

Oregon Pacific AHEC

Virtual Move...

It's safe to say the state of wellness in the U.S. has motivated us to rethink our program delivery to meet the challenges of OPAHEC communities.

The great news is that although we are 100% remote, it has not prevented us from working toward our program goals and objectives. As our programs have been adapted to a comprehensive distance learning platform it has created ample opportunities to build new partnerships to better serve our region and state.

OPAHEC began moving all programs to a virtual platform mid-March, as the public schools and universities shut down. Each Education Coordinator spearheaded the transformation of their program; Julia Labahn - Pathways, Petra Gutierrez - Next Steps and Carmen Boone - Continuing Education. The new delivery method created more flexible time schedules for participants and teachers to access materials on demand. The virtual platform also provided an opportunity to share content and events with other AHEC's within and outside of Oregon's boarder. As our programs expand, we are also able to offer healthcare professionals and students alike the opportunity to develop their own leadership skills through presenting educational seminars on healthcare quality improvement techniques.

Healthcare Career Development

OPAHEC's Pathways and Next Steps continues assisting students prepare for healthcare professions. Pathways to Health Occupations for high school students provides educational presentations highlighting healthcare topics, interactive workshops on career development and individual mentoring. Pathways is funded by Meyer Memorial Trust and Oregon AHEC funding. All curricular materials are available on our website for teachers to use to supplement their classes. Next Steps serves high school seniors, College, and Professional students. Next Steps provides students with an opportunity to develop community service projects that address current health care issues in the communities where they live. Program participants can take AHA BLS CPR each year and Mental Health First Aid Training (Adult and Youth). The Mental Health First Aid is offered in cooperation with our state AHEC Program Office at OHSU. The partnership allows us to bring classes to rural communities as well. Next Steps is funded by a generous grant from Collin's Foundation.

Pathways

Since September, 12 group events and 7 individual mentoring events have been provided to students at 18 schools in our region. A total of 43 students actively participate in events, materials are available to teachers to enrich their curricula. Events schedules are listed in our calendar on our website.

Next Steps

Program events have been hosted for high school seniors at all 18 high schools we serve. At the college level we have hosted events featuring medical school students as mentors and presented about life in Med School.

Continuing Education

Since September 1, 2020 we have hosted 12 CME/CE programs serving 225 medical professionals.

1

OPAHEC
Serving 9 North-west counties of Oregon.

2

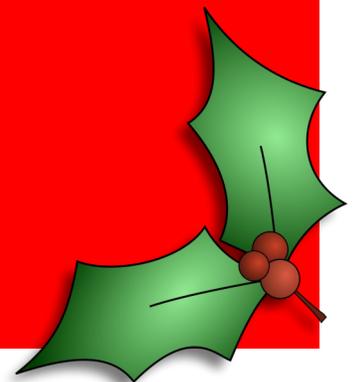
CAREER PREP
For high school and college students

3

CONTINUING EDUCATION
Healthcare professional courses

4

GRANTS
State & Federal AHEC & NAO- HPV, Meyer Memorial Trust & Collins Foundation



Free CE/CME in partnership with Samaritan Health Services

Continuing Education programs assist healthcare providers in maintaining their licensure and increase their knowledge on timely healthcare topics. In the past year we have greatly increased our offerings through a partnership with Samaritan Health Services Professional Education Department. Current course offerings include: Pain Management & Opioid Prescribing, HPV Vaccination Hesitancy/Cancer Prevention, Diabetes Numeracy and Literacy, Quality Improvement for HPV Vaccination, Hepatitis B Overview, and HPV Vaccination Hesitancy/Cancer Prevention for Dental Professionals. Two new grants this year have provided funding for two new courses Motivational Interviewing to improve HPV Vaccine Compliance and Mental Health for Healthcare Providers, a six-part series.

For a full view of our calendar of events and all enrichment activities please visit our website at www.OPAHEC.org.

Dear supports of OPAHEC,

As we all sit looking beyond our computer screens, winter is moving in quickly....which usually means time with family and friends in snowy places. For OPAHEC it usually means watching the road report to determine whether staff can travel to our remote schools in rural Northwest Oregon. And of course, will we need snow tires this year. The virtual platform has reduced our anxiety and put us in a completely different mindset. We find ourselves grappling over less dangerous decisions like flannel or wool, slippers or not? Virtual background of a warm sunny beach or the real thing...the closet in our "home office". Truthfully, we do content with really issues of isolation from the groups we collaborate with on projects and maintaining contact with the communities we serve. We are thankful that our home families and work families have remained relatively healthy, but each of us has been touched at various levels by the pandemic. We are also thankful for our awesome interns this past year Kennedy Coy, Janeene Perry and Jessa Donaldson. With their help we were able to accomplish many of our goals for community health and collaboration with our community partners. We remain diligent in our efforts to follow CDC guidelines and those put in place by our governor.

We hope that your families and colleagues have also remained healthy at these strange times. We all look forward to renewing in person connections in 2021 and for effective vaccines!

On behalf of the staff of Oregon Pacific Area Health Education Center...

Happy Holidays, Shelley, Carmen, Julia and Petra

