

# CAREER PATHWAYS CHRONICLE

## Summer 2021 Newsletter



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### KEEPING IT, ZESTY!!

The theme of our 2021 Summer Internship was **"Cultivating a Zest for Life"**. In addition to our Health Career Pathways (HCP) Curriculum, we wanted to foster an environment for our interns to maintain a fresh outlook on life and to think BIG. The topics we discuss, such as health disparities and inequities, can be a bit overwhelming, but by cultivating a zest for life our hope is that our interns walk away from this summer's internship knowing that they have the power to change the world.

To wrap up this summer's internship, on July 29, 2021, we hosted our annual Showcase & Celebration. In this honored tradition, we came together to show appreciation to all mentors, program partners, and all 39 interns that helped to make our summer a success.

Thank you to everyone that helped us create a memorable experience this summer! We had around 65 people in attendance at this year's virtual celebration! The Showcase & Celebration gave us the ability to celebrate the winners of our coveted, Most Innovative Solution Awards. In addition to the award ceremony, we also heard from one of our college interns, Ailene Manriquez-Navarro, and received words of encouragement from an alumni intern, Lupita Bustamante.

KEEP READING FOR MORE INSIGHT INTO OUR SHOWCASE & CELEBRATION,  
OTHER PROGRAMS, AND OTHER SUMMER ACTIVITIES!!

**DISCLAIMER:** THE VIEWS AND OPINIONS EXPRESSED IN THIS NEWSLETTER AND RELATED ARTICLES DO NOT NECESSARILY REFLECT THE OFFICAL POLICY OR POSITION OF CONTRA COSTA HEALTH SERVICES.

# HCP SUMMER INTERN AWARDS + SUPERLATIVES

## Most Innovative Solution Winners:

These winners were selected based upon the innovation of their proposed solutions.

### Judge's Choice

- Arianna Alcantara
- Kevin Lopez
- Oluwaseyi Adelaja
- Yeison Rodriguez



### HCP's Choice

- Carelle Estipona
- Charles McCoy
- Kasandra Garcia



L to R: Carelle Estipona, Charles McCoy, Kevin Lopez, Yeison Rodriguez, Kasandra Garcia, Oluwaseyi Adelaja, Arianna Alcantara

## Distinguished Growth Winners:

These winners were selected for continually following their curiosity and constantly challenging their comfort zone.



Ashley Moran

Marvin Axel Montes Catano

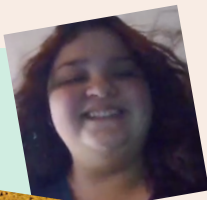


## Perseverance Award Winners:

These winners consistently kept lines of communication open in the face of adversity.

Marisol Flores

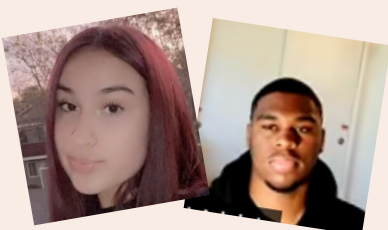
Shamyah Bailey-Green



## Outstanding Intern Award Winners:

These winners were selected for their outstanding performance, character, and leadership skills.

- Oluwaseyi Adelaja
- Shayla Valenzuela
- Yeison Rodriguez



Check out our website to view our Intern's presentations: [cchealth.org/hcp](https://cchealth.org/hcp)



## Best Rookie Mentors:

As first-year HCP mentors, these mentors did a great job of connecting with their interns and creating lasting bonds.

Theresa Dade-Boone  
Nicolas Traylor

## Best Virtual Mentors:

These HCP mentors went above and beyond when it came to coaching and encouraging their interns to step outside their comfort zone and see new perspectives.

Bryony Ruegg  
Carmen Piggee



## Best Mentor Connectors:

The following mentors did a great job of creating connections for their interns and for HCP as a whole. We are so thankful for all that these mentors were able to contribute this year!



Artair Rogers  
Stephanie Trammell  
Erika Jenssen

**Thank you to all of our judges & program partners!**

Allison Brown  
Anna Ramos  
Abena Asare  
Angela Echiverri, M.D.

Ariel Kirshenbaum  
Annabel Pena  
Evan Villacorta

Jerilynn Junio  
Jessica Barragan  
Luis Avalos  
Raye Redlo



# Other Programs

## EXPLORING HEALTH CAREERS

In addition to our Summer Internship, we hosted our Exploring Health Careers program where we had 28 participants (better known as "Explorers"). During this 6-week program, Explorers were given the opportunity to partner with at least two health professional mentors.



Explorers were able to ask questions and deepen their knowledge of various health professions that they have an interest in. Additionally, we hosted four panels/workshops this summer that ranged from discussing future goal planning, tips for what to consider if interested in pursuing health, and opportunities to capture live insight from professionals.

### THANK YOU TO ALL OF OUR PRESENTERS & PANELISTS!!

- Dr. Fatumata Saho, Family Medicine - Resident Physician
- Marshawn De Mons, Physical Therapist
- Rocky Amagan, Physical Therapist
- Dr. Ashley Vance, Obstetrician & Gynecologist (OB/GYN)
- Dr. Nicholette King-Rabetsimba, Pharmacist
- Yolanda Moore, Physician Assistant
- Corinna Sales, Associate Marriage and Family Therapist
- Roberto Vargas, Director of Safety & Performance - CCRMC, Health Centers & Detention



## HAZARDOUS MATERIALS COMMISSION

This summer, for the first time, we partnered with the Hazardous Materials Commission and were able to provide two high school students, interested in environmental health, the opportunity to intern with the Commission.

Through this 7-month process, our interns: Erika Hernandez (rising senior at Ygnacio Valley High School) and Kevin Ruano Hernandez (recent graduate of Pinole Valley High School), were tasked with creating a proposal for a policy change relating to environmental issues within their community that they are passionate about. Erika's project focused on "Pipeline Safety around Schools in Contra Costa County", while Kevin's proposal was on "Recycling Lithium-ion Batteries".

In addition to their proposal, Erika & Kevin also had the privilege of conducting one-on-one interviews with several members of the Hazardous Materials Commission.

**Many thanks to Michael Kent, Fred Glueck, & the Hazardous Materials Commission for making this internship possible!**



*Congratulations, Erika & Kevin for completing your internship!*

# Office of the Director Summer Intern Spotlights

This summer, we hosted 3 amazing interns from UC Berkeley's School of Public Health and Health Career Connection. Read more to learn about their academic journey and aspirations, including a fun fact about themselves.

I graduated from [Wellesley College](#) in 2018, where I studied [Psychology and Health & Society](#). I'm currently completing my Master's in Public Health at [UC Berkeley](#), where I'm studying [Maternal, Child, and Adolescent Health](#).

In 10 years, I hope to be [leading equity initiatives](#) at a hospital system, pharmaceutical company, or other agency. I'm super [passionate about eliminating health disparities](#) and hope to give back to communities that have been historically marginalized.

**Get to Know Me:** I ran track competitively from elementary school through college.

## Abena Asare



## Annabel Pena



I attended [Mills College](#) for the past 4 years and studied [Public Health and Health Equity](#).

In 10 years, I hope to have attended graduate school and received my [Master's in Public Health](#). I also hope that I have [improved the quality of health care and education](#) in my community of East Oakland, CA.

**Get to Know Me:** I love to go hiking with my dog, Luna, and watch Netflix shows during my self-care time.

I'm a recent [UCLA](#) graduate with a degree in [Physiological Science](#).

In 10 years, I hope to [improve communities](#) like Richmond and San Pablo. I hope to [implement preventative solutions](#) to ensure the decrease of the prevalence of cardiovascular disease, obesity, diabetes, and asthma.

**Get to Know Me:** I like to climb stairs 2 steps at a time. UCLA is known for having "death stairs" so in order to improve efficiency, pretty much every student there goes up 2 steps at a time. Our calves are a testament to this!

## Luis Avalos



# Scholarship Opportunities

A variety of scholarships that currently have open applications.

## AfterCollege/AACN Scholarship

This \$2,500 scholarship supports students who are seeking a BA, MA, or Ph.D. in nursing. Special consideration is given to those in a graduate program aspiring to become a nurse educator; students completing an RN-to-BSN or RN-to-MSN program, and those enrolled in an accelerated program.

For more information and to access the application, visit: <https://bit.ly/afcollege21>.

**Deadline: September 30, 2021**

## Coca-Cola Scholars Program Scholarship

The Coca-Cola Scholars Program scholarship is an achievement-based scholarship awarded to graduating high school seniors. Students are recognized for their capacity to lead and serve, as well as their commitment to making a significant impact on their schools and communities. This scholarship is only open to high school seniors graduating during the 2021-2022 academic school year.

To apply, visit: <https://www.coca-colascholarsfoundation.org/apply/>

**Deadline: October 31, 2021, at 2 PM PST**

## Jack Kent Cooke Foundation - College Scholarship Program

The Cooke College Scholarship Program is an undergraduate scholarship program available to high-achieving high school seniors (graduating in Spring 2022) with financial need who seek to attend and graduate from the nation's best four-year colleges and universities.

For more information and to access the application, visit: <https://bit.ly/jkccf21>.

**Deadline: November 18, 2021**



*View the flyer [Here!](#)*

## California College Promise Grant

This grant is for students attending any of the 116 California Community Colleges. For eligible California residents, this grant will permit enrollment fees to be waived. Simply visit the website to link to the grant application for your California Community College.

For more information and to access the application, visit: <https://bit.ly/cccpgrant>.

**Visit website for more information!**

# Opportunities & Resources

Upcoming Internships, Events, Resource Centers, & More

## COVID-19 Youth & Young Adult Ambassador Program



Contra Costa Health Services is recruiting for their COVID-19 Youth & Young Adult Ambassador Program. The primary role of the Ambassadors is to create youth/young adult-focused messages about the importance of protecting oneself and others from COVID-19. If you are between the **ages of 15 - 24** and **passionate** about educating others and **raising awareness** about COVID-19 and are active on **social media**, follow the link below to apply.

To apply, visit: <https://tinyurl.com/COVID19YouthAmbassador>

**Deadline: September 26, 2021 by 11:59 PM**

## Junior Achievement Tech & Innovation Summit

Are you a high school student interested in learning more about STEM jobs and careers? If so, Junior Achievement of Northern California is hosting a *virtual* Tech & Innovation Summit that is open to all high school students in Northern and Central California. Those in attendance will be able to learn about a wide variety of STEM careers, participate in workshops to get hands-on experience.

For more information and to sign up for this FREE event, visit: <https://bit.ly/JANCTech>

**Event Date: September 30, 2021 | 3:30 - 5:30 PM**

## Emergency Rental Assistance Program (ERAP)

California's eviction moratorium is set to expire on **September 30, 2021**. If you or someone you know is behind on rent or utilities, you can apply for the Emergency Rental Assistance Program to avoid eviction (even after October 1, 2021). In order to apply, you may be required to submit: lease agreement, proof of income, form of identification, and/or most recent utility bill statement.

Email Monument Impact's housing team at [housing@monumentimpact.org](mailto:housing@monumentimpact.org) with the subject line: ERAP or call (925) 954-4488.

## Arts & Culture Commission - Youth Advisor Seat

Contra Costa County is looking for a high school or college student to serve on the Arts & Culture Commission for a 1-year term. The Commission is dedicated to advancing the arts by promoting communication, education, appreciation, and collaboration throughout Contra Costa County. Applicants MUST reside in Contra Costa County.

For more information, visit: <https://bit.ly/CCCyouthseat>

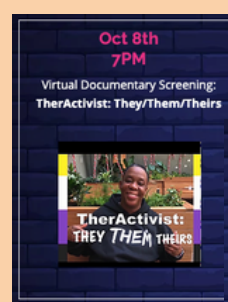
**Deadline: October 1, 2021**

## Rainbow Virtual Pride 2021

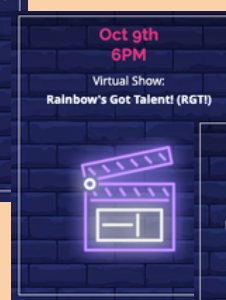
Rainbow Community Center builds community, equity, and well-being among LGBTQI+ people & allies. This year they are hosting their Pride event for the 15th consecutive year, from **October 8 - 10, 2021**. The theme, Progress Pride Together, is centering communities of color and most marginalized identities.

For more information, visit: <https://www.rainbowcc.org/pride2021>

**Event Date: October 8 - 10, 2021**



*Here are what events are happening for Rainbow Virtual Pride 2021!*



## Behavioral Health Service - SPIRIT

The Behavioral Health **S**ervice **P**rovider **I**ndividualized **R**ecovery **I**ntensive **T**raining (SPIRIT), is a 9-unit college course, that teaches students how to develop core skills to empower themselves. This course includes two components; the classroom training and support program, followed by the individualized work-study placement.

For application and more information, please visit: <https://bit.ly/bhSPIRIT21>

Applications should be submitted to:

### Contra Costa Behavioral Health Services

Office for Consumer Empowerment

1340 Arnold Drive, Suite 200

Martinez, CA 94553

Fax: (925) 957-5156

**Deadline: October 8, 2021**



## Emergency Medical Technician (EMT) Program

EMS Corps and Contra Costa County Workforce Development Board are accepting applications for the Emergency Medical Technician (EMT) Program in Contra Costa county. EMS Corps works to empower young adults of color to become leaders in their community. The program is open to those ages 18 or older, have a high school diploma or GED, and meet the EMS Authority Background requirements. This program is completely FREE! Participants will not have to pay for EMT certification, uniforms, or equipment!

Upon completion of the program, which takes place from November - March, participants will be awarded a stipend and college credit.

For more information and to apply, contact:

**John Marshall** (Email: [John.Marshall@EMScorps.org](mailto:John.Marshall@EMScorps.org) | Phone: (510) 987-6505) or  
**Jed Silver** (Email: [JSilver.ehsd.cccounty.us](mailto:JSilver.ehsd.cccounty.us) | Phone: (510) 387-9249)

**Deadline: October 25, 2021**

## Helping Hands Program

By joining the Contra Costa Health Services Helping Hands program, you will help unvaccinated friends & neighbors get their COVID-19 vaccination, protect themselves, and stop the spread! As a bonus, you can collect **\$100** for every person you help get fully vaccinated.



To participate, the person who gets vaccinated must: live in Contra Costa County, have not been previously vaccinated for COVID-19, make an appointment with the website link you provide them, and be age 12 or older.

For more information, visit: <https://www.coronavirus.cchealth.org/helping-hand>

## THANK YOU FOR READING!

### GET CONNECTED:

✉ EMAIL: [CareerPathways@cchealth.org](mailto:CareerPathways@cchealth.org)

🌐 WEBSITE: <https://cchealth.org/hcp/>

📷 FANPAGE: @HealthCareerPathwaysCC

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