



# HEALTH CAREERS INSTITUTE 2023 REPORT

Prepared by Chelsie Begoody, April Sandman, Dyllon Mills, and Kate Hartzell



 **The Future is Bright!**



# HCI DIRECTORS LETTER

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I was completely honored by the opportunity to direct the Health Careers Institute 2023. As a previous HCI staff member and counselor, I was able to bring this experience and knowledge forward in the planning and oversight of the event, all of which helped in stepping into this role with tenacity. I was optimistic for an event that was geared by the energy built from years prior, and enriching the experience for us all, but the result was much more rewarding than I had originally anticipated.

With our amazing health professionals of this region dedicating their time to share career pathway opportunities, engagement in leading activities, and expressing behavioral strategies to increase self-resilience, we value all they had to offer and teach us at HCI. Knowing that we have health professionals we can turn to speak volumes for the care they are committed to in our region.

We were thrilled that this year's student enrollment filled up! It showed us the growth of HCI and how it has evolved over time. We owe it our awesome students who come from Southwest Colorado and the Four corners region, that enrich our learning by representing who they are and where they come from.

Of course, none of this is possible without a wonderful team. The SWCAHEC staff, Kate Hartzell, April Sandman, Dyllon Mills and this year's HCI counselors, Deja Jones, Rowan Lutz, and Jonathan Espinosa were incredible in making this event a success. Their direction and commitment to students allowed me to lead this role with ease. I truly appreciate their unwavering support.

I am confident in the steps students will take to prepare for their futures, as they are equipped with the tools, resources, and more importantly, relationships that were built at HCI. Don't forget to put on those sunglasses because the future of healthcare professions is bright!

With gratitude,

**Chelsie Begoody**

SWCAHEC PROGRAMS LEAD

# PRESURVEY RESPONSES

What do you hope to learn at the Summer Health Career Institute 2023?



# Educational Presentations and Trainings

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## Emergency Medical Services

Upper Pine River Fire and Rescue exposed students to careers in Emergency Medical Services. The team discussed pathways into EMS, sharing their own career stories and encouraging students to build skills that will help save lives and possibly lead to a career in a health profession. Several team members enacted an “unresponsive individual scenario” that highlighted the sophistication of EMS technology and demonstrated the teamwork that is necessary in high stakes emergency situations. Upper Pine also offered a free EMT training opportunity to students, providing a pipeline into this impactful career.

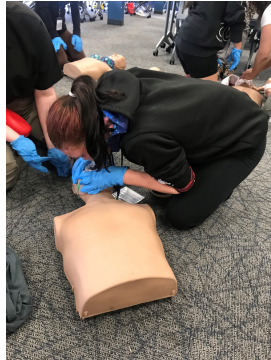
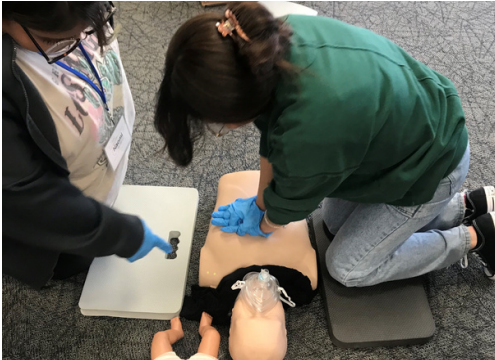


Centura Flight for Life landed at Fort Lewis College offering an additional glimpse into the emergency services available in our region. Staffed by a pilot, a nurse and a paramedic, the Flight for Life team further represents the power of healthcare teams for care in rural areas. Each team member discussed his scope of work, offering a glimpse into how different roles contribute to patient care. A tour of the helicopter and the related equipment was exciting for the students.

# Educational Presentations and Trainings

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## Basic Life Support Training



The wonderful instructors at Heart Safe La Plata trained students in Basic Life Support for Healthcare Providers. After both skills practice and assessment, students earned their BLS certification. This training includes education about rescue breathing, CPR, and basic first aid skills.

## Epidemiology: Disease Detectives

SWCAHEC staff introduced students to disease pathology, epidemiology, and public health in the presentation “Epidemiology: Disease Detectives.” This presentation explores infectious disease causes, transmission, and public health interventions that contain the spread of disease. Students participated in an infectious disease outbreak simulation during which they were challenged to find the source of infection. This session focused on careers in public health and the many ways the field of public health contributes to our overall health and wellness.



# Educational Presentations and Trainings

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## One Health



Dyllon Mills gave participants an introduction to the One Health approach, emphasizing its importance in demonstrating the relationship between medical, veterinary, and ecological aspects of health. To illustrate this, the discussion focused on the increase in zoonotic diseases and their role in new and emerging global health issues. Hantaviruses and their natural reservoirs (rodents) were also discussed. In a scenario activity, student groups discussed the One Health Model and Hantavirus in the Four Corners and then proposed two recommendations for preventing the spread of hantaviruses.



## Virtual Dementia Tour

SWCAHEC staff facilitated a Virtual Dementia Tour (VDT) for students. This evidence-based and scientifically proven simulation uses sensory tools and instruction to enhance student understanding of Dementia. To create a realistic experience, students were outfitted with devices that altered their senses while they attempted to complete common, everyday tasks. Through this exercise, students were able to gain insight into the physical and mental challenges those with dementia face. This simulation encourages discussion about the brain science behind our understanding of the disease and facilitates empathy for those struggling with Dementia.

# Educational Presentations and Trainings

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## Nursing Panel

Sam McCall, Maggie LaRose, Abigail Tarr Cooke, and Sara Lopez joined students to share their experiences as nurses in Southwestern Colorado. Panelists shared their personal journeys into nursing and the educational pathways that led to their current positions in clinical and public health nursing and nursing education. Panelists also answered student questions about nursing including their most difficult moments and the things that keep them strong and resilient as nurses.



## Anatomy in Clay Program



Students were introduced to anatomy and physiology through the Anatomy in Clay program. Students built the anatomical features of the wrist onto a model in clay while learning about the function of each muscle, ligament, and nerve. Dr. Victor Lopez shared both his anatomical knowledge and his experience as a physician for many years in Durango. Students were able to ask questions about practicing as a healthcare provider in our rural region and about medical school and the additional medical training needed to become a physician.

# Educational Presentations and Trainings



## Health and Human Performance

Faculty in the Health and Human Performance at Fort Lewis, Roten Ishtay and Dr, Melissa Knight Maloney, shared their expertise and experience in health sciences education to introduce students to the science of the heart and to the relationship between heart function and sports performance. Students learned about vital signs and were able to check their blood pressure by using a stethoscope and sphygmomanometer. Dr. Knight Maloney also discussed the relationship between research in human performance and healthcare and community health. Marnie Clay, RD, introduced students to the field of nutrition and related careers and used a patient case study to demonstrate the role of the Registered Dietician on a healthcare team and the importance of nutrition for overall health.

## Cancer Research Lab



Dr. Shere Byrd, Professor of Biology at Fort Lewis College, again generously shared her research on cancer medication efficacy with students. Dr. Byrd allowed students to participate in her research, showing them how to count both medicated and unmedicated cells on wet mount slides to reveal the difference in cell growth rates. Dr. Byrd's demonstration revealed the efficacy of cancer medication on disease spread and gave students the opportunity to apply their lab-based research findings to real world medical applications.



# Educational Presentations and Trainings



## Neuroscience and Naloxone Training

Shannon Maloney introduced students to the field of neuroscience through her presentation on neuroplasticity and addiction. Shannon used her experience doing research as an undergraduate student majoring in neuroscience to demonstrate the relationship between the brain and diseases like substance use disorders. By emphasizing the physiological causes of mental health disorders, Shannon dispelled the stigma behind addiction. SWCAHEC staff then concluded the session with an Opioid Education and Narcan training to give students the tools to keep themselves and members of their communities safe in the face of the Opioid epidemic and resulting Opioid overdoses.

## Nutrition & Food Science Lab

Fort Lewis College Nutrition assistant professor, Marnie Clay, and Chelsie Begood conducted a nutrition activity based on the following topics: cooking is a life skill, avoiding criticism around food choices, modifying recipes to increase nutritional benefit and knife safety skills. Students prepared ingredients for their mason jar noodles, adding colorful fresh vegetables and an array of seasonings to enjoy as a snack later in the evening.



# Hands on Learning Stations

On the last day of HCI, healthcare professionals from our region volunteered their time to present a mini-activity to students as a station at our Hands-On Station Day. Students were paired and rotated through stations and learned skills related to nursing, EMS, physical therapy, and medicine. Students were also able to ask questions of healthcare professionals about their journeys in healthcare and about their everyday realities as healthcare professionals in Southwestern Colorado.

## Healthcare Professionals

- Suturing
- Injections
- Labor & delivery
- AED
- Physical Therapy
- Peer Recovery conversations
- Nutrition
- Pharmacy Prep
- Laryngoscopy
- Public Health Messaging
- Oral Hygiene
- EMT course opportunity



“The moment when you see a student’s eyes light up because they just connected with meaningful information/knowledge. The possibility that this may inspire them personally or professionally, is exciting.”  
– Nicole Clark, RDN M.Ed.

*“I enjoyed being able to connect authentically with students who showed a variety of interests in the healthcare profession and getting to see how they inspired each other with their diverse interests to explore different aspects of the healthcare field.”*

*-Hannah Mader*

*Doctor of Physical Therapy Student*



# Building Healthy Physical Bodies and Relationships

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## Fun Activities

Staff and counselors created connections with and between students using ice breaker games. This was a great way to learn names, small personal facts, and generate interest in one another. Throughout the week there was also physical activity including volleyball, basketball, badminton, and noodle tag; all a fantastic way for the students to let off some energy after a long day of health careers presentations and training. Storytelling and free time provided students with a form of self-care. These activities also promoted balance between competition and teamwork.

## Student Portfolio:

### Students Track Their Progress Towards Health Careers!

Students at the Health Careers Institute used the SWCAHEC Student Portfolio to track skills and knowledge development during the event. This portfolio encompasses those competencies most frequently noted by health professions programs and workplaces as helpful for student development and preparation for a career in healthcare. Skills and knowledge included anatomy and physiology, common clinical practices like vital signs, and educational planning. Student documented their progress toward these competencies throughout the event and will continue in subsequent experiences in health related events and topics.

## Lunch & Learn:

### Understanding College Resources for Student Success!

Throughout the events, Fort Lewis College staff and faculty introduced students to college life. Students met with representatives from Fort Lewis College departments and centers, including the Academic Hub, Admissions Office, Counseling Center, El Centro, and Student Health Services at the campus dining room for lunch. Discussions ranged from socio-emotional services to joining in cultural workshops. Students learned about the Health Center and Counseling Center's low-cost services that are available to promote students' growth and success. Students gained confidence with navigating a college education and understood the role that campus services and resources will play in their educational journeys.

# Counselors Perspective

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## April Sandman, HCI Staff/ Counselor



Being a Health Careers Institute 2023 counselor was an awesome experience for me. Students were able to meet health professionals, attend presentations and learn hands-on experience, and discuss health careers paths. It was fun creating outdoor activities and educating students about dementia and public health messaging. Two of my favorite moments of this event were capturing pictures of students having a blast with their peers and watching Flight for Life's helicopter landing on FLC campus. I know these students will do great in their future.

## Dyllon Mill, HCI Staff/ Counselor



Being a staff member for the 2023 SWCAHEC Health Careers Institute provides me with an amazing opportunity to make an impact in the lives of aspiring future healthcare professionals and help them discover their dreams. In the mixture of overseeing students in the front lines of their learning journeys, I provide the guidance and support necessary to ensure students receive insight and recommendations for their future endeavors.

I also have a variety of initiatives to give back to our community, whether it is providing concepts in public health and hosting opportunity to learn about campus services and resources. Our objective of creating the next generation of extraordinary healthcare workers was being carried out daily.

Being a part of the Health Careers Institute is truly a rewarding experience, as it provides the opportunity to create a lasting impact on the future of the healthcare workforce.

## Deja Jones, Counselor



My favorite memory as a counselor was running around playing games and getting to connect with the kids. Being able to watch multiple kids begin to learn and understand careers that they would be really interested in and watching how they would engage with information that was presented to them after they decided that it might be a potential career path for them.

# Photo Gallery



# Student Voices

## How do you feel after attending the Health Careers Institute?



*“Excited. I felt like it was eventful. I like how we got to experience if a person is unconscious in Basic Life Support training. Then learning about different diseases that I didn’t know about. Event learning about the physical and emotional part of how to take care of yourself in the workforce.”*

*- Analyse Naha*

*Navajo Nation, Arizona*

*“I was hesitant at first, but after attending I understood the benefit of the program. Like if someone who hasn’t had much experience, they are able to experience firsthand what they are interested in.”*

*- Steffon Lanus*

*La Plata County, Colorado*



# Student Voices

## How do you feel after attending the Health Careers Institute?



*“The program provided health professionals from the medical field to share with students about their educational journey. It also helped me explore more options in healthcare. I got to expand my knowledge and learn valuable skills such as CPR training and Narcan training. But what made it special were the friendships I formed with fellow students at the program. We supported each other and played volleyball and games together. We got to feel like college students at Fort Lewis College. Meeting people from different backgrounds enriched my experience and brought me out of my shyness. Some students were from different regions such as Arizona, New Mexico, and Southwest Colorado. Working with the staff and students created a long-lasting bond. This program help shaped me as an individual, fueling my compassion and dedication to make a difference in healthcare. I'm grateful for this incredible journey and the wonderful people I met.”*

*– Sunnii Begay*

*La Plata County, Colorado*

# Student Voices

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## How do you feel after attending the Health Careers Institute?



*I felt great! Health Careers Institute was pretty packed with events and activities. I wish the event was longer. I got to make friends and numerous health professionals and from the region."*

*-Hanna Barney*

*La Plata County, Colorado*



*"I feel more versed about the fields of healthcare I could enter. The efforts will be a lot of work but it will pay off. I also learned that there is a lot of resources and support in the community for me."*

*- Katie Cahalane*

*San Miguel County, Colorado*



# County Highlight: San Miguel County



We were thrilled to have nine students from San Miguel County for the 2023 SWCAHEC Health Careers Institute! As we work to inspire and educate about health in rural and underserved areas, we appreciate the enthusiastic participation from this part of our region. Thank you to Ximena Rebolledo León, Rick Williams, and Dan Bergstrom Noel for their support of students and for the Institute!

# STUDENT RESILIENCE 2023

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At Health Careers Institute 2023, the Southwestern Colorado Area Health Education Center (SWCAHEC) was dedicated to promoting youth resilience and career preparation. During activities, participants are encouraged to foster positive relationships with caring adults. Additionally, interact with peers who share common interests, creating lasting relationships outside of the Institute. Through these experiences, SWCAHEC provides a positive environment for youth to discover and pursue their future career goals.

## As a result of the SWCAHEC Health Careers Institute:

- 87% of students feel a stronger connection to their community.
- 87% of students feel like they have choices about their futures.
- 87% of students felt that they connected with an adult who believes that they will be a success.
- 87% of students felt that they have a purpose in life and goals and objectives for the future.

# HEALTHY BEHAVIORS:

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## What students learned from the Institute

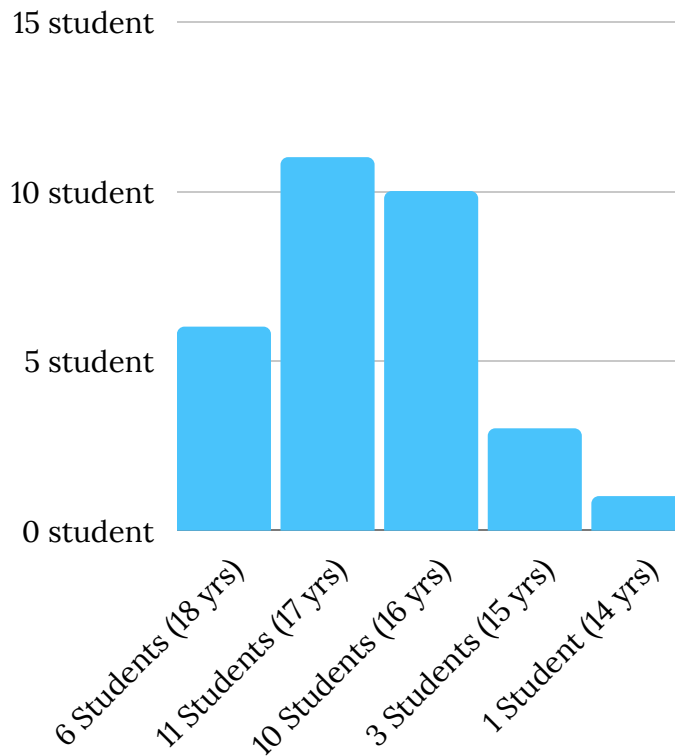
The SWCAHEC Health Careers Institute 2023 facilitated the reinforcement of healthy behavior in its students through explicit instruction on diet, exercise, and stress reduction and through conversations with health professionals about their resilience. Students learned strategies for wellness that will serve them as students and future health professionals.

## As a result of the learning at the Institute:

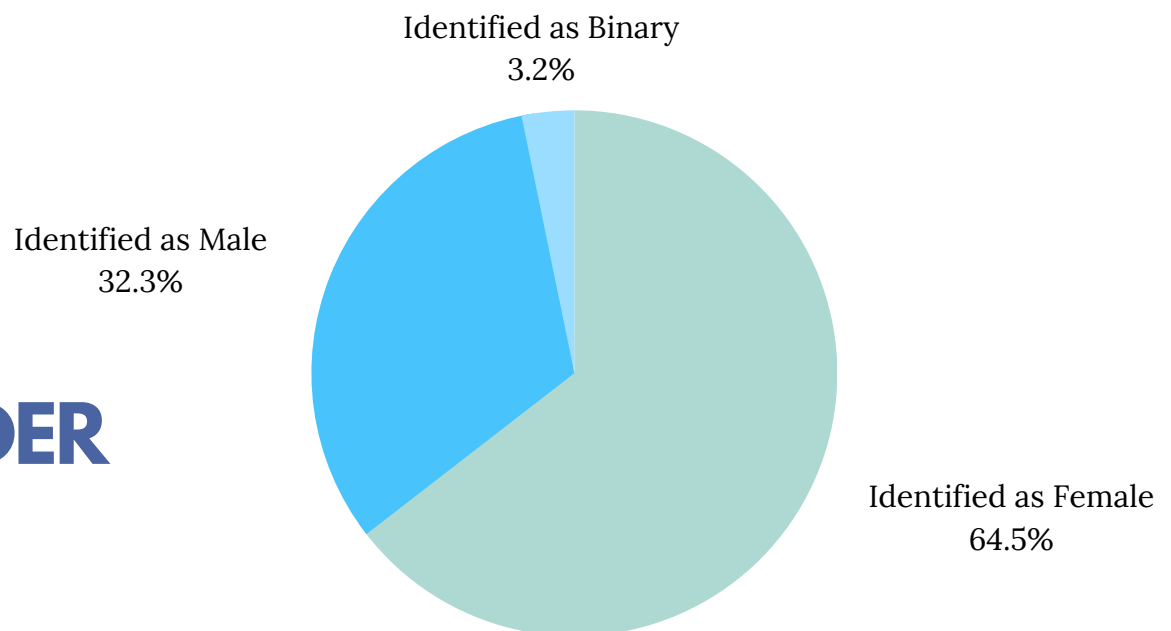
- 74% of students are going to try to eat healthier foods and avoid sweetened drinks.
- 87% of students will exercise up to 4 times a day.
- 84% of students will try to sleep up to 8 hours a day.

## 31 students participated in the Institute

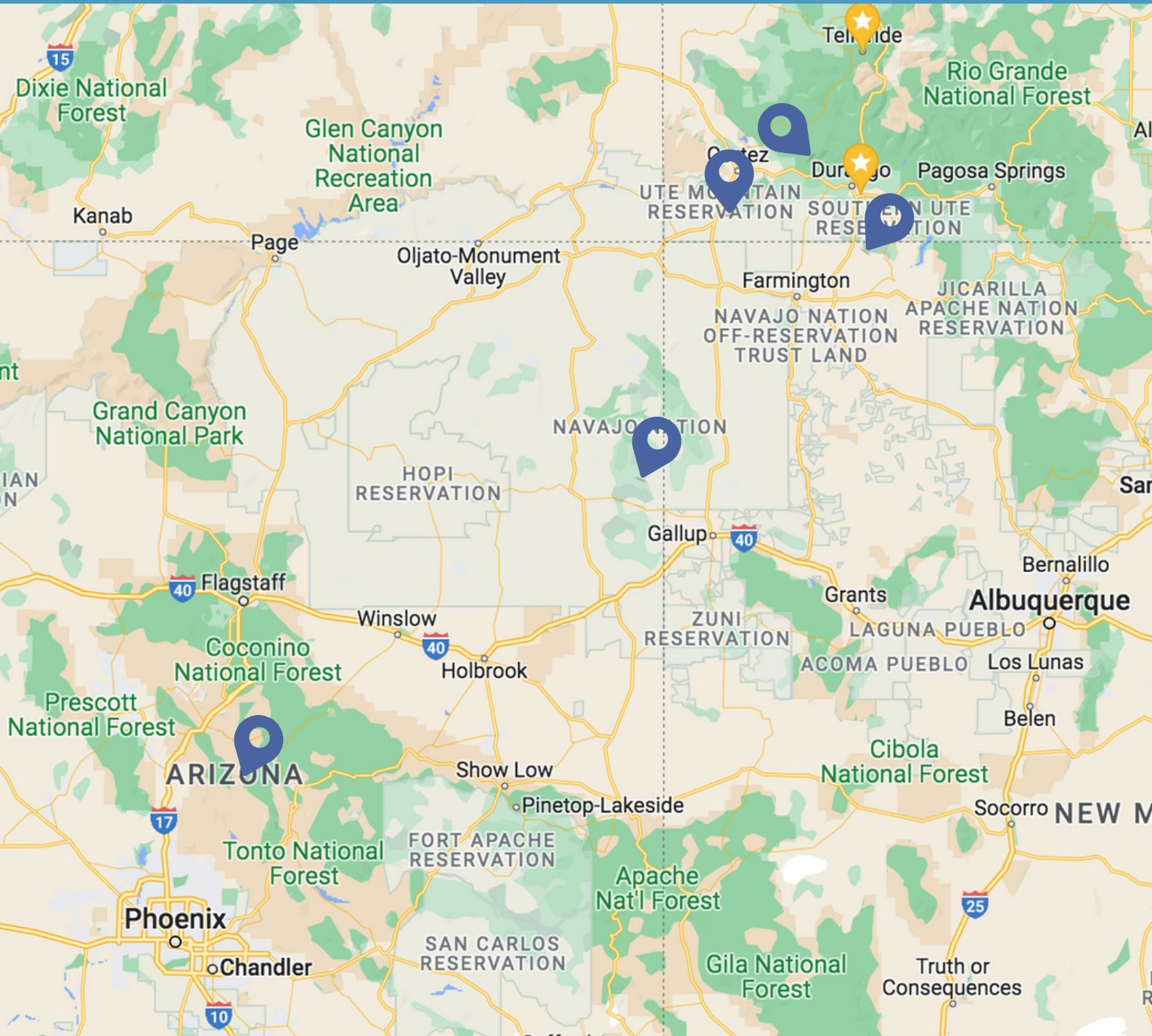
### AGE



### GENDER



# The HCI Students Came From All Over the 4 Corner's Region

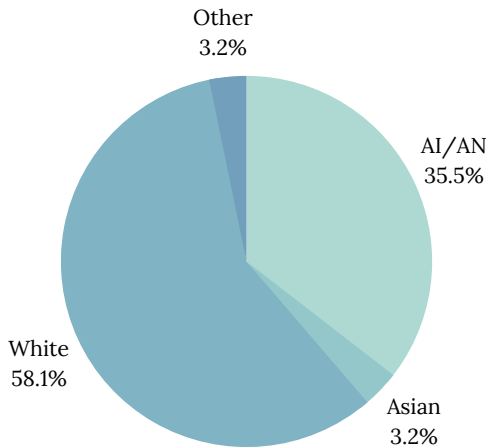


**Students were from the following locations:**

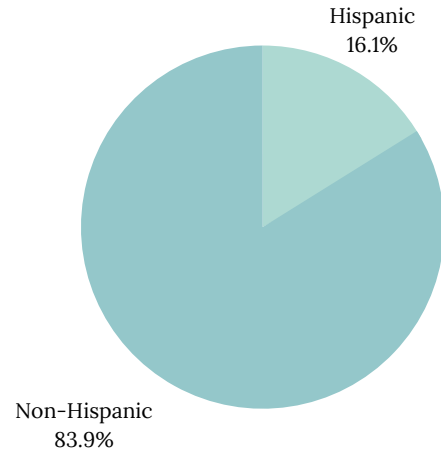
- San Miguel County**
- Montezuma County**
- La Plata County**
- Archuleta County**
- Navajo Nation**
- Coconino County**

# HCI STATS

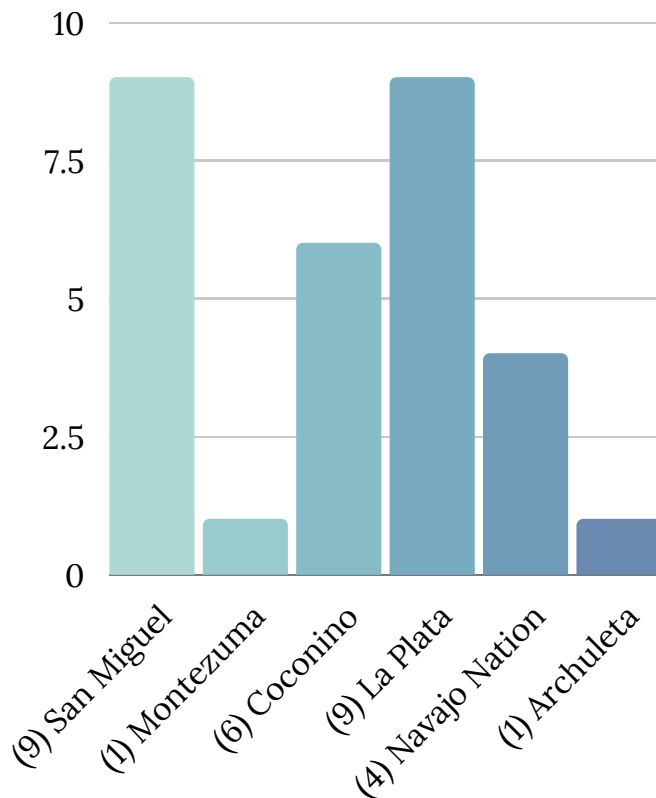
## RACE



## ETHNICITY



## ATTENDEES

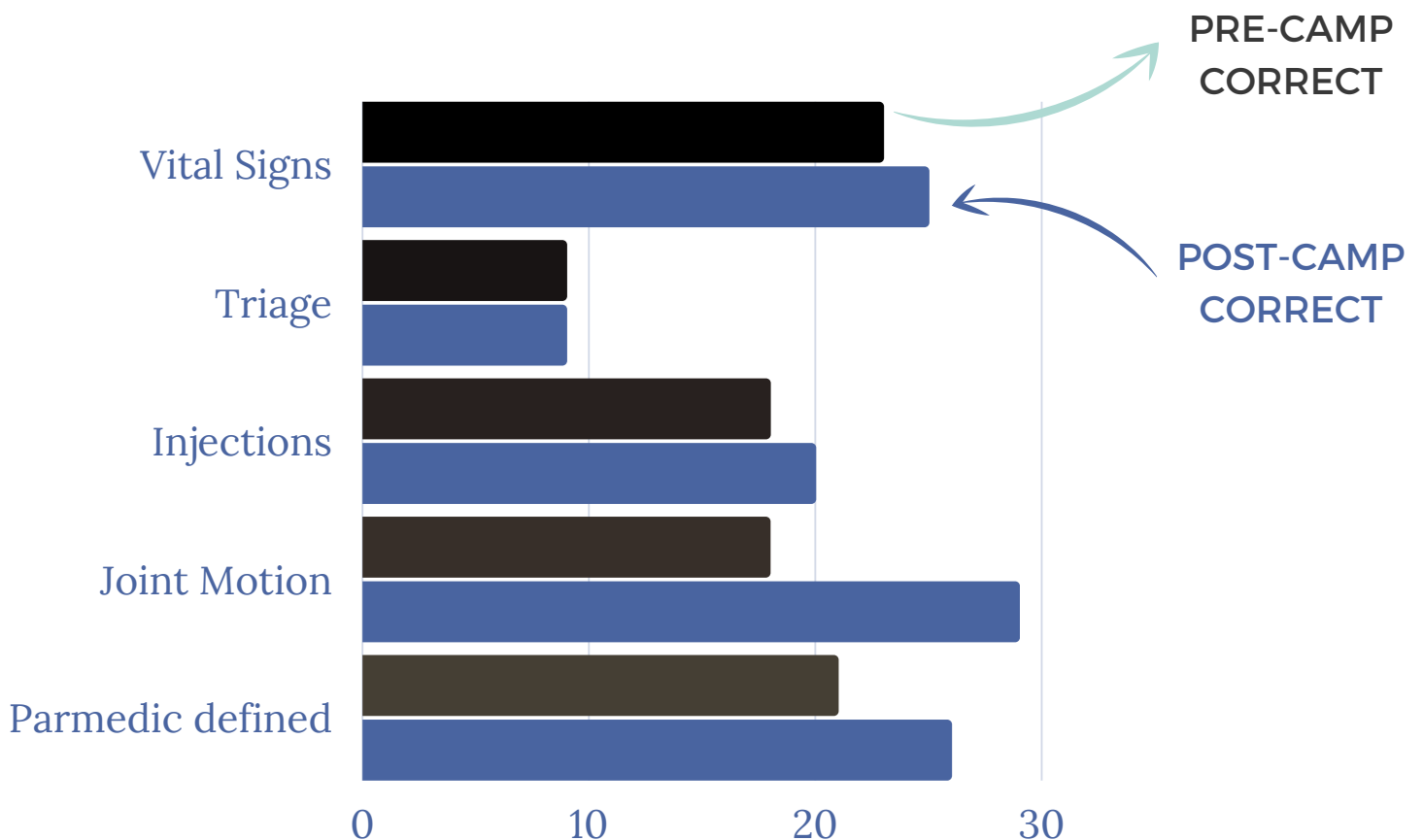


**100% of students at the Health Careers Institute came from rural and underserved communities.**

# PRE AND POST CAMP MEDICAL QUESTIONNAIRE

Students were evaluated on their knowledge of certain healthcare related topics including giving injections, what constitutes a vital sign, how to define triage, and what the job of paramedic entails. More students answered these content-related questions correctly after the institute than did before the institute.

By the end of the Institute, students showed growth in specialized information related to healthcare careers including defining terms like triage, paramedic, and phlebotomy, and listing the steps for both injections and vital signs in a clinical setting.



# THANK YOU!

A special thank you to our sponsors. We cherish the partnerships of committed organizations and individuals that influence community-based initiatives by supporting and financing. Our success is your success. We greatly appreciate you!



Bruce Evans, Mark Fleming, and Upper Pine River Fire and Rescue  
Scott Sholes, Durango Fire Protection District  
Flight for Life Team

Kaylie Smith, Heart Safe LaPlata  
Sara Lopez, CDPHE

Maggie Larose, Fort Lewis College  
Abigail Tarr Cooke, BSN, RN, RDH  
Sam McCall

Marnie Clay, RDN, Fort Lewis College

Rotem Ishay, Lab Coordinator and instructor at Fort Lewis College  
Dr. Shere Byrd, Fort Lewis College  
Dr. Melissa Knight-Maloney, Fort Lewis College  
Shannon Maloney

Susie Tipton and Mercy Regional Medical Center Team  
Courtney Justice, San Juan Basin Public Health  
Hannah Mader, CU Physical Therapy Student  
Nicole Clark, RDN M.Ed.

Jenny Howell, RDN San Juan Basin Public Health  
Animas Surgical Hospital Team

Dave Greenburg, MD, Northern Navajo Medical Center  
Victor Lopez, MD

Indigenous Wellbriety Program Team  
Kate Coleman-Minahan  
Cindy Moreno

Antonio Acuna, Fort Lewis College  
Cyana Bandy Gomar, Fort Lewis College  
Hallie Denman, Fort Lewis College  
Jen Shupe, MSW, Fort Lewis College  
Michelle Bonanno, Fort Lewis College  
Olive Holmes, Fort Lewis College

Fort Lewis College Conference and Dining Staff, and Lainey Severson  
SWCAHEC Health Careers Institute Staff: Deja Jones, Rowan Lutz,  
and Jonathan Espinosa

SWCAHEC: Kate Hartzell, Dyllon Mills, April Sandman, Kerri Cardin, and Chelsie Begood