

Champlain Valley Area Health Education Center (AHEC)

- Champlain Valley AHEC's mission is to improve access to quality health care by working with community and academic partners to support healthcare workforce development through recruitment, retention and continuing education of health care professionals.
- It is a member of the Vermont AHEC Network and the National AHEC Organization

Champlain Valley AHEC is supported by:

- Fletcher Allen Health Care
- The Freeman Medical Scholars Program
- The Health Resources and Services Administration (HRSA)
- The Vermont Department of Health
- The Vermont Department of Labor
- Vermont's Community Hospitals
- Other local community organizations

Over 90 Champlain Valley health care professionals and students served as Health Care Ambassadors with Champlain Valley AHEC this past year by assisting with career presentations, career fair displays, and Health Career Exploration Programs like Shadow Day and MedQuest .



Champlain Valley Area
Health Education Center

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Champlain Valley Area Health Education Center

Health Careers Awareness & Exploration Programs

**Serving the
Vermont Counties
of Addison, Chittenden,
Franklin, and Grand Isle**



Improving Access to Quality Health Care

For Students

Champlain Valley Area Health Education Center (AHEC)

Champlain Valley AHEC is a non-profit organization located in St. Albans, Vermont, working to increase the health care workforce in Vermont's Champlain Valley. We are part of the Vermont AHEC Network as well as the National AHEC Organization.

A focus area is youth outreach for health careers. Last year, Champlain Valley AHEC served over 4,000 students with our Health Careers Awareness and Exploration Programs, which include:

- Middle School Presentations
- High School Presentations
- Career Fair displays
- Shadow Day Programs
- MedQuest Programs

More than 180 youth per year ask Champlain Valley AHEC for in-depth experiences to help them find their place in health care. This year we have created "Focus on Health Careers," a one-day conference to provide such an experience to even more students in Addison, Chittenden, Franklin, and Grand Isle Counties.

Health Career Resources:

- **Vermont AHEC's Health Careers Directory:** Check your school library, guidance department or online at www.vthealthcareers.org
- www.cvahec.org
- VSAC's VT Guidance Central & Do What You Are programs: www.vsac.org

Helping students successfully explore the 300+ health careers.

Focus on Health Careers Conference

A one-day conference for high schoolers to meet health care professionals and students and explore prevention, primary care, and other key fields. Designed to help students make the most out of high school and prepare for the next step in a health career.

Health Careers Shadow Day

Free one-day program for high school students to explore the diversity of health care careers. The program includes job shadow training, one job shadow, and presentations by health care professionals. Three Shadow Day programs are offered yearly, one at each local hospital.

MedQuest

This one-week program for students in tenth and eleventh grades, offered twice during the summer, focuses on career exploration, development and skill building. Students stay on a college campus while exploring careers in health care. Multiple shadowing opportunities with health care professionals at different health care facilities enhance student learning.



Application Process for Programs (listed above)

Students must apply for Health Career Exploration Programs. Champlain Valley AHEC staff review the applications. Selection is based on various factors, which include interest in the field, aptitude, need, maturity, and recommendations by professionals (if required). Applications are available on our website, www.cvahec.org. For more information, please contact Champlain Valley AHEC at (802) 527-1474.

For Schools

Middle School Presentations

"There's a Health Career for Me!" explores the excitement, challenge, and meaning of health careers through an interactive presentation. Q & A highlights how health careers improve lives in Vermont, the USA and throughout the world. The presentation concludes with tips on how middle schoolers can prepare now for health careers.

A sister presentation "Frontiers in Aging" explores myths vs. realities of aging, demonstrates that careers in aging are exciting and rewarding, and gives students the opportunity to understand physical challenges, based on the Rutgers University Aging Empathy Simulation by Monica Deppen Wood.

High School Presentations

"There's a Career in Health Care for Everyone!" explores the skills, interests, education requirements, potential salaries, work environment, and career building resources for this field. In addition to an interactive presentation, students check out toolkits that represent a health career. Each toolkit helps students learn more about a specific health care career. If there is extra time, short career videos can be shown to help students learn about additional careers. Students leave with numerous resources to learn more about the health care field.

Career Fair Displays

Interactive displays that help students explore the health care field. We can bring a number of resources to help students with career development and information about our Health Careers Exploration Programs. We are able to answer questions about a number of health care careers.

To schedule any of the above, call: (802) 527-1474.