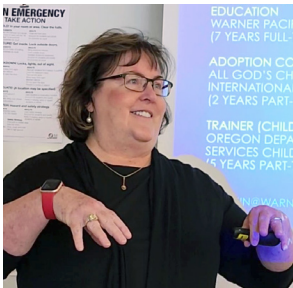




MIKE Lead Mentor Sydney Jennings, second-year medical student at Western University of Health Sciences, COMP-NW (center) guides students and Science Teacher Michelle Snyder with Sweet Home High School through some care techniques in the OMM Lab.

The Next Generation in Healthcare Begins Here

MIKE Program makes a difference in student perceptions about healthcare careers. In a May survey with Sweet Home High School (SHHS) students participating in MIKE, 50% responded that the program helped them decide to pursue a career in healthcare—with an additional 23% saying they were considering such career options. Those results are a reflection of MIKE's direct impact. MIKE partners with Western University of Health Sciences, COMP-NW, at SHHS to bring first and second-year medical students into the classrooms, featuring healthy food demonstrations and some exciting hands-on activities. The Western University students hosted a series of experiential lab simulations to illuminate what it's like to study and practice medicine. Faith, who enrolled in MIKE in 2020 as a freshman, and again this year in an Anatomy & Physiology class so she could be part of the program again, shared, "Even though we were quiet sometimes, I would like the MIKE Mentors to know that I always had fun listening and working with you guys. I think being with people in medical school and seeing how hard you guys work but how you still seem to be enjoying medical school made me confident enough to decide that I wanted to go, too." Rylie added, "I had a really good time and not only was the experience educational, but also super interesting and got me excited about the medical field which I didn't pay attention to that much."



Debra Penkin
Warner Pacific University,
Social Work



Brian Boateng
Warner Pacific University,
Physical Therapy



Alison Kachuk
Pacific University,
Pharmacy



Jorge Melendez
Warner Pacific & LifeStance,
Administration/Business



Avery Moen
Oregon Dept. of Education,
Early Childhood Research

MIKE provided career-focused programming for six Health I classes and one Health II class at David Douglas High School, hosting an impressive roster of health professionals. Healthcare professionals representing a variety of career stages and sectors engaged with youth to offer insight into training options and working opportunities throughout healthcare. MIKE also launched a healthcare career exploration program at De La Salle North Catholic High School this spring.



Justin Zelling
MIKE Executive Director

What's Happening at MIKE

As we wrap up another successful year of programming in schools in the Portland metro area and in the Willamette Valley, I am looking forward to some exciting programmatic expansion moving forward. This June, MIKE is proud to announce the launch of a summer health camp for foster children and other vulnerable youth in middle school. The collaboration is bringing together medical students from Western University of Health Sciences, staff at the local medical clinic, fire fighters and others to host this three-day camp in Sweet Home, Oregon.

We are also anticipating bringing our mentored health education programming into new schools, including into middle schools, in the 2023-2024 academic year. MIKE has pending partnerships with multiple community organizations that would expand our work and impact. We look forward to sharing those updates as things unfold.

Thank you for your continued support of MIKE Program. I would love to hear from you if there is anything related to our work you'd like to discuss. You can reach me directly at justin@mikeprogram.org.

Featuring a Few of MIKE's Fantastic Funders



Juan Young Trust, a long-time funder of MIKE's work especially in Washington County, is sunsetting at the end of 2023. Juan Young Trust grants to MIKE have advanced the health education opportunities for youth and mentors. Thank you for over 15+ years of support!



MIKE is proud to recognize CareOregon for supporting mentored health education for underserved youth. Their funding helps MIKE advance the health outcomes in populations most affected by health disparities, making the greatest difference for the future of youth.



Celebrating MIKE's 20th Anniversary at Spring Planting 2023



MIKE thanks everyone who helped plant the seeds for healthier youth for this year's annual event. Not only did we celebrate MIKE's first 20 years, we came together to usher in the future with a shared vision of health equity for all.



Photos: 1. Emcee Amy Lewin, Oregonian Media Group, 2. Keynote Speaker Di Lacey, Western University of Health Sciences, COMP-NW, 3. MIKE President of the Board of Directors, Tyrell Comeaux, Legacy Health, 4. MIKE Board Member Fraser Underwood, VNew Seasons Market, with Susan Bagby, MD, OHSU & Moore Institute for Nutrition & Wellness, Grover Bagby, MD, OHSU, 5. Lincoln High School Jazz Combo, 6. Sydney Jennings, Natalija Miller and Madeleine Duncan, Western University of Health Sciences, COMP-NW, 7. MIKE Board Member Bola Majekobaje, University of Western States, and MIKE Advisory Board Member Micah Thorp, DO, Kaiser Permanente.

MIKE Program

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MIKE Program publishes its newsletter two to three times each year to highlight programming, volunteers and organization news. To sign up for the print version, email or write to MIKE.



We invite you to use the enclosed envelope to donate to MIKE. Your donation will support health education programming. You may also donate online via our secure website.



In the Western University of Health Sciences OMM Lab, from left: MIKE Mentor Sang Jimmy Mai with Sweet Home High School students at multiple stations to provide hands-on demonstrations.



In the Ultrasound Lab, from left: MIKE Mentor Jordyn Lacey, Lead Mentor Sydney Jennings, Lab Technician Ellen Williams, and Sweet Home High School Science Teacher Michelle Snyder.

MIKE's Workforce Development Inspires Youth toward Healthcare Careers

According to a Kaiser Permanente report in March 2023, the U.S. faces a 1-million staffing shortage of physicians and nurses, in addition to a staggering 3.2 million shortage of all other healthcare workers. With such growing staffing shortages, MIKE is helping to expand the pipelines into healthcare, especially to increase diversity within healthcare fields for communities of color, low-socioeconomic and other underserved populations. MIKE provides youth experiences to explore options that work within their individual situations, help youth build confidence in themselves and provide them connect to healthcare professionals through speaking engagements and other presentations. Plus, MIKE provides mentors, interns and other health professionals with experiences to engage with their communities.

Link to Kaiser Permanente report: <https://about.kaiserpermanente.org/news/hiring-alone-wont-solve-health-care-worker-shortage>

MIKE Urban & Rural Youth Share Health Messages in Their Communities



De La Salle North Catholic High School

MIKE hosted a poster contest for all 9th graders at De La Salle North Catholic High School to provide students with an opportunity to convey a health message which they felt was most needed in their community. In addition to a school-wide vote, contest judges included Tyrell Comeaux of Legacy Health, Hector Olvera Alvarez of OHSU School of Nursing, Jorge Melendez of Warner Pacific University and LifeStance, Micah Thorp of Kaiser Permanente, Ifeoma Muoto of CareOregon, Linda Campbell of Warner Pacific University School of Nursing, Dierdre Perkins of DLSNC and MIKE's Justin Zellinger. Winning posters, which will be featured in Legacy Good Samaritan's Cardiology Department were Joshua Hickcox, men's mental health, and Eshete Mahetot, heart health. Other winning topics included suicide prevention, depression, and physical activity for disease prevention.



Sweet Home High School

MIKE expanded its poster contest at Sweet Home High School to open up the competition school-wide—and students responded. The winning posters were based on combined school-wide voting results and a panel of community judges, including Di Lacey of Western University of Health Sciences, Larry Horton of the Sweet Home City Council, Community Health Committee, Juliette Asuncion, DO, of the Sweet Home Medical Clinic, Ralph Brown and Michelle Snyder of Sweet Home High School and MIKE Lead Mentors Madeleine Duncan, Sydney Jennings and Natalija Miller. Alex Lowry won first place for a poster on sleep health. Other winners were Healthier Lowe and Colten Porter on water health and Aytra Waggoner on body image health.



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MIKE is educating and mentoring underserved students to lead healthy lives personally, in their school community, and beyond.

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Get Involved with MIKE

- 1 Want to make an impact in healthcare and advance your leadership skills? Consider joining MIKE's Board of Directors. We're looking for professionals in a variety of fields to help guide the organization. Contact MIKE's Executive Director Justin Zelling to discuss your options: justin@mikeprogram.org.
- 2 Want to make an impact in the lives of youth and develop your leadership skills? Consider serving as a MIKE mentor. We're looking for dedicated individuals and professionals in college or at any stage in your career to help guide youth toward healthier outcomes. For more information and to get started, visit <https://www.mikeprogram.org/all-about-mentoring>.
- 3 MIKE relies on support from the community to continue to deliver mentored health education programming. Consider making a donation today by visiting <https://mikeprogram.org> or use our convenient remittance envelope included inside the printed version of this newsletter.