



## **Programs & Services Overview**

Suwannee River Area Health Education Center (SRAHEC) is a 501(c)(3) non-profit organization whose mission is to promote health and wellness. SRAHEC increases access to health care in rural and medically underserved communities by:

- Arranging placement of medical, pharmacy, nursing and other health care students in underserved communities;
- Providing continuing education and professional development opportunities for health care professionals;
- Providing health education and screening programs in community settings; and
- Recruiting future health care professionals.

SRAHEC is governed by a Board of Directors who represents rural communities, health care agencies, local hospitals, clinics, and schools in twelve counties of north central Florida: Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Marion, Putnam, Suwannee and Union counties.

SRAHEC is part of the Florida AHEC Network. The statewide network was started in the mid 1980's and is comprised of five program offices and ten regional AHEC centers. The program offices are housed in the five medical colleges across the State. SRAHEC is overseen by the program office at the University of Florida.

The Florida AHEC Network provides many programs and services throughout the state via statewide partnerships. One major partner is the Florida Department of Health, with whom the Network has worked in partnership for more than 20 years. These special health improvement programs have focused on topics that include smoking, obesity, mental health, maternal health, womens' health and health literacy.

In addition to statewide programs, SRAHEC provides many services through local partnerships with county health departments, schools, community colleges and other local agencies. Notably, SRAHEC also houses the Florida HOSA State Advisor. HOSA, Health Occupations Students of America, is a national student organization whose mission is to promote career opportunities in the health care industry and to enhance the delivery of quality health care to all people.

## **Health Career Recruitment Programs**

### **Health Career Exploration Day**

This one-day event is designed to introduce high school students to health careers. Presentations are provided by community college representatives or health care providers.

### **Health Care Summer Institute**

This 4-week residential summer camp is open to rising high school juniors and seniors on a competitive basis. The purpose of the Institute is to recruit underrepresented minority and rural students to health careers and it is co-sponsored by the University of Florida.

### **Health Career Summer Day Camp**

This 4-day camp provides an opportunity for middle school students to learn about the various career opportunities in health care through hands-on activities and shadowing. Co-sponsored by SRAHEC, Lake City Community College (LCCC) and Lake City Medical Center (LCMC), this camp is open to students residing in the LCCC five-county district.

## **Health Professional Student Opportunities**

### **Internships and Clinical Rotations**

Medical, dental, pharmacy and physician assistant students at the University of Florida may take advantage of the long-standing relationships SRAHEC has with clinical sites, enabling internships and clinical rotations. Participation fulfills requirements of these health professional education programs.

### **Community Health Scholars (CHS)**

An eight-week, full time summer program providing community-based service learning opportunities for medical, nursing, public health or pharmacy students. Projects are based on real needs from community partners in county health departments, rural hospitals, and clinics.

### **Public Health Scholars (PHS)**

Similar to CHS, PHS annually offers four community-based service learning projects for second-year students enrolled in the Master of Public Health program at the University of Florida.

## **Health and Wellness Programs for Older Adults**

SRAHEC provides health and wellness activities for older adults through a grant from Elder Options. Funds are provided from the Florida Department of Elder Affairs with authorization from Title IIID of the Older Americans Act. These programs are delivered in a 16 county service area and are free of charge at senior centers, congregate dining sites, churches, community centers, senior living communities and other community settings.

### **Health and Wellness**

This programming provides information on a variety of health and wellness topics, some of which are osteoporosis, injury prevention, cardiovascular disease, emergency preparedness and respiratory disorders.

### **Medication Management**

This program is designed to promote safer use of prescription and over-the-counter medications and to foster communication between older patients, their caregivers and health care providers. Services are provided by pharmacists.

### **Diabetes Self-Management**

This four part series is designed for individuals that have been diagnosed with type 2 diabetes. Participants learn self-care techniques to properly manage their diabetes and avoid serious complications of the disease. Programs are taught by a team of health care professionals.

### **Physical Activity**

SRAHEC has recently added a physical activity program as a pilot project in some counties. Services will include ongoing exercise programs that are specially designed for older adults and conducted with assistance from trained physical therapists.

## **School and Community-Based Health Programs**

### **Nutrition and Bone Health**

*Bone Zone (2nd Grade)*

*Fit for Life (7th—8th Grade)*

*Food for Thought (9th—12th Grade)*

*Families Building Strong Bones (Adults)* (This program can include free bone density screenings)

### **Smoking Prevention & Cessation**

*No Smoking for Me! (4th—6th Grade)*

*They're Rich, You're Dead (9th—12th Grade)*

*Quit Smoking Now (Adult – 6 weeks)*

*ATTAC (AHEC Tobacco Training & Cessation) (Health Professions Students)*

### **Food Safety and Handwashing**

*Fight Bac! (K – 6th Grade)*

### **Community Health Worker (CHW) Training**

CHW's are community members who are trained to talk with other community members on important health topics. Training is based upon funds and current health priorities.

## **Health Professional Education**

### **Brown Bag Workshops**

1.0 – 2.0 contact hours of continuing education for nurses, social workers, marriage and family therapists, mental health counselors, and certified health education specialists at the 12 county health departments in our service area. Workshops cover a variety of topics based on need.

### **Healthy Students, Healthy Schools**

A one-day workshop offering training needed to participate effectively on the school health care team. Held annually, the topics relate to school health such as asthma, diabetes, epilepsy, first aid, sports injury, medication administration, and legal/ethical issues.

### **Medical Spanish**

Contact hours vary based on need. The courses are designed to assist healthcare professionals and office staff interested in learning basic medical Spanish to more effectively communicate with patients.

### **Health Occupation Teachers (HOTs) Forum**

An annual event for health occupations teachers, guidance counselors, and occupational specialists. Networking, State updates, financial aid & scholarship information are featured. This forum is held in conjunction with the Health Career Exploration Day for youth.

## **Contractual Services**

### **Fiscal Management**

Management services for health care associations who focus on rural and underserved populations. SRAHEC currently provides management for the Florida Rural Health Association, Florida Association of Rural EMS Providers, Southeastern National Tuberculosis Center and the Florida AHEC Network. Some types of services include: management of financial accounts and membership records; organization and on-site staff support for board and business meetings; and the development and maintenance of websites.

### **Continuing Education**

SRAHEC is accredited by the Florida Medical Association to provide Continuing Medical Education (CME) for physicians. We are also an approved provider of continuing education for nursing, social work, mental health counseling, marriage & family therapy and certified health education specialists. As necessary and appropriate, SRAHEC applies to other professional boards to secure accreditation status (e.g., dietitians, respiratory therapy, occupational therapy, pharmacists).

### **Conference Coordination Services**

Professional planning and coordinating of all aspects of health education conferencing is available through SRAHEC. Regular conferences managed include: Keeping with the Pace, An HIV Update, Pediatric Pulmonary Updates Conference, Child Advocacy Center Conference, Statewide TB Meeting, International Conference on Aging, Disability, and Independence. Service components include: program development, financial administration, program administration (negotiate the best price for conference locations, maintain correspondence with speakers, and design special events), continuing education, marketing, registration, on-site coordination, and program evaluation.

SRAHEC provides additional contracted services in several areas of expertise:

- Data Analysis
- Meeting Facilitation
- Program Planning and Evaluation
- Strategic Planning
- Grant Writing
- Curriculum Development
- Workplace Wellness Programs

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