

Career Pathways Chronicle

SUMMER 2019 NEWSLETTER



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CELEBRATING INNOVATIVE IDEAS

HCP's Summer Internship Graduation Showcase

On August 1st, 2019, Health Career Pathways (HCP) hosted our annual Summer Internship Graduation Showcase to celebrate our interns for completing their internships. We would like to thank everyone who was a part of this summer experience. The Graduation theme was "Growing Outside of the Lines," which encapsulated the intern's courage and transformation in facing adversity and stepping out of their comfort zones this summer.

More than 130 people attended to celebrate and support our 39 interns from Pinole Valley High School (PVHS), Richmond High School (RHS), De Anza High School (DAHS), and Mt. Diablo High School (MDHS). Our keynote speaker of the night, CCHS Health Services Director Anna Roth, talked to the interns about her path to the position she is in today--which included staying determined after not having graduated high school--and the importance of being bold, brilliant, and brave in the face of challenges. The next speaker was

Kimberly Balmorez, HCP Program Assistant who played an essential role in shaping the interns' summer and success. In her speech, she touched upon how she learned more about herself from working with the interns and the important impact that this generation has on the community.

During the Graduation Project Showcase, audience members used U-Bucks to vote and invest in project solutions they felt were most innovative. Each solution topic addressed a public health issue within the community, ranging from gentrification, climate change, physical activity, nutrition, and more. To find out who won the awards for Outstanding Change-Maker Solution, check out the next page!

A few interns were acknowledged for their dedication to Health Career Pathways. Dr. Angela Echiverri introduced Angel Rivera and Melanie Gonzalez, two out of twelve HCP interns who participated in the optional Summer Health Career Shadowing opportunity; both students shared their experiences of how this summer has helped them envision what they want to do in the future. We also recognized Janelle Smith (PVHS) for her continuous commitment to develop and excel as an intern, and awarded her the "Distinguished Commitment and Growth" award.

To download the Graduation program, go to this link: <http://bit.ly/2ZCVHO1>



U-Bucks for
Community Investors



Janelle Smith (PVHS),
Director of Contra Costa
Health Services Anna Roth,
and Semeen Parvaiz (DAHS)



Luis Encino (RHS Graduate)



Rodrigo Campos (PVHS)

CHANGE-MAKERS SHOWCASE: INDIVIDUAL WINNERS

First Place:

Increasing the Number of Women in STEM by Yulianna Aldana (Building Blocks for Kids)

Issue: There is a lack of women in the STEM (Science, Technology, Engineering, Mathematics) field.

Solution: Hold a free summer camp to help motivate young girls to be successful, by providing programming classes and mentorship, to help them pursue the field.



Yulianna Aldana (DAHS)

Second Place:

Love Harvest by Ellysiana Ayroso-Lunamcgee (El Cerrito Library)

Issue: People who live in poverty do not have the money or accessibility to buy or receive fresh fruit.

Solution: Give marginalized communities the option of eating healthy by creating a nonprofit organization whose mission is to provide free and locally picked foods. Food will be collected from residents who may not eat the excess fruits and vegetables grown in their own yards.

Third Place (tie):

Eliminating Tobacco with Youth by Melanie Gonzales (CCHS Tobacco Prevention Program)

Issue: There has been an increase in youth tobacco and e-cig use and marketing targeting an audience that mainly consists of those ages 11 to 18.

Solution: Create a group of young people and experts on tobacco and e-cigs to conduct assemblies at local high schools and middle schools to inform the youth on the danger of e-cigs and tobacco. The information will be designed in a way that entertains the students in order to grasp their attention and educate them in a fun and effective way.

Detox Programs for Teens by Sidra Seddiqee (STAND! For Families Free of Violence)

Issue: Drug-use, including alcohol and tobacco, among adolescents are more prevalent in low income communities.

Solution: Develop a youth program that targets youth of low income families and offers drug treatment at a low cost, or even free.

CHANGE-MAKERS SHOWCASE: GROUP WINNERS

First Place:

How to Help Teens Become Responsible for Their Own Health and the Planet Through School Gardens by Yerely Soto, Sabina Vega, Abigail Munoz, Janelle Taneo, Jaquelin Mendoza, Sadye Featherstone, Olivia D. Sarver-sack, and Julio Juarez (Garden Project at Mt. Diablo High School)

Issue: Many youth do not understand the importance of gardens and the impact on communities and individuals.

Solution: Educating middle school and high school students about safety, nutrition, and recycling. This knowledge can help students make healthy food choices and protect the environment.



Second Place:

Play Palace by Janelle Smith and Semeen Parvaiz (Building Blocks for Kids)

Issue: When it comes to playing outside, kids face environmental barriers, such as unmaintained community areas and unsafe spaces for families.

Solution: A daycare/event center to secure the safety of our community with a space that assists families in creating healthy and balanced life choices.

Third Place:

YNG: Youth Nutrition Group by Angelica Cruz, Kiara Harper, Karla Zepeda-Chavez, and Kelviauna Dennis (Girls Inc. of West Contra Costa)

Issue: Many young adults do not have access to healthy food options and education.

Solution: To help prepare youth for adulthood, we will provide nutrition education and healthy meals to the community. Our group will follow youth with wellness lessons to ensure they graduate high school with the necessary information, skills, and resources to make it to college successfully and with good eating habits.

New Additions to the HCP Team

Meet Abigail and Lynsey

We are so happy to welcome Abigail Miranda and Lynsey Inthasone to our CCHS office. They have been on-board since June, and have been helping us make all things Health Career Pathways happen this summer.

Abigail Miranda is currently a nursing student at Cal State East Bay. During the summer, Abigail organized the CCHS Summer Tours and Presentations, where summer interns throughout the county were invited to learn more about the different resources and occupations in the county. She even joined the Director of Contra Costa Health Services in delivering the *Public Health in Contra Costa County* presentation at the Contra Costa Chautauqua event held at California State University, East Bay.

Lynsey Inthasone is currently a student at UC Berkeley. From being a HCP Alumni to now being a part of the HCP Team, she has helped us a lot this summer in planning Graduation, and revamping the design and look of our social media. She is currently working on a project that will aim to connect HCP alumni with students at all educational levels interested in health careers.



Health Career Pathways Graduation. (From left to right: Lynsey Inthasone, Kimberly Balmorez, Shannon Ladner-Beasley - HCP Program Manager, Abigail Miranda, Angela Echiverri MD, and Erika Jenssen - Deputy Director of Health Services.)

Intern Development Days



On Monday, June 10th, 2019, the Health Career Pathways interns from West and Central Contra Costa County met up for their first Intern Development Day. The day consisted of visiting the San Francisco State University (SFSU) campus and going to the Fort Miley Ropes Course.

When we first arrived at SFSU, we met with SOAR TRiO, an outreach and retention

program for low-income, first generation college students. The SOAR TRiO panel of staff and students had a conversation with interns about college applications, SFSU enrollment, and transitioning into higher education. SOAR TRiO staff are SFSU Alumni who utilized resources as students; they spoke about the challenges of attending a commuter school, and how access to additional counselors and resources from SOAR TRiO and other campus organizations helped them succeed and graduate.

We then attended another panel of professors and student presenters from SF Build, a program that works to enhance diversity in the biomedical research field at SFSU. The students shared their diverse higher education experiences:

- Being a first-generation college student;
- Juggling academic goals with extracurricular commitments (such as being involved with Greek life, sports, and ethnic organizations);
- Being an immigrant;
- Attending community college immediately after high school;
- Dropping out of college, but later deciding to pursue a degree; and
- Ways to earn a Bachelor's degree and Master's degree debt-free.



The most important take away that we received from this panel was that ***diversity and adversity make us stronger as a community***. What brought the SFSU Build students together was that they wanted to see their communities succeed--in every way possible--and be respectfully represented in science.

If you're interested in pursuing higher education, check out the Educational Opportunity Program (EOP) practice autobiographical statement sheet: <http://bit.ly/2HBKKpP>

After an informational morning at San Francisco State University, we headed to the Fort Miley Ropes Course. Our ropes course guides led trust building activities before we began climbing and balancing in the trees. People afraid of heights still had to show up to support their peers by cheering, or physically supporting and "spotting" others who were climbing.

Running Through the Ropes

Interns, Mia Herrera Adams and Lynsey Inthasone, talk about their Intern Development Day 1 experiences.



Mia: It was comforting to hear the SFSU students sharing their personal experiences. They told us that it was okay if things may take longer than you or anyone else may have thought, and that being able to ask for help is going to be one of the most important skills you adopt; all of their advice was very reassuring. As someone who can sometimes feel a bit pressured to do things right the first time, hearing this was uplifting, especially since I expect to be apart of the higher education environment soon.

Lynsey: This was the first day I started my own internship as a Health Career Pathways College Intern. Once we were at the Ft. Miley Ropes Course, I immediately was confronted to step out of my comfort zone and to break mental barriers that I had constructed before the day. I tried everything whether I was confident or not, and progressively built myself up to try new obstacles.



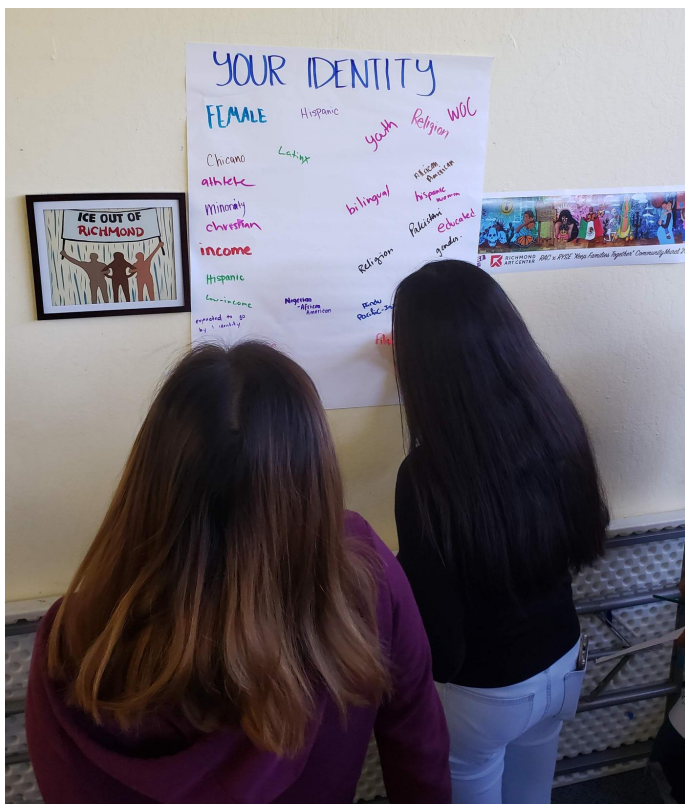
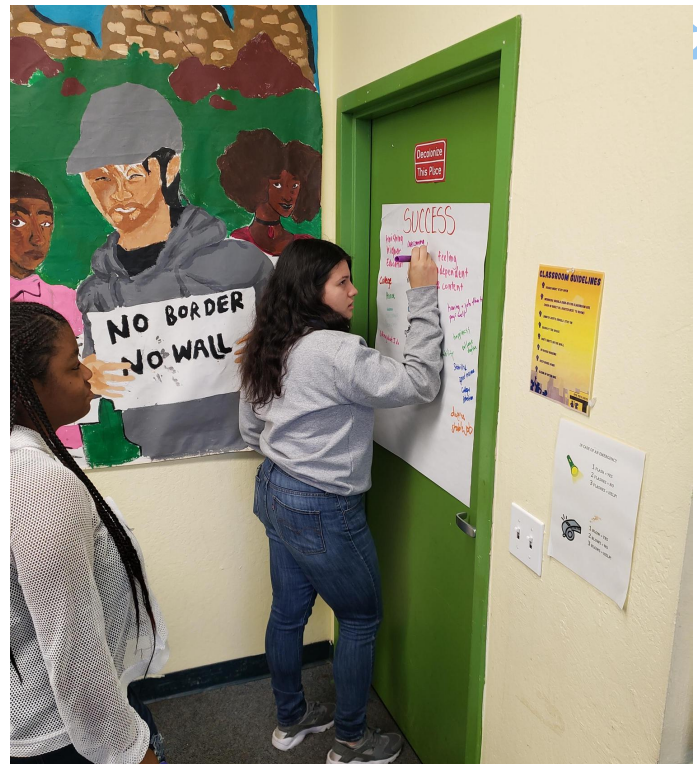
A particular obstacle that I was challenged by was the multi-vines course. I wavered in the air about 20 feet above the ground and felt surges of fear at times. In this process, I was mindful of my every move and had to constantly reassure myself that I was supported by the people at the ground, both physically and emotionally. This challenge kept me on my toes--literally--and felt like an eternity to get through, but in actuality it lasted about 5 to 7 minutes. Once I finally made it to the other side, there was an instant satisfaction of accomplishment, relief, and courage which propelled me to continue to face my fears.

Additionally, I was impressed by the interns who collectively established an encouraging atmosphere which transformed the dynamic in leadership and teamwork for everyone. By the end of the day, I gained the ability to believe in myself and to not let fear hinder me from accomplishing a goal. To me, this experience is a metaphor that symbolizes the hardships we may face in life that can feel difficult to endure, but in retrospect, the temporary struggle is what characterizes our outcome.

Delving Into Identity

Intern Development Day 2

During the school year, we cover public health topics as in-class training before the summer internship and give a crash course on Identity, so Intern Development Day 2 continued those conversations outside of the classroom. With the help of the RYSE Center, we facilitated a workshop on intersectionality, privilege, and oppression. This led us to a large group discussion about how we see ourselves physically and mentally--in all aspects of success, health, and appearance. As a cohort, we learned that it was important for us to understand where many of our opinions of ourselves and others--or biases--come from, and what we could each do to redefine those opinions and support one another.



CCHS Summer Tours & Presentations

Abigail Miranda, one of our HCP Team interns, organized the CCHS Summer Tours and Presentations. Interns throughout Contra Costa Health Services gathered each week to learn more about the system and services that serve their communities.

The following programs and departments were a part of our summer line-up:

- Overview of CCHS;
- HIV/AIDS & STD;
- Inclusion & Diversity within Career Pathways;
- Public Health Lab;
- HazMat Department;
- Mental Health/ Office of Consumer Empowerment program;
- Communicable Diseases;
- Black Infant Health Programs;
- School Based Clinics;
- Healthcare for the Homeless;
- Health, Housing and Homeless Services; and
- Health Conductors and Promotoras.



Abigail: As a nursing student, it's important to understand and be aware of how patients can be cared for outside of the clinical setting. As a community member, it is also very useful for me to know the resources available if I or anybody I know needs help in some way. These summer tours and presentations made me really glad to be a part of an organization that makes great efforts to help its members in many aspects of their lives. These presentations have given me a better sense of the work that goes on everyday to improve the quality of life and health in the county.



Spice up your summer with these new resources

MIA'S ZINE

Mia Herrera Adams was our summer HCP intern in the office. She graduated from Mt. Diablo High School in June and is headed to SFSU in the Fall. Mia created a hand-made zine that covers the topics of intersectionality, reproductive access, and allyship. Mia chose topics not often covered in school curriculum. She wanted to showcase how people can celebrate their identities and use those identities to uplift others who may be facing oppression, whether or not you are being directly affected.

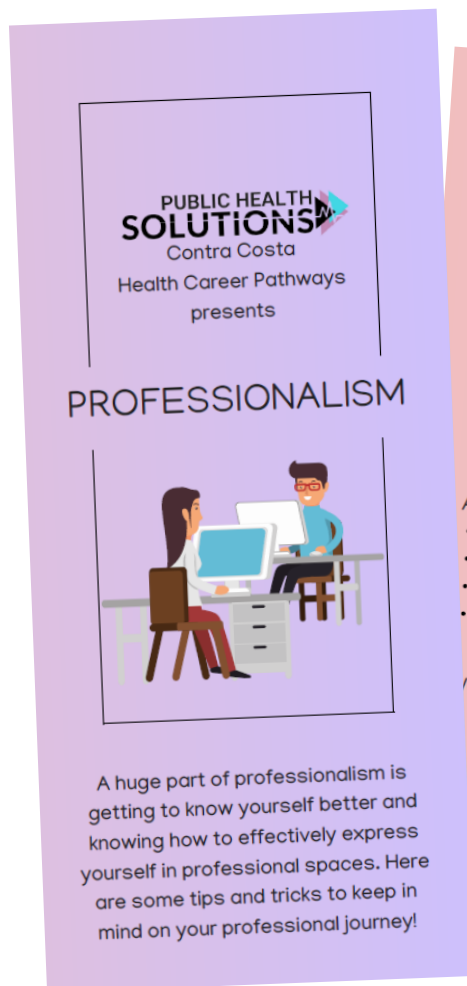
What is a zine? Zines are self-published pamphlets that originated from socially-marginalized groups making space for their opinions and voice. Learn more about zines in this editorial by ISSUU: <https://blog.issuu.com/zines-vs-magazines/>



PROFESSIONALISM

Trifold brochure

This summer, the HCP Team worked on a list of professionalism tips for our interns. From trying to figure out what to wear during your interview to learning how to properly communicate with your supervisor, this brochure has the basic information you need to help you dress for success and impress your interviewer!



To download the Professionalism brochure, go to this link:
<http://bit.ly/2Z4tzml>



HCP Summer 2019

Intern Spotlight

RODRIGO CAMPOS

We interviewed Rodrigo Campos earlier in the summer to get a glimpse of his internship at San Pablo WIC.

We have also included a reflection from his internship preceptor, Dr. Monique Sims.



What is your internship site and what are your roles and responsibilities there?

I am positioned at the San Pablo Women, Infants, and Children (WIC) center, where I am working under the clerk specialist. My main roles are to print out clients' checks, translate from Spanish to English, make phone calls, and reschedule appointments.

Can you name one of your favorite experiences that you have had at your internship so far?

My favorite experience of the internship so far has been visiting the farmer's market in Richmond, and handing out fresh fruit and vegetable coupons. I really enjoy seeing all the clients and being outside of the office with my coworkers.

How has HCP impacted you so far and where do you see yourself in a year?

HCP has allowed me to grow as an individual and create new experiences in my life. It has had an extremely positive impact on me both personally and professionally. In a year, I see myself being able to use all the skills and confidence that I learned here in any field I enter.

Dr. Monique Sims, San Pablo WIC Program Manager:

I would hire Rodrigo in a heartbeat. He is humble, flexible, passionate, and learns quick. He helped us out a lot at the farmer's market; we typically send two WIC employees with our interns, but he was so great that we let him assist one employee by himself. It was really helpful that he spoke Spanish as well, which helped our non-Spanish speaking employees and Spanish speaking clients communicate effectively.



MICHELLE HONG

Michelle Hong interned with Richmond Main Street this summer and was featured in their online blog. Check out the article here: <http://bit.ly/2KLzo4z>



IFEANYI ASHIEDU

Congratulations to Ifeanyi Ashiedu. She recently participated in a unique summer program at Stanford University.

After completing her HCP summer internship with San Pablo Women, Infants, and Children (WIC), Ifeanyi was offered the opportunity to participate in the Stanford Pre-Collegiate International Institutes. Youth from over

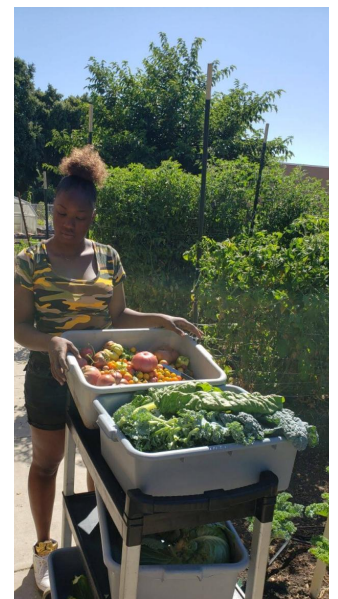
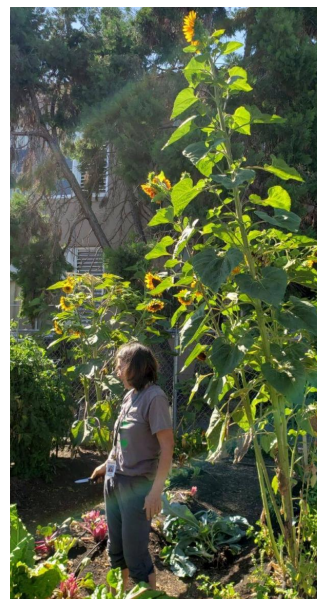
23 different countries attended workshops and classes ranging from biology to design thinking. At the end of the program, Ifeanyi and her group mates presented their Global Solutions Project to over 200 people.

Ifeanyi said that they would definitely recommend this program to other students, because she was able to learn about many different customs. If you are interested in learning more about this program, check out: <https://international.spcs.stanford.edu/>.

Stanford offers a variety of programs that serve students from all backgrounds. Limited financial assistance is available depending on eligibility criteria.

AN HCP SOLUTION BROUGHT TO REALITY!!!

The first place group winners of the HCP Change-Makers Showcase recently had their solution approved by the Mt. Diablo Unified School District Superintendent. Their idea will be implemented at Mt. Diablo High School this school year!



Opportunities

UPCOMING EVENTS, INTERNSHIPS, SCHOLARSHIPS, & SUPPORT

RICHMOND PROMISE SCHOLARSHIP

The Richmond Promise Scholarship will open for new applicants in October 2019. Get ready to apply for an up-to \$1,500 college scholarship, with renewal up to 4 years. Students may attend a 2-year or 4-year college, and/or pursue a Career Technical Education Certificate at any not-for-profit institution in the United States.

To be eligible, you must:

- Be a resident of the City of Richmond, North Richmond, or Point Richmond (i.e. have a Richmond home address);
- Have graduated from an eligible high school within the West Contra Costa Unified School District boundary area or received your GED/high school equivalency this academic year or the year prior;
- Have attended an eligible high school at least 9th-12th grade consecutively;
- Complete the FAFSA/Dream Act by the March 2 Cal Grant deadline (unless not AB 540 eligible); and
- Submit a Richmond Promise Scholarship application by the application deadline

More info: richmondpromise.org/the-scholarship-application/

THE URBAN NATURALISTS PROGRAM AT RICHMOND HIGH SCHOOL

Starting Fall 2019, Richmond High School students will deepen their understanding of the natural world-and our place within it-while immersed in the complex, wild and enthralling ecological theater that is playing out right under our noses.

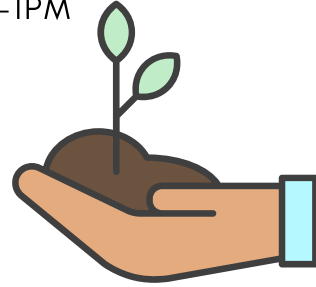
This extra-curricular program provides a new year-long apprenticeship for high school students interested in learning about natural history and watershed ecology through hands-on activities, including field trips to local natural areas to support their learning and to practice environmental stewardship.

For more info email: jonah@urbantilth.org and check out: <http://bit.ly/2HgGOKW>

URBAN TILTH VOLUNTEER DAYS

Help grow more food for our community! Learn how we layer nutrients and materials to grow healthy soil at our farms with your friends, family, and co-workers.

- 1st Saturdays: 6th Street Garden, 1st and Market Street North Richmond, 10AM-1PM
- 1st Sundays: Richmond High Garden, 1250 23rd Street Richmond, 10AM-1PM
- 2nd Saturdays: Greenway Community Gardens, 6th Street & Richmond Greenway, 10AM-1PM
- 3rd Saturdays: AdamsCrest Farm, 5000 Patterson Circle, 10AM-1PM
- 4th Saturdays: North Richmond Farm, 323 Brookside Dr. North Richmond, 10AM-1PM



For more info, email: volunteer@urbantilth.org

RISE UP FEST! LGBTQ+ HOMELESS YOUTH PROGRAM FUNDRAISER

Between 20% and 40% of all homeless youth in the United States identify as LGBTQ. Frequently rejected by their families or fleeing abusive long term placements, these youth are too often misunderstood and mistreated by the staff and other residents at temporary shelters.

Rainbow Community Center's LGBTQ+ Homeless Transitional Youth Program can offer temporary emergency housing, transportation, food, clothing, over the counter medication, relocation funds, legal assistance, counseling services, and youth support groups.

This event is centered around lesbian, gay, bisexual, transgender, queer + (LGBTQ+) and ally youth of all ages. All communities welcomed.

Youth performances. Free transgender/gender nonconforming clothing giveaway, silent auction of art by queer and trans youth, resources and music!

Date: August 30, 2019

Location: 1543 Sunnyvale Ave, Walnut Creek, CA 94597

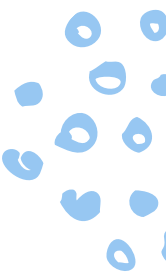
5:30-8pm: Youth Performances, Silent Auction, Free Clothing Giveaway, Vendors, Raffle

8-10pm: Youth Dance Party

Cost: Sliding Scale between \$5-\$50

Purchase tickets here: <http://bit.ly/2TNRrd0>

For more info, email: niq@rainbowcc.org and check out www.rainbowcc.org



BASINS OF RELATIONS WATERSHED TECHNICIAN TRAINING PROGRAM

Engages a crew of 10 young adult 'apprentices' from West Contra Costa County and provides them with the background information and skills necessary to begin a career in environmental stewardship. Over the course of the 15-week program, the apprentices develop a set of skills and expertise that will help them support their local watershed, their community and their own career.

This paid apprenticeship (\$15/hour) is ideally suited for young adults ages 18-24 interested in developing their careers and supporting their community. We'll start receiving applications in August and September.

For more info email: nathan@urbantilth.org and check out: <http://bit.ly/2Z2kPIT>

NORTH RICHMOND MUNICIPAL ADVISORY COUNCIL

There is an open youth seat on the advisory committee. This is a fun and valuable leadership experience opportunity.

To apply, contact robert.rogers@bos.cccounty.us



FARM TO TABLE CSA

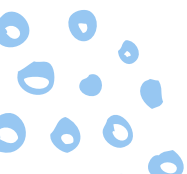
The Farm to Table CSA is a youth and local resident run non-profit venture. Their mission is to make sure FRESH, locally grown and organic produce is available to all West Contra Costa residents.

Every week receive an approx. 10-lb box of fresh locally grown seasonal fruits and vegetables.

SUMMER (June - October) In the summer there will be tomatoes, squash, green beans, peppers, garlic, peaches, apricots, plums and onions.

Each week the box will be different depending on availability. We grow and seek out the highest quality, best tasting and most affordable sustainably grown and often certified organic produce we can find.

For more info: www.urbantilth.org/csa/



BUILDING BLOCKS FOR KIDS

Community Educational Leadership Institute (CELI) is an institute designed to build a powerful and highly engaged network of parent leaders and advocates, focused on education, health, wellness, and equity.

CELI will support parent leaders and advocates in using their power to increase accountability at the local and regional levels by bringing race and class to the forefront of policy decisions on local boards, commissions and committees.

- Increase your confidence, strengths, and abilities to take action and influence change on a local board, committee or commission;
- Join a network of community leaders who are committed to improving education, health and wellness for youth and families; and
- Participate in a facilitated learning community with education and health/ wellness experts, trainers and advocates.



COMMUNITY EDUCATIONAL LEADERSHIP INSTITUTE (CELI)

- Increase your confidence, strengths, and abilities to take action and influence change on a local board, committee or commission.
- Join a network of community leaders who are committed to improving education, health and wellness for youth and families.
- Participate in a facilitated learning community with education and health/wellness experts, trainers and advocates.



- Participants are eligible for a stipend
- Free child watch during sessions
- Lunch
- Training materials for you to keep



**APPLICATIONS NOW OPEN
CLOSES SEPTEMBER 5, 2019
SPACES ARE LIMITED!!!!**

For more information on how to apply, please visit www.bbk-richmond.org and click on the CELI tab



310 - 312 9th Street | Richmond, CA 94801 | (510) 232-5812 | bbk-richmond.org

 @BBK.Richmond.CA  @BBK.Richmond.CA  @BBK.Richmond.CA

Application deadline: September 5th, 2019

More info: www.bbk-richmond.org/celi/

SMALL BUSINESS PLANNING SERIES

In partnership with CCSBDC, Richmond Main Street is hosting a 3-part workshop series ideal for entrepreneurs and start-ups.

Dates & Topics:

Thursday, September 12, 2019 - Jumpstart Your Business Action Planning - Part 1

Thursday, September 26, 2019 - Jumpstart Your Business Action Planning - Part 2

Location: 1600 Nevin Plaza (our office! at Richmond BART) Time: 6pm - 9pm

For more info and to register: <https://www.richmondmainstreet.org/business-services/>

WOMEN, INFANTS, AND CHILDREN (WIC) PROGRAM

The Women, Infants & Children (WIC) nutrition program helps pregnant women, new mothers and young children to eat well, learn about nutrition and stay healthy. WIC provides services to pregnant and postpartum women, as well as children under 5 years old. All WIC services are free to those who qualify.

Please join the WIC program for healthy families. Contra Costa County is here to help you!

For more info: cchealth.org/wic/

NAMI CONTRA COSTA

The NAMI Family Support Network empowers families through direct support before, during, and after times of mental health crises.

They offer eight different support groups and classes, with some provided in Spanish and Mandarin, to those with mental illnesses and their loved ones.

For more info, check out: <http://www.namicontracosta.org/index.html>

NAMI IN MOTION

The National Alliance on Mental Illness (NAMI) of Contra Costa County will be hosting its annual Mental Health Awareness Community Event. Join us as we provide a day of mental health awareness to our community through a free, fun and interactive day for all ages & interests.

Date: Saturday September 14, 2019

Location: Todos Santos Park, 2175 Willow Pass Rd, Concord, CA

Time: 9am

For more info, check out: <http://bit.ly/33OD1xR>

COURT APPOINTED SPECIAL ADVOCATES FOR CHILDREN (CASA)

Create a positive change by becoming a CASA volunteer. CASA volunteers are appointed by a juvenile court judge to advocate for a child during their uncertain journey in the foster care system. Court Appointed Special Advocates volunteers ensure that foster children receive needed health, education and therapeutic services, positive social and recreational opportunities, and consistent support.

CASA of Contra Costa County will provide you with the training you need to be a successful advocate. CASA volunteers share the willingness and ability to commit one year, for 15-20 hours a month, to a child or youth to make a difference.

Attending a Volunteer Information Session is the first step to becoming a CASA volunteer. After you attend, you will receive an application and reference inquiry via email from our Recruitment Coordinator. You must be 21 or older to apply.

For more info, check out: <https://casaforchildren.org/>



MENTAL HEALTH CRASH COURSE

The Mental Health Crash Course's 90 minute seminar acts as an orientation to navigating the mental health field.

The Crash Course is given on Wednesday evenings every week of the year, including holidays.

Location: Downtown Concord's Salvio Square.

For more info, fill out the contact form: <http://www.mhcrashcourse.org/contact.html>

Thanks for reading! See you next quarter! If you have an idea or submission for the Career Pathways Chronicles, please email us at publichealthsolutions.info@gmail.com