



## FACES FOR THE FUTURE NEWS AND UPDATES



Stay up to date with FACES news and opportunities!

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## HIGHLIGHTS

- **Meet our new staff**
- **Alumni and Student Spotlights**
- **Meet a Clinician**
- **Check out the new opportunities available to you**
- **Don't miss our first Alumni Mixer at Janssen Pharmaceuticals**

## UPDATES



Team FACES

The Team FACES event was geared towards our sophomore classes at Crawford and Hoover High Schools this year. We had almost 100% of our students turn out and were able to bring them together to learn more about the FACES Coalition from Dr. Magaña and gain some hands-on skills. Students were trained in Stop the Bleed (a life saving technique used by clinicians), learned how to take vital signs, prevent infections, and what it takes to become a nurse. We could not have had such a successful event without our partner support including the nursing students from City College and Point Loma Nazarene College nursing programs, the Stop the Bleed Team led by Renee Douglas from Rady Children's and of course Dr. Tomas Magaña who traveled from Oakland to speak directly to our students. It was an exceptional day that allowed us to get to know the students and show them what it truly means to be a part of the FACES family!



FACES for the Future Coalition Retreat

The FACES for the Future San Diego team took a trip to Oakland, California in late October to participate in a day-long meeting with other FACES sites from Albuquerque, New Mexico; Denver, Colorado; and Northern California. This meeting, convened by Coalition leaders at the Public Health Institute, included a presentation on understanding a trauma-informed approach when working with youth. The presentation included a discussion on promoting wellness and resilience in our students, as well as thinking about our own organizational stress and resilience. Attendees learned about the strengths and challenges of each FACES site and talked a bit about program sustainability. We were also able to get in a bit of team-building that involved a scavenger hunt at a nearby farmer's market, laughter and good food! Thanks to our Coalition partners for a great retreat! We look forward to seeing you again next year!

## NEW STAFF



**Veronica Middlebrooks**  
**Crawford HS Project Specialist**

Introducing Veronica R. Middlebrooks. Veronica joins our FACES for the Future family as the new Project Specialist at Crawford High School. She comes to us with a wealth of experience educating and mentoring youth, as well as leading professional development teams. She is a graduate of Iowa State University with a degree in Biology and a certificate in Community Leadership and Public Service. Veronica has studied abroad at Södertörn University with a concentration in Global Leadership and Women and Gender Studies. Initially, Veronica's main duties will be to provide one-to-one mentor support and community resource assistance to all FACES Crawford students. Veronica expresses a dedication to teaching and spreading holistic wellness. Welcome to the team, Veronica!

## ALUMNI SPOTLIGHT

Nancy Yang is currently a Program Intern with FACES for the Future and is based at Hoover High School, her alma mater. She has received two Associates Degrees from Grossmont Community College, one in Communications and one in the University of Social Science and Behavior and is currently working on her Bachelor's Degree in Communications at San Diego State University. Graduating from community college and transferring to a university is one of Nancy's proudest accomplishments. In addition to volunteering with FACES, she also volunteers with the Boys and Girls club and is active in her community, winning 2nd place in the Lao Hmong Family Pageant.

On the first day of her internship, Nancy said "My current goal is to help make a change in the community and prevent the social stigma around mental health. In pursuing my goal I am volunteering with the FACES program in hopes to inspire youth in achieving their goals and aspirations." She has already helped with many events including Team FACES, Community Rotation Orientation, a Healthcare 101 workshop, and assists with data entry and scholarship research. Many already know her and request her advice and support.

If any alumni are interested in volunteering for the FACES for the Future program, please contact Alex Ayala at [aayala@rchsd.org](mailto:aayala@rchsd.org)



**Nancy Yang**  
**High School Graduation Year: 2014**  
**Major: Communications**  
**School: San Diego State University**

"We are extremely lucky to have her on our team and I don't know how we ever ran this program without her!" said Program Coordinator, Carolyn Winn.

## STUDENT HIGHLIGHT



**SEHAM NUUR**

Seham is a senior at Crawford High School. Her dream is to become a criminal psychologist. She attributes the FACES program with broadening her horizons on the various opportunities in the healthcare field. She also attributes the program with expanding her perspectives on the role of non-profit organizations in her community of City Heights. Seham holds the unique distinction of being the first elected president of the FACES for the Future program at Crawford. One of her duties is to examine current program policies and offer recommendations for improvement. Seham is an excellent student who works hard to balance school and job responsibilities. The FACES program is extremely proud of Seham and all that she has accomplished in her young life.



**KARIME HERNANDEZ**

Karime is a senior at Hoover High School. She is planning to major in Biochemistry with a concentration in Biophysics. "I would want to earn a Ph.D. in my field of study in hopes of one day managing my own research team and research project." To help her reach that goal, Karime applied to and was accepted into the University of California, San Diego Extension: Life Sciences Program for High School Students. This program is a partnership with the Boz Institute in which students are given "opportunities to become immersed in the life sciences, undertaking a unique applied research project in biodiversity and neurobiology and/or molecular biology". She will be presenting her research poster at the Boz Institute in December. The FACES program is excited to see where Karime ends up with her many talents.

## COMMUNITY ROTATION SPOTLIGHT

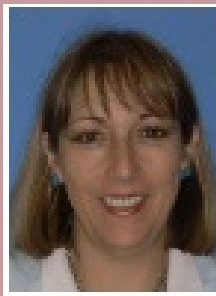
One of the FACES program's longest standing Community Health Rotations takes place in Hoover High School's Athletic Training department. Run by Christina Saffran "Trainer Chris", this rotation offers students the chance to learn about injury prevention and treatment by actively observing and assisting with injuries that occur during the school's sporting events. In addition to hosting 16 FACES students per year, she also teaches a class called Sports Medicine where students dive deeper into the concepts and skills critical to this field.

One student said: "I liked the relationship I created with not only Trainer Chris, but coaches, student athletes, and even the other [FACES students]. I also loved learning how to tape different body parts to treat or prevent injuries because it can be implemented into my daily life with sports"



## CLINICIAN SPOTLIGHT





### Clinician Spotlight: Erika Brown, Medical Interpreter

The Rady Children's Hospital San Diego (RCHSD) Translations/Interpretation department has worked with the FACES for the Future program since 2016.

Erika Brown, one of the interpreters at RCHSD, has been a strong advocate for the FACES program. She has a passion to teach and mentor the FACES students.

Erika always wants to do more with the FACES program and has taught different workshops at our school locations to educate the students on how to use their bilingual skills in healthcare.

We are so happy to have Erika be a part of the FACES program.

#### Student comments on Erika Brown:

"Ms. Erika Brown was my mentor during this rotation. She gave me much advice about learning how to interpret and translate. She also gave me advice on how to succeed in life- which for me means a lot because I love advice from people with personal experience."

"Erika was really nice and interesting. She was very good about teaching about the department."

"Ms. Brown and Ms. Sandra were very enthusiastic about teaching me and showing me around the hospital."

"[Erika was] amazing to be around. [She] encouraged me to ask questions, and would take me/show me places I wanted to see. I liked my mentor best because she would make me practice my Spanish and never made me feel uncomfortable. I liked being able to witness doctor-patient conversations."

## Opportunities Available

### Alumni Mixer and Networking Event

FACES for the Future is hosting an alumni event for our Crawford and Hoover High School graduates **and** soon-to-be graduates! Join us for this amazing opportunity to learn about possible internships, certification programs and connections to smooth your transition into one of our most prestigious local universities. This gathering will include FACES for the Future staff, a few healthcare industry and education partners who are interested in supporting our students and alumni who want to stay connected. Details are below:

**What:** FACES for the Future Alumni Mixer

**Where:** Janssen Pharmaceuticals, 3210 Merryfield Row, San Diego 92121 (La Jolla)

**When:** Thursday, January 16th

**Time:** 4:00-6:00 pm

**RSVP by Friday, January 3, 2020. [RSVP here](#)**

Please let us know if you need help securing transportation. We hope to see you there! Refreshments will be provided.

For questions, please email Shelli Brown, [sbrown7@rchsd.org](mailto:sbrown7@rchsd.org).

### Internship Opportunity

Health Career Connection is Celebrating 30 Years of partnering with health care and public health organizations to offer 10-week, stipend-paid, full-time summer internships for diverse college

# HEALTH CAREER CONNECTION



students!

Health Career Connection's California program connects talented, diverse, undergraduate students to local public health and healthcare organizations.

If you aspire to become a health leader, apply!

Our Summer 2020 program is accepting online applications at [www.healthcareers.org](http://www.healthcareers.org) through 12/27/2019!

Internships provide invaluable exposure, experience, and mentorship in health careers.

For more information [click here!](#)

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## Alumni Volunteer Opportunities

### **Summer Medical Academy Group Mentor**

Apply to be a Summer Medical Academy (SMA) Group Mentor! We are looking for committed, fun and organized individuals to volunteer for one or both of our two-week SMA sessions, taking place June 15-26, 2020 and July 6-17, 2020 at Rady Children's Hospital. You'll gain valuable leadership experience and be able to network with a variety of healthcare professionals, all while mentoring high school students interested in the health field.

Applications are due by **February 21, 2020**.

Visit our website and download the application: [Apply Here](#).

If you have any questions, email Alex Ayala, Lead Coordinator at [medicalacademy@rchsd.org](mailto:medicalacademy@rchsd.org).

### **Rady Children's Hospital Volunteer**

Apply to be a RCHSD Volunteer and work alongside Alex Ayala, Lead Coordinator for both FACES for the Future and Medical Academy programs! We are looking for administrative assistance with both programs including data entry, filing and much more. Time commitment is at least 4 hours a week for one year. The volunteer opportunity location is at the RCHSD Health Services Building at the Center for Healthier Communities.

If you are interested or have any questions, reach out to Alex Ayala [aayala@rchsd.org](mailto:aayala@rchsd.org) and apply on the RCHSD Volunteer Website on **January 6, 2020** [Volunteer Application](#).

This is a one-day application opportunity, so don't miss out! We look forward to helping you stay connected.

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