FY2015 REPORT TO THE COMMUNITY (JULY 1, 2014 – JUNE 30, 2015)

Vermont Educational Loan Repayment: One Physician's Journey Home

The purpose of the Vermont educational loan repayment program is to increase access to care in underserved communities and to address the health professional shortages that cause disparities in access to health care. The program strategically responds to the most pressing health care workforce needs in the state and awards go directly to pay educational debt.

Mckaylyn Garrity Leclerc of Hardwick knew from the age of ten that she wanted to be a doctor, have a family, and be a good mother. The Vermont native is a family medicine physician at Northern Counties Health Care at the Hardwick Area Health Center, is married, and has two daughters.

She might not be in

Hardwick if not for the Vermont Educational Loan Repayment Program: "It has helped significantly with finances because medical school is expensive," Dr. Leclerc comments adding, "Knowing that loan repayment was available was important because it allowed me to more comfortably accept a job at an FQHC (Federally Qualified Health Center) in a rural area."

Dr. Leclerc's path to Hardwick was not a direct one but it started when she was a child who had been born with a congenital heart defect. She underwent heart surgeries at the ages of three, seven and sixteen. "While some people in my situation might have grown to fear doctors or dread hospitals, my time at Fletcher Allen Health Care (now the UVM Medical Center) had quite the opposite effect on me – it made me want to join the medical community." She enjoyed annual check-ups

> with her cardiologist which she says turned into mini-biology lessons. Born in Burlington but raised in Woodbury and Worcester, Leclerc reflects it is fortunate she enjoyed visiting her physicians because the trip from home to Burlington was 90 minutes long. "Although I have visited doctors all over the world, from New York City to Australia, I have never met a group of such

talented, compassionate doctors as those who have cared for me here."

Her journey began with an undergraduate Bachelor of Arts degree in biology from Middlebury College which included a year abroad at James Cook University in Australia, followed by a master of arts in secondary science education from The City College of New York. Leclerc taught biology, health and environmental science classes in a New York City public high school before she returned to Vermont to earn a post-baccalaureate premedical certificate. As a medical student at UVM, she completed a Family Medicine clinical rotation at the Hardwick Area Health Center where she now works, and was a Freeman Medical Scholar. Following graduation from UVM in 2012, she entered a Family Medicine residency at Concord Hospital in New Hampshire, through the NH Dartmouth Family Medicine Residency.

When it was time to seek the job she had dreamed of since she was a child, Dr. Leclerc followed up with the AHEC Freeman Physician Placement Specialist, Melissa Liebig, who connected her with rural practices in Vermont that were seeking a family medicine physician. Her thanks to Liebig were expressed when she wrote, "It is so amazing to have this support in my job search! It makes the whole thing a lot less stressful and mysterious!" The loan repayment program helped 'seal the deal' at the Hardwick Area Health Center: Dr. Leclerc is currently in a two-year service contract in exchange for \$30,000 (a combination of federal/state and employer matching funds) per year (\$60,000 total) in loan repayment.

Asked about her position, she exclaims, "I love it! The people here – both staff and patients – are wonderful. I'm so thankful for AHEC's support over the years and the loan repayment award."

Vermont Academic Detailing Program

The Vermont Academic Detailing team presented 94 educational sessions during 2014-15, including sessions at the Rural Health Symposium, Bridging the Divide Conference, and the Vermont Nurse Practitioners Conference, with the majority of sessions delivered in primary care practices throughout Vermont.

Academic Detailing sessions present an objective overview of what evidence from

studies shows about various drugs, and non-drug therapies used to treat a medical condition. An academic detailer will visit a primary care office anywhere in Vermont to present the latest evidence-based prescriber support and education for managing common but challenging primary care conditions. Participants earn one Continuing Medical Education (CME) credit per session. The Vermont Academic Detailing Program is funded through a Vermont Department of Health grant; there is no pharmaceutical company sponsorship associated with the program.

In spring 2015, a new session option on Stroke Prevention in Atrial Fibrillation was added to the offerings; additional topics are planned in 2016.



CollegeQuest to Health Careers

CollegeQuest to Health Careers is an academic enrichment and college preparation program designed to prepare disadvantaged Vermont high school students for college admission and degree completion in a health-related field of study. In 2015, the five-week residential program was held on the Randolph campus of the Vermont Technical College (VTC). Upon completing CollegeQuest, students received college credit from VTC and a stipend to put toward college.



The 2015 CollegeQuest class during their tour of the University of Vermont Campus.

"CollegeQuest has taught me the skills necessary to get into and to be successful in college. It has also taught me about possible career paths in health care that I never knew about. It has given me a taste of college life encompassing the social and academic facets." — A 2013 CollegeQuest participant

CollegeQuest is part of the health care workforce development pipeline of the Vermont AHEC Network. The program was developed based on the researchbased assumptions that students raised and educated in rural and underserved communities are likely to practice in similar communities, and that disadvantaged students face additional barriers to postsecondary achievement. The program involves a structured curriculum, a trained team of undergraduate students who function as resident-assistance staff, and a rich interaction with health professionals and educators who make up the faculty.

Students completed a rigorous program

of 150 hours of instruction in Human Biology, Planning for College, and Health Careers Exploration. Classroom and laboratory study of human biology took advantage of VTC's Nursing Program lab facilities and patient simulator. CollegeQuesters researched and mapped out in-depth college and career pathway plans, advised by Outreach Counselors from the Vermont Student Assistance Corporation (VSAC) and the Vermont AHEC Network. The students toured college campuses including UVM, Johnson State College, and Southern Vermont College. Job shadows, tours and workshops at Gifford Medical Center, Central Vermont Medical Center, and Rutland Regional Medical Center were part of their career exploration.

CollegeQuest intentionally structures academic and recreational activities and resident life to impart fundamental concepts related to social and emotional learning to students. Self-awareness, stressmanagement, self-care, social awareness, understanding of cultural diversity, constructive community living and effective team function are all taught through content related to pre-professional training and college preparation.

Since its inception in 2012, CollegeQuest has served 94 Vermont students: 97%

(n=91) will be the first in their family to earn a college degree; 71% (n=67) live in households with incomes below 185% of the federal poverty level; 23% (n=22) identify as non-white; and 17% (n=16) identify as new Americans. Of this diverse body of students,

"(CollegeQuest) helped to solidify what roommates, friendships and relationships would be most conducive to the support of learning and overall well-being."

— A 2013 CollegeQuest participant

96% (46 of 48) were registered for college in the fall after their senior year and 91% of students (22 of 24) remain enrolled in their second year of college. Outcomes data on the 2015 CollegeQuest program is being analyzed now, and updated longitudinal data relating to college admissions, persistence, and graduation rates will be available in the future.

Summer Youth Programs: MedQuest and Advanced MedQuest

AHEC Summer 2015 Programs introduced 118 high school students to health care careers during MedQuest, 15 additional students to in-depth looks at a health career through Advanced MedQuest, and 23 students through CollegeQuest (see CollegeQuest story).

This year, the Champlain Valley AHEC altered the format and focus of its MedQuest to support students' personalized learning plans (PLPs) and align instruction with the Vermont Agency of Education's developing Programs of Study (POS) design framework within

the health/medical career cluster (i.e., sector) covering grades 9-12. Rather than two, fullweek sessions, there were three four-day sessions that accommodated more students (60). Students participated in one of three

"[Because of MedQuest], I started taking advanced science courses and college level sciences."

camps: Therapeutic Services, Diagnostic Services, or Counseling and Mental Health Services. The MedQuest Therapeutic Services camp most resembled the historical, general MedQuest format with exploration of careers in the fields of nursing, pharmacy, respiratory therapy, and dentistry. MedQuest Diagnostic Services included medical laboratory sciences, phlebotomy and ultrasound areas to identify and analyze disease and injury. Students in the Mental Health Services camp completed a Mental Health Awareness project and earned certification in Youth Mental Health First Aid. A former high school student participant in Champlain Valley AHEC's Job Shadow Day and MedQuest returned to be a staff member of the 2015 MedQuest Therapeutic Services program. She notes that, "The specific health



Casey Munns of Mount Mansfield Union High School, participates in a pharmacy workshop in the newly-designed Champlain Valley AHEC Therapeutic Services session. It took place at the Albany College of Pharmacy and Health Sciences Colchester, VT campus.

MedQuest this past summer turned the program from a six day offering to four days, with the director meeting individually with participants to match them with a specifically tailored job shadow experience. For these students, often from the state's most rural areas, job shadowing at a Vermont hospital allowed them to see new things and provided new information as they consider their educational pathways and future careers. One student wrote, "Shadowing a neurologist was an amazing experience and helped me to see a path I want to pursue."

The Northeastern Vermont AHEC's MedQuest at Johnson State College introduced 20 participants to activities such as a vitals workshop, CPR certification, mock Ebola outbreak and management drill using the hospital simulation lab, suturing



Jasmin Dickinson, from Bennington, VT, Kyle Diezel, from Pittsford, VT and Emily Castillo, from Chester, VT learning about casting.

career I originally thought I wanted is not the one I have been pursuing for a while now, and the switch came as a result of job shadowing and talking to a variety of health care professionals. I am confident in the path I am pursuing thanks to everything I have learned and observed."

The Southern Vermont AHEC celebrated its 15 year anniversary of offering MedQuest, serving 553 students, of whom 192 returned for a second experience in Advanced MedQuest. Innovation in Advanced workshops using pig feet, a paramedic's real-life "save" story, blood typing, a laparoscopic surgery simulator workshop as well as dissection of a sheep's heart. In response to this array of experiences, students wrote, "[Because of MedQuest], I started taking advanced science courses and college level sciences;" "I learned a lot about pharmacy in particular and how I think that is a field in which I could thrive:"

"MedQuest allowed me to truly discover what I am interested in, what I am good at, and what best suits me."

"Shadowing a neurologist was an amazing experience and helped me to see a path I want to pursue."

Office of Primary Care and Vermont

Pipeline

Pipeline programs reached 3,473 students, of which 1,332 were disadvantaged or minority students. The activities include:

- 295 job shadow experiences.
- Classroom presentations to 747 students.
- Reached 2,328 students at career fairs.
- Focus on Health Careers Conference for 22 high school students from Champlain Valley region.
- 22 students in a health career club.
- 123 students at the Sophomore Summit Conference.
- 118 students attended MedQuest.
- 15 students attended Advanced MedQuest.
- 23 students completed CollegeQuest.
- 13 adult learners attended Health Career presentations.

Health Professions Students

- 21 students were mentored and participated in job shadowing in the Pre-Medical Enhancement Program (PEP).
- Worked with 79 UVM College of Medicine family medicine clerkship students and served as a resource for their required community projects.
- 44 students received AHEC housing during clinical rotations or summer projects.
- 13 MedQuest alums in health careerrelated college programs completed paid internships as part of the College Student Internship program (C-SHIP) in southern Vermont.
- 474 participants attended 8 Spotlight on Primary Care series sessions for medical students.

UVM Office of Primary Care and the Vermont Area Health Education Centers (AHEC) Program

Encouraged by the State Legislature, UVM established the Office of Primary Care (OPC) in 1993 to focus the College of Medicine's commitment to primary care and community outreach in Vermont. OPC is actively involved in enhancing networks of community-based faculty, in strengthening teaching and research programs, and in preparing the workforce for the future.

The OPC was awarded federal funding to establish a statewide AHEC program in 1996, including three regional centers (Northeastern Vermont AHEC in St. Johnsbury, Champlain Valley AHEC in St. Albans, and Southern Vermont AHEC in Springfield), each a 501c-3 non-profit organization. Together, the Vermont AHEC Network is increasing the supply, geographic distribution, and education of Vermont's healthcare workforce, and providing a link between UVM's health professions training programs and Vermont's communities. The Vermont AHEC Network is a true academic-community partnership.

In FY 2015, the UVM OPC and VT AHEC Network provided 3,473 Vermont youth with health care careers experiences, worked with 171 providers precepting health professions students, delivered continuing education to 3,815 health care professionals, and placed 15 physicians in Vermont communities.



Sponsored a Suture Clinic

38 UVM undergraduate

students interested in a

health care career.

with the US Army for

- Educational Loan Rep Program for physician and LPNs, advanced p physician assistants, a faculty/educators in t \$970,000.
 - Administered the (fee

documentary "The Hungry

opiate addiction problem was

attended by 29 UVM PEP and

Heart" about Vermont's

Pre-Med Club students.

AHEC Network 2014-2015 Highlights



- Placed 15 physicians (7 in primary care and 8 in specialty care); 10 were placed in rural counties, three of them in FQHCs/RHCs.
 - 130 Freeman Medical Scholars are currently serving Vermonters.

Continuing Education

148 continuing education courses were offered to 3,815 participants. These include:

- 109 attendees at the Vermont Geriatrics Conference.
- 56 attendees at Bridging the Divide: Fostering collaboration between primary care and pharmacists.
- 440 participants (397 were school nurses) took part in Grand Rounds for School Nurses at Vermont Interactive Technologies (VIT) sites.
- 635 participants attended 94 Academic Detailing sessions in 13 of Vermont's 14 counties.
- The Cultural Competency Manual for Healthcare Professionals (www.cvahec.org) was maintained.

Community-Based

For news from Vermont's three regional Area Health Education Centers, check out their community-based web sites:

Champlain Valley AHEC: www.cvahec.org St. Albans (802) 527-1474

 Northeastern Vermont AHEC: www.nevahec.org
St. Johnsbury (802) 748-2506

Southern Vermont AHEC: www.svahec.org Springfield (802) 885-2126

ayment (ELR) ns, dentists, RNs practice nurses, and nurse he amount of

140 applicants received ELR/SLRP

award offers averaging between

ranged from \$4,761 to \$612,555.

Average (mean) debt of primary care

Educational debt of applicants

\$5,000-\$20,000.

leral) State

Future Dental Hygienist Emerges from AHEC Pipeline

Craig Smith of Barre, VT is a freshman at the University of New England in Biddeford, ME where he is studying for his Bachelor of Science degree in dental hygiene.

In Barre, his elementary teachers saw a potential college student in him as a sixth grader, so they referred him to a Vermont Student Assistance Corporation (VSAC) GEAR UP counselor who told Craig about AHEC's MedQuest program. He probably did not realize it at the time but he was started on his future career path.

In ninth grade, Craig interviewed a Barre dental hygienist for a class assignment to write a career essay. Subsequently, Craig attended MedQuest at Lyndon State College through the Northeastern Vermont AHEC. "In MedQuest I job shadowed a dentist and the dentist was so happy I was there; the dental practice team made me feel very welcome and I connected right away with the patients," Craig recalls.

The summer before his senior year in high school, Craig participated in the sixweek CollegeQuest program at the College of St. Joseph in Rutland. "In CollegeQuest, we had many panel presentations on careers, including a panel of dental health professionals. I was immersed in their conversation which reinforced what I felt in the dentist's office. All of the panelists felt so good about what they were doing for patients and the importance of oral health in overall health."

"MedQuest and CollegeQuest were the best summers I've enjoyed in my life," Craig declares. "It was a great environment – happy, energetic – it was great!" During his senior year, Northeastern Vermont AHEC health careers coordinator Kim O'Connor arranged an independent study for Craig with Richard Venmar, DMD, of Barre. After watching Dr. Venmar for several weeks, he moved to observing the dental hygienists and says he knew that was what he wanted to do. "I liked the routine of the dental hygienists and their focus on education and prevention," Craig remarks.

Now attending his top-choice college, Craig says of the University of New England: "I really love the school because they want you to succeed." He is the first in his family



Craig Smith in dissection workshop during MedQuest 2013.

to attend college for four years with a career plan; Craig says his family is so proud of his efforts. He would like to return to Vermont to work after graduation. And of his career exploration experiences he enthuses: "AHEC helped me so much; they basically achieved my dream for me!"

Projects with Health Professions Students

The regional AHECs work directly with UVM medical, nurse practitioner, graduatelevel social work, and public health students to design and execute interprofessional, community-based projects. Community-based projects provide students an opportunity to: apply their classroom learning to the field, connect with different geographic areas of Vermont, learn about rural primary care and populations, and dig into a relevant, pressing community issue; during FY15, opioids and addiction emerged as a theme.

A Champlain Valley AHEC summer project focused on opioid addiction and the treatment process for pregnant women in Chittenden County. Two master's level social work students developed a resource guide for mothers and clinicians titled "Opiate Addiction and Pregnancy: Find Help in Chittenden County." The guide offers information on where to get help and treatment options during pregnancy.

The Southern Vermont AHEC sponsored a project with two second year UVM medical students who interviewed two dozen people in recovery and wrote up the interview content. It afforded the students an opportunity to observe and learn about the recovery process from those who were directly involved.

The Northeastern VT AHEC mentored two medical students and one nurse practitioner student in an interprofessional project called "Beyond Hub and Spoke." The goal of the project was to create an on-line community and professional resource in St. Johnsbury for the treatment of and recovery from opiate addiction. This project is being replicated during FY16 in three other communities throughout Vermont with interprofessional teams of medical students, social workers and nurse practitioners.



Adrienne Jarvis, UVM social work student, left, and Judy Wechsler, CVAHEC Education Resource Coordinator, right, worked with Simone Cote, UVM MSW student (not shown) on the "Opiate Addiction and Pregnancy" booklet.

PEP for UVM Undergraduate Students

Current Premedical Enhancement Program (PEP) student Colby McGinn of Brattleboro has benefitted from AHEC programs since he was in the tenth grade, and each experience validated for him that he wants to become a physician.

Born and raised in Brattleboro, he is currently a sophomore in the University of Vermont Honors College where he is majoring in math. He has had exposure to the world of medicine from his parents: his father is an ophthalmologist and his mother is a practice manager at the hospital in Brattleboro. "I feel very fortunate that I've always known what I wanted to



Colby McGinn, left, with PEP student Ben Kagan in a Suturing Clinic for undergraduates at UVM.

do," he remarks. But, "it's easy to profess an interest in being a doctor; AHEC's MedQuest and C-SHIP programs affirmed that is what I want to do."

Colby attended a MedQuest summer camp at the SIT campus in Brattleboro while still a sophomore in high school, during which he job shadowed professionals at four different hospitals, including the Veterans Administration Clinic in Springfield. The Advanced MedQuest experience at Fletcher Allen Health Care (now the UVM Medical Center) enabled him to shadow specialists in dermatology, surgery, anesthesia and endocrinology. Once he graduated from high school and became a college student, he applied to Southern Vermont AHEC's College Student Internship Program (C-SHIP) for a paid internship. His internship was a collaboration with Brattleboro Memorial Hospital (BMH) and the Brattleboro Area Prevention Coalition in which he developed a questionnaire, distributed it to physicians and pharmacists (and in some cases, interviewed them) to gauge interest in a collaborative meeting to discuss opioid prescribing issues. He also job shadowed several physicians at BMH.

At the end of his freshman year, Colby applied to the UVM Premedical Enhancement Program (PEP).* He was accepted, and Colby describes the program as being "like MedQuest on steroids." He notes, "The opportunities presented by just being in the program are an advantage; I can build connections that I might not otherwise be able to." Colby marvels at how interested and excited people are to teach: "the teachers and mentors I've had have been really great," he says. This fall, he job shadowed a surgeon in the Operating Room at the UVM Medical Center as well as attended Grand Rounds.

Colby enjoys giving back, too. He has been a volunteer at both BMH and currently, in the ICU Family Waiting Area at the UVM Medical Center. Last summer, he talked to MedQuest students about the undergraduate college experience.

"I want to thank everyone at AHEC for allowing me to do everything I've been able to do: it honestly couldn't have been better!"

*PEP students must have a cumulative Grade Point Average (GPA) of 3.5 after their first two semesters at UVM, and a 3.5 GPA in math and science classes. They must submit a letter of recommendation and complete an interview. It's a competitive process for a maximum of 10 new PEP students a year. Once accepted to the program, students are expected to meet GPA requirements, take required pre-medical classes, attend two medical seminars per semester and log the required time with their physician mentors. Students who successfully complete the rigorous three year PEP and meet MCAT score requirements, will be invited for an admissions interview at the College of Medicine; those who do well in their interviews will be recommended for acceptance.

Physician Placement Program

The Physician Placement Program recruits physicians to workforce shortage areas of Vermont, with an emphasis on rural and underserved areas. To accomplish this, the AHEC Freeman Physician Placement Specialist, Melissa Liebig, works with graduates of the UVM College of Medicine, as well as UVM Medical Center residents and fellows to match them with Vermont hospitals and practices where they are needed.

AHEC successfully placed 15 new physicians in Vermont practices during the 2014-2015 fiscal year: seven in primary care, and eight in specialty care. Ten physicians were placed in rural counties (Addison-1; Caledonia-1; Franklin-3; Orleans-2; Rutland-2; Washington-1), with three placed at an FHQC or RHC (rural/underserved). All 15 (100%) were UVM COM grads and/or UVM Medical Center residents or fellows. As of December 2015, 127 physician openings were posted with the UVM AHEC Program: 55 in primary care (FM, IM, Ped, Ob/Gyn) and 72 in specialty care (of the 72, nine are Psychiatry).

The Physician Placement Program responds to Vermont state physician recruitment needs, links to and leverages complementary programs, such as educational loan repayment, and is a credible and reliable resource for Vermont recruiters and physicians.

Vermont's Future of Nursing 2015 Data Dashboard

The 2015 Data Dashboard has been compiled to give an overview of Vermont nurses' educational background, practice, leadership, and supply and demand.

Drawn from the



Vermont State Board of Nursing Relicensure Survey, the Dashboard is available at www.vtahec.org.

Delta Dental Partners with AHEC and the Educational Loan Repayment Program

Two Vermont dentists received community educational loan repayment match funds from Delta Dental Plan of Vermont for FY15. The recipients are **Ronald St. John, DMD**, who practices general dentistry at Island Pond Health and Dental Center in Island Pond, Vermont; and **Cheyanne E. Warren, DDS**, who practices general dentistry and dental surgery at The Health Center in Plainfield, Vermont.

This marks the fifth year that Delta Dental has contributed to the success of the Vermont Educational Loan Repayment Program for Dentists through matching funds. The educational loan repayment program is administered by the University of Vermont College of Medicine Area Health Education Centers (AHEC) on behalf of the State of Vermont. The purpose of the program is to recruit and





Ronald St. John, DMD

Cheyanne Warren, DDS

retain dentists in Vermont and increase access to oral health care for Medicare and Medicaid patients and other vulnerable populations. Award recipients sign a service obligation contract and practice a minimum of 20 clinical hours per week at designated sites.

Thank you!

The University of Vermont Office of Primary Care and Area Health Education Centers Network gratefully acknowledges its supporters:

- Brattleboro Memorial Hospital
- Central Vermont Medical Center
- Copley Hospital
- Delta Dental of Northern New England
- DentaQuest Foundation
- Department of Health and Human Services Health Resources and Services Administration (HRSA) Bureau of Health Workforce
- Gifford Medical Center
- Grace Cottage Hospital
- Mt. Ascutney Hospital and Health Center
- North Country Hospital

- Northeastern Vermont Regional Hospital
- Northwestern Medical Center
- Rutland Regional Medical Center
- Southwestern Vermont Medical Center
- Springfield Hospital
- State of Vermont and Vermont Department of Health
- University of Vermont College of Medicine
- University of Vermont Medical Center
- Vermont's Congressional Delegation
- Vermont State Legislature

We thank our many partners and collaborators who enrich our efforts to ensure enough health care providers serve Vermont residents.



