



Wisconsin Express

May 19-24, 2013

SUMMARY REPORT

PROGRAM SITES: Ashland • Beloit / Janesville • Green Bay • La Crosse •
Menominee County • Milwaukee • Rhinelander/Lac du Flambeau • Rusk / Barron •
Sheboygan – Hmong focus • Stevens Point • Wausau – Amish focus



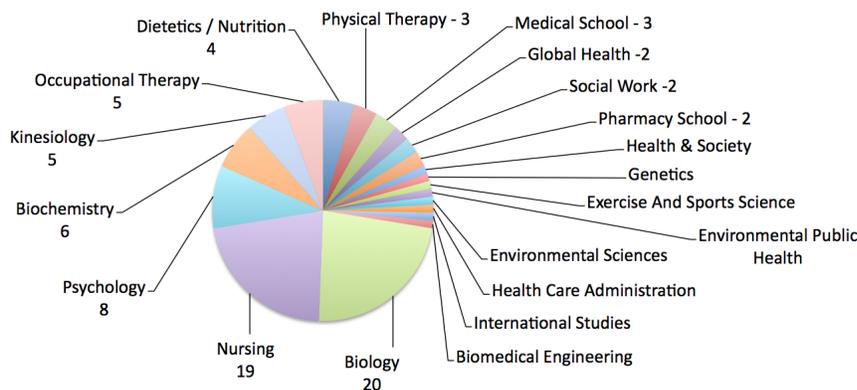
Overview

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 2013 program offered placements at 11 rural or urban community sites, with 87 students participating this year.

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 \$100 program fee and the cost of some meals.

STUDENT PARTICIPANTS

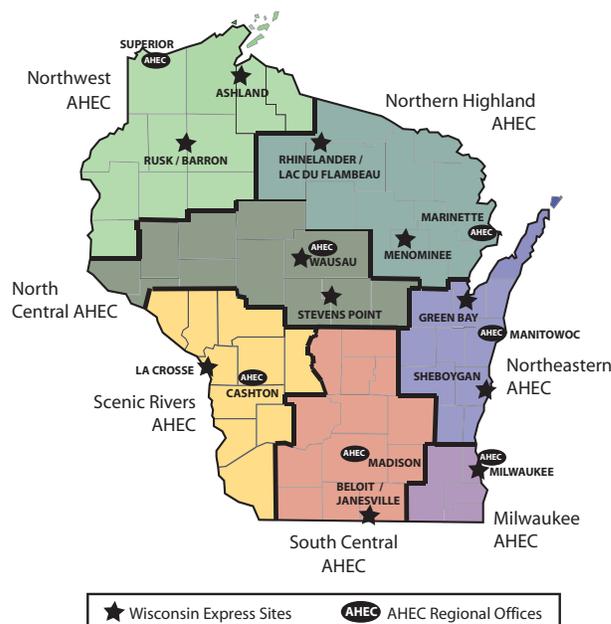
The 87 students were selected from 188 applicants enrolled in a range of health professions programs at 17 colleges across Wisconsin.



SITES

Each site group was multicultural and interprofessional in composition. Every AHEC region hosts at least one Wisconsin Express site (11 total).

- Ashland
- Beloit / Janesville
- Green Bay
- La Crosse
- Menominee
- Milwaukee
- Rhinelander / Lac du Flambeau
- Rusk / Barron
- Sheboygan – Hmong focus
- Stevens Point
- Wausau – Amish focus



SCHOOLS REPRESENTED BY PARTICIPANTS

- Bellin College (1)
- Beloit College (1)
- Carroll University (1)
- Columbia College (1)
- Concordia University (6)
- Edgewood College (1)
- Marian University (3)
- St. Norbert's College (1)
- UW-Eau Claire (2)
- UW-Green Bay (6)
- UW-La Crosse (3)
- UW-Madison (36)
 - UW School of Medicine and Public Health (4)
 - UW Pharmacy School (3)
- UW-Milwaukee (5)
- UW-Oshkosh (1)
- UW-Stevens Point (9)
- UW-Stout (1)
- Washington University - St. Louis (1)
- Wisconsin Indianhead Technical College (1)



La Crosse site participants prepared and served a meal at the Salvation Army, offering a service-learning opportunity during the curriculum about poverty and homelessness.

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.

IMMERSION EXPERIENCES

The health care challenges and innovations within each site are unique, and student activities vary according to the character of the region. During summer 2013, highlights included:

- Conversations with Somali students attending Barron High School
- Beloit Police Department Drug and Gang Unit presentation
- Visit to Good Earth organic meat farm (affiliated with Amish co-ops)
- Meeting with a Mennonite physician
- Meeting with a doctor of Chinese medicine / acupuncture
- Tour of La Clinica, a multicultural multi-service free clinic in Wautoma
- Freedom House homeless shelter presentation; dinner with residents
- Lac du Flambeau Indian Reservation clinic tour and Dancing 101 event
- Tour of grocery store serving Hmong and Amish communities
- Domestic violence shelter tour and discussion at Bakakwsen i Shkwadem ("Door is Always Open" / Potawatomi Reservation)
- Disability awareness cook-out
- Tour of Amish school, homes, and shops; discuss Amish health care
- Participation in Salvation Army screening clinic

REFLECTION

Reflection occurs daily through guided conversations facilitated by the local site coordinators and in independent study. At the end of the week, students are encouraged to reflect on their experience in journal entries. Participants 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?*



Convenient parking for Amish horse-drawn buggies, provided at the Scenic Bluffs Community Health Center in Cashton. Students visit a variety of local health care facilities, including community health centers, free clinics, and rural hospitals.



Ashland site participants toured Native American pow wow grounds on the Bad River reservation.

Site Descriptions



ASHLAND

Lori Cannon, RN
9 student participants

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 unique 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.



Barron High School welcomed an unprecedented influx of Somali immigrants who relocated to this community from Minneapolis/St. Paul. Wisconsin Express participants talked with these high school students about their experiences in the United States. Following this visit, the county public health nurse provided additional context for reflection and discussion. Later that day, a traditional meal was served in the home of a Somali refugee who also shared her insights.



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

Robert A. Milisch, MEd, RRT
6 student participants

The La Crosse site gives students an overview of the background and health care needs of the Hmong and Amish populations in the area. Students meet with a physician who treats Amish patients, an Amish carpenter, and visit Amish homes, shops, and a school. Students participate in a community free clinic serving those with chronic illnesses who cannot afford traditional care. Students visit and participate in the activities of a homeless shelter.



MENOMINEE COUNTY

Gail Nelson, MA
8 student participants

NEW for 2013! 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
10 student participants

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.



Site Descriptions (continued)



RHINELANDER / LAC DU FLAMBEAU

Mark Scully, MLS, MPA
8 student participants

The Rhinelander/Lac du Flambeau 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. Participants interact with professionals who experience the challenge as well as the satisfaction of serving these populations.



"Wisconsin Express experience changed me in one major way. Prior to Wisconsin Express, I planned to work in an under-served area after dental school. I always assumed this would be in a big city, now after the trip my eyes are open to rural areas as a possibility as well."

– Rusk/Barron site past participant



RUSK / BARRON

Jackie Pederson, RN, MS
8 student participants

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, long term care facilities, the domestic abuse shelter, public health, the Health Care Academy, the International High School and others. In addition, program participants have an opportunity to do a service project to improve the medical supply needs of the county's poor and underinsured.



"I understood that Milwaukee has lots of culture, that many individuals experience homelessness, that there was drug and alcohol problems — but this experience immersed me and really exposed me first hand to the issues. Wisconsin Express definitely put these issues right in front of me and gave me the opportunity to better understand them by talking with individuals and hearing from professionals that work in the area."

– Milwaukee site past participant



SHEBOYGAN – HMONG FOCUS

Jill Niemczyk, BS
11 student participants

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.



"I would encourage everyone to apply to this program. It is super fun and informational. The experience is a once in a lifetime opportunity that will change the way you look at health care."

– Stevens Point site past participant



STEVENS POINT

Jasia Steinmetz, PhD, RD
10 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.



"Listening to people's stories and hearing first hand how they were living with the underprivileged situation that they were in. It changed my perception of certain groups of people when an actual person was sitting there interacting with me and allowing me into their lives rather than just hearing the statistics."

– Milwaukee site past participant



WAUSAU – AMISH FOCUS

Christine Salm-Little, BS
5 student participants

The Wausau-Amish site offers students opportunities to learn about Amish culture and rural health care practice. Central Wisconsin has a significant Amish and Mennonite population in four counties. Students visit families, businesses, public agencies, and health care providers in Amish/Mennonite 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.



Wisconsin Express is a Wisconsin AHEC program.

Join us next year!

2014 WISCONSIN EXPRESS

Sun. May 18 – Fri. May 23

Applications available online
beginning in mid-December 2013:

www.ahec.wisc.edu

Applications due:
Wednesday, February 12, 2014

Early applications encouraged!

For more information, contact:



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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, Madison, 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 20 years, project partnerships have included (in addition to the two medical schools) over 20 BSN nursing programs, eight advanced degree nursing programs, three physician assistant programs, three 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 program 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.



**School of Medicine
and Public Health**

UNIVERSITY OF WISCONSIN-MADISON