

Youth Health Scholars

Your Way to a Bright Future

Fall 2015

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FACES Expanding



FACES for the Future—San Diego, is now at two high schools in the City Heights area.

Most of you are familiar with FACES—Hoover High School, our flagship health careers pathway program. Launched in 2009 with 25 students, it now has expanded both in numbers and in program offerings. The 248 students enrolled in FACES this year comprise 44 seniors; 63 juniors; 74 sophomores; and 67 freshmen.

FACES—Crawford High School launches this fall thanks to a grant from The California Endowment. Opened in 1958, Crawford's 1,145 students comprise the most diverse student population in California.

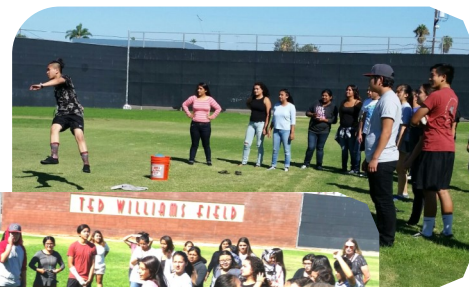
New program partnerships include:

- **“Do You Mind?”**, behavioral/mental health track workshops funded by a grant from HCTP/OSHPD, will provide students with an overview of the varied careers in behavioral health as well as skills workshops designed to emphasize wellness; de-stigmatize mental illness; and teach skills for de-stressing and coping.
- **Diversity and communications trainings** offered in partnership with the National Conflict Resolution Center.
- **MBSR**—Mindfulness-based stress reduction workshops, offered by New Mindful Life Clinic and sponsored by the City Heights Business Association.
- **Scripps Mercy Hospital**: a new site for clinical rotations.
- New departments for rotations at **Rady Childrens’- Business Services**, offering Hospital Business Management “101”: Revenue Cycle, Patient Access Patient Financial Services; and **Medical Interpreters**. Emergency Department also is exploring possibilities.
- **New community partners** for community-based job shadowing are the Southern Sudanese Community Center of San Diego; *Include Autism*; Atria Collwood; and Copley-Price Family YMCA.

FACES Hoover

Kicking Off the New Year

Bonding with peers, fun and literally kicking off a new year (with kick ball) were the highlights of the 2015-16 AHHC and FACES kick-off event Sept. 17. (Unless, of course, you count ice cream!) Students from all four classes, joined teachers and FACES staff to enjoy the 90+ degree afternoon on the Hoover High School baseball field.



If you would like to be a FACES supporter, click here; under

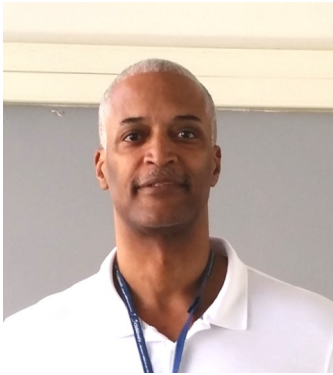
comments, write “FACES.”



Many thanks to our FACES 2015-16 school year financial supporters:

Ackerman Foundation, Bank of America Charitable Foundation, The California Endowment, Hologic Gen-Probe, Inc., The Hervey Family Fund at the San Diego Foundation, Illumina, Inc., JP Morgan Chase Foundation

Warren McBride



Welcome to Crawford



A new FACES program gets a new face to run it—welcome Warren McBride! Returning to San Diego from several years leading youth programs in Chicago, Warren previously coordinated the Juvenile Hall Wellness Program for Rady Children’s Hospital’s Center for Healthier Communities. He has extensive experience working with at-risk youth and integrating community and school programs. We look forward to getting this new site up and running.

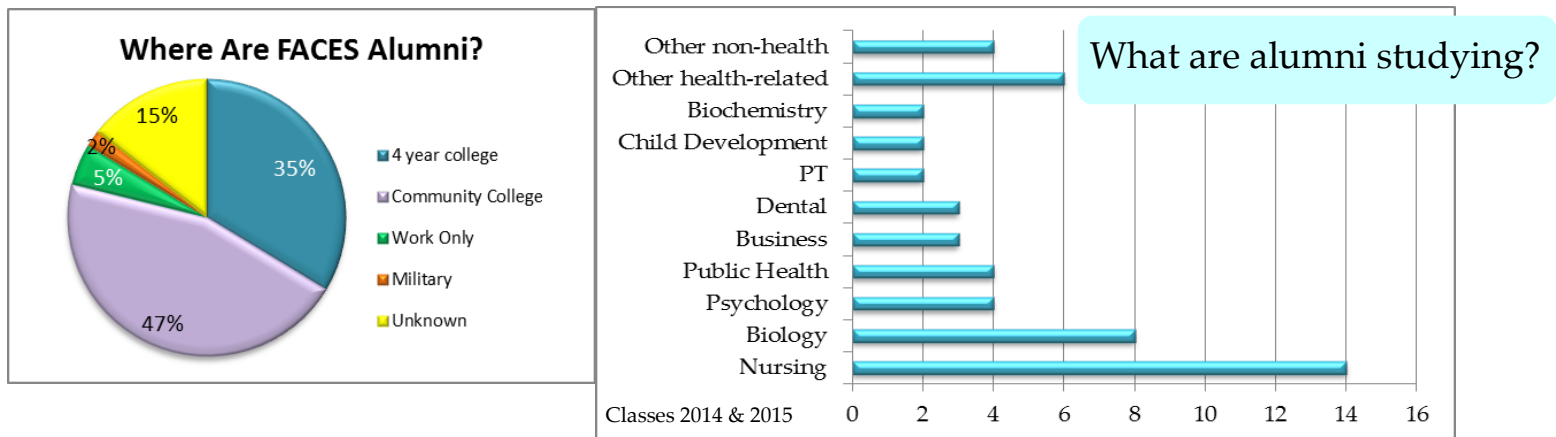
Keeping Up to Date with Alumni

FACES Alumni, now numbering 113, are attending colleges and universities across the state and nation—35% at 4-year colleges/universities and 47% at community colleges, many with plans to switch to 4-year schools. A summer intern, Anne Nguyen, herself a FACES Alumnus, helped to gather contact information for 85% of the students. She also launched an alumni newsletter, and initiated conversations and links between FACES graduates across the state. A part-time alumni liaison position is being created to keep the momentum going.



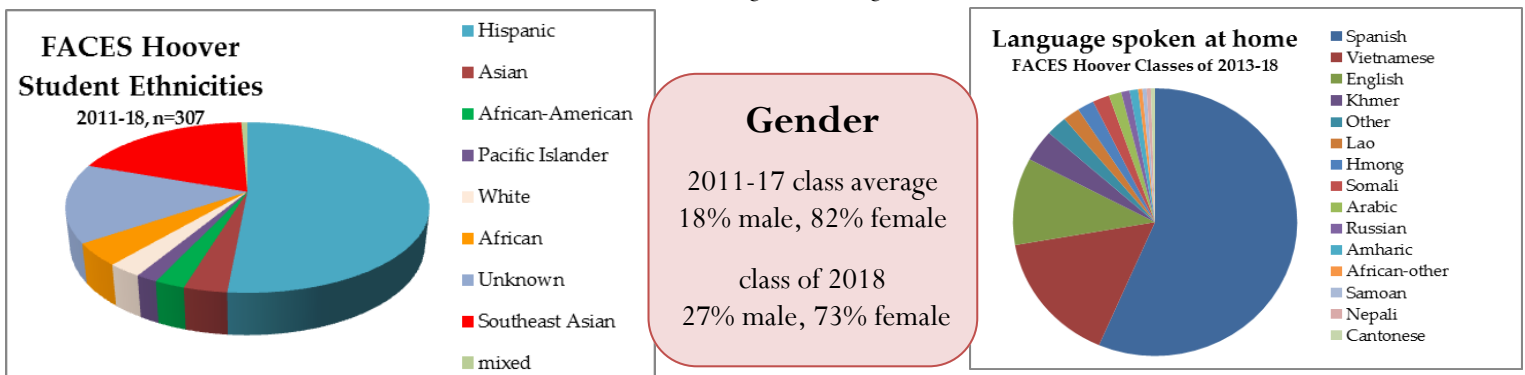
Anne Nguyen

FACES Profile



27% graduated with GPA of 3.5 or higher; an additional **39%** had GPA between 3.0 & 3.5

National average is 3.1 for girls



1st Annual FACES for the Future Alumni Scholarships

For the first time this year, FACES was able to offer scholarships to alumni. Thanks to the generosity of donor California Endowment, three scholarships of \$500 each were offered and awarded. Here are our winners.



Raenita Spriggs is a 2013 FACES graduate, and current UC-Berkeley student. Raenita plans to graduate in May of 2017 with a degree in Public Health and pursue a career in Environmental Health Policy and Research. "I would love to work in health policy with environmental researchers to expose the truth about the health consequences of the prominent toxins in our society and those who suffer from them...In this profession, I (will) be able affect change over large populations of underserved people."

A 2014 FACES graduate, Jaqueline Phomthavong currently is in the Medical Specialties program at California College San Diego. She plans to graduate in May of 2016 and start her career as a Medical Assistant. "I have always had a passion to pursue a career in the medical field. As each day went by, I realized that I could make a difference in the future by taking on a medical career...I am one step closer to achieve my goal of being a medical assistant where I will be able to make a difference for patients."



A new (2015) FACES graduate, Jonathen Vazquez is currently enrolled at City College, but plans to transfer to SDSU, where he plans to major in Health Science-Public Health and go on to medical school to pursue a career as a cardiologist. "I wish to be able to prevent and treat this horrific illness (hypertension) that strikes many Americans in my community. Being able to avoid hypertension, (will make) diabetes, heart disease and stroke (go down) ...I am passionate about reducing the burdens on the many people who suffer."

Congratulations Alumnus Stacy Nguyen Carre

Stacy Nguyen Carre, a 2013 FACES graduate, just finished her Associates degree in Respiratory Therapy. She is looking forward to pursuing her Bachelor of Science degree in Healthcare Management/Administration, then completing a Physicians Assistant degree in the near future. After experiencing Respiratory Therapy at Rady Children's Hospital, Stacy fell in love with it, and decided to pursue this career path. She shared that FACES has guided her to where she wanted to be. "My experience with FACES was amazing. The rotations were very hands-on and gave me the opportunities to experience different careers in the medical field. Without this program, I don't think I would've figured out what I love doing. With the support of all the staff and my peers, it motivated me to never give up."



Funded by Johnson & Johnson

Global Program Comes to San Diego



Bridge to Employment (BTE), a new three-year program in partnership with Johnson & Johnson, San Diego subsidiary Janssen Pharmaceuticals, Hoover High School and Rady Children's Hospital, involves 46 Hoover students beginning in their sophomore year. The BTE program, with more than 65 sites world-wide, is designed to increase the number of students who enroll in higher education; and increase the number of students interested in pursuing a career in the health sector. Strategies to meet these goals include academic enrichment; career readiness and exploration; and higher education exploration and preparation.

BTE San Diego students will interact with Janssen employees/mentors throughout their high school years, learning about careers in healthcare and science. Pre-medical students from UCSD also are engaging with the program, mentoring students and helping them prepare for college and beyond.

Previewing BTE

Some of our BTE students were able to preview the BTE experience this summer, with a field trip to UCSD School of Medicine and Janssen Pharmaceuticals. At UCSD, BTE students met medical students who will be mentoring them throughout the program, and sat in on classes. At Janssen, they were treated to interesting experiments and interaction with scientists. Then on Sept. 26, the official kick-off...



Fun and learning with dry ice and nitrogen!



With mentors at UCSD

A Strong Start for BTE

More than a year in planning, Bridge to Employment (BTE) officially kicked off on September 26, with students, parents, staff, community partners, mentors and several Janssen employees in attendance. Held on the Janssen Pharmaceuticals campus in La Jolla, the event provided parents with more information about what their



children will be involved with over the next three years. Meanwhile, the students and their mentors had a chance to get to know each other better.

BTE is a world-wide initiative to inspire high school students to stay in school, excel academically and elevate their career aspirations. Through academic enrichment activities, career readiness and exploration opportunities

and higher education preparation, BTE students are exposed to various careers in the health industry and motivated to pursue higher levels of academic progress and take the steps necessary to build a better future and achieve their full potential. The students are looking forward to “connecting globally” with peers around the world.



What Did You Do This Summer?



SUMMER MEDICAL ACADEMY

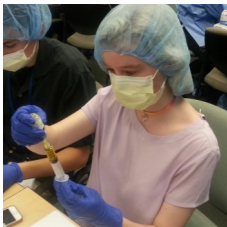
The 2nd annual Rady Children's Summer Medical Academy (SMA) was a strong success, with 42 students attending the tuition-based two-week intensive hands-on dive into medical careers. Seventy-one health professionals, including physicians, nurses, psychologists, pharmacists and more, spent time with students in lectures, workshops, demonstrations and skills clinics. A collaboration between Rady Children's Hospital-Diego and UC San Diego's School of Medicine and Skaggs School of Pharmacy, the summer program supports FACES. The experience included hands-on clinical skills clinics such as casting, IV insertion, resuscitation, suturing and wound management, as well as emergency response.

SMA 2015 in a Nutshell

- ◆ 42 students; 6 group leaders
- ◆ 25 RCHSD & UCSD doctors served as faculty, panelists and skills clinic leaders
- ◆ 18 nurses served as faculty, panelists and skills clinic leaders
- ◆ 17 medical/pharmacy students served as faculty, panelists and skills clinic leaders
- ◆ 28 allied health professionals served as faculty, panelists and skills clinic leaders
- ◆ 97% of students said that attending the Academy

influenced their career goals

- ◆ 100% rated their overall experience in the Academy as good to outstanding
- ◆ 100% would recommend the Academy to a friend interested in healthcare



Pharmacy Day



Cardiology Day



Participating in a mock Disaster Drill

Summer Medical Academy—FACES Scholarship Winners

Two FACES for the Future students, senior Nelva Perales and junior Alice Xayavong, were awarded scholarships to attend Rady Children's Hospital's 2015 Summer Medical Academy (SMA). Selected from a highly competitive pool of 10 FACES applicants, they were chosen based on their grades, a teacher recommendation, and responses to an essay question.

Alice Xayavong was selected to receive a scholarship provided by Illumina. Alice was selected for this scholarship because of her interest in forensics and genomics: the relationship between ethnicity and certain health problems. Initially interested in a career with the FBI, Alice's interest turned to healthcare after her grandfather was partially paralyzed following a stroke. Her curiosity about how the body works led to an exploration of health careers that might intersect with law enforcement, and voila: forensic scientist!

"Summer Medical Academy was amazing! I was able to see all of the possibilities and different careers that come

with medicine." Her favorite activities during the two week program included suturing and acupuncture.

Nelva Perales plans to attend to UC Irvine or UC San Diego with a major in microbiology as she prepares for medical school. She has intended to pursue a career in healthcare

since she was a toddler: "In the end, it comes down to helping my community in any possible way...I am the type of person who would like to change the whole world."

"My medical academy experience was superb. I enjoyed going into the hospital labs (especially the microbiology one) because that is something I want to do in college and I was witnessing what a microbiologist can do in a hospital setting and their significance. Also, the neurosurgery presentation and Dr Lamberti (cardiology) were

great. They talked about the reality that you cannot save everybody, which is something that I have to learn from an early stage. They were really eye opening and made me realize that you are working with mortals! My favorite quote during the academy was from Dr Lamberti: 'The heart is the only organ that works when it's broken.'"



Alice Xayavong, far right; Nelva Perales, 2nd from left