



Special points of interest:

- News from the 2002 National AHEC Conference
- CVAHEC hosts Addison County tobacco roundtable
- Welcome to our new web site
- Meet this year's AHEC scholar
- MedQuest 2002

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CHAMPLAIN VALLEY AREA HEALTH EDUCATION CENTER

CVAHEC News

Words from our Executive Director

Having recently returned from a weeklong leadership development training experience in San Diego, CA with *the Center for Creative Leadership*, I have had ample opportunity to reflect on personal and organizational leadership, and what it can mean for individuals, organizations and communities.

The demonstration of leadership, the very essence of putting ideas into action through the creation of direction, aligning activities with said direction, and providing motivation to meet identified goals, is equally rewarding and challenging when individuals and organizations are concerned. However, providing leadership for communities striving to solve complex, systems-based issues can be doubly challenging, yet reap great rewards for all members of a community, even when they may not be aware of the benefits.

As is well documented, the national health care workforce shortage is beginning to reach crisis levels, and the outlook for the future remains bleak. The Champlain Valley Area Health Education Center however, is providing strong leadership in the area of health care professions workforce development. Using a comprehensive, systemic approach to regionally resolving the growing workforce crisis, CVAHEC is committed to addressing present and anticipated future shortages. In working with elementary and middle school aged children, high school students, and adult learners re-entering the workforce, CVAHEC is introducing health careers as a viable and rewarding professional path.

Other examples of leadership demonstrated by CVAHEC include our work in addressing health disparities encountered by Vermont's refugee population. By establishing a Culturally Competent Resource Center at the Burlington-based Community Health Center, CVAHEC is working to ensure that all people have access to quality healthcare throughout the Champlain Valley. Additionally, CVAHEC is working with the Vermont Department of Health to ensure that the Bosnian, Vietnamese, and Congolese populations have linguistically and culturally accurate educational materials that ensure a thorough initial orientation to the US Health Care System, as well as outlining exactly what their rights are as new arrivals.



Finally, CVAHEC is providing leadership in the area of preceptor and health professions' student support. Providing funding for professional conferences, support for student rotations in rural areas, and support for the development of an infrastructure that promotes the recruitment, retention and continuing education of providers, demonstrates clearly that CVAHEC is indeed a regional leader, improving the quality of healthcare to all populations.

Leadership means taking risks, being bold, seeing possibilities where others see limitations and seeing outcomes where others see problems. CVAHEC is committed to providing strong leadership throughout the Champlain Valley in order to build the most accessible, equitable, and high quality health care system for all.

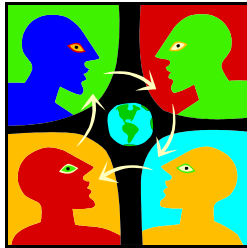


News from the 2002 National AHEC Conference



"The National AHEC Conference was a valuable educational experience, and provided CVAHEC with many useful tools as it continues to move forward in meeting the mission of improving access to quality healthcare..."

Two members of the CVAHEC staff attended the 2002 annual National AHEC (NAO) Conference held in Little Rock, Arkansas April 20-24. Rob Trachtenberg, Executive Director, and Jenney Samuelson, Program Coordinator, attended a variety of plenary sessions and workshops with colleagues from AHEC programs throughout Vermont and the United States.



Plenary sessions included talks from retired U.S. Senator Dale Bumpers, who discussed establishing the Arkansas AHEC program in 1973, and Leland Kaiser, in his plenary, discussed connecting vision, values, and technology in order to create a synthesis of science and spirituality as a means of developing an integrated community healthcare system. Additional speakers included Ira SenGupta, who discussed building culturally competent individual and community partnerships as a means of understanding the impact of power and ethnocentrism in healthcare systems. Additionally, Sam Shekar, Associate Administrator, Bureau of Health Professions, HRSA, discussed the Bureau of Health Professions' one-stop focus in health professions, training, recruitment, and retention, and the role of AHECs addressing local, state, and federal workforce issues. Plenary sessions left participants with much to reflect on in terms of how the information presented and lessons learned could be applied to local AHEC programs.

Conference sessions throughout the four-day workshop challenged participants to think critically and creatively about cultural competency issues, workforce development and health career promotion issues, organizational fundraising and marketing concerns, and myriad other AHEC related matters. Conference sessions were well attended, and provided participants with an opportunity to network, learn from one another, and share professional experiences. Additionally, the Vermont AHEC contingent, with staff from the UVM Program Office and the two other regional programs, numbered nearly 20 people.

The National AHEC Conference was a valuable educational experience, and has provided CVAHEC with many useful tools as it continues to move forward in meeting the mission of improving access to quality healthcare for underserved populations by supporting the recruitment, retention, and continuing education of healthcare professionals in Vermont's Champlain Valley. CVAHEC looks forward to participating in the NAO Leadership Conference in Portland, Oregon in 2003, and the full NAO National Conference in Baltimore, MD in 2004.

CVAHEC gets connected with Linking Learning to Life program

"The program was a hit. ...Beth Hallock was extremely helpful and got the students interested in the nursing profession..."



Mr. Flexible, our human skeleton, debuted with Beth Hallock, of the UVM AHEC Program office, at Flynn Elementary School getting students excited about nursing. CVAHEC worked closely with Dhyana Bradley of the Burlington School District's Linking Learning to Life program to arrange a health careers presentation on nursing. Beth Hallock visited Flynn Elementary School on March 18 and discussed her experiences as a nurse with a 4th and a 5th grade class.

The program was a hit. As Dhyana put it, "She (Beth) was extremely helpful and got the students interested in the nursing profession. They especially liked the microscopes and the skeleton."

Plans are being made to have a nutritionist from the UVM extension service present programs at Edmunds and Barnes Elementary Schools.

CVAHEC hosts Addison County tobacco roundtable



CVAHEC, in collaboration with Porter hospital, hosted Addison County's first tobacco roundtable this spring. Eleven tobacco education professionals came together at Porter Hospital to discuss their efforts in Addison County. The group consisted of professionals from the school districts, health department, community coalitions, hospital, and CVAHEC. CVAHEC's Jenney Samuelson presented the results of, "Smoking Cessation and Prevention Practices: a survey of health care providers", an assessment of physician and mid-level providers tobacco knowledge and practices, and CVAHEC's plans for intervention. CVAHEC is committed to working in our region to do the following: work with five practices to assess, train, and evaluate their cessation efforts; organize trainings in all CVAHEC region hospitals; support cessation efforts; and foster collaboration among tobacco control professionals.

The next Addison County Tobacco Roundtable is on August 14, 2002 at 2:30 p.m. in the Porter Hospital Conference Center.

"Our website has undergone a remarkable transformation that will provide effective, timely and valuable information ..."

Welcome to our new web site!

CVAHEC is pleased to present the redesigned and updated website. Our website has undergone a remarkable transformation that will provide effective, timely, and valuable information to the people we serve: health professionals, students, guidance counselors, and others.

Our new site has all the elements one would expect in a first class site: easily accessible and pertinent information, engaging and interactive features designed to support student, resident, and health professionals' needs, as well as a host of community resources. Additional elements include links to important health related websites, a calendar of current events hosted by CVAHEC and other health related organizations, and critical, timely information regarding health initiatives throughout the Champlain Valley.

Please be sure to spend some time visiting the new CVAHEC website. We welcome your comments and review.



Daylong conference on holistic cancer treatment

On May 16th, the Champlain Valley Area Health Education Center, the Linda Wood Mason Fund and Northwestern Counseling and Support Services of Franklin County hosted a training featuring Dr. Jeremy Geffen, an oncologist practicing in Vero Beach, Florida, and founder and director of the Geffen Cancer Center and Research Institute.

The training, entitled *The Journey Through Cancer...and Life: Healing and Transforming the Whole Person*, highlighted Dr. Geffen's approach to treating cancer patients through a combination of traditional and alternative, or complementary, medicine as a means of addressing emotional, spiritual, and physical health. Dr. Geffen believes that the blending of these modalities results in a more reflective and intentional journey through cancer, one where a patient's feelings and spiritual awareness are equally as important as conventional cancer treatments.

Dr. Geffen utilized his book during the training, *The Journey Through Cancer*, to describe his seven-level approach to healing and transforming the whole person. Those providers, professionals, and lay persons in attendance described the day as one that challenged their assumptions about healing, moved them emotionally, and opened their eyes to new treatment modalities.

In the evening, Dr. Geffen finished up a very long day by speaking with a large gathering of community members in St. Albans. He spoke about his book, his approach to treating cancer, and took questions from those in attendance. As evidenced by participant responses, Dr. Geffen clearly had a significant impact on those interested in a new and holistic approach to treating cancer.

"Dr. Geffen's approach to working with patients combines traditional and alternative, or complementary, medicine as a means of addressing emotional, spiritual, and physical health. "

Meet this year's AHEC scholar



We are proud to introduce Sharon Coleman, who is the 2002-2003 AHEC scholar from the Department of Social Work, MSW program at UVM. Sharon received her BSW from Trinity College of Vermont in 2001 and spent a year working as an intern at Dartmouth Medical Center in Pediatric Oncology/Hematology, and in the Acute Pediatric and Intensive Care Units.

Over the past few months, Sharon has worked with CVAHEC and "Whatever it Takes", a Franklin County initiative to support families in crisis, to identify the barriers that effect the people serviced by the rural healthcare delivery system. Her experiences will serve to strengthen her policy skills.

"Sharon has worked with CVAHEC and "Whatever it Takes" to identify the barriers that affect the people served by the rural healthcare delivery system."

CVAHEC office has moved

Effective June 3, 2002, CVAHEC has moved its business offices to 152 Fairfield Street in St. Albans. Our telephone and fax numbers remain the same. This move puts us even closer to the local medical community which surrounds Northwestern Medical Center as our new office is located directly across the street from the hospital.

We invite you to drop by and visit us at our new location.



MEDQUEST 2002



Health Careers Exploration Camp

**"MedQuest has opened me to different health careers that I didn't think about before."
MedQuest participant
Corinne Cogger**

**"I am still interested in healthcare because I have witnessed actions and caring during my interactions with the health care professionals which have inspired me to provide the same care in the future."
MedQuest participant
Michael Metayer**

**"I learned more about myself and how I can do what I want. Now I feel more confident in myself and others."
Brent LaRoche**

MedQuest 2002: a success!

June 23 through 28, 2002, eighteen 9th and 10th grade students from throughout the Champlain Valley region experienced a diversity of health careers first hand, during a week-long residential camp located at the University of Vermont, Fletcher Allen Health Care, and the Burlington community. A participant defined MedQuest, as "a vigorous exploration of health careers through a variety of lab, discussion and shadowing experiences."

Led by University of Vermont medical students, Jaina Clough, John Duan, and Seth Podolsky, participants of the weeklong program left with both greater clarity and more confusion about their futures. MedQuest opened their eyes to the rewards and vast opportunities in health care. It gave them a peer network to look to for support for the future and the confidence to continue to explore health care in an in-depth manner.

Health professionals throughout Fletcher Allen Health Care, the University of Vermont and the Burlington community opened their doors to the participants. During three mornings of the camp the participants joined a health care provider in their work setting to observe their routine. Through these 'shadowing' experiences participants gained a broader understanding of the diversity of health careers and specialties. Most participants became familiar with careers that they did not know existed before camp began.

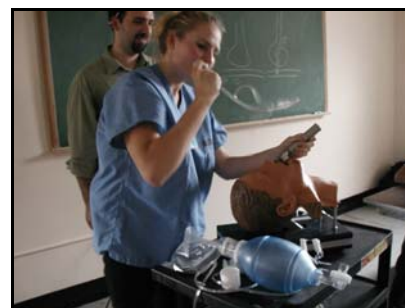
University of Vermont College of Nursing, and Health Sciences, College of Medicine and Fletcher Allen Health Care faculty and staff further broadened the students' experience through developmentally appropriate, interactive presentations on topics such as medical ethics, gross anatomy, CPR, first aid, medical laboratory science and more.

Guidance counselors at area high schools nominated students with a high level of interest and maturity for participation in the camp. The nominees were well chosen. The participants fit seamlessly into the medical community. They fervently embraced confidentiality and demonstrated their ability to process and articulate complicated ethical dilemmas.

MedQuest is an opportunity for participants to get a clear view of campus life. Being on campus demystifies secondary education, making it more attainable for participants, especially those who will be the first from their family to attend college.

Concluding the week, parents attended workshops offered by the University of Vermont Admissions Office and Vermont Student Assistance Corporation on college admission and financial aid processes.

MedQuest 2002 was a success. CVAHEC, along with Fletcher Allen Health Care, the University of Vermont and other community partners look forward to hosting MedQuest again in 2003.



CVAHEC thanks those who made our MedQuest possible

"I always wanted to know what college life would be like. MedQuest gave me a great chance to see." MedQuest participant Alberta Longe

"I have learned the importance of teamwork, the ability to work with others, and the importance of compromise and collaboration. Medical careers require dedication and devotion." Participant Michael Metayer

"I now know what classes to take and what type of college I should go to". MedQuest participant Mindy Jennings

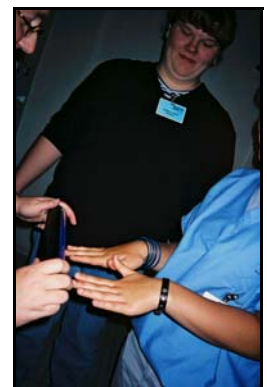
7/15/02

Dear Jenney,

We want to express our thanks once again for all your efforts in making MedQuest such an incredible experience for our son Will. The experiences he had throughout the week were invaluable, and his perspective in several areas of life has greatly broadened. We could not have dreamed up a better opportunity if we had tried. He has a new determination to press forward towards a medical career, being more confident now that it's a good fit. And he is eager to link up with a job or volunteer work in the medical field in the near future so he can keep learning.

We appreciated the closing events on Friday and were impressed with what we learned about UVM. We are not clear on who all was involved in this camp, but our deep thanks to them all. The medical students were great people and will enjoyed getting to know each of them.

Sincerely,
Bill and Kristin Guthrie



Special recognition goes to Sarah Child of Fletcher Allen Health Care and Tacy Lincoln of the College of Nursing and Health Sciences at the University of Vermont.

Sarah Child provided the connection with key health care providers to make the students experiences broad and encompassing. She recruited a diversity of providers and experiences above and beyond CVAHEC and the student's expectations. Additionally, Sarah impressed upon the students the importance of confidentiality in a manner that permeated the entire camp and will help them well beyond MedQuest.

Tacy Lincoln brought departments at the University of Vermont together to meet the innovative and challenging needs of MedQuest. She showcased the resources of a University campus in a developmentally appropriate and interactive manner. For many students her influence has inspired them to critically evaluate their future coursework, excel in their academic performance and visualize secondary education as an approachable reality.

CVAHEC would like to thank the following organizations, departments and people for collaborating with us on MedQuest 2002:

- | | | | | | |
|--------------------|------------------|--------------------|--------------------------------------|----------------------------|--|
| March Bachand | Pam Gibson | Joelyn Niggel | Liene Snow | FAHC Dialysis | FAHC Recreation Therapy |
| Florence Bero | Cathy Gill | Kathy O'Reilly | Kate Soons | FAHC Human Resources | FAHC Rehabilitation |
| Carolyn Brogini | Sandy Giroux | Libby Patterson | Sue Stoner | FAHC Laboratory Science | FAHC Respiratory Therapy |
| Jean Coffey | Curtis Green | Chuck Powden | Nancy Swartz | FAHC Medical Surgery | Milton Family Practice |
| PM Costello | Chris Griffin | Tammy Provencher | Paula Tracy | FAHC Neonatal ICU | Milton Veterinary Hospital |
| Penny DeGoosh | Gail Havens | Terry Rabinowitz | Marilyn Van DeWeert | FAHC Nursing | St. Michael's Rescue |
| David Desantis | Robin Hutchins | Anita Rochele | Department of Education and Training | FAHC Oncology | UVM Rescue |
| Pat Donehower | Julie Ingalls | Jennifer Schneider | Essex Pediatrics | FAHC Pathology | UVM College of Medicine |
| Johnathan Ferguson | Nell Ishee | Michelle Schwartz | FAHC Anesthesiology | FAHC Pediatric Social Work | UVM College of Nursing & Allied Health |
| Johanne Fredette | Krysatl Jenness | Tammy Scott | FAHC Cardiology | FAHC Pharmacy | Vermont Student Assistance Corp |
| Rich Fritz | Sarah Malinowski | Evelyn Sikowski | FAHC Community Health Improvement | FAHC Physical Therapy | |
| Jess Gagny | Ellie Mesler | Jean Silva | FAHC Cytotechnology | FAHC Physics | |
| Richard Galbraith | Matt Murphy | Karyn Simpson | | FAHC Radiology | |
| Paula Gemache | Valerie Neice | Rachel Smith | | | |



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Health Education Center**

Putting People into Public Health

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