

PUBLIC HEALTH SOLUTIONS



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RINGING IN THE NEW YEAR

With Public Health Solutions

Hello Public Health Solutions alumni, students, and supporters,

I hope that many of you were able to accomplish your 2018 resolutions and made tangible goals for the new year. My name is Kimberly Balmorez and I am excited to be a part of the Public Health Solutions team. I have been on board since November, and have already learned so much about the community. PHS has definitely made 2018 special for me.

Shannon and I have so much to update you all on about the changes that took place towards the end of last year; I joined PHS, we said good luck to Jia Qi Fan on her new journey in nursing school, and we refreshed our high school curriculum. We are excited to see what opportunities will come around the corner in 2019.

REFRESHED CURRICULUM

The second article is about how inmates are being exploited for their labor during wildfires. On average, inmates are usually paid \$1 per hour or \$2 a day to work alongside licensed firefighters during fire emergencies. In agreeing to help during wildfires, inmates may be granted time off their sentence, but this program does not allow for them to have the experience of becoming a licensed firefighter once they are released.



If you would like to learn more about how inmates are being insufficiently paid and rewarded for their service, then check out the CNBC article: <https://www.cnbc.com/2018/08/14/california-is-paying-inmates-1-an-hour-to-fight-wildfires.html>.

We also had a new module added to the curriculum entitled “Social Media and Social Movements”. In this module, we cover how memes can perpetuate -isms and prejudice—preconceived opinions towards another person or group of people based on stereotypes. It is important to understand how social constructs and our online presence have real life impacts. It’s easy to share online posts that we find appealing, but we can’t always know the intentions of who created the post. As consumers of information, we should aim to critically analyze what we share with others.



If you are interested in learning more about the intention vs. impact of memes, then check out this article from The Ethics Centre: <http://www.ethics.org.au/on-ethics/blog/october-2016/the-complex-ethics-of-online-memes>.

REFRESHED CURRICULUM

Jia Qi has done an amazing job building the foundation of the PHS curriculum. As the 2018-2019 year continues, we have been adapting to meet the interests of the students and refreshing the curriculum. We have been exploring social movements, exploitation and empowerment of vulnerable populations, and learning about -isms through memes and social media. What we have gained from this updated curriculum are a new insight and mindfulness on how we affect each other through social media and how we can be a part of social change.

For the social justice portion of the curriculum, Kimberly highlighted articles about the boycott against NutriAsia products and the exploitation of inmates during wildfires.

The NutriAsia article is about the terrible working environment and treatment of its workers. Workers are asking for people to boycott against NutriAsia products to pressure the company to take better care of their workers. The article does an amazing job at listing out what the issues are, alternatives for consumers to purchase or make, and mentions different social movements involving successful boycotting that lasted more than a year.

If you want to know more about the NutriAsia boycott, then check out this Medium article: <https://medium.com/@krisdakapre/boycott-jufran-datu-puti-mang-tomas-and-other-products-by-nutriasia-daba1b03741b>.

PRODUCTS OF NUTRIASIA

MANG TOMAS, DATU PUTI, JUFRA, Golden Biscuits, UFC, PAPA, LOCALLY

WHO OWNS NUTRIASIA?

JOSELITO D. CAMPOS JR.

Also the CEO of Del Monte Pacific.
Son of Benito Campos, founder of Unilab.
Currently, his sister, Jocelyn Campos, chairs Unilab.

FAMILY NET WORTH (2017)
\$650 MILLION

THE WORKERS' SITUATION IN NUTRIASIA
(AS TOLD BY THE WORKERS)

> 40°C inside the work station (bottling and packing)

substandard & inadequate safety gear and equipment

> 95°C temperature of products to be bottled and packed

victims of work-related accidents
(2nd degree burns, bone fracture) lack their injuries from employers to avoid being fired

100 regular workers
1400+ the rest are contractual

labor union unrecognized and prohibited

Blood in Our Condiments.
EXPLORING NUTRIASIA'S EXPLOITATION TOWARDS WORKERS

THE POLITICAL ECONOMY IN NUTRIASIA

12-16 hours labor time per day

P380 wage per day (8 hours)

NutriAsia earns P 27 MILLION daily per product line

13th month pay Only P3,000 Christmas bonus after agency deductions

ONLY 5 MINUTES per 12 hours of work is paid by NutriAsia

WHAT CAN WE DO?

Boycott NutriAsia products
One way to register our dissent against the oppression of NutriAsia is to stop supporting their products.

Release statements of solidarity
A more powerful way to show support is to release solidarity statements and call for donations for the workers on our social media pages.

Donate to the workers of NutriAsia
The workers currently need more materials to stay in the picket line: used tarpaulins, food items, rice and water are heavily needed.

Integrate!
More than anything else, our presence within the ranks of workers is the most concrete form of showing our support for them.

REFRESHED CURRICULUM



When we're sidetracked by all that is going on in our own lives and in the world, it's a challenge to remember what influence we have on others. In the social movement section of the module, we covered three social movements: Stonewall, the Third World Liberation Front, and the United Farm Workers Movement. Kimberly highlighted how Marsha P. Johnson, Sylvia Rivera, youth, and Larry Itliong are often not mentioned as pivotal players in fighting against injustices. Part of the point in discussing these social movements is that anyone can work towards building equitable change for historically marginalized communities.

Although everyone who takes part in a social movement is not championed or recognized in textbooks and media, there is power in numbers and YOU play an important role in re-imagining a better society.

PHS ALUMNI HIGHLIGHT

Interview of Jia Qi Fan

This past week, I had the opportunity to sit down with former PHS Program Assistant Jia Qi Fan. We talked about what her experience has been like as a first generation student attending an accelerated master's program for nursing at Samuel Merritt. An accelerated program is for students who want to complete a traditional degree or program in a shorter amount of time. Before pursuing nursing school, she spent her undergraduate career at UC San Diego studying Human Development and Global Health and worked with Public Health Solutions for two years.

What motivated you to pursue nursing?

Learning about equity in education and health is what motivated me to pursue a career in nursing.

How did you prepare for your master's entry program?

Master's entry programs in nursing are for students who have already completed a Bachelor's degree in a non-nursing major. During this program, I am able to acquire a Master's degree in nursing and become a Registered Nurse (RN).

While working with Public Health Solutions, I took the prerequisite classes I needed to apply to nursing school at local community colleges. I also learned a lot on the job and built relationships with community partners to get a better understanding of what I wanted to pursue.

How has the transition into Samuel Merritt's accelerated nursing program been?

The transition into nursing school has not been difficult for me, but I advise that an accelerated program is not for everyone—unless you know how to balance yourself well between school, work, and personal life.

Do you have any advice for people wanting to pursue the same profession?

My advice for those wanting to pursue a similar career and education path is that people should take their time and explore their interests; graduate school can be expensive, so you want to make sure you are spending all of that money on something you really enjoy. For example, I was able to better know what I wanted to pursue through internships, like Health Career Connections, and from working with Public Health Solutions.

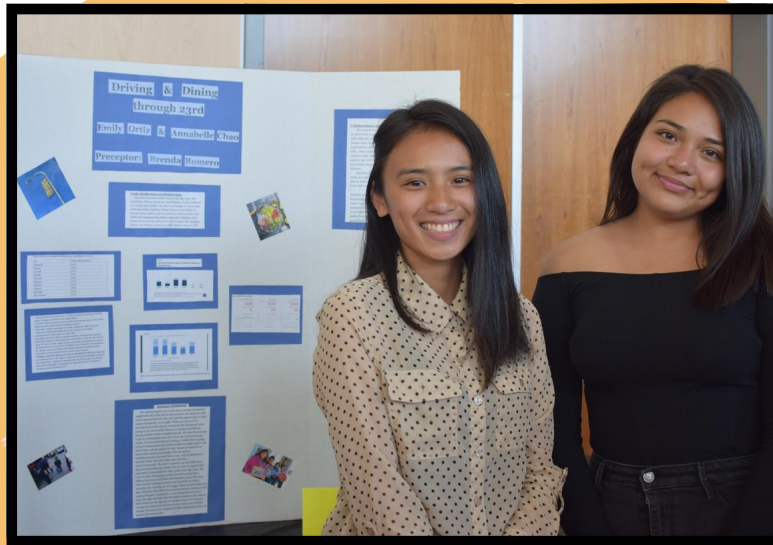
Jia Qi Fan

GOAL:
FAMILY NURSE
PRACTITIONER



Jia Qi plans on finishing her nursing program in less than two years and hopes to serve communities in the Bay Area as a family nurse practitioner. We wish Jia Qi the best of luck in finishing her program off strong. We hope that hearing more about Jia Qi's journey will help you with your journey.

CHANGE-MAKERS SHOWCASE 2018



Every year, we connect Contra Costa youth with community partners through the Public Health Solutions summer internship. At the end of the internship, Public Health Solutions likes to celebrate the students and showcase their summer learning with the community.

Students had the opportunity to choose a topic that interests them, and work alongside their internship placements and preceptors to create group and individual projects that increase awareness and address a community issue.

We thank everyone for sharing and being a part of 2018's summer internship. Congratulations PHS summer cohort 2018! Here are the winners of the individual and group projects and their descriptions:

CHANGE-MAKERS SHOWCASE 2018

Individual Winners

First Place

Dropout Rates: Solving The Problem From The Ground-Up

by Michaella Jabla

(Internship site: Contra Costa Health Services Public Health Solutions)

“My target population is African American high schoolers specifically in the WCCUSD region. Based on the data that I have found from the WCCUSD website, in the past decade the dropout rates among African American students have been consistently high compared to other races in the district. “Starting from the Ground-Up: Healthy Teacher/Student Relations”, is a week long WCCUSD Summer voluntary training program taught by Public Health Solutions specifically made for high school teachers that will focus on the importance of how to encourage and cultivate learning for students of color, specifically African American students.”

Second Place

First Responders and EMS Inequities: Gaps in Ethnic and Gender Representation

by Casey Edmunds

(Internship site: Contra Costa Health Services Public Health Solutions & EMS Exposure Program)

“Ethnicities such as African Americans, Hispanics, and others all are underrepresented in a few different labor workplaces. In a community like Richmond or San Pablo, you would understand that there would be a slight discomfort than if it were to be somebody of the same ethnic background. Minorities should be represented everywhere to promote diversity. Simply just putting specific cultures into the same communities also creates more separation of the communities.”

Third place

Drug Court: A Possible Solution to OUD

by Bethany Chouinard

(Internship site: Contra Costa Health Services Office of the Director)

“The opioid crisis in Contra Costa County is an issue that must be faced. Drug Courts are something that numerous states in the US have implemented to fight the Opioid Crisis. The Drug Court model that I am proposing takes this a step further. I propose a drug court that utilizes its social workers, therapists, and shelters in order to rehabilitate individuals who suffer from OUD. Therapists and rehabilitation specialists work with patients to find out triggers that can cause relapse and teach patients ways to avoid those triggers and deal with them so that when released they are less likely to use again due to triggers..”

CHANGE-MAKERS SHOWCASE 2018

Group Winners

First place

Making Futures Brighter with Bright Futures Growth and Development Center
by Kenia Rojo, Ikiah Brown, Kiara Harper, Viridiana Rico

(Internship site: Bright Futures Growth and Development Center)

“The lack of children wanting to get up and be physically active outside due to poor eating habits and not enough knowledge about the importance of nutrition. Our solution is to create “Bright Future Day” where children will have the opportunity to learn about nutrition in a fun and memorable way by participating in physical activities such as yoga with goats, raffles, relay races, and learn from nutritionists.”

Second place

Single Fathers, Legal Guardians, and Foster Parents: WIC Policy Update
by Sally Pham, Kaylynn Parker, and Brandnisha House

(Internship site: Contra Costa County Richmond Women, Infants, and Children)

“WIC (Richmond Women, Infants, & Children) offers checks to pregnant women, postpartum moms for a year, breastfed infants, formula fed infants, and children up to 5 years of age. Since the checks are primarily for the kids, we want to expand the target population to foster parents, legal guardians, and single fathers because they are not covered by the WIC checks. We want to change the policy so that those who are caring for the children are receiving the nutrition they need and are healthy to take care of the children. Healthy parents equals healthy kids.”

Third place

Mental Health Counseling: Equity for Everyone
by Nyah Mejia and Luis Encino

(Internship site: Richmond Literacy for Every Adult Project)

“Our targeted people are students with mental health challenges. Our solution is to implement therapists and psychologists to schools throughout the City of Richmond to increase percentage of students finishing school and for older individuals suffering mental illness to better their lives. Students will not only have monthly visits with their therapists but they will also be given a number to reach their therapist in case of an emergency.”

OPPORTUNITIES

PHS Summer Internship

This year's application will be more competitive. We will only be accepting 25 people to take part in the internship.

A sign-up link will be emailed out soon for PHS alumni who are interested in the 2019 internship. Stay tuned for a separate email with details.

Need support filling out financial aid applications? RSVP and attend the West County Financial Aid App Day.

Trained volunteers will be available to help students start, continue, or complete their financial aid application (FAFSA or CA DREAM Act application). Students who have completed these applications are encouraged to RSVP and bring scholarship applications to work on.

When: Tuesday, February 19th

Where: San Pablo Public Library Community Room
(13751 San Pablo Ave, San Pablo, CA 94806)

Time: 10am - 4pm

(MUST register by Wednesday, February 13 at tinyurl.com/wccfinaidappday)

Seniors from all high schools are welcomed.
Parents/guardians are welcomed as well!

Those who RSVP will receive a confirmation email by Friday, February 15th confirming their spot for one of the following times:

Slot 1: 10am - 10:45am

Slot 2: 11am - 11:45am

Slot 3: 1pm - 1:45pm

Slot 4: 2pm - 2:45pm

Slot 5: 3pm - 3:45pm

**What you need for Financial Aid:

1. 2017 tax returns, W-2 and 1099 Forms (student + parent)
2. General student + Parent Info (DOB, Marital Status, driver's license)
3. Household Size + Number of students in college
4. Social Security Number (FAFSA) *Undocumented students use SSN received from DACA (if applicable) + meet AB540 criteria (CADAA)
5. CA Statewide Student ID Number (usually on transcripts or on ID card)
6. Residency: EXACT date your parents started living in CA
7. College Info (Where you are applying to)
8. Signature (FSA ID for FAFSA; Parent Pin CADAA)



WCC FINANCIAL AID APP DAY!

February 19
10AM - 4PM (WITH RSVP)

Open to all seniors!

FAFSA + CA Dream Act App Support

Info on Paying for College + Scholarships

Parents + Guardians Welcome!

Free Prizes!!

Requirements, time slots, RSVP link:
tinyurl.com/wccfinaidappday
RSVP Deadline: Wed, Feb 13th

San Pablo Public Library
Community Room
13751 San Pablo Ave

Logos: EAOP, College Advising Corps, DCA, CDFM, RICHMOND PROMISE

OPPORTUNITIES

Kaiser Permanente Asian Association Scholarship

The Kaiser Permanente Asian Association (KPAA) Scholarship program is KPAA is offering seven scholarships of \$3,500 each to Northern California high school students who are scheduled to graduate in spring 2019.

KPAA scholarships recognize students who bring demonstrable benefits to the Asian community, and who have the potential to become future leaders. Students may have demonstrated this potential through their school activities, the community, or in the face of unusual circumstances.

Online applications must be submitted by February 6, 2019. On May 8, 2019, the KPAA website will list the names of those awarded scholarships. Scholarship funds will be distributed in August 2019 to the college, university, or technical school the winners will attend in the fall.

For more information and access to the online application, check out:
<https://kaiserpermanente-asianassociation.org/scholarship/application/>

Questions? Email: karen.tsang@kp.org

Kaiser Permanente School of Allied Health Science in Richmond

Working? Interested in becoming a medical assistant?

Kaiser Permanente has an accelerated MA program for working adults. The deadline to apply is mid-April, and the program starts in July.

This accelerated 12 month, 43 unit program is offered during the evening for the first nine months (3 quarters) and during the day for clinical rotations during the final quarter.

For more information, please contact: publichealthsolutions.info@gmail.com

Contra Costa County Office of Reentry & Justice Student Summer Internship

Interested in interning at the Office of Reentry and Justice? They're offering a paid 12 week, part-time summer internship. The application is due April 30, 2019, 5pm.

Applicants must be enrolled in (or a recent graduate from) an accredited college or university, or a training program that leads to a diploma, program certificate, Associate, Bachelor, or advanced degree.

The summer internship is “hands-on” and will be made to expose students to many different partners within the office and community; this includes gaining an understanding of the intersections of the criminal justice, public health care, social welfare, and public policy systems, as well as the role of community based organizations and service providers.

For more information and to apply, email: denise_zabkiewicz@cao.cccounty.us

OPPORTUNITIES

Labor Summer Internship Program

The Labor Summer Internship program offers students an opportunity to spend their summer learning about social and economic justice. Labor Summer is a full-time, PAID, intensive eight-week educational internship program. Students learn from and work with labor and community organizations in Northern and Central California.

More information about the paid internship through the UC Berkeley Labor Center can be found at laborcenter.berkeley.edu. Applications are due Monday, February 25, 2019, at 11:59pm.

Allied Health Expo

The Allied Health Expo is career summit for 150 high schoolers (ages 16-18) and 50 qualified adults (18+).

When: Wednesday, April 10, 2019

Where: San Leandro Adult School—1448 Williams Street, San Leandro CA 94577

Time: 10:00 am- 3:00 pm

For those qualified for employment, students and alumni with certificates and/or some coursework will also be invited to the Allied Health Professional Development Sessions. At the Professional Development sessions, students will receive a refresher on: health literacy and education on patient care, HIPAA, interview and resume review, and communication skills.

For more information and to RSVP, email: sequoia.hall@acgov.org

Alameda County Health Coach Program

Support efforts aimed at improving the health outcomes of the community and addressing the health disparities of the underserved by applying to be a health coach or volunteer.

The program is recruiting 1 full-time health coach trainer, 2 part-time health coaches, and 2 health coach volunteers. Applicants must be 18+ and have a High School Diploma/GED. Applications are due Friday, February 15, 2019, at 11:59pm.

For more information on the positions and how to apply, check out the following sites:

Health Coach Trainer: <https://tinyurl.com/ProgramTrainer2019>

Health Coach: <https://tinyurl.com/HealthCoach2019>

Health Coach Volunteer: <https://tinyurl.com/HealthCoachVolunteer>

City of Richmond YouthWORKS Summer Youth Employment Program 2019

Richmond residents or students with IEP/504 in West Contra Costa County can now apply for training slots and employment placement with YouthWORKS.

Richmond Youth (age 16-21) interested in a Career Path Summer employment experience may apply online at <http://www.ci.richmond.ca.us/662/YouthWORKS>. Applications due Thursday, February 28th at 5:00pm or when first 200 apply.

For More Information Call 510-412-2044 or Visit us at YouthWORKS 330 25th Street Richmond, CA 94804.

OPPORTUNITIES

Mary Keith Duff Memorial Scholarship

Travis Credit Union proudly offers college scholarships to members each year who are high school seniors bound for college in the fall. Twenty students will be awarded a \$2,000 scholarship.

Scholarship applicants must be a Travis Credit Union member in good standing, a graduating high school senior, and have a GPA of at least 3.0 (on a 4.0 scale).

Application submissions require that students submit a completed Mary Keith Duff Memorial Scholarship application*, personal statement essay (in 250 words) describing the student's education and career goals after college, school transcript certified by a high school official, and one letter of reference from a teacher verifying scholastic honors and awards, leadership, extracurricular activities.

If you're college bound and interested in more information, check out:

<https://www.traviscu.org/community/events-seminars-community-education/scholarships/>

The CHORI Summer Research Program

The CHORI Summer Student Research Program is designed to provide an opportunity for students to immerse themselves in the world of basic and/or clinical research for three months during the summer.

The program pairs students with one or two CHORI principal investigators who serve as mentors, guiding the students through the design and testing of their own hypotheses and methodology development. At the end of the summer, students present their research to their peers just as any professional researcher would do.

High School applications are due Friday, February 8, 2019, at 4pm and Undergraduate applications are due Friday, February 22, 2019, at 4pm.

For more information, check out:

http://www.chori.org/Education/Summer_Internship_Program/funded_unfunded.html

The Ladder

The Ladder is a program to learn cool things about science and health careers for young people age 9 - 24 years old. You will learn about medicine, health careers, and ways to succeed in science!

COME LEARN ABOUT HAIR AND SKIN! (No RSVP needed, just show up)

When: Saturday, February 23

Where: West County Health Center 13601 San Pablo Ave San Pablo, CA 94806

Time: 1-3pm

Public Health Associate Program

The Public Health Associate Program (PHAP) is a two-year, paid training program with the Centers for Disease Control and Prevention (CDC). PHAP associates are assigned to public health agencies and nongovernmental organizations in the United States and US territories, and work alongside other professionals across a variety of public health settings. After completing the program, PHAP graduates are qualified to apply for jobs with public health agencies and organizations.

Applications due Friday, February 8, 2019. More information can be found at <https://www.cdc.gov/phap/>

PHS SHOUTOUTS

Congratulations to Casey Edmunds (cohort 2018) and CJ Mangaron (cohort 2017), both EMS Exposure Interns and PHS Alumni, that successfully completed Alameda County EMS Corps program.



As PHS continues to make its way to Pinole Valley High School, Richmond High School, and De Anza High School, we have been happy to see familiar faces. It is always amazing to hear more about what you are involved in, and how your passions and dreams have grown since the internship. We hope to connect with you all again soon!

THANKS FOR READING!

**PUBLIC HEALTH
SOLUTIONS** 