

The Urban Health Program Resource Center  
Wishing you the Best and Brightest New Year Ever!

WE WISH YOU A HAPPY NEW YEAR

2020

RECRUIT, RETAIN AND MATRICULATE TALENT IS WHAT WE DO!!!!

# The UHP Source



IN THIS ISSUE JANUARY 2020

## UHP Welcome Back Reception

The Urban Health Program (UHP) started another exciting year of providing support and networking opportunities to health professions students at UIC with our 2019 UHP Welcome Reception this past September. UHP students in attendance had an opportunity to meet members of the UHP team as well as faculty and staff from all of UIC's health science colleges, to network with one another across the health science disciplines that they represented, and to hear a rousing call to action from UHP alumnus and Illinois State Director of Public Health Dr. Damon Arnold. More than 100 people participated in this exciting kick-off to what is already shaping up to be another banner year for UHP



Annually, our event has been held at Pompei's on Taylor, however, due to the popularity of the

Fall UHP Welcome Reception 2019

event, and the number of attendees each year, we made need to look for another location to accommodate our growing number of health professional students.



### What's Inside

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# UHP Launches its Fall 2019 Undergraduate Pre-Health Student Success Initiative

The UIC Urban Health Program (UHP) was established in 1978 with the mission of increasing the number of African American, Latino, and Native American students in the health sciences through recruitment, retention, and graduation. The UIC UHP community includes the following: College of Applied Health Sciences; College of Dentistry; Graduate College; College of Medicine; College of Nursing; College of Pharmacy; Jane Addams College of Social Work; School of Public Health and the Early Outreach Program. We engage and have interactive activities for UIC undergraduate students of all levels through comprehensive programming that will prepare them for a career in the health sciences.

UHP has a rich legacy of working with undergraduate pre-health students to ensure that they are the most competitive



applicants for our health sciences colleges. The undergraduate programming targeting pre-health students was revamped into two structured programs: Health Exploration Scholars and Promoting Academic Scholarly Success. The goal is to increase the applicant pool of students into the health science programs by ensuring that pre-health students persist with timely interventions and are successful. The students are offered structured programs and tracked through their academic journeys, while we carefully monitor their progress to see what works and what needs tweaking.

We are dedicated to providing support and assistance to our students, with hopeful expectations that the services we render will be beneficial.

## FACT:

*Nearly 200 students completed applications for admission into the UHP Pre-Health Initiative Fall programming and 100 students were accepted into both programs combined. For additional information for Spring 2020 or Fall 2020 please contact Francisco Pina at [fpina@uic.edu](mailto:fpina@uic.edu) 312-996-7727.*



## Program Activities:

- Bi-Weekly meetings
- College shadowing
- Mentorship (peer to peer mentorship)
- Speed networking
- Career exploration
- Research Workshop
- Advising Check-In

# Health Exploration Scholars (HES)

The HRSA funded UIC Health Professions Navigator Program ended on August 30, 2019. As a result of the success of the program, the UIC UHP will continue a version of the Navigator Program called the UHP Health Exploration Scholars (HES).

The HES is intended to be a professional development program for UIC students with the intent of having participants pursue health professions careers. This program will be structured to expose participants to students, staff, and faculty in the health sciences. All UHP units will be included in the programming schedule.

The program objective is to develop participants into strong candidates for the UIC health profession sciences. The program is

open to all former UHP Navigator Scholars and all interested students should apply for the upcoming Fall Semester 2020.

We had a very successful application cycle where there were nearly 100 minority pre-health undergraduate students who applied to be participants in the HES program. Our first orientation was held on October 16<sup>th</sup> and it was a huge success! Students were excited and eager to get started on the road to being the most competitive applicants possible.



## UHP PROGRAMMING

# UHP Promoting Academics for Scholarly Success (PASS)

PASS is open to, freshmen and new UHP transfer students who are interested in the health sciences or the research health sciences. This is a structured program that is designed to prepare participants to develop their interests and skills to apply for any of the UIC health science professional or graduate health science programs. PASS participants will receive pre-health advising on the health sciences, mentoring, and career exploration seminars through monthly opportunities.

Our first cohort of PASS scholars consist of 38 students.



## The Urban Health Program K-12 Pipeline Initiative

### UHP Early Outreach Program (EOP)

#### Science Educational Pathways 2019

The Urban Health Early Outreach Program receives the support of the UIC Urban Health Resource Center to educate the next generation of health and medical professionals in clinical practice, and research. We promote the understanding that health risk behaviors often begin in adolescence. The UHP EOP academic pipeline program for K-12 scholars teaches participants at an early age how they can control their health destiny. Students in our programs visit the University of Illinois at Chicago Urban Health Colleges to participate in hands-on health and clinical learning experiences. These activities are suturing,

proper use of a stethoscope, blood pressure measurement, diabetes education, and learning how to make a dental impression.



The twenty-five scholars who participated in summer 2019 learned effective research and presentation skills alongside academically motivated students from around the Chicago area. The summer curriculum included: Academic Writing, Biology, English Language Arts, and hands-on creating experiences in the College of Education Maker Space. Scholars conducted research in their respective communities to answer the research question: *What social determinants of health affect my community?* Research ranged from teen mental health to community nutrition to gentrification. Students had the autonomy to choose their presentation style for this research. Listen to the podcast our ninth-grade student Alex created entitled *Gentrification in Chatham, Chicago*.

Health and health care play an important role in preventing illnesses and diseases. Identifying social determinants of health and family and community health habits and challenges will help students frame essential questions and promote deeper inquiry and research. Black/African American students comprise nearly 50% of the Urban Health Early Outreach student population. Hispanic/Latinx students are 40% of our students

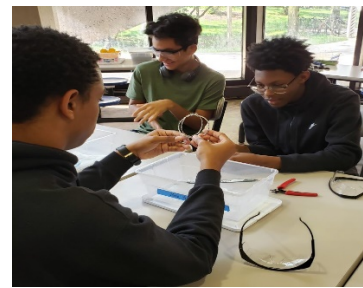
Following are parent testimonies from summer 2019:

*Testimonies: This program helped my son come out of his shell. It helped to improve his self-esteem and expand his social network. He also learned a lot of research skills he previously did not know. (SciEdPath 2019- Parent).*

*I am highly impressed with both the quality of education my child is getting and with the level of dedication of the program staff towards the welfare of the students. (SEP 2018-19 - Parent).*

*The Science Educational Pathways 2019 program really improved my academic writing and research skills. (SciEdPath 2019 - Student).*

*I have learned so much and have broadened my interests. (SciEdPath 2019 - Student). This program has totally impacted my daughter positively throughout the school year. (SEP 2018-19 - Parent).*



#### FACT:

*45% of Early Outreach Program graduates in the last decade have chosen health sciences as their first choice major*



#### FACT:

*Parents, guardians, and family are an essential part of a scholar's learning and social and emotional well-being. The Urban Health Early Outreach Program requires parent/family participation and commitment.*

#### The Saturday Enrichment Program 2019 - 2020

The Saturday Enrichment Program 2019-2020 has twenty-five scholars in 8th - 11th grades who attend public, public charter, and private schools in the Chicago area. The Saturday Enrichment Program (SEP) curriculum has as its foundation an SAT success strategies approach that reduces test anxiety and motivates students to understand how they can best learn and succeed at taking college admissions tests. Additionally, scholars learn how to listen and communicate. These are

essential social skills within the practice of medicine.

#### FACT:

*Training in the early years of medical school enhances behavioral empathy among students and improves their communication skills.*

Our scholars will present their stories and perform readings and spoken word about their academic and learning experiences during our end of program event on Saturday, April 4, 2020.

The summer 2020 application for enrollment will be available at our website in early January 2020. Please contact our office if you have any questions



## The Science & Health Immersion Program (SHIP)



The SHIP is an in-school health career exposure and academic enrichment program for high school students. SHIP is the

result of a multidisciplinary partnership between the UIC College of Medicine Hispanic Center of Excellence, the UI Health Urban Health Program, the UI Health Emergency Medicine Residency Program and CHAMPIONS Network.

UIC health professional and pre-health undergraduate students serve as program coordinators and curriculum consultants. The curriculum covers four tracks: 1) Health Professions Exposure, 2) Public Health, 3) Professional Skills Development, and 4) College Prep. SHIP is currently being

implemented at two Noble Network of Charter Schools (Illinois Medical District and Englewood, Chicago, IL).

A total of 11 high schools have been served since spring 2015, including 6 rural / semi-rural high schools and 5 urban high schools. A total of 15 SHIP series have been implemented to-date, reaching 244 participants (142 rural / 102 urban).

### The Urban Health Club

**We're here for the long run!**

*Over 92 weekly sessions have been implemented since fall 2016 (including ongoing Academic Year 2019-20), serving over 177 high school participants*

The Urban Health Club is a weekly university-based program for high school students interested in pursuing a health career. A dedicated team of UIC pre-health undergraduate students and medical student program coordinators create content for weekly sessions covering four main curriculum tracks: 1) Health career and health sciences exposure; 2) College readiness; 3) Community and public health; 4) Professional skills development.



#### Our UHP Student Volunteers

The Urban Health Club engages a team of over 15 dedicated UIC pre-health undergraduate and medical student volunteers each academic year.

### FOR MORE INFORMATION

For more information please contact Natalia Suarez Montero at [nmontero@uic.edu](mailto:nmontero@uic.edu) 312-996-7727



## A Day in the Lab at the UIC College of Pharmacy



This past fall 30 students from DeLaSalle in St. Louis, Missouri, as a part of their fall field trips visited UIC's Student Center East and the Health Sciences Colleges on the West Campus. The students were welcomed to campus by the UHP Resource Center, College of Medicine UHP and the College of Pharmacy's (COP) UHP office. They then took a trip to COP's lab where they learned how to make lip balm with Professor Brad Barrels in the College of Pharmacy. The students were thrilled to learn how to use the laboratory equipment and they were really excited to have actually created something of their own. The exercise really sparked their interest in the field of Pharmacy.

The EnCompass program at De La Salle Inc. is a comprehensive and multi-layered system of services, programs, and supports designed to ensure the long-term success of students and graduates. One of the main activities of the program includes the college exposure trips.



# UHP HIGHLIGHTS

## STUDENT HIGHLIGHTS

### School of Public Health Student Awarded Fellowship after graduation



Congratulations are in order for UIC School of Public Health student, Ose Ituah, a second year Master of Healthcare Administration student for being awarded a fellowship at Advocate Aurora Health in Milwaukee, WI. Advocate Aurora is a private, not-for-profit integrated health care provider, with 28 hospitals, in 30 countries and 90 communities. Advocate Aurora contributes \$2 billion in charitable care and community health services, 70,000 team members – including more than 3,300 employed physicians.

Ose Ituah, also has earned the 2019 Albert W. Dent scholarship by the American College of Healthcare Executives. The Foundation of the American College of Healthcare Executives established this scholarship in honor of Albert W. Dent, the first African-American Fellow of ACHE. This scholarship is offered to provide financial aid to minority students in healthcare management graduate programs to help

offset tuition costs, student loans and expenses.

UHP wishes Ose the best of luck at Advocate and we are certain that he will make a positive impact.



## STAFF HIGHLIGHTS

### Charese Jackson, receives the College of Nursing's Diversity Award!

Charese Jackson, assistant director for the Urban Health Program, has been named the inaugural recipient of the UIC College of Nursing Julie and Mark Zerwic Diversity Award.

The annual award recognizes UIC College of Nursing faculty, students or staff who have made a significant contribution to support diversity and foster equity and inclusion within a department, college, university and/or the community.

Julie Zerwic was formerly executive associate dean at UIC Nursing where she implemented a strategic plan aimed at increasing diversity among faculty, staff and students, and is now

dean of the University of Iowa College of Nursing.

UIC Nursing Dean Terri E. Weaver says Jackson was selected as the inaugural recipient because she "has always been committed to the principles of diversity, equity and inclusion."

Jackson is an alumna of UIC with a bachelor's degree in criminal justice and a master's in public administration. Prior to becoming the assistant director for the Urban Health Program in 2009, she was in the same role at UIC College of Pharmacy from 2004 to 2009.

In her current role, Jackson oversees and manages the recruitment, admission, retention and graduation processes of underrepresented minority students from diverse backgrounds in the undergraduate and graduate programs. She also assisted students in establishing the Urban Health Program College of Nursing Student Association and has served as the staff advisor for the committee since 2011.

"Ms. Jackson has demonstrated great leadership and has proven to be a great resource for the college and the communities we serve," Weaver adds. "Over the years, she has led and organized multiple events and workshops for students, faculty and staff around issues of diversity, equity and inclusion. Her work has had a great impact on students and communities in Chicago, as well as internationally, and she has provided exceptional mentorship to those in the Urban Health Program."



# ALUMNI HIGHLIGHTS

## UIC School of Public Health Alum opens the first black-owned urgent care center on Chicago's South Side strives to prevent youth violence

A group of doctors joined together to not only establish the first black-owned urgent care on the South Side – but also help stem the tide of youth violence.

Premier Health Urgent Care and OCC-Health Center, 1301 E. 47th St., opened its doors late October and is the only urgent care facility in Kenwood. Saturday, they held the official ribbon-cutting ceremony.

The goal, says co-founder Dr. Ruben C. Rutland, is “to provide patients with quick, convenient and compassionate health care.”

The facility offers walk-in services for both urgent care and occupational health treatments for all ages. Some treatments include in-house diagnostic labs and x-rays, annual exams, ear infections, eye or ear injuries, sexually transmitted infections and more.

“We offer things the average doctor’s office won’t have, and it’s something that you can get cared for right at that moment – opposed to waiting in an emergency room for two or more hours,” Dr. Michael A. McGee, another co-founder, said.

Since its opening, Dr. Airron Richardson, the third co-founder, said treatments for STI’s, respiratory infections, sinus infections and ankle sprains have been the most common.

The trio also partnered with former Chicago Bears wide receiver Dr. Gregory Primus, who is the first African American trained in orthopedic surgery at the University of Chicago.

In addition to providing medical treatment, Rutland and McGee started the Project Outreach and Prevention organization. It helps prevent youth violence while inspiring

healthy lifestyles and accessible career opportunities. A percentage of the profits from the urgent care is donated to POP to help communities combat youth violence.



Drs. Ruben C. Rutland (left), Michael A. McGee and Airron Richardson founded Premier Health Urgent Care and OCC-Health Center in Kenwood. Provided by John Jennings Photography.

“We are very big on giving back to the community,” Rutland said. “We want people to know, particularly young minority students that, ‘hey we went to college and medical school and you can do this as well.’”

Premier Health assists patients’ weekdays from 10 a.m. to 7 p.m., but plans to add office hours during the weekend based on demand. It accepts most private insurance companies, Medicare and Workman’s Compensation, and is working on accepting Medicaid.

# The UHP Source Quarterly

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