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Healthcare Workforce Development Program Newsletter



My Future is in Healthcare!
Mi Futuro está en la área de Salud!

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“This program helped me figure out which career was the right fit for me. To all future SHCI students, don’t take this opportunity for granted. It will be one of the best experiences of your youth where you will learn a lot about yourself and your community.” – Gaby Bermudez, SHCI 2009 graduate. (Sacramento State, Psychology major)

Promoting Health Careers to High School Students

This year's Summer Health Careers Institute program was once again a great success. We would like to take this opportunity to thank the Healthcare Workforce Development Program Roundtable community members for their loyal and infinite support throughout the years. The assistance and cooperation of the Healthcare Workforce Development Program staff and the student volunteers was also a key factor for this

year's program accomplishments. Each year, the 22 high school students that are selected to participate in this college course have the opportunity to explore different health careers in the health care industry. Furthermore, students are exposed to the various resources that SRJC offers to its student community such as: Counseling and Psychological Services to Financial Aid, Scholarships, EOPS, and Health Services.



Summer Health Careers Institute 2011

Students had the opportunity to work with and gain experience from seven Sites of Excellence in the community. The field trip sites included: American Red Cross, where students received CPR and First Aid certification, Southwest Community Health Center, Sonoma State University, St. Joseph Health System, Memorial Hospital, Kaiser Permanente, Sonoma County Public Health and SRJC Sports Medicine Program.



Survival and Perseverance



Teresa Hurtado-Diaz has been a HOPE Center student since Fall 2009. She is a cancer survivor and admits having been through some hard times, but with perseverance and

“I met amazing people that have changed my life.”

dedication she believes everything is possible. Throughout her journey, Teresa has been an honors student and graduated from SRJC in spring 2011 with an Associates of Science Degree in Biology. She transferred to Sonoma State University this fall, where she is majoring in Biology. Her future goals are to attend medical school and become a Pediatric Oncologist and hopes to perform cancer research.

This past summer, Teresa received an internship opportunity with the UCSF Research Family Cancer Center where she worked along side Leukemia researchers. She was also invited to deliver a speech of her journey as a college student at the Circle of Honor Reception held at SRJC this

summer. In her spare time, Teresa volunteers with the “Be the Match Program.” She is a speaker and a bone marrow recruiter. In the future, Teresa would like to take a vacation to travel all around Mexico to visit the beaches and the archeological sites. Her favorite dish is the Mole Oaxaqueño, “*especially the one my mom makes*” she said.

The Health Careers Pipeline program was a key tool within her educational goals that expanded her knowledge of the many different careers in the health care industry. When we asked Teresa how the HCP program has contributed to her educational success, she replied, “*I had the chance to meet amazing people that have changed my life. Thanks to counselor Luz Navarrette I had the opportunity to attend UCSF to work on an research internship. She is an amazing person and I consider her a role model. The program also helps students when they are having difficulties with their classes and gives students the opportunity to go on field trips to visit different college campuses. It also provides financial support after students successfully complete the requirements. I received great advice from mentors that kept me on the right educational and personal pathways. I’m so thankful for the opportunity to be part of this program. It definitely made a difference and impact in my life.*”

Health Careers Pipeline 2011-2012



The new school year has started and with it a new class for the Health Careers Pipeline Program. This Fall 2011 we have a new class with 33 students and many of whom are already working in the health care field. Each year 30-35 students are selected to participate in this program. In order to qualify the student must be bilingual and have an interest in a career in the healthcare field. This program offers support to the students and an opportunity to achieve their goals.

These students will be in the program for one year, they will be given support and guidance throughout in order for them to be one step closer to accomplishing their goals. Throughout the program the students will receive academic counseling, tutoring, mentorship program, college field trips, family information nights, counseling class, and a stipend of \$200. As part of their requirement, all students are enrolled in counselor Luz Navarrette’s counseling 53 class, where they learn about student success strategies.

Another part of their program requires students to complete 40 hours of volunteer work in a healthcare setting of their choice. There are currently 4 students already volunteering as interpreters in the SRJC Dental Clinic. Students will also have the opportunity to take fieldtrips to Pacific Union College in Angwin, CA, UC Santa Cruz, and San Jose State University.

In addition to all the services already provided, speakers from local health care facilities will be attending the Counseling 53 class to share how they selected their chosen career path and the steps they took to get there. Some of the agencies include:

- ◆ County of Sonoma, Mental Health
- ◆ A registered nurse who recently graduated from the SRJC Nursing Program
- ◆ A nurse from Kaiser Permanente
- ◆ Lab Admin, Director from Kaiser Permanente
- ◆ A presenter from SRJC Student Psychological Services Program

The Health Career Pipeline Program (HCP) is a stepping stone for these students to achieve their goals while they are attending the Santa Rosa Junior College. The Healthcare Workforce Development Program will be here to support them and guide them through their college experience. The Hope Center becomes a second home for many of these students that are overcoming barriers and working hard to complete their career objectives.



The Healthcare Workforce Development Program is on a mission to track down the Summer Health Careers Institute (SHCI) graduates from the last seven years. Last week I received an email response from one of our 2006 graduates, Consuelo Torres. It was a wonderful surprise to hear from Consuelo because I had not seen her in a couple years. Little did I know Consuelo

was emailing me from Afghanistan. She is currently finishing her last tour as a combat medic in the US Army.

“My perception of the world has changed. I appreciate everything in life much more than I used to”

Consuelo graduated from Santa Rosa High School in June 2007 and began taking classes at Santa Rosa Junior College right away. She is hoping to become a pediatrician or family doctor some day. She enrolled in the Health Career Pipeline Program and participated in many supportive events, including a spring break field trip to UC, San Diego and CSU, Long Beach.

In her email she told me how grateful she was for the HWDP programs without which she would have struggled getting through and paying for college. She received her Phlebotomy Certificate in the Fall of 2008 from SRJC and she was making her way through the health science prerequisite classes. After a few months of looking for work as a Phlebotomist, Consuelo decided to enlist in the US Army Reserves.

She currently works in the largest prison in Afghanistan and says she has learned so much as a Medic in the Army. She compared it to being a paramedic, but with the ability to do so much more, including: “sutures, inserting chest tubes, doing needle

compressions, intubation, how to do a cricothyroidotomy, and of course the basics like vitals, IV’s, dressing wounds, stopping any bleeding, splints, labs, and shots....anything necessary to stabilize a patient during an emergency.”

She says that even though she misses school and the college environment a great deal, she has experienced a lot these last few years and is thankful to the US Army for that.

Consuelo told me how much her perception of the world has changed and how she appreciates everything in her life so much more than she used to. Consuelo’s tour ends in February 2012 and she plans to return to Sonoma County. She is planning to return to SRJC and complete the transfer requirements to attend UC San Diego to receive her undergraduate degree before she heads off to medical school.

We are so proud of Consuelo and grateful for the sacrifices that her and her family are making. Thinking back to the Summer of 2006, as a senior in high school, we knew that Consuelo was a leader and would grow up to be a respected individual in her community, but we never imagined the kind of impact she is making in the world today. I know her parents must be proud of all that she has accomplished!!! We definitely are!!!

As our search for all of the Summer Health Careers Institute stories continues, I am excited to hear about all of the wonderful ways that our students are giving back and making a difference in the world. Whether it is on our community or on the other side of the world, there is something special in each and every one of them and I can not wait to hear about their adventures!

- *Written by Denise Blabon, HOPE Center Coordinator*

Dental Clinic

Cleanings, Education, check-ups & referrals to fix teeth

FOR: Kids and Teenagers
(4-16 years old)

WHEN: Subject to change
every month

WHERE: Santa Rosa Junior College
Health Sciences, Race Building
on Elliot Avenue across from the library

Call 527-4949 for an appointment!

FREE PARKING! - Parking lot E
(next to the Race Building)

In partnership with the
Santa Rosa Sunrise Rotary Club &
the Santa Rosa Junior College



Did You Know?

- Healthcare industry will generate **3.2 million jobs** between 2008-2018, more than any other industry in the United States. — *United States Department of Labor*
- 4 out of 5 of the highest wage occupations are with the health care industry.
- Personal & Home Health Aides is the fastest growing health career with an increase by **63.5% on job openings** in the next 10 years.
- Nation wide, the health industry provides **14 million jobs.**
Latino Doctors = 5.2%
Caucasian Doctors = 61.7%

Grace & Triumph



Shahram Eskandarnejad found the HWDP Program at the SRJC Fair and Job Expo in the spring of 2008. He stopped by the booth to find out more information about the program and made an instant connection with the staff.

In his home country of Iran, he was a medical doctor and took great pride in helping people of all ages. Unfortunately, his medical license did not transfer to the US. His transcripts could prove his educational achievements but he could not get a much needed medical residency, despite the fact that he had passed the US Medical Board Exams (USMLE).

Shahram was determined not to let bureaucracy and prejudice stand in his way, so he set out on a new journey. He began by enrolling in the SRJC Community Health Worker Program. This gave him the opportunity to use his skills in a new setting and have a profound impact on the community he was now a part of. While in the Community Health Worker Program he decided to apply to the SRJC Nursing Program with hopes of using an Associated Degree in Nursing as a building block to something more. At the same time, he became an active participant in the Healthcare Workforce Development Roundtable and a life science tutor for the SRJC HOPE Program.

In the fall of 2009, Shahram was accepted into the SRJC Nursing Program. He even managed to finish his Community Health Worker Certificate Program during his first semester in the Nursing Program. Through it all he has remained a well liked and trusted tutor for the students of the HOPE Program and a valued member of the HWDP team. The HWDP Program is so proud of all of his hard work and determination. We have watched him come up against many barriers and overcome them with grace and triumph. He is the epitome of what we try to teach our students every day and a wonderful role model to all that know him. In December 2011, SRJC will present Shahram with his Associates Degree in Nursing. We have no doubt that this is just one more step in Shahram's journey in his future career, but we know it is a special one!

Tutoring Available

Anatomy 1 & 58

Tutor: Judith

When: Saturday 12:00-4:00

Where: Baker Hall Room 1837

Physiology 1 & 58

Tutor: Shahram

When: Monday & Wednesday - 3:15-5:00

Where: HOPE Center,
Barnett Hall Room 1282

Chemistry (All Courses)

Various tutors– Drop in

Where: Tutorial Center

Doyle Library, 1st floor

Chemistry 60

Tutor: David

When: Friday, 9:00-11:00

Where: Tutorial Center

English

Tutor: Tyler

When: Monday, 10:00-4:00

Wednesday, 4:30-7:00

Where: HOPE Center,
Barnett Hall Room 1282

Anatomy & Physiology also available by appointment. Please email Shahram at seskandarnejad@santarosa.edu

HOPE Center Workshops

Self Management

11:00am -12:00 pm

Thursday, October 27th

HOPE Center, Barnett 1282

How to Write a Scholarship Essay

11:00 am-12:00 pm

Thursday, January 26th

HOPE Center, Barnett Hall 1282

Careers in the Medical Field

5:30-7:00 pm

Wednesday, November 2nd

Career Center, Bertolini Student
Center, 3rd floor

Financial Aid with Margaret Mann

12:00-1:30 pm

Wednesday, February 15th

HOPE Center, Barnett Hall 1282

Meditation & Relaxation

5:30-7:00 pm

Wednesday, December 2nd

HOPE Center, Barnett Hall 1282

TEAS Preparation Workshop

In March & April

Dates & Location TBD

Meditation & Relaxation

5:30-7:00 pm

Wednesday, May 2nd

HOPE Center, Barnett Hall 1282

For further information call **527- 4985**
or call the **Tutorial Center** at **527- 4491**

Tutoring Helps!

Tutoring statistics show that students who attend HWDP tutoring sessions tend to have a stronger GPA and a lower withdrawal (W/D) rate. The following results reflect the Spring 2011 semester:

ANAT 1 & 58

	<u>Avg. GPA</u>	<u>W/D Rate</u>
Tutored	2.69	14%
Non-tutored	2.65	31%

CHEMISTRY

	<u>Avg. GPA</u>	<u>W/D Rate</u>
Tutored	3.14	18%
Non-tutored	2.43	27%

Check out our tutoring
resources today!



Please call **527-4809** to reserve a spot!

New HWDP Staff Member on Board!



The Healthcare Workforce Development Program welcomed its new HOPE Center Assistant this Fall 2011, Adriana Mateos-Inocencio.

Adriana is very familiar with all the programs and re-sources the Healthcare Workforce Development Program offers to the students, as she was a student in the first class of the Summer Health Careers Institute in 2005 and a graduate of the Health Careers Pipeline Program in Spring 2008. She graduated

in spring 2010 with an AS Degree as a Community Health Worker and an AA Degree in Social and Behavioral Sciences. She began her work experience as a student assistant at SRJC in 2007 working for the Health Sciences Department. While a full-time student at SRJC, Adriana repositioned to an Administrative Assistant I vacant position.

"I am very thankful with the Health Sciences staff because they gave me the opportunity to be part of their team and supported me along the way."

At the same time, Adriana also began working at the California Parenting Institute in the beginning of this year as a Supervised Monitor Assistant, where she supervises

visits between non-custodial parents and their children. In August 2011, she joined the Healthcare Workforce Development Program. *"I am very happy to be part of the Healthcare Workforce Development Program."*

Greatly enjoying her job at CPI, Adriana decided to keep working with the institute, evenings and weekends. She plans to transfer to Sonoma State University in the Fall 2012. Her goal is to obtain a Bachelor's Degree in Sociology and later a Master's Degree to become a Social Worker. Adriana knows that challenges may lie ahead and that it will be a road of life-long learning. She wants to help students, be a mentor, and encourage them to continue with their educational journeys.

**HOPE Center
(Health Occupation
Preparation
& Education)**

**Barnett Hall, Room 1282
1501 Mendocino Ave
Santa Rosa, CA 95401
(707) 527-4809**

**Hablamos Español
(707) 521-7881**

**HOPE
CENTER
BUSINESS
HOURS:**

**M, T, Th, F
8:00 AM-5:00 PM
WEDNESDAY
8:00 AM-7:00 PM**

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**Find us on the web:
www.santarosa.edu/healthcareers**

**For more information call 527-4809
Para más información marque 527-4809**