

Healthcare Pathways

oshpd



created
for students,
by students

The Future of Healthcare is Diverse

Although California is a diverse state, its healthcare professionals do not mirror this diversity. About eight years ago, Dr. Tomás Magaña, co-founder of FACES for the Future program, became an agent of change. FACES for the Future, which is specifically geared to underrepresented student populations in Oakland and Berkeley high school districts, aims to add diversity in healthcare while simultaneously creating opportunities for disadvantaged youth.

FACES for the Future is a very intense academic program. Sophomores apply in early fall and if accepted begin the program the following January. The program requires a two and a half year commitment, from the middle of the sophomore year through the end of the student's senior year. Because the program is so intense and resources are limited, only 30-35 applicants are accepted each year. Some good news for participants is that this program is free; it is funded by grants, contributions, and other activities.

FACES for the Future offers numerous benefits for students, including health careers training, college preparatory activities, clinical internships at the Children's Hospital and Research Center Oakland, academic enrichment programs (e.g., tutoring), and individualized case management.

Furthermore, Dr. Magaña says that seniors involved in FACES for the Future have an opportunity to help their peers by acting as Youth Health Leaders (YHLs). YHLs are involved in a curriculum specifically designed to teach them to be peer health educators and health advocates for their communities.

FACES for the Future also offers professional help to its students. To ensure success in college, students can attend a Summer Bridge program the summer

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between the end of their senior year and the beginning of their first semester of college. There is also an alumni outreach program to ensure further success, and some students are even hired back to assist with the program.

FACES for the Future program has been a huge success. Dr. Magaña said that 100 percent of the students in the program are considered disadvantaged, proving that the program has reached

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FACES for the Future's Class of 2007 and 2008

Vocational Nurse Education Program (VNEP)

It is well known that nurses are a vital part of healthcare and that California is in the midst of a dire nursing shortage. Finding funding to attend college poses a considerable obstacle for many potential nursing students, but there are programs geared to help with the financial burden. The Vocational Nurse Education Program (VNEP) offers funding opportunities intended to pay or repay educational expenses including tuition, required fees, books, supplies, and educational equipment costs related to the applicant's nursing education. This program, created by Senate Bill 358 (Chapter 640, Statutes of 2003), is administered by the Health Professions Education Foundation (Foundation). Funding for this program is generated from vocational nurses biannual license renewals and transferred to the Foundation from the Board of Vocational Nursing & Psychiatric Technicians.

VNEP offers three wonderful opportunities to vocational nurses and students earning a degree to become a vocational nurse. Opportunities consist of the Vocational Nurse (V.N.) Scholarship, Licensed Vocational Nurse (L.V.N.) to Associate Degree Nursing Scholarship (L.V.N. to A.D.N.), and the L.V.N. Loan Repayment Program:

V.N. Scholarship

- ❖ Students may receive up to \$4,000 per academic year
- ❖ Students must be enrolled or accepted in an accredited V.N. program

L.V.N. to A.D.N. Scholarship

- ❖ Students may receive up to \$8,000 per academic year
- ❖ L.V.N.s must be enrolled or accepted in an accredited A.D.N. program

- ❖ If an L.V.N. is eligible to apply for the Registered Nurse Education Program (RNEP), they must first apply for the RNEP, and are only eligible to apply for the L.V.N. to A.D.N. scholarship if not accepted into the RNEP.

L.V.N. Loan Repayment Awards

- ❖ Repays up to \$6,000 of educational debt incurred while in an accredited V.N. program
- ❖ Awardees may reapply for additional loan repayment after completion of their two-year service obligation
- ❖ Awardees may reapply for awards up to a maximum of \$12,000

A fulfilling part of this program is the required completion of a two-year service obligation to practice in a Medically Underserved Area. Awardees get a rewarding opportunity to care for and help individuals who may have previously lacked regular healthcare.



The next application deadline is **September 11, 2007.**

For more information and to fill out an application, please visit:

www.healthprofessions.ca.gov

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Healthcare Professions Education Foundation: Relieving the Financial Burden



Picture this – you start your education as a single parent, taking out loans to put yourself through the local Community College and State University. When you research information towards obtaining your master's degree, you realize that you have maxed out your loan capacity and will have to pay out of pocket for the degree, but have limited or no funds for school. What would you do?

This is the story of Theresa Morales whose drive was so strong that she was determined to find a way to get her master's degree. While browsing through her school's newsletter, Ms. Morales discovered an advertisement for an Allied Healthcare Scholarship from the Health Professions Education Foundation. She applied for the next award cycle and was awarded \$2,500 to pursue her master's degree in social work. This scholarship changed Ms. Morales' life, financially, emotionally, psychologically, physically, and socially. The support of the people in her community inspired Ms. Morales with the drive to continue her education.

As a Gerontology Professor at American River College, Ms. Morales is now an inspiration to her students. She replays her story for her students, telling them about starting out at American River College, being on welfare, and working to get student and financial aid. She is a shining example that anything is possible through hard work and determination (and sometimes a little help).

The Health Professions Education Foundation offers scholarship and loan repayment to students and graduates pursuing many other health careers including but not limited to, nursing, dental hygiene, medicine, dentistry, and numerous allied health careers. For detailed information, please visit www.healthprofessions.ca.gov.

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its target. Moreover, 100 percent of students who have completed the two and a half year program have graduated from high school and enrolled in college.

Students who are not eligible to apply for the program may attend the FACES Summer Medical Academy (Academy). It is offered every July and lasts for two weeks. There is a \$1,500 fee associated with the Academy, and funds are used for the program. At the Academy, students learn some of the basics of working in medicine. The Academy also offers an opportunity for college students attending UC Berkeley and majoring in pre-health to help run the Academy. College level students are also accepted as volunteers to mentor and tutor students in the program.

Thanks to Dr. Magaña and everyone involved with FACES for the Future, there are resources for youth to begin paving the way for a career in healthcare. Dr. Magaña says that his "...greatest hope is that these youth will define and articulate their role in the health and well being of their communities." It seems that this program is well on its way to fulfilling many hopes, creating diversity, and giving opportunities to those who need them most.

For more information on FACES for the Future visit:
www.facesforthefuture.org/about_us.html

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The Ever-Expanding Healthcare Field

Healthcare is a field that is always growing. Some of the fastest growing careers require little education, offer big paychecks, and create a sense of fulfillment. Healthcare offers opportunities and job security for nearly every interest. Below are some of the top occupations in healthcare based on future job openings in California.



1. Physician Assistants

Schooling: 4 years (Bachelor's Degree)

Job Projection: 310 estimated annual job openings

Average Salary: \$80,546 annually

2. Physical Therapist Assistants

Schooling: 2-3 years (Associate Degree)

Job Projection: 220 estimated annual job openings

Average Salary: \$49,884 annually



3. Registered Nurses

Schooling: 2-6 years (Associate, Bachelor's or Master's Degree)

Job Projection: 10,910 estimated annual job openings

Average Salary: \$71,927 annually

4. Home Health Aides

Schooling: Certificate only

Job Projection: 2,510 estimated annual job openings

Average Salary: \$20,283 annually



5. Licensed Vocational Nurses/Licensed Practical Nurses

Schooling: 2 year program (License Only)

Job Projection: 2,290 estimated annual job openings

Average Salary: \$43,993 annually

6. Dental Hygienists

Schooling: 2 years (Associate Degree)

Job Projection: 1,000 estimated annual job openings

Average Salary: \$78,064 annually

Information Sources: www.labormarketinfo.edd.ca.gov/cgi/career/?PAGEID=3&SUBID=169

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Scholarships and Grants

American Indian Graduate Center

www.aigc.com/other-funding-opportunities/scholarship.html

Health Professions Education Scholarship

www.healthprofessions.ca.gov/progfacts.htm

Phillip R. Lee Scholarship (California Rural Indian Health Board)

www.crihb.org/NewJobSite/scholarship.htm

ADHA Institute Scholarship

www.adha.org/institute/Scholarship/#eligibility

chooseNursing.com Scholarship Program

www.choosenursing.com/paying/scholarships.html

Albert W. Dent Graduate Student Scholarship

www.ache.org/Faculty_Students/dent_scholarship.cfm

National Black Nurses Association Scholarship Program

www.nbna.org/scholarship.htm

AMBUCS™ Scholars Program

www.ambucs.com/scholars/program_information.aspx

Ron Brown Scholar Program

www.ronbrown.org/p-ad.htm

National Health Services Corp Scholarships

nhsc.bhpr.hrsa.gov/join_us/scholarships.asp

The Association of Schools of Allied Health Schools Scholarship of Excellence Award

www.asahp.org/excellence_award.htm

Chinese-American Physicians Society Scholarship (open to all medical students)

www.caps-ca.org/

The State Loan Repayment Program (SLRP)

www.oshpd.ca.gov/HWCDD/stateloan/index.htm

Preparing for the Dreaded Interview

Interviews can cause even the most relaxed person to feel nervous and on-edge, and what is even more nerve-racking is that an interview is almost always required to obtain a new job. However, knowing how to approach an interview may help to ease some of the stress and can help better one's chances of obtaining that dream job.

Before the interview

- ✓ Create extra copies of important documents such as transcripts, resumes, and letters of recommendation to assure a prepared and organized image.
- ✓ Research the company beforehand so that skills and past experience may be matched to the position and questions may be answered more effectively.

During the Interview

- ✓ Arrive on time since arriving late to an interview can almost promise that there will not be a job offer.
- ✓ Shaking the interviewer's hand confidently and firmly may seem like a no-brainer, but it is a critical part of the greeting.
- ✓ Dress conservatively because an interview is time for impressing interviewers with work experience and accomplishments, not flashy jewelry or outrageous ties.
- ✓ Asking questions is an effective way to show interest in the company and also to gather more information about the position.
- ✓ Remember to thank each interviewer and shake hands with everyone at the end of the interview.

After the Interview

- ✓ Send or hand-deliver a "thank you" card to each interviewer as soon after the interview as possible; this shows a great interest in the position as well as good character.
- ✓ Don't wait by the phone! If the interviewer promised a callback within the next week and it has been nearly two weeks, give the interviewer a call. It is better to know about the position's status than to cause unnecessary stress.

Keep these tips in mind when attending career fairs.

For more tips, go to www.careerbuilder.com/JobSeeker/careerbytes/



www.MakeItInScrubs.com:

A One Stop Spot for Financial Aid, Education and More



Whether you are interested in a career in healthcare, looking for scholarships or trying to find out which jobs match your personality, MakeItInScrubs.com is the perfect website for the inquisitive person seeking resources to support an interest, as well as an education, in the healthcare field.

It is often difficult for a student to find specific careers that support his or her interests. MakeItInScrubs.com not only offers information on many positions in healthcare, but it also offers a quiz to identify which career is suitable based upon the quiz-taker's qualities. From physicians to music therapists, this site provides detailed descriptions about job duties, salaries and required education, so it is easy to find out about a multitude of careers quickly without having to visit different sites.

MakeItInScrubs.com also offers advice to help high school students, students in graduate school and even post-graduates. High school students interested in a career in healthcare will find many tips on this site to aid in a future college education starting with preparation in high school that includes taking science courses. This site also offers tips on internships for college students, and those in search of a job will find resume and interview tips.

Another excellent resource of the Web site is dedicated to helping students find financial aid and possible schools to attend to gain the education required for certain positions in the healthcare field. Most college students are forced to search for financial aid over many websites using search engines, but this site is unique in that it offers both tips when applying for financial aid and links to the organizations that offer it. The never ending list of colleges categorized by job title makes finding the perfect school even easier than applying for financial aid.

MakeItInScrubs.com offers a vast number of resources to aid people with an interest in healthcare or even those with a degree in the field already, and it is too helpful to pass up. All of these extremely important components are laid out so that even those who are not familiar with computers can maneuver around the page with ease and find some of the best resources out there all in one spot.

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Ode to Women's History in Healthcare

In honor of the many contributions, it is important to remember some of the great women who helped develop the field of healthcare. Their names may not be as familiar as Sigmund Freud or Francis Crick, but their contributions to healthcare have made a huge, everlasting impact.

Clara Barton (1821-1912) was a humanitarian known as the “Angel of the Battlefield.” Among her many works, she volunteered during wars all over the U.S. and Europe. While in Europe, she helped to establish many hospitals during a time of war. Barton helped pass legislation bringing healthcare to people during war, peace, and natural disasters. One of her biggest accomplishments was establishing the American Red Cross Society. Clara Barton dedicated her entire life to helping people in all regions in times of need.
<http://www.history.com/encyclopedia.do?articleId=202321>



Challenge Campaign



American Red Cross

Rebecca Lee Crumpler (1831-1895) was the first African-American woman to become a medical doctor. From 1852 until 1860, she worked as a nurse in Charleston. During this era, slavery, racism and sexism were still rampant in the U.S., which makes Dr. Crumpler's success even more remarkable. She was a passionate woman who worked to help freed slaves and the poor. Dr. Crumpler was also one of the first African-American authors to write a book on medicine that served as a public health guide. She was a strong, motivated, and accomplished woman.
<http://www.time.com/time/2007/blackhistmth/bios/03.html>



Antonia C. Novello (1944-present) not only became the first female Surgeon General of the U.S. from 1990 until 1993, but was also the first Hispanic to serve in that position. Dr. Novello is a highly educated woman who studied in both Puerto Rico and the U.S. She has a strong interest in the well-being of young people, especially in the areas of underage drinking, tobacco use, and childhood AIDS. After her term as Surgeon General, Dr. Novello served in organizations such as the United Nations Children's Fund and worked as a guest professor for John Hopkins School of Hygiene and Public Health. She went on to become the Commissioner of Health for the State of New York in 1999. There are sure to be additional future accomplishments from Dr. Novello.
<http://www.surgeongeneral.gov/library/history/bionovello.htm>

Each of these women overcame obstacles to lead amazing, fulfilling lives. It is frightening to imagine a society without advancements in healthcare. A doctor's ability to treat anything from colds to cancer is often taken for granted, but these abilities were developed over time with the help of many dedicated people. While we will see amazing advancements in healthcare in the future, past, and current contributors should never be forgotten.

Healthy Tips for the Busy Student

Throughout life, we are told to eat our veggies and have breakfast. As we age, we have little time to prepare healthy breakfasts and snacks, so we skip breakfast and opt for chips at lunch to keep up with busy student schedules. Eating healthy is vital, and luckily, there are ways to reap the benefits when we have no time to cook.

Breakfast Affects School Performance

- ✓ Food makes thinking easier since our brains are not striving to break down stored energy.
- ✓ It improves concentration, memory, and energy levels – all of which are vital to success in school.
- ✓ Stress levels will decrease as absorbing information won't be so difficult; this will come in handy for midterms.

Breakfast Ideas for People on the Go

- ✓ Oatmeal and other products only require hot water, which exists at nearly every cafeteria.
- ✓ Breakfast makes some people nauseous, but even some juice or toast is better than nothing at all.
- ✓ Other easy breakfast ideas include granola bars, crackers and even a piece of fruit.

Add Healthy Food to a Typical Student Diet

- ✓ Strawberries are as sweet as a bag of Skittles™, so grab some fruit for that sweet tooth!
- ✓ Try throwing in some vegetables when cooking or prepare a salad before dinner.
- ✓ Add fruit to cereals. Bananas are excellent with cereal and will leave you feeling great. Mom was right about eating your Wheaties™!



For more tips, visit:

<http://www.goaskalice.columbia.edu/3643.html>

<http://www.nutrition.org.uk/upload/Healthy%20Eating%20A%20Whole%20Diet%20Approach.doc>

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Healthcare Pathways is a twice yearly Web publication of the Office of Statewide Health Planning and Development's Healthcare Workforce and Community Development Division. Please submit your comments, suggestions and ideas to Julie Montoya at jmontoya@oshpd.ca.gov or by phone at (916) 653-0733.

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