

ALASKA AHEC PROGRAM 2018 ANNUAL REPORT



UAA Alaska Center for
Rural Health and Health Workforce
UNIVERSITY of ALASKA ANCHORAGE



Alaska Military Youth Academy PATH participants pose for a group photo with Algee, after taking part in Mental Health First Aid training.

LETTER FROM THE DIRECTOR

2018 was a planning year for the Alaska AHEC Program, a year focused on development of the AHEC Scholars Program. The AHEC team across the state participated in needs assessments speaking with students, faculty and healthcare facilities about the prospect of an AHEC Scholars Program. We couldn't be more proud of what we have come up with and we look forward to featuring our work later in this report.

In the midst of all the planning, it was business as usual supporting pipeline programs, pre-apprenticeship, clinical rotations and continuing education across the state. The AHEC remains committed to strengthening Alaska's healthcare workforce as healthcare remains the highest demand industry sector in the state. Thank you to all our wonderful staff, dedicated partners and program participants!

Gloria Burnett, MS
Director, Alaska's AHEC
907-786-6705
gburnett3@alaska.edu



MISSION AND ORGANIZATION

Area Health Education Centers (AHECs) are academic and community-based partnerships engaged in primary care workforce engagement, training, recruiting and retention activities to improve the distribution, diversity, supply and quality of the healthcare workforce.

The national AHEC Program is funded by the Health Resources and Services Administration, Bureau of Health Workforce (HRSA). The Alaska AHEC began at the University of Alaska Anchorage in 2005 and was the first in the country to be awarded to a School of Nursing, rather than a School of Medicine. There are now six regional centers in the state that conduct educational activities to engage and expose students to primary care delivery in rural or underserved settings, and to provide Continuing Education/Professional Development (CE/PD) to current health professionals.

MEET OUR NEWEST RURAL HEALTH CARE ADVOCATES

REBECCA BRUNTZ, M.ED

Rebecca Bruntz is the new Director of Interior AHEC. Rebecca previously worked as the Education Outreach Specialist for the

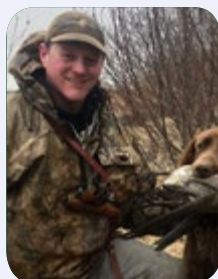


Interior AHEC for over 4 years before assuming the role as Director. Rebecca formerly worked for the University of Alaska Fairbanks in 4-H Youth and Development as the CYFAR (Children, Youth and Families at Risk) project coordinator. Before moving to Alaska she worked with refugee university students and underserved youth in the United

Kingdom for several years. She holds a Masters in Education and is passionate about helping underserved individuals examine their own lives in relationship to the world, through critical thinking and career exploration, preparing them for the competitive academic environment.

KYLE BELLEQUE

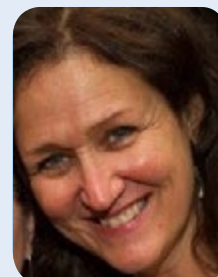
The Southwest AHEC was started in the Fall of 2017 with Kyle Belleque as its



first director. To date, the Southwest AHEC has hosted high school career intensives, a RIIN student, R/UOP students and is working toward hosting AHEC Scholars and regional Mental Health First Aid Classes. Kyle has used his connections and experience in program development to help grow and promote the Southwest AHEC. When he's not helping develop the health care workforce of the future Kyle can be found with his family gardening, subsisting and commercial fishing as well as hunting the tundra and taiga with his two Deutsch Langhaars.

JOAN PARDES

Since November 2017, Joan Pardes has served as the Southeast Alaska AHEC Director. Before joining AHEC, Ms. Pardes worked as the Communications Director at SERRC – Alaska's Educational Resource Center (the Southeast AK AHEC's host agency) along with running the Center for Civic Education's School Violence Prevention program in Alaska. She enjoys working with health care facilities, academic institutions, tribal entities and school districts to help create future health care workers.



NORTHWEST AHEC

Hosted by IIsagvik College
April Phillip, Director
april.phillip@ilisagvik.edu

INTERIOR AHEC

Hosted by Foundation Health Partners
Rebecca Bruntz, Director
Rebecca.Bruntz@foundationhealth.org

YUKON KUSKOKWIM AHEC

Hosted by YKHC
Greggory Navitsky, Director
Greggory_Navitsky@ykhc.org

SOUTHWEST AHEC

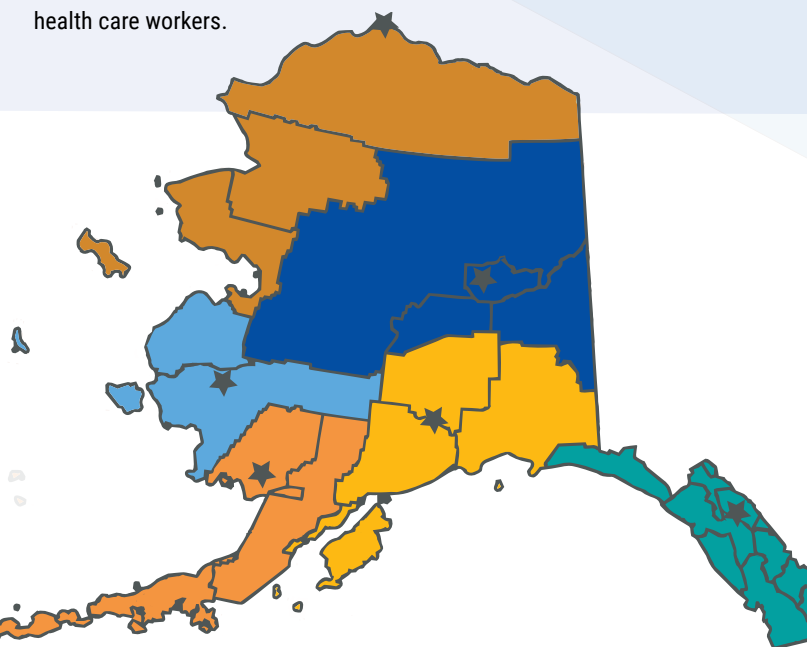
Hosted by BBAHC
Kyle Belleque, Director
kbelleque@bbahc.org

SOUTH CENTRAL AHEC

Hosted by Alaska Primary Care Association
Mariko Selle, Director
mariko.selle@providence.org

SOUTHEAST AHEC

Hosted by SERRC
Joan Pardes, Director
joanp@serrc.org



STEERING COMMUNITY MEMBERS

SHEILA BOX

State CTE Administrator, AK Career and Technical Education, State of Alaska, Department of Education & Early Development

RAHNIA BOYER

Vice President, Village Health Yukon Kuskokwim Health Corporation

MERRY CARLSON

Deputy Director, State of Alaska, Division of Public Health

KATHY CRAFT

Associate Dean of Planning, Development and Partnerships COH Dean's Office, University of Alaska Anchorage

NATHAN DAHL

Administrator, Maple Springs of Alaska

BARBARA DOTY, MD

Assistant Dean, Alaska WWAMI Regional Affairs, UW School of Medicine

TERRI DOUGHFMAN-BILLINGS

Assistant Director of Nursing, Maniilaq Health Center

PAULA EASLEY

Trustee, Alaska Mental Health Trust Authority

NAT HALL

Chief Human Resources Officer, Human Resources, Bristol Bay Area Health Corporation

DALLAS HARGRAVE

Director, Human Resources, Bartlett Regional Hospital

JENNIFER HOSKINS

Talent Acquisition Manager, Foundation Health Partners, Fairbanks Memorial Hospital

BIRGIT MEANY

Dean of Instruction, Ilisagvik College

JOHN MCCARTHY

WWAMI AHEC Director, Regional Affairs and Rural Health (WWAMI Rep), University of Washington, School of Medicine

JEANNIE MONK

Senior Program Officer, Alaska State Hospitals and Nursing Homes Association

MARIANNE MURRAY, DNP, MSN, RN, CHSE

Director School of Nursing, University of Alaska Anchorage

ANNETTE REARDEN

Director, RRANN, University of Alaska Anchorage

LIZA ROOT

Policy Integration Coordinator, Alaska Primary Care Association

FRED VILLA

Associate Vice President, UA Workforce Programs, University of Alaska

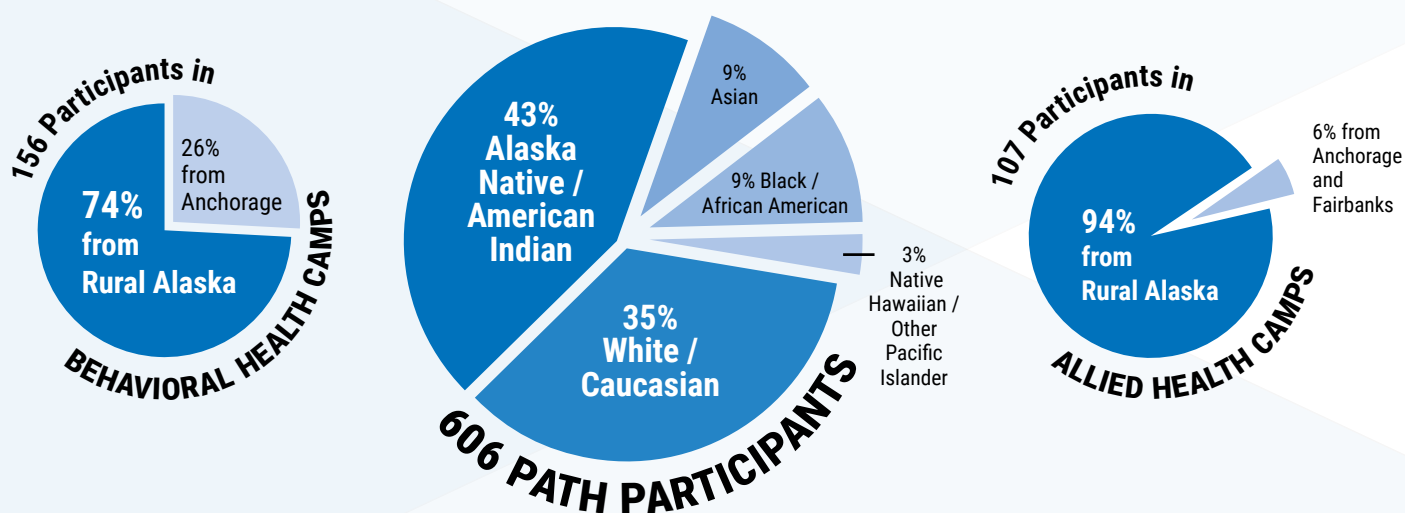
SHERYL WEINBERG

Executive Director, SERRC

HEALTH CAREERS PROMOTION AND PREPARATION

Health Careers Promotion and Preparation (HCPP) engages Alaskans of all ages into health careers through hands on and engaging activities from exploration camps and HOSA chapters in high schools to PATH, Academies with Cook Inlet Tribal Council and Alaska Job Center participants earning entry level credentials.

Our best prospect of "Growing our Own" healthcare professionals must start in the formative years when youth are still in the process of discovering who they are and who they want to be. The Alaska AHEC values this approach to healthcare workforce development. Despite the federal transformation of the AHEC program to shift focus primarily on students enrolled in health care training programs, the Alaska AHEC worked diligently to secure additional funding and partnerships to continue this crucial work with special focus on our most rural and underserved communities. The Alaska AHEC implements intensive camps working closely with school districts and communities to help students explore healthcare careers. The SC AHEC works with statewide HOSA (Future Health Professionals) chapters, conferences, and events. In addition, the AHEC Program Office supports University of Alaska Anchorage recruitment initiatives such as Academic Preview Day and Academic Insight Day, dedicated to exposing students to the wide array of health programs available and encouraging the application and enrollment process. **Alaska AHEC... Growing our Own, Close to Home!**



COMMENTS FROM HCPP STUDENTS

"I think it was a good program for someone like me coming from a very poor family and it really helped me to gain knowledge and support to advance my medical career. It gave me hope for a bright future. The quality of the activity is great and it was very easy to follow the instructors."

"This training was extremely educational. Allowing us to get more information on what

is out there for jobs and trainings (BLS & MHFA) has given us an opportunity to grow our resumes and our careers."

"I think the presentation and activities are really helpful. For me, I want to be in the medical field but [feel] really intimidated, and because of the intimidation of being in the medical field I didn't know what to do next or where to start. After this week I'm able and comfortable with starting the path to be in the medical field."

"I feel that this program has really encouraged my curiosity in health care... [It has] enlightened me in the fact that being in a medical job is doable and I want to do it in the future."

"Before attending this program, I didn't really consider a health career but now I find these careers more interesting."

73% of HCPP students indicated that they **were more interested in a health career** as a result of the AHEC activity.

74% of PATH attendees indicated that the camp **strongly increased their knowledge of** health professions.

AHEC SCHOLARS PROGRAM SPOTLIGHT

In our last Annual Report, we provided a brief preview of the AHEC Scholars Program, a new initiative the AHECs were tasked with launching upon renewal of our competitive continuation grant funding. The vision for this national program is to increase the diversity and distribution of the healthcare workforce by providing health program students with community based learning experiences in rural and underserved communities. Experiences can be purely clinical or can be public health based activities such as health fairs, community screenings or immunization clinics. These experiences are paired with relevant didactic training on specific core topic areas such as interprofessional education, behavioral health integration with primary care, social determinants of health, practice transformation and cultural competency. Each state also had the opportunity to include additional topics of specific interest to their stakeholders. Here in Alaska, additional topics such as geriatrics, trauma informed care, chronic disease, substance use disorders, oral health and suicide prevention were also approved.

The Alaska AHEC worked diligently with stakeholders including students, faculty, and health professionals to develop the Alaska AHEC Scholars Program. The program planning began with focus groups and needs assessments aligning the goals and requirements set forth by the Health Service and Resources Administration (HRSA), federal funders for the AHEC Program, and the unique needs and circumstances of the state. The planning year culminated with a summer pilot including 25 students and provided an opportunity to test processes, didactic content and potential placement sites.

The Alaska AHEC Scholars Program launched in

August 2018 with a total of 75 participants from 18 different majors including nursing, physician assistant, nurse practitioner, pharmacy, social work and human services (to name a few). Participants include both UAA main campus students and rural campus students from Fairbanks, Petersburg, Ketchikan and Juneau. The AHEC Scholars kickoff event took place in early September, which included a keynote by Andy Jones, from the Office of Substance Misuse and Addiction Prevention who also certified all attendees to use Narcan kits.

Thanks to generous support from the University of Alaska Anchorage and the Technical

Vocational Education Program, students are supported with stipends and travel support for their participation in the program. Thank you for supporting our future healthcare providers in their exploration of rural and underserved practice! If you are interested in serving as a preceptor or you have any ideas for potential community based experiential learning opportunities, please contact Gloria Burnett gburnett3@alaska.edu. In addition, if you are interested in serving as a host family to house our students during their experiential learning anywhere in Alaska, let us know. Host family stipends are available. We are always on the lookout to expand opportunities for our AHEC Scholars!

1,059 TOTAL CERTIFICATES EARNED



176 Basic Life Support



304 Bloodborne Pathogens



75 CPR & First Aid Certifications



3 Emergency Trauma Technician



500 Mental Health First Aid



1 RADACT Certification

2018 AHEC SCHOLARS:



ANGELICA NOA

One of the many highlights [of AHEC Scholars] for me is the requirement to learn about the different concepts of care. I would not have explored it otherwise...

I learned quite a bit and appreciate having that knowledge.

RAINI DEY TANORI

The highlight of my experience so far has been my community-based learning experience. I loved having the freedom to choose my clinical site, and the amount of confidence AHEC had in me to be independent and productive. It motivated me to seek out new experiences and put my best effort in to the experience.



COMMENTS FROM CLINICAL ROTATION STUDENTS

"During the course of this rotation, I was able to perform hands-on activities, which helped improve the care of diabetes patients. For example, I had the opportunity to educate on injection technique and participate in foot exams. Such hands-on involvement increased my interest in practicing in medically underserved areas because I felt like I was truly making a difference in peoples' lives." *Ettien A. Kadjo*

"I really loved my experience. I loved the continuity of care I was able to give to patients in this community." *Melissa Southwel*

"This rotation is like nothing back in the lower 48. Do a rotation with this system. Everybody is very friendly and welcoming. Tons to learn at work and even more to explore outside of it." *Alex Heese*

"This clinical rotation really helped develop my understanding of what full-spectrum primary care really means. I found the scope of medicine practiced and the competency of primary care physicians in this setting far exceeded my expectations." *Michael Jurasek*

CONTINUING EDUCATION SEPT 1, 2017 – AUG 31, 2018

Alaska's AHEC provided or co-provided **75 events** to **981 individual health professionals** who attended more than **4,514 hours of trainings**.

CE/PD EVENTS	WEBINARS	IN PERSON	TOTAL
Number of Events	30	45	75
Education Hours Offered	40	342	382
Attendance	1262	600	1862
Total Contact Hours	2721	1793	4514

To support health professional workforce retention and growth across Alaska, the AHEC provides continuing education and professional development (CE/PD) opportunities through partnerships with other health organizations, associations, and state programs or by developing individual events. Highlighted topics for FY 2018 included:

- **Mental Health First Aid** Providing community members and health professionals the skills to recognize and assist others who are dealing with a Mental Health problem or crisis.
- **Colorectal and Breast Cancer Screening** Assisting the American Cancer Society and State DHSS Public Health office to improve screening rates and outcomes.
- **Opioid Abuse Training** Partnering with UAA Department of Human Services, Alaska DHSS Public Health and JAMHI (Juneau Alliance for Mental Health) to help decrease Opioid use and addiction.
- **Geriatric Education** Annual coordination of twenty 1.5 hour weekly webinars broadcast from the University of Washington to host sites across Alaska.
- **HPV Vaccinations** In partnership with the American Cancer Society, Alaska DHSS and other stakeholders to improve HPV vaccination rates in Alaska. This is a multi-year National AHEC Organization (NAO) project funded by the Center for Disease Control (CDC).

FEATURED PARTNERSHIP: AMERICAN CANCER SOCIETY



Since 2016 the American Cancer Society has partnered with the Alaska AHEC Program Office on the CDC project to increase HPV vaccination rates in Alaska as well as other Northwest states. This partnership has included 28 trainings (live and webinar) and coordination

of the Alaska HPV Stakeholder Group. This partnership has also opened opportunities for training providers on Colorectal and Breast Cancer Screenings. The Alaska AHEC wishes to thank the American Cancer Society and it's staff for their dedication to the health and wellbeing of all Alaskans.



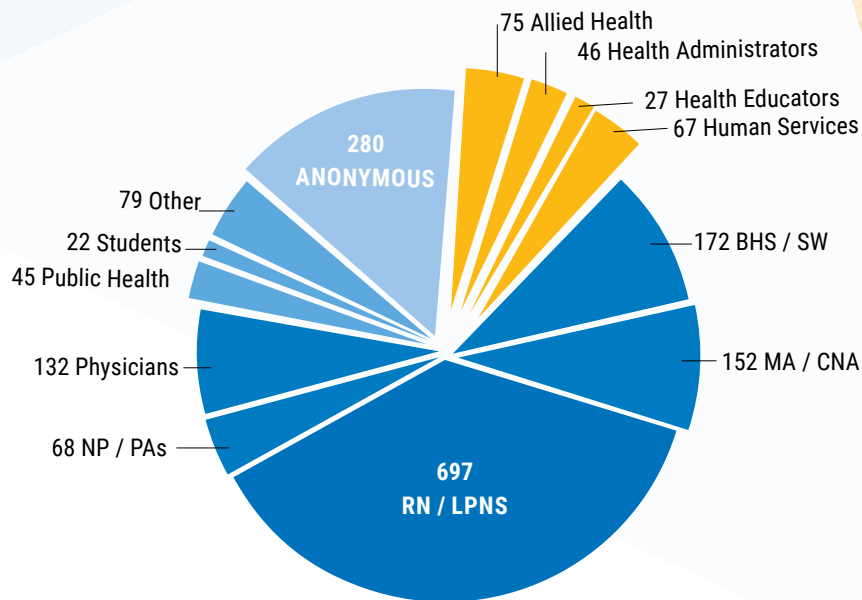
Chalayna Culler, age 18 of North Pole High School, views malaria slides in the Fairbanks Memorial Hospital Laboratory during a Career Exploration Day with the INT AHEC.

CONTINUING EDUCATION, CONT.

1862
Participants
Total

981 unique individuals,
many of whom attended
more than one training.

102 participants were
from out-of-state.



WEBINAR AND LIVE TRAINING EVALUATION RESULTS

1238 completed
evaluations
(66.49%)

1026 surveyed
participants increased
their knowledge
(82.88%)

887 of those surveyed
applied contact hours to
license or certification
(71.65%)

578 providers planned
to implement change in
their practice (46.68%)



2018 ALASKA CACHE HIGHLIGHTS

100 New
trainings posted

6,632 Unique users
accessing site

9,561 Total
sessions

68.10% of the site's visitors
are new users



High school participants of HEALTH Career Connections pose for a photo after a training with Capital City Fire & Rescue staff.

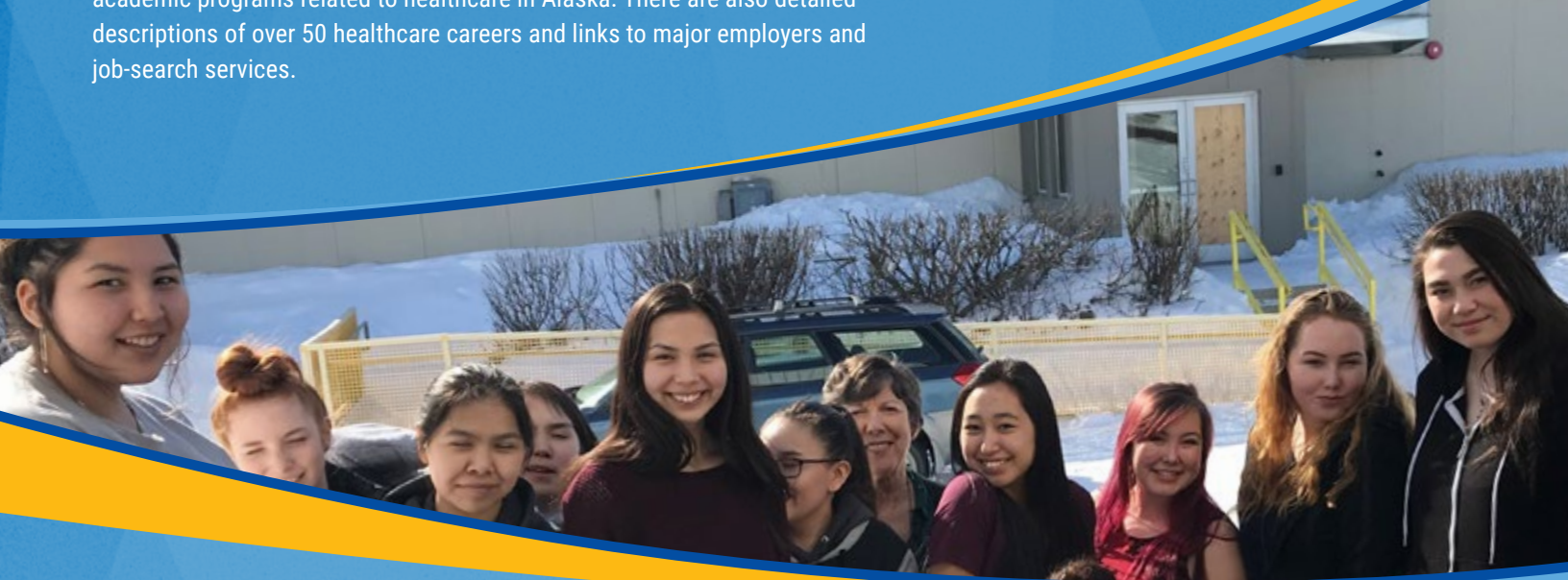
Alaska Cache: www.akcache.org

Alaska AHEC manages the Alaska Cache, a clearing house for Alaska's Continuing Health Education. This web resource connects all health professionals, associations and facilities to CE/CME opportunities in our state - a great benefit to our time challenged healthcare providers.



Health Centers in Alaska: bit.ly/healthcareersak

This website provides information on scholarships, camps, internships and academic programs related to healthcare in Alaska. There are also detailed descriptions of over 50 healthcare careers and links to major employers and job-search services.



UAA Alaska Center for
Rural Health and Health Workforce
UNIVERSITY of ALASKA ANCHORAGE

Phone: 907-786-6583 // Fax: 907-786-6511 // Email: uaa_ahec@alaska.edu // AHEC Website: bit.ly/AKAHEC



The AHEC program is made possible through support provided by the University of Alaska, Anchorage / Anchorage Center for Rural Health and Health Workforce -Alaska's AHEC, and HRSA # U77HP23073.

UA is a AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.Alaska.edu/nondiscrimination.