

2018 Weekend Medical Academy-Program Summary

Mental Health Matters in Medicine:

“There is no Health without Mental Health.”

Rady Children’s Hospital’s Weekend Medical Academy (WMA) programs provide a condensed learning opportunity for students interested in pursuing healthcare careers. WMA programs address timely healthcare topics and related careers through lectures/interactive discussions, hands-on skills clinics and career panels.



The first WMA program, Mental Health Matters in Medicine, took place February 2-4, 2018 with 20 enthusiastic students from throughout San Diego County, and one from Colorado. Students learned why “there is no health without mental health” from a broad range of mental and behavioral health (MBH) clinicians from Rady Children’s Hospital San Diego, UCSD School of Medicine, the Mcalister Institute, UCSD Health Care, the San Diego Police Emergency Response Team (PERT), and our other partners. WMA participant learning included:

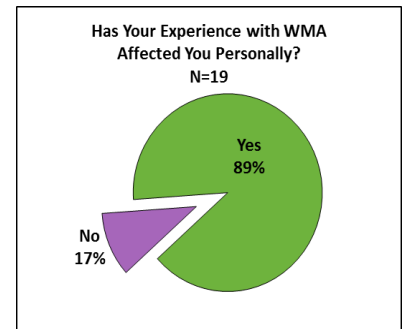
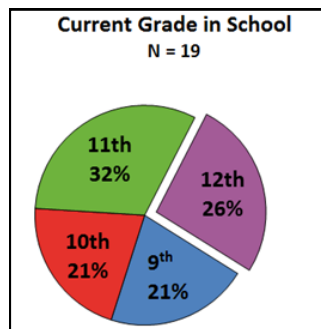
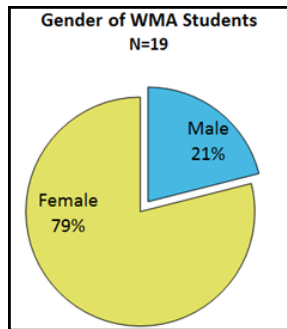
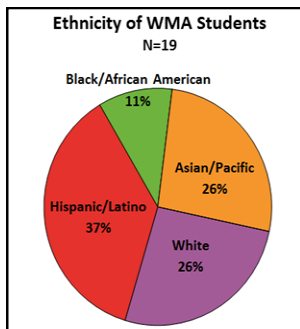
- “Hearing voices” simulation activity
- Relationship between Mental/ Behavioral Health (MBH) & Physical Health
- Adverse Childhood Experiences (ACEs)
- Signs & Symptoms of Common Mental, Behavioral, & Developmental Disorders
- The importance of Multidisciplinary Care Teams
- Evidence-Based Questions and Tools for Assessment
- Stress Awareness & Coping Skill Development
- Education & Career Paths for Mental / Behavioral / Developmental Health positions

For more information, contact:

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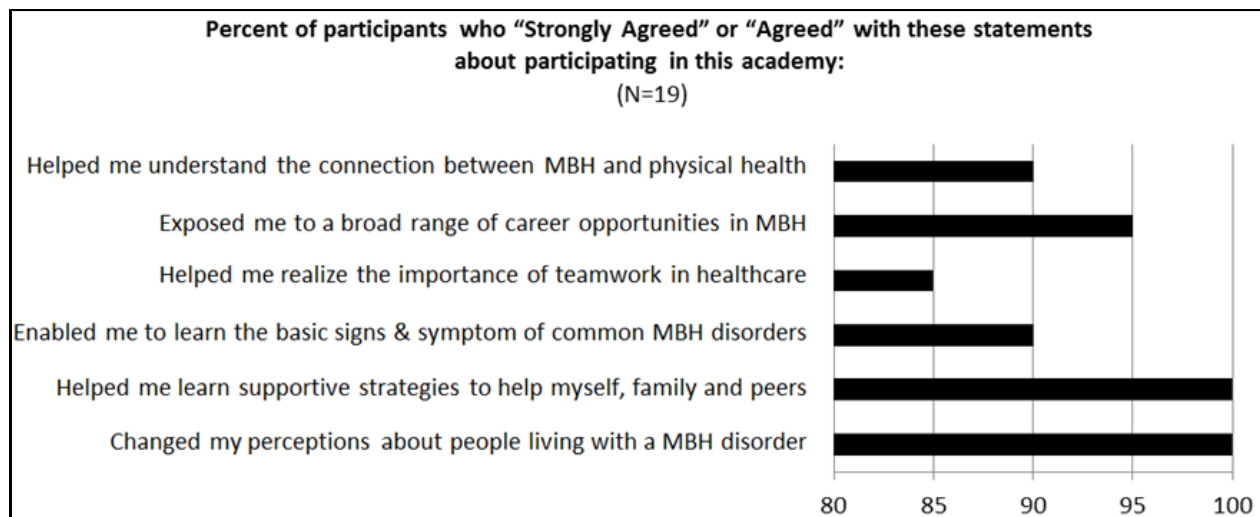
Student Profile & Feedback



100% of students reported that the program met or exceeded their expectations!

100% of students reported that they would recommend WMA to a friend interested in a healthcare career!

100% of students reported that attending this program reinforced and/or increased their interest in pursuing a career in healthcare!



"I learned that no one is immune to mental illness and that there is A LOT of help. You just have to search for it or ask for someone to help you look for it. And that it is never shameful to feel mentally ill or even believe you have a mental illness."

"I learned that the path to success is rarely straightforward. I also learned that anything you want to pursue should be done with the understanding that passion is more valuable to take into consideration than time."

Would you like to make this experience available to students with a financial need?

Reach out to learn more about our Medical Academy Scholarship program by visiting:

<https://www.radyfoundation.org/support-sma-scholarships?>

