

Catskill Hudson AHEC Celebrates a 10 Year Affiliation with Y2Kids

Ten years ago, Catskill Hudson AHEC was approached by Alanna Smith of Orange-Ulster BOCES to participate in their *Y2Kids, Careers from A-Z* program at Stewart International Airport as one of approximately 250 career representatives whose task it was to engage middle-school students in hands-on, interactive career exploration activities. Catskill Hudson AHEC accepted Alanna's invitation to demonstrate health careers to the anticipated 2,000 students expected to participate.

Each year since then it has been a welcome challenge for the staff at Catskill Hudson AHEC to develop engaging student activities. "We always look forward to participating in this program. It has been extremely rewarding to see student interest and enthusiasm to interact with us and participate in our activities," stated Kathy Doyle, Program Coordinator for Catskill Hudson AHEC. "I wish they had this type of program when I was in middle-school."

On April 20th this year, Kathy Doyle and AmeriCorps members Mariam Sow and Maria Aloe, presented a new PowerPoint game of medical True/False questions. If students got the correct answer, they were able to play Plinko and win one of 4 medically-related game prizes that included mind-teasers, skeletal stickers, human organ stickers, and "the senses" rubber duckies.

The Orange-Ulster BOCES Career & Technical Education Division coordinates the Y2Kids program on behalf of all schools and students in the Orange-Ulster area. There is no cost to participate in this annual event. For additional information on Y2Kids, please contact Trish Huggins at patricia.trask-huggins@oubces.org.



From left to right, Maria Aloe, Kathy Doyle, and Mariam Sow.

Catskill Hudson AHEC Participates in 2016 MedQuest

MedQuest is an annual, multi-day, career exploration program coordinated by Marva M. Richards, MPH, Director, Community Outreach and Service Learning at Albany Medical Center. This program offers high school students who are interested in pursuing a health career the opportunity to explore various careers and participate in related activities at no-cost.

On July 11, 2016, Roxy Raffa, RN, Nursing Workforce Development Coordinator for Catskill Hudson AHEC and Teri Sokol-Kachur, Program Coordinator for Hudson-Mohawk AHEC tag-teamed to present Intro. to Health Careers where 25 students received a general health careers overview and conducted individual online assessments and further career exploration using suggested online tools. There was a Q&A session at the end of the online exploration allowing students to ask questions and share information.

Throughout the week, students also had the opportunity to tour the Emergency Department and review careers in public health, nursing, pharmacy, physical therapy, and primary care. They also explored the anatomy of the heart and pulmonary diseases, to name a few.

Summer Rural Immersion Program for Medical Students

Catskill Hudson AHEC helped launch a rural immersion program, which was created at the initiative of the Foundation for Community Health to help medical school students learn about serving rural populations in Litchfield County, Connecticut, and Dutchess County, N.Y. In mid-July, five medical school students from Touro College of Osteopathic Medicine-Middletown Campus (in Orange County, N.Y.); Quinnipiac University Frank H. Netter School of Medicine in Connecticut; and the University of Connecticut School of Medicine had the opportunity to "shadow" various rural providers at Hudson River Healthcare community health center in Amenia, N.Y.; at Sharon Hospital in Connecticut; and at the Geer Skilled Nursing and Rehabilitation Center in Canaan, CT. Their shadowing experience lasted for three days at each location and concluded with a half-day visit to the North Canaan EMS organization in Connecticut.

The rotations focused on rural primary care and specialty areas, geriatric medicine, emergency medicine, behavioral healthcare, home healthcare, discharge planning and transition of care, and social work. The program was also sponsored and led by Health360, formerly the Northwestern Connecticut Area Health Education Center. Housing was provided by the Indian Mountain School in Lakeville, CT.

CHAHEC welcomes new board members Harman Sidhu of the Westchester Medical Center Health Network, Center for Regional Healthcare Innovation (Rockland County), and Barbara Ilardi of the Putnam County Department of Health. CHAHEC sincerely thanks retiring Board members Regina Olatin, MD of the Center for Discovery (Sullivan County), Mary Daggett of Columbia Memorial Hospital (Columbia County), and Rob Lishansky of ONC BOCES (Otsego County).

HEALTHLINKS

A Newsletter from Catskill Hudson Area Health Education Center

Catskill Hudson Area Health Education Center is the educational health career resource center for grade school students, health professions students, educators, healthcare professionals, and those looking to re-enter the health workforce in the mid-Hudson and Catskill regions.

CHAHEC Awarded the 2016 AHEC Center Award for Scrubs Club



Scrubs Club, Pathways to Health Careers program was conceptualized by Catskill Hudson Area Health Education Center (AHEC) in collaboration with The Foundation for Community Health. The concept behind Scrubs Club was to teach high school students about various health occupations as viable future career options. The program was then developed by Catskill Hudson AHEC and launched as a 3-year, longitudinal pilot program at Dover High School in Dutchess County, NY during the 2012-2013 school year with 21 student members, which had increased to 30 student members by 2015. An impact survey was conducted by Catskill Hudson AHEC to

measure the success of the program for the graduating Dover Scrubs Club students and 90% of them planned to continue their education and 85% of these students were planning to pursue a career in healthcare.

Since the launch of Scrubs Club, high schools, at-risk youth organizations, and afterschool centers across the United States, including Alabama, California, Connecticut, Indiana, Kentucky, Massachusetts, New York, Texas, and Wisconsin have successfully implemented this program. In addition, Catskill Hudson AHEC was awarded the 2016 National AHEC Center Award for Excellence in Health Careers Recruitment for Scrubs Club in Washington, DC on June 28, 2016 in front of more than 500 healthcare workforce development leaders and health educators from around the country.

The success of this program is the result of the creativity and forethought of Kathryn Reed, MHA, CMPE, (retired) Executive Director of Catskill Hudson AHEC with the continued support of Gertrude O'Sullivan, Director of Communications & Special Programs for The Foundation for Community Health.

The engaging lesson plans, hands-on activities, and meaningful field trips capture the attention of the students because many of the clinical lesson plans were designed to enable students to "test drive" various health occupation skills through interactive activities. The student experiences are also elevated with up-close and real-life learning opportunities through suggested on-site hospital tours, simulation lab visits, and related exhibitions. The versatility of the lesson plans enable instructors to incorporate the program into daily class curriculum, utilize it as an afterschool activity, or apply it as a longitudinal program.



From left to right: Gertrude O'Sullivan and Kathryn Reed

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