



AHEC Scholars 80-hour Pathway: Student Interest Group Education/Mentoring

The Office of Primary Care and AHEC Program, in partnership with Northern Vermont AHEC, offers an opportunity for LCOM students enrolled in the AHEC Scholars Program to earn credit for one year of eligible activity toward AHEC Scholars requirements (80 hours comprised of 40 didactic and 40 field/clinical hours). The overarching goal of the AHEC Scholars Program is for students to gain an understanding of the social and cultural factors that influence an individual’s overall health and ability to access care. We aim to prepare tomorrow’s health professionals to be leaders in interprofessional, transformative practice, especially for those with the greatest needs. An additional goal of AHEC Education and Mentoring programming is to inspire and encourage young people from all backgrounds to pursue careers in the medical professions. The program is designed to be relevant to students interested in any medical specialty and applicable to a wide range of medical education activities.

The AHEC Scholars Program is a voluntary, nationally recognized program for health professions students. It provides opportunities for students to increase knowledge, strengthen leadership skills, and gain competencies within eight broad topic areas.

The AHEC Scholars Program is part of AHEC’s longitudinal workforce research about influences on specialty selection and future practice—location, type of practice, and the patient population served.

Table. Eight AHEC Scholars Priorities

Topic	Emphasis or examples
Interprofessional Education	-team-based care and patient-centered care
Behavioral Health Integration	-services that better address the needs of individuals with behavioral, mental health and substance use conditions, including training for health professionals to address burnout and resiliency
Connecting Communities and Supporting Health Professionals/ Community Health Workers (CHWs)	-increase training and development of paraprofessionals who serve as connectors between health professionals and the community
Virtual Learning and Telehealth	-leverage technology to improve curricula and community-based experiential training
Social Determinants of Health	-addressing food insecurity, economic inequality, access to education, social and community context, access to health care, neighborhood and built environment, etc.
Cultural Competency	-care that address the unique culture, language and health literacy of diverse communities
Medical Practice Transformation	-quality improvement, care coordination, cost containment, rural health care, primary care, care for underserved or disadvantaged populations
Current and Emerging Health Issues	-current HRSA-approved topics: Opioids and Substance Use Disorders, Oral Health as part of Overall Health, COVID-19

SIG Education/Mentoring format and learning objectives

The Education/Mentoring pathway includes 40 didactic hours and at least 40 field hours. To meet AHEC Scholars requirements, the 80 hours must be completed within the same academic year (August – May). Students may complete during their first or second year at LCOM.

Participating students must be a member of one or both of the LCOM mentoring SIGs (HERO SIG and Med Mentors SIG).

The curriculum is titled Cross-Cultural Encounters in Mentoring and Patient Care and is led by Nicole LaPointe, MSW, EdD, Executive Director for Northern Vermont AHEC.

Learning objectives: Upon completion of this training, AHEC Scholars will:

- i. Understand the role of a mentor in goal-focused group and one-on-one settings
- ii. Be prepared to apply strategies for effective cross-cultural relationship building
- iii. Be able to apply methods for culturally effective and patient-centered care
- iv. Be able to articulate the importance of the national AHEC Scholar Priorities as they relate to quality and equity in healthcare

AHEC SIG Orientation to Mentoring

Wednesday, September 13 “Lunch and Learn” Noon-1:00 Med Ed 300 Reardon Classroom

Overview of mentoring in a health workforce development context, mentoring as a strategy for health workforce diversification, types of mentoring configurations, and mentoring ethics.

(For all students participating in HERO or Med Mentors SIG activities)

Q &A about AHEC Scholars pathway requirements

(For students interested in completing the 80 hour pathway)

AHEC SIG Education and Mentoring pathway application

Interested students should apply by **September 15**. Applicants commit to participating in the 40-hour didactic activities and complete 40 hours of medical education or mentoring as described in this overview.

Application link: <https://redcap.link/SIGEducation-MentoringApplication>

Didactic Activities (40 hours)

1. Required text: Watson, R. (2017). *Piecing me together*. New York: Bloomsbury YA. A young adult novel about a one-to-one mentorship, winner of the Newbery Medal Honor 2018 and the Coretta Scott King Author Award.
Book discussions: three meetings over Zoom to discuss the text as it relates to the experience of mentoring, the stages of mentoring relationships, and effective mentoring practices.
2. Journal articles and online videos, including content from the AMA Prioritizing Equity series and the Institute for Healthcare Improvement (IHI).
Online discussion board: Respond to discussion prompts (monthly) reflecting on the assigned material. The syllabus with asynchronous assignments will be provided in September.
3. Professional education: two in-person and zoom training on topics such as *Working with a Medical Interpreter*, providing information for effective clinical practice that also pertains to working in cross-cultural mentoring.

Field Activities (40 hours)

The HERO SIG and Med Mentor SIG are sponsored by the UVM AHEC program. Opportunities to complete the required 40 field hours are described below. Students will log their field hours using an AHEC provided template. The hours must be completed by May 1st, 2024.

HERO Mentoring SIG

The HERO Mentoring program is comprised of one-to-one mentoring activities with **high school students** led by Northern Vermont AHEC. The program consists of ten structured modules (75 minutes each) conducted in sequence from October through January. Participation in a final, in-person experiential learning day completes the program. HERO mentors agree to complete all required hours to meet the 40 field hour requirement.

Activity	Required/optional	Notes
HERO-specific training & coaching	Required	2 in-person sessions at LCOM (3.5 hours); three one-hour in-person follow-up mini-trainings (3 hours); mid-point check-in virtual or in-person (1 hour)
Mentoring one-to-one online	Required	Ten sessions total at 75 minutes virtual via platform of choice
Preparation for each mentoring session	Required	Independent
Regional in-person event	Optional	Independent & online meetings

Med Mentors SIG

Field activities include one-to-one and group mentoring, panel presentations, and educational activities aimed at supporting **undergraduate students** to explore and pursue careers in the medical field. Students choose and log activities to meet the 40 field hour requirement.

Activity	lead	Notes
One-to-one mentoring matches/ Panel presentations/ other	SIG Leadership	General SIG activities as planned and assigned by current SIG leaders
PEP program mentoring at UVM	Led by Laurie Maclean, UVM AHEC	Laurie and SIG leaders identify about 13 PEP mentors each year
Mentoring students at VT State University	Led by Susan White, Southern VT AHEC	Help to develop this new program of mentoring and activities (primarily virtual) for Castleton and Northern VT campus students interested in health professions
Pre-Health Clinics for UVM undergrads (EKG Clinic, Wound & Suture Clinic, Medical Injection/IV Clinic, Patient Assessment/Vital Signs)	Led by Laurie Maclean, UVM AHEC	Attend and provide support for scheduled clinics, with the potential to develop and/or lead a clinic
Program leadership/program development	Patti Smith Urie, UVM AHEC and SIG Leadership	Determined based on student interests and program needs

