



mentoring in Medicine & Science

Fall 2015 *Newsletter*



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Season of Thanks

Mentoring in Medicine & Science has so much to give thanks for this season. We had a great summer internship, have welcomed new staff and interns and continue to have an amazing network of supporters and partners dedicated to our mission to increase the number of underrepresented health professionals through mentoring, career exposure and leadership development.

In this issue of our newsletter you will find information about a new feature, "Ask a Health Professional", #GivingTuesday, and our very successful Clinical Immersion and Mentoring Summer Internship. Additionally, we take the time to give special thanks on page 7 to our mentors, funders and partners. We highlight one of our amazing alumni and introduce you to our new Mentoring in Medicine & Science interns. Please enjoy and know that we are thankful for you and all of your support of MIMS. Happy holidays to you and your families!



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Founder & President

Devani Santos
Program Intern

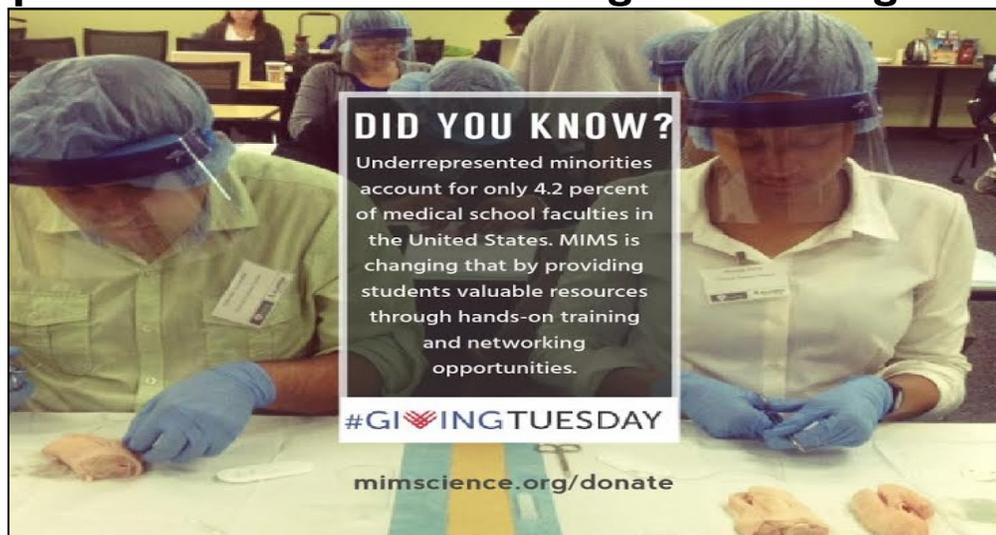
Nicole Ortega
Communications Intern

Asha Vitatoo
Program Manager

Stella Ng
Program Intern



Help us Reach Our Goal starting this #GivingTuesday!



This year, on Tuesday, December 1st, MIMS is participating in Giving Tuesday, a global day dedicated to charitable giving. We are joining the more than 27,000 organizations in 68 countries that participated in last year's Giving Tuesday. We are using Giving Tuesday to launch a month long giving campaign that will last through December 31st. Your contribution to our campaign will allow us to continue to provide meaningful and effective programming to the students we serve. **This is our first ever individual campaign and no gift is too small.** We have set a goal to raise \$5000 to support MIMS programs. You can donate to our campaign on our website at [MIMSCIENCE.ORG/DONATE](https://mimsience.org/donate).

Ask a Health Professional

As a new feature to our newsletter we will be collecting questions from MIMS alums, friends and supporters that will be answered by a health professional. Questions can cover any topic surrounding the health professions such as work/life balance, applying to schools, letters of recommendation, and anything else you can think of.

Questions can be submitted to our Facebook at facebook.com/mimsience, our Twitter at twitter.com/mimsience, or via email to intern@mimsience.org

Example Questions:

- What types of skills and experience are most valuable when applying for professional schools and jobs?
- How can I use my experience to better serve underrepresented medical communities?
- What are helpful ways to fund my medical education if my family is low income?



Alumni Spotlight

Ejiro Ntekume

Ejiro Ntekume is from Delta State, Nigeria and was raised all over the Bay Area. She was inspired to pursue a career in health after watching her younger sister's experience living with sickle cell. Initially, Ejiro dreamt of pursuing a career as a medical doctor. However, after learning about public health, and its role in prevention, health education and empowering communities to understand how to manage their health, she found that particular aspect of health interested her more.



During her time with Mentoring in Medicine & Science, Ejiro served as a Program Intern where she assisted in planning for the Clinical Immersion Program and the Healthy Ambassadors Program. In addition to working in the office. She also supported the program manager with the actual summer program by coordinating trips and events for the Summer Interns, and assisting with the organization of summer intern schedules. This experienced showed Ejiro the importance of what it means to properly plan and manage a health program. Upon completing her work with MIMS, Ejiro sought more opportunities that would allow her to plan and manage health programs, and subsequently graduated from UCLA with an

"I was very moved by the impact that health education had on communities and made a decision to learn more about how I could leverage a career in public health and help positively improve the health and lives of others."

MPH in Community Health Sciences, with a focus on program planning and implementation.

She quotes, "I focused my graduate work on studying the intersection of the arts and public health, and understanding how leaders in health can utilize or incorporate arts based strategies as a means of improving health outcomes particularly in youth." Ejiro has also led initiatives surrounding obesity prevention which included using her passion for dance as a form of physical activity. In addition, Ejiro has been featured in UCLA's spring magazine, YouTube channel, and was chosen to speak at the UC Berkeley Center for Health Leadership 2015 StoryConn Conference.

Currently, Ejiro works for a non profit where she oversees health programs for teens in Long Beach.

WHAT ADVICE DO YOU HAVE FOR ASPIRING HEALTH PROFESSIONALS?

- **KEEP GOING.** Often times I wondered how I was going to make it in a health career, it always seemed so far stretched, but I kept going; take it one day at a time
- **NETWORK.** I cant stress how important it is to meet and connect with people in the field of health, whether its medicine, health policy, environmental health, or any other health related field.
- **LEARN NEW SKILLS.** Learning new skills is vital for success.

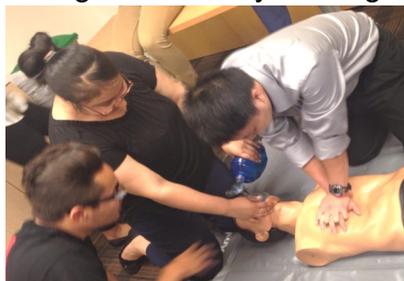
ALUMNI SURVEY REMINDER:

Calling all alumni! Our alumni survey will be coming out in early December. Please take the time to fill it out once released. Your responses provide us with valuable feedback on how we can improve our programs for the upcoming years.

Clinical Immersion and Mentoring Summer Internship

The Mentoring in Medicine & Science Clinical Immersion and Mentoring Summer Internship immerses young women and men of color who are considering a career in healthcare into a seven (7) week, full time program in which students participate in direct patient observation, shadow mentors in patient care settings, interact with a broad spectrum of health professionals/ staff and attend daily skill/leadership development seminars. This year was incredibly selective; out of more than 300 applicants, only thirty (30) were selected. Our cohort consisted of fifteen (15) high school students and fifteen (15) college students.

A critical part of our summer internship is incorporating hands-on training opportunities through skills and leadership development workshops. Thanks to generous volunteers, students were able to participate in an advising night that included a panel of health professionals and an EKG demonstration, received presentations on academic advising, funding college, and financial planning, gained hands-on experience with 3D motion capture technology, observed human cadavers and demonstrations, and participated in life coaching and vision board activities. In addition to a tour of the Highland Hospital Emergency Department, MIMS interns also had the unique opportunity to shadow different medical professionals throughout the Bay Area, giving them the chance



to network while observing care in real-world settings. Other hands on experience provided by the MIMS team included

demonstrations in which students learned how to suture, read vital signs, EKGs, and ultrasound recordings, how to perform CPR, and were given an interactive course on phlebotomy and venipuncture, in addition to didactic teachings where college students presented and discussed patient cases observed during clinical shadow shifts.

Students were able to go on field trips to local medical schools, health organizations, and clinics. Hosts introduced the respective areas of focus through interactive presentations, site tours, and students panels in which interns were



able to discuss questions related to medical school, the admissions process, and future career options.

“The didactics sessions were the most beneficial to my personal development because I could imagine myself standing amongst other medical students as a force to be reckoned with. I felt capable, talented and validated as an intelligent and strong potential surgical resident because I was having an in-depth medical conversation with a physician - something I never thought was possible without a master’s degree.”

- Monique Pierce

After integral training from workshop facilitators, the summer clinical interns led their own peer health education workshops in mental and sexual health. Workshops represent the culmination of a series of intense health education trainings that MIMS interns received

and had picnics and potlucks at local parks.

Evaluation of the clinical summer internship was conducted at the completion of the program, using post supplemental surveys. These evaluation tools measured outcomes of our program activities, field trips, and workshop facilitators.

• “UCSF PRIME— it was very inspirational to hear the stories of New and the others. To see that they made it to medical school, despite where they come from, resonates with me.” - Mariana Montes

- 100% would participate again and recommend MIMS to a friend
- 97% of students agree that the Clinical Summer Internship helped them to increase their self-efficacy

from generous local organizations.

In addition to our summer curriculum, our interns also participated in team building and bonding activities. We spent time together at San Francisco’s annual AIDS Walk, paddle boating at Lake Merritt, bowling, weekly runs at the lake,

MIMS would like to send a big thank you to everyone who participated and donated their time to our Summer Internship!



Healthy Ambassadors Program 2015-2016

We are rebooting our Healthy Ambassadors Program this December!

Thanks to a generous contribution from Atlantic Philanthropies and the Alameda Health System Foundation we be providing stipends to all program participants. If you are a MIMS Alum and interested in participating please feel free to contact us at intern@mimscience.org. The program starts on December 11th.

Get to know our new *Staff*

Asha Vitatoe

Asha Vitatoe received her B.A. from Emory University in African American Studies and has been working in Youth Development for the past eight years. She began working with youth in Atlanta and moved back to the Bay Area five years ago to continue that work. As a dedicated Youth Development professional she has worked hard to develop and deliver quality programming and mentorship. An Oakland native, Asha is passionate about working with young people to identify, pursue and achieve their goals for their future.



Stella Ng



Stella Ng, a recent undergraduate alumna from UC San Diego, received her B.S. in Cognitive Science-Neuroscience and minor in Business. While at UC San Diego, she was highly active in student government, as well as K-12 educational outreach programs within San Diego County. Passionate about bay area youth and community health, she made the move to return home in the East Bay to pursue public health leadership in youth populations. Aligning closely with a quote a colleague of hers has once stated- Stella believes in working towards a future where she can dedicate science and health to help position the people and environment she meets, in a greater improved state than when she first encounters them.

Nicole Ortega

Nicole completed her undergraduate degree at UC Davis, where she received a B.A. in English and Chicana/o Studies. She is interested in pursuing a career in public relations and hopes to become a public relations director, or social media coordinator. Nicole has a passion for public relations and social media because these fields have the power to create a strong company image, and to shape public opinions. Non-profit organizations interest Nicole because they focus on bettering the community and causes that work towards a greater good.



Devani Santos



Devani Santos recently completed her A.A. in Liberal Arts and Sciences: Science & Math Emphasis at Santa Barbara City College. She is currently pursuing her B.A. in Biopsychology with a minor in Spanish. As a passionate advocate for community and environmental health, Devani has participated in various local and global initiatives to promote healthy practices, which include implementing potable water systems, leading physical therapy for disabled persons, and giving classes on health and nutrition. In the future, Devani hopes to work in Latin America and continue to be a health advocate. For now, she is considering a career in either surgery or epidemiology.

A special thank you to all of our mentors, partners & funders

Clinical Immersion and Mentoring Summer Internship Partners, Preceptors and Mentors

- Dr. Tracey Ramsey
- Denae Reed, PA
- Kristin Maldonado, PA
- Hung-Wen Sun, PA
- Hannah Colbert, RN
- Dr. Diego Tucker
- Dr. Stefan Flores
- Dr. Berenice Perez
- Patricia Meyer, PA
- Calisha Cobb, NP
- Dr. Owen Garrick
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- Dr. Apa Sohoni
- Dr. Matthew Kiefer
- Dr. Michael Krosin
- Martin Moran, PA
- Dr. Barry Simon
- Joan Dinzler, MS, PT



Funders

- Alameda Health System Foundation
- Atlantic Philanthropies
- Alameda County Health Pipeline Partnership
- Clorox Foundation
- Comerica Foundation
- Kaiser Permanente
- Office of Statewide Health Planning and Development
- The San Francisco Foundation



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