

# RESOURCE FAIR

DURING THE BRUNCH BREAK AT 10:15 AM

- Alzheimer's Association
- Black Wellness & Prosperity Center
- Cal Fresh
- California Health Collaborative
- California Health Sciences University (CHSU)
- Overdose Prevention Task Force
- College of the Sequoias (COS) Hanford
- EECU
- FCC Allied Health Admissions
- Fresno Community Health Improvement Partnership
- Fresno Metro Ministry
- Fresno Economics Opportunity Commission-Health Services
- Fresno Pacific University
- Fresno State (CASA)
- Fresno Unified School District Parent University
- Futuro Health
- Grand Canyon University
- Lemoore College
- Reedley Community College
- UC Davis
- UC Santa Cruz
- UCSF Fresno CMSP/SJV-MedBridge
- UCSF Fresno Mobile Heal
- United Farmworkers Foundation
- Veterans Affairs Medical Center
- Lemoore College
- Relax at the Wellness Station and Lawn Games

## KEYNOTE SPEAKER



**Katherine A. Flores, MD,** is the founder of the Doctors Academy, Junior Doctors Academy health pathway programs and the Latino Center for Medical Education and Research. A former farmworker, she attended Stanford University, is an alum of UC Davis School of Medicine and faculty with the UCSF School of Medicine. For over 30 years, she has been passionate in developing and advocating for pipeline programs that recruit and retain underserved and underrepresented youth into health careers. She also serves with several organizations that support health workforce development and statewide strategies to increase the health workforce diversity. Additionally, she maintains a bilingual family medicine practice in Fresno, California.

## STUDENT & PARENT SESSION OPEN TO ALL

**Empowering Your Mental Health with Soluna**  
 This session emphasizes early intervention and prevention in mental health. This workshop will explore stress, anxiety, and how to empower yourself with knowledge and tools for nervous system regulation. Includes an interactive demonstration of Soluna tools for building daily habits to find calm and reduce anxiety for long-term success.  
**Presented by:** Maria Mayes, Sr. Customer Success Manager, Soluna (Kooth Digital Health)

\*Sessions and vendors subject to change due to availability.

## PARENT SESSIONS

<b>Navegando el Camino Hacia Una Carrera Como Médico</b>	Navegar por la educación universitaria y el camino hacia la medicina puede ser difícil para un estudiante de primera generación. Venga a escuchar sobre la universidad, la ayuda financiera y el proceso de solicitud para convertirse en médico a través de la historia de la Dra. Domínguez.
<b>Room N50</b>	
<b>11:15 Only</b>	
Spanish Only	<b>Presented by:</b> Jessica Dominguez, MD, Emergency Medicine Resident Physician, USCF Fresno Emergency Medicine
<b>Pathways to Higher Education</b>	Are you interested in preparing for an Institution of Higher Education? Join the Pathways to Higher Education presentation, this session will allow you to learn more about the systems of higher education within California, Eligibility Requirements for Colleges and Universities, exposure to Financial Aid applications, and tools that expose you to details and data elements about campuses.
Career Center	<b>Presented by:</b> Daniel Lepe, Director, Office of State College Preparation Programs, UC Merced
<b>Both Sessions</b>	<b>Sesión Uno-Solo Español</b> <b>Session Two English Only</b>
<b>Understanding the Opioid Crisis &amp; Naloxone Training</b>	This essential workshop provides a comprehensive overview of the opioid crisis, exploring its causes, impact, and the communities most affected. Participants will gain a deeper understanding of opioid addiction and the critical role that Naloxone (Narcan) plays in reversing overdoses. The session includes hands-on Naloxone training, equipping attendees with the knowledge and skills needed to respond effectively in emergency situations.
Library	<b>Presented by:</b> Cassandra DeWitt, MD, Emergency Medicine Physician, UCSF Fresno; Detective Dean Cardinale, Fresno Police Department and Stephanie Garcia Martinez, Substance Use Navigator, Community Regional Medical Center
<b>Both Sessions</b>	<b>Sesión Uno- Disponible en Español</b>
<b>Understanding Mental Health Issues in Adolescence; Bridging the Communication Gap Between Parents and Their Youth</b>	Learn about developmental stages and how those impact your children's communication, interaction with others, and the way in which they manage day-to-day decisions. Explore the common pressures and challenges impacting our youth; social media, peer pressure, academic stress, and physiological changes occurring at their current developmental stage. Parents will learn strategies on how to have direct and difficult conversations with their child.
Room S10	<b>Presented by:</b> Graciela Zuniga, LMFT, Fresno County Superintendent of Schools
<b>Both Sessions</b>	<b>Sesión Uno-Solo Español</b> <b>Session Two English Only</b>
<b>EMERGENCY - What to do Until Help Arrives</b>	Session would include hands on practice of CPR, AED application, maneuvers for choking, controlling bleed, and how to use an Epi pen.
Small Gym	<b>Presented by:</b> Sukhjit Dhillon, MD, Emergency Medicine Physician, UCSF Fresno
<b>Both Sessions</b>	<b>Sesión Dos- Disponible en Español</b>



**TAG ON INSTAGRAM:**  
 @ucsffresno\_DA @SJVPremEd  
**USE THE HASHTAG: #UCSFFresnoHEAL2024**

## - STUDENT SESSION DESCRIPTIONS -

### MIDDLE SCHOOL

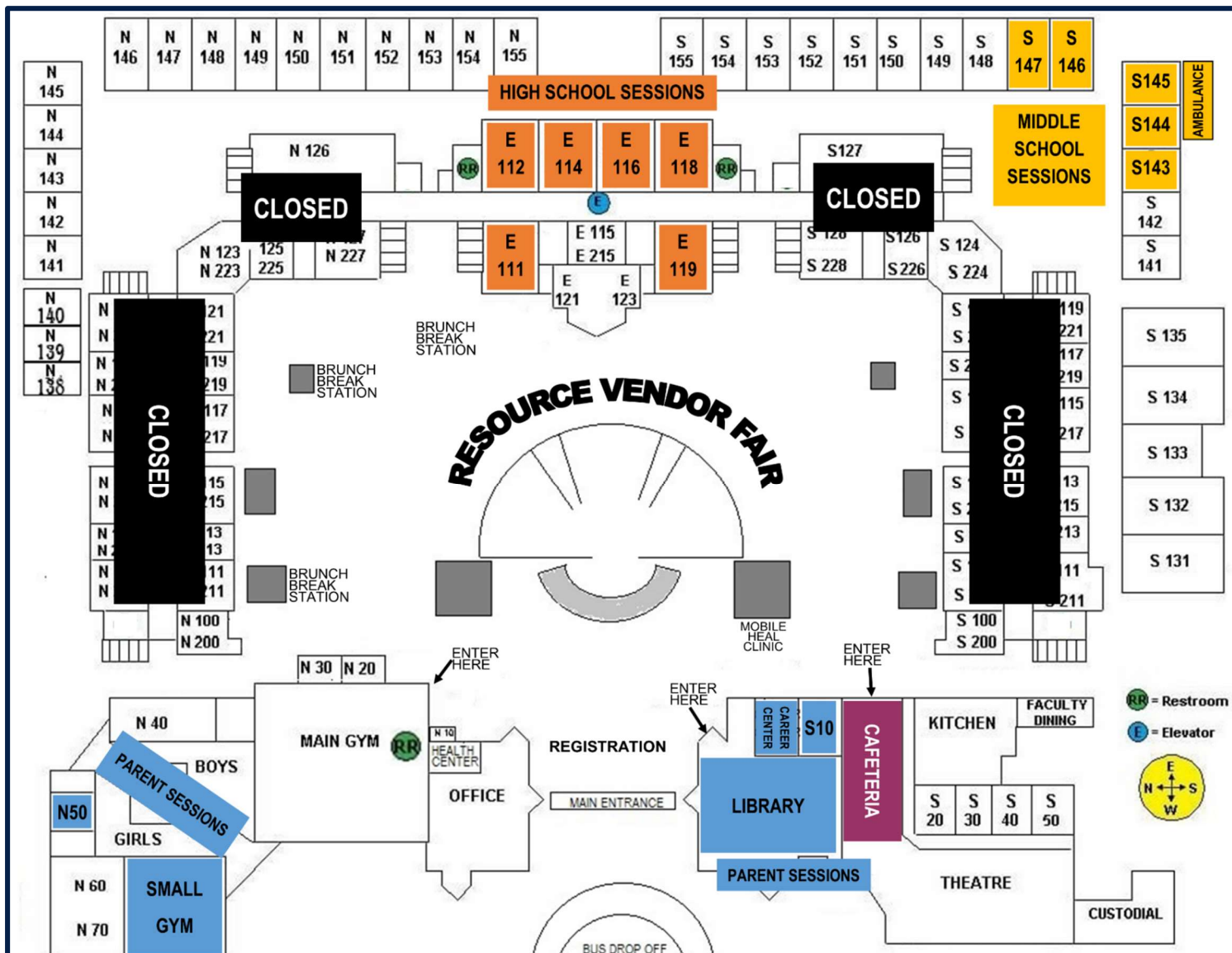
<b>Healthcare is so big! What do I do? Where do I go? Where do I fit?</b>	This session simplifies college, pre-med/ pre-health career terminology to plan next steps in discovery and preparation for college. Quick highlights are made to pre-med options and pre-med readiness. Hear about summer opportunities, webinars, listservs to pre-college and pre-health information. Learn how to explore and step into your pre-med/ pre-health identity!
Room S147	<b>Presented by:</b> Noreen Balos, Medical Education Admissions Advisor, UC Merced Department of Medical Education, Office of Admissions and Outreach
<b>9:15 am ONLY</b>	
<b>Sippin' Soda</b>	Commercial sodas can be expensive, contain artificial chemicals and often contain as much as 12 teaspoons of sugar. Join us in making fresh fruit-flavored drinks that make a much healthier beverage.
Room S143	<b>Presented by:</b> Nancy R. Zumkeller, BA, Community Nutrition Supervisor, Cal Fresh Health Living, UCCE, University of California Agriculture and Natural Resources
<b>Both Sessions</b>	
<b>Walking in Their Shoes: Disability and Inclusion</b>	This interactive workshop designed to raise awareness about disabilities and the importance of inclusion. With hands-on activities students will gain a deeper understanding of the challenges faced by individuals with disabilities and learn ways to foster a more inclusive environment in their schools and communities.
Room S144	<b>Presented by:</b> Karen Markland, RTC, MPH, Professor, Fresno State College of Health and Human Services
<b>Both Sessions</b>	
<b>Lights &amp; Sirens: Emergency Medicine and the Role of the First Responder</b>	What happens after you call 911? Ever wonder what it's like to work on an ambulance? Our EMTs take you into the world of Emergency Medical Services. Check out the ambulance and learn some life-saving skills!
Room S145	<b>Presented by:</b> Trinity Sinor, EMT, American Ambulance
<b>Both Sessions</b>	
<b>Sports Medicine and Injury Prevention</b>	This presentation will offer a unique and intriguing look into the world of sports medicine and the associated professions. The objectives of the presentation are: explain what and who are on the Sports Medicine Team; discuss the Roles of the different members on a Sports Medicine Team; summarize the history of the athletic training profession; describe what Athletic Training is and what these practitioners do; share injury prevention tips.
Room S146	<b>Presented by:</b> Christopher Ludwig, EdD, Assistant Professor, California State University, Fresno
<b>Both Sessions</b>	
<b>Understanding Credit</b>	Understanding Credit: A fun and eye-opening workshop designed to teach the ins and outs of credit, credit reports and credit scores and how it can impact our lives.
Room E111	<b>Presented by:</b> Noemi Valenzuela, Education Director, EECU
<b>Both Sessions</b>	

### HIGH SCHOOL

### HIGH SCHOOL

<b>Lifestyle Medicine: Movement and Nutrition</b>	Join us for an informative session on maintaining a healthy lifestyle. Discover practical tips and strategies to improve your overall well-being, from nutrition and exercise to stress management and daily habits. Whether you're looking to make small changes or a complete lifestyle overhaul, this workshop will provide the guidance you need to achieve your health goals.
Room E116	<b>Presented by:</b> Elma Aguilar, MD and Jennifer Romo, MD, Valley Health Team Family Medicine Residency Program
<b>9:15am Only</b>	
<b>Live Listen by GCU</b>	Session 1: Fact vs. Fable: Everything you Need to Know about Taking Vitamins with Vitamin C Pill Activity Session 2: Careers in Chemistry – Pharmacy Chapstick Compounding Activity
Room E112	<b>Presented by:</b> Rita Boogusch, University Admission Counselor, Grand Canyon University
<b>Both Sessions</b>	
<b>What is Osteopathic Medicine?</b>	Medical students from CHSU-COM will be hosting a workshop showcasing the highlights of osteopathic medicine and how it can be used to address patient's concerns. Students can also stop by to learn osteopathic manipulative medicine techniques that can even be done at home!
Room E114	<b>Presented by:</b> Michelle Park, Dinah D'Silva, Eve Stark, Tiffany Tran, Sonam Sehdev, Adil Yousaf, OMS-II, California Health Sciences University College of Osteopathic Medicine
<b>Both Sessions</b>	
<b>Master Taping Techniques in Podiatry</b>	Master taping techniques in podiatry! Join our hands-on workshop led by an expert podiatrist. Ideal for aspiring doctors looking to perfect essential skills for medical practice. Don't miss out on this unique opportunity to elevate your expertise!
Room E118	<b>Presented by:</b> Dr. Olubukunola "Bukky" Oseni-Olalemi, DPM, CMO, Valley Foot & Ankle Specialty Providers
<b>Both Sessions</b>	<b>-Limited Space-</b>
<b>The Precision of Suturing</b>	Students will participate in a suture activity including donning and doffing to understand sanitary practices. Utilizing surgical tools and fake blood will mimic a real-life surgical operation. This activity will allow participants to experience everyday activities that are performed in the related healthcare career.
Room E119	<b>Presented by:</b> Lynda Munoz, Pathway Advisement Lead, Health Force Partnerships
<b>Both Sessions</b>	<b>-Limited Space-</b>
<b>Admissions and Scholarships please! Are you an applicant or a candidate?</b>	On college applications, you list all the amazing activities, experiences, and accomplishments you earned during high school! Then you must explain who you are in essays or interviews for admissions and scholarships. How do you stand out from others? Shift from doing to being. Learn how to tell your story!
Room S147	<b>Presented by:</b> Noreen Balos, Medical Education Admissions Advisor, UC Merced Department of Medical Education, Office of Admissions and Outreach
<b>11:15am Only</b>	

- CONFERENCE MAP -



# Health Education And Leadership (HEaL) Conference

Saturday, September 14, 2024  
Sunnyside High School  
Fresno, California

**UCSF Fresno Office Of Health Career Pathways**

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|---|---|--|--|
| <b>Director</b><br>Emy Lopez Phillips, EdD      | <b>K-12 Pathway Team</b><br>Angela Allison, Supervisor<br>Emillio Alvarez<br>Maiah Madrigal<br>Karina Reyes Banaelos<br>Marisol Vargas<br>Alyssa Maria Rivera | <b>College Pathway Team</b><br>Sydney Farnesi, Supervisor<br>Raman Bains<br>Amanda DeLima Croft<br>Aisha Shahabzhada | <b>Support Staff</b><br>Paz Delsid<br>Tony Santos                    |
| <b>Manager</b><br>Stephanie Huerta Alvarez, MPH |   | <b>CME Events Specialist</b><br>Summer Connery   | <b>Student Support Assistants</b><br>Hope Delgado<br>Jimena Martinez |
| <b>Faculty</b><br>Katherine A. Flores, MD       |   |  |  |

THANK YOU TO ALL THE DOCTORS ACADEMY ALUMNI, SMITTCAMP FAMILY HONORS COLLEGE AND ADDITIONAL VOLUNTEERS FOR YOUR ASSISTANCE!

## AGENDA

- 8:30 am Welcome (Location: Gym)  
Keynote Speaker  
• Katherine A. Flores, MD
- 9:15 am Session One
- 10:15 am Brunch Break (Location: Quad)  
Visit the brunch break stations,  
Resource Fair, Mobile Heal Clinic,  
Wellness Station, Lawn Games!
- 11:15 am Session Two
- 12:30 pm Evaluations & Raffle  
(Must be present to win)

## Thank you for attending the 2024 HEaL Conference!

We hope that you learned something useful and can be applied to your life or in your journey in becoming a health professional.

Please complete the survey to provide feedback on your experience.



<https://tiny.ucsf.edu/HEaLEvaluation2024>

<p><b>UCSF Fresno</b> Mobile Health and Learning</p> <h3>Free Health Clinic</h3> <p>No appointment needed. No insurance required. Walk-ups welcome</p> <p><small>fresno.ucsf.edu/mobilehealth   569-349-8082</small></p> <ul style="list-style-type: none"> <li> <b>Back-to-School Immunizations</b> Vaccines for children.</li> <li> <b>Health Screens</b> Blood pressure and blood sugar checks.</li> <li> <b>Refill Prescriptions</b> For known conditions: Hypertension, Diabetes, Asthma, etc.</li> <li> <b>Wound Care</b> Basic care of wounds and provider examination.</li> <li> <b>COVID-19 Vaccines / Testing</b> *Limited vaccine supply available for adults. Vaccines not available for children at this time.</li> <li> <b>Sexual Health / Contraceptive Services</b> STI Testing, treatments, contraceptive methods and consultations.</li> </ul> <p><b>Not sure if we can help? Ask Us!</b> Medical providers are available at every clinic happy to answer your questions.</p>	<p><b>UCSF Fresno</b> Mobile Health and Learning</p> <h3>Clínica de Salud Gratuita</h3> <p>No se necesita cita. No se requiere seguro médico. Personas sin cita Previa son bienvenidas.</p> <p><small>fresno.ucsf.edu/mobilehealth   569-349-8082</small></p> <ul style="list-style-type: none"> <li> <b>Vacunas de regreso a clases</b> Vacunas para niños.</li> <li> <b>Exámenes de salud</b> Comprobos de presión arterial y azúcar en la sangre.</li> <li> <b>Recetas médicas</b> Prescripciones conocidas: Hipertensión, Diabetes, Asma, etc.</li> <li> <b>Cuidado de heridas</b> Atención básica de heridas y examen por el proveedor.</li> <li> <b>Pruebas de COVID-19 / Vacunas</b> Suministro de vacunas limitado para adultos. Vacunas no disponibles para niños en este momento.</li> <li> <b>Salud sexual / Servicios anticonceptivos</b> Pruebas, tratamiento y servicios anticonceptivos para enfermedades de transmisión sexual (ETS).</li> </ul> <p><b>¿No estás seguro si podemos ayudar? ¡Pregúntanos!</b> Los proveedores médicos están disponibles en cada clínica y estarán encantados de responder a sus preguntas.</p>
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<https://tiny.ucsf.edu/HEaLEvaluation2024>