

Wisconsin Express

2017 Summary Report



Spring break: March 19-24 • 26 students, 3 sites
Summer: May 21-26 • 74 students, 11 sites



ASHLAND • BELOIT • FENNIMORE • GREEN BAY
LA CROSSE • LADYSMITH • MILWAUKEE • MINOCQUA
SHAWANO • SHEBOYGAN • STEVENS POINT • WAUSAU

Overview

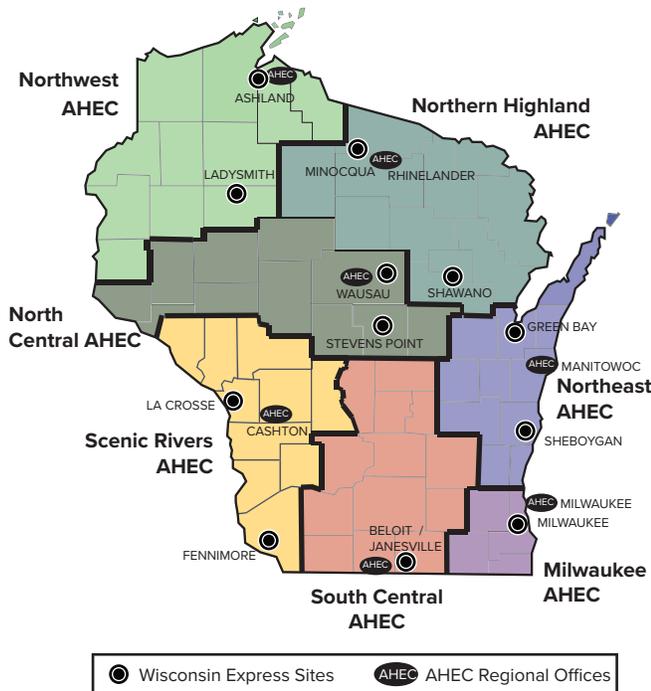
Wisconsin Express is a one-week cultural immersion experience designed to give health professions students the opportunity to study the diverse local and regional healthcare resources and challenges in Wisconsin. The spring break program offered placements at three sites (Ladysmith, Beloit, and Minocqua), and the summer 2017 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 \$210 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 (12 total).

- Ashland
- Beloit
- Fennimore
- Green Bay
- La Crosse
- Ladysmith
- Milwaukee
- Minocqua
- Shawano
- Sheboygan
- Stevens Point
- Wausau



Student participants

During 2017, 100 students enrolled, from an interprofessional range of academic programs at 8 colleges.

Overall the program received 122 applications.

Schools Represented by participants

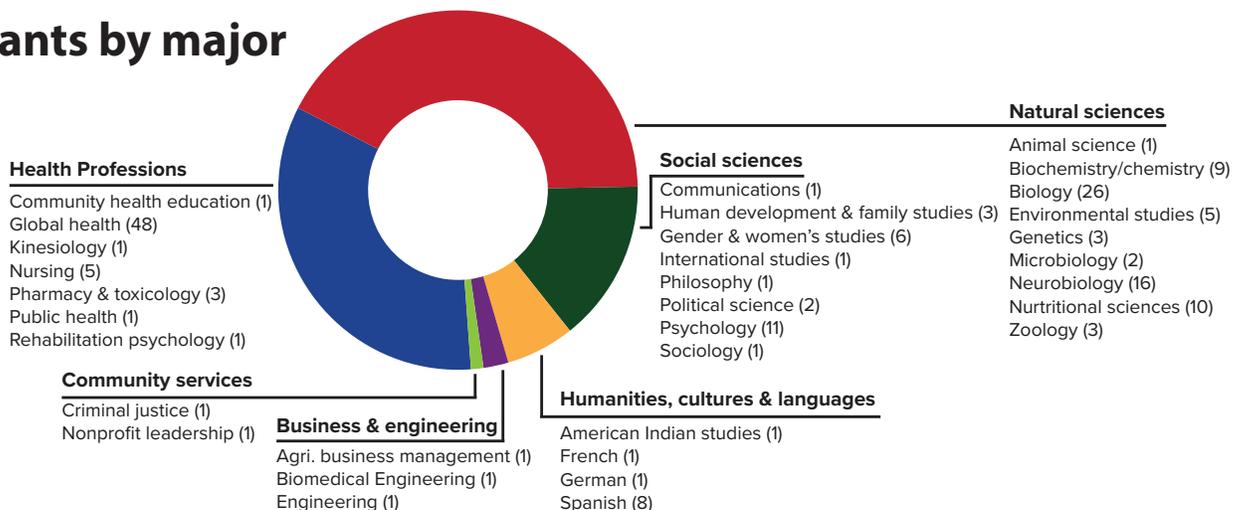
Summer (May 2017)

University of Wisconsin-Eau Claire	2
University of Wisconsin-Green Bay	2
University of Wisconsin-La Crosse	1
University of Wisconsin-Madison	59
University of Wisconsin-Milwaukee	3
University of Wisconsin-Platteville	1
University of Wisconsin-Stevens Point	3
University of Wisconsin-Stout	3

Spring Break (March 2017)

University of Wisconsin-Green Bay	1
University of Wisconsin-Madison	25

Participants by major





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 interprofessional 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. Highlights in 2017 included:

- Tour of Amish farm and experiences with traditional Amish health care
- Lunch at Somali family's home and introduction to Somali culture
- 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
- Shadowing and presentations at various health departments in Wisconsin
- Cooking a Hmong meal at the Hmong Association
- Presentation about medical ethics and practice
- Exploration of Coast Guard rescue boat for Madeline Island
- Attendance at Pow Wow honoring Native American military veterans



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?



"It opened my eyes to the variety of cultures practiced in [Wisconsin] and also the differences in certain communities' access to care and difficulties in the health care system that affect people."

"It increased my knowledge of how different cultures live day to day and why certain cultures value different things."

2017 Stevens Point Participant

2017 La Crosse Participant



Regional site coordinators

Site coordinators are regional AHEC staff members, regional educators or members of the local community. They are responsible for the following:

- Developing the itinerary
- Fostering regional partnerships
- Scheduling events and programming
- Organizing transportation and local lodging arrangements
- Facilitating daily reflection through guided conversations
- Approving the proposed roster of student participants and intentionally cultivating team dynamics throughout the week



Wisconsin Express Milwaukee participants reflect on that day's events during a meal coordinated by Suzanne Letellier, Milwaukee Region site coordinator.



Site coordinators like Christina Patrin and Noelle Kolar at the Wausau site organize tours of healthcare facilities through established partnerships with local providers who offer unique service delivery models.

ASHLAND

6 Student Participants

RURAL FOCUS



Erin Tenney
CNM, WHNP, DNP



The Ashland site introduces students to many rural healthcare settings: 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.

BELOIT

Spring Break: 13 Student Participants

Summer: 5 Student Participants

WOMEN'S HEALTH FOCUS



Angela Flickinger
MPH, RD, CPT



Traci Lindsey
MPH



Angela Schraml
TEACHING ASST.



The Beloit site explores rural and urban issues related to healthcare and diversity in the region. Various organizations and healthcare disciplines offer students experiences focusing on the Hispanic, African American, uninsured/underinsured, homeless, and rural populations.

FENNIMORE

Summer: 5 Student Participants

AMISH FOCUS



Laura Pettersen
MS



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

GREEN BAY

Summer: 5 Student Participants



Chris Vandenhouten
PHD, RN



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

LA CROSSE

Summer: 5 Student Participants



Nicole Thill
MPH, CHES



Aubrey Stetter-Hesselberg
MS, CHES



The La Crosse site is a unique chance to explore the healthcare needs and challenges faced in the area. Students participate in a poverty simulation and volunteer at the Salvation Army. Students also see diverse healthcare options in Amish populations and the Ho Chunk Native American community.

LADYSMITH

Spring Break: 7 Student Participants

SOMALI FOCUS



Jackie Pedersen
RN, MS



The Ladysmith site offers students an immersion opportunity to explore healthcare issues facing rural communities with an emphasis on Somali culture. Students visit free clinics, hospice programs, hospitals and others. In addition, program participants complete a service project to improve the medical supply needs of the county.



MILWAUKEE

Summer: 10 Student Participants

URBAN FOCUS

At the Milwaukee site, students explore issues related to culture and healthcare 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.



Suzanne Letellier
MED, MCHES



MINOCQUA

Spring Break: 6 Student Participants

Summer: 6 Student Participants

NATIVE AMERICAN FOCUS

The Minocqua site prompts students to consider healthcare 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 dedicated to careers in the Northwoods.



Bobbi Apfel
RN



Gail Kell
MS



SHAWANO

Summer: 7 Student Participants

NATIVE AMERICAN FOCUS

Shawano 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.



Gail Nelson
MA



SHEBOYGAN

Summer: 12 Student Participants

HMONG FOCUS

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



Jill Niemczyk
BS



Hailey Bussan
BS
TEACHING ASST.



STEVENS POINT

Summer: 8 Student Participants

The Stevens Point site experiences are designed to illustrate the healthcare needs of low income, Hmong, Native American, and Hispanic residents of Stevens Point and surrounding rural communities. Students explore services 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.



Jasia Steinmetz
PHD, RD



WAUSAU

Summer: 4 Student Participants

AMISH AND MENNONITE FOCUS

The Wausau site teaches students about Amish culture and rural health care. Central Wisconsin has a significant Amish and Mennonite population in four counties. Students visit these communities to explore how respect for culture can interact with current healthcare. They learn about the balance between cost of medical care and reduction of risk.



Christina Patrin
M.Ed.



Noelle Kolar



Statewide program

Wisconsin Express is coordinated by staff working out of the Wisconsin AHEC Program Office in Madison. Program Coordinators:

- Establish goals and objectives
- Create recruitment materials and online applications
- Process applications, select participants, and create rosters for site coordinator approval
- Set the budget and collect payment from participants
- Choose scholarship recipients
- Compile program data

Academic curriculum

All students in Wisconsin Express read articles to prepare them for the trip. In 2017, the readings included:

- "The Culture of Power" by Paul Kivel
- "Applying Self-Efficacy Theory to Increase Interprofessional Effectiveness in Teamwork" by Mary Bumann and Sharon Younkin (2012)
- "Cultural Competence and the Culture of Medicine" by Renée C. Fox
- "30+ Examples of Christian Privilege" by Sam Killerman
- "Students Abroad: First Do No Harm With Your Camera" by Lise Saffran

Cultural competency assessment

Since its inception, Wisconsin Express has aimed to enhance cultural competency. This summer a pre-test and post-test were administered to measure the program's impact.



Keri Robbins
MS Ed.

Wisconsin Express program director



Nehemiah Chinavare
BA

Program assessment and evaluation



Jordan Gaal

Communication and marketing



Wisconsin Express is a Wisconsin AHEC program.

Wisconsin Express has been a signature program of the Wisconsin Area Health Education Centers (AHEC) since 1993. The Statewide Program is based in the University of Wisconsin School of Medicine and Public Health.

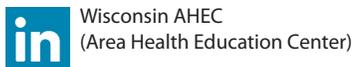
Join us next year!

2018 Wisconsin Express

- **Spring break session 1:**
March 11-16, 2018
- **Spring break session 2:**
March 18-23, 2018
- **Spring break session 3:**
March 25-30, 2018
- **Summer:** May 20-25, 2018

Applications available online:
www.ahec.wisc.edu

Application Due:
Friday, December 22, 2017



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, Ashland, and Rhinelander. 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.