

# CAREER PATHWAYS CHRONICLE

FALL 2020 NEWSLETTER



## HELLO, HEALTH CAREER PATHWAYS FAMILY

In the midst of a global pandemic, we were faced with the challenge of changing our program to accommodate the climate of today's world. With our largest cohort to date, 47 interns, from West, East, and Central Contra Costa County, we adapted and overcame the obstacles that had been placed on our program by COVID-19. Through virtual classroom meetings, mentor meetings, and the introduction of various panels, we were able to successfully duplicate the culture that we achieve in-person onto a virtual platform.

We would like to thank our Summer 2020 interns, mentors, and community partners for being unbelievably flexible and for adapting to these changes so readily!

### GET CONNECTED:



CareerPathways@cchealth.org



<https://cchealth.org/hcp/>



- Fan Page -  
@HealthCareerPathwaysCC

### CONTRIBUTORS:

Eyana Rodgers  
Abigail Miranda  
Tiffany Patterson  
Kimberly Balmorez  
Shannon Ladner-Beasley

Pathways **Health Career**

CONTRA COSTA  
HEALTH SERVICES

**Disclaimer:** The views and opinions expressed in this newsletter and related articles do not necessarily reflect the official policy or position of Contra Costa Health Services.

## PLANTING SEEDS OF CHANGE SHOWCASE & CELEBRATION

FALL 2020

On July 30, 2020, for the first time ever, Health Career Pathways (HCP) hosted our end of internship Showcase & Celebration ceremony virtually. The goal of all our lessons and workshops this summer was to equip our Interns with seeds of knowledge that they can plant in their own environments and cultivate a better future based upon their more open perspectives; that's why our theme for this Showcase & Celebration was, *Planting Seeds of Change*.

Showcase & Celebration was a place for our interns to relish in their accomplishments and see how important their involvement is in shaping the future of our society. We had about 90 people in attendance to provide their support. Over the course of the evening, we recognized our Summer 2020 Cohort for all their amazing contributions to the program with: a spectacular piano performance from intern, Sosia Veja, heard from an HCP Alumnus, Evan Villacorta, about his post-program experience, and had a surprise video presentation to honor all of the hard work our interns put in this summer.

## CHECK OUT THE SHOWCASE PROGRAM

<http://bit.ly/HCPprog2020>

### LIST OF SCHOOLS

*All schools represented in our  
summer 2020 cohort*

- Pittsburg High School (Pittsburg, CA)
- Pinole Valley High School (Pinole, CA)
- Mount Diablo High School (Concord, CA)
- Richmond High School (Richmond, CA)
- Ygnacio Valley High School (Concord, CA)
- De Anza High School (Richmond, CA)
- El Cerrito High School (El Cerrito, CA)
- Deer Valley High School (Antioch, CA)
- Gateway High School (Bay Point, CA)
- Sylvester Greenwood Academy (Richmond, CA)

## CHECK OUT THE INTERN PROJECTS

<https://cchealth.org/hcp/summer-2020.php>

### PROGRAM HIGHLIGHTS

**95** *INTERNS & MENTORS  
IN THE PROGRAM*

**90** *ATTENDEES AT  
SHOWCASE*

**112** *MINUTES OF INTERN  
PRESENTATIONS*

**08** *GREAT WEEKS OF  
CAMARADERIE AND  
LEARNING!*

**48** *AWARDS PRESENTED TO  
SUMMER 2020 COHORT*

Prior to the Showcase & Celebration, students gave 2-minute presentations and were scored based upon the innovativeness of their solution, by our panel of judges. Interns also had the opportunity to vote for their choice of *Most Innovative Solution* among their peers.

Check out the next page to see our *Most Innovative Solution* winners!

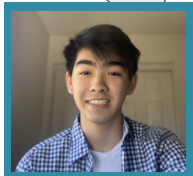
Another notable award given was the *Distinguished Growth Award*, the students that received this honor were recognized for their continued improvement and growth throughout the Internship. Congratulations to Michael Lee Saavedra, Kayla Merino, and Anna Henderson!

We also recognized students, Kevin Ruano Hernandez and Queti Janzen as *Most Outstanding Interns*, for their continued engagement and commitment to the program.

## Congratulations, HCP 2020 Interns!

# MOST INNOVATIVE SOLUTIONS AWARD WINNERS

## DEVIN DINH

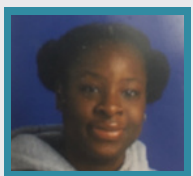


### **Food Deserts & Food Insecurity in Low-Income, Minority Communities**

**Solution:** To support youth education so they can educate their

peers and family about food deserts. Also includes plans to use tax incentives to create a community center and food co-op to make better foods more readily accessible.

## ANITA CHINWUBA

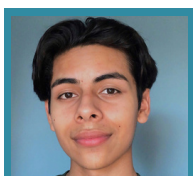


### **How History Can Help Eradicate Racial Disparities in Healthcare**

**Solution:** To create a course, for first year medical students and

future healthcare professionals, that will teach a history of the relationship between race and medicine. By educating future professionals on the history, it will eradicate racial disparities many within the Black community are facing.

## URIEL CARDOZA



### **Latinx Leads Needed on Health Teams**

**Solution:** To reduce the lack of representation of the Latinx

community within health care by creating opportunities for low-income Latinx youth to receive mentorship and internship by Latinx professionals within their field of interest.

## MICHAEL LEE SAAVEDRA



### **Toxic Masculinity: Identifying the Idea of Masculinity for Males**

**Solution:** Implement a five week course for 6th-8th grade male

identifying students to teach them about implicit bias placed on the male gender and break the cycle of toxic masculinity by creating a space for bonding, creating memories, nurturing mental health, and redefining what masculinity is.

## AMANDA LE



### **Bring Color in STEM**

**Solution:** To create a mentorship program targeting female students of color in the 8th and 9th

grade. Students will be mentored by female POC's within their field of interest. This program will aid in an increase of minority females pursuing STEM majors and careers.

## JOCELYN ALEXANDER



### **Helping the Homeless with Employment**

**Solution:** To reduce the homeless population in Richmond, CA by

creating an outreach program, ACES (Assisted Career Evolution Services), to create access to employment by creating career opportunities and providing resources such as interview and resume prep, and finance courses.

## ISRAEL AGUILAR



### **Lost in Translation**

**Solution:** To enact a policy change that will make it a requirement for hospitals, based

upon sizing, to have a specific number of interpreters always available to patients. Starting with representation for the Top 3 most used foreign languages within that healthcare setting, and adding more as needed.

## MAYA THURMOND



### **The Disproportionately High Rates of Pregnancy-Related Deaths Among Black Women**

**Solution:** To create a multipurpose

clinic that will provide support for Black women, during and post pregnancy. The clinic will offer healthcare, support groups, transportation, and educational courses, while also creating staffing opportunities for local medical students of color.



# ***SUPERLATIVES***

## **Perfect Participation Award**

Kevin Ruano Hernandez  
Kaitlynn Dwy  
Jennifer Pham

## **Best Sense of Humor Award**

Selvin Ayala

## **Most Valuable Team Player Award**

Isaiah Lara  
Marcen Andrea Garcia

## **Most Likely to Send Love in the Chat Award**

Ashley Rose Lising

## **Longest Distance Log-in Award**

Alexandra Gamboa

## **Perseverance Award**

Graciehla Brual  
Nevaeh Woods

## **Most Innovative Solution - Peer Award**

Vanessa Sida  
Leo Villalobos  
Joleena Rose Mercado  
Ashley Rose Lising  
Paola Coreas-Sarria  
Nayeli Banda  
Queti Janzen  
Uriel Cardoza  
Estrella Yauger  
Cecilia Subias  
Daisy Hernandez  
Anna Henderson  
Devin Dinh  
Patience Okani  
Brisa Zepeda  
Itzel Martinez

# ***MENTORS & COMMUNITY PARTNERS***

## **Outstanding HCP Partners**

Anna Ramos  
Ariel Kirshenbaum  
Isabelle Kirske  
Raye Redlo

## **HCP Guest Panelists**

James Severson  
Maxine Jiminez  
Santiago Alvarez  
Sindoos Awel

## **Longest-Serving HCP Mentor**

Michael Kent

## **Longest Distance Log-In Award**

Dr. Scott Loeliger

## **Best HCP Mentor Connector Award**

Matt Kaufmann  
Denise Milosevich

## **Best HCP Virtual Mentor**

Miriam Orantes



# SUMMER 2020 INTERN SPOTLIGHTS

A little more about our interns in their own words:

## PAOLA COREAS-SARRIA

SYLVESTER GREENWOOD ACADEMY- CLASS OF 2021



**Prevention of Youth Incarceration** - Paola aims to decrease the population of incarcerated youth, while simultaneously increasing graduation rates by implementing support groups within youth detention centers. Additionally, by investing more into the education of these young people, and by increasing faculty support, the incarcerated youth population will decrease.

**What advice do you have about practicing self-care during a pandemic?** Check in with yourself!!! Things could get boring at home so try to keep yourself busy. Reach out for support if you can. Sometimes it can be difficult so some things I like to do is write; just write about anything: your day, how it felt, etc. The more you do, the faster time goes. Also setting a schedule for myself was helpful.

## PATIENCE OKANI

PITTSBURG HIGH SCHOOL- CLASS OF 2021

**Hoping Atlanta Will Rise Again** - Patience's goal is to diminish the racial disparities in the health care system, starting in Atlanta, GA. By introducing medical school curriculum to first and second year students, these future doctors will be educated on the fundamentals and history of the Black American's relationship to medicine. This will combat the possibility of misdiagnosis and death of African American individuals.

**How has the HCP Summer Internship impacted you?** The HCP Summer Internship has helped me realize that I have a voice and that my voice has power. Age doesn't matter as much as I thought it did, because some of the biggest activists as of recently have been around my age. Going to the HCP Workshops made me realize that there are others my age that have similar passions and we could make a difference if we speak up, together.



## ISAIAH LARA

YGNACIO VALLEY HIGH SCHOOL- CLASS OF 2020



**On the Streets** - Isaiah's focus is to reduce the unnecessary arrests and jailing of people who are facing issues such as, homelessness, mental health crises, abuse, etc. His idea to combat this, is the creation of a Public Safety Team. The team will consist of an EMT, behavioral health professional, and an officer. By having this team arrive at the scene, the idea is to treat the root issue the person is facing.

**How has the HCP Summer Internship impacted you?** I wouldn't have gotten to where I am today without this program. They helped me learn how to manage my time better and get out my comfort zone to talk to my peers. I am now more open-minded and vocal, which helped a lot when Zoom meetings became quiet. This experience has strengthened my ability to communicate, which will come in handy as I enter college.



# NEW

FALL 2020

## WORKSHOP HIGHLIGHTS

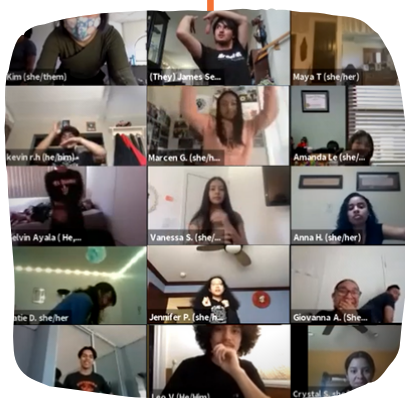
### Youth Activist Panel



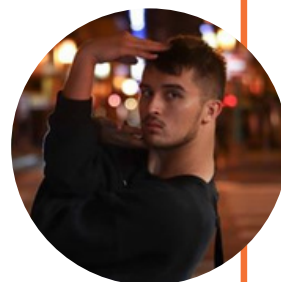
We had the pleasure of speaking with three youth activists and learning all about the issues that they are passionate about. Max J., Sindoo A., and Santi A. gave our interns some insight into what it takes to be a youth activist. Many of our interns were interested in how these youth activists were able to balance their passion with their schoolwork and other responsibilities.



### Movement & Wellness Workshop



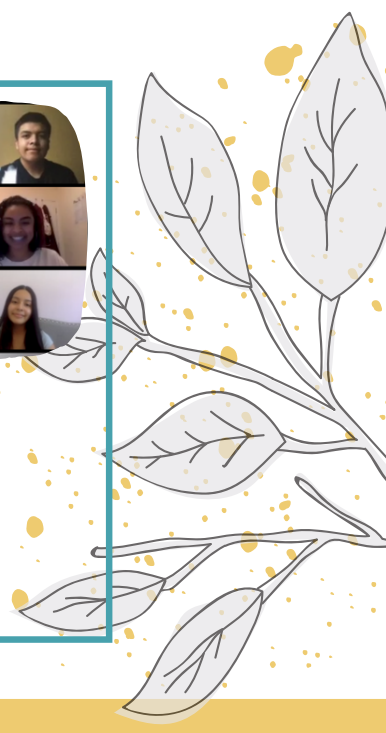
During one of our workshops, our Interns were able to learn all about dance! Our special guest, James S., taught us all about the history of whacking and voguing, then gave us a lesson in the art form. We all learned some very valuable lessons about flow and the importance of being comfortable in your own body. After the lesson, James was able to have a Q&A session with our Interns who were interested in how to get started and learn more about the voguing dance scene. The workshop also provided our Interns with a much-needed mental and physical break before presentations began.



### Friday Hangouts

In addition to our virtual lessons, we held weekly group hangouts in hopes of fostering deep connections between HCP and the interns, and among the interns themselves. It can be difficult to connect while on a virtual platform, but our 2020 Cohort did a great job of getting to know one another through games and other fun activities. By sharing their talents through our Open

Mic and Show & Tell, having some fun through a Scavenger Hunt, and testing their art skills with a virtual game of Pictionary, we were all able to let our personalities shine through.





# FIELD TRIP

## SAN QUENTIN EXPERIENCE

On December 11, 2019, the Health Career Pathways team, in partnership with Junior Achievement, had the opportunity to tour San Quentin State Prison with a local high school. Our team was anticipating this field trip for some time, especially since many of our team members are fans of the podcast Ear Hustle—a podcast that covers, “the daily realities of life inside prison shared by those living it, and stories from the outside, post-incarceration”.

**Abigail:** Before my visit to San Quentin, I imagined the prison differently than what it was. There are so many TV shows and movies that try to depict what prison is like. However, there are always adjustments and changes made for entertainment purposes. Only while watching these forms of media did I stop to wonder what prison was really like. After listening to 4 seasons of the podcast, we were ready to see and hear what life inside San Quentin was like directly from those experiencing it.

As a person in the healthcare field, one of the most interesting things to me was the onsite clinic for the prison population, which offered mental health services. We also got to hear from the men inside the prison about their life and experiences. It was interesting to hear their thoughts and stories. It was good to be able to realize that every single man in prison has a story. Overall, the trip was an educational experience that let me see firsthand the reality that is prison and gave me a glimpse into a part of society that many people don't think of.

LEARN MORE ABOUT  
EAR HUSTLE AT:

<https://www.earhustlesq.com/>



Left to right: Tiffany Patterson, Kimberly Balmorez, Lt. Sam Robinson, Abigail Miranda, Shannon Ladner-Beasley

**Kim:** When we entered the facility, we met with five incarcerated men who each shared how they ended up in prison and described life on the inside. One of the men shared with the high schoolers that learning *emotional intelligence* could have prevented him from getting into trouble at a young age.

San Quentin has many rehabilitation programs, but we learned of the difficulty to get a job inside prison. To apply for a job, such as welding, sewing furniture, or fighting fires, an incarcerated individual has to know who is hiring and have a high school diploma or GED—which people have the opportunity to earn by continuing their education in San Quentin. People can make as little as \$.12 per hour, meaning that most jobs can only allow someone to afford a 12-pack of ramen noodles after a week's worth of salary.

At the end of the tour, you could feel the change in perspective in the high school students. The students expressed their gratitude to the five men who shared their stories and stated their growing passion to support people impacted by incarceration from the outside.

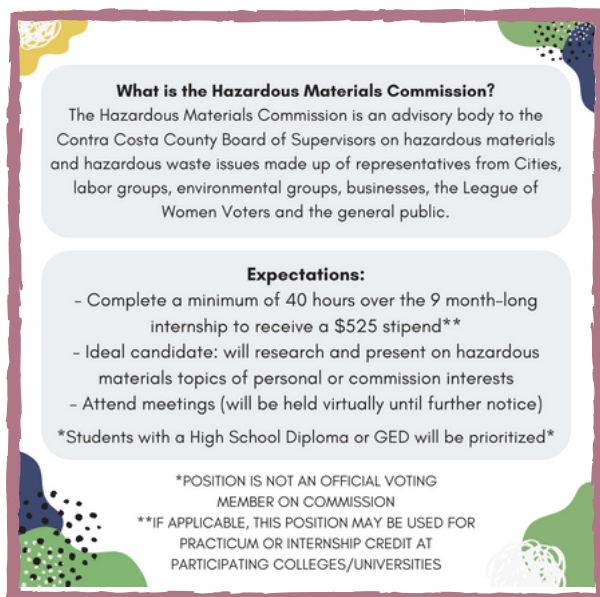
WE WANT TO GIVE A SPECIAL THANK YOU TO  
THE SAN QUENTIN STAFF AND THE MEN HOUSED  
THERE FOR OFFERING THEIR TIME TO OUR TEAM





# OPPORTUNITIES

## UPCOMING INTERNSHIPS, CONTESTS, & WEBINARS



**What is the Hazardous Materials Commission?**

The Hazardous Materials Commission is an advisory body to the Contra Costa County Board of Supervisors on hazardous materials and hazardous waste issues made up of representatives from Cities, labor groups, environmental groups, businesses, the League of Women Voters and the general public.

**Expectations:**

- Complete a minimum of 40 hours over the 9 month-long internship to receive a \$525 stipend\*\*
- Ideal candidate: will research and present on hazardous materials topics of personal or commission interests
- Attend meetings (will be held virtually until further notice)

\*Students with a High School Diploma or GED will be prioritized\*

\*POSITION IS NOT AN OFFICIAL VOTING MEMBER ON COMMISSION

\*\*IF APPLICABLE, THIS POSITION MAY BE USED FOR PRACTICUM OR INTERNSHIP CREDIT AT PARTICIPATING COLLEGES/UNIVERSITIES

### HAZARDOUS MATERIALS COMMISSION INTERNSHIP

The Hazardous Materials Commission (HMC) is looking for students that are passionate about the environment, to participate in a paid student internship. HMC is an advisory body to the Contra Costa County Board of Supervisors, made up of representatives from cities, labor groups, general public, etc. that advises on hazardous materials and hazardous waste issues.

If interested, email resumes and questions to: [shannon.ladner-beasley@cchealth.org](mailto:shannon.ladner-beasley@cchealth.org).

Deadline: SEPTEMBER 23, 2020

### LIFELONG MEDICAL CARE-ART CONTEST

LifeLong Medical Care is looking for youth artists, ages 13 - 24, to create artwork that represents sexual health and HIV Prevention, in the diverse and multicultural communities of Alameda & Contra Costa Counties.

Send your name, age, email, phone number, a description of your art, and your artwork to, [ArtContest@lifelongmedical.org](mailto:ArtContest@lifelongmedical.org)

Deadline: SEPTEMBER 30, 2020

### EMS CORPS

Emergency Medical Services Corps (EMS Corps) is currently accepting applications for their Spring 2021 class. Their mission is to increase the number of underrepresented Emergency Medical Technicians (EMT) through youth development, mentoring, and job training.

EMS Corps is a five-month program where participants receive; EMT training, a paid stipend, mentoring, life coaching, physical fitness, and more.

The eligibility requirements are:

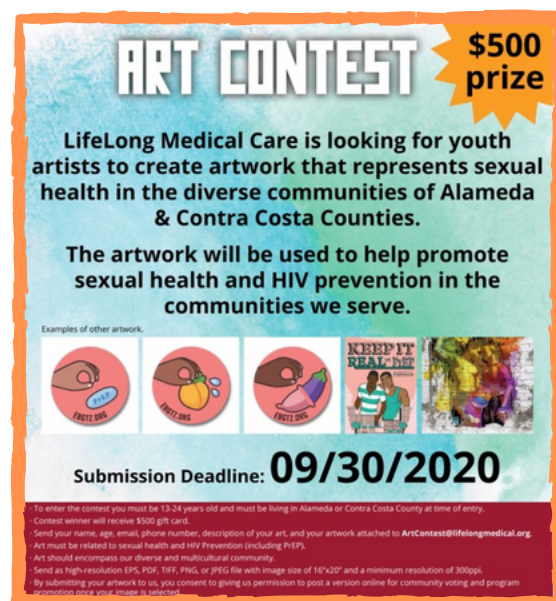
High School Diploma or GED

Young adults between 18-26 years of age

Meet the EMS authority background requirements (info on the online app)

If interested, apply at: <http://bit.ly/EMSapp21>

Deadline: OCTOBER 31, 2020



**ART CONTEST** **\$500 prize**

LifeLong Medical Care is looking for youth artists to create artwork that represents sexual health in the diverse communities of Alameda & Contra Costa Counties.

The artwork will be used to help promote sexual health and HIV prevention in the communities we serve.

Examples of other artwork:

**Submission Deadline: 09/30/2020**

To enter the contest you must be 13-24 years old and must be living in Alameda or Contra Costa County at time of entry. Contest winner will receive \$500 gift card.

\*Send your name, age, email, phone number, description of your art, and your artwork attached to [ArtContest@lifelongmedical.org](mailto:ArtContest@lifelongmedical.org).

\*Art must be related to sexual health and HIV prevention including PHEPs.

\*Art should encompass our diverse and multicultural community.

\*Send as high-resolution EPS, PDF, TIFF, PNG, or JPEG file with image size of 16x20" and a minimum resolution of 300ppi.

By submitting your artwork to us, you consent to giving us permission to post a version online for community voting and program promotion once your image is selected.

# MORE OPPORTUNITIES

## BEHAVIORAL HEALTH - SPIRIT

The Behavioral Health Service Provider Individualized Recovery Intensive Training (SPIRIT), is a 9-unit college course, that teaches students how to develop core skills to empower themselves. This course includes two components; the classroom training and support program, followed by the individualized work-study placement.

For application and more information, please visit: <http://bit.ly/spirit2021>

Applications can be submitted via fax or mailed-in to:

Contra Costa Behavioral Health Services  
Office for Consumer Empowerment  
1330 Arnold Drive, Suite 140  
Martinez, CA 94553  
**Fax:** (925) 957-5167

For further information about the SPIRIT training or application, please contact:

Michael Peterson at: [michael.peterson@cchealth.org](mailto:michael.peterson@cchealth.org), (925) 957-5143 or (925) 500-3093  
Janet Costa at: [janet.costa@cchealth.org](mailto:janet.costa@cchealth.org), (925) 957-5113 or (925) 348-5459

Deadline: OCTOBER 9, 2020

## THE CALIFORNIA ENDOWMENT

The California Endowment is hosting a free summit, *Racism is a Public Health Crisis: Reimagining and Redefining Public Safety in a Structure of State Sanctioned, Anti-Black Violence*.

The focus of the summit is to explore how violence is often used to label the visible response of people who have endured traumatic experiences rooted in a system originally designed to deny the human rights of Black People. The summit will do a deep-dive into how racism is a public health crisis and how we can lay the foundation of a health transformation.

To register for the free event visit: <http://bit.ly/CAEreg>

Event Date: OCTOBER 23, 2020, 9 AM - 1 PM

## COURSERA- CONTACT TRACING CERTIFICATE

During this COVID-19 pandemic, the best way to track the progression of the virus as it moves is through contact tracing. Through Coursera, Johns Hopkins University is offering a free, self-paced contact tracing course.

In the course, students will learn the science of how COVID-19 operates, how contact tracing is done, and go over common barriers to contact tracing efforts. Students will receive a certificate of completion upon finishing the course.

If interested, sign up at: <https://www.coursera.org/learn/covid-19-contact-tracing>

Deadline: DECEMBER 31, 2020



# RESOURCES

## UPCOMING EVENTS, RESOURCE CENTERS, & MORE

### CONTRA COSTA CRISIS CENTER

September is National Suicide Prevention Month. Suicide prevention is an ongoing effort and Contra Costa Crisis Center is working to bring attention to these efforts. Contra Costa Crisis Center works year-round to: spread awareness, advocate for research funding, developing innovative and effective treatment tools, and helping to educate others on things like resources and warning signs.

If you or anyone you know are having thoughts of suicide or need to speak with someone, please reach out by calling: 211 or (800) 833-2900, or text HOPE to 20121

For more resources, please visit the Crisis Center website: <https://www.crisis-center.org/>



### RICHMOND NEIGHBORHOOD HOUSING SERVICES

A flyer for Richmond Neighborhood Housing Services (RNHS) titled "EASY TO APPLY!". The flyer lists three requirements for applying: demonstrating a COVID-19 hardship resulting in loss of employment and/or wages, confirming you are the head of a single parent household with minor children or a senior, and providing a past due utility bill in your name that confirms your address. It also states that awards and payments will be distributed in the form of gift cards; payments will be made directly to utility company(s). The flyer features a logo for "NEIGHBORHOOD HOUSING SERVICES RICHMOND" and a photo of a smiling family (a woman and two children) sitting outdoors.

Richmond Neighborhood Housing Services has announced its Rapid Response Fund to support single-family households with minor children and seniors. Families facing financial hardships, caused by COVID-19, such as food insecurity and at risk of losing utility services can apply for assistance.

If you are interested in applying, please email [info@eastbaynhs.org](mailto:info@eastbaynhs.org)

### COVID-19 TESTING CENTERS

Contra Costa Health Services has multiple testing centers available throughout the county. The newest, of which, being the North Richmond Testing Center. There is no appointment necessary to get a test at the North Richmond Testing Center. The center is open Tuesdays and Fridays from 1 PM - 4 PM.

The testing center can be found around the corner from the North Richmond Center for Health, with parking being available on Second Street.

For more information on testing centers, please visit: <https://www.coronavirus.cchealth.org/get-tested>





# MORE RESOURCES

## URBAN TILTH

Urban Tilth is continuing their Farm to Table Community Supported Agriculture (CSA), to ensure safety during this time for COVID-19. Urban Tilth offers 10 lbs. boxes of locally grown produce that are available for pickup at various locations in North Richmond and West County.

Please visit their website for more information: <https://www.urbantilth.org/csa/join-our-csa/>



## SPIRIT & SOUL FESTIVAL

Richmond Main Street is hosting the 12th Annual Spirit & Soul Festival virtually for the first time ever. Enjoy performances by local youth and more!

Event takes place on Saturday, October 17, 2020, from 4 PM - 6 PM

For more information visit:  
<https://www.richmondmainstreet.org/>

## BERKELEY LAB - LET'S TALK ABOUT STEM

This Fall, Berkeley Lab staff will be volunteering to share their experiences and work in STEM with students and classrooms. Through this program they invite students and teachers to virtually meet with researchers, learn about career paths, ask questions, and get an inside look at STEM professions, or virtually tour research spaces. Each offering will be a 1-hour session.

Please visit their website for more information: <http://bit.ly/BKLabsstem>

### MEET OUR NEWEST HCP TEAM MEMBER,

*Eyana !!*



I am so excited to join the HCP team! I grew up in Antioch, CA and graduated from Deer Valley High School (Go Wolverines!). I have always been passionate about why people do the things they do, which led me to my passion for psychology. I went to California State University, Northridge, where I earned a B.A. in Psychology, with a minor in Marketing. I have truly enjoyed my time with HCP so far, my favorite part of the summer was seeing everyone let loose during our Movement and Wellness Workshop!

### THANK YOU FOR READING!

*If you have an idea or would like to  
create a submission for the Career  
Pathways Chronicles,*

*please email us at:*

*[CareerPathways@cchealth.org](mailto:CareerPathways@cchealth.org)*