Spring 2013

“Wisconsin AHEC: On Location” presents highlights of programs and people who bring teaching and learning to life in communities across the state. Suggestions for future articles are welcome; send your ideas to Keri Robbins, AHEC Communications Coordinator (krobbins@wisc.edu) or Alissa Siegenthaler, AHEC Statewide Communications Assistant (aasiegenthal@gmail.com).

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SPECIAL EVENT: An Evening to Celebrate the AHEC Alumni

By Alissa Siegenthaler, AHEC Statewide Communications Assistant

MADISON -- Wisconsin AHEC hosted its first Alumni Association Event last November. All past participants of Wisconsin Express, CHIP and Health Careers Camps were invited to the Health Sciences Learning Center in Madison to network with fellow AHEC alumni and celebrate their work and accomplishments through AHEC.

The evening began with networking and dinner sponsored by Scenic Rivers AHEC. Jonathan Fricke, a medical student at the UW-SMPH, provided musical entertainment on the piano throughout the course of the meal.

The evening program opened with remarks from the president of the AHEC Alumni Association and assistant student staff member, TeAngelo Cargile.

A Q&A panel followed consisting of five UW medical students, who gave the high school and undergraduate students a great opportunity to find out what it looks like to be a medical student. The alumni were able to learn about the medical students’ experiences in school, what they did to get there and how rewarding a path it can be.

The subsequent workshop had the alumni working with pigs’ feet! With this fun activity, the medical students taught the attendees the proper way to suture and allowed everyone to try it out on their own. It was a complete success; everyone was able to perform a proper suture repair.

AHEC could not have conducted this event without the help from the medical students. Thank you to Jonathan Fricke, Heather Riese, Jennifer Lhost, Phat Dang and Trevor McKown for volunteering your time and expertise! AHEC looks forward to hosting many more Alumni Association events in the future.

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NEW PROGRAM: Northern Highland AHEC Goes to School
Submitted by Mark Scully, Northern Highland AHEC Center Director

EAGLE RIVER -- From its inception in 2008, the Wisconsin Northern Highland (NH) AHEC Center recognized the potential payoffs it could have from creating an outreach initiative to recruit middle and high school students into health careers. While NH AHEC made a few modest promotional efforts at schools and education conferences, it initially found itself unable to devote the necessary, focused resources for launching a broad-based and sustained recruiting effort in the middle and high schools around its vast region.

All that changed for the better when Health Careers Consultant Larry Bergum joined the NH AHEC team in September 2012. Drawing upon his knowledge and experience as a substitute teacher and athletics coach in an area school, Bergum came well versed about the structure, culture and people in the local school systems. He immediately began engaging with the schools and started working with Northland Pines High School in Eagle River where he helped to lay the groundwork for establishing the very first Health Occupations Student Association (HOSA) chapter in the NH AHEC region.

Through coordinating with the Northland Pines teachers and staff, Bergum was able to send more than 40 students and school advisors to a HOSA Leadership Lab in Stevens Point on November 13, 2012. This commitment proved the region’s desire for a HOSA chapter, and in December, the Board of Education approved the creation of a HOSA chapter at Northland Pines High School.

Far from resting on his laurels, Bergum continues making regular school visits around the NH AHEC region to deliver his message for promoting health care careers. Having already achieved one school’s HOSA chapter, Bergum is now working to expand the HOSA concept in middle schools. Over the past five months, Larry Bergum has made himself familiar in area schools, while getting NH into the business of Health Careers Recruitment in a big way.

TEACHING: Interprofessional Student Workshop
Submitted by Jill Niemczyk, Northeastern AHEC Program Manager

APPLETON -- The Northeastern WI AHEC hosted two interprofessional student workshops in January 2013. The event was designed for juniors and seniors of four-year programs and technical college students who have completed at least one clinical rotation. The limited number of students were nominated by a faculty member from their college or university to receive a full scholarship to attend the workshop. The first workshop was held in Appleton at Fox Valley Technical College, and the second workshop was held in Fond du Lac at Moraine Park Technical College. Groups of students representing various health profession degree programs rotated through three exercises:

1. A human patient simulation exercise allowed the students to role-play other health care disciplines outside of each of the students’ specific field of study. After completing the simulation, the students were debriefed and asked questions of the other disciplines.

2. The groups viewed three short videos of real-life patient cases and then conducted an analysis of the interprofessional efforts during the care of the patient. Each small group discussed recommendations for enhanced collaboration. Students were reminded that more than their own professions have an impact on the patient.

3. Health professions myths and stereotypes, the final exercise, had groups discussing the scope of practice in each health profession, bringing out great questions for each discipline to answer. This was a wonderful opportunity for the students to have questions answered by the health care professionals whom they were often afraid to approach in the clinical setting.

Through this workshop, the students were able to learn about many factors that can affect a person’s health outcome and the vital role each colleague and department holds in providing seamless and efficient care. Hospitalized patients who received team care are better prepared for discharge when they are treated as a whole person. Shared learning and collaboration, as this workshop hoped to simulate, with other professionals can give a higher quality of care to patients and help the differing professionals to think positively about one another. Patients greatly benefit when health care professionals work together to clarify and solve patients’ problems.
LEARNING: Summer 2012 CHIP Intern Zachary Meyer Busts Noncompliant Tobacco Retailers, Helps Oneida County Health Department (Rhinelander)

Compiled by Alissa Siegenthaler and Zachary Meyer

RHINELANDER — Zachary Meyer, a UW-Madison student majoring in Kinesiology-Exercise and Movement Science, aspires to become a Primary Care Physician. Meyer is passionate about fixing the issues that public health faces in rural communities and would one day like to serve a rural community in need of this kind of help.

“Having been born and raised in Reedsburg, a town near the Wisconsin Dells with a population of 9,000, I realize the health disparities that small communities like mine face,” says Meyer.

Meyer was placed in Oneida County in North central Wisconsin for his summer 2012 CHIP internship. This county has a population of 36,000. It is a rural county but attracts a lot of tourists who enjoy Oneida’s many beautiful lakes.

- Unemployment Rate: 10%
- County Health Outcomes Ranking: 50th out of 72
- County Health Factors Ranking: 18th out of 72
- Physical Environment Ranking: 4th out of 72

In reviewing these statistics, Meyer observed that, overall, Oneida is not a particularly healthy county, but a good ranking in health factors leaves optimism for improving the county’s health outcome.

Meyer worked with three projects throughout the duration of his internship: WIC Outreach (Nutrition), WI Wins program (Enforcement), and Sanitarian Water Sampling (Environment).

WIC Outreach (Women, Infants and Children Outreach)

This organization provides supplemental checks to purchase WIC approved foods, medical screenings to the mother and her children, nutritional information and many other great resources. Families need to be income eligible in order to enroll in WIC Outreach, and studies show that these families in WIC have better birth rates and healthier children and mothers.

Meyer’s assignment was to enroll more participants into the program and accomplished the following:

- Developed interpersonal relationships with many other organizations that WIC-eligible families and participants rely on and informed the organizations of WIC’s services.
- From understanding WIC’s services, these organization leaders were better able to refer their clients to WIC services that complimented their own services.
- Created a logging database about the organizations and contacts for future visits or conversations.

Wisconsin Wins Campaign (WI Wins)

This campaign aims to decrease youth access to tobacco products. WI Wins targets retailers with a tobacco license and completes underage tobacco compliance checks. Meyer performed compliance checks in the 6 counties of the Northwoods Tobacco Free Coalition: Oneida, Florence, Forest, Lincoln, Price and Vilas. He used two 16-year-old minors at every check and found the following results:

- Oneida County 11/60 -- 18.3% non-compliance rate
- Florence County 0/10 -- 0% non-compliance rate
- Forest County 4/18 -- 22.2% non-compliance rate
- Lincoln County 4/31 -- 12.9% non-compliance rate
- Price County 9/26 -- 34.6% non-compliance rate
- Vilas County 11/48 -- 22.9% non-compliance rate
- NWTFC Total 39/193 -- 20.2% non-compliance rate

Meyer says he found a very large increase in non-compliant retailers and that the most common mistakes were that they “didn’t read the ID right” or they “did the math wrong”. The good news, Meyer says, is that the list of retailers with tobacco is dwindling which is mostly due to bars no longer selling tobacco.

Sanitarian Program

One day a week, Meyer went to collect water samples from transient non community wells (TNC). TNC well water is non-municipal and is consumed by over 25 people at the same time for over six months. The water is then analyzed for coliform bacteria and nitrate levels.

“Throughout my time at Oneida, I performed many different projects and experienced the joys and difficulties of public health. I was fortunate to be part of the creation of Northwoods LEAN (Linking Education, Activity and Nutrition) coalition and experienced staff development meetings. I now fully understand the challenges that face public health, such as the expectation of greater productivity and results despite reduced funding. This broad look into public health has prepared me to become an involved member as a public health official in a rural community or county that I serve in the near future!” --Zachary Meyer

Zachary Meyer shows his Wisconsin Wins portfolio.
Milwaukee Youth Health Service Corps
Submitted by Suzanne Letellier, Milwaukee AHEC Program Manager

MILWAUKEE -- Milwaukee Youth Health Service Corps (YHSC) is a health careers recruitment program. It engages high school students in training and volunteer projects that address community health care needs. Milwaukee YHSC held two special events. A scavenger hunt, in which the objective was to take photos relating to different topics of public health, solidified to the participants the idea that public health is everywhere.

Milwaukee MLK Day Event
Also in January, Milwaukee AHEC held an MLK Day Respite Event. This service event was an opportunity for YHSC members to spend a day with a child of special needs. The members had a great time doing many activities with the children and formed great bonds. The day ended with the YHSC members reflecting on their experiences and discussing the significance of celebrating Dr. Martin Luther King.

Meet Milwaukee AHEC’s newest member, the program coordinator for YHSC:

Desmond McMillan

My name is Desmond McMillan and I proudly serve as the YHSC Program Coordinator and Media Specialist for Milwaukee AHEC. I was born and raised in Milwaukee, Wisconsin where I’ve overcome many obstacles in my urban community. I am a proud graduate of Marquette University where not only did I receive a Bachelors of Arts degree in Advertising, but the notion of service and giving back to the community while I continued to “Be The Difference.” After graduation, I served as the Recruitment Project leader on the founding corps team with City Year Milwaukee. I then served a second term on AmeriCorps service with Public Allies Milwaukee working with the Big Brothers Big Sisters program. It is because of my experiences in Milwaukee at Marquette University and working for AmeriCorps that I’ve decided to dedicate my life to serving under-privileged urban youth to make a significant difference in our community.

AWARD: Ian Stormont Receives NRHA Student Achievement Award for Native Students Health Careers Camp direction
Submitted by Martha McCabe, Scenic Rivers AHEC Center Director

Each year, the National Rural Health Association (NRHA) honors outstanding individuals and organizations in the field of rural health who have dedicated their time and talents to improving the health and well being of others. Previous recipients have stretched the boundaries of possibility by forging innovative programs and services, making rural life healthier and more compassionate.

This year, Ian Stormont, 4th year Wisconsin Academy of Rural Medicine (WARM) student at the University of Wisconsin School of Medicine and Public Health, is the recipient of the John Snow, Inc. Student Achievement Award. Stormont will be honored at the 36th Annual National Rural Health Association conference in Louisville, KY on May 9 with a $1,000 cash award. Stormont was selected based on his development of the Native Students Health Careers Camp which was hosted by Scenic Rivers AHEC and Gundersen Lutheran during July 2012 in La Crosse.

The award recognizes extraordinary students’ initiated and performed activities demonstrated within the field of rural health. Nominees have significant accomplishments in rural health care delivery, education, promotion, research or advocacy. Efforts include clinical health care delivery, health care infrastructure development, significant health care research, and educational or promotional activities.

“The University of Wisconsin School of Medicine & Public Health’s third year curriculum requires completion of a community-engaged project. The Wisconsin Academy of Rural Medicine students are to have a yearlong commitment to this project. There is a minimum standard for this curricular requirement, however, Ian Stormont surpassed that minimum with not only the creativity of the project, but the length to which he went to complete the project and continue to provide mentorship well into his fourth year of study.

The second annual Native Students Health Careers Camp will occur from July 7 - 12, and I am confident that Ian will find a way to be present in some small way. And for all of his efforts, I proudly nominate Ian for a National Rural Health Award.”

-- Martha McCabe, Center Director for Scenic Rivers AHEC
ADVOCACY: Scenic Rivers AHEC Team Shares AHEC’s Achievements and Mission with Senator Billings

By Alissa Siegenthaler, AHEC Statewide Communications Assistant

MADISON--On January 31, 2013, Martha McCabe, Executive Director for Scenic Rivers AHEC, and an AHEC student participant, Lawrence Walker, III, had an appointment to meet with Senator Billings at the Capitol in Madison.

McCabe’s purpose for visiting Billings was to share their information about the different activities Scenic Rivers AHEC is facilitating and accomplishing. This meeting allowed McCabe to educate a state legislator and, in return, receive positive and helpful feedback from Sen. Billings.

A home-schooled high school student from Wittenberg (WI), Lawrence Walker, found great value in joining Sen. Billings and McCabe in the meeting. He had an opportunity to share his thoughts on his experience as a camper at the first Native Students Health Careers Camp that was held in La Crosse in July 2012. He was thrilled the senator invited him to sit at her desk!

State members and a board member with Scenic Rivers AHEC also joined the meeting and relayed additional program descriptions to Sen. Billings.

Statewide AHEC Summer Programs

Wisconsin Express

Students from across the state are invited to attend a weeklong immersion experience that places them in a host community that is medically underserved. The students interact with local health care professionals and participate in interactive learning exercises, group projects and community activities.

2013 Dates: May 19 - May 24

We were pleased to have received over 180 applications and were able to place 90 students in our 11 program sites. The 2014 student application period will begin in December 2013 and run through February 2014. Please visit http://www.ahec.wisc.edu/wisconsin-express to learn more about the sites and application process for WI Express.

WI Express Program Sites for 2013:

1. Ashland
   Site Coordinator: Lori Cannon
   Eight students will see rural health care settings that include women’s health, acute care, public health, tribal clinics and others in the Chequamegon Bay region.

2. Beloit/Janesville
   Site Coordinator: Angie Flickinger
   Six students will have the opportunity to meet with various organizations and to learn about the Hispanic, African American, uninsured/underinsured, homeless and rural populations of this area.

3. Green Bay
   Site Coordinator: Chris Vandenhouten
   Six students will have the opportunity to explore the diverse cultures in this area of the state. Activities will challenge students to see health care from the perspective of the Native American culture of underinsured.

4. La Crosse
   Site Coordinator: Bob Milisch
   Six students will learn about the backgrounds and health care needs of the area’s Hmong and Amish people.

5. Menominee & Shawano County
   Site Coordinator: Gail Nelson
   Eight students will be immersed into the Menominee Native American tribe and have the opportunity to learn about the Native American culture and the health disparities affecting them.
6. **Milwaukee**  
**Site Coordinator:** Suzanne Letellier  
Twelve students will learn about Milwaukee’s Latino, African American and Hmong communities. They will explore issues of poverty, lack of access to health care, homelessness, language barriers and AODA issues.

7. **Rhinelander/Lac Du Flambeau**  
**Site Coordinator:** Mark Scully and Larry Bergum  
Eight students will see the health care issues such as chronic illness, obesity, substance abuse and domestic/sexual violence facing rural and Native American communities in the Northern Highland region of Wisconsin.

8. **Rusk Barron – Somali Focus**  
**Site Coordinator:** Jackie Pederson  
Eight students will explore health care issues facing rural communities with an emphasis on the Somali community.

9. **Sheboygan – Hmong and Hispanic Focus**  
**Site Coordinator:** Jill Niemczyk  
Twelve students will explore the problems in health care access and health literacy that the Hmong and Hispanic population in this area face.

10. **Stevens Point**  
**Site Director:** Jasia Steinmetz  
Ten students will explore the health care needs of low income, Hmong and Hispanic residents of Stevens Point and surrounding rural communities.

11. **Wausau – Amish and Mennonite Focus**  
**Site Director:** Christine Salm-Little  
This site will offer six students the opportunity to learn about Amish and Mennonite culture and rural health care practice.

### Community Health Internship Program (CHIP)

This intensive eight-week summer internship program pairs each student with a health department and mentor. Programs vary across the state and each student receives the opportunity to develop a research project and assist their assigned health department.

**2013 Dates:** June 3 - July 26, 2013  
The 2013 student applications and site proposals for CHIP are now closed. Students selected for these programs will be notified by the end of April. The 2014 CHIP applications and proposals will begin in October and run through March 2014. Please visit [http://www.ahec.wisc.edu/chip](http://www.ahec.wisc.edu/chip) to learn more about AHEC’s CHIP program.

### Health Careers Camps for high school students

These five-day camps are held around the state of Wisconsin and allow the students to experience first-hand the challenge, opportunities and rewards of health professions.

Applications are now open for the AHEC Health Careers Camps. Students should apply to the camp in their own region. To apply or learn more about the AHEC Health Careers Camps, visit [http://ahec/health-careers-summer-camps](http://ahec/health-careers-summer-camps).

**2013 Site Dates:**

1. **Fox Valley Area Camp - Oshkosh (Northeast)**  
   June 23 - 27, 2013  
   Applications due May 8

2. **Lakeshore Camp - Sheboygan (Northeast)**  
   July 7 - 11, 2013  
   Applications due May 13

3. **La Crosse Camp (Scenic Rivers)**  
   June 16 - 20, 2013  
   Applications due April 26

4. **Madison Camp (South Central)**  
   June 23-27, 2013  
   Applications due May 1

5. **Northern WI Camp - Ladysmith and Rice Lake (Northwest)**  
   June 9 - 13, 2013  
   Applications due April 30

6. **NEW for 2013: North Central Camp - Wausau, Marshfield, Stevens Point (North Central)**  
   June 23 - 27, 2013  
   Applications due May 1

7. **Health Camp for Native Students - Ho-Chunk and Oglala (Scenic Rivers)**  
   July 7-11, 2013  
   Applications due June 3