the Office of Statewide Health Planning and Development's Healthcare Workforce Development Division. Please submit your comments, suggestions and ideas by phone at (916) 326-3700.



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We welcome contributions.

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



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