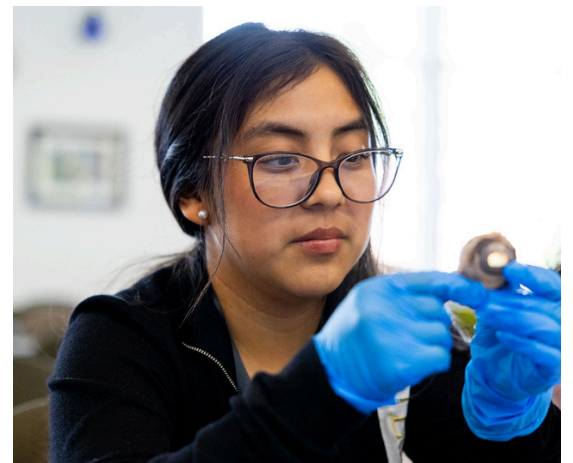


Oregon AHEC Program Guide





Our Mission

Oregon Area Health Education Center (AHEC) is part of a nationwide system created by Congress in 1971 to improve the distribution, diversity, quality and supply of health care workers in rural and under-resourced areas.

We have education programs across five regional centers and a program office at Oregon Health & Science University. Programs are designed to engage aspiring health care professionals at each step of their journey, which starts with career exploration in their youth, follows them through their education and continues after they obtain their credentials.

Using this guide

This guide is for anyone curious about a future in health care — from **middle school, high school and college students to professionals** looking for continuing education opportunities. It's made for students, teachers, mentors, parents and guardians alike.

You will find programs organized into three sections: Pathway Programs, Professional Programs and Continuing Education. Programs are **grouped by education level**, and **each listing is labeled to show which regions are eligible to attend**. Each program title links directly to its respective webpage.

Our Regional Centers



Oregon Pacific
AHEC



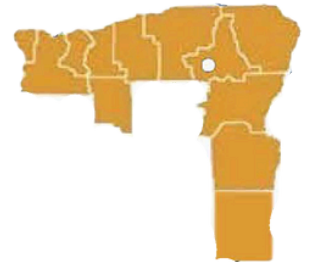
AHEC of
Southwest
Oregon



Oregon
Healthcare
Workforce
Institute



Cascades
East AHEC



Northeast
Oregon AHEC

Programs



PATHWAY
PROGRAMS



PROFESSIONAL
PROGRAMS



CONTINUING
EDUCATION

Pathway Programs



Pathway Programs

Middle School

Investigators of Science



Location: Eastern Oregon University in La Grande

Duration: One day in early November

Description: For middle school students interested in learning more about STEM.

High School Summer Camps

OHSU Experience



Location: Oregon Health & Science University in Portland

Duration: Day camp

Description: For Oregon high school incoming Sophomores, Juniors and Seniors who want an introduction into a wide range of health care careers.

Rural MedQuest



Location: Eastern Oregon University in La Grande

Duration: Weeklong overnight camp

Description: For Oregon high school students who are interested in an immersive experience in rural health care careers.

Frontier MedQuest



Location: Crane Union High School in Crane

Duration: Weeklong overnight camp

Description: For Oregon high school students who are interested in an immersive experience in rural health care careers.

MedStars Bend



Location: Central Oregon Community College in Bend

Duration: Weeklong overnight camp

Description: For current high school juniors who are interested in exploring health career pathways.

MedStars Klamath Falls



Location: OHSU & Oregon Institute of Technology in Klamath Falls

Duration: Weeklong day camp

Description: For current high school sophomores and juniors who are interested in health career pathways.

Rural Health Explorers Camp



Location: Umpqua Community College in Roseburg

Duration: Weeklong day camp

Description: For Douglas County high school juniors, seniors and recent grads who want to explore health care careers.

Pathway Programs

Summer Steps



Location: Western University of Health Sciences in Lebanon

Duration: Day camp

Description: For incoming 9th-12th graders who want to explore careers in health care.

Synapse



Location: Pacific University in Hillsboro

Duration: Weeklong day camp

Description: For high school juniors and seniors from Clackamas, Multnomah and Washington counties interested in health care careers.

Additional High School Programs

Health Occupations



Location: St. Charles Health System

Description: Cascades East AHEC hosts clinical shadowing experiences for high school students at St. Charles Health System in coordination with participating school districts.

American Heart Association Basic



Life Support and CPR

Duration: One day

Description: Provides the opportunity for high school students and pre-med students to become certified in Basic Life Support (BLS) and CPR.

Diagnosis Day



Location: St. Charles Bend Campus

Description: Diagnosis Day is a one-day experience for rural high school students in the Cascades East region, held on the St. Charles Bend campus. This is collaboration between Cascades East AHEC and participating school districts.

MQ Day Camp



Location: Varies

Description: High schools and other community organizations that serve high school students are welcome to request a camp be held for their students, and then Northeast Oregon AHEC will work to make it happen. All eligible participants affiliated with the local program will be accepted.

Ambassador Program



Location: St. Charles Prineville and St. Charles Madras

Description: A paid summer experience for 1-2 selected students from Jefferson and Crook County. Experience consists of 160 hours of clinical shadowing with hands-on tasks that help the hospital operate.

Professional Programs



Professional Programs

Next Steps

Duration: Varies

Description: This program helps bridge the gap between high school and professional-level education for college students interested in health care careers.

Reconnect Fellowship

Duration: Gap year

Description: Offers college graduates mentorship and temporary employment as medical assistants and phlebotomists during a gap year while students apply to advanced health professions programs.

AHEC Scholars

Duration: Two years concurrent with your health professions program

Description: AHEC Scholars is a two-year national program designed to better prepare health profession students for future practice in underserved communities. Scholars gain hands-on experience and skills that prepare them to serve in high-need communities across Oregon. We partner with public and private colleges and universities across the state to support student participation and broaden our impact.

Mental Health First Aid

Duration: One day

Description: We offer this certification program broadly throughout the community to teach people how to identify signs and symptoms of mental health challenges.

Independent Job Shadowing

Location: St. Charles Health System

Description: Cascades East AHEC coordinates clinical job shadowing requests for St. Charles Health System. Participants must be a high school graduate and at least 18 years old to request shadowing.

Continuing Education



Continuing Education

Project ECHO Programming



Location: Virtual

Duration: Varies

Description: Extension for Community Healthcare Outcomes (ECHO) is an interactive educational and community-building experience that allows healthcare professionals throughout the state of Oregon to create a case-based learning environment through the convenience of video connection.

Simulation Education



Location: Varies

Duration: Varies

Description: Thanks to a competitive federal simulation education training grant, we were able to make state-of-the-art simulation training resources available across the state to help prepare and train health care professionals and rural emergency responders to handle irregular trauma cases.

Mental Health First Aid



Location: Varies

Duration: One day

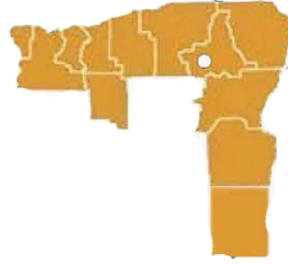
Description: We offer this certification program broadly throughout the community to teach people how to identify signs and symptoms of mental health challenges.



Connect with your regional center today!



Oregon Pacific
AHEC



Northeast
Oregon AHEC



AHEC of Southwest
Oregon



Oregon Healthcare
Workforce Institute



Cascades
East AHEC



Program Office



Oregon
AHEC



ahec@ohsu.edu