

2020-2021 Upcoming Events

September 2020*: Incoming JDA & DA Orientations
September 2020: DA Application opens for 8th Grade applicants
November 2020: DA Application Deadline
January 2020: JDA Application opens for sixth grade applicants
February 2020: JDA Application Deadline
*Dates subject to change & upon site approval

2019-20 CUSD Junior Doctors Academy and Doctors Academy Staff
Caruthers Elementary
Junior Doctors Academy
Marla Dominguez, Principal
Jessica Juarez, JDA Counselor
Spring Bibian, Seventh and Eighth Grade Advisor

Caruthers High School
Doctors Academy
Mark Fowler, Principal
Alicia Hardcastle, DA Counselor
Casie Limdren, DA Site Coordinator
Jeannine Prince, 12th Grade Advisor
Jeff Morrow, 11th Grade Advisor
April Cardenas, 10th Grade Advisor
Tyson Lowry, Ninth Grade Advisor

UCSF Fresno Latino Center for Medical Education and Research
550 East Shaw Avenue, Suite 210A
Fresno, CA 93710
Phone: (559) 241-7670

Donate to the Program

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(click on Health Career Pipeline Programs)

Website
<https://www.fresno.ucsf.edu/latino-center-for-medical-education-and-research/>

Special Thanks

A special thank you to all our supporters and funders who have made these opportunities possible for our Caruthers Unified JDA and DA students. The program supporters include Caruthers Unified School District, University of California, San Francisco, The California Endowment, Kaiser Community Benefit, among many more. With this support, our students and families can be part of a unique experience that allows them to be creative, explore and learn about the opportunities that are available to them.

Any question regarding this newsletter or the Caruthers Unified JDA or DA programs please contact Academic Program Coordinator, Stephanie Huerta Alvarez, at (559) 241-7670 or shuerta@fresno.ucsf.edu.

If you would like to learn more about the UCSF Fresno LaCMER, please contact Katherine A. Flores, MD, Director, or Emy Lopez Phillips, EdD, Associate Director, at UCSF Fresno LaCMER.

Caruthers Elementary Junior Doctors Academy and Caruthers High School Doctors Academy

Caruthers Heartbeat



Looking Back at the 2019-2020 School Year

This past school year, the UCSF Fresno Latino Center for Medical Education and Research (LaCMER) Junior Doctors Academy (JDA) at Caruthers Elementary welcomed 34 new seventh grade students to the program. In addition, the Doctors Academy (DA) at Caruthers High School added 37 ninth-grade students. UCSF Fresno LaCMER and Caruthers Unified School District looks forward to nurturing the development of the next generation of health professionals.

In the classroom, JDA and DA students started their cultural competency projects, reviewed medical education units, and engaged with health professional guest speakers. JDA and DA students also got to learn outside of the classroom and visited university campuses, medical schools, medical facilities, and a variety of enrichment centers throughout California. Through these experiences, students learned about health career opportunities and were exposed to a college-going culture. Despite the halt to the academic year, where many events were unfortunately cancelled, the resiliency and hard work of each JDA and DA student was reflected in their efforts to maintain their high academic achievements through distance and virtual learning. We look forward to serving students at Caruthers Unified in the next academic year.

Freshman Transition Program

To kick off the academic year, all 37 incoming freshmen students were invited to a four-day Freshmen Transition Program held August 5th-8th, 2019, led by DA Academic Program Coordinator Stephanie Huerta Alvarez and six DA senior student assistants. During the program, students met new classmates from Alvina, Caruthers, Monroe and Raisin City Elementary schools. Students became acclimated to their new school, learned about college and health career pathways as well as cultural humility and the need for more health professionals in the San Joaquin Valley. Students also met Caruthers High staff, attended sessions by guest presenters, and ended their week with a visit to the University of California, Berkeley. During their visit to UC Berkeley they toured the campus, visited the Education Opportunity Program (EOP) office, and met with an admissions representative who reviews all Fresno County applications.



DA Ninth Grade students pose for a picture with DA Advisor, Tyson Lowry outside UC Berkeley's Sproul Hall

University Study Trips

During the fall semester, Caruthers JDA and DA students explored universities and experienced the educational opportunities that California has to offer. Students visited a record number of four-year institutions. Thank you to Caruthers Unified for valuing the importance of the JDA and DA study trip experiences which expand knowledge of educational opportunities outside of Caruthers.

CSU Stanislaus & College Night

In preparation for submitting their college applications this fall, Mrs. Jeannine Prince's senior DA class spent a day at California State University, Stanislaus on September 11, 2019. DA students participated on a campus tour and met with current pre-med students and Pre-Health Professions Advisor, Dr. Mark Grobner. They learned about student resources, college transition and surviving their first year. The DA students ended their day at Fresno County Superintendent of Schools College Night at the Fresno Convention Center. During this event, students got to speak to representatives from over 100 colleges and universities from across the country.



DA Seniors at CSU Stanislaus Reflecting Pond

Central California Blood Center and California Health Sciences University (CHSU)



10th grade students pose outside the Jenny Eller Donor Center in Fresno

Mrs. April Cardenas' sophomore class was invited to an exclusive tour of both the Central California Blood Center and California Health Sciences University (CHSU) on September 16, 2019. Students learned about the process of blood donation from registering a donor to administering to a patient in need. Students who met the age requirements had the opportunity to donate blood that day if they chose. Students ended their day with a special "behind the scenes" tour at CHSU where they learned about careers in pharmacy as well as their new medical school which is set to welcome its first cohort of Osteopathic Medicine students in the fall of 2020.



Class of 2022 outside California Health Sciences University School of Pharmacy



Sophomore class poses with DA alumnus Jagdeep Johal outside UCLA Royce Hall

UCLA

On Oct. 21, 2019, Mrs. April Cardenas' sophomore class visited UCLA. The group attended a presentation by the UCLA Allied Health Program at the UCLA David Geffen School of Medicine. They also learned about various allied health careers and medicine. In addition, students toured the campus with DA alumnus Jagdeep Johal, who provided them with insight about college life and preparations to make during high school.

California State University, Monterey Bay (CSUMB) & Monterey Bay Aquarium



JDA seventh grade students outside Monterey Bay Aquarium

On November 12, 2019, Mrs. Spring Bibian's seventh grade JDA students traveled to CSUMB. Students learned about kinesiology and sports medicine from kinesiology department professors Lisa Leininger, PhD, and Maria Bellumori, PhD. The trip also included a tour of the campus. The trip continued with a visit to the Monterey Bay Aquarium where students learned about marine life, conservation, and the importance of preserving the world's oceans.



DA 11th grade students and a few seniors starting their tour at UC Davis Veterinary Teaching Hospital

UC Davis and UC Davis School of Veterinary Medicine

On November 18, 2019, Mr. Jeff Morrow's 11th grade class toured the UC Davis campus and received an admissions presentation during their visit. In addition to dining at the university's new student union and visiting the bookstore, students were led on a behind the scenes tour of the UC Davis School of Veterinary Medicine campus by current student ambassadors. Students learned about both small and large animal specialties and discovered that veterinary students study some of the same specialties as their medical school counterparts.

Stanford University

On February 11, 2020, Mrs. April Cardenas' 10th grade class visited Stanford University. Students were welcomed with a presentation with Alivia Shorter, Director of Diversity & Outreach at Stanford's Pre-Collegiate Studies, who shared the various opportunities available for high school students. Students also got the opportunity to eat at the student union took part in a group tour led by current Stanford students.



DA sophomores arriving for their visit to Stanford outside Wallenberg Hall

UC Santa Barbara

On March 9, 2020, DA juniors visited UCSB where they were greeted by Caruthers High DA alumnus Cody Robinson, who is currently in his second year at the university. Students were provided an admissions presentation by the UCSB Visitors Center. They continued their visit with a group tour where they explored the scenic campus overlooking the ocean. The day ended with a college dorm room tour and learning about student housing at a UC campus.



DA 11th grade students outside UC Santa Barbara University Center



JDA eighth grade class at UCSC surrounded by redwood trees

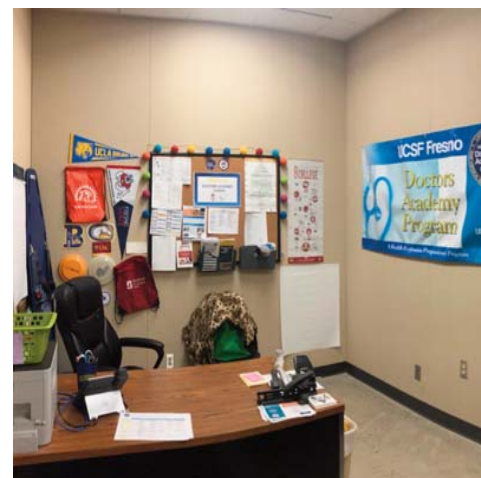
UC Santa Cruz and Monterey Bay National Marine Sanctuary Exploration Center

Mrs. Spring Bibian's eighth grade JDA class visited both UC Santa Cruz and Monterey Bay National Marine Sanctuary Exploration Center on March 11, 2020. After touring the Exploration Center, students participated in an interactive plankton activity instructing them how to properly collect plankton off the Santa Cruz Wharf using special mesh nets. They took their specimens to the science lab and used microscopes to identify the plankton living in our oceans. The day ended with a campus tour of UC Santa Cruz, overlooking the ocean, and surrounded by redwood trees.

Cultural Competency & Community Service

Part of the mission at UCSF Fresno LaCMER is to develop "health care professionals who will ultimately return to the San Joaquin Valley and to provide culturally competent health care services to the medically underserved." In addition to enrichment activities, workshops and speakers, the cultural competency component is implemented into each grade level. Books such as "The Circuit," "The Pact," and "Breaking Through" are just a few examples of the books students read in the classroom. JDA and DA advisors helped to develop projects to implement the cultural competency lessons behind each selected reading. Students have used these readings to support their college essays or scholarship interviews, assisting them in the next step of their educational journey.

A requirement of the program is to serve their community through community service hours. After great success with the 20-hour implementation in 2017 at the DA level for the high school, Caruthers Elementary JDA implemented the component in 2018 by requiring at least 10 community service hours each academic year. Students achieving a high number of hours each year are recognized at the annual awards ceremony. Students completing the entire six-year program will have completed a minimum of 100 hours of community service to add to their college applications. We look forward to continuing to see our enrolled students make a difference in their community.



DA Office at Caruthers High School



A few Caruthers High DA Alumni and Casie Limdren, CHS Site Coordinator, take a group picture at the Winter Alumni Social

DA Alumni Winter Event

Alumni from all three programs at Caruthers, Selma and Sunnyside high schools were invited to an alumni social on Dec. 19, 2019. Over 30 alumni attended the event which was hosted by popular demand by UCSF Fresno LaCMER at the UC Merced Fresno Center. Alumni were treated to dinner, enjoyed fun activities, participated in a dessert making contest and networked with other alumni from classes of 2003 through 2019. Alumni expressed gratitude for the doors that DA opened for them and many were interested in continuing to be involved in the development of current students. We look forward to continuing to connect with alumni through additional events and opportunities to help strengthen the pipeline.



DA ninth grade student pose by the mobile UCSF Fresno clinic at the HEaL Conference

Health Education and Leadership Conference (HEaL Conference)

There were over 600 attendees at the annual Health Education and Leadership (HEaL) Conference at Sunnyside High School on Feb. 8, 2020. The event hosted students and their families from all four JDA and three DA sites with workshops for each grade level. Workshops were held by institutions and organizations like UCSF Fresno, California Health Sciences University, American Ambulance, Community Regional Medical Center, UCD/UCM San Joaquin Valley PRIME, Fresno EOC and Valley Health Team.

Health Professional Guest Speakers

This past school year was successful in recruiting a diverse group of guest speakers to the classroom at Caruthers Elementary and Caruthers High School. Health professional guest speakers provide firsthand experiences about their journey and barriers in becoming a health professional in their respective specialty. Over a dozen speakers from across the Valley, traveled to rural Caruthers to inspire the next generation of health professionals. Below are just a few examples to highlight the impact health professionals had on students during their visits.

Addiction Medicine



Dr. Lasher explains to students the work he does with at risk populations

Adventist Health family medicine provider, Marc Lasher, DO, who specializes in addiction medicine talked to 10th and 12th grade students about his experience of working with addiction in the community. He went into detail about his work which targets multiple public health issues. The presentation informed students about the needle exchange program and a mobile clinic he coordinates as part of his current work in southeast Fresno.

Emergency Medicine

Fresno native and current UCSF Fresno emergency medicine resident physician, Jessica Martin, MD, led seventh and eighth grade JDA students through emergency response skills. As part of her presentation and using simulation mannequins, she taught students how to perform intuba-

tions, check for obstructions and learn about the tools used for patients in the emergency room. Students enjoyed the opportunity to work with their peers and see how doctors are being trained at local hospitals.



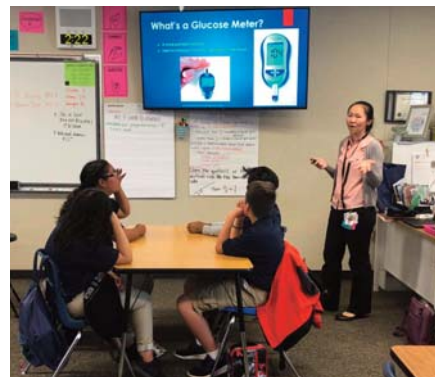
JDA eighth graders learn about intubating patients from Dr. Jessica Martin



JDA and DA students learn directly from VHT Family Medicine Resident Physicians

Family Medicine

In partnership with UCSF Fresno LaCMER, Family Medicine residents from Valley Health Team (VHT) visited students in seventh through ninth grade. Through interactive and hands-on activities, students were taught about blood pressure and hypertension, relevant case studies, how to properly treat sprains, diabetes and family medicine. Thank you to VHT for continuously outreaching to rural communities and visiting with our students.



Dr. Marina Roytman walks ninth grade DA students through a historical background on Hepatitis C

Hepatology

Marina Roytman, MD, FACP, visited the Caruthers DA ninth grade class. She shared about her journey to medicine and how she is now one of the leading hepatologists in the area. Dr. Roytman also talked about her role as the Liver Program Director at UCSF Fresno and the research she is leading.

Lock it Up Project

Students in ninth through 12th grade DA learned about proper medication usage and disposal through a presentation on The Lock it Up Project from DA alumni, Erick Cortes Rangel, who works at the California Health Collaborative.



Erick Cortes Rangel leads 11th graders through an interactive presentation

Geriatrics

Internal Medicine provider, Dzung Trinh, MD, met with 11th grade students and spoke about his personal journey of immigrating from Vietnam at the age of 16, without knowing English, to Caruthers, California. He now works in Fresno as the Chief Geriatric Director for Kaiser Permanente. Through hard work and perseverance, he became a specialist in geriatric medicine where he helps older populations with complex medical issues improve their overall health wellbeing.



Dr. Trinh talks to 11th grade students about medical school admissions

Mental Health

Mental health is one topic students at Caruthers Unified often note as a health career they are interested in learning more about or pursuing. This year both JDA 7th grade and DA 9th grade students got to meet local UCSF Fresno Psychologist, Janet Toribio, PsyD. Students learned about her personal journey of growing up in Selma, CA to helping people with mental health barriers in her community.



Dr. Janet Toribio talks to DA ninth grade class



Marcella Corona speaks to students about organ and tissue donation

Organ and Tissue Donation

Tenth grade students were visited by Marcella Corona, Senior Community Development Liaison, from Donor Network West. During the visit, students learned about the importance of tissue and organ donation for patients in our community waiting for transplants. They also were informed about how to elect to be a donor and how to be an advocate within their household.



Dr. David Abel lecturing to JDA seventh grade students at Caruthers Elementary

Perinatology

This year, JDA seventh grade students were visited by David Abel, MD, who talked to students about the field of perinatology and how he became a high-risk provider for women and their unborn children. His interactive presentation reviewed fetal development and included a discussion about several medical cases with the students.



Francisco Borboa, MPH, meets with JDA eighth grade students

Public Health

Providing students with diverse career opportunity pathways in health is an important element to the success of JDA and DA. This year students in JDA eighth grade learned more about health disparities in their community with Francisco Borboa, MPH, who works with UCSF and California Vaccine for Children Program through the California Department of Public Health.



DA Alumni (left to right) Simran Athwal, Nancy Gomez, Cody Robinson, Alondra Garduño, Michael Lee, Amanpreet Johal, Ranvir Johal and Samuel Butler after meeting with DA students

DA Alumni Visit

When DA students graduate, many return to their roots to mentor Caruthers Unified students. By popular demand, DA alumni have been invited yearly to share their knowledge and experiences in college and post-high school. Thank you to the more than a dozen alumni who visited students in the classroom during 2019-2020. Your continued support and involvement keep our program students and communities striving for more. is the incorporation of team building.

Senior Mentorship



DA seniors sit on a panel answering questions from JDA eighth graders

Every year, a handful of senior students are invited to share their wisdom and experiences about being in the DA program at Caruthers High School with eighth grade students looking to matriculate from JDA to DA. This year, eighth grade students had the pleasure of learning about campus resources and how to access them, how DA can help them during their high school years and the plans graduates have for the future.



2020 Senior Lecture Series

When schools closed in March due to the COVID-19 pandemic, seniors were in the middle of receiving acceptance letters from colleges. Traditionally, DA curriculum includes senior college transition components that are designed to assist graduating seniors with the tools and resources to make the most informed decision for their college selection. With limited in-person access to students, DA coordinators designed a five-part virtual lecture series for seniors to assist them in making an informed decision in selecting a college that meets their needs.

The lectures included information on how to understand their financial aid award letter, submitting their statement of intent to register (SIR), housing applications and orientation registration. Additional lectures were about choosing the community college route for transfer, as well as making the decision to move away for college. The series continued with guest presenters who talked about different college pre-health program opportunities for students still planning to pursue a health career. Guests included Lilia DeLaC-erda, MPH, Director of the Health Careers Opportunity Program (HCOP) at Fresno State; Patricia Etem, MPH, Vice President at Health Career Connection, and Anally Ortiz Guardado, Prep Medico Program Coordinator at UC Davis.

The series concluded with a presentation on the value of connecting as DA alumni by using LinkedIn. One student noted in their evaluation of a presentation that "the way that the coordinators went about presenting the information was extremely helpful and they cleared any doubts that I had regarding the interpretation of the letter."

CUSD JDA & DA End-of-Year Event

Due to school closures, the JDA and DA End-of-Year Event was not held in person this year. This year's event was held virtually to celebrate the accomplishments of over 200 incoming and current JDA and DA program students. Families were sent a pre-recorded video link highlighting each of their students. All student gifts will be dispersed at the beginning of the next academic year when it is safe to do so. If you are interested in viewing this video, please visit: tinyurl.com/2020DAvideo.

We want to recognize each student who persevered and maintained a high grade point average. An astounding 78% of graduating eighth grade students maintained a GPA of 3.75 or higher for both years.

This year was the first cohort to have students complete the full six-year program of JDA and DA through Caruthers Unified. A total of twelve DA seniors were recognized for this accomplishment as they have committed themselves to the program since 2014. Twelfth grade students will receive a bed pan representing humility and a book selected by their DA Advisor, Mrs. Jeannine Prince, titled "The Lemonade Life: How to Fuel Success, Create Happiness, and Conquer Anything," by Zack Friedman. DA Senior, Nancy Gonzalez, was selected to receive the UCSF School of Medicine Merit Award. This award guarantees recipients an interview at UCSF School of Medicine, providing they meet entrance requirements and continue to pursue a medical career.

While many seniors had to change their college plans due to the pandemic, we are looking forward to seeing all these students will accomplish at universities such as Fresno State, UC Berkeley, UC Merced, Cal Poly-San Luis Obispo, among others. Congratulations again to the class of 2020!

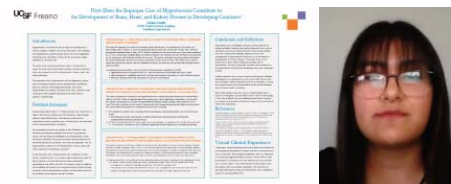
DA Research Course & Summer Virtual Experience (SVE)

The DA Research Course this year was led by UCSF Fresno Research Instructor, Aisha Shahabzada. Four DA seniors were selected as research assistants to assist during the spring semester course. Special thanks to Miguel Avina, Jonah Bachar, Aanisha Gill and Nancy Gonzalez from the Class of 2020 for

their help. Together they led students through learning the American Psychological Association (APA) writing, retrieving, and analyzing peer reviewed journal articles, and overall improve their research skills that will translate to their writing and research in college.



Due to clinical closures to non-essential volunteers and interns, the staff at UCSF Fresno LaCMER were faced with a unique challenge to create an experience for students in the DA program. School districts assisted in helping create equitable access for all students by providing laptops and hotspots for students in need of devices. Approximately 65 rising seniors participated in the five-week Summer Virtual Experience (SVE) which was led by DA Academic Program Coordinator Angela Allison. A total of 18 local medical professionals, medical students and several alumni led live online lectures introducing students to an array of career paths in health and medicine. Students had the opportunity to participate in a Q & A session with each presenter and ended each day with collaborative group activities. In addition to the presentations, students used the Collaborative Learning Experience (CLE) platform to access course materials such as archived lectures, recordings and learning resources. They also had assignments such as discussion forums and weekly projects. This provided students insight into learning just like UCSF medical students.



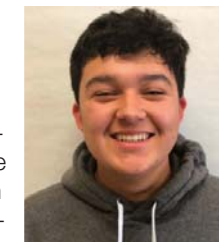
Chelsea Castillo and her winning poster

The culmination of the five-week program wrapped up by hosting the annual DA Research Symposium on the night of July 2, 2020, students presented their research projects via Zoom to peers, family, school staff and community members. Chelsea Castillo was selected to represent Caruthers High School and her research, "How Does the Improper Care of Hypertension Contribute to the Development of Brain, Heart and Kidney

Disease in Developing Countries?" was highlighted in the opening of the program. This was the first year the event was held virtually. Despite this barrier, nearly 100 individual devices logged in for the event.

Stanford Youth Medical Science Program (SMYSP)

Rising Caruthers DA Senior Javier Serna Perez was selected from hundreds of applicants to participate in the Stanford Youth Medical Science Program (SMYSP). Only 24 students are selected annually from Central and Northern California to participate. Due to COVID-19, instead of a residential five-week program, Javier completed the program virtually in July right after completing the DA Summer Virtual Experience. The intensive program provided Javier with access to Stanford faculty and staff, college planning resources, professional development, and the opportunity to work on a group research project.



Javier Serna Perez

DA Advisor Highlight: Jeannine Prince, 12th Grade Advisor (Incoming Freshmen Advisor)

Hello, my name is Jeannine Prince, and the 2020-2021 school year will be my 12th year of teaching at Caruthers High School and my second year as a DA Advisor. I have a bachelor's degree in Literature from UC Santa Cruz and a master's in Education from Western Washington University. In the early years of my career, I spent a few summers working as a temporary employee in the Echo Lab of Children's Hospital, which deepened my existing respect for the medical field in all of its facets. I am excited for our students who are drawn to determine whether medicine is the field for them and also for those who simply want to participate in one of the greatest growth experiences available in Valley schools. I enjoy working with students to strengthen their critical thinking and analytical writing skills, so I particularly look forward to guiding the group through their presentations and research papers. The Central Valley needs dedicated health professionals now



more than ever, and it will be my honor to support and help this year's cohort of Doctor's Academy students along the way.

Student Quotes of Impact

How has DA impacted your goals for the future?

The Doctors Academy has helped me achieve and create many goals. Every workshop, field trip and presentation has pushed me one step closer to my goals. DA has kept me informed of multiple opportunities and encouraged me to pursue them.

- Naizet Ibal, Class of 2023 and JDA Class of 2019

DA has dramatically changed my outlook on the way I looked at my education, future, and life. It pushed me to work harder, push my intellectual limits, and added great opportunities to my life.

- Javier Serna, DA Class of 2021

Advice for students wanting to join JDA or DA?

If you want to join, just do it. Don't think twice about it.

- Geraldine Arredondo, DA Class of 2022

Why is it important for students to consider coming back to the central San Joaquin Valley as health professionals?

Living in the Central Valley we know firsthand how difficult it is to find trustworthy medical care. Often specialist are hours away and taking time off work is not always an option. As we know the struggle better than most, we have the power to change that and help those who are experiencing similar problems.

-Naizet Ibal, DA Class of 2023 and JDA Class of 2019

Students that come back to the valley as health professionals can set an example towards others to pursue a career in the medical field. It should be our duty to provide more help to the communities that helped raise us.

-KaranVeer Mangat, DA Class of 2020 and JDA Class of 2016

What has been your most memorable experience with DA (or JDA if applicable) so far?

My most memorable experience in DA would be my internship at Community Regional Medical Center during my junior year, because it showed me the reality of what health professionals go through during their daily life helping patients.

-KaranVeer Mangat, DA Class of 2020 and JDA Class of 2016

One of the moments that stands out in my experience in JDA was the visit to the Tech Interactive Museum in San Jose. That same summer my class dissected a pig and built bottle rockets. It was a once in a lifetime experience.

-Naizet Ibal, DA Class of 2023 and JDA Class of 2019