

# Area Health Education Centers

The Oregon Area Health Education Centers program (AHEC) is a partnership between OHSU and Oregon communities. AHEC's mission is to improve the education, training and distribution of health care professionals in Oregon. Five regional AHEC centers statewide work with local health care facilities and providers, community leaders, schools and the public to identify and meet local needs. AHEC provides K-12 programs for students interested in health careers.

## Oregon AHEC Program Office at OHSU

**Contact:** 503 494-4896, [www.ohsu.edu/ahec/](http://www.ohsu.edu/ahec/)

**MedStars** – a residential summer experience at OHSU, this program exposes rural and underserved high school students to careers in health care. Participants must be entering their senior year of high school or freshman year of college and must have a demonstrated prior interest in a health career. Applications and regional office contact information may be found at: [www.ohsu.edu/medstars](http://www.ohsu.edu/medstars)

**Junior Medstars** – a grant funded program for rural and underserved Oregon high school freshmen and sophomores to learn about health careers at the OHSU campus. This one day, two night experience is for students who have demonstrated good academic skills and interest in the health career field. For more information contact your regional AHEC office.

**In-A-Box “Explorations in Health & Science” Program** – Fully self-contained curriculum boxes are available at no cost to Oregon teachers and educators for exploration with students in grades 4-8. Our current box topics available are: Brain In-A-Box, Bones & Muscles In-A-Box, Guts In-A-Box, Expedition Northwest In-A-Box, Eye In-A-Box and Ear In-A-Box. Videos and guides for the program may be viewed at: [www.inaboxcurriculum.net](http://www.inaboxcurriculum.net)

## Northeast Oregon AHEC; Eastern Oregon University; La Grande, Ore.

*Serving Baker, Gilliam, Grant, Hood River, northern Malheur, Morrow, Sherman, Union, Umatilla, Wallowa, Wasco and Wheeler counties*

**Contact:** 541 962-3801, [www.eou.edu/neoahec/](http://www.eou.edu/neoahec/)

**MedQuest** – a five-day residential camp at Eastern Oregon University. High school students throughout Oregon are eligible to attend career, education and shadowing experiences in cooperation with 90 health professionals and Grande Ronde Hospital.

**Girls in Science** – a daylong opportunity for Northeast Oregon sixth through eighth grade girls to explore science, math and technology through hands-on activities – held at EOU campus in La Grande

**Saturday Science** – a daylong opportunity for Northeast Oregon sixth through eighth grade boys and girls to explore science in a lab setting – held at Blue Mountain Community College in Pendleton.

**Future Health Professionals of Oregon (FHPO)** – a service based club for high school students in Baker, Umatilla and Union counties. Students learn about health career opportunities while receiving HIPAA training, learning how to take vital signs and completing patient charts.

**Field Guide to Health Careers** – a downloadable web document for use in the classroom.

## Cascades East AHEC; St. Charles Health System; Bend, Ore.

*Serving Crook, Deschutes, Harney, Jefferson, Lake, Klamath and southern Malheur counties and the Warm Springs Community in Wasco County*

**Contact:** 541 671-2773, [www.cascadeseast.org/](http://www.cascadeseast.org/)

**Brain Awareness Teacher Workshop** – Videoconference teacher workshop from OHSU to rural teachers and their school districts

**Health Occupation Job Shadowing** – health occupation orientation and job-shadows at St. Charles Health System hospitals

**Health Career Planning** – for high school students involved in AHEC programs

**Puppet Program** – High school students peer educate youth in their community on health literacy lessons such as Hand Washing, Dental Hygiene, Nutrition and calling 911.

**Hands On Science Day** – events for fourth through sixth graders to explore science and the human body while learning about health and science careers

**Summer Health Careers Camp** – programs for high school students to explore health careers at OHSU and EOU

**Youth Health Service Corps** – high school volunteer service corps for rural students who conduct service projects in their communities regarding health

## Oregon Pacific AHEC; Samaritan North Lincoln Hospital; Lincoln City, Ore.

*Serving Benton, Clatsop, Columbia, Lincoln, Linn, Marion, Polk, Tillamook and Yamhill counties*

**Contact:** 541 557-6460, [www.opahec.org/](http://www.opahec.org/)

**OP AHEC Health Careers Manual** – located at [www.oregonhealthcareers.org/](http://www.oregonhealthcareers.org/), features 94 health care professions.

**Hispanic Scholarship Database** – located at [www.oregonhealthcareers.org/scholarships.phtml](http://www.oregonhealthcareers.org/scholarships.phtml), provides information on nearly 100 scholarships.

**Multicultural Youth for Health (MY Health) Program** – a health careers exploratory college prep program for underrepresented minorities and/or rural students at high schools in Toledo and Willamina.

**Health Career Presentations** – information on hospital health careers and the growing demand in Oregon; this presentation can be tailored for students or adults.

**Health Careers Resource Guide** – “Oregon Education Opportunities in Health Careers Fifth Edition 2005-2007” provides information in English and Spanish on 71 careers, salary information and college and university programs.

## AHEC of Southwest Oregon; Roseburg, Ore.

*Serving Coos, Curry, Douglas, Jackson, Josephine and Lane counties*

**Contact:** 541 784-3660, [www.healthyoregon.com](http://www.healthyoregon.com)

**ADLS/BDLS Training** – a program offering training to current healthcare professionals in the management of mass casualties

**Brain Awareness** – a collaboration with the Science Education Opportunities at OHSU to bring the annual workshop to teachers and educators in rural Oregon communities

**Field Guide to Health Careers** – a guide to health careers education and training in Oregon for students, teachers, counselors and educators; available in PDF format on a CD or from the web

**First Responder** – a program to train youth and community members to provide basic pre-hospital care and to work with other EMS professionals in medical emergencies

**Healthcare Career Days** – plan and support various events in the southwest region to allow high school students to explore healthcare careers through hands-on activities

**Nursing Simulation** – a collaboration with the OHSU School of Nursing, Ashland Campus, to provide high school students in Jackson and Josephine Counties with the opportunity to participate in activities in the nursing simulation lab