



# SAN DIEGO BORDER AHEC

San Diego Border Area Health Education Center (SD Border AHEC) is housed at Scripps Mercy Hospital Chula Vista and reaches beyond the boundaries of the California/Baja California border region to support community health and health professions training through community-based health prevention programs and pipeline programs. One of the primary aims of the SD Border AHEC is to build and support a diverse health care workforce through education, leadership and community collaboration in order to improve access and quality of care for underserved populations in border counties. SD Border AHEC's goals include increasing the numbers, types, diversity and retention of primary health and social service care professionals working in underserved areas; improve the skills of health care professionals, including students, to promote good community health, wellness and effective cultural competence; enhance community wellness and prevention through a variety of health care initiatives; and increase the health care workforce pipeline with a special focus on youth, displaced workers and individuals seeking a second career.



*Graduates Scripps FM Residency*

SD Border AHEC works closely with the Scripps Family Medicine Residency Program with more than 75% of the graduates remaining in the area working at local Community Health Centers and Clinics and other sites that care for the underserved. SD Border AHEC also hosts behavioral, public health and medical students for internships and community health experiences. Our community health programs are focused around seniors, youth, maternal and child health and patients with chronic conditions. Health professions students and residents facilitate through all these programs to become skilled in community health.



*Shadowing experience*

SD Border AHEC has a long history of successful programs to expose youth into health career opportunities. The pipeline program aims to expand and build current school-based wellness, mentoring and clinical services to enhance, standardize, and evaluate the mentoring of underrepresented high school students. The overall goal is to increase the number of youth entering into careers in primary care. Strategies include multi-disciplinary approaches to youth interventions. Since 2002, the SD Border AHEC has successfully conducted a School-to-Health Career Mentoring Program for low income, ethnic minority youth, primarily Latino. Approximately 60 students aged 16 to 18 are recruited each year from three high schools in Chula Vista, California.

Since the program began, over 800 youth have participated in the mentoring. Of those youth that participated in follow-up evaluations, 75% have pursued further education or work in a health related field. More than 20 health care professionals per year serve as mentors, and are recruited from a variety of hospital departments and health career professions. The program responds to two public health priorities identified by California's Department of Health Services: (1) to increase the number of low income ethnic minority youth entering health professions; and (2) to reduce health risk behaviors of low income, ethnic minority youth.



*Mentors and Mentees Scripps  
Mercy Hospital*

## OUTCOMES 2013-14:

- 6 of the 8 Family Medicine Residency graduates are working in San Diego community clinics and health centers
- 6 social work interns are continuing their education with underserved communities
- 30 high school students participated in "Faces of Family Medicine" education program
- Over 1500 high school students received health promotion and health careers information
- Promotoras facilitated 21 home visits to new mothers with Family Medicine Residents and medical students
- 54 high school students participated in mentoring program including shadowing health professionals.

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