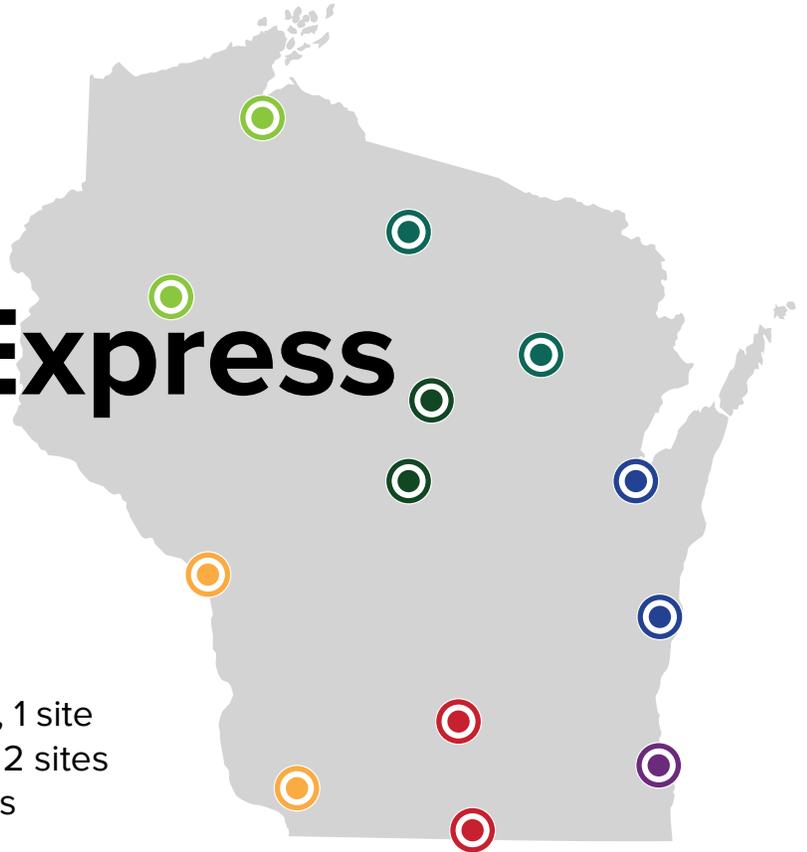
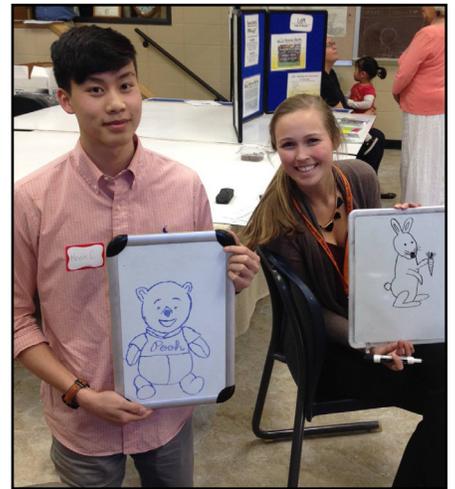


Wisconsin Express

2016 Summary Report



Winter break: January 11-15 • 24 students, 1 site
Spring break: March 20-25 • 17 students, 2 sites
Summer: May 15-20 • 88 students, 12 sites



ASHLAND • **BELOIT** • **FENNIMORE** • **GREEN BAY** • **LA CROSSE**
MADISON • **MENOMINEE COUNTY** • **MILWAUKEE** • **MINOCQUA**
RUSK/BARRON • **SHEBOYGAN** • **STEVENS POINT** • **WAUSAU**

Overview

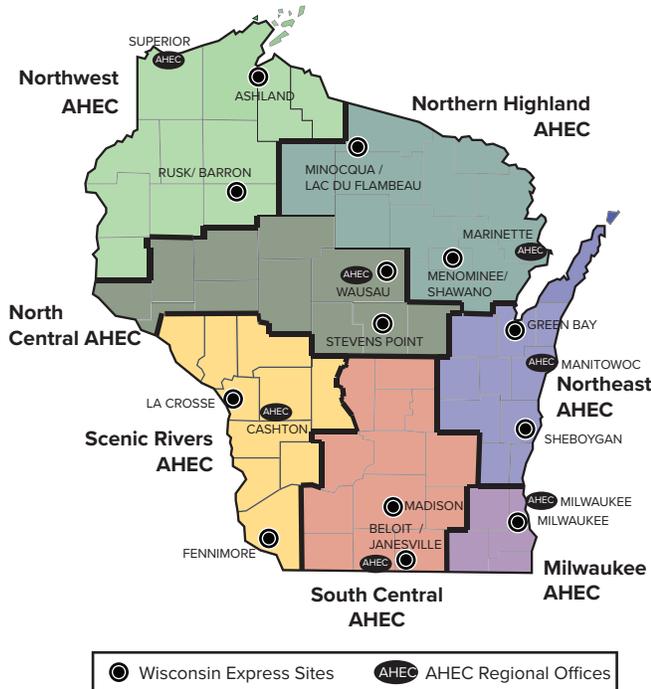
Wisconsin Express is a one-week cultural immersion experience designed to give health professions students the opportunity to study the diverse local and regional healthcare resources and challenges in Wisconsin. The winter break 2016 program offered placements at one site, the spring break program offered placements at two sites (Rusk/Barron counties and Minocqua), and the summer 2016 program offered placements at 12 rural or urban community sites statewide.

Wisconsin AHEC covers most of the cost of student participation, including workshop fees; instructional materials; shared accommodations in hotel rooms, bed and breakfasts, or lodging maintained by a community organization; and transportation during the week. Participants paid a \$200 program fee and the cost of some meals. Scholarships are offered to students unable to pay the fee.

Statewide sites

Each site group was multicultural and interprofessional in composition. Every AHEC region hosts at least one Wisconsin Express site (13 total).

- Ashland
- Beloit/Janesville
- Fennimore
- Green Bay
- La Crosse
- Madison
- Menominee/Shawano
- Milwaukee
- Minocqua
- Rusk/Barron
- Sheboygan
- Stevens Point
- Wausau



Schools

Represented by participants

Summer (May 2016)

Beloit College	1
Loyola University Chicago	1
Marquette University	1
Mid-State Technical College	1
Northeast Wisconsin Technical College	1
University of Minnesota-Twin Cities	1
University of Wisconsin-Green Bay	1
University of Wisconsin-La Crosse	4
University of Wisconsin-Madison	72
University of Wisconsin-Oshkosh	1
University of Wisconsin-Parkside	1
University of Wisconsin-Platteville	1
University of Wisconsin-Whitewater	1
Viterbo University	1

Spring Break (March 2016)

Carthage College	1
Lawrence University	1
University of Wisconsin-Madison	15

Winter Break (January 2016)

Bellin College	1
Madison College	1
University of Wisconsin-Madison	22

Student participants

During 2016, 129 students enrolled, from an interprofessional range of academic programs at 17 colleges. Overall the program received 229 applications.

37% of students (48) reported one area of study, 51% of students (65) reported two areas of study, and 12% of students (16) reported three or more.

Health Professions

- Biomedical sciences (2)
- Communication disorders (3)
- Community health education (3)
- Global health (62)
- Kinesiology (8)
- Nursing (11)
- Pharmacy & toxicology (2)
- Physiology (1)
- Radiological science (1)
- Rehabilitation psychology (2)
- Respiratory therapy (1)

Education & community services

- Criminal justice (1)
- Education (1)
- Nonprofit leadership (1)
- Social Welfare (2)

Business & engineering

- Business (2)
- Engineering (1)
- Healthcare management (2)
- Marketing (1)
- Mathematics (1)

Natural sciences

- Biochemistry (8)
- Biology (43)
- Environmental studies (3)
- Genetics (3)
- Microbiology (7)
- Neurobiology (13)
- Nutritional sciences (2)
- Plant Pathology (1)

Social sciences

- Communications (2)
- Economics (2)
- Development & family studies (6)
- Gender & women's studies (8)
- International studies (3)
- Political science (1)
- Psychology (6)
- Sociology (5)

Humanities, cultures & languages

- African studies (2)
- Asian American studies (1)
- Classics (1)
- European studies (1)
- Polish (1)
- Spanish (3)



Program activities

Our intention is to acquaint students with a variety of regional health care issues and provide opportunities to interact with local practitioners and recipients of health care services and public health programs.

Objectives

- Enhance awareness of individual and collective cultural identity and diversity
- Learn about strategies to confront health care disparities
- Observe various versions of collaboration and teamwork in health care

Immersion experiences

The health care challenges and innovations within each site are unique, and student activities vary according to the character of the region. Winter, spring and summer 2016 highlights included:

- Lunch at Somali family’s home and introduction to Somali culture
- Cooking a Hmong meal at the Hmong Association
- Cultural workshop about Hispanic and Latino life in Rock County
- Shadowing health care staff at the Wisconsin Secure Program Facility
- Poverty and food insecurity simulation experience for students
- Oneida Native American community health and clinical observation
- Participating in focus group with individuals experiencing homelessness
- Tour of Amish farm and experiences with traditional Amish health care
- Shadowing and presentations at various health departments in Wisconsin
- Presentation about medical ethics and practice



Reflection

Reflection occurs daily through guided conversations facilitated by the local site coordinators and in independent study. Students are encouraged to reflect on their experience in journal entries. Participants are prompted to write responses to these questions:

1. What was your most significant or remarkable experience this week?
2. How might your experiences this week affect your future practice as a health professional?



“I loved the activities where we were able to just listen to someone’s story. It was powerful to hear what they’ve gone through.”

2016 Milwaukee Participant

“Serving specific native populations like those in the Ashland area make for an extremely enlightening and deeply informational experience.”

2016 Ashland Participant



Program sites



New summer site FENNIMORE

The Fennimore site was introduced in summer 2016. This location succeeded due to partnerships with local and county health departments in Grant County, Viroqua, and Lancaster and the UW-Extension program. Six students participated in the summer Fennimore session.



The Hodag in front of the Rhinelander chamber of commerce.

New spring break site MINOCQUA

The Minocqua site was expanded to an additional time of year to accommodate the high demand for placements in the spring break Wisconsin Express program. Students traveled to other communities in the region, including Rhinelander, Lac du Flambeau, and Crandon. A partnership with the Northern Pines chapter of the Health Occupations Students of America, supported by the Northern Highland AHEC, was explored for the Minocqua spring break experience in response to outreach initiated by leaders of the HOSA-UW chapter on the UW-Madison campus.



ASHLAND

Erin Tenney, RN, CNM, WHNP, DNP

6 Student Participants

RURAL FOCUS

The Ashland site gives students the opportunity to see a wide variety of rural health care settings, including women's health, acute care, public health, tribal clinics, and others in the Chequamegon Bay region. Students hear from a diverse group of practitioners who discuss the challenges and rewards of working in rural health and providing culturally appropriate care for Anishinaabe (Ojibwe) populations. Students explore the scenic area.



BELOIT/JANESVILLE

Angela Flickinger, MPH, RD, CPT

6 Student Participants

The Beloit/Janesville site offers students an opportunity to study and explore rural and urban issues related to health care and diversity in the region. Various organizations and health care disciplines offer students experiences focusing on the Hispanic, African American, uninsured/underinsured, homeless, and rural populations.



FENNIMORE

Laura Pettersen, MS

6 Student Participants

AMISH FOCUS

The Fennimore site allows students to experience the health care challenges in Southwestern Wisconsin including access and funding. Students shadow professionals at a maximum security prison, Amish farm, midwifery clinic, multiple free clinics, a women's health clinic and much more. The students also have a chance to participate in a food insecurity simulation.



GREEN BAY

Chris Vandenhouten, PhD, RN

6 Student Participants

The Green Bay site offers students an opportunity to explore the diverse cultures in this area of the state, which include the Native American culture of the Oneida Nation and the Hispanic communities. Students also get first-hand experience with uninsured, underinsured, and homeless populations and spend time with health and social service providers.



LA CROSSE

Nicole Thill, MPH, CHES

4 Student Participants

The La Crosse site offers students a unique chance to explore the health care needs and challenges faced in the area. Students participate in a poverty simulation and volunteer at the Salvation Army. Students also experience the diverse health care in Amish populations and the Ho Chunk Native American community.



MENOMINEE

Gail Nelson, MA

10 Student Participants

NATIVE AMERICAN FOCUS

Menominee County offers a complete immersion into the Menominee Native American tribe. A historical perspective about termination and restoration is provided, along with an overview of health disparities affecting the community. Students learn how residents have been engaged and empowered to create change for their people.





MILWAUKEE

Suzanne Letellier, MEd, MCHES

11 Student Participants

URBAN FOCUS

At the Milwaukee site, students explore issues related to culture and health care access while interacting with a variety of health disciplines. Several community-based organizations host the team. Students interact with Milwaukee's Hispanic, African American, and Hmong communities and those who are homeless or participating in AODA programs. Students also interact with health professionals who work with underserved populations.



MINOCQUA

Mark Scully, MLS, MPA

Spring Break: 10 Student Participants

Summer: 7 Student Participants

NATIVE AMERICAN FOCUS

The Minocqua site offers students opportunities to consider health care issues facing rural and Native American communities in the Northern Highland region of Wisconsin. Students explore key health concerns such as chronic illness, obesity, substance abuse, and domestic/ sexual violence. Students interact with a variety of professionals in this field.



RUSK/BARRON

Jackie Pedersen, RN, MS

Spring Break: 7 Student Participants

Summer: 6 Student Participants

SOMALI FOCUS

The Rusk/Barron sites offer students an immersion opportunity to explore health care issues facing rural communities with an emphasis on Somali culture. Students visit free clinics, hospice programs, hospitals and others. In addition, program participants have an opportunity to do a service project to improve the medical supply needs of the county.



SHEBOYGAN

Jill Niemczyk, BS

12 Student Participants

HMONG FOCUS

Approximately 6,000 Hmong live in Sheboygan. A health needs assessment (2000) documented serious problems in health care access and health literacy in this population. The Hmong Community Center has implemented a number of unique programs addressing these needs. Along with learning about the programs, students enjoy a rich cultural experience gaining first-hand knowledge of Hmong history, culture and traditional health beliefs.



STEVENS POINT

Jasia Steinmetz, PhD, RD

8 Student Participants

The Stevens Point site offers students a variety of experiences designed to illustrate the health care needs of low income, Hmong, Native American, and Hispanic residents of Stevens Point and surrounding rural communities. Students explore services that are available in Central Wisconsin including a free health clinic serving low income, uninsured and migrant populations, and a shelter where students learn about aspects of shelter operation.



WAUSAU

Christina Patrin, M.Ed.

6 Student Participants

AMISH AND MENNONITE FOCUS

The Wausau site offers students opportunities to learn about Amish culture and rural health care. Central Wisconsin has a significant Amish and Mennonite population in four counties. Students visit families, businesses, public agencies, and health care providers in these communities to explore how respect for culture can interact with state-of-the-art health care. They learn about the balance between cost of medical care and reduction of risk.



New winter break site

MADISON

Courtney Saxler, MPH

24 Student Participants

WOMEN'S HEALTH FOCUS



The winter break Wisconsin Express program was piloted in 2016 as a women's health education course. It was advertised primarily to UW-Madison students and taught on-site at the UW-School of Medicine and Public Health with a one day bus trip to Beloit. The winter break program received 67 applications and 24 students enrolled.

Participants explored issues facing women's health locally and globally and learned about health care programs and services available to women. Students toured public health and women's health centers in Madison, Beloit and Janesville.



"I absolutely loved this program... It has been incredibly inspiring and I feel so much more energized to take on my future career."

2016 Madison Participant



Wisconsin Express is a Wisconsin AHEC program.

Join us next year!

2017 Wisconsin Express

Spring Break

March 19-24, 2017

Applications due:

Friday, January 6, 2017

Summer

May 21-26, 2017

Applications due:

Wednesday, February 15, 2017

Applications available online:

www.ahec.wisc.edu

Early applications encouraged!



Contact:

Keri Robbins, MS Ed.
Wisconsin Express
Program Coordinator

(608) 265-2442
keri.robbs@wisc.edu



Wisconsin AHEC
facebook.com/WisconsinAHEC



Wisconsin AHEC
(Area Health Education Center)



School of Medicine
and Public Health
UNIVERSITY OF WISCONSIN

About Wisconsin AHEC

The Wisconsin Area Health Education Center (AHEC) program is a health professions education and outreach program supported by the State of Wisconsin, federal grants, the state's health professions training programs, and local communities. It is part of a nationwide network of programs for improving accessibility and quality of primary health care. The national program was designed to encourage universities and educators to look beyond their institutions to form partnerships that meet community health needs, working toward the goal of decentralizing health professions training and linking communities with academic health centers in partnerships to promote cooperative solutions to local health problems.

The Wisconsin AHEC System consists of seven regional centers located in Manitowoc, Milwaukee, Beloit, Cashton, Wausau, Superior, and Marinette. Each center operates under the direction of its own governing board. A statewide program, located in the University of Wisconsin School of Medicine and Public Health, administers state and federal contracts to the centers and maintains several statewide programs. Representatives from the seven centers, health professions programs and community at-large members all come together in a 22 member statewide board that meets quarterly to set overall program objectives and review progress.

Wisconsin AHEC programs serve all the health professions programs in the state.

Over the last 25 years, project partnerships have included (in addition to the two medical schools) over 20 BSN nursing programs, eight advanced degree nursing programs, five physician assistant programs, eight social work programs, the UW School of Pharmacy, the MPH programs, and a range of allied health and preprofessional programs at the 13 UW System campuses, 21 private colleges, two tribal colleges and 13 UW System two-year campuses. Wisconsin AHEC Centers collaborate regionally with the Wisconsin Technical College System (16 colleges with 47 campuses and numerous outreach centers) particularly the campuses offering associate degree nursing programs and a variety of other health professions technical training programs. Wisconsin AHEC has also worked with family practice residencies sponsored by the UW SMPH, Medical College of Wisconsin and La Crosse-Mayo programs, with a particular focus on the rural training track programs.

Regional centers provide a range of programs and services in their regions. Program areas include the following:

- Enhancing the learning experience for all health professions students at community-based sites, with an emphasis on interdisciplinary programs, developing cultural effectiveness, and technology support;
- Supporting health careers recruitment in underserved rural and urban areas, to assist high school and college students from under-represented populations prepare for entry into health professions schools;
- Supporting faculty mentors and preceptors at community-based training sites with continuing education, technology support and other services to enhance the practice environment and maximize the ability of health professionals in underserved communities to provide high quality health care; and
- Partnering with local organizations in a variety of outreach activities to improve the health of the community.