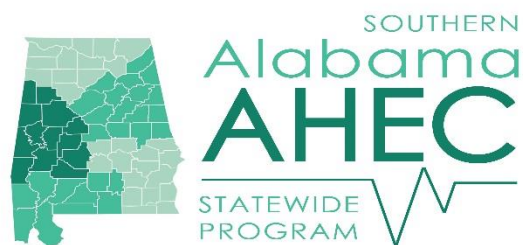


2020-2021
AHEC Scholars
Southern Alabama AHEC
220 Alco Drive, Brewton, AL, 36426
www.saahec.org



WELCOME

Thank you for participating in AHEC Scholars program for the Southern Alabama Area Health Education Center (AHEC). We are excited to begin the 3rd year of the program.



AHEC OVERVIEW

The AHEC Program is a federally funded program established in the United States in 1972 to improve the supply, distribution, retention and quality of primary care and other health practitioners in medically underserved areas. The program is part of a national effort to improve access to health services through changes in the education and training of health professionals. The program particularly focuses on primary care.

AHECs are nonprofit organizations strategically located within designated regions where health care and health care education needs are not adequately met. An AHEC works within its region to make health care education (including residency and student rotations) locally available, on the premise that health care workers are likely to remain in an area where they train. An AHEC also works to support practicing professionals with continuing education programs and other support resources and to attract youth (particularly those from minority and medically underserved populations) to health care professions. An AHEC partners with community organizations and academic institutions to fulfill its mission.



ABOUT SOUTHERN ALABAMA AHEC

Here in Alabama, the AHEC Program Office at the University of Alabama at Birmingham administers the program and coordinates the work of five regional offices. Southern Alabama Area Health Education Center (SAAHEC) is one of the regional offices located at Coastal Alabama Community College in Brewton, AL and serves 10 Counties in Southern Alabama that include Escambia, Clarke, Monroe, Washington, Butler, Mobile, Baldwin, Conecuh, Covington, and Crenshaw. SAAHEC was established in 2014 and opened its doors in January 2015. We are a non-profit, community-based organization focusing on improving the quality of healthcare and distribution of health professionals in rural and medically underserved areas of Alabama.

Our Mission: Recruit, train, and retain a healthcare workforce for Alabama.



Our Vision: To build and sustain the health care workforce in Southern Alabama.

Our Values:

Diversity of the Southern Alabama healthcare workforce

Education of healthcare professionals in rural and underserved Southern Alabama

Equal Access to Health Care for minority and disadvantaged populations in Southern Alabama; improving health outcomes; and reducing health disparities

Workforce and Economic Development through creating opportunities to expand the Southern Alabama healthcare workforce

Our Goals:

- Influence the training of health profession students/residents towards primary care through rotations in rural and underserved Alabama communities.
- Offer interprofessional, interactive and team-based training opportunities to different healthcare professional students in a goal of preparing a diverse, culturally competent, and qualified healthcare workforce for Alabama.
- Provide continuing education and support for targeted health providers.
- Implement programs, services and activities that target underrepresented minorities, rural and other disadvantaged Alabamians for careers in the health professions.
- Provide innovative, collaborative, interprofessional responses to community needs.

Our work is accomplished through academic and community partnerships which include local, state, and federal agencies; corporations; local health care providers; academic institutions: high schools, career tech centers, and colleges and universities; health professions students; the Alabama Statewide AHEC Program; other non-profit agencies; and our rural communities.



OVERVIEW OF AHEC SCHOLARS

The **AHEC Scholars Program** is designed to enhance the education and training of current health professions students committed to serving **Alabama's rural and underserved populations**.

AHEC Scholars are selected for a **two-year** commitment from among a variety of health professions: medicine, dentistry, nursing, nurse practitioner, physician assistant, public health, social work, radiologic sciences, audiology, physical therapy, occupational therapy, speech therapy, and more.

GOAL: To prepare a diverse, culturally competent primary care workforce, improve workforce distribution throughout Alabama, particularly among rural and underserved populations, and develop a workforce prepared to deliver high quality care in a transforming health care delivery system.

METHOD: Students will be selected from qualified applicants who have demonstrated commitment to service and have displayed leadership skills.

ACTIVITIES: Interprofessional teams, learn together - completing both didactic and clinical/experiential training over and above their regular curricula - with a focus on preparing them to care for Alabama's medically needy and under-resourced populations.

AHEC Scholars will enhance their knowledge and competence in the following core areas:

- **Interprofessional Education (IPE)**
- **Behavioral Health Integration (BHI)**
- **Social Determinants of Health (SDH)**
- **Cultural Competency (CC)**
- **Practice Transformation (PT)**
- **Current and Emerging Health Issues**

AHEC Scholars will engage in team-based experiences providing care to vulnerable and underserved patients in settings such as homeless shelters, free clinics, community health centers, senior citizen centers, health departments, health fairs, food pantries and more.

Each year will start in October and run through May/June. AHEC Scholars will complete an estimated 40 hours of didactic work in the Google classroom and 40 hours



of Interprofessional Experiential/Clinical Hours. These experiential/clinical hours must be completed with another student who is enrolled in another program so there are at least 2 disciplines represented. SAAHEC will provide enough opportunities to complete these hours. AHEC Scholars can either complete the hours provided by SAAHEC, complete hours provided by their university, or secure opportunities for hours on their own.



DIDACTIC CORE AREAS

2020-2021 Classroom topics

- **Social Determinants of Health (SDH): 10/15/2020 to 12/17/2020**
- **Interprofessional Education (IPE): 01/04/2021 to 03/07/2021**
- **Behavioral Health Integration (BHI): 03/08/2021 to 05/09/2021**

2021-2022 Classroom topics

- **Cultural Competency: DATES TBD**
- **Practice Transformation: DATES TBD**
- **Current and Emerging Health Issues: DATES TBD**

Each topic is divided into modules (usually 6) and each module lasts for approximately 10 days. There is a discussion question for each module. You will need to answer the discussion question in your own words and respond to one of your fellow Scholars' posts. These posts are meant to be thought provoking and will lead you to discuss how you would handle given situations in your chosen field. They are meant to provide an interprofessional discussion between the various health professions represented in the AHEC Scholars program.

The Program Coordinator for AHEC Scholars will comment, as needed, on your posts and track your progress throughout each topic.

At the end of each topic, you will be asked to email an Attestation Statement to the Program Coordinator, stating that you have spent at least 15 hours in the particular topic/class. These statements are required and must be submitted within 48 hours of receiving the request.



In addition to the Attestation Statement, you will be asked to complete a short survey for each topic. These surveys are anonymous, and we ask for your honest feedback so that we can make any changes necessary in the future.



CLINICAL/EXPERIENTIAL HOURS

AHEC Scholars are required to complete 40 interprofessional, experiential or clinical hours each year. The break-down for the hours is as follows:

10 hours (total of 40) completed prior to the end of the 1st topic (December 17th, 2020).

20 hours (total of 40) completed by the end of the 2nd topic (March 7th, 2021).

40 hours (total of 40) completed by the end of the 3rd topic (May 31st, 2021).

LEAD SCHOLAR

Each SAAHEC sponsored event will have a Lead Scholar assigned to it. The job of the Lead Scholar is to collect signatures on the SAAHEC provided sign in sheet, be the liaison between the Scholars and the community partner and take pictures of the event. Lead Scholars will earn one extra hour for their role. Scholars will have the opportunity to volunteer for Lead Scholar for each event with SAAHEC reserving the right to appoint a Lead Scholar, if necessary.



CONTACT PROCEDURES

All communication will be sent from SAAHEC via the provided Gmail address or via text through the *GroupMe app*. The Program Coordinator will send out Google or GroupMe calendar invitations for every clinical opportunity sponsored/planned by SAAHEC. Scholars should respond to email or calendar invitations within 48 hours and GroupMe messages within 24 hours.



STIPEND PAYMENT

AHEC Scholars are eligible for up to a \$500 stipend (contingent upon funding) each year for successfully completing the program. The first half of the stipend (\$250) will be provided once Scholars complete 20 hours of didactic & 10 hours of experiential/clinical training and second half of the stipend (another \$250) will be given once Scholars complete all 40 hours of didactic and 40 hours of experiential training. All scholars need to fill out and submit the stipend form and experiential hours form/log sheet prior to receiving the stipends. Scholars who do not complete the program requirements will not receive the full stipend and may be removed from the program.



MILEAGE REIMBURSEMENTS

Based on funding availability, SAAHEC may assist students who commute for experiential or clinical interactive training to rural and underserved areas of Alabama with mileage reimbursement.



RECOMMENDATION LETTERS

AHEC Scholars who are in good standing are eligible to receive a recommendation letter upon request. Please provide 3 business days' notice for receipt of letter.



DRESS CODE

AHEC Scholars are expected to wear the appropriate attire to every event attended as an AHEC Scholar, including provided name badge. Business casual attire or scrubs will be appropriate to events unless directed otherwise.

Things to avoid: flip flops, jeans with holes, rips or tears, tank tops, halter tops, clothing with potentially offensive language, sheer garments, and excessive perfume/cologne.



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

AHEC SCHOLARS POLICIES

This agreement outlines _____'s accountability and performance expected as an AHEC Scholar in the Southern Alabama AHEC Scholar Program.

Please initial

_____ Scholars are required to complete hours in a certain topic area during the year.

_____ Scholars are required to post one original response and comment on at least one of their fellow Scholar's post for each module.

_____ Scholars will be respectful of the differing opinions of the group.

_____ Scholars will reply to all emails sent by the AHEC Scholars Coordinator within 48 hours of email being sent.

_____ Scholars will either accept or decline all calendar invitation sent by the Program Coordinator within 48 hours of invitation being sent.

_____ Scholars will notify the Program Coordinator of any contact information changes as soon as possible.

Failure to comply with guidelines may forfeit the student mentee opportunity in the program. By signing below, you indicate you read, understand, and agree to these responsibilities.

Student Name (Printed): _____

Student Signature: _____

Date: _____



2018-2020, AHEC Scholars First Graduates, Class of 2020



Allen Alcantara
Exercise Sciences
Auburn University



Autumn Terry
Social Work
University of South Alabama



Chelsea Hale
Professional Health Sciences
University of South Alabama



Frances Bonnin
Audiology
University of South Alabama



Jessica Richardson
Pharmacy
University of South Alabama



Robert Hughes
Physician Assistant
University of South Alabama



Savannah Castrillo
Biomedical Sciences
University of South Alabama



Yulong Huang
Biomedical Sciences
University of South Alabama



2019-2021 Cohort 2 AHEC Scholars



Abigail Allen
Healthcare Management
University of South Alabama



Alyson Nguyen
Biomedical Sciences
University of South Alabama



Ashley Nguyen
Medicine
School of Medicine, USA



Azeline Arcenal
Medicine
School of Medicine



Bridget Moore
Nurse Practitioner
University of South Alabama



Brittany Jackson
Medicine
School of Medicine, USA



Dakoa Kane
Nursing, BSN
University of South Alabama



Erica Martin
Healthcare Management
University of South Alabama



Gabrielle Long
Biomedical Sciences
University of South Alabama



2020-2022 Cohort 2 AHEC Scholars



Sarah Hemelt
Biomedical Sciences
University of South Alabama



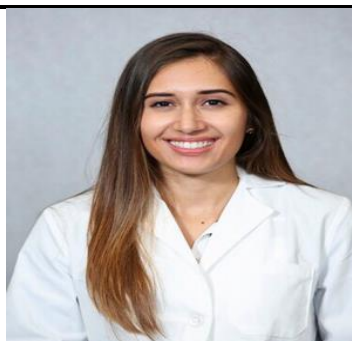
Jamie bolin
Physician Assistant
University of South Alabama



Jensyn Warner
Speech & Hearing Sciences
University of South Alabama



Kaleb Kittrell
Biomedical Sciences
University of South Alabama



Maria-Camila Ochoa
Medicine
School of Medicine, USA



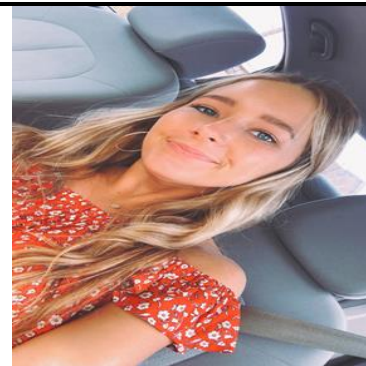
Mary Faragalla
Biomedical Sciences
University of South Alabama



Mellenie Thornton
Nurse Practitioner
University of South Alabama



Nathan Simpson
Physician Assistant
University of South Alabama



Sarah Coates
Radiologic Sciences
University of South Alabama



WORDS FROM THE AHEC SCHOLARS GRADUATES

“Henry Ford once said, “Coming together is a beginning, staying together is progress and working together is success.” This statement couldn't be more factual regarding AHEC and my aspiring goals as an advanced practitioner. In order to provide well rounded, complete care towards my patients, it will become essential for me to utilize my resources—including other practitioners and professionals who are experts in their field.

AHEC has not only provided reinforcement regarding this notion, but it has also opened up the line of early communication and collaboration among providers of various disciplines in order to emphasize how crucial this element is regarding success. It utilizes Google Classroom in the form of interactive discussion boards, videos and games to organize and streamline information regarding topics such as interprofessional education, behavioral health integration and social determinants of health. This helps one to become fully immersed in the topics and form early bonds and relationships with their peers in order to utilize them in their everyday practice.

It has also provided financial support in the form of stipends. The coordinator of the program has also been there every step of the way helping me to succeed. He has not only provided positive feedback and suggestions, but he has also helped me to obtain clinical placement in areas that are similar to where I would like to practice in the future. Overall, AHEC has not only helped me professionally, but has vastly contributed toward my personal growth as well.”

Jennifer Gorecki
Nurse Practitioner
AHEC Scholar



“In my nearly two years of being an AHEC Scholar, I can confidently say that I have met some of the most caring, creative, hardworking, dedicated people. As a whole, AHEC emphasizes the importance of interprofessional teamwork and rural healthcare through experiential training sites such as the Poarch Creek Indian Health Department, Central Presbyterian Church, Camp MED, and Bella Terra RV Resort, in addition to supplementary information provided through Google Classroom. Through these volunteering opportunities and online learning opportunities, I have become a much more attuned, well-rounded individual.

As much as I value the experiences that AHEC has provided me, most of all, I truly feel a sense of community within the AHEC Scholars Program. I would also like to



extend my gratitude to Md. Ikbal Parveg for being such an amazing program coordinator. For the amount of time that we put into the program, we have been compensated with semiannual stipends. Joining AHEC has provided me with such unique opportunities that I would not have otherwise been introduced to, and I am so happy and proud to be graduating as an AHEC Scholar this summer 2020.”

Yulong Huang
MD Candidate
AHEC Scholar Graduate



“The AHEC Scholars program has provided me with experiences and perspectives that have proven to be invaluable in my development as a future clinician. The program’s use of modern collaborative resources like Google Classroom, video lectures, virtual and in-person lectures, and discussion boards have allowed me to explore the unique challenges rural and underserved populations face. AHEC has supported my professional growth through a scholars financial stipend, supportive program staff, and on-campus events designed to enhance my learning while allowing me to mentor future healthcare scholars. During the first year of the program we covered diverse topics such as behavioral health integration, social determinants of patient health, and interprofessional education and collaboration. The training I received from AHEC augmented my learning in school to effectively prepare me for the clinical rotations I completed at rural sites in Alabama.

The second year of the program equipped me with knowledge of emerging health issues while broadening my cultural competency and understanding. These lessons are proving to be vital as I complete my clinical training transition into my role as a healthcare. The knowledge and training I received through the AHEC Scholars Program has provided me with a deeper understanding of how to better care for the patients I serve. I am confident that I will be a better healthcare provider thanks to my experiences in the last two years.”

Robert M. Hughes
Physician Assistant
AHEC Scholar Graduate



“The desire to make a change in the world is a noble thing, and it is something that most people have at least a little bit of inside them; no one wants to see another human being suffer, and in a world that is as grand as ours, it can sometimes be difficult to identify what we can do in our lives to make a difference. The AHEC scholars is a wonderful program because its mission is to make a difference by identifying and serving the communities that need it the most, yet are often forgotten. In their program, future health professionals are taught the importance of serving the rural communities of our country as they lack many of the components in their health care systems that are necessary for a healthy community. Through various modules, we saw the importance of a variety of health care disciplines in these communities, as well as techniques to work effectively as a team. During the program we were also able to work in various experiential training sites, where we worked hands on in rural areas in order to make a difference in these communities.

During the two years I have had the privilege to be an AHEC scholar, I have learned so many things that will stay with me in my future career as a physician. I have had the opportunity to interact with so many diverse people, who I otherwise would never have been able to meet. Overall, this program has been such a unique experience and it has given me a new perspective on the world that will allow me to understand and help people in the future. Ultimately I am proud to be an AHEC scholar, and I am excited for a future that is filled with more people that adopt the mission of this program.”

Savannah Castrillo
Biomedical Sciences, Pre-med
AHEC Scholars Graduate



“Throughout my life I have always found ways to volunteer and work with and for the community in which I live in. When I moved to Mobile, AL to start my graduate studies in Audiology in 2018, I was worried about how I would find a place to volunteer and serve a population in need. AHEC Scholars provided me with so many enriching opportunities not only to serve, educate and help others, but also to learn and meet amazing new people. During my first year, I was given the opportunity to serve at the Poarch Creek Indian Reserve’s Assisted Living Center. AHEC Scholars granted me the opportunity to interact and learn from this amazing community and I had the privilege to make friendships and connections that will last a lifetime. Other experiential opportunities included the Veterans Recovery Resource Center and the Bella Terra RV Resort, which were both incredible interprofessional opportunities.



AHEC Scholars has provided me with a very unique opportunity during my graduate studies and time in Alabama. Throughout the AHEC experience we have been indoctrinated with the importance of interprofessional collaboration and education within health care and we have learned about the roles of other professions. I was able to meet and work alongside amazing individuals from many other health care professions. I am certain that I would not have had the experiences and education I received through the AHEC Scholars Program from anywhere else. I am very grateful for this invaluable opportunity and would recommend it to everyone.”

Frances Bonnin-Serralles
Audiology
AHEC Scholar Graduate



“The AHEC Scholars program has affected my life in a positive way. They provide very many volunteering opportunities for us and this gives us insight on how things are in rural areas especially in the healthcare system. I worked in a free clinic and it was such an eye-opening experience. Along with these hands-on opportunities they take the time to teach us topics about the healthcare system such as what it means to be culturally competent, interprofessional education, and even working with different populations such as the LGBTQ community. If it weren’t for AHEC I don’t think I would’ve gotten to experience the things I have through them. AHEC has definitely opened my eyes to many different issues that are not often spoken about. Joining AHEC has been one of the best decisions I’ve made in my undergraduate career. I am honored and proud to be an AHEC graduate this upcoming summer of 2020.”

Allen Alcantara
Exercise Sciences
AHEC Scholars Graduate



“The AHEC Scholars program has been one of the most enriching components of my journey as a college student. As a social work student, I come from a background of academic knowledge that fails to delve very far into the realm of healthcare, despite the many social workers employed in the healthcare field. The AHEC Scholars program has allowed me to better understand topics such as social determinants of health, the many



aspects of behavioral health, what it means to be culturally competent and how it applies to healthcare, and many more vital topics. Throughout my time as an AHEC Scholar, I have gained a plethora of knowledge about other healthcare professionals from the coursework, readings, discussion boards, and even from my fellow AHEC peers. I believe that each AHEC Scholar brings something unique and valuable to our classroom and creates and fosters an atmosphere of learning, curiosity, and understanding.

AHEC has provided the perfect platform to network and create lasting relationships with other students and professionals. Through volunteering, conferences, and experiential training, AHEC has provided me the chance to explore the world of healthcare and to see how it applies to my own specific professional discipline as well as to the many different disciplines of my AHEC peers. Furthermore, through these experiential training sites, students are able to test and practice skills and knowledge learned in the classroom while simultaneously learning new skills, knowledge, and experiences. AHEC has been a program that has pushed me to step out of my area of expertise as well as my comfort zone. Once I complete the AHEC Scholars program, I know I will be able to say that this program has added value to who I am as a person, both personally and professionally. I would definitely recommend this program to all students considering a career in the healthcare field.”

Autumn Terry
Social Work
Southern Alabama AHEC Scholars Graduate



“The AHEC Scholars program was a unique opportunity to participate in rural areas of interprofessional health care. During my time at the Poarch Creek Indian Reservation, I gained an interesting perspective of the patient-centered model of health care, while being exposed to the different barriers that rural areas face every day. Through the educational training activities, discussion questions, resources and experiential training sites provided by the AHEC scholars program, I learned interdisciplinary skills that will allow me to think dynamically across boundaries.

I am beyond thankful for my experiences through this scholarship program, as well as the lasting relationships that I have gained through AHEC. The AHEC Scholars program has prepared me for collaborative and team-based practices, while exposing me to the



realities of underserved populations. The most striking lesson learned during my time with AHEC came through the way in which the unique needs of The Poarch Creek Indians were met. There's no denying the role of culture, even in health care, and it was beautiful to see that respected.

I am also thankful to the program coordinator Md. Ikbal Parveg for his understanding and full commitment to us scholars throughout this learning process. AHEC is a great program to expose health care professional students to rural and underserved populations and because of these experiences I can say that I am proud to be graduating as an AHEC Scholar this year.”

Chelsea Hale
Health Sciences Candidate
Southern Alabama AHEC Scholar



WORDS FROM THE CURRENT AHEC SCHOLARS

“I have just completed my second year as a medical student and my first year as scholar in the Area Health Education Centers (AHEC) of Alabama. AHEC perfectly complimented the medical school curriculum as it allowed me to practice basic health care and interdisciplinary work prior to my clinical years. The skills I have learned in AHEC have become a major asset to my studies and are a critical component of my journey to becoming a physician. The program has also helped redefine and strengthen my values as a future medical provider. AHEC highlights various topics of medical care and public health including the opioid crisis, mental health, current pandemic, health disparities, medical ethics, healthcare finance, physician roles, the patient perspective, and so much more. We were often challenged with thought provoking questions and encouraged to take part in open discussions, all of which helped me discover the importance of teamwork and establish the courage to share my thoughts in a professional setting. I can confidently say that my experiences have better equipped me to care for a diverse population of patients, including underserved individuals and those from rural locations, and I have become a more competent student physician because of it. I look forward to continuing my education and seeing myself thrive with AHEC.

It is my great pride and honor to be a part of an organization that has instilled in me the wisdom, understanding, and empathy that I need to be successful for the entirety of my career as a medical professional and the rest of my life as a member of our community. I invite you to also take the opportunity to become a part of this great learning environment and establish the skills that you will carry with you for a lifetime.

Ashley Nguyen
MD Candidate
Southern Alabama AHEC Scholars



“I have been a part of the AHEC Scholars program since Fall of 2019. The program has provided opportunities to serve others in our community in actions and education. I have participated at a local church’s food pantry service for our community twice. At the first session, we provided education about the appropriate diets for many diseases prevalent in our community. We discussed how to make healthy food choices to lower cholesterol, to help control blood sugar, to lower blood pressure, and to address other health concerns. By working at the food pantry, the healthcare professional students



worked with those they will serve in their professional roles. The “other benefit” of this opportunity was the chance to work with other students from different healthcare roles. Students represented nursing, medical students, social workers, and other future healthcare professionals. The program provides an eye opening, hands-on opportunity to look beyond the hospital or the clinic setting...it opens the view of rural needs, of those underserved in our communities and state, and of the roles of our colleagues in caring for people. I have enjoyed the opportunities offered by the program up to this point and look forward to my second year with the program.

Bridget Moore
Nurse Practitioner
AHEC Scholars



“Being a part of Southern Alabama AHEC has been an eye-opening experience and something that is indispensable to my future career in the medical field. This program, held through the online platform Google Classroom and in person through interprofessional volunteer opportunities, is something that I have found to be very informational and helpful. Topics such as cultural competency and practice transformation that have been covered online have been eye openers, and ideas that are extremely helpful when considering a job in the medical field. This information is then practiced in volunteer opportunities and discussed through online discussion posting, where we can take the information and truly understand it and practice it in real life. The program overall is a great way to learn more about lesser taught, but just as important, topics in and relating to the medical field.”

Kaleb Kittrell
Biomedical Sciences
Southern Alabama AHEC Scholar



“Ralph Waldo Emerson once said,” Do not go where the path may lead, go instead where there is no path and leave a trail.” I was honored to have been selected to participate in this prestigious program. The AHEC Scholars Program has helped me to finalize my



career aspirations. I aspire to have a career in public health. After participating the various health education presentations, there was no doubt that I wanted to be a change agent for people in the rural community. During the Covid-19 pandemic, we were afforded the opportunity to obtain vital information from the CDC that positively impacted our communities through webinars and case studies. My involvement with AHEC Scholars has been a real eye-opening experience. After volunteering with AHEC, I realized that there is a great need for patient education and coordination. Additionally, the didactic learning component has enriched my knowledge greatly.”

Erica Martin
Healthcare Management
Southern AL AHEC Scholars



Didactic course curriculum/overview:

ALABAMA STATEWIDE AHEC PROGRAM AHEC SCHOLARS PROGRAM COURSE OVERVIEW

CORE TOPIC AREA: SOCIAL DETERMINANTS OF HEALTH

RESPONSIBLE FOR COURSE:

Md Ikbal Parveg, Program Manager, Southern Alabama AHEC

Address: 220 Alco Dr. Brewton, AL 36426

251-809-1562 | ikbalsa@alabamastatewideahecprogram.org | www.saahec.org

COURSE DESCRIPTION: The AHEC Scholars Program is designed to enhance the education and training of selected health professions students committed to serving Alabama's most rural and underserved populations. AHEC Scholars enrolled in the program will engage in 80 hours of didactic content focused on six Core Topic Areas (40 hours per year for two years). This course focuses on the Core Topic Area of Social Determinants of Health and Scholars will learn about how the conditions in which people are born, grow, live, work and age affect their health and quality of life. Students will complete this course totally online while interacting with an interprofessional team of student Scholars from a variety of health professions programs.

COURSE OBJECTIVES: Upon completion of this course the AHEC Scholar will be able to:

1. Discuss social determinants of health and how they impact health, health care, and quality of life.
2. Compare the difference between social determinants of health at the individual level versus population level.
3. Apply what you have learned to the care of patients in a clinical setting.
4. Screen for and address unmet social needs impacting health in the clinical setting.

TEACHER/LEARNER ACTIVITIES: Students are expected to be self-directed in moving through the course content and seeking help when necessary. Each module within the course has assigned readings, videos, and activities. Online reflection and discussions are expected for effective interprofessional learning. Students are expected



to think critically and utilize real life examples as necessary, always being cognizant of HIPAA security.

EVALUATION: Achievement of course objectives will be evaluated by student engagement in course discussions, completion of an evaluation of the course content, and submission of a signed attestation of course completion. No grade is assigned with course completion.

TOPICAL OUTLINE

<u>Date</u>	<u>Topic</u>
Oct 15-Oct 25, 2020	Read the Introduction to the Social Determinants of Health course and review the Course Overview Complete Module 1: An Introduction to Social Determinants of Health Complete Assigned Discussion Posting #1 (discussion posting due by 10/25/2020 at 11:59 p.m.)
Oct 26-Nov 04, 2020	Complete Module 2: Understanding the Social Determinants of Health – A Self-Guided Learning Module For Rural Health Teams Complete Assigned Discussion Posting #2 (discussion posting due by 11/04/2020 at 11:59 p.m.)
Nov 05-Nov 15, 2020	Complete Module 3: Advancing Health Equity Complete Assigned Discussion Posting #3 (discussion posting due by 11/15/2020 at 11:59 p.m.)
Nov 16-Nov 25, 2020	Complete Module 4: Activities and Application Complete Assigned Discussion Posting #4 (discussion posting due by 11/25/2020 at 11:59 p.m.)
Nov 26-Dec 06, 2020	Complete Module 5: Importance of Health Literacy Complete Assigned Discussion Posting #5 (post your reflection by 12/06/2020 at 11:59 p.m.)



Dec 07–Dec 17, 2020

Complete Module 6: TBD

Complete a reflection on what you learned about Social determinants of health during these past 2 months.

(post your reflection by 12/17/2020 at 11:59 p.m.)

Complete Course Evaluation and Attestation of Completion



**ALABAMA STATEWIDE AHEC PROGRAM
AHEC SCHOLARS PROGRAM
COURSE OVERVIEW**

CORE TOPIC AREA: INTERPROFESSIONAL EDUCATION

RESPONSIBLE FOR COURSE:

Md Ikbal Parveg, Program Manager, Southern Alabama AHEC

Address: 220 Alco Dr. Brewton, AL 36426

251-809-1562 | ikbalsa@alabamastatewideahecprogram.org | www.saahec.org

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interprofessional team of student Scholars from a variety of health professions programs.

COURSE OBJECTIVES: Upon completion of this course the AHEC Scholar will be able to:

1. Discuss the impetus for interprofessional education (IPE) and interprofessional collaborative practice (IPCP) in health professions education.
2. Demonstrate skills in the four domains of IPE, including respect for other health professionals and positive attitudes toward team-based decision-making.
3. Utilize the fundamentals of TeamSTEPPS to create change at the individual, team, and organizational levels.
4. Apply what you have learned to the care of patients in a clinical setting.

TEACHER/LEARNER ACTIVITIES: Students are expected to be self-directed in moving through the course content and seeking help when necessary. Each module within the course has assigned readings, videos, and activities. Online reflection and discussions are expected for effective interprofessional learning. Students are expected to think critically and utilize real life examples as necessary, always being cognizant of HIPAA security.

EVALUATION: Achievement of course objectives will be evaluated by student engagement in course discussions, completion of an evaluation of the course content, and submission of a signed attestation of course completion. No grade is assigned with course completion.

TOPICAL OUTLINE

<u>Date</u>	<u>Topic</u>
Jan 04-13, 2021	<p>Read the Introduction and review the Course Overview for Core Topic Area: Interprofessional Education</p> <p>Complete Module 1: Introduction to Interprofessional Education and Interprofessional Collaborative Practice</p> <p>Complete Assigned Discussion Posting #1 (discussion posting due by 01/13/2021 at 11:59 p.m.)</p>



Jan 14-24, 2021	Complete Module 2: Core Competencies for Interprofessional Collaborative Practice Complete Assigned Discussion Posting #2 (discussion posting due by 01/24/2021 at 11:59 p.m.)
Jan 25-Feb 03, 2021	Complete Module 3: Introduction to TeamSTEPPS Complete Assigned Discussion Posting #3 (discussion posting due by 02/03/2021 at 11:59 p.m.)
Feb 04-14, 2021	Complete Module 4: Using TeamSTEPPS to Create Change Complete Assigned Discussion Posting #4 (discussion posting due by 02/14/2021 at 11:59 p.m.)
Feb 15-24, 2021	Complete Module 5: Putting It All Together Complete Assigned Discussion Posting #5 (discussion posting due by 02/24/2021 at 11:59 p.m.)
Feb 25-Mar 07, 2021	Module 6: Promising Interprofessional Collaborative Practices Complete a reflection on what you learned about interprofessional education and interprofessional collaborative practice during these past 2 months. (post your reflection by 03/07/2021 at 11:59 p.m.)
	Complete Course Evaluation and Attestation of Completion



**ALABAMA STATEWIDE AHEC PROGRAM
AHEC SCHOLARS PROGRAM
COURSE OVERVIEW**

CORE TOPIC AREA: BEHAVIORAL HEALTH INTEGRATION

RESPONSIBLE FOR COURSE:

Md Ikbal Parveg, Program Manager, Southern Alabama AHEC

Address: 220 Alco Dr. Brewton, AL 36426

251-809-1562 | ikbalsa@alabamastatewideahecprogram.org | www.saahec.org

COURSE DESCRIPTION: The AHEC Scholars Program is designed to enhance the education and training of selected health professions students committed to serving Alabama's most rural and underserved populations. AHEC Scholars enrolled in the program will engage in 80 hours of didactic content focused on six Core Topic Areas (40 hours per year for two years). This course focuses on the Core Topic Area of Behavioral Health Integration and Scholars will learn about the high prevalence and unmet behavioral health needs of individuals and the importance of integrating behavioral health care into primary care. Scholars will further learn how to screen for behavioral health disorders and how to utilize Motivational Interviewing to promote health behavior change. Students will complete this course totally online while interacting with an interprofessional team of student Scholars from a variety of health professions programs.

COURSE OBJECTIVES: Upon completion of this course the AHEC Scholar will be able to:

1. Define behavioral health and describe the importance of integrating behavioral health into primary care.
2. Screen for behavioral health disorders in the clinical setting.
3. Incorporate the use of SBIRT into clinical practice.
4. Use Motivational Interviewing to promote health behavior change with patients.
5. Describe implementation of the Collaborative Care Model in primary care.

TEACHER/LEARNER ACTIVITIES: Students are expected to be self-directed in moving through the course content and seeking help when necessary. Each module within the course has assigned readings, videos, and activities. Online reflection and discussions are expected for effective interprofessional learning. Students are expected to think critically and utilize real life examples as necessary, always being cognizant of HIPAA security.



EVALUATION: Achievement of course objectives will be evaluated by student engagement in course discussions, completion of an evaluation of the course content, and submission of a signed attestation of course completion. No grade is assigned with course completion.

TOPICAL OUTLINE

<u>Date</u>	<u>Topic</u>
Mar 08-17, 2021	Review the Course Overview for Core Topic Area: Behavioral Health Integration Complete Module 1: Introduction to Behavioral Health Integration Complete Assigned Discussion Posting #1 (discussion posting due by 03/17/2021 at 11:59 p.m.)
Mar 18- 28, 2021	Complete Module 2: SAMSHA – HRSA Center for Integrated Health Solutions Complete Assigned Discussion Posting #2 (discussion posting due by 03/28/2021 at 11:59 p.m.)
Mar 29-Apr 07, 2021	Complete Module 3: Common Mental and Behavioral Health Issues in Primary Care Complete Assigned Discussion Posting #3 (discussion posting due by 04/07/2021 at 11:59 p.m.)
Apr 08-18, 2021	Complete Module 4: Helpful Screening Tools Complete Assigned Discussion Posting #4 (discussion posting due by 04/18/2021 at 11:59 p.m.)
Apr 19-28, 2021	Complete Module 5: An Introduction to Motivational Interviewing



Complete Assigned Discussion Posting #5
(discussion posting due by 04/28/2021 at 11:59 p.m.)

Apr 29-May 09, 2021

Module 6: A Deeper Dive into Motivational Interviewing
Complete a reflection on what you learned about
behavioral health integration during these past 2
Months.

(post your reflection by 05/09/2021 at 11:59 p.m.)

Complete Online Course Evaluation and Attestation
Of Completion.



Experiential Training Sites

Alabama Free Clinic

Alabama Free Clinic has three different locations where you can get your hours on different dates.

Bay Minette:

Hours: Every Thursday from 1 pm to 9 pm

Address: This site located inside Baldwin County Government Annex VI in the Northeast corner of Courthouse Square - 212 Courthouse Square, Bay Minette, AL 36507.

Robertsdale:

Hours: Every Tuesday from 5 pm to 9 pm

Address: This site is located in the Baldwin County Health Department building at 23280

Gilbert Drive, Robertsdale, AL 36567, just off Highway 90.

Gulf Shores:

Hours: Every First & Third Monday each month from 5 pm to 9 pm.

Address: This site is located in Dr. Jeanne Birkenhauer's office at 156 East 15th Avenue #1, Gulf Shores, AL 36542

Need to contact Laurie Kittrell, Executive Director of Alabama free clinic to set up an interview and schedule your volunteering dates. Her contact information is given below.

laurie@alabamafreeclinic.org

Office: 251-937-8096

Cell: 251-752-8898

USA Student Run Free Clinic

Hours: most Fridays at 1:30 pm to 5:30 pm

Address: 1009 Dauphin Street, Mobile, AL 36604 (The Salvation Army of Coastal Alabama Area Command)



The University of South Alabama Student-Run Free Clinic (USA SRFC) is a student-led initiative with the purpose of enhancing wellness amongst underserved populations in Mobile, Alabama. The clinic aims to provide experiential learning for students to practice clinical and communication skills, while also improving sensitivity to vulnerable populations and promoting a lifelong commitment to service.

If you are interested in volunteering at SRFC please contact the following person:

Dr. Alison B. Rudd
Asst Professor and Asst Director
USA Simulation Program
Director USA Student-Run Free Clinic
arudd@southalabama.edu
P: (251) 445-9506
University of South Alabama
Health Sciences Building
5721 USA Drive N., HAHN 2044
Mobile, AL 36688-0002

Senior Services Department at the Poarch Band Creek Indians Health Department (SAIL Center)

Hours: Every other Wednesday (9 am to 5 pm).
Address: 429 Buford L. Rolin Drive, Atmore, AL 36502

Need to contact the following person for orientation and finalize dates.

Michelle Shiver
ALF Administrator
mshiver@pci-nsn.gov
Office: 251-446-4801
Cell: 251-359-2105

Veterans Recovery Resources Outpatient Clinic

Hours: Every Tuesday (3:00 pm to 4:30 pm) Take maximum 4 students at a time.

Contact Person:



Erin N. Lunn PA-C, MHS
 University of South Alabama
 Assistant Professor
 Director of Clinical Education
 Department of Physician Assistant Studies
 2018 Robert Wood Johnson Foundation Clinical Scholar Fellow
 emcadams@southalabama.edu
 P: (251)445-9270

Central Presbyterian Church (Food Bank)

Hours: Every Tuesday (9/10 am to 3 pm)
 Address: 1260 Dauphin St, Mobile, AL 36604

Need to contact any of the following persons for orientation and finalize dates.

Pat Hall (Prefer Texting)
 Nurse Practitioner
 Cell: 251-654-3935
 phallphd@bellsouth.net
 OR
 Connie Guggenbiller
 Administrator
 Cell: 251-6058987
 guggenbiller@comcast.net

Southern Alabama AHEC Summer Camp

You need to sign up for at least one day for the summer camp. Southern AL AHEC offers a FREE summer camp experience for students in our service area that promotes positive youth development, expound on health careers and job opportunities in the future that is filled with exciting daily activities, friendships, and laughter through active learning and hands-on, fun, and creative activities. The main goal of this summer camp is to strengthen the academic proficiency and career development of students who seek a profession in health care/career fields and prepare them to take what they've learned and use it through everyday life. AHECs target economically disadvantaged students and those from underrepresented minority groups in high school and pre-professional college programs (9th through 12th grades) to prepare them for health careers.



Schedule & Camp; Location: TBD

Please contact Ikbal Parveg for scheduling your hours.

Boys & Girls Clubs of South Alabama

Hours: During the middle-to-late afternoon during the school year including weekends.

Address: 1102 Government St, Mobile, AL 36604

If you are interested in volunteering there, please visit their website

(www.campsmilemobile.org) for a volunteer application and have any questions, please contact the following person.

DeNairio Bolton

Chief of Staff | Boys & Girls Clubs of South Alabama

Office: 251.432.1235

dbolton@bgcsouthal.org

Dumas Wesley Community Center (SAIL Center)

Hour: Every alternative Thursday (10:30 am -11:30 am)

Address: 126 Mobile St, Mobile, AL 36607

If you are interested, please contact the following person for orientation and finalize dates.

Joni Hendee

Marketing and Public Relations Director

Dumas Wesley Community Center

251.479.0649

jhendee@dumaswesley.org

American Red Cross

The following volunteering opportunities are available at American Red Cross at this moment. Please create an account to Volunteer Connection to apply for the position you like.

- Blood Donor Ambassador

Location: MOBILE (South), Covington (South)

- Blood Services: Fleet Lead

Location: MOBILE (South)



- Blood Services Community Ambassador

Location: Conecuh (South), Crenshaw (South), Butler (South), MOBILE (South), Baldwin (South), Washington (South), Covington (South)

- Blood Services Team Leader

Location: Covington (South), MOBILE (South)

- Blood Services Transportation Specialist - Hospital Deliveries *** URGENT NEED ***

Location: MOBILE (South)

- Blood Services Volunteer Engagement Lead

Location: MOBILE (South)

- Blood Services Warehouse Assistant

Location: MOBILE (South)

- Blood Services: Baldwin County: Blood Donor Ambassador

Location: Baldwin (South)

- Blood Services: Covington County: Blood Donor Ambassador

Location: Covington (South)

- Blood Services: Mobile County: Blood Donor Ambassador

Location: MOBILE (South)

- Blood Services: Scheduling Specialist

Please contact the following person if you have any question.

Laura Puranen

American Red Cross

Regional Recruitment Specialist

5015 Woods Crossing

Montgomery, AL 36106

Cell: 334-306-3504

laura.puranen@redcross.org

East Brewton SAIL Center

Hours: Every Wednesday from 9 am to 1 pm.

Address: 702 Williamson St, East Brewton, AL 36426

This is a Senior Citizen Center located at Brewton AL where you can get your community experience. At least three to four students need to sign for this program. Please let me know who is interested.



Camp Rap-A-Hope

You can get some of your experiential training hours by volunteering in camp Rap-A-Hope as medical staff. Camp Rap-A-Hope is a non-profit organization that offers free FUN for children who have or have had a cancer diagnosis and their families. They offer programs and events throughout the year that aim to bring fun to the childhood cancer journey. Their largest event is a week-long summer camp for kids age 7 – 17 years. 2020 Schedules are not finalized yet.

If you are interested in volunteering please visit their website (www.camprapahope.org) for volunteering sign up and have any questions, please contact the following person.

Cord Fallon
Development Director
251-476-9880
2319, 2701 Airport Blvd, Mobile, AL 36606

Camp SMILE

You can get some of your experiential training hours by volunteering in Camp SMILE as medical staff. Hosted by United Cerebral Palsy of Mobile, Camp SMILE is a residential summer camp for individuals with disabilities (ages 5 – 50) and their siblings. The mission of Camp SMILE is to empower children and adults with disabilities to live their lives without limits by providing an inclusive summer camp experience where there is no limit to the adventure. 2020 schedules are not finalized yet.

Camp Location: 11081 Wanda Dr, Mobile, AL 36608

If you are interested in volunteering as medical staff in Camp Smile please visit their website (www.campsmilemobile.org) for a volunteer application and have any questions, please contact the following person.

Matrisza Alvarezor
251-479-4900.
3058 Dauphin Square Conn, Mobile, AL 36607

Alabama Baptist Children Homes & Family Ministries

Hours: May choose your hour upon discussion
Address: 6512 Grelot Rd, Mobile, AL 36695



If you are interested, please contact the following person to apply.

Haley D Walker
Assistant Director
(251)639-1022 (Office)

Bella Terra RV Resort

Hours: The last Saturday of each month (9:30 am to 1:00 pm)

Address: 101 Viabella Terra, Foley, AL 36535

AHEC Scholars provide health education to the senior guests of the resort on different health issues such as balanced diet, my plate, mental health, arthritis, back pain, common chronic diseases like diabetes & hypertension, etc.

Contact Person:

Jacqueline Winkleman (Trina)
jtwinkleman@hotmail.com
606-356-2669





Education, Healthcare, and Jobs for Alabama

AHEC SCHOLARS STIPEND REQUEST FORM

Student Name:	Date
Gender:	School Name:
Program of Study:	Student Type:
Email:	Phone:
<p>Request and Justification for Stipend: The above student meets the following required programs and training aspects of the AHEC Scholars Program for academic year ____/____/____ thru ____/____/____: (please complete the program requirements & check all that boxes)</p> <p><input type="checkbox"/> Completed 40 hours of didactic/academic training focused on core topics, important in the care of rural and underserved populations, through the Google Classroom LMS</p> <p><input type="checkbox"/> Completed 40 hours of interprofessional community based experiential training (through AHEC events) as evidenced by the attached Student Self-Reporting Hours Form</p> <p><input type="checkbox"/> Form W-9 (submitted)</p>	
<p>My signature below indicates that I have completed all the requirements necessary to receive the AHEC Scholars Program Stipend:</p>	
Student Signature:	Allowance Requested:
Approved By (To be completed by AHEC Staff Only):	Date Approved:





Education, Healthcare, and Jobs for Alabama

Experiential Training Hours Log-Sheet Form

(The purpose of this AHEC SELF-REPORTING FORM is to develop more flexibility in the Experiential Training for the AHEC Scholars)

Student Name: _____ Date: _____

Gender: _____ Phone Number: _____ Email: _____

School Name: _____

Student Type: _____ Health Profession Discipline: _____

Name of the Experiential Training Site: _____

Site Address: _____ City: _____ County: _____ State: _____ Zip Code: _____

Preceptor(s)/Supervisor's Name: _____ Supervisor's Credential: _____

Preceptor's Email: _____ Preceptor's Number: _____

Dates	Starting Time	Ending Time	Hours Completed
Total Hours Completed:			
Approved By (To be completed by AHEC Staff Only):			Date Approved:

By signing below I'm attesting that I completed _____ hours of experiential training in the aforementioned site to fulfill the requirements for the Southern Alabama AHEC Scholars Program.

Student's Signature & Date

Supervisor's Signature & Date





STUDENT MILEAGE REIMBURSEMENT FORM

The purpose of AHEC reimbursement is to help ease the financial burden and encourage students that are interested in completing rotations and/or community service-learning opportunities in rural or underserved Alabama communities. Rotations and/or community service-learning opportunities must be completed at a clinical site or organization that is located in a Health Profession Shortage Area (HPSA) or Medical Underserved Area (MUA). In order to determine if your site meets these requirements please use the [HRSA designation look-up page](#). Students may receive reimbursement for mileage up to \$200 per rotation with a max of \$400 per year while funding is available. Students will be notified when funding is no longer available.

In order to receive mileage or housing reimbursement you must complete and return the following forms to the Southern Alabama AHEC Office as soon as after completing the rotation.

Today's Date:		Type of Rotation (Peds, Family Med, OB, etc):		
Student Name (last, first, m):				
Clinical Site Name:				
Clinical Site Address:				
Clinical Site Preceptor Name:			Specialty:	
Preceptor's Credential (MD, NP, PA ...):			Email:	
Rotation Date(s):		Total Number of Hours Completed:		
Date of Travel	Starting Address:	Ending Address:	Round Trip? (Y/N)	Total Mileage
Ex. 2/03/2010	619 19 th St., Birmingham, AL, 35249	317 McWilliams Ave., Camden, AL, 36726	Y	256
Total Miles				
To be complete by AHEC staff: Approved by		Date Approved		
		Amount Paid	Date Paid	

If you have questions, please feel free to contact the Southern Alabama AHEC office at (251) 809-1562 or email Md. Ikbal Parveg at iparveg@saahec.org



Thank You

For Participating in the AHEC Scholars Program

