

Celebrating

30

Years



1988 - 2018



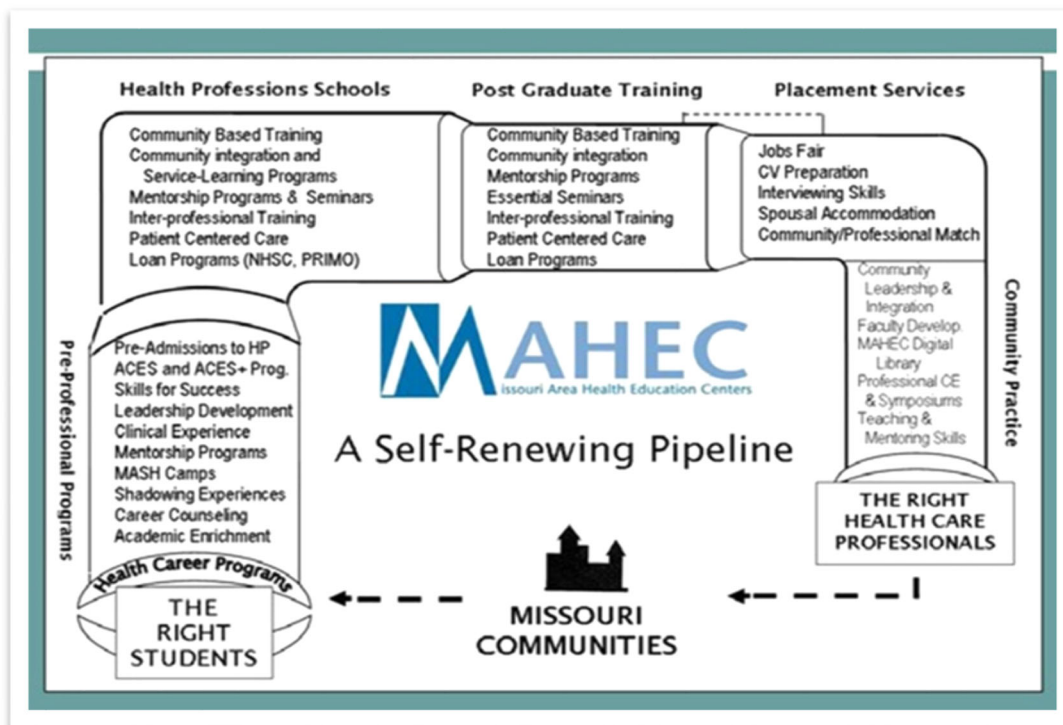


★ ★ ★ CELEBRATING
 1988 - 2018
 30 YEARS

For thirty years, Missouri AHEC has worked to enhance access to quality healthcare, particularly primary and preventive care, by growing and supporting Missouri’s healthcare workforce. Area Health Education Centers were developed by Congress in 1971 to recruit, train and retain a health professions workforce committed to underserved populations. Now more than ever, it is important to identify our future providers that will serve a population in need of healthcare in both rural and urban underserved areas of Missouri.

AHEC connects the resources of academic training schools to local communities to enhance training and healthcare access. By their very structure, AHECs are able to respond in a flexible and creative manner in adapting national health initiatives to the particular needs of the nation’s most vulnerable communities.

Today, 46 AHEC programs with more than 261 centers operate in almost every state and the District of Columbia. Approximately 120 medical schools and 600 nursing and allied health schools work collaboratively with AHECs to improve health for underserved and under-represented populations. By training health professions students in local communities, AHECs identify, motivate, recruit, train, and retain a healthcare workforce committed to underserved populations.





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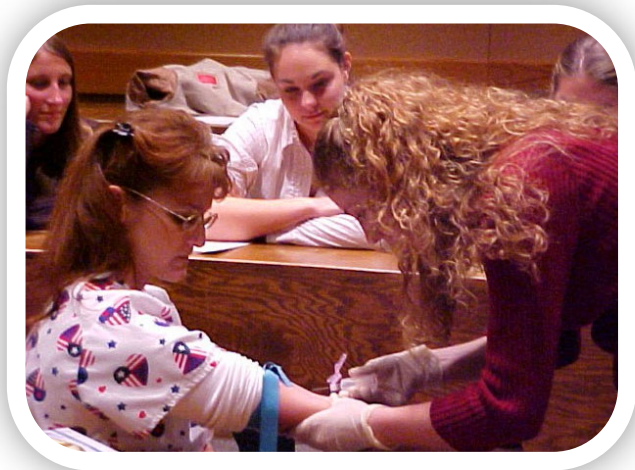
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CELEBRATING AHEC Leadership

As MAHEC Celebrates 30 years of service, we celebrate the “originals” that have endured the thirty years of growing the statewide program. Prior to 1988, **Janet Head, RN, MSN, EdD**, began her initial drive to bring AHEC to the *Show-Me-State*. Armed with reams of HRSA publications, a map, and lots of ambition, she set a course to shift the infamous “mal-distribution” and lessen the shortage of primary care providers in our largely rural state. Early on, she hired a young EMS administrator by the name of **Michael French** from Wisconsin to join her in this effort. Janet and Michael quickly proved themselves a remarkable and well-spoken team capable of tackling systemic problems as well as the daily minutia. Their partnership bloomed in both work and in life, and they married in 1991.

The earliest Missouri AHEC years were difficult. The initial Program Office was located in a condemned part of the medical school. Few people knew or understood the mission; even fewer thought the vision could be carried out. Nonetheless, Janet and Michael set out to build one regional center after another, visualizing a statewide network that truly linked communities to their future health providers and vice versa. Thirty years later, we hope they are feeling satisfaction and pride in what has been achieved by the Missouri AHEC system.



Janet Head and Michael French have lead the Missouri AHEC effort since the inception in 1988.

Individually, their talents and interests have led them to work for MAHEC in different ways. Michael is our detail person and keeps us on track with a statewide vision. He assists the other two program offices and seven centers become a stronger statewide system, seeking relationships, partnerships, legislation, financial resources - any and all of the components that will grow MAHEC into a greater, more connected, and more responsive force. This has not always been an easy job, but Michael keeps his even-temper and works with us individually and as an incorporated group. We will never know exactly how much time he has spent over the years on our behalf at the state capital, but we know it is far more than the rest of us want to spend!

He has a keen ear and remarkably humble way of coaching us forward. He calculates risk and potential, and then recommends a structured course for hurdling each barrier in our collective path.

In addition to managing daily AHEC contributions to the host medical school and its 350+ on-campus students, Janet’s passion for geriatrics and interprofessional education has led her to actively develop and lead numerous community integration and interdisciplinary activities for the health professions students both at ATSU and Truman State University.

In 2009, she achieved her long-term goal of completing a doctorate in education in 2009. Her thesis explored how and in what context osteopathic medical students learn about interprofessional practice. Even in her personal endeavors, Janet is committed to a more responsive, better prepared, and stronger healthcare workforce.

In 2016 the efforts and contributions to MAHEC were recognized at the national level with the *Red Koelling Award for Service to AHEC*. While many center directors and staff members have come and gone from Missouri AHEC over 30 years, Michael and Janet have remained constant through it all. Not only do they have historical reference, *they ARE the history* of our Missouri AHEC system. We are grateful.



REGIONAL BOARDS

Whether governing or advisory, each regional AHEC center is dependent on the contribution and support of their regional boards. Board members represent education, healthcare, business, government, and other community organizations and play a vital role in the success of the center's growth and community engagement. In the late 1990s a **Joint Boards Retreat**

was established to convene board members from each regional board with staff from the center and program offices. These annual retreats allowed board members from across the state to learn best practices from other regions and work on statewide strategic planning.

In 2001, those in attendance decided to begin fundraising for a scholarship. Following the passing of the ECMO AHEC first center, the scholarship was named the Tamra Lisy Memorial Scholarship. Funds were primarily raised through silent auctions held in conjunction with the conference. The last Joint Boards Retreat was held in 2010. Funds raised during that time provided scholarships from 2005-2016 for our AHEC students pursuing health careers.

Several recipients are now practicing professionals including Dr. Emily Penick of Northeast Missouri AHEC region, Kristen Alexander, DMD, of Southeast Missouri region. Although the retreat is no longer held, regional centers still convene regular meetings and value the input and expertise that community members bring to the table.



We Remember...



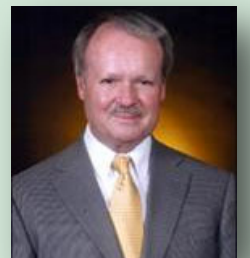
Tamra Lisy

Tamra served as the first center director for the East Central Missouri AHEC in St. Louis, Missouri in a time of change and growth as a statewide organization. She motivated and challenged MAHEC leadership to continuously strive for excellence in becoming the effective statewide organization of today. She passed away in 2003.



James Balls

James was a charter member of the East Central Missouri AHEC board of directors and had served as chair since its inception. His leadership, passion and strong interest in helping ECMO AHEC succeed helped shape the center into the success it is today. He passed away in 2016.



Dr. Larry Garrison-Sullivan

Dr. Sullivan was an advisory board member for the West Central Missouri AHEC since 2010. He served as pre-health advisor and Dean of Health Sciences at Avila University for over 40 years. He was passionate about helping students reach their goals of becoming healthcare providers. He passed unexpectedly in 2019.

ADVOCATING for AHEC

The National AHEC Organization (NAO) was formally organized and incorporated in 1998. NAO represents a network of more than 300 AHEC program offices and centers that serve over 85% of United States counties. The goal of NAO is to help its members achieve the AHEC mission through advocacy, education, and research.

The AHEC mission is to enhance access to quality healthcare, particularly primary and preventive care, by improving the supply and distribution of healthcare professionals via strategic partnerships with academic programs, communities, and professional organizations.

As a membership organization, involvement with our national organization is important and Missouri has been well represented. Both Dr. Janet Head and Michael French from the ATSU-KCOM AHEC were involved from the beginning of the organization. Janet served as national president in 2005-2006 and was very active in various committees such as the Program Directors Constituency Group, NAO secretary, and other countless roles.

Michael French is currently completing his second term on the NAO Board of Directors, where he also serves as parliamentarian. He has served as chair of the Program Directors Constituency Group, member of the NAO Public Policy Committee. In 2016, Michael was nominated by his Missouri AHEC colleagues and selected by NAO Awards Committee for the Red Koelling Award for service to AHEC.

In 2012, the MU AHEC, with the efforts of the Northwest, West Central and Mid-Missouri AHEC, received National Eugene S. Mayer Program of Excellence Award, which is given to a program that exemplifies the best qualities of an AHEC program – program comprehensiveness, community and university partnerships, responsiveness to community needs, and a significant impact on improving access to healthcare for the citizens of its state.

Paula Overfelt became involved with the NAO Conference Planning Committee in 2008. Her involvement increased as part of the Center Director Constituency Group Leadership Team, then as chair. In October 2016 she began a three-year commitment as president-elect, president, and is currently the immediate past president.

Other current Missouri directors are serving on NAO committees: Stephanie Taylor, WCMO AHEC director, serving on the 2018 NAO Conference Planning Committee, NAO Communications Committee and NAO CORE (Committee on Outcomes, Research and Evaluation). Dr. Kathleen Quinn serves on the NAO Conference Planning Committee.



Missouri AHEC was proud to have Paula Overfelt, Northwest Missouri AHEC center director, serve as president of the National AHEC Organization for 2017-18.



Former AHEC student, Tara Seals, RN/BSN, CPNP, participated on the student panel at the 2018 National AHEC Conference in Washington, D.C.



Ashley DeVilbiss, Michelle Mollick, Paula Overfelt and Barbara Bowman present at the NAO Conference.



Stephanie Taylor, Michael French, David Pole, Kathleen Quinn, Paula Overfelt and Regina Bowling sign the MAHEC Articles of Incorporation in 2007.



Legislative Champions

Over the years, the success of Missouri AHEC receiving funding at the federal and state level would not be where it is without the strong support of our legislative champions past and present including:

- * Charlie Shields (former Senator)
- * Brad Lager (former Senator)
- * Chris Kelly (former Representative)
- * Kurt Schaefer (former Senator)
- * Senator Dan Hegeman
- * Representative Deb Lavender
- * U.S. Senator Roy Blunt



Above: Missouri AHEC staff attended the National AHEC Conference in Washington, D.C. this July 2018. The conference aligns with the opportunity to visit national legislators to advocate for AHEC funding. Below: Missouri AHEC staff attending the 2016 National Conference in Washington, D.C.



Staff and students from regional centers and program offices make the annual trip to Jefferson City, Missouri to visit state legislators and share their stories and highlight the impact of AHEC programming in the state.

KCOM AHEC

A.T. Still University received the first federal award in 1988 to establish an AHEC presence in Missouri. Located at the Kirksville College of Osteopathic Medicine, KCOM AHEC is the founding **PROGRAM OFFICE** for the Missouri AHEC network and currently serves as fiscal agent in receipt of federal and state AHEC grant awards.

MU AHEC

The second **PROGRAM OFFICE** was established in Columbia, when the University of Missouri School of Medicine received federal funding in 1994. Today it still plays an important role in the overall framework of system operations, in particular by its well-established rural pipeline of medical students.

1988

1989

1991

1994

MAHEC Missouri Area Health Education Centers **TIMELINE**

NEMO AHEC

The Northeast Missouri AHEC opened as the first regional center in Missouri in an effort to help reverse the decline in healthcare services, access, and opportunities for rural Missourians. It was the first regional center established in Macon until they relocated to Kirksville in 2010.

SEMO AHEC

A second regional center was placed in the Southeastern region of Missouri and provides an educational environment which connects students to careers, links health professionals to rural communities, and promotes improved access to healthcare services.

MID-MO AHEC

The Mid-Missouri regional center opened in Rolla as a catalyst for recruitment, retention, and local support of healthcare providers in the center of the state.

Three Program Offices Work Together

From its inception until 2017, Missouri AHEC was unique from other states in that it was one statewide organization with three separate grants from Health Resources and Services Administration (HRSA). Although each medical school and AHEC Center are unique and different, the MAHEC system functions as one statewide entity including one central data system. More importantly, all components of MAHEC collaborate and work towards the same mission of building and increasing Missouri's healthcare workforce.



1994-95: Leadership planning meeting at KCOM in Kirksville to start development of the Mid-Missouri AHEC regional center. Left to right: Rich Oliver, PhD, Director, School of Health Related Professions, MU School of Medicine; Sherri Hinrichs, Executive Director, SEMO AHEC; Hal Williamson, MD, Department of Family Medicine, MU School of Medicine; Weldon Webb, Associate Dean for External Affairs, MU School of Medicine; Janet Head, MS, RN, KCOM AHEC Project Director; John Mosher, Executive Director, NEMO AHEC; and Michael French, KCOM AHEC Co-Director.

SLU AHEC

By 2001, the needs of the St. Louis metropolitan region are attended to through a collaborative pilot project between Saint Louis University, ATSU and MU AHEC Programs. Saint Louis University received federal funding in 2002 to establish the SLU AHEC **PROGRAM OFFICE** and ECMO AHEC Regional Center.

SWMO AHEC

The establishment of the regional AHEC center in Springfield helped expand AHEC services for the Southwestern part of the state to address healthcare workforce issues and develop solutions for providers, healthcare systems, and communities.

NWMO AHEC

Northwest Missouri opened its regional center in St. Joseph. Originally an outgrowth of the *Northwest Missouri Healthcare Agenda*, the AHEC center provided much needed clinical training, youth recruitment, and community education resources for the Northwestern part of the state.

ECMO AHEC

East Central Missouri Area Health Education Center was born out of a great need in the St. Louis metropolitan community to provide recruitment and training in the urban underserved areas.

WCMO AHEC

The West Central AHEC was the final regional center to be established and serves the second largest urban city in Missouri as well as three rural counties that border the Kansas City metro area.

CONNECTING STUDENTS TO CAREERS

MAHEC health career programs provide Missouri's youth with opportunities to explore health careers, foster their interest in becoming future healthcare providers, and helps them prepare to enter these competitive training programs. Activities range from classroom presentations, hands-on science activities and career exploration workshops to summer camps, internships, shadowing, and individual career planning sessions. Through its well-developed community relationships, MAHEC programs offer academic enrichment, mentoring, and leadership development that help students identify and attain their health career goals. MAHEC also provides incorporates service learning projects that encourage young people to enhance the communities in which they live.



GREAT HOSPITAL ADVENTURE was developed specifically for students age five through second grade and used puppets to introduce healthcare professionals such as family doctor, paramedic, emergency room nurse, x-ray technician and pharmacist. AHEC regional centers provided programming and AHEC high school students also used the puppets for community service projects.



HEALTH OCCUPATIONS STUDENTS OF AMERICA (HOSA) is a national organization founded in 1975 with the purpose of developing leadership and technical skills through motivation, instruction and recognition. Over the years, MAHEC regional centers played an integral part in establishing and supporting area HOSA chapters throughout Missouri rural and urban areas. In 2012, the Missouri Foundation for Health funded a three-year pilot program to initiate HOSA programs in ten rural and urban underserved middle schools. Several AHEC regional centers were involved to support the development of these chapters. Today, there are more than 80 HOSA chapters across the state made up of middle school, secondary, post-secondary, adult and collegiate students enrolled in health science education and biomedical science programs or have interests in pursuing careers in health professions.



PRIMO ACADEMIES were sponsored by the Missouri Department of Health and Senior Services in the 1990's and organized by Missouri AHEC to provide one- and two-week academic experiences focusing on algebra, chemistry, and biology as well as field internships. These academies were held at various college campuses. Academies were replaced in 2000 with the ACES longitudinal pipeline programs.



MISSOURI AHEC SCIENCE AND HEALTH (M*A*S*H) summer camps expose middle-school students to health careers through tours of hospitals, health departments and emergency services and participate in hands-on activities like suturing, injections, proper hand washing, basic first-aid, and vital signs. Held as early as 2000, these camps were a collaboration between AHEC regional centers and local community partners and health organizations.



YOUTH HEALTH SERVICE CORPS was developed by the Connecticut AHEC to introduce students to health careers through service learning. Students gained awareness regarding services and programs in their community and vulnerable populations. They provided much needed volunteer assistance through hands-on activities and implementation of a community service project.

← **K-5**

6-8



AHEC CAREER ENHANCEMENT SCHOLARS PIPELINE (ACES) has been the AHEC signature high school program since 2001. Students with a strong interest in primary care medicine, nursing, dentistry, or mental health participate in workshops to gain hands-on skill training, career exploration and college preparation. Students also receive one-on-one career counseling, networking with healthcare professionals and organizations, opportunities for summer internships and early application to health professions programs. Since its inception, almost 1,000 Missouri high school and college students participated in longitudinal health career preparation activities provided by AHEC.



MEDICAL EXPLORATIONS IN SCIENCE AND ANATOMY (M.E.S.A.) The M.E.S.A program grew out of one of KCOM's students' interest to teach anatomy to high school students. Beginning in 2006 the workshop provides a learning opportunity involving guided dissection labs and interactive video presentations from Kirksville. Planned and presented by KCOM Anatomy Fellows, these sessions are broadcast to regional AHEC sites around the state. The goals for each M.E.S.A. dissection lab vary depending on the specimen but each includes a comparison between the specimen and human anatomy. The M.E.S.A. dissection labs make a significant contribution to future healthcare workforce.



ATSU-KCOM AHEC/ADMISSIONS PRE-PROFESSIONAL WEBINAR SERIES helps pre-health undergraduates and ACES students learn about the process and realities of preparing for and surviving in professional school. Initiated in 2012 to emphasize and encourage oral health careers and spread the word about MOSDOH (Missouri School of Dentistry & Oral Health), this series now addresses a variety of primary care disciplines. There have been three webinars per spring, and average participation has included 3-5 regional AHECs with 2-15 students per site.



MU HEALTH SUMMIT provided students from AHEC regions with opportunities to visit the University of Missouri campus and explore the many options for health career training at the MU School of Medicine, Sinclair School of Nursing, and the MU School of Health Professions. Students experience living in dorms, eating in campus dining halls, and learning about college life from current undergraduates.

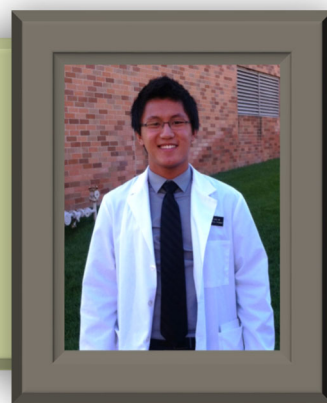
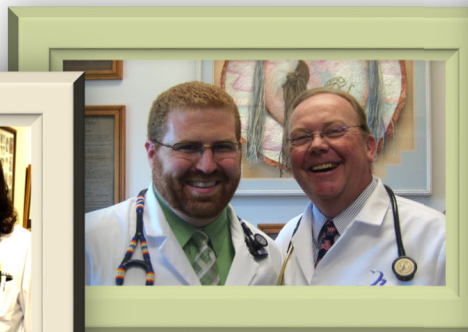


SCHOOL-BASED PARTNERSHIPS create opportunities for regional centers to work directly with schools in their communities to introduce students to health careers by bringing in health professionals as mentors to serve on panels and discuss health topics, engaging health professions students and professionals in creating curriculum around nutrition, public health and preventable diseases, and providing hands-on activities in the classrooms.



INTERNSHIPS often provide opportunities for students to work with hospitals, health departments, and other healthcare organizations to gain insight into the health of their community by participating in projects such as health screenings, homeless outreach, oral health activities, and more. Students work alongside health professionals and mentors and gain valuable experience in the real world.

PROFESSIONALS TO COMMUNITIES



Missouri AHEC supports the training of medical, nursing, oral health and other health professions students in underserved communities. AHECs facilitate preceptor and training site identification and development, may assist with student housing, support students in meeting non-clinical academic requirements, and provide opportunities for students to learn about and become engaged in the community. By collaborating with MAHEC in training, a community gains increased access to students and increased opportunities to recruit them to return to the community to practice when their training is complete.



TRAINING CERTIFIED NURSES

In 1994, the NEMO AHEC Certified Nurse Assistant Consortium was created to fulfill a growing need to train and certify nursing assistants. It was a unique consortium between the NEMO AHEC, North Central Missouri College in Trenton (NCMC), and several long-term facilities. This partnership lasted over 10 years and helped train over 450 students.

In 2017, Northwest Missouri began offering CNA training in their region after hearing some of their ACES students chose not to do participate in Health Occupations classes because of scheduling conflicts with dual credit or Advanced Placement courses. AHEC provides this opportunity the summer after they graduate so they can complete the course and head to college with a certificate to work for better pay, gain hands on experience in healthcare and build confidence working with patients.

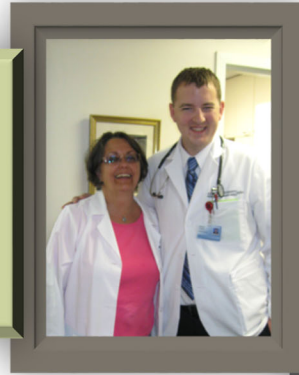
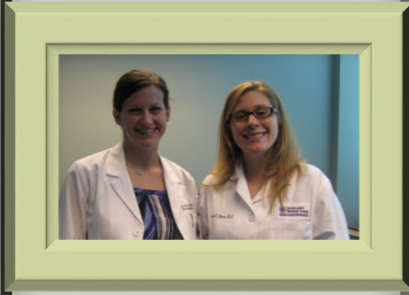
SUMMER EXPERIENCES FOR MED STUDENTS

In an effort to address physician shortages in Missouri, all three Missouri AHEC program offices implement programs for students completing their first year of medical school to experience rotations in rural and urban communities. These opportunities provide students with a chance to increase their knowledge of rural and urban practice in community-based primary care, spend time in one of the AHEC communities across Missouri, improve their clinical skills, recognize the importance of community resources in achieving and maintaining health.

During the summer:

- **University of Missouri School of Medicine** students train throughout Missouri for four-, six- or eight-week rotations, primarily with primary care providers in rural areas.
- **A.T. Still University/Kirkville College of Osteopathic Medicine** students train for two weeks each in over 100 sites, mostly primary care sites in underserved areas, organized by the AHEC regional centers.
- **Saint Louis University School of Medicine** students are engaged in a six-week summer preceptorship with community-based family medicine physicians that included 20+ hours per week in the clinic and additional hours participating in community health service projects.

One student said, "This experience was my first time being in a rural setting. One of the aspects I loved most about the doctor's practice was the continuity of care, which I think is more easily fostered within a smaller community. I believe that these experiences will positively influence any decisions I make regarding medical specialty and practice location."



AHEC HOUSING

Placing health professions students in community-based settings for clinical training has demonstrated improved outcomes in terms of chosen practice sites. Students who train in underserved urban or rural settings are often recruited to practice there. Having had the chance to live in the community and become familiar with the healthcare system and staff makes the student more likely to return as a practicing professional.

Students sometimes need a temporary place to live while they learn for varying lengths of time – from two weeks to six months. When temporary housing is not available in a community, it is difficult to place students there for training. In most cases, however, it is hospitals that share costs with AHECs to foot the bill. Temporary housing for health professions students is far too expensive for the AHECs to maintain without assistance, even though students often pay nominal rent.

Hospitals are eager to have the opportunity to recruit new graduates from residencies, nursing schools, physician assistant programs, the therapy programs, and many technical training programs. Consequently, the hospitals are well-served to provide AHEC with housing support.

Kathleen Quinn, PhD, MU AHEC Program Director said, “The partnerships between the medical schools, regional centers and hospitals and the dedicated teams of physician educators have made it possible for us to place more students in Missouri, where a vast shortage and a great need for healthcare providers exist.”

SLU LABOR OF LOVE and **DOCTORS FOR DIVERSITY** were set up as a combination of elective course, interest group and service program. SLU Labor of Love provided students with training in domestic violence awareness, doula training, and traditional aspects of the birthing process. Then students would provide doula support services, health education and community resources to domestic violence survivors in participation with the YMCA. Students who either take the doctors for diversity elective or join the interest group provided monthly hands-on lessons in medical science and professional develop and weekly mentoring sessions in partnership with faculty from the Collegiate School of Medicine and Bioscience.

AN AHEC CLINIC

One of the joys for anyone who works for an AHEC is to have former students return to practice in your region. Over the past 30 years, AHEC has seen many success stories when the student because the provider/preceptor. In a family medicine clinic in northwest Missouri, all 12 providers have either taught students or were students themselves. All five nurse practitioners completed clinical training rotations coordinated by the AHEC, and all of them now serve as preceptors to nurse practitioner students. Not only are they providers, they are integrated into the community, serving as board members, assisting with high school health career exploration activities, provide job shadowing opportunities and now teaching the next generation of health professions students.

Three of these physicians completed their clinical rotations through NWMO AHEC as medical students. Dr. Tara Brown, Dr. Ben Reine, and Dr. Sarah Wiederholt. Dr. Bryan Green, an MU Rural Track student, returned to northwest Missouri after a few years of practice in other Missouri communities. Across Missouri, there are hundreds of health professionals that offer learning opportunities to students as they do at this clinic and many more successful provider/ AHEC relationship stories to share. Thank you to all Missouri health professions who teach the next generation!

MISSOURI HEALTHCARE WORKFORCE COALITION

In 2016, Missouri AHEC initiated a coalition of key stakeholders to strengthen the primary care workforce for the state of Missouri by addressing advocacy and delivery of primary care for Missourians. These partners included Missouri Hospital Association, Missouri Primary Care Association, Missouri Department of Health and Senior Services, and Missouri State Board of Nursing. Members of the coalition meet regularly and engage in several priority efforts including (1) The creation of a healthcare workforce data system; (2) Potential tax incentive for primary care preceptors; (3) Increasing funding for new and existing primary care residency programs; (4) Increasing/enhancing funding for primary care training through scholarships and loan repayments, and (5) Creating coordinated preceptor development programs and resources.

Health education and community outreach has played a vital role in providing public health awareness over many decades. AHEC staff and students, from high school to health professions, participate in developing and implementing activities for the community, sometimes for service learning projects or as part of a larger national grant effort. Over the years many programs have been offered throughout the state such as:

- * Stop the Pop
- * Tar Wars
- * CPR Training
- * Bioterrorism Preparedness Training
- * Nutrition and exercise
- * Health Literacy
- * Oral Health Care
- * Making Proud Choices

HEALTH LITERACY

In 2007, the Missouri Foundation for Health (MFH) invited three partners to join them in forming the Health Literacy Missouri Coordinating Council to address low health literacy in Missouri, especially among vulnerable, at-risk populations. The Council included Southwest Missouri Area Health Education Center (SWMO AHEC) Center, The Center for Health Policy at the University of Missouri-Columbia, and the St. Louis Collaborative based at Washington University's Health Communication Research Laboratory.

These partners came together to build Health Literacy Missouri: a comprehensive health literacy resource center for the state of Missouri. This organization was designed to address the health literacy needs of consumers and professionals throughout the state by identifying needs, resources, and programs which can improve the health literacy of all Missourians. Programs included training on plain language, offering education resources to help healthcare providers communicate effectively with patients, creating systematic change at point of medical care, strengthening the evidence base for health literacy, and improving health literacy education and community collaborations.

VETERANS MENTAL HEALTH PROJECT

The National AHEC Organization was part of the Joining Forces Initiative chaired by former First Lady Michelle Obama and Dr. Jill Biden. Our role nationally was to provide continuing education to health professionals on the behavioral health issues of our veterans/military service members of the wars of the past ten years. The goal was to reach 10,000 providers, but more than 13,000 were reached by AHECs all across the country.

In Missouri, several regional centers participated in the outreach. Mid-Missouri AHEC held the first AHEC-facilitated Veteran's Mental Health session in Jefferson City. Following suit, Northwest and West Central Missouri AHEC collaborated with the Kansas City VA Medical Center on its Veteran's Administration Health Summit. Southeast Missouri AHEC participated in the VA summit held at the John J. Pershing VA medical Center in Poplar Bluff and Northeast Missouri AHEC coordinated four events for providers and students including a veterans seminar held for ATSU students.

LIFE SUPPORT TRAINING

AHEC has offered a wide range of CPR-related activities for community and students over the years. CPR is an important life and job skill for community members and a foundational skill for most health professionals. High school students complete CPR training as part of the ACES curriculum. AHEC regional centers also became a "lending library" when the American Heart Association provided each region with ten training kits to be loaned out to regional high schools in response to 2017 state legislation that mandated that all high schools provide CPR awareness training as a requirement for all graduates.

HPV EDUCATION

In 2015, the Northeast Missouri AHEC office was selected to take part in the National AHEC Organization's HPV Immunization Project by forming partnerships and organizing trainings for healthcare providers throughout Missouri. The goal of the project is to provide education to health professionals and students in health professional schools regarding the Human Papillomavirus (HPV) vaccine. By increasing awareness and training health professionals about the HPV vaccine, the overall effort is to increase HPV vaccination rates of girls and boys, ages 11 and 12. Through the network of ten offices, MAHEC is participating in the project to help spread the word that the HPV vaccination is the best way to prevent many types of cancer.



UMKC Dental Hygiene students partner with regional AHEC centers to identify audiences for oral health education during their dental hygiene rotations.



LAUNCHING AHEC Scholars

Kicking off our 30th year has included the development of an entirely new program for health professions students called **AHEC Scholars**. This program is designed to supplement education and training of current health professions students by gaining additional healthcare knowledge and experience in rural and/or underserved urban settings.

AHEC Scholars is a signature program for AHECs across the country focusing on preparing health professions students to work in rural or underserved urban communities and provide healthcare to underserved communities and populations. The program focuses on building regional interprofessional cohorts of students from multiple disciplines. Scholars make a two-year com-

mitment to engage with peers from their region and across Missouri and complete a defined set of clinical, didactic, and community-based activities in rural and/or underserved urban settings.

Our Scholars represent medicine, dental, pharmacy, nursing and advanced practice nursing, physician assistant, social work, physical therapy, occupational therapy, public/population health and other health-related programs. They have a current interest in rural and/or underserved urban healthcare. Topics include:

- *Interprofessional Education*
- *Behavioral Health Integration*
- *Social Determinants of Health*
- *Cultural Competency*
- *Current and Emerging Health Issues*
- *Practice Transformation.*

On October 6, 2018, MAHEC held its inaugural AHEC Scholars Statewide Retreat in Columbia, MO. The all-day didactic event provided opportunities for AHEC scholars and other health professions students to interact with and learn from accomplished leaders in the healthcare field. The students left with a greater understanding of the unique factors that medically underserved populations experience on a day to day basis. One student stated, *“Overall, [the retreat] was a very valuable learning experience. I am excited to explore this wonderful learning opportunity [that the AHEC Scholars program has to offer].”*



KCOM AHEC

KIRKSVILLE COLLEGE OF OSTEOPATHIC MEDICINE AHEC PROGRAM OFFICE

Since its inception on October 1, 1988, the A.T. Still University—Kirkville College of Osteopathic Medicine AHEC Program Office has worked with many partners across the state of Missouri and beyond to establish and enhance the Missouri AHEC (MAHEC) Network. ATSU’s 30-year commitment to the MAHEC Network springs from the match between the missions of ATSU and MAHEC, especially a focus on fostering a diverse healthcare workforce that values interprofessional collaboration, community health improvement, and service to underserved communities and populations. In 2017, on behalf of the three University Program offices and seven regional AHECs, the ATSU-KCOM AHEC Program Office submitted a single HRSA grant application for the Missouri AHEC and, currently, administers the awarded funds for the MAHEC Network. The transition to a single grant application allows the network to work together to develop, implement, and evaluate the new AHEC Scholars Program and other activities with increased efficiency.

COMMUNITY-BASED CLINICAL EDUCATION:

Starting in 1992, ATSU-KCOM worked with AHEC to initiate the Missouri Region program, placing medical students for their third and fourth-year clinical rotations in community-based training sites in Missouri. Among the communities in which Missouri Region students have trained are Kirksville, Hannibal, Rolla, St. Joseph, Cape Girardeau, Sikeston, Springfield, Joplin, Kennett, West Plains, Jefferson City, and Saint Louis. Since 1992, approximately 1,450 KCOM medical students have completed third- and fourth-year clinical education in Missouri communities through the Missouri Region; over 125 KCOM graduates who trained in the Missouri Region served as MAHEC clinical preceptors during the period 2012-2017.

Below is an illustration of the statewide reach of the Missouri Region program is found in the following small sample of Missouri Region alumni who practice in Missouri and have served as preceptors or directors of student medical education for students following in their footsteps



STUDENTS TO PRECEPTORS-MISSOURI REGION PROGRAM		
PRECEPTOR	KCOM CLASS	MAHEC REGION
MICHAEL PATTERSON, D.O.	1994	ECMO AHEC
VICTORIA DAMBA, D.O.	1997	SEMO AHEC
CHERYL WILLIAMS, D.O.	1997	SWMO AHEC
RACHELLE GORRELL, D.O.	1998	MID-MO AHEC
CHRISTOPHER KAFKA, D.O.	1998	WCMO AHEC
STEVEN BRUSHWOOD, D.O.	2000	NWMO AHEC
MATHEW HARDEE, D.O.	2007	NEMO AHEC

MONTHLY MISSOURI REGION LECTURE SERIES

Lectures are available live to all third and fourth year training sites in Missouri and are archived for wider availability. Since 2011, approximately 1,859 health professions students and other interested health related professionals have participated in these lectures.

CULTURAL COMPETENCY MEDICAL SPANISH:

The ATSU-KCOM AHEC Program Office coordinates a two-semester Spanish language and culture course for medical/dental students on the Missouri campus. Taught by TSU Modern Languages faculty, with TSU students majoring in Spanish serving as standardized patients, the course helps ATSU students enhance language skills and enrich their understanding of cultural influences on health beliefs and interactions with providers.



EARLY CLINICAL EXPERIENCES

ATSU-KCOM’s Early Clinical Experiences (CE) are designed to enhance medical student awareness of opportunities in primary care and in agencies caring for people in Missouri’s high need communities. Though KCOM’s annual class size has increased from approximately 140 in the early 1990s to approximately 175 as we approach 2020, the ATSU-KCOM AHEC office has continued to provide coordination and administrative support for two important community-based learning experiences.

Since 2002, CE I has provided first-year students three two-hour opportunities to shadow practitioners and staff in clinical and community sites that offer a range of health-related services. CE II serves as the first “real/official” clinical rotation for KCOM students and introduces students to the daily experiences of primary care, community-based practice and being part of a care team. Administered collaboratively by the ATSU and regional AHEC offices since 1993, these two-week clinical placements in Missouri between the first and second years of medical school allow students to integrate their first year classroom learning and regroup for their second year of coursework. CE II serves as an energizer and a reminder to students and our community-based preceptors of why they chose medicine as a career. Early and continuing primary care experiences contribute to KCOM’s high rate of graduates matched into primary care residencies (64% in 2017).

IPE-CROSS-CAMPUS COLLABORATIVE CASE

Since its introduction in 2013, 492 students working in 107 teams have participated in the IPE-CCC. Initiated by a team of students and faculty on ATSU’s Arizona campus, it quickly gained support and participation from the ATSU-Missouri, TSU, and ATSU-Arizona campuses/communities. The six-week Missouri campus IPE-CCC course allows students from seven disciplines (medical, dental, nursing, health science, communication disorders, athletic training, and social/cultural science) to work in teams to develop leadership skills and learn about, from, and with other health professions disciplines.

Student teams are provided a complex, web-based case and asked to develop a patient/family-centered care plan that focuses on patient safety, quality of care and interprofessional team work. The culmination of this team project is presentation by the student team to a group of judges that describes their patient care “dream team” and critical elements of care for the patient and his/her family.



GERIATRIC WORKFORCE ENHANCEMENT PROGRAM

With funding provided by Saint Louis University under a GWEP grant from the Health Resources and Services Administration, the ATSU-KCOM AHEC Program Office and four regional AHECs collaborate with SLU to deliver services and provider education to improve healthcare for populations of older adults. As part of this collaboration, students and providers have been trained to administer the Rapid Geriatric Assessment (RGA), older adults with mild to moderate dementia have benefited from Cognitive Stimulation Therapy, and other elders have participated in Matter of Balance programs. Since 2016, 1,437 RGAs have been administered, and 1,030 providers and students have been trained on the RGA and gained enhanced knowledge and skills in geriatrics. *Shown above: ATSU and Truman State students participating in the Fall 2018 individual CST (i-CST course).*



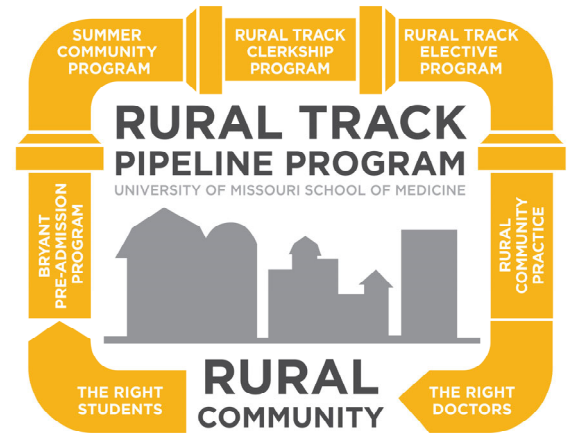
INTERPROFESSIONAL HEALTH PARTNERS (IPHP)

The ATSU-KCOM AHEC Program Office has facilitated ATSU-KCOM’s home visiting program since its introduction by the Department of Family Medicine in 2000. In 2003, an interprofessional option was introduced which has evolved into the current Interprofessional Health Partners program. IPHP offers ATSU medical and dental students the opportunity to work with Truman State University (TSU) nursing, health education and other health related students in interprofessional teams with community elders. Teams visit the elder volunteer three times, gather a health history, assess vital signs, complete a variety of other assessments, and provide condition-specific education to patients in their homes. The course gives students the opportunity to learn about other health disciplines, work with older adults, and enhance teamwork and communication skills. The program “patients” are older adult volunteers from the community. Since 2014, 708 students have participated in the program and provided 2,124 hours of service to elders.

MU Rural Track Program

As the state’s leading educator of physicians practicing in Missouri, the MU School of Medicine is in a key position to improve the supply and distribution of physicians in rural Missouri. Although it cannot single-handedly solve Missouri’s rural health problems, the school has the unique potential to enhance the physician work force.

In response to the challenge, Dean Lester R. Bryant, requested the creation of the MU Area Health Education Center (MU AHEC) Program Office in 1994 to address the shortage of physicians in rural areas of the state. The pipeline graphic illustrates the four distinct but related curricular and clinical components of the program: the Bryant Scholars Pre-Admissions Program, the Summer Community Program, the Rural Track Clerkship Program, and the Rural Track Elective Program. Weldon Webb, former Associate Dean for Rural Health; Hal Williamson, MD, former Vice Chancellor for MU Healthcare System; and Michael Hosokawa, Ed D, current Senior Associate Dean, played pivotal roles in founding and sustaining the MU Rural Track Pipeline Program (MU RTPP). Sadly, Dr. Bryant died at age 87 on May 2, 2018, in Jonesborough, Tennessee but he left behind a lasting legacy of enduring accomplishments at MU.



Program Outcomes for Bryant Scholars, 47.5% have matched into a primary care specialty. Approximately 60% practice in a rural location, 70% practice in Missouri, and 50% practice in rural Missouri.

Bryant Scholars

Dr. Andrea Schuster tells her story about fulfilling her dream to become a rural physician and the influence the Rural Track Pipeline Program had on her success.

“I grew up in Pilot Grove, Missouri, a small town about 40 miles west of Columbia. From a very young age I wanted to be a physician, probably because I adored my pediatrician and admired the way he put my parents at ease when I was sick. I have no family members that are medical doctors, and while my parents were always supportive, we were basically flying blind when it came to planning for my career. I found out about the Bryant Scholars Program as a freshman in college, through my high school guidance counselor. I applied and thankfully was accepted during my sophomore year at Mizzou.

The Bryant program provided me with a structure for succeeding in under-graduate and medical school. I was introduced to advisors, met other premed students from rural backgrounds, and participated in retreats that taught me what to expect as a medical student. The experience was invaluable, and I finally had a concrete plan and the support I needed to become a doctor.”



Dr. Andrea Schuster (right) is a clinical faculty member in the MU Family and Community Medicine Department and works at a clinic in Fayette, Missouri. She is pictured with Kelly Dougherty, an M1 who is a Bryant Scholar and her mentee.



Rural Immersion

The MU Rural Track Pipeline Program continues to innovate a improve students' experiences to help them learn about the unique opportunities associated with a career in rural medicine. The Rural Immersion Program is a four-day experience in a rural community for health professions students who are interested in living and working in a rural area. This is a non-clinical experience designed to highlight the social and communal aspects of rural life. Rural Immersion was held in Chillicothe, MO and Hannibal, MO in past years, and is scheduled to be held in Sedalia, MO during the Summer of 2019.

Through group activities and meetings with community leaders, participants get a preview of life as a rural healthcare professional. Students spend time in multidisciplinary groups interviewing community leaders from one of four emphasis areas (business and government, education, healthcare, and natural resources). At the end of the experience, students present their findings to student groups and members of the community.

By participating in the Rural Immersion Program, students from medicine, pharmacy, public health, speech pathology, dietetics, dentistry, and nursing experience working with other healthcare professions in a collaborative environment. Past participating schools include, MU Sinclair School of Nursing, UMKC School of Pharmacy at MU, MU School of Health Professions, MU School of Medicine, MU Masters of Public Health Program, Kirksville College of Osteopathic Medicine, and Missouri School of Dentistry and Oral Health.



Summer 2018 Rural Immersion Participants in Hannibal, MO.



Rural Track Success Stories

MU School of Medicine class of 2011 graduates **Dr. Fallan Mayabb** and **Dr. Trevin Mayabb** both participated in the AHEC Rural Track Program. Dr. Fallan Mayabb is practicing obstetrics and gynecology at the Missouri Delta Women's Care Center in Sikeston, Missouri. Dr. Trevin Mayabb is a family physician with the Ferguson Medical Group in East Prairie and Sikeston, Missouri.

"We both feel that the Rural Track Program was invaluable in preparing us for rural practice in both of our fields. The Rural Track Program gave us the opportunity to immerse ourselves in rural medicine between first/second years of medical school and during our clinical rotations in third year. Not only did this give us the experience to prepare us for rural medicine but it introduced us to our future partners! We are both now working with our previous preceptors in very fulfilling practices. We are also teaching as rural preceptors to bring the pipeline full circle."

For information about the MU Rural Track Pipeline Program, please contact **Kathleen Quinn, PhD, Associate Dean for Rural Health** at quinnk@health.missouri.edu.



SLU AHEC

SAINT LOUIS UNIVERSITY AHEC PROGRAM OFFICE

The Saint Louis University AHEC Program Office started as a collaborative pilot project with the Kirksville and MU AHEC Programs in 2001 to address the unique needs of the St. Louis region. At the time, East Central Missouri (ECMO) AHEC regional center was supporting clinical rotations and training experiences for MAHEC students in the St. Louis metropolitan area. In 2002, federal AHEC funding facilitated a formal collaboration between SLU AHEC Program Offices and ECMO AHEC Regional Centers to develop programs and services for five county regions of St. Louis City, St. Louis County, Jefferson County, Franklin County and St. Charles County.

SLU AHEC has developed a number of cooperative agreements with a range of different health professional training programs at SLU and has established the AHEC Program Committee with representation from the Schools of Medicine, Nursing, Allied Health (Physical Therapy, Occupational Therapy, Physician Assistant), Social Work and Public Health, as well as the Office of Student Affairs within the School of Medicine and local Family Medicine residency programs. The goal of these cooperative agreements is to identify common areas of need and develop programs that enhance recruitment and matriculation of students in multiple disciplines with a focus on disadvantaged students and students from medically underserved areas entering primary care-related disciplines. Through these collaborations, **SLU AHEC program has developed four strong areas of focus:**

- Collaboration within the Department of Family and Community Medicine on academic and community-based clinical training of students and the support of family medicine preceptors across the region.
- Collaboration on interprofessional curriculum – including academic and community-based training experiences with the College of Health Sciences and the Schools of Medicine, Nursing and Social Work.
- The MD with Distinction in Community Service program, that AHEC manages on behalf of the School of Medicine to mentor approximately 80 students per year in health-related services across their four years of training.
- Collaboration and support for the ECMO AHEC regional center on pipeline programs that introduce high school students and teachers to health careers and the provision of enrichment programs that encourage student matriculation towards college and health professions training.

With the addition of Chris Jacobs, MD, as department chair for Family and Community Medicine and AHEC Program Director in 2017, we are looking forward to continued development and collaborations within SLU and across the region to address healthcare workforce needs and improve access to quality healthcare.



Christine Jacobs, MD
SLU AHEC Director



Sarah Skiold-Hanlin, MS
AHEC Program Coordinator

The SLU AHEC Program is successfully entering its 18th year of programming. We have worked with the ECMO AHEC Regional Center to develop a diverse assortment of coalition activities, partnerships and students programs. I will be continuing these efforts as the new Deputy Director of SLU AHEC as of December 2018. Nicole Weithop, MA, who was deputy director through November, is resuming her work to expand the nursing workforce at Saint Louis University's School of Nursing.

Chris Jacobs, MD, is the Saint Louis University Department of Family Medicine department chair and AHEC Program Director as of January 2017. Dr. Jacobs brings prior experience as the Program Director of the St. Mary's Family Medicine Residency and the Director of the Department of Family Medicine at SSM Health Care. Additionally, we still benefit from the help of Fred Rottnek, MD, MAHCM, SLU AHEC's previous medical director and Kelly Everard, PhD, the head of the Medical Student Education Division, who contribute to our rigorous and innovative family medicine service learning and interprofessional programs.

Although I am just beginning my role as Deputy Director at SLU AHEC, I am very proud of the work that MAHEC thus far has accomplished. I am also looking forward to collaborating with ATSU/KCOM, MU and all the regional centers which make MAHEC so effective in improving the health of residents of Missouri. I am honored to participate in this important 30-year milestone.

~ Carissa van den Berk Clark



**Carissa van den Berk Clark,
PhD, MSW**
AHEC Deputy Director



Representative Students from the Class of 2018
completing the MD WITH DISTINCTION IN
COMMUNITY SERVICE PROGRAM

The Distinction Program works with approximately 10% of each medical school class who commit to a four-year, faculty-mentored program of over 180 hours of health-related services and a 4th year project developed to meet a community need.



Michael Baltés

Project: Health Resource Center Diabetes Clinic.

The Diabetes clinic strives to improve quality of care for diabetic and pre-diabetic patients by offering education on self-management and access to resources like medications.



Suhita Alluri

Project: Cancer Screening Education for the St. Louis Homeless Population

After collecting surveys and data, homeless individuals were able to learn about healthy habits and preventive practices, diagnostic tools, and important screening guidelines for common cancers.



Mackenzie Harms

Project: SLU SIGHT: Making Eye Care Accessible

Working with SLU SIGHT, an independent specialty clinic, to reach over 320 patients for dilated exams or basic vision screenings.



Patrice Vallot and Alexis Webber

Project: HERO (Health Education and Resource Outreach for Parents)

A project focused on giving parents in underserved areas the tools to make healthy decisions both physically and emotionally.

Family Medicine Academic and Community-Based Training

- SLU AHEC collaborates with more than 200 family medicine preceptors across the region that provide community-based clinical training for SLU students.
- Approximately 35% of students taking family medicine clerkships receive training in medically underserved areas.
- AHEC has developed partnerships with St. Louis Community College and the Integrated Health Network to establish an innovative Scholars programs for the St. Louis metropolitan region.
- SLU AHEC has worked with ECMO, the St. Louis Public Schools and Collegiate School of Medicine and Bioscience to coordinate tutoring, mentoring and hands-on-healthcare interest group.

Interprofessional Training Programs

- AHEC staff are active on Interprofessional Education (IPE) teams at SLU, developing multiple cases for the IPE grand rounds, internship experiences and seminars.
- AHEC staff have been active in developing the MAHEC Scholars core curriculum. The modules address interprofessional education, behavioral health integration, social determinants of health, cultural competency, practice transformation and current and emerging health issues.
- The AHEC Medical Director has developed new programming in the SLU Family Medicine Residency, which is focused on training family medicine residents in behavioral health and to better integrate behavioral health consultants into primary care.
- AHEC staff collaborates with the Associate Dean for Curriculum development on programs to address patient-centered care, racial discrimination/bias and social determinants of health.
- AHEC staff are leaders of the Saint Louis University primary care practice-based research network, ARCHNet, which recruits physicians from the Saint Louis metropolitan region to collaborate on research in behavioral and social determinants of health.

Community Education and Community Service

- Medical students and family medicine residents conduct community health education programs for local schools on intimate partner violence, healthy relationships, mental health stigma, tobacco use and overcoming adversity.
- AHEC staff are faculty advisers for student interest groups providing the above outreach education, plus Doctors for Diversity and other Family Medicine interest groups.
- AHEC staff administer the Rodney M. Coe, MD with distinction in community service program, mentoring approximately 80 medical students (20 per class) who commit to a 4-year program of health-related community service and evaluate project in their 4th year.
- AHEC staff facilitated the most recent Primary Care Priority Groups Roundtable in Jefferson City, MO.
- AHEC staff help organize the annual Primary Care Research Symposium at SLU.

Students Entering Family Medicine and Primary Care

AHEC programs have positively impacted the number of medical students entering family medicine. In 2018, family medicine was one of the top resident match in the School of Medicine with 28 students.

Medical School Class of 2017

- 15% (28) of students entered Family Medicine
- 51% (92) students joined residency program in primary care disciplines (Family Medicine, General Internal Medicine or Pediatrics)
- 25% (23) of the students entered a primary care residency program in Missouri

NORTHEAST MISSOURI AHEC

Northeast Missouri AHEC is the oldest regional center in Missouri and only one of three which was developed as a stand-alone 501c3 community non-profit agency. While this tax status enables unique partnerships and opportunities, the center is vulnerable to all environmental factors which influence other small businesses in Missouri. Despite the rising challenges, NEMO AHEC has managed to maintain a core staff and programming over the past 30 years!

In rural and underserved areas, community is key. NEMO AHEC continues to increase outreach in the local communities to provide health education and improve quality health awareness. During the past six-month period, NEMO AHEC has been in contact with 700+ community members of the region.

National AHEC Organization HPV Immunization Project

The National AHEC Organization received funding from the Centers for Disease Control and Prevention to provide education to health professionals regarding the Human Papilloma-virus (HPV) vaccine. AHEC entities in all 50 states are working to increase HPV vaccination rates. NEMO AHEC houses one of four project specialists in the nation.

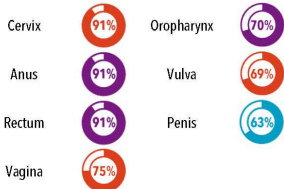


HPV Cancer & Prevention Profile

Missouri

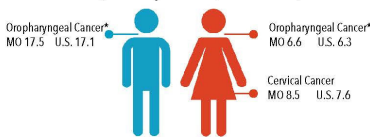


Percentage of Cancers Probably Caused by HPV¹

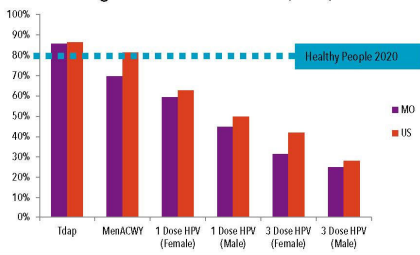


HPV causes nearly all cervical cancers and many cancers of the vagina, vulva, penis, anus, rectum, and oropharynx.¹

State vs. U.S. HPV-Associated Cancer Incidence per 100,000 Population (2009-2013)²



HPV, Tdap and MenACWY Vaccination Coverage among Adolescents 13-17 Years (2015)³



Take Action! 81% of new HPV-associated cancer cases diagnosed each year could be prevented by HPV vaccination¹

Gaps in HPV vaccination coverage compared to other recommended vaccines for adolescents (Tdap and MenACWY), reveal **missed opportunities**. Use local data to inform efforts to reduce missed opportunities in HPV vaccination.

A strong **provider recommendation** is the most effective method for increasing HPV vaccination. Recommend the HPV vaccine the same way you recommend the other adolescent vaccines. Try saying, "Your child is due for vaccinations today to help protect against meningitis, HPV cancers and pertussis. We'll give those shots at the end of the visit." Review the back of this document for tips on addressing parents' top questions about the HPV vaccine.

Visit bit.ly/HPVvaxRecs for the most up-to-date HPV vaccination schedules from CDC including new 2-dose HPV vaccine schedule recommendation for young adolescents.

Consider conducting quality improvement activities around HPV vaccination, including utilizing Immunization Information Systems (IIS) and implementing reminder/recall interventions to increase HPV vaccination coverage.

For more information, contact:

Robin Worthington, Executive Director
NEMO Area Health Education Center
660-665-6404
rworthington@nemoahec.org

During the annual family health fair William Matthew Middle School, community participants enjoy health-related games, receive health education free health screenings and engage with local health providers.

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1. Saraiya M., Unger E.R., Thompson J.D., Lynch C.F., Steina M., Watson M., Goodman M.T. (2015). US Assessment of HPV types in cancers: Implications for our current and 9-valent HPV vaccines. *Journal of the National Cancer Institute*, 107(5):400-408. 2. United States Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute. (2015). United States Cancer Statistics: 2009-2013 cancer incidence. <http://www.cdc.gov/cancer/uscs>. Retrieved from <http://www.cdc.gov/cancer/uscs>. 3. Krugman S., Tenover J.C., Klevens R.E., et al. (2013). National, regional, state and selected local area vaccination coverage among adolescents aged 13-17 years—United States, 2015. *Morbidity and Mortality Weekly Report*, 62(33):658-658. Retrieved from <http://www.cdc.gov/mmwr/ohwmm653a.htm>.

*Oropharyngeal cancer data reflect the incidence rates of cancers of the oral cavity and pharynx.



Regional Success Stories



Michelle Kenney, MD

Dr. Kenney is a former ACES student of Northeast Missouri AHEC with over 300 hours of program participation.

She is a native Missourian raised on a farm outside Kirksville, Missouri, Being a physician trained in pediatric medicine, Dr. Kenney has a unique set of skills representing the awareness of rural physi-

cian shortages in Missouri and throughout the country. "This has been an ongoing problem for years and it's likely to get worse," Kenney said. "I feel like everyone should have good care, and it should be available and not something that is granted only to people in urban areas. If we're going to target the overall health of the country, access is huge."

Dr. Kenney has experience with many of the unique challenges which come with rural medicine. Hands-on experience during her MU Rural Track rotations through the NWMO AHEC region is what ultimately led Kenney to commit to practicing medicine near her hometown of Kirksville. Dr. Kenney also found some unique benefits of rural practice. Rural patients were genuinely more excited to see her because they understood the scarcity of doctors in rural communities. Kenney was able to see more patients every day which gave her experience diagnosing and treating the wide variety of illnesses and conditions rural physicians handle daily.



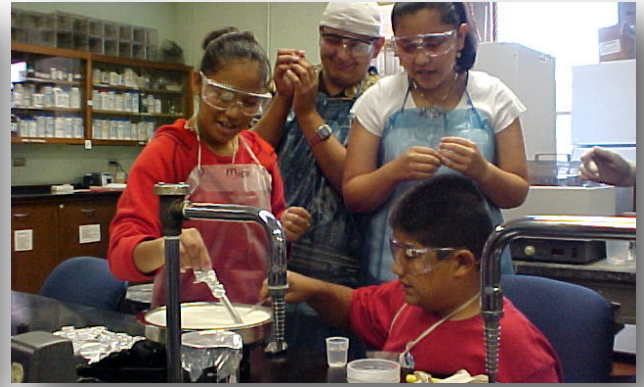
Aurora Powell Bell, DO

Aurora Bell joined AHEC in high school. She completed medical school at A. T. Still University. Dr. Bell currently completing her residency in family medicine. She attributes her decision to pursue medicine to exploration activities, job shadowing, and networking through AHEC.



Jessica Snyder, MD

Dr. Snyder began her journey with AHEC in high school with the ACES program. She actively participated in educational workshops as well as job shadowing opportunities. She was an MU Bryant Scholar and completed clinical training through the Northwest Missouri AHEC. Dr. Snyder is currently a family medicine specialist resident and plans to practice in her home area of rural northeast Missouri.



M*A*S*H Camps are annual "hands-on" science and health summer day camps for students entering 6-8th grades aimed to spark an interest in healthcare and science prior to high school coursework. Camp instructors include local health professionals, health educators, and faculty from area high schools and colleges. Students participate in a variety of activities including chemistry/biology labs, scrub/dissection labs, Emergency Medical Service demonstrations, hospital tours, and other healthcare career activities. M*A*S*H Camp goals include generating interest in science and health careers, exposing students to the variety of healthcare careers available.

SOUTHEASTERN MISSOURI AHEC

For almost three decades, the Southeastern Missouri AHEC has worked collaboratively with community partners in its 22-county service region in leveraging federal and state funding with local partners to build an operational infrastructure dedicated to meeting local healthcare needs. In addition to numerous community stakeholders, credit for the success of the center is significantly attributable to its Board of Directors and leadership over the years that has helped to guide and direct program activities.

The steering committee charged with the organization and development of the SEMO AHEC center in 1991 recognized that a comprehensive program focusing on all components of MAHEC activities would be necessary for the center to respond to the needs of its region. After establishing a 23-member board of directors with broad representation from community collaborators across the region, the center began work to establish clinical training sites, provide

continuing education programs, attract students to health careers and conduct health education activities to meet existing gaps. Over the years, those activities have grown to also address emerging healthcare issues of the region, such as cultural competency, health literacy, and more.

Focusing on primary care medicine, nursing, dentistry and dental hygiene, as well as the full range of allied health professions, students who train at SEMO AHEC clinical sites have the opportunity to experience the real world of interdisciplinary healthcare while becoming immersed in community life through social and community service activities. The overarching goal of these efforts is to attract and retain new rural preceptors for the bootheel area.

SEMO AHEC also places great emphasis on activities directed towards early identification of students interested in health professions. SEMO provides oppor-



SEMO AHEC in collaboration with Southeast Missouri State University, conducted a Community Health Worker (CHW) class for the bootheel area of the region. Pictured are nine of the ten students receiving their CHW completion certifications.

tunities to enhance skills and keep them motivated towards their health career goals. These efforts wouldn't be possible without the partnerships with local hospitals health departments, schools and community organizations.



Desma Reno, PhD, APRN, GCNS-BC, has served as an AHEC Board Member for 25 years.

It's not often that you find someone who has provided leadership and guidance to an organization 25 years, but Southeastern Missouri Area Health Education Center (SEMO AHEC) has such an individual. **Desma Reno** has been a board member for the organization since 1994. She has served the board in a variety of leadership roles including serving as committee chair to various committees, Vice President of the Board and as Board President. She also has served on the state AHEC advisory board.

Desma is a nurse educator at Southeast Missouri State University in Cape Girardeau, MO. Desma says her background as a nurse and a nursing instructor at Southeast Missouri State University is what led her to a position on the board. "My role in education and practice gives me background needed to be an advocate and voice for healthcare needs across the region and by working with others in the region who are involved in workforce development, health education and nursing education, the mission of the National AHEC Organization (NAO) to enhance access to quality healthcare through advocacy, education and research is being fulfilled," Desma remarked. "The strategic partnerships with academic programs, communities and professional organizations are essential to the success of the SEMO AHEC and helps to improve the supply and distribution of healthcare professionals across the region."

SEMO AHEC salutes Desma Reno for 25 years of service to the board and the AHEC mission.

Regional Success Stories

Through milestones and initiatives, the SEMO AHEC office has worked to bring about the successes which have resulted in the identification, recruitment and placement of many new providers all across the region including:

- Teresa Loden, DO, Houston
- Jason Loden, DO, Houston
- Kristen Alexander, DMD, Poplar Bluff
- Rick Wirz, DO, Poplar Bluff
- Trevor Mayabb, MD, East Prairie
- Fallan Mayabb, MD, Sikeston
- Scott Roush, DO, West Plains
- Curtis Jansen, DO, Cape Girardeau
- Chris Crocker, DO, Cape Girardeau
- Stephanie Neal, FNP, Cape Girardeau
- Laura Glueck, DO, Jackson
- Scott Kirkley, MD, Farmington
- Jamesy Smith, DO, Farmington



Kristen Alexander is the perfect example of perseverance and dedication. From the time she was young, she wanted to be a dentist and her determination made that happen in June of 2017 when she graduated from ATSU Missouri School of Dentistry and Oral Health's first class of dental students. Kirsten was in the ninth grade at Poplar Bluff High School when she began her journey through the Southeastern Missouri AHEC in the ACES (Area Career Enhancement Scholars) program. She continued her involvement through her high school career while attending Southeast Missouri State University, and by working as a program specialist at the SEMO AHEC office. Kristen said, "AHEC truly had a hand in connecting me with the dental school I attended. Because the AHEC

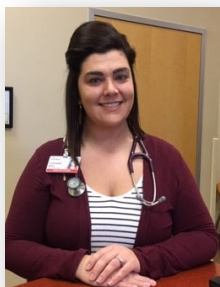
knew me as a person, the school knew that I would be a successful candidate."

Kristen described the impact of SEMO AHEC this way. "If I could describe the impact SEMO AHEC has had on my life, I would describe the organization as paver stones.

Like stone pavers, SEMO AHEC provided a platform and foundation by supporting and guiding me through health career exploration. I always had the encouragement and support of SEMO AHEC that I could do anything I set my mind to as

"I've always had the encouragement and support of SEMO AHEC that I could do anything I set my mind to as long as I put in the effort and stayed committed. From a freshman in high school to now practicing dentist, the SEMO AHEC family continues to be one of my biggest encouragers and it is THAT which continues to impact now my career as a dentist."
 ~ Kristen Alexander, DDS

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Stephanie Neal, MSN, APRN, FNP-C
 Stephanie Neal is an occupational medicine nurse and Southeast Health in Cape Girardeau, Missouri. Originally from Ellington, Stephanie participated in ACES activities through the SEMO AHEC while in high school.



Curtis Jansen, DO
 Dr. Curtis Jansen was an ACES student from Jackson, Missouri. He participated in AHEC activities in high school and college. He graduated from ATSU in 2011 and is a hospitalist at Southeast Hospital in Cape Girardeau, Missouri. He continues to be an active supporter of the SEMO AHEC by serving as a preceptor for third- and fourth-year medical students.

MID-MISSOURI AHEC

When Mid-Missouri AHEC started operating in 1995, its primary function was to facilitate educational experiences for MU and KCOM medical students. Nurse practitioner, physical therapy, and social work students soon followed. As the years went by, clinical training sites were expanded, and Mid-MO AHEC had cultivated core training sites in Marshall-Sedalia and Osage Beach areas in addition to the Rolla area by 2001. MU and Mid-MO AHEC brought Mercy-Lebanon on board with a Caring for Missourians grant in 2010.

Youth recruitment activities also expanded. Exposure and exploration of health careers with K-12 students grew rapidly. Classroom presentations, summer camps and service learning opportunities were developed. In 2001, an AHEC health careers pipeline program called ACES was rolled out across the state.

In 2012 the Missouri Foundation for Health funded efforts to engage middle school students and teachers with HOSA – Future Health Professionals. In the past year or so, focus has shifted to activities for students farther along in their health professions programs. MAHEC Scholars is being implemented at Mid-Missouri AHEC.

In 2011 Mid-MO AHEC began work on a three-year grant with A.T. Still University to recruit students for the newly approved dental school to be opened in Kirksville, Missouri School of Dentistry and Oral Health.

The MAHEC Digital Library (MDL), initiated in 2001, continues to provide a broad range of online resources to students, preceptors, and other healthcare providers across Missouri. Annual membership and agreement is required and users are offered professional library services including mediated searching, training, and interlibrary loan for materials not available through the MDL.



Hosted by
 Phelps Health



Mid-MO AHEC has collaborated with the Auxiliary Volunteer Services at Phelps Health to create two volunteer programs. These programs afford undergraduate students the opportunity to engage in the patient experience.

Safe Send Off (SSO) students are trained in proper wheelchair use and work with the Patient Transport Department to expedite discharges. They also round through multiple departments checking blanket warmers and completing various non-clinical tasks. Also, SSO volunteers can be found reading to and conversing with patients on a number of different floors.

The second program is on the Acute Rehab unit. Think “Game Night!” These student volunteers play games, watch movies and spend time visiting with patients. On Halloween, the volunteers wore costumes and delivered candy to the people on the floor. One student said of the experience, *“People I talk with each week like to share with me about their sorrows as well as their joys in life. One woman was determined to get better, so she and her husband could make their annual trip to Branson. Another woman loved to talk about her late husband whom she had been with for over 66 years. They’ve shared with me personal details about their lives, but also just fun things that they wanted to pass along.”*

Most of the students attend Missouri University of Science & Technology; a few attend East Central College. There are over a dozen volunteers that spend time every week with people in the hospital. After 50 hours of volunteering, the students receive a certificate from the Director of Volunteer Services attesting to their achievement.

The Mid-Missouri AHEC Home Visit

Project allows Interprofessional teams of students to work closely with members of our community who have chronic health issues. The students evaluate, educate, and help their client set a health-related S.M.A.R.T goal and then follow up with them over the course of a month. S.M.A.R.T goals are Specific, Measurable, Attainable, Realistic, and Time-Sensitive. Each team consists of three or four health professional students. For example, one team consisted of a medical, a social work, and a nursing student, while another team consisted of a medical, a pre-med, and a counseling student. All students complete introductory modules covering Interprofessional education and collaborative home visits.

After the clients are identified and sign the proper release forms, the students then prepare for the visit by reviewing the person's medical record. From there, they map where the person lives relative to different community resources such as health clinics, churches and grocery stores.

The initial home visit takes approximately three hours. Every step is explained and the client is invited to be part of the healthcare team. Along with age-appropriate surveys, screenings for social determinants of health and depression are



conducted. The students conduct medicine reconciliation – cataloging and reviewing all the medicine that a person takes. After that they teach the person a simple S.M.A.R.T goal model then invite them to create one.

The follow-up visits revolve around helping that person achieve their goal, bringing additional education materials and facilitating access to any resources that may be beneficial. Here is what one of the students had to say regarding the Home Visit Project: “One of the most challenging aspects of the experience was the generation of a real and meaningful idea for our client that would provide a real and lasting impact for him.

We weren't convinced that many of our initial ideas would have really benefited the client in the long term. In addition, it can be a challenge to even

determine what resources you have available to you in your community. It wasn't until several meetings that we determined meaningful employment would greatly benefit our client. Further research and investigation led us to utilize the local sheltered workshop. The logistics and arrangement for employment at the local sheltered workshop were relatively easy in comparison to actually devising the idea.

In medicine it is important to treat the patient, not the disease, so we applied this philosophy to our situation by facilitating our client the opportunity to work at a sheltered workshop. We hope that by changing the client's lifestyle that we can improve the problems stemming from the client's previous lifestyle.”

Phelps Health Hosts Mid-MO AHEC for Decades

In 1994, Kirksville College of Osteopathic Medicine (KCOM) and University of Missouri-Columbia School of Medicine (MU-SOM) joined forces with Phelps County Regional Medical Center (PCRM) to establish and support the Mid-Missouri AHEC. The hospital's generous and progressive board of trustees decided it was crucial to the future of rural medicine to host the Mid-Missouri AHEC and adopt the spirit of its mission – *to enhance access to quality healthcare, particularly primary and preventive care, by improving the supply and distribution of healthcare professionals via strategic partnerships with academic programs, communities, and professional organizations.*

Phelps Health, as PCRM and its affiliates are now known, has grown tremendously since 1994. The name change reflects that growth. The Medical Office Building (MOB), completed in 2007, provided approximately 120,000 square feet of physician suites and patient services. The Waynesville Medical Plaza opened in July 2015. It is a 56,000- square-foot health center that provides services to residents in the Pulaski County area. Immediate Care services at the Plaza opened November 2017. The Delbert Day Cancer Institute (DDCI), a state-of-the-art cancer center providing exceptional, integrated cancer care services to patients and their families, opened January 2017.

SOUTHWEST MISSOURI AHEC

Southwest Missouri AHEC is located in Springfield, Missouri at Missouri State University (MSU). In addition to our primary office at MSU, a new satellite office in Bolivar at Citizens Memorial Hospital helps us to serve our 21-county region of primarily rural residents. In order to meet the AHEC mission of increasing access to quality healthcare by increasing the number of students who pursue healthcare training options, we work through two main avenues.

Our recruitment team of health career coordinators work hard to visit as many schools as possible delivering “Transportable Workshops” (TWs). These workshops take the experience to the student instead of requiring them to travel to Springfield or Bolivar. TW options include dissections, phlebotomy, infection control, introduction to health careers, public health, CPR, etc. We also have two AHEC Career Enhancement Scholars (ACES) clubs, one based out of Springfield and one based out of Bolivar. ACES provides a more in-depth opportunity for high school students to explore medical careers. Students participate in additional workshops, online curriculum, job shadowing, volunteerism, individual career planning, and mentorship opportunities.

Our clinical team of a project coordinator and clinical education manager work with

A.T. Still University (ATSU) and Kansas City University of Medical and Biosciences (KCUMB) core students assigned to the SWMO Region. At AHEC, we plan, schedule, and coordinate third- and fourth- year medical student clinical rotations. We also proctor shelf exams, provide mentorship, and assistance preparing for audition rotations and residency placement. Our medical students, along with a couple Master of Public Health students, also participate in the AHEC Scholars program, which is new to AHEC. This program provides a curriculum to students that focuses on Six Core Topics important to healthcare leadership roles, which our students will eventually hold.

AHEC has recently made strides with Preceptor Development Initiatives. We plan and facilitate a SWMO AHEC Collaboration with representation from the two major health centers in Springfield; the two major health centers in Joplin; a Federally Qualified Health Center; ATSU, KCU, and MU Medical Schools; MSU Physician Assistant and Nurse Practitioner Programs; and ATSU, MU, and SWMO AHECs. This group has developed multiple resources for new preceptors and hosted events to recruit preceptors. Activities conducted in SWMO are now being shared across the state.

Hosted by



“The AHEC ACES program really helped me solidify and fine tune my career interests in medicine. With their resources I was able to gain the shadowing and community volunteer experiences that I needed to explore the healthcare field. Thanks to one of their health information workshops I found the medical school that was the perfect fit for me, and I still enjoy coming back to work with the new students who are trying to build their own foundation for a future in healthcare.”

~ Dr. Jaclyn Pohlers



*SWMO AHEC Staff consists of Executive Director, **Trisha Riggs, MPH, CGW**, Project Coordinator **Cassandra Henne, BS**, Clinical Education Manager **Karishma Agarwal, MBBS, MPH**, Health Career Coordinator **Heather Phillips, MS, RD, LD**, Health Career Coordinator **Trish Lavish, BS**. Missouri State University Student Assistants include **Heidi Banks, Sierra Johnson, Destiny Hanks, Kamala Simkada**.*

TRANSPORTABLE WORKSHOPS

SWMO AHEC has close working relationships with many rural schools in the southwest region. AHEC health career coordinators take these Transportable Workshops to the schools to provide presentations on different healthcare careers, infection control, CPR, dissections, and many other topics. Rural schools are especially willing to partner with us on these workshops because it brings the resources to the students instead of requiring the students to travel. Schools that we work closely with include Osceola, Carl Junction, Sparta, Fair Play, and Pierce City.

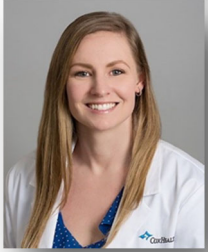
Regional Success Stories



Adam Bolyard, DO

Internal Medicine, Mercy Clinic, AHEC Core Student

Southwest Missouri AHEC is an integral resource for area medical students that supports and coordinates students’ clinical experiences in our area. Having worked with the AHEC as a student, it is a pleasure to return as a physician to precept students. It is rewarding to mentor students and a great way to attract future colleagues to the area.”



Jaclyn Pohlars, DO

Family Medicine, Cox Health Center Republic

Jaclyn is from Clever, MO. She was a high school ACES student with SWMO AHEC. She graduated in 2013 from the Kirksville College of Osteopathic Medicine after completing two years of rotations with the SWMO AHEC center as a core student. She attended the Rapid City Regional Hospital’s Family Medicine Residency Program. Jaclyn is now an active preceptor and is a member of the SWMO AHEC Advisory Council.

SWMO Clinical Training Quick Facts	Hospital and Clinic Affiliations
<p>2011-2017 2091 clerkship rotations</p> <p>2011- 2016 805 primary care rotations 229 Different clinical sites used All clinical training sites located in Health Professional shortage areas (HPSAs) 49 prior MAHEC participants now serve as preceptors for Southwest Missouri AHEC region, 32 in primary care</p>	<ul style="list-style-type: none"> • Citizens Memorial Hospital Command Family Medicine • Cox Medical Centers Springfield (North & South) • Cox Medical Center Branson • Cox Monett Hospital • Jordan Valley community Health Center • Mercy Hospital Springfield • Mercy Hospital Aurora Mercy Hospital Cassville

AHEC MOULAGE

SWMO AHEC ACES students help out as "patients" during a mass casualty event. AHEC providing the moulage for disaster simulations helps create a more realistic situation for triage training experiences for students, first responders, nurses, and registration staff in the event of an emergency or mass casualty/injury scenario. The students love participating as patients because it gives them hands on volunteer hours and the perspective of the patient during a high-intensity patient care exercise.



SWMO ACES students participate in disaster preparedness activities, portraying “victims” so that health professions students and community volunteers can practice triage.

NORTHWEST MISSOURI AHEC

As Missouri AHEC celebrates its 30th year, Northwest Missouri AHEC celebrates its 22nd year. It is impossible to list all the successes throughout those years; below are highlights with a few of the many success stories to follow:

The first meeting of the **Northwest Missouri AHEC Advisory Board** was held on October 23, 1996.

Michelle Cebulko, MD, St. Joseph, was the first Rural Track Student from the University of Missouri School of Medicine and MU AHEC to complete rotations through NWMO. Dr. Cebulko returned to her home town to practice and continues to serve as preceptor to medical students.

First ACES (**AHEC Career Enhancement Scholars**) class accepted in 2001; 10 of the 26 had attended the PRIMO Academies and 13 of the 26 are health professionals or engaged in health or science related fields (one is a mortician). Since then, more than 350 students have participated in the ACES program through NWMO AHEC.

Since 1997, NWMO AHEC staff have made more than 500 health career presentations in schools or at health career workshops to more than 18,000 students.

In 2005, NWMO AHEC received a Workforce Investment Board grant to begin health careers workshops. Those workshops continue monthly during the academic year with students from many regional high schools attending.

Began coordinating clinical rotations for nurse practitioner and physician assistant students in 2010.

Became a clinical training site for ATSU-Kirksville College of Osteopathic Medicine third and fourth year students in 2011.

Received Northland Business and Education Alliance award in 2007 for Youth Health Service Corps curriculum at Winnetonka High School.

Strengthened the ACES program in NWMO by using the National Health Skills Exam as a pre and posttest for students, testing their knowledge of healthcare foundations, appropriate for their education. Also began offering Youth Mental Health First Aid to ACES as a result of partnership with St. Joseph Health Department.

Actively participated in additional funding opportunities through the National AHEC Organization (NAO) focusing on Veterans Mental Health, Healthcare Marketplace, and HPV immunizations.

Executive director active in NAO leadership from committee members, Center Director Constituency Group chair and term as President, National AHEC Organization Board of Directors.

Ben Reine, DO, ACES class of 2002, selected as Director of Medical Student Education and medical director for NWMO AHEC.

Launched **AHEC Scholars program** September 2018.

AHEC Clinic - seven physicians and six nurse practitioners have created our "AHEC Clinic". Three physicians have served as preceptors for over 15 years, the remainder participated in AHEC clinical training here or in another Rural Track site, three of them completed their third and fourth year clinical training in northwest Missouri, and Dr. Ben Reine has been part of AHEC since high school. Each of the current nurse practitioners completed rotations coordinated by NWMO

All NWMO AHEC staff actively involved in Missouri AHEC.



Mosaic Life Care (formerly Heartland Regional Medical Center) has generously served as the host of Northwest Missouri AHEC since 1996. In addition to the leadership provided by Mosaic, there are so many health professionals willing to share their love of their professions through job shadowing, presentations and mentoring.



Charlie Shields



Senator Dan Hegeman

When Northwest Missouri AHEC started, two state representatives had already been involved in the Northwest Agenda that preceded the implementation of the center: **Charlie Shields** and **Dan Hegeman**.

Representative Shields served his terms in the House and was then elected to the Senate. He was a Missouri AHEC Champion his entire service in the Missouri Legislature.

At the same time, Representative Dan Hegeman also served in the House; in 2014 he was elected to the Missouri Senate. He has also been a Missouri AHEC Champion during his terms in the House and Senate.

While Missouri AHEC has been fortunate to have many legislative supporters, it's unusual to have two such strong legislative supporters serve both in the House and Senate and support us so solidly.

ACES – from students to professionals now serving in their communities



Ben Reine, DO
ACES 2002
Family Medicine physician
and preceptor, St. Joseph,
Director of Student Medical
Education for AHEC.



Katie Dias, DO
PRIMO Academies,
Family Medicine
physician and preceptor,
Albany/Stansberry,
Grant City.



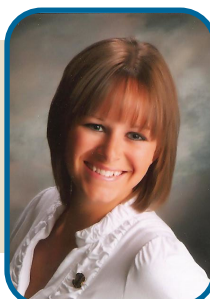
**Fallon Cordell
Stiens, DDS**
ACES, rural dental clinic in
Stansberry.



**Emily McCoy
Mattingly, DDS**
ACES 2004, rural dental
clinics in Chillicothe.



**Claire Brockett
Gregson, BSN**
ACES 2011, current Doctor
of Nursing Practice
student.



**Mary Reid Williams,
BSN, MSN**
ACES 2003, Masters in
Nursing Administration.

The coming generation of ACES, now health professions students and AHEC supporters.



Jordan Snook
Faucett
ATSU/KCOM
2nd year medical student.



Cory Smith
Savannah
MU School of Medicine
1st year medical student.

Recognizing Board Members:

Serving as supporters for twenty years:

Mary Sanders Attebury
mental health

Judy McIntire, Mound City
Community Representative

Lilli Parsons, RN, King City
Public Health

Pat Dixon, BSN, MS
Representing Clay County

Joni Bestgen, St. Joseph
Mosaic Life Care

Additional board members:

Dana Browning, DDS
Lisa Hostetler

Workforce Investment Board
Joy Kieser

Northwest Health Services

Ben Reine, DO
Jane Schwabe, MD
Davin Turner, DO
Annette Weeks

*Representing Andrew County and
Business*

Senator Dan Hegeman
Ex-Officio Member since 1996

NWMO AHEC staff

Paula Overfelt
Executive Director (2001-present)

Janice Neumann
Clinical Training Coordinator (since 2007)

Darci Shuster
*Health Professions Coordinator (since
2016)*

**Since 1997,
NWMO AHEC
staff have made more
than 500 health career
presentations in schools
or at health career
workshops to more than
18,000 students.**

EAST CENTRAL MISSOURI AHEC

In the 20th Anniversary brochure, James E. Balls, a charter board member of ECMO AHEC and the organization's first board chair, said, "East Central Missouri Area Health Education Center was born out of a great need in the St. Louis metropolitan community. Children need someone to mentor them and help them find a rewarding career." That is what ECMO AHEC has been successfully doing since it was established in 1998.

ECMO AHEC is one of seven regional centers that work in collaboration with the Saint Louis University School of Medicine, A.T. Still University- Kirksville College of Osteopathic Medicine, the University of Missouri Columbia School of Medicine and local communities to form the statewide Missouri AHEC network. The ECMO AHEC region comprises St. Louis City, St. Louis County, St. Charles County, Jefferson County and Franklin County.

The target communities within these counties are those designated as medically underserved or having a shortage of health professionals.

Federal funding to Missouri in 1988 established the foundation for an AHEC system to address the shortage of primary healthcare providers. Since then, the seven regional centers that have been established and three of Missouri's medical schools, along with numerous collaborators across the state, have taken up the torch to improve the supply and distribution of multi-

ple healthcare disciplines through community-based training and recruitment.

Unlike many AHECs, ECMO AHEC is located in one of the largest urban settings in the state, and is an ambitious urban/suburban program.

ECMO AHEC has been hosted by SSM Health since November of 2017, and is a SSM St. Louis Network cost center. SSM Health is a Catholic not-for-profit health system serving the comprehensive health needs of communities across the Midwest through a robust and fully integrated healthcare delivery system our shared vision and commitment to developing diverse and strong leaders in healthcare will help propel ECMO AHEC to new heights. SSM Health provides funding and other resources to help expose, train and develop our students.

Under the leadership of current and past Executive Directors, Tamra Lisy, Barbara Bowman, Alfreda Brown and Shearon Holmes, ECMO AHEC has re-created itself many times throughout the years. Shearon Holmes, the current director states, "We have had ups and downs in funding and resources, but have never wavered in our dedication to developing a diverse healthcare workforce. Serving the under-served by developing and supporting our students throughout their healthcare training and education is our primary goal."

Hosted by

 **SSM Health Care**SM
ST. LOUIS



ECMO AHEC is responsible for the Pre-Entry Immersion and Summer Community Involvement components of the Saint Louis University School of Nursing HRSA Nursing Workforce Diversity program.

Regional Success Stories

We are proud to highlight some of our past participants who have pursued a career in healthcare and embody our goals for diversity, leadership and practice transformation.



Dr. Justin Garner is ECMO's first student to graduate from a dental program. He graduated from the University of Missouri-Kansas City and completed a rotation at Myrtle Hilliard Davis Comprehensive Health Center in St. Louis. Dr. Garner also completed a residency at University of Michigan's Advance Education in General Dentistry in 2008 before accepting a position with the Dental Department at Swope Health Center in Kansas City, Missouri.



Dr. Shayla Barber earned the credentials of DDS and is licensed to practice in the state of Missouri. Dr Barber's practice is located in the city of Saint Louis, Missouri. She participated the ACES program in high school and continued her involvement while attending college at Lindenwood University. She was accepted to the UMKC School of Dentistry and graduated in May of 2016. While at the UMKC School of Dentistry, she mentored another ACES student, Brittany Daniel, and helped her get accepted into the UMKC School of Dentistry.



Brittany Daniel participated in the ACES program in high school and continued her involvement while attending college at the University of Missouri and Washington University in St. Louis. She is currently in the AHEC Scholars Program while attending Dental School at UMKC School of Dentistry. She will graduate in May of 2020.



Dr. Iesha Draper is a doctor in Saint Louis, Missouri and is affiliated with SSM Health Cardinal Glennon Children's Hospital-St. Louis University. She received her medical degree from A.T. Still University Kirksville College of Osteopathic Medicine. Dr. Draper began participating in ECMO ACES Plus activities early in college. While in college and as a student at A.T. Still University/Kirksville College of Osteopathic Medicine, she mentored ACES students.



Eniola Gros is one of the ECMO ACES students who followed in Dr. Draper's footsteps. Now in her second year at the Saint Louis University School of Medicine, Eni tutors and mentors ACES students, as well as representing us at the 2018 Legislative Day in Jefferson City. Ms. Gros joined ECMO-AHEC in her freshman year of high school in 2007. She graduated from Ladue Horton Watkins High School in 2011. At the University of Missouri- Kansas City, she majored in Chemistry and graduated in 2014.

"Being a 14-year old having to go to school with broken front teeth caused me self- consciousness. Undergoing successful dental treatment, I developed the desire to pursue a career in dentistry."
~ Justin Garner, DDS

"ECMO AHEC has helped me not only figure out which career path I wanted to pursue, but it also helped me academically through high school and helped me gain experience in healthcare that has helped prepare me to work with patients and become a well-rounded practitioner,"
~ Brittany Daniel

"For me AHEC has truly been the pipeline it was designed to be. During undergraduate, medical school and residency the program has provided me many opportunities to learn, network and demonstrate leadership. AHEC is an extended family, with individuals who provided guidance and motivation as I navigated the field of medicine."
~ Iesha Draper, MD

"I knew I wanted to be a physician prior to joining ECMO AHEC, but this program solidified my passion for medicine. It gave me early exposure to all aspects of the field and also allowed me to serve many St. Louis communities through volunteering and service. I currently volunteer at CSMB through the Saint Louis University School of Medicine Doctors for Diversity program. With this, I am able to give back to the program that gave so much to me growing up."
~ Eniola Gros

WEST CENTRAL MISSOURI AHEC

In 1998, the west central AHEC region was established to provide AHEC services to Cass, Lafayette, Johnson and Jackson counties. Originally hosted by the Greater Kansas City Local Investment Commission, LINC provided in-kind and foundational support for WCMO AHEC. LINC's access to high-risk communities offered AHEC an opportunity to provide activities for after-school and summer school based activities at LINC Caring Communities as well as the teens in the foster youth program.

In 2012, WCMO AHEC transitioned to a new host, the Health Care Collaborative (HCC) of Rural Missouri, a 501c3 rural health network located in Lexington, Missouri. This new partnership is opening doors to working more directly with some of the rural communities in the region's service area. HCC also owns and operates four federally qualified health centers, and utilizes AHEC services to coordinate clinical rotations for health profession students.

Serving both rural and urban counties provides students in AHEC programs such as ACES with an opportunity to network with students from diverse backgrounds. Over the past twenty years, WCMO AHEC has developed and provided programs and collaborated with many community efforts to offer career exploration and health education programs including:

- Youth Health Service Corps
- Cristo Rey Health Careers Club
- Imagine Renaissance Health Career Club
- Medical Explorer Post
- Cover the Uninsured
- Stop the Pop
- What's Up, Doc?
- Health Literacy
- College and Career Fairs
- Health Career Presentations
- ACES Pipeline
- Making Proud Choices



Hosted by



Regional centers are strong in part by the participation and support of advisory board members who provide guidance and resources to help AHEC meet its goals and mission.

Current Board Members:

Amanda Arnold

Health Care Collaborative of Rural Missouri

Kathie Ervie

University of Missouri—Kansas City
School of Medicine/PA Program

Dr. Jeremy Bonnessen

Summit Technical Academy

Todd Gerringer

Metropolitan Community College
Kansas City Health Science Institute

Richie Bigham

University of Missouri-Kansas City
School of Dentistry

Dr. Sharon Little-Stoetzel

Graceland University

Martha McCabe

KC STEM Alliance

Dr. Rhonda Manney

RN/BSN/MSN/EdD
Saint Luke's Health Care

During the twenty year history of WCMO AHEC there have been three executive directors:

Stephanie Taylor, 2005 - present

Ashley DeVilbiss, 2002 - 2005

Wendy Grey, 1998 - 2001

Regional Success Stories



Amanda Arnold, RN/BSN

For Amanda Arnold participating in AHEC was extremely beneficial as she started to pursue a health career. “AHEC staff guided me through high school and helped me to look at schools, scholarships and volunteer opportunities that would be beneficial for my career. The networking opportunities fostered great relationships with other students and healthcare professionals some I still work with today,” said Amanda.

AHEC provided Amanda with resources such as shadowing opportunities, letters of recommendation, resume preparation and financial support. Today, Amanda works for the Health Care Collaborative of Rural Missouri as the Director of Quality as well as overseeing the Risk Management program, care coordination efforts, and discount prescription drug programs for four federally qualified health centers.

“AHEC is a phenomenal program that helps steer students looking to go into the healthcare field in the right direction as well as continue to support them during school.” Amanda adds, “The relationships that were established and built through the AHEC program continue today.”



Tara Seals, RN, PNP

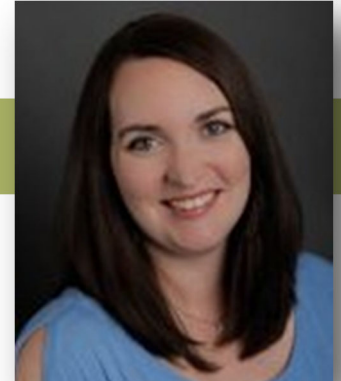
Tara’s AHEC journey started in high school with hands-on skills, shadowing health professionals, and career counseling which helped direct her career choice from being a pediatrician to becoming a pediatric nurse practitioner. “AHEC provided me with an amazing mentor—Meredith Black. She met with me at least three times each semester in college, and guided me in goal planning, time management and shadowing opportunities in different specialties in nursing,” said Tara.

There were endless opportunities through AHEC from networking to mentoring, to talking at the Capital to share her personal success story, to most recently serving as a student panelist at the National AHEC Conference in Washington D.C.

Tara spent her first eleven years working as a nurse Missouri in pediatrics, public health, and as a travel nurse. She now works for the Children’s National Medical Center’s school-based health clinic at Ballou High School in south DC and PRN with the Holy Cross Hospital providing care for newborns and pediatric patients who need to be admitted for inpatient care from the emergency room.

“My involvement with AHEC has allowed me to not only be a physician, but also to return to the community I grew up in and supported me during my youth. I am so grateful for the connection to AHEC for broadening my horizons and helping me to realize my potential.”

~ Dr. Erin Jewell



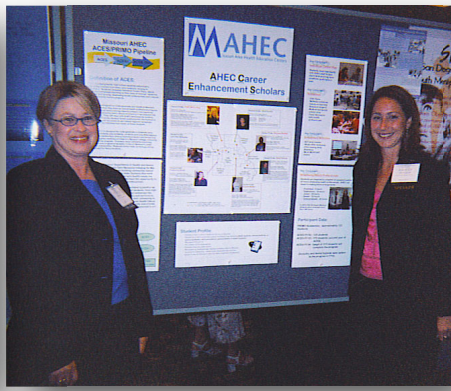
Erin Jewell, D.O.

For as long as she can remember, Dr. Erin Jewell dreamed of becoming a physician. Erin learned about AHEC during high school and was excited about all the health career opportunities that she could be exposed to through workshops, shadowing and leadership opportunities like working with an inner city elementary school to develop project learning based science curriculum for their summer school. It was during an AHEC tour of Kansas City University of Medicine and Biosciences (formerly University of Health Sciences) that a love of osteopathy was born.

“Both of my parents were teachers, so I knew that if I wanted to fulfill my goal I would need to find the funding for school. Because of my involvement, I was awarded the PRIMO loan. This funding allowed my dream of becoming a physician to become a reality,” said Dr. Jewell. She now

works for Compass Health Network as an outpatient psychiatrist serving much of Cass County, MO.

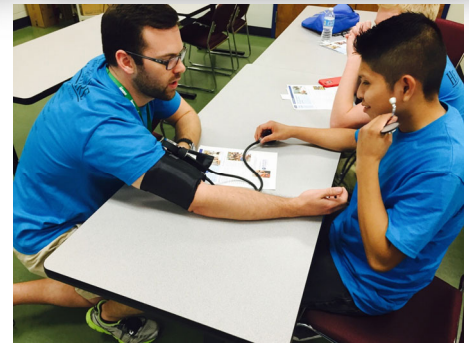




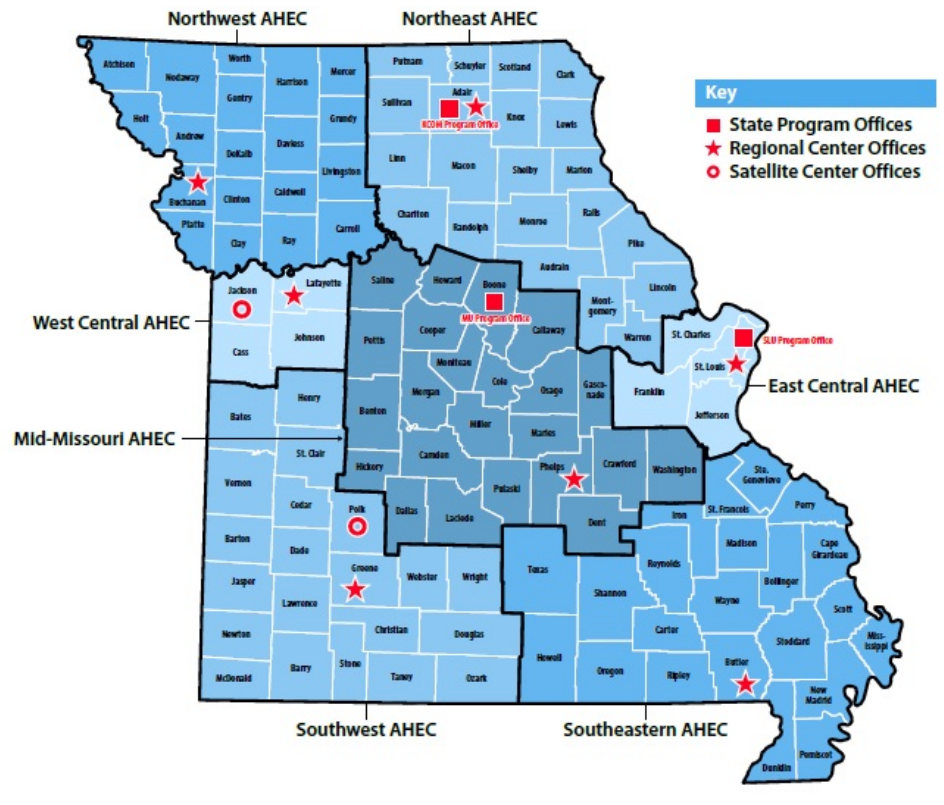
MAHEC

Missouri Area Health Education Centers

*Celebrating 30 years
1988 - 2018*



Missouri AHEC Network



East Central Missouri AHEC

Hosted by SSM Health Care
12255 DePaul Drive, Suite #97
Bridgeton, Missouri 63044
www.ecmoahec.org
Shearon Holmes, Executive Director

Mid-Missouri AHEC

Hosted by Phelps Health
1110 West 11th Street
Rolla, Missouri 65401
www.midmoahec.org
Jan Shipley, Executive Director

Northeast Missouri AHEC

312 South Elson Street
Kirksville, Missouri 63501
www.nemoahec.org
Robin Worthington, Executive Director

Northwest Missouri AHEC

Hosted by Mosaic Life Care
5325 Faraon Street
St. Joseph, Missouri 64506
www.nwmoahec.org
Paula Overfelt, Executive Director

Southeast Missouri AHEC

506D Hazel Street
Poplar Bluff, 63901
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Laura McVay, Executive Director

Southwest Missouri AHEC

Hosted by Missouri State University
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Springfield, Missouri 65897
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Trisha Riggs, Executive Director

West Central Missouri AHEC

Hosted by HCC of Rural Missouri
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Stephanie Taylor, Executive Director

KCOM AHEC

Kirksville College of Osteopathic Medicine
A.T. Still University
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SLU AHEC

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MU AHEC

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