



FACES FOR THE FUTURE NEWS AND UPDATES



FACES for the Future COVID 19 Update

Visit our Website

Upcoming Events

Due to COVID 19 and the changing social restrictions, the Weekend Medical Academy- Mental/Behavioral Health will be postponed until later in the year.

Please continue to check our website for new dates.

Weekend Medical Academy: Mental Health Matters in Medicine

A 3-day program to help students interested in a healthcare career to understand the connection between mental/behavioral health and overall physical health. Students will explore the field of mental and behavioral health through lectures/interactive discussions, hands-on skills clinics, career panels, and team building/networking.

- ~~When: May 29-31, 2020~~
- Eligibility: Students enrolled in 9th-12th grade and interested college students.
- Cost: \$495
- Registration opens ~~3/23/2020~~ on a first-come, first-served basis. Call 858-966-7748 to register and pay over the phone.

More information on our website: <https://sdhealthscholars.org/about-weekend-medical-academy/>

Alumni Opportunities

Lifeguards Wanted! ***Please check with locations ahead of time as dates may have changed***

- Tierrasanta Pool: 11238 Clairemont Mesa Blvd. (858) 636-4837
- Class Dates: **March 30-April 3, 2020 9am-5pm**
- Tryouts March 28, 2020 9am Sharp
 - Swim 300 yards
 - Brick Retrieval
 - Tread water for 2 minutes
 - Be 15 years of age
- Course Fee: \$237.00

<https://www.sandiego.gov/sites/default/files/park-and-rec-lifeguard-job-brochure.pdf>

<https://www.sandiego.gov/sites/default/files/clairemontpoolprogram.pdf>

Rady Adult Volunteer Applications

- Only available on **Tuesday, May 4th at 9am**
- Opportunities include: Activity Room Volunteer, Surgery Ambassador, Speech, Information Desk Greeter, Office Support, Helen Bernardy Center for Medically Fragile Children, Alexa's PLAYC in

Farewell to Staff Member Carolyn Winn



Thursday, March 5, 2020 was Carolyn's last day with FACES for the Future. It is bittersweet because she has been such an integral part of this program for four years and worked hard to build up and expand the community partnerships, as well as provide guidance to so many students. This was clearly evident as the students poured into the classroom on her last day to wish her tearful and heartfelt goodbyes. However, we are very proud of her and her accomplishments and know this next step is a great opportunity for her professional development. Carolyn is graduating in May with her Masters in Nonprofit Leadership and Management and her new role at United Way of San Diego County will be a tremendous opportunity for her to utilize that education and continue her influence on the education of children and community partnerships. We will greatly miss her joyful personality and having her as part of our team. We wish her all the best in her next steps!

Alumni Spotlight

Melody Casas



Melody recently graduated from Grand Canyon University with a degree in Exercise Science with an emphasis in Health Education. She is now back home and currently applying for graduate school to obtain her Masters in Occupational Therapy. If all goes well, she plans on getting her Doctorate in Occupational Therapy! One of Melody's proudest moments while in college was pushing herself. This helped her graduate earlier than her peers. She ended up having to take many courses in one semester, but it was all worth it for Melody! Melody expressed that going away from home to attend college in a different state was the best, yet hardest decision she ever made. It taught her to be independent and experience what it is like to be an adult. Melody said, "It was extremely hard at first because I am super close to my family (I cried for a whole month straight!). However, I realized that instead of letting that hurt and fear take over me, I had to use it to my advantage and make it my motivation to graduate as soon as possible." Despite it being hard to be away from home at first, Melody would recommend students go away for college. She believes students will learn to value themselves and trust the process regardless of what life may throw at them. While in college, Melody was involved in the Occupational Therapy club as well as the Latino Student Union. Something she wished she knew before entering

Advice to current FACES students: "...[FACES

students do] not be too on yourselves. In high school we are convinced that we need to have it all figured out and know exactly what we want to do with our lives, but that isn't true. I changed my major 4 times before knowing what it is that I wanted to pursue. That being said, I would also recommend that [you] volunteer as much as possible to get an idea of areas [you] are interested in."

college was that it's okay not to have everything figured out. Melody states, "I always felt the constant pressure of feeling like I needed to know what career I wanted to pursue. Being the first in my family to go to college was very hard because it felt as if there wasn't any room for failure, and I did not want to disappoint them. It honestly took a while for me to acknowledge the fact that my family was going to be supportive regardless of what direction I chose." Melody thanks FACES as it helped with her decision to apply to colleges. "There were so many times where I felt so lost in the process of applying...I would go to the FACES room after school, having anxiety about everything! Luckily Alex and Ms. H were always willing to help me think about everything in a rational way. They are actually the ones who gave me the idea of becoming an OT."

Ruby Dircio

Ruby is a FACES for the Future Crawford alumna and current sophomore at Mills College where she has twice made the Dean's list. She is also the first in her family to attend college. During her time at Crawford, Ruby was a standout student/athlete in both soccer and cross-country. She worked extremely hard balancing schoolwork, athletics and a part-time job. Ruby recently shared some exciting news; she has been accepted to Simmons University's School of Nursing in Boston, MA. Her primary goal is to receive her BSN and become a registered nurse, but her ultimate goal is to work in the Neonatal Intensive Care Unit at Rady Children's Hospital-San Diego where she completed her first clinical rotation as a FACES for the Future participant. Ruby would like to thank the FACES program for everything it did for her and states, "I never would have pursued a nursing career if it weren't for the FACES program". The FACES program is extremely proud of Ruby and we know she has a bright future ahead.



Alumni Reflections

On January 16th I attended the FACES for the Future Alumni Mixer and Networking event on the campus of Janssen Pharmaceuticals. It was there that I met an array of amazing individuals that shed many insights on their experiences and daily work life. I got the wonderful opportunity to connect with real life scientists and learn how pharmaceutical products were made and distributed. In addition, I learned about other job prospects that Janssen has, such as a toxicologist. The alumni mixer and networking event also brought great connections with other establishments including Biocom, UC San Diego's University Link Program, and the human resources department at Rady Children's Hospital- San Diego. Many of these other companies were eager to help us find a connection for our future goals. Being an alumnus of FACES, I found this event to be a lifeline since I will be graduating from San Diego State University this May. Many of the FACES students and alumni who attended were at different points in their lives and being able to connect with a variety of people will help them create a better future. This was an amazing event and I want to thank all of the guest speakers and FACES staff for their hard work in putting it together to make our dreams come true.

By Nancy Yang (Class of '14)

Clinician Spotlight

**Otolaryngology- Ear, Nose and Throat; Dr.
Anthony Magit, M.D., M.P.H.**

Welcome our newest department, OTOLARYNGOLOGY, to the FACES Family! Dr. Anthony Magit made it possible for our FACES students to shadow the outpatient Ear, Nose, and Throat Clinic. FACES students are shadowing ENT doctors, understanding doctor-patient care, observing ear test screening, understanding why patients were referred to an ENT clinic, observing surgery procedures (tonsillectomy and appendectomy), and so much more! The FACES program is excited to have the Otolaryngology department join the FACES team and provide a broader range of exposure in the health field to our students. Thank you Dr. Anthony Magit and the Otolaryngology team!



Community Partner Spotlight

Alternative Healing Network

The FACES for the Future Program is excited to introduce our newest FACES community partner, Alternative Healing Network (AHN). AHN promotes the use of integrative healing arts and improves access to alternative healthcare for under-served communities. They host community outreach clinics that bring Eastern and Western healing arts together to offer acupuncture, naturopathic medicine, massage therapy, energy healing, and chair based yoga. Dr. Ryan Altman, our lead contact, will offer job-shadowing opportunities to both FACES Hoover and Crawford students. The FACES program welcomes AHN to our group of partner organizations.



High School Spotlight



FACES Juniors learned the "ins and outs" of college life during their tour of Cal State San Marcos and UCLA as part of the "LA College Tour". It is our hope that these tours will further inspire them to pursue higher education and change the trajectory of their lives.

Crawford Cabinet

Crawford High school would like to highlight our very first Student Leaders Committee. Arianna Jones,

Seham Nuur, Kathy Ketphanh and Hana Tran are our senior student leaders. Our student leaders are excited to step into having a leadership role within the FACES program and hope to encourage more students to join the program as well as hosting more events and fun group activities within the program to bond with each other. Our student leaders are excited to help plan their End of the Year event with the program coordinator and project specialist. They are planning to send a farewell to the Class of 2020 seniors and passing the torch to the upcoming senior class of 2021.

FACES for the Future Coalition News



FACES for the Future is 20 in 2020! The FACES program model was established in 2000 by two pediatricians in Oakland, California. Since then, the program has served 4000+ students in 13 program locations across California, as well as in Albuquerque, NM and Denver, CO. To celebrate, the FACES Coalition has established a Youth Advisory Committee, started its own alumni e-newsletter, and will be highlighting alumni stories on their social media and website.

Learn more by visiting [Faces for the Future Coalition](#)

Youth Advisory Council

The FACES for the Future Coalition Youth Advisory Board was established in January 2020 with the intent to incorporate youth perspective and feedback into the Coalition's work and formalize how student achievement is highlighted. Two of FACES San Diego students were selected to participate in this first year.

Congratulations to Aisha Sharif Ali for being selected to be a member of the FACES for the Future Coalition Youth Advisory Board. Aisha is currently a junior at Hoover High school and is very motivated to create the best possible future for herself and has a passion to contribute back to her community. Aisha is currently involved in her school's Muslim Student Association, Queens of Excellence, Youth Advisory Council, Kirajasta Library Club, Wahupa Talent search and Faces for the Future program. Her hobbies include swimming, shopping, spending time with her friends and she is also very talented in drawing henna. Throughout her life, Aisha has faced some obstacles such as being an immigrant Somali refugee and not being fluent in English, but through her dedication and perseverance, she has learned not to give up on anything. She has learned to fight through whatever barriers she faces. She says not many women from her culture get the opportunity to get an education and Aisha wants to show them and inspire them to become whatever they want in life. Through this program opportunity, Aisha hopes to gain leadership experience and expand her horizons.

Thang Ho a junior from Crawford High School has been selected as one of 12 FACES students to be on the FACES for the Future Coalition's Youth Advisory Council. Thang is a very ambitious person and sees this opportunity as a chance to voice his opinion on something that directly affects him and others. With becoming a youth advisor Thang hopes to see more interschool events and include new innovative ways to connect with healthcare professionals. He is involved with the Pure Helping Club at Crawford and has been participating since his freshman year. Thang is now the Vice President. The club hosts a number of charity events throughout the year including holiday gift drives as well as blood donation drives. Thang has recently started his own club at Crawford called Clothes for Charity where they hosts a number of clothing drives and donate the clothing to other organizations that serve homeless youth, asylum seekers/refugee youth population. He is also on the Boys Tennis team this year. Thang maintains great grades all while participating in clubs, volunteering, playing sports and being in the FACES for the FUTURE program. We are excited to have such an awesome student like Thang as one of the Coalition's first Youth Advisory Council members. Congratulations Thang!