



**Medical Experience through
Service in Healthcare**

Fall 2021 Recruitment

Agenda

1. What is MESH?
2. Our Public Health Projects
 - a. Project Healthfair
 - b. Project Hearts
 - c. Project VFC
 - d. Project F.A.Y.
3. Mentorship Program
4. The Application
5. Q&A // Breakout

Our Mission

We strive to make an impact in ***all aspects of healthcare***, from clinical care to public health to global outreach. By *encouraging student involvement* in health-related service activities and *promoting awareness* of the healthcare needs of low-income individuals, MESH **empowers** our members with the professional and leadership experience needed to make a difference in their communities.

Project Healthfair

Our Directors:
Sarah Salama and Deepika Reddy



What do we do?

1. Organize quarterly health fairs in three different locations
2. Work with underserved populations in LA
3. Provide health education, screenings, and access to resources for the communities we serve
4. Emphasize the importance of mental health on our overall well-being
5. Incorporate demonstrations along with informational pamphlets
6. Create partnerships with vendors, healthcare professionals, and on campus organizations

Fall Plans

- Remote collaboration with LAUSD schools
- Online health informative presentations (via Zoom, etc)
- Focus on healthy lifestyle habits, COVID and providing available resources (free clinics, access to shelters, etc.)

GOALS

- Translate in-person services to remote:
 - Develop interactive activities and demonstrations through engaging presentation
 - Create online resources: brochures, pamphlets, videos
- Building strong community within PHF through socials, health workshops and discussions

Why our work is valuable

1. Our events help people who may otherwise be unable to receive medical care
2. We ensure that communities receive proper health education with the help of healthcare professionals
3. Our events connect community members with resources available in their community

What do you gain as a member?

1. Appreciation for preventative and public health
2. Perform services such as blood pressure screenings, body mass index screenings, etc.
3. Practice networking with professionals and organizations
4. Cultural Humility/Competence
5. Grow as a future health professional with other fellow members
6. Develop communication skills

Project Hearts

Our Directors:
Aryaman Trikala and Rita Chen



What do we do?

1. Combat **hypertension** through blood pressure screenings and community **education** on heart health
2. Target demographic: low income, underserved populations in LA
 - a. Homeless population
 - b. Potentially a new site*
3. 2-3 site virtual workshops per quarter
4. 2-3 care package deliveries including food
5. 1 virtual project social per quarter
6. We are a team: collaborative effort to both plan and serve at site visits

Why our work is valuable:

1. Public health endeavor - equip low income target with the knowledge to make lifestyle changes

What do you gain as a member?

1. Valuable **experience** providing **health education** to patients coming from a **variety of backgrounds**
2. Crucial communication and public speaking skills
3. A network of like-minded, hardworking peers
4. Engagement with the LA community and your peers!



PATH®
MAKING IT HOME

Project Venice

Our Directors:
Ruby Tang and Ryan Chang



What is Venice Family Clinic (VFC)?



VFC is the largest community health center on the Westside of Los Angeles that aims to provide quality health care to those in need.

It currently has over 1,300 volunteers (including nearly 400 physicians) that donate their time to providing necessary services.

A majority of the patients live below the federal poverty line.

What Do We Do? (Fall 2021 - Clinical)

COVID-19 Vaccine Clinic

a) Volunteer Role Information

- i) **Greeter (bilingual) Volunteer** – Help greet patients, assist them in completing registration forms and the CDC questionnaire, and help sanitize clipboards, pens and chairs.
 - 1) 6 month commitment
- ii) **Number Caller Volunteer** – Help call patients to be vaccinated utilizing a color coded numerical system and help guide them to the available vaccinator tent.
- iii) **Observation Area Volunteer** – Help monitor patients for nursing staff in the post-vaccination area, assist patients in enrolling in v-safe websites, and help sanitize chairs and other necessary materials.
- iv) **Waiting Area Volunteer** – Help direct patients to registration and pre-vaccine waiting areas, and help sanitize chairs, clipboards and pens.

What Do We Do? (Fall 2021 - Clinical)

Free Food Market

a) Volunteer Role Information

- i) Sort and package over 10,000 pounds of fresh fruits and vegetables to provide a COVID-19-safe hand-off to patients and community members in need as well as to address social needs that impact health

Hot Meal Program

b) Volunteer Role Information

- i) Pre-package the allotments given to patients of the Clinic experiencing food insecurity to distribute the meals as quickly as possible to avoid overcrowding



What Do We Do? (Winter or Spring 2021 - Clinical)

General Clinic Volunteering

- a) **Healthcare Navigator** - Work to bridge the gap between healthcare resources and low-income patients and answer any questions they may have about health insurance and/or resources that the clinic or other places have to offer. Furthermore, survey patients to improve the quality of care of the clinics.
- b) **Pediatric Literacy** - Play an important role in a child's ability to manage their own health and prevent diseases. The goal is to improve health literacy in children to help future generations make informed decisions about their health, and to set the foundations of healthy living in these communities for years to come.
- c) **Spanish Translator** - Assist volunteer physicians and specialists with patient communication in order to provide quality care for non-English speaking patients. They have direct patient contact and are integral for quality care. Fluency in Spanish is required.

What Do We Do? (*Fall 2021 and Beyond - Nonclinical*)

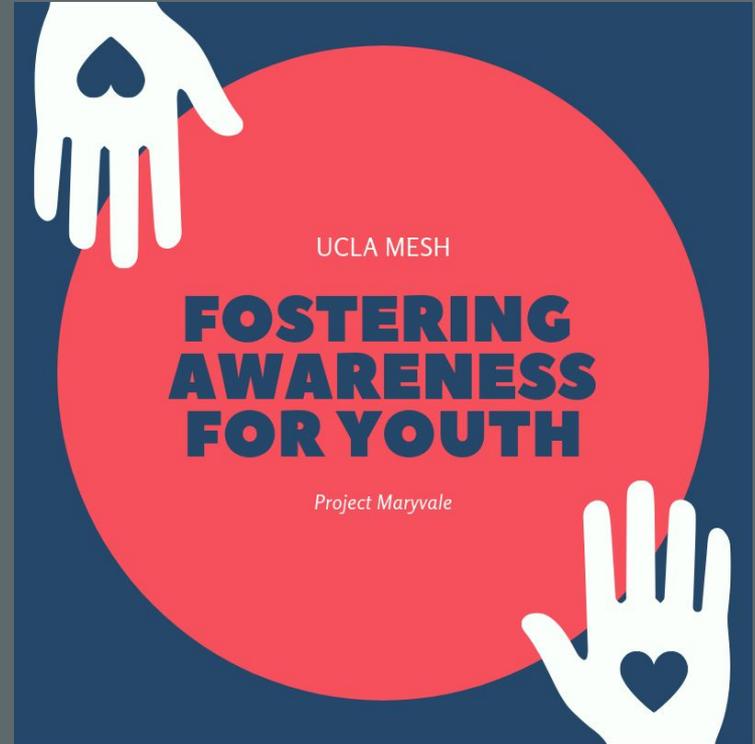
Plenty of other volunteer opportunities!

- **Children's Book Design:** Create a children's book and doing activity creation for the following school year
- **Health Fair Reading Circle:** Host reading circles in collaboration with Project Health Fair's quarterly health fair in order to introduce pediatric literacy directly to children
- **Gift Bag Assembly and Delivery:** Gift bag and children's book bulk donation for VFC
- **Book/Item Drive:** Help organize a children's book and item drive to benefit VFC! This could be internal or external, formal (as part of a larger event) or informal (advertising on social media, leaving a donation box outside of your dorm/apartment, etc.)
- **Online Blog:** Write a blogpost promoting health literacy in any way, shape, or form and we will post it on our website
- And much more!

Project F.A.Y.

Fostering Awareness for Youth

Our Directors: Mindy Kim and Tiffany Chen



What We Do

- Work with **foster youth** who have suffered through physical, psychological and any other form of **abuse or neglect**.
- **PREVIOUS WORKSHOP THEMES**
 - Women's Health
 - Job Hunting / Resume Building
 - Interviews / Networking
 - Budgeting
 - Intimate Relationships
 - Respect / Manners



What We Do

- **Fostering Awareness for Youth**

- Spread awareness for the challenges foster youth face
- Share graphics & resources to encourage involvement & awareness for the foster youth community

- **Collaborate with the Bruin Tutor Network**

- A newly developed program hosted by the UCLA Pritzker Center to tutor children in the foster care system
- Outlining presentations to both better prepare the tutors and support the children/families
- Goal: To host respective presentations for tutors and students in the program during future quarters on topics of need and interest



Why Join Project F.A.Y.?

- Small, close-knit group of students
- Outreach opportunities within the community
- Increased awareness and knowledge for foster youth as well as the foster care system as a whole
- Development of public speaking skills in frequently conducting professional presentations
- Growth in interpersonal communication

FOSTER YOUTH STATISTICS AND PROGRAMS



1 in 5 foster youths will become homeless during their adult years. Financial aid packages such as the ones below allow foster youth more opportunities to break into both education and the work force.



Foster youths attend high education institutions at **significantly lower rates** than the average population.



Median earnings among employed former foster youth were just **59% of their peer's income**.

THE GUARDIAN SCHOLARS PROGRAM



Eligible students receive a financial aid package, housing, academic advisement, employment services, mentoring and career counseling, personal guidance, and more support services.

THE CHAFEE EDUCATIONAL AND TRAINING VOUCHER PROGRAM

This program awards up to \$5,000 annually during the academic year to qualified students who have been in the foster care system.

FOSTER CARE TO SUCCESS



Eligible students receive grants of up to \$5,000 per year for up to five years or until their 23rd birthday. Can be combined with other grants or scholarships to minimize or eliminate the need for student loans.



MENTORSHIP PROGRAM

Our Director: Sara Sandri



What is the Mentorship Program?

- Started in 2015
- Goal is to help our members grow as leaders and future health care professionals
- Designed to help incoming members of MESH navigate through life at UCLA (social, academic, medicine related, etc.)
- In addition to being involved in a project in MESH, incoming members of MESH are invited to pair up with current MESH members and alumni who committed to MESH for at least one year
- The mentorship program is being updated to include a MESH test bank, bruinwalk, and other factors that can help us stay connected as an org

Cambodia Service Trip



In collaboration with Sustainable
Health Empowerment

Our Mission: We strive to empower impoverished Cambodian communities by providing fundamental health education and health services. We **STRONGLY** emphasize sustainability and respect in order to provide *genuine* and *impactful* services

You will...

- Prepare health education presentations
- Organize fundraisers
- Lead and run health fairs in Cambodia
- Learn about global health and the health issues underdeveloped countries face

2020-2021: modifications for local health fairs





Member Requirements

- Attend at least 1 social per quarter
- Attend all biweekly general meetings
 - Reminder: Tuesdays 7-8 PM ODD Weeks (in-person Location TBD)
- Attend at least 1 health fair per year

The Application Process

- Applications can be found on our [website](#) under the “Recruitment” tab
- [Applications](#) are **LIVE** and **CLOSE** Monday, October 4th @ **11:59 PM**
- Interviews and decisions Week 2-3
- GM #1 Week 3

Q&A

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