



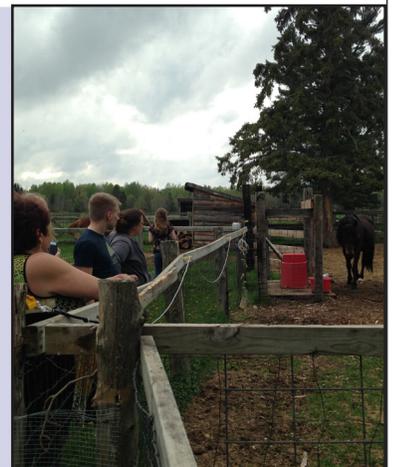
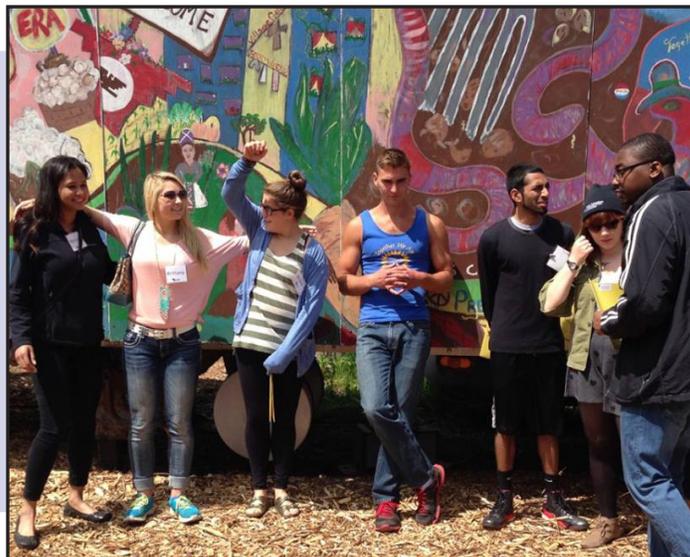
# Wisconsin Express

## 2015 SUMMARY REPORT

**Spring Break:** March 29-April 3 — 8 students, 1 site

**Summer:** May 17-22 — 90 students, 11 sites

**PROGRAM SITES:** Ashland • Beloit/Janesville • Green Bay • La Crosse  
Menominee County • Milwaukee • Minocqua/Lac du Flambeau • Rusk/Barron  
Sheboygan • Stevens Point • Wausau



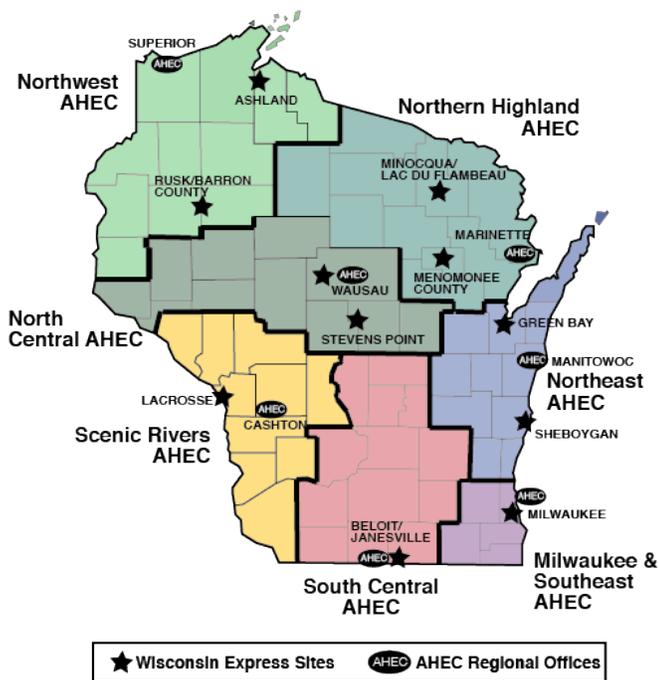
# OVERVIEW

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 spring break 2015 program offered placements at one site (Rusk/Barron counties), and the summer 2015 program offered placements at 11 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.

## 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 County
- Milwaukee
- Minocqua/ Lac du Flambeau
- Rusk/ Barron Counties - Somali focus
- Sheboygan - Hmong focus
- Stevens Point
- Wausau - Amish and Mennonite focus

## SCHOOLS REPRESENTED BY PARTICIPANTS

### Summer (May 2015)

Bellin College	1
Concordia University	24
Moraine Park Technical College	1
Ripon College	1
UW-Green Bay	3
UW-Madison	49
UW-Marquette	1
UW-Milwaukee	9
UW-Stevens Point	1

### Spring Break (March 2015)

Milwaukee School of Engineering	1
UW-Madison	7

## STUDENT PARTICIPANTS



**162**  
APPLICATIONS

**98**

PARTICIPANTS



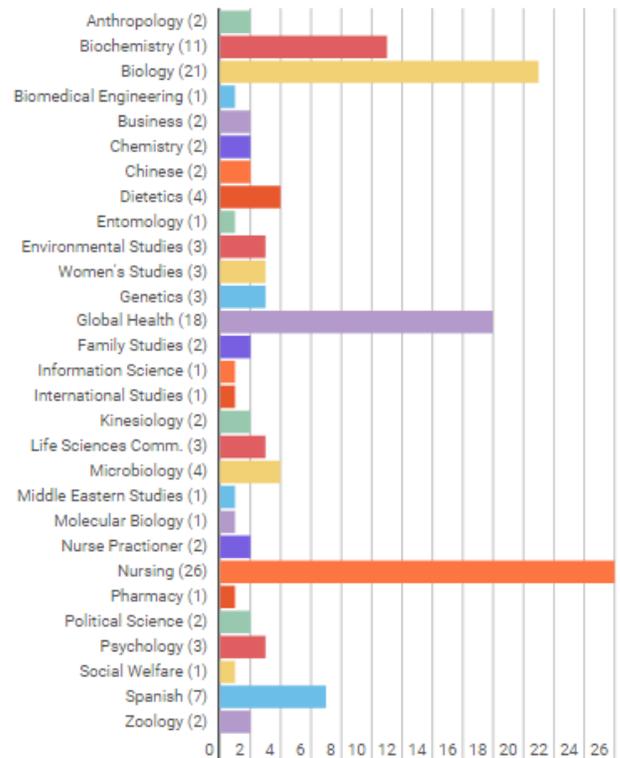
**10**  
COLLEGES

**11**

LOCATIONS



## MAJORS AND AREAS OF STUDY



\*Some students indicated multiple majors or areas of study

# PROGRAM ACTIVITIES

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

## IMMERSION EXPERIENCE

The health care challenges and innovations within each site are unique, and student activities vary according to the character of the region.

Spring and summer 2015 highlights included:

- Presentation on Hmong tradition and healing in medicine
- Learning about Amish healthcare and traditions
- Visit Somali home and mosque, lunch at a Somali restaurant
- Poverty simulation experience for students
- Question, Persuade, and Refer (QPR) Suicide Prevention Training
- Tour of Marshfield Clinic and presentation about services
- Visit to Milwaukee public schools
- Tour of Elizabeth Ann Seton Dental Clinic
- Shadowing at ThedaCare and Shawano Medical Center
- Tour of Oneida community and reservation and history of health services
- Work with after-school program for students at Merrill Community Center

## 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?



# SITE DESCRIPTIONS



## ASHLAND

*Tina Hagstrom, RN-MSN*

8 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.



## 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.



## 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.



## MENOMINEE COUNTY

*Gail Nelson, MA*

10 student participants

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.



## Site Descriptions (continued)



### **MINOCQUA / LAC DU FLAMBEAU**

*Mark Scully, MLS, MPA  
Larry Bergum, BA*

10 student participants

The Minocqua/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.



*“Do it. In fact, any experience in which you can learn more about a certain culture or population of people is going to be incredibly beneficial. You don’t know what you don’t know. So widen your horizons and take any chance to learn at a deeper level about the people that surround you. It will be personally and professionally rewarding.”*

*-Menominee site participant*



### **RUSK/ BARRON**

*Jackie Pedersen, RN, MS*

16 student participants  
(8 Summer participants; 8 Spring Break 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.



*“Be prepared to learn, engage, and utilize every second. Wisconsin Express is an impactful one week experience that will influence you and your way of thinking for the rest of your life.”*

*-Beloit/Janesville site participant*



### **SHEBOYGAN HMONG FOCUS**

*Jill Niemczyk, BS*

10 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.



*“Wisconsin Express provides an invaluable opportunity to learn about the challenges health care professionals face in providing care to underserved and marginalized populations close to home in Wisconsin.”*

*-Green Bay site 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.



*“Wisconsin Express will introduce you to many situations you have likely never experienced before. If you feel uncomfortable, try to understand why you feel that way and try to embrace it. You will learn so much if you open yourself up to the opportunity!”*

*-Beloit/Janesville site participant*



### **WAUSAU AMISH AND MENNONITE FOCUS**

*Suzanne Matthew, PhD*

6 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.



*Wisconsin Express is a Wisconsin AHEC program.*

*Join us next year!*

## 2016 WISCONSIN EXPRESS

**Winter Break: January 11-15, 2016**

**Spring Break: March 20-25, 2016**

**Summer: May 15-20, 2016**

Applications available online:

**[www.ahec.wisc.edu](http://www.ahec.wisc.edu)**

Winter Break applications due:  
Monday, October 12, 2015

Spring Break applications due:  
Monday, January 4, 2016

Summer applications due:  
Friday, February 12, 2016

**Early applications encouraged!**

For more information, contact:



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Wisconsin Express  
Program Coordinator

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**School of Medicine  
and Public Health**

UNIVERSITY OF WISCONSIN-MADISON

## 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 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.