



Mentoring in Medicine

INFORMATIONAL NEWSLETTER



Overview:

Mentoring in Medicine nurtures socioeconomically disadvantaged students in urban schools from third grade on to help them develop the tools necessary to successfully achieve their goal of becoming a health care professional.

Click to visit MIM:



Karina Chavez, Armaria A. Arnett, Nelly Gonzalez
Mentoring in Medicine, Summer 2008, Alameda County ED
Interns (left to right)

Working Team:

Jocelyn Freeman Garrick, MD MS, FACEP
Assistant Professor UCSF
EMS Base Director ACMC-Highland
Vice President

Berenice Perez, MD FACEP
Director, ER
ACMC- Highland Campus
Mentor Coordinator

Denae Reed, PA-C
Certified Physician Assistant
ACMC- Highland
Project Coordinator

Owen Garrick, MD MBA
COO Healing Our Village
Chief Financial Officer

Mentor Highlight:

Talking Vitals with Mia Johnson, R.N.

By Marquell Craddock

Nurse Mia Johnson received her registered nursing credential at Chabot College, in Hayward, California. She is currently at Cal State East Bay working towards her bachelor's degree which will give her the opportunity to explore the field of community health nursing. Nurse Johnson works at Highland Hospital's Interventions and Radiology Department and John Muir Medical Center's recovery room.

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How did you become interested in nursing and can you tell us about the Interventions and Radiology Department at Highland Hospital?

I always wanted to become a nurse- I'm that type of person that really wants to *make people feel good.*

A lot of people may not know but interventions include invasive procedures such as biopsies, drainages and procedures that have to do with entry into the human body by surgical incisions.

What have been some obstacles that you have faced in order to obtain your nursing credentials and how did you overcome these obstacles?

Having a family! I was working when I was in nursing school and it was very hard to balance both family and school because nursing school required a lot of studying. I learned that you can get straight A's but you have to have common sense as well and I had to work hard when it came to that... I remember a person who knew every disease and had great grades but when it came to her working in the hospital, she couldn't apply what she learned. From this, *I learned to not take my home or personal situations and compare them to everyone else's situation.* In nursing, you have to know how to use your hands- you will learn stuff in school but you will really learn much more working in the field.

What drives you forward, where does the source of your motivation



come from?

My drive to move forward comes from a number of things- First, seeing my grandmother work so very hard- secondly, experiencing homelessness- [pause] thirdly, I would have never imagined being a single parent but I am today and finally, seeing family members suffer from health issues. I'm working towards having a good quality of life for myself and my family and I want to share what ever prosperity I accumulate with my church.

What milestone would you highlight in your career thus far?

Before I was a nurse, I worked at Kaiser Permanente in the Optometry Department. At Kaiser, I was chosen by a doctor to do work within his specialty of office procedures and I

remember asking him *why did you choose me?* I wanted to know because everyone else was mad at me because everyone wanted that particular position. He replied, "You are the one that always wants to learn... you come in the mornings and you take initiative throughout the day and at 4 o'clock pm everyone else anxiously heads home while you stay behind and continue to learn as much as you possibly can." *If people sense that you want to learn people will want to teach you, you can't be nervous, you have to remember why you are there.*

What does mentoring mean to you and why is it important for professionals of color to mentor?

Mentoring to me means helping others along the way, showing them experiences that they would not have otherwise been aware of. Junior high students periodically come to the Radiology Department with the mindset that X-ray is just taking X-rays, yet it involves a lot more... nuclear medicine, Magnetic Resonance Imaging, radiograms and more- exposing as many youths of color to experiences such as this is important because *for me, I can't do this alone and exposing them can lead to a potential career path for them in the future.* The path towards success and prosperity cannot be traveled alone, while your showing someone else the way, you must be humbled enough to let others teach you and bring you along with them too.

Can you share how you were influenced by mentors in your life, how have these relationships shaped you into the person you are today?

As soon as I graduated from nursing school, I got pregnant but fortunately I had a mentor at Chabot that took me under her wings. She went as far as securing a job for me during maternal leave until my return. Another great mentor was an Ophthalmologist at Kaiser Permanente, the same physician who offered me the office procedures position. He made learning so much fun- he was such a good teacher.

Please provide some words of advice for pre-health students and young professionals.

I would say that whatever you're doing, give it your all... do not mess it up! If you don't give it your all it will definitely show... you have to get your name out there Make yourself well liked and have integrity- I'm really big on integrity because at the end of the day that is really who you are... no matter what field.

I got this job because I made myself stand-out from everyone else, instead of just turning in my resume to Human Resources and completing job applications online... I took my resume directly to the department manager. If there are 40 nurses applying for the same *one* position, what will you do to make yourself stand out?

Speaking with Nurse Johnson was an enlightening experience into the world of nursing, another gateway to an enormous amount of opportunities in the field of health care.

Mentoring in Medicine

Nurturing Tomorrow's Health Care Professionals Today



MENTORS NEEDED

Dozens of college and health professional students are in need of a mentor. If you are willing to donate your time, meet with a mentee at least four times a year (via email, in person or phone), you're ready to develop a future professional!

Please fill out the following:

Name:

Profession:

Gender:

Have you been a mentor in the past or mentee?

Why do you want to mentor?



Please contact Estell Williams by email ewilliams@medicalmentor.org or facsimile (510) 225-2502

*A one hour mentor training is required prior to being matched with a mentee.

The Mentoring in Medicine, Alameda County Emergency Medicine Internship was the dream internship. This experience gave me a taste of everything: community outreach, shadowing physicians, research, and clinical training. The shadow shifts were mostly at Highland Hospital's emergency department, a morning, afternoon or night shift. As an intern we were able to attend any of the traumas and procedures done in the ER as well as surgeries out of the department. The program also catered to each intern's career interests; since I was interested in pediatrics, I had a shadow shift at UCSF Hospital with a pediatrician.



As far as research, we were given a choice of research project. I researched patient referrals to clinics after leaving the emergency department. The goal was to assess the efficiency of clinics and figure out why patients don't follow

up with the clinics they are referred to.

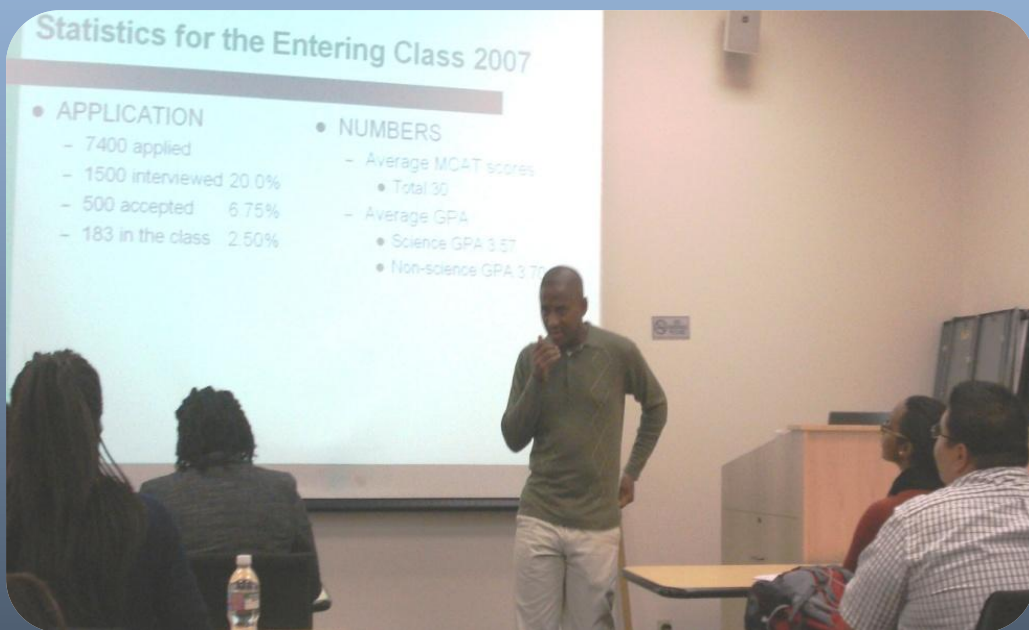
In the program we spent a lot of time with medical students and residents, we attended the residents' lectures, medical conferences, and even social outings. Clinical procedure simulators for the interns included lumbar punctures, running IV's, performing CPR, and inserting various chest tubes. The best part of the program was being able to interact with the residents and physicians at the hospital.

I would recommend this program to anyone interested in medicine or research. The emergency department exposes students to a variety of medical fields. From gunshot wounds to minor coughs and pediatrics to geriatrics, the internship offered a very diverse patient population.

-David Timothy Hampton II, MIM Intern 2008

November Seminar: Mentoring in Medicine

On November 2, 2008 Mentoring in Medicine held the second in a series of workshops at Samuel Merritt College in Oakland, CA. Approximately seventy-five (75) high school and college students participated. The workshop began with an intimate lunch that allowed students to dine with a health care professional. After lunch, Dr Berenice Perez and Dr Owen Garrick led a workshop on interviewing techniques and the medical school admissions process. Some of the students remarked, "This is great! I feel like I have a true sense of what to expect during my interview."



Dr. Owen Garrick- hosting mock interviews.



By Beryl S. Jeffers, MA, Ed.M.
National Education Director

On Saturday, September 20, 2008, from 3-6 p.m., the New York Chapter of Mentoring in Medicine hosted its 2nd Annual Back-to School Barbeque. The purpose of the barbeque is to continue to support and encourage the students in the MIM program as they prepare to return to their respective schools and to pursue a career in the medical field.

There were 180 middle school, high school, college, and post-baccalaureate-medical students along with 40 doctors who came together in New Rochelle, NY to feast on hamburgers, hotdogs, chicken, ribs, salads and fruit. The jazz music set the tone and the food was plenty. Many of the students had an opportunity to walk around and talk with cardiologists, dentists, surgeons, veterinarian, nurses, physical therapists, emergency room physicians, psychologists and psychiatrists... just to name a few specialties.

Dr. Lynne Holden and Beryl S. Jeffers, Ed.M. (two of the NY-MIM Leadership Team) welcomed all and gave an overview on the program and services of Mentoring in Medicine. All doctors had an opportunity to tell the students their field of specialization, their undergraduate and graduate education and why they selected the medical field. They encouraged students to walk around and collect business cards from the doctors. In addition, the students were given the poem "Don't Quit". The real excitement came when Dr. Muriel Petioni, age 94, an outstanding physician and legend in the field of medicine spoke to the students. She shared her experiences as an undergraduate student at Howard University in 1934, and graduating from Howard University Medical School three years later. Dr. Petioni stated that she wished that she had an opportunity to participate in such a program like MIM. She said that MIM is doing great work "to mentor students who are underrepresented in medical professions. She stressed the importance of the students to pursue your dreams and to do very well in your academics and seek out mentors.



Albert Einstein College of Medicine second year student Juan Robles shares his story of resiliency with the crowd. *(Above)*

Dr. Holden poses with college students at the Back-to-School BBQ. *(Below)*



New York Article Highlight

Pictures Continued:



Students share a laugh at the Back-to-School BBQ. *(Upper, Right)*

Premedical advisor Uriel Reid shows Beryl Jeffers the prize winning ticket. *(Middle, Right)*



Mentors (left to right-Dr. Asfaw, Internist; his son; Dr. Plummer, General Surgeon; Dr. Bruce Peters, Pediatrician/Internist/Clinical Dean at Touro College) pose for a picture. *(Lower, Left)*

Upcoming Internships & Opportunities

Gain Valuable Work Experience
in the Healthcare Field



HEALTH CAREER CONNECTION

Bringing Healthcare Careers to Life

JOIN HEALTH CAREER CONNECTION AND DISCOVER YOUR CAREER!

Health Career Connection (HCC) is once again offering our summer internship program for undergraduate students interested in healthcare careers. HCC is an expansion of an internship program that has made a difference in the lives and careers of students for over 20 years.

The goal of the internship and our other affiliated programs is to provide students with exposure, experience and support to choose and pursue careers in healthcare management, health policy, community health, health education and other public health careers. Students interested in becoming a physician must also have a strong interest in one of the areas described above and be willing to do an internship that is not clinically focused. We have a strong focus on minority students and aim to increase the ethnic diversity of healthcare business leaders.

Apply on-line or download an application from our website: www.healthcareers.org
Applications due February 16, 2009 at 11:59 PM EST



Past Southern California Interns

NORTHERN CALIFORNIA	NEW ENGLAND/NEW JERSEY
✓ La Clínica de La Raza	✓ Brigham and Women's Hospital
✓ Integrated Healthcare Association	✓ Newton-Wellesley Hospital
✓ John Muir Health System	✓ Boston Public Health Commission
✓ Alameda County Public Health Dept.	✓ Dana Farber Cancer Institute
✓ Alta Bates Summit Medical Center	✓ Beth Israel Deaconess Medical Center
✓ Kaiser Hospitals & Medical Groups	✓ Massachusetts General Hospital
✓ Life Long Medical Clinic	✓ Harvard Vanguard Medical Group
✓ East Bay AIDS Research Institute	✓ Brookside Community Health Center
✓ Glide Health Clinic	✓ Joslin Diabetes Center
✓ Ethnic Health Institute	✓ St. Barnabas Medical Center
✓ Operation Access	✓ Robert Wood Johnson Foundation
SOUTHERN & CENTRAL CALIFORNIA	
✓ LA County-USC Medical Center	✓ Kaiser Permanente LA and Modesto
✓ Insure the Uninsured Project	✓ Community Medical Centers Fresno
✓ Northeast Valley Health Corporation	✓ Central Valley Health Policy Institute
✓ Venice Family Clinic	✓ Sequoia Community Health Centers

Through our internship sponsors, HCC places qualified candidates in leading healthcare and public health organizations. We may also have internship opportunities in Chicago in 2009

SUMMER MATH & SCIENCE HONORS ACADEMY (SMASH)



**LEVEL PLAYING FIELD
INSTITUTE**

LEVEL PLAYING FIELD INSTITUTE
543 HOWARD ST., 5TH FL.
SAN FRANCISCO, CA

Please join us to learn more about the Summer Math and Science Honors (SMASH) Academy and how your students can gain an academic advantage in today's competitive STEM (Science, Technology, Engineering, Mathematics) world.

We encourage students, parents, teachers, counselors, and interested school administrators to learn more about SMASH.



For further information:
415-946-3033 | Shannon@LPFI.Org

LPFI's Academy works with high achieving, low-income high-school students of color from the Bay Area who are passionate about math and science. We provide them with rigorous courses that will prepare them to excel in science, technology, engineering or mathematics (STEM) fields.

Our goal is to help students be admitted to top-tier colleges to focus on these fields. We help scholars achieve **success** in high school now and prepare them for future achievement in higher education.

The SMASH Academy components include a five-week residential, rigorous academic program on the UC Berkeley campus in the summer, as well as academic-year programming to keep students engaged and on track for academic success.

Go to our website for more information and 9th grader application: www.lpfi.org



ALLIED HEALTHCARE SCHOLARSHIP PROGRAM

The Health Professions Education Foundation is currently offering the Allied Healthcare Scholarship program. The Allied Healthcare Scholarship program offers up to \$4,500 in scholarship for allied healthcare students accepted or enrolled in an accredited allied healthcare program in California.

The Health Professions Education Foundation also provides scholarships to loan repayments to students and health professionals who are interested in pursuing careers within Allied Health, nursing, mental health, as physicians, as well as several other medical vocations. Please see the attached flyer for general information on our various programs.

Each of our programs will be hosting technical assistance calls in January and February to help potential candidates in completing the application requirements. Please check our website for scheduled times for the individual programs.

You are encouraged to contact us with any questions you have regarding the program or application process via telephone.

Phone: (916) 326-3640

Fax: (916) 324-6585

Learn more about the Allied Healthcare Scholarship program at: www.healthprofessions.ca.gov
The Scholarship Program deadline is March 24, 2009

HEALTH PROFESSIONS
EDUCATION FOUNDATION
Giving Golden Opportunities

ALLIED HEALTHCARE SCHOLARSHIP PROGRAM

Awards of up to \$4,500 are available for qualifying students in one of the following allied healthcare programs:

- Diagnostic Medical Sonography,
- Clinical Laboratory Science, Medical Assistant, Medical Imaging, Medical Laboratory Technology, Nuclear Medicine Technology, Occupational Therapy, Pharmacy, Pharmacy Technician, Physical Therapy, Physical Therapy Assistant, Radiation Therapy Technology, Radiologic Technology, Respiratory Care, Social Work, Speech Therapy, Surgical Technician, and Ultrasound Technician.

Spring Submission Deadline: March 24
Fall Submission Deadline: September 11



Career Spotlight → Registered Nurse:



Opportunity:

- Registered nurses constitute the largest health care occupation, with 2.5 million jobs.
- About 59 percent of jobs are in hospitals.
- Registered nurses are projected to generate about 587,000 new jobs over the 2006-2016, one of the largest numbers among all occupations; overall job opportunities are expected to be excellent, but may vary by employment setting.

Requirements:

- The three major educational paths to registered nursing are:
 - Bachelor's degree
 - Associate's degree
 - (or) Diploma from an approved nursing program

Average Salary:

- The lowest 10 percent earned less than \$40,250, and the highest 10 percent earned more than \$83,440

Bureau of Labor Statistics, U.S. Department of Labor, *Occupational Outlook Handbook, 2008-09 Edition*, Registered Nurses, on the Internet at: <http://www.bls.gov/oco/ocos083.htm>

Mission Statement:

Mentoring in Medicine's mission is to increase the number of underrepresented healthcare professionals through education, mentorship, and leadership development. MIM is a nonprofit operating in New York and California.

Since March 2006, *Mentoring in Medicine* programs have reached nearly 1400 students in New York. We have recruited nearly 450 health care professionals (doctors, dentists, podiatrists, nurses, physician assistants, pharmacists, researchers, and health administrators).

California Collaborators:

- Alameda County Medical Center
- Alameda County Public Health Department
- University of California School of Medicine
- Samuel Merritt College
- UC Berkeley Biology Scholars Program
- FACES for the Future
- Model Neighborhood Program
- Center for Health Careers Development
- Ethnic Health Institute
- Sinkler Miller Medical Association
- Student National Medical Association
- Physicians Medical Foundation
- Greenlining Institute

Upcoming Events...



DATE:	EVENT/LOCATION:	DETAILS:
March 28, 2009	Mentoring and Networking II Waterfront Plaza Hotel	10:00am -12:00pm Sponsored by NMA region VI <i>Target audience: college students and health professionals</i>
April 4, 2009	Workshop at MIH Conference U.C. Berkeley	“Identifying Mentors and Networking” <i>Target audience: high school and college students</i>
October 2009	2 nd Annual MIM Conference	1:00pm-4:00pm “Preparing for a Career in Health” <i>Target audience: middle, high school, college, graduate students, residents and health professionals</i>

California Advisory Board

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