



National AHEC Organization

Connecting students to careers, professionals to communities, and communities to better health.

Connecting Students to Careers, Professionals to Communities and Communities to Better Health

NAO is the national organization that supports and advances the Area Health Education Centers(AHEC) network in improving the health of individuals and communities by transforming health care through education.

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Connecting Students to Careers, Professionals to Communities, and Communities to Better Health

NAO e-news is a quarterly electronic publication that is offered as a benefit to NAO members. Your feedback regarding this publication is important to us; please take a moment to send us your thoughts by clicking on [Readers' Forum](#) and completing a form. NAO e-news is brought to you by the [NAO Communication Committee](#).

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President's Letter

1. President's Letter

Dear NAO Membership,

What a wonderful NAO 2010 conference we had in Las Vegas this past June! The conference was very successful and well-attended, with

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Program Directors & Center Directors
The quarterly NAO e-news is sent electronically to all Program Directors and Center Directors whose membership in NAO is current. The NAO communications committee designed NAO e-news as an internal document to be forwarded by you to all AHEC employees and others you may choose in your state to increase their awareness of the AHEC community. By forwarding e-news to your employees and stakeholders, the good work of NAO members is shared within your region.

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interesting keynote presentations and plenaries, well-received and highly useful concurrent sessions, and a terrific variety of pre-conference workshops! Many, many thanks to all who attended, and to those who conducted pre-conference workshops, concurrent sessions and workshops. As usual, the biennial NAO conference afforded AHECers from all over the country, and those from the U.S. territories as well, to network, share best practices, learn from one another, and socialize. It was an excellent conference, and planning for the NAO 2102 Conference already has begun. Be sure to make plans to attend.

Putting together a successful conference requires an enormous amount of work. Many, many thanks to the conference planning committee, and much gratitude especially to Anne Maynard from the Florida AHEC System and Susan Moreland from Louisiana AHEC; they did an amazing and incredible job over the last year! Of course, without our partners at Headquarters, none of this would work at all. Paul Rossmann, Nancy Short and the staff from TEI were indefatigable, and never stopped working to ensure our conference was seamless and successful. I'm not sure Paul or Nancy ever slept, never mind had a chance to get a meal!

Beyond the exciting activities of the conference, the NAO board of directors, at the June board meeting in Las Vegas, took a bold step in a new direction for NAO with the decision to develop plans to hire a full-time executive to best represent the national organization on national issues related to AHECs around the country. Stay tuned for more information as this unfolds. Additionally, the board of directors also voted to increase the size of the NAO Board from 11 to 15 members, as a means of growing the organization and creating a stronger leadership base.

Thank you for all your hard work over the past year; it has been an incredible year with new partnership opportunities, healthcare reform impacting the AHEC Program, and myriad community-based initiatives that support the NAO mission. I do hope you get a chance for some vacation and well-deserved down time this summer. BUT, before you get away for vacation, let me encourage you to do a few things that I believe will be beneficial for both you and the National AHEC Organization:

1. Join an NAO Committee. We need your experience, expertise, and energy! There are 13 Committees and Constituency Groups that help advance the work and mission of NAO and the AHEC program. I bet there's one that interests you.
2. Become a Fan of the National AHEC Organization Facebook Page. It's a great way to network and connect with colleagues.
3. Read the regular Monday e-mail updates. This is another great way to stay in touch with the activities of NAO.
4. Get involved in any way you can.

Have a terrific summer, and please stay in touch.

Yours in Health,
Rob

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Health Careers & Recruitment

1. Wild, Wacky, and Way Out Health Career Day Camp *Southeast Nebraska Area Health Education Center, Beatrice, Nebraska*

Southeast Nebraska AHEC partnered with the University of Nebraska – Lincoln's Extension Office and offered a day long health career day camp to area 4-H youngsters' ages 8 to 13 years old.

The camp was designed to assist youngsters in understanding skills developed through 4-H can be translated into future health careers. Youth participated in hands-on activities as extracting DNA from strawberries, using scientific methods as mad scientist to experiment with things that fizz, foam, splatter, and ooze by converting green slime into something useful, and food junkies with making health and nutritious snacks.

Local agencies provided a simulated 911 rescue by land and air with a "mock trauma", young boy had fallen out of a tree. The county EMS discussed protocol used by area fire and rescue personal in disaster and emergency cases. Rescue teams demonstrated a response call for assistance for an accident victim to be transported by air. The Nebraska State Patrol landed their helicopter for the simulation and explained their role in disaster response and provided the campers to examine the airship. The county deputies' demonstrated working with K-9 officers discussed their own careers as



well as explained the kind of training and procedures necessary for dogs to be part of the law enforcement and rescue team.

The day camp was an opportunity for 4-H youths to meet people employed in various areas of healthcare delivery, to learn what their jobs involve, and ideally identify a career they might like to pursue. The presence of third-year family practice medical students, rescue personnel, law enforcement, and nutritionist provided everyone an excellent opportunity to meet real people and see them in actions. The day camp was a win-win for us all.

"For further information, contact Connie Schmidt at cschmidt@se-ahec.org"

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The career day camp allowed participants to experiment with foam, fizz and slime.



The Nebraska State Patrol helicopter added realism to a mock disaster.

A simulated 911 rescue involved a boy who had fallen from a tree.



County deputies explained the K-9 program.

2. Student/Resident Experiences and Rotations in Community Health (SEARCH) *Emily Warren, LMSW, Health Professions Student Coordinator, Lowcountry AHEC*

Lowcountry AHEC is partnering with the South Carolina Primary Health Care Association, the South Carolina Office of Rural Health, and the South Carolina AHEC to provide meaningful student experiences in community-based primary healthcare settings. The SEARCH program strives to facilitate the development of culturally competent, community-responsive health professionals and promote interest in serving medically underserved and vulnerable populations.

Lowcountry AHEC is involved with the interdisciplinary portion of the SEARCH program. With the collaborative efforts of Beaufort-Jasper-Hampton Comprehensive Health Services, Inc., Lowcountry AHEC successfully implemented the first interdisciplinary pilot on March 18, 2010. Five students participated in the pilot including one Medical University of South Carolina Physician Assistant student and four 3rd year Osteopathic Medical students from A.T. Still University.

At the didactic orientation session, the students were introduced to the concepts of interdisciplinary teams in healthcare, community focused health promotion and cross cultural healthcare. As part of their SEARCH experience, they worked as an interdisciplinary team to assist with several screenings (cholesterol, blood pressure, and diabetes) at the Hampton Community Health Fair on Saturday, March 27, 2010.

Lowcountry AHEC would like to extend a special thanks to the staff at Beaufort-Jasper-Hampton Comprehensive Health Services, Inc., SC DHEC Region 8, SC Office of Primary Care, SC Office of Rural Health, and the health professions students for making the first pilot program a SUCCESS!! We look forward to future collaboration and the expansion of this model to all South Carolina AHEC regions next year. For more information on the Lowcountry AHEC SEARCH initiative, call 843-782-5052. ">



The SEARCH Program puts students in meaningful healthcare settings.

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3. Wishing On A Star – Actually, Aurora LIGHTS, Colorado

Do you ever wish you could hear students' opinions about the work of AHEC's pipeline programs and determine how they might be informed about options in health-care careers?

Do you ever wish you and your students could see how they view themselves, their strengths and areas of growth, especially related to health-care careers?

Check out these videos:

<http://www.youtube.com/watch?v=WlziXZKDcU>

<http://www.youtube.com/watch?v=eXmJZBWZewY>

If you would like to learn more about this self-awareness tool and join in the fun time being had by all here in Colorado, get in touch with Kris Wenzel or Jack Westfall: (kriswenzel@centralcoahec.org or jack.westfall@ucdenver.edu)

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AHEC Highlights

1. University of South Florida – A Snapshot of AHEC's Positive Impacts during National AHEC Week Story and photos by Ellen Kent, MPH AHEC Faculty Coordinator for University of South Florida Health Service Corps

This year, the two official "themed" weeks of National Public Health Week and National AHEC Week coincided during the week of April 5-9, 2010. With University of South Florida being home to both an AHEC program and a College of Public Health, students throughout USF Health were able to participate in a number of community service activities that were jointly sponsored by AHEC's USF Health Service Corps interdisciplinary student service program and the COPH. These service activities reflected both the AHEC theme of Connecting Students to Careers, Professionals to Communities, and Communities to Better Health and the 2010 NPHW theme of A Healthier America, One Community at a Time. It is interesting to note that within just National AHEC Week's short time span, these USF Health Service Corps activities clearly reflect the benefits of the AHEC program by providing health professional students with meaningful service learning opportunities in which they can provide free clinical and non-clinical services to people who lack regular access to health care, explore rewarding health careers with underserved communities and motivate the next generation of underrepresented youth to explore health careers.

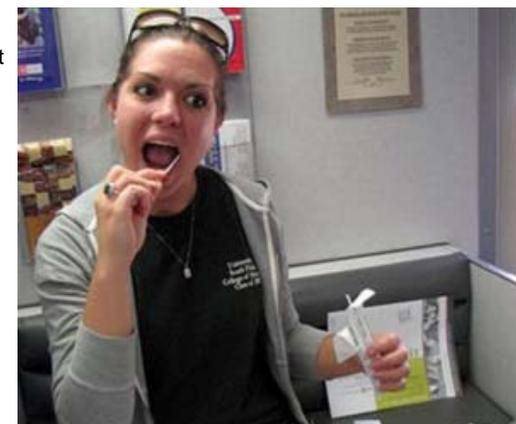
A summary of the successful community service activities that were offered by the Service Corps and COPH during National AHEC Week is provided below. Additional information about the USF Health Service Corps can be found at <http://health.usf.edu/ahec/USFHealthServicesCorps/index.htm> .

Teaching in the Schools:

- A dozen USF Health students and medical residents prepared and delivered excellent interdisciplinary presentations to more than 150 students at a local high school in areas of skin cancer prevention, occupational health and safety, infectious diseases and public health, and pediatric medicine.
- This year, the USF Health Service Corps once again was invited to participate in a local middle school health expo. There a group of COPH students developed a healthy picnic skit and a pair of medical students led a skin cancer prevention activity. More than 250 middle school students were able to visit these two learning stations throughout the afternoon.



About 250 students participated at a middle school health expo.



- A group of first year medical students introduced more than 50 elementary school students to concepts of nutrition and helped the children plant their own vegetable seeds in pots that they could take home over spring break.

Give Life Day:

In the past, the COPH has held a blood drive during NPHW. This year, the COPH worked with the USF Health Service Corps and university and community partners to implement its first Give Life Day, whereby the community could donate blood, register for the National Marrow Donor Program and also register to become an organ, tissue and/or eye donor, through Donate Life Florida. (More than 40 people contributed to one or more of these drives.)

Community Health Fair at Santa Maria Mission:

This year an interdisciplinary group of USF Health and undergraduate students once again participated in this annual Service Corps health fair in a medically underserved immigrant neighborhood in Tampa. Public health students led health education and fitness activities for more than 50 children, undergraduate bilingual students served as interpreters, and medical students provided cholesterol screenings under appropriate clinical supervision. It is valuable to note that of the 82 adults who received the benefits of the free cholesterol screenings, 34 had abnormal results and were directed to appropriate low cost community health care resources (which they might not have otherwise been aware of, without this free health fair).

Annual Picnic for Cancer Patients :

Finally, USF Health students from COM, CON and COPH worked together in implementing another successful annual USF Health Service Corps spring picnic for the patients and caregivers residing at the American Cancer Society's Benjamin Mendick Hope Lodge!

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2. Eastern AHEC – Connecticut Group Gets Authorized Provider Status
The International Association for Continuing Education and Training (IACET) has awarded Eastern AHEC Inc. of Connecticut the prestigious Authorized Provider status. IACET Authorized Providers are the only organizations approved to offer IACET Continuing Education Units. The recognition period extends for five years, and includes all programs offered or created during that time.

“Eastern AHEC, Inc is proud of its education programs which train qualified bilingual individuals in community and medical Interpretation, as well train health care professionals on a variety of cultural and linguistic appropriate skills so that our participants stay on the cutting edge,” said Executive Director Catherine Russell, Ed.D. “Our new partnership with IACET is a demonstration of our commitment to lifelong learning and high standards for all of our programs, and we are very pleased to join such a prestigious organization as well as an elite group of organizations that offer excellent continuing education and training programs.”

The program, called Interpreting in Health & Community Settings, covers these areas:

- Basic 48-hours interpreter training.
- Advanced training in specialized topic areas with complex practicum exercises.
- Seminars for health-care administrators in Language Access Services and for health-care professionals working with interpreters.
- Workshops are designed for spoken and sign language interpretation.
- Cultural and linguistic training programs are customized upon request.

“We are pleased to welcome Eastern AHEC as our newest Authorized Provider organization,” said Karen Brown, President of IACET and Senior HR Manager of Nuclear Power at Shaw Group in Massachusetts. “Eastern AHEC joins nearly 650 organizations around the globe that have had their programs vetted by third-party experts in continuing education to ensure the highest possible standards are met,” she said.

In order to achieve Authorized Provider status, Eastern AHEC completed a rigorous application process, including a review by an IACET site visitor,

A student performs a cheek swab for the National Marrow Donor program's Give Life Day.



USF health students help out at a community health fair in Tampa.



The annual Hope Lodge picnic for cancer patients was a success.

and successfully demonstrated adherence to the ANSI/IACET 1-2007 Standard addressing the design, development, administration, and evaluation of its programs. The ANSI/IACET 1-2007 Standard is the core of thousands of educational programs worldwide.

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3. Arkansas -- AHEC Northeast Receives \$1 Million Dollar Endowment

The AHEC Northeast program, a department of Regional Programs and a division of the University of Arkansas for Medical Sciences, held a ceremony in April that marked the creation of the first of a kind endowment fund for any of Arkansas' eight AHEC programs. The Judd Hill Foundation was created by Mrs. Esther Chapin in 1985. The principal asset of the estate was a 4,000 acre plantation called the Judd Hill Plantation, which is southwest of Turmann, Ark. The focus of one of the trusts is support for educational programs and the placement of primary care in rural areas for the northeast Arkansas delta. Mike Gibson, Judd Hill Foundation trustee, said the AHEC's mission fits perfectly with that of the foundation trust and the vision of the late Esther Hill Chapin. "Esther Chapin, having lived in a rural area, was keenly aware of the great need for rural health care," Gibson said. "And one of the purposes of the Judd Hill Foundation Trust has been to promote health and to enhance the delivery of health-care services to the residents of Arkansas."

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4. Pee Dee AHEC Offers "Equine-Assisted Psychotherapy" Program Cheryl Neuner, RNC, BSN Pee Dee AHEC CE Coordinator

On Friday, March 26th I arose at 5:15am and traveled to a horse farm in Hartsville, South Carolina, to begin my day as the Coordinator of "Equine-Assisted Psychotherapy". Many readers may have never heard of Equine-Assisted Psychotherapy. I must admit that neither had I began an investigation into different treatment modalities/therapies incorporating animals. I was unaware that such an innovative and effective mode of therapy was only about twelve years young and happening in our own region! The search led me to Debby Lynn, Certified Equine Specialist and Executive Director/Owner of "Equine Intervention".

Equine-Assisted Psychotherapy or EAP, is an experiential short term brief therapy that incorporates strategies from cognitive-behavioral and postmodern solution-focused approaches. EAP utilizes horses as a metaphorical tool for developing self-awareness and creating opportunities for growth and change. EAP is typically conducted on the ground, can be used with an individual, family, group, or couple and can be used in the treatment of a myriad of applications to mental health, including anger management, interpersonal conflict, addictions, cutting behaviors, defiant behaviors, marriage counseling, autism, ADHD, and recently shown to be effective with soldiers battling Post Traumatic Stress Disorder. EAP is typically conducted with an Equine Specialist and a mental health professional such as a Counselor or Therapist. The two typically formulate a treatment plan based on client needs and work together. The program day consisted of a brief introduction to the participants who mainly consisted of practicing counselors and therapists. Following the introduction we shuffled to the working "arena" where we began our interaction with several horses. We were taught about the nature of the horse. Thousands of years of instincts have resulted in horses having heightened awareness of their environment, intense perception and the ability to reach into the human soul where the deepest and sometimes darkest parts of our being lie.

It was stressed that one of the most effective aspects of this type of therapy takes the counselor out of the middle and out of the role of "problem solver" and instead engages the participant into exhibiting behaviors rather than discussing them. The constant movement and perception of the horse with those in the arena make it almost impossible for the client not to engage. The ensuing therapy modalities are also very versatile and multiculturally appropriate as well and explain the wide variety of applications. We as a group engaged in activities in the arena with the horses and in a short time it was increasingly evident which participants were leaders or followers. It is truly amazing how behaviors of man and beast so closely mirror one another.

All in all, you almost can't attend a session such as this without a horse helping you learn something about yourself. As for this coordinator, there may be many more sessions needed before I'm fully "figured out", but with one lone session I have definitely developed a keen sense of where not to step!

For more information related to Equine-Assisted Psychotherapy, Please contact Cheryl Neuner at Pee Dee AHEC (cneuner@mcleodhealth.org).



Equine Assisted Psychotherapy is a type of brief therapy.

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Of Possible Interest

1. Free Program Helps Improve Prescription Access for Eligible Uninsured Americans

As the number of people who lack health insurance grows, health-care educators have an increasingly important role in helping uninsured Americans gain better access to quality healthcare, including prescription medicines. In today's challenging economy, it is critical for health-care educators to reach out to uninsured patients with health information and services that can help them better afford the prescription medicines they need to stay healthy and treat chronic diseases.

For example, Together Rx Access, which is sponsored by many of the nation's leading pharmaceutical companies, provides eligible individuals and families with immediate and meaningful savings on prescription products right at their neighborhood pharmacies.

Individuals may be eligible for the Together Rx Access Card if they do not qualify for Medicare, do not have public or private prescription drug coverage, and have a household income of up to \$45,000 for a single person to \$90,000 for a family of four (income eligibility is adjusted for family size).

Most cardholders save 25% to 40% on brand-name prescription products. More than 300 brand-name prescription products are included in the Program. Savings are also available on a wide range of generics. Medicines used to treat high cholesterol, diabetes, depression, asthma, and many other common conditions are included in the Program. The Together Rx Access Card is free to get and free to use.

Cardholders simply bring the Card to their neighborhood pharmacist along with their prescription, and the savings are determined right at the pharmacy counter. There are no enrollment costs, monthly dues or hidden fees.

Quick and Easy Enrollment

Together Rx Access offers potential cardholders three easy ways to enroll in the Program. And, no documentation is required.

- Visit TogetherRxAccess.com to instantly enroll online.
- Call the toll-free phone number 1-800-250-2839.
- Complete a short paper application and return it by mail.

All enrollment materials, including the Together Rx Access website, are available in English and Spanish. A Together Rx Access quick start savings card is also available. Potential enrollees simply call a toll-free number to find out if they are eligible, enroll, and instantly activate their Card. Healthcare educators interested in receiving a supply of quick start savings cards, or other enrollment materials, for distribution to uninsured individuals, can visit www.togetherrxaccessonline.com/order/.

New Online Savings Community

Together Rx Access has created an online savings community – TogetherONE. TogetherONE, which is free and open to everyone, encourages communication among community members who can share tips on how to make the most of a budget, find new uses for household items, and learn ways to save on prescription medicines, groceries and other items they may need for a healthy life. For more information, visit TogetherONE.com.

For more information, visit TogetherRxAccess.com or call (800) 250-2839.

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Official Business/ Upcoming Events

1. NAO Conference in Las Vegas (pictures)



Sally Henry and the Koelling Award.



Lots of official business was conducted in Las Vegas, but there was time for fun, too.



Friends and associates gather at the award ceremony.



The dinner and reception included time to converse and to see the many displays.



There was plenty of time to exchange ideas at the conference dinners and receptions.



Participants gathered at one of the many workshops offered as part of the NAO Conference.



Michele Devlin spoke at the Award Ceremony. Mark Grey spoke at the Awards Ceremony.

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2. August 15 is the **Journal** Deadline

The *Journal of the National AHEC Organization* (formerly *The National AHEC Bulletin*) is soliciting articles related to the theme: *AHEC Moving Forward: On the Path to Health Careers*.

This is an opportunity to share any new and exciting AHEC initiatives that address developing our future health workforce and AHEC's role in providing health careers support in underserved communities. This issue will highlight those creative and unique programs and activities that promote health careers and create pathways to successful completion. Your article may address any aspect of this focus area: health careers recruitment, student training, second

career options, educational services for practitioners, or enhancing local health services. In addition, articles on individual success stories and describing new evidence-based strategies utilized in your programs are welcome.

Articles should address:

- Innovative education and training strategies you have used to develop the health workforce in your region, such as distance learning opportunities, learning collaboratives, or train-the-trainer programs.
- Partnerships you have created to strengthen the health or healthcare services of your communities, including with local businesses and schools, state, county, and local departments of health or labor, and professional societies.
- Evaluation methods and tracking systems you have developed to better determine your successes and define your outcomes.
- Poignant stories you can tell about an individual's pathway to a health career and making a difference in underserved areas.
- Innovative problem-solving processes you have employed for improvement.
- How you are promoting the AHEC mission to increase access to quality health care.

Please describe your AHEC's role and its decision-making process as the program was developed. What local issue are you targeting? What criteria were used to determine collaborators? What challenges were surmounted? How are you evaluating the program's effectiveness? What outcomes have been obtained?

Please click [here](#) to get to the **Journal** Submission Guidelines (Editorial Guidelines) posted on the NAO Web site.

And click [here](#) to see the **Journal** Submission Coversheet, which must be included.

First Draft Submission Due: August 15, 2010

Please submit drafts, photos, and accompanying materials to: editor@nationalahec.org.

For questions or more information please contact:

Ken Oakley, PhD, FACHE, Western NY Rural AHEC, (585) 344-1022: koakley@lakeplains.org

Andrea Novak, MS, RN-BC, FAEN, Southern Regional AHEC, (910) 678-7216: Andrea.Novak@sr-ahec.org

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3. September 14 is the Deadline for the Next Quarterly E-news

Please think about submitting articles, project information, updates, and other items of interest to the AHEC community. Submit articles to editor@nationalahec.org by September 14, 2010 for inclusion in the next 2010 quarterly e-news. Other possible topics:

- State highlights from both Programs and Centers. We will highlight as many states as possible in each edition based on information received. Example: new programs implemented, Program/Center anniversary, new Center opening.
- Personnel transitions or special interest stories.
- Information on products or services Centers and Programs would like to make available to AHECs.
- Resources of interest (grants, Web sites, agencies, manuals, books, etc).
- NAO Special Project Updates
- Items from State/Center Newsletters that might have broad interest to other AHECs. (Please edit the articles and review or explain local references which might not be understandable or important to a national audience).
- Be sure to include photos where possible.

Guidelines are available [here](#).

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NAO Resources

Links to new resources and information:

[NAO Home Page](#) | [Upcoming NAO Meetings and Conferences](#) | [Committees](#)

