Discovering Your Authentic Health Career
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Author, You Don’t Have to be a Doctor
• You can ask questions in writing anytime during the webinar.

• Simply click on the Q&A button on the bottom of your screen and type them into the pop-up box.
This webinar is being recorded and will be available on the webinar event page on the ASPPH website soon:

https://www.aspph.org/events/category/webinar/
Discover and Achieve Your Authentic Health Career!

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Session Overview

• Hot and Emerging Health Careers
• Impact of COVID-19
• How Can You Choose and Pursue Your Authentic Health Career
• Exposure and Practical Experience
• Internships and Jobs
• What can you do now?
Hot & Emerging Clinical Career Paths

• Primary Care Physicians
• Advanced Practice Nurses
• Physician Assistant
• Medical Assistants
• Behavioral Health
• Clinical Lab Scientist
• Pharmacists

• Medical Imaging
• Specialty RN’s
• Care Coordinators
• Direct Care Workers
• Physical Therapy
• Oral Health
Hot and Emerging Non-Clinical Careers

- Public Health
- Health Management and Policy
- Community Health Workers/Navigators
- Social Work
- Big Data/Analytics
- Digital Health
- Health Information Technology
- Consulting
- Entrepreneurship
Commission Framework:
Focus Areas & Foundational Elements

Future health workforce - the right people in the right places with the right competencies and capabilities - working effectively to promote and deliver health in all communities.

OUTCOMES
- IMPROVED ECONOMIC OPPORTUNITY
- HEALTH EQUITY
- BETTER HEALTH & SAFETY
- BETTER CARE
- LOWER COSTS
- HEALTHY WORKFORCE

QUALITY, EDUCATION, CAPACITY, AND TRAINING ALIGNED WITH NEEDS

FOUNDED ON
- SHARED OWNERSHIP of the problem and solution among key stakeholders, and working together differently to achieve results

FOCUS AREAS
- Primary Care & Prevention
- Behavioral Health
- Healthy Aging & Care for Older Adults

FOUNDATIONAL ELEMENTS
- DIVERSITY: race/ethnicity, gender, sexual orientation, socioeconomic status
- EQUITY: ensuring opportunity (e.g., education, living wage), geographic distribution, racial equity
- TECHNOLOGY: leveraging technology to accelerate transformation across settings
Why Public Health?

• Tremendous and growing population health needs
• Disparities in healthcare and health status
• Persistent inequities, racism and structural barriers to health equity
• Most disease, injuries and deaths are preventable
• Opportunity for up stream intervention and impact
• Improve conditions for health
• Emerging majority populations underrepresented
• Social justice
• More effective clinician
• Do well by doing good
Public Health Career Paths

- Health Administration
- Health Policy
- Community Health
- Epidemiology and Biostatistics
- Infectious Disease
- Maternal and Child Health
- Public Health Nutrition
- Environmental Health
Sectors Where Public Health Professionals Work

- Hospitals and Health Systems
- Governmental Public Health or Health Agencies
- Community Based Organizations
- Community Health Centers
- Medical Groups
- Private Sector- Start ups, Bio tech, Health Plans, Tech, Digital Health
- Foundations
- Academia
- Global Health
Diversity of Clinicians Compared to the Population, 2015

Growth Paths due to COVID-19

+ Contact Tracers & Investigators
+ Surveillance
+ Telehealth
+ Supply Chain - PPE, Vaccine
+ Behavioral Health
+ Data Analysis
+ Recovery
+ Public health workforce, infrastructure, preparedness
+ Future workforce
How Can You Combine Public Health and Medicine?

- Public Health Officer
- Clinician or Medical Director of CHC
- Preventative Medicine Specialist
- Communicable Disease Director
- Foundation Leader
- Hospital Medical Director or CEO
- Policy advocate or policy maker
- Professor or researcher
- More effective clinician
Professionals in All Paths Must Address Social Determinants of Health

- Affordable Housing
- Jobs and Economic Development
- Education
- Food Security
- Transportation
- Structural and Institutional Racism
- Power Building
- Hope, Agency, Opportunity
What are Your Health Career Interests?

• Polling Questions

• What are your questions about emerging health careers?
A practical guide to assist you on your health career journey

Available on Amazon at https://tinyurl.com/y6o9aadx
“As you become more clear about who you really are, you'll be better able to decide what is best for you - the first time around.”

Oprah Winfrey
Your authentic health career path is the one that best suits your unique talents, passions, goals and lived experience.

“Understand that the right to choose your own path is a sacred privilege. Use it. Dwell in possibility”.

Oprah Winfrey
• “Your time is limited, so don’t waste it living someone else’s life.

• Don’t let the noise of other’s opinions drown out your inner voice.

• Most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary”.

• Steve Jobs, Stanford Commencement
Importance of Choosing Wisely

• Opportunity Cost: Your 20’s and more
• Defining Decade
• Graduate School Debt
• Grad schools looking for “fit”, demonstrated commitment and skill
• Costly misaligned career choices
• Don’t have the impact or life you want
• Your life, health, happiness
Life and Health Career Alignment Triangle

Health and Employer Needs and Opportunities

Being
- Purpose
- Fulfilling Work
- Impact

Searching
- Financial Rewards
- Satisfaction and Happiness
- Health and Wellness

Surviving
- Passion, Values, Goals
- Good at/Enjoy

Authentic Alignment
• “Be Bold and Mighty Forces will come to your Aid”
Goethe
You are exactly where you are supposed to be!

You have options!

Move Forward with Intention!
Life and Career Planning Framework

Ongoing learning and adjustment

Belief and Courage

Support Network

Packaging

Educational preparation

Choose, actively pursue direction and plan

Practical experience

Self assessment and discovery

Exposure to what is possible
1. Select a **framework element** that is a strength. Share what works for you.

2. Select an element that strengthening now will help you advance toward your authentic career.

3. Write down 3 actions you will take in next 3 months to strengthen.
Exposure

- Trends
- Abundance of Opportunities
- Specific Roles and Organizations
- Job Titles and Qualifications
- What are Employers Looking For?
• Affordable Care Act
• Eliminating Systemic Racism
• COVID-19
• Advancing equity and health equity
• Access to quality, affordable care
• The “Quadruple Aim”
• Aging and increasingly diverse population
• Chronic illness prevention and management
• Disparities in health status/outcomes

• Cultural and linguistic competency
• Immigration health issues
• Climate Change
• Disaster Preparedness
• Violence Prevention and Reduction
• Police Reform
• Health4All
• Tele-health
• Big Data in health
• Affordable and supportive housing
• Value-Based Payment
What are health employers looking for?

- Critical thinking and problem-solving
- Written and oral communication
- Team leadership and followership
- Analytical skills and Excel
- Interpersonal skills and navigate organizational culture
- Project management
- Initiative and independence
- Adaptability, flexibility, resilience
- Understanding and commitment to their mission and values
- Enthusiasm
Practical Experience

- Internships
- Field Work
- Jobs
- Projects
- Volunteer
Opportunities for BS/BA Graduates

**Organizations:**
- Consulting Firms
- Health Plans and Health Systems
- Academic Med Centers, Universities
- Start-ups
- Community Health Centers
- Public Health Departments
- Legislative and Government
- Advocacy organizations
- Pharma, Bio Tech, Device
- Electronic Health Records- Epic

**Programs:**
- CDC Associates Program
- Health Corps, AmeriCorps, Peach Corps, City Year
- Global Health Corps, GHF II
- Capital Fellows Programs
- Health Leads
- COPE Health Solutions
- Health Career Connection
Jobs Titles for Undergraduates

- Consultant
- Analyst, Assistant, Coordinator
- Associate
- Research Assistant
- Community Outreach Coordinator
- Health Education Assistant/Associate
- Sales Associate
- Project Coordinator or Manager
- Administrative Assistant
- Provider Relations Assistant/Specialist
- Care Coordinator
- Health Coach
- Health Navigator/Community Health Worker
- Medical Assistant, Panel Manager
- Health IT- Help desk, EHR trainer,
- Advocate
- Legislative Assistant/Staffer
- Scribe
- Financial or budget analyst
- Customer Service representative
Why Experience Before Graduate School?
Choose and Actively Pursue 1-3 Directions

- Direction(s)
- Intention - Snow Ball
- Focus
- Tacking
- Goals and Action Plan
“To build the life you want, create the work you love”

Marsha Sinetar
What Role and Impact Do You Want to Have?

- Population (s)
- Health issue or determinant
- Type of organization
- Role or function
- How close to patient or community
- Impact you want to have?
- Definition of success?
What if you don’t know yet?

- It’s OK!
- You have time, may just not be ready
- Focus on good choices about next steps
- Further exposure, experience, network
- Pay the bills
- Actively pursue direction(s)
- Keep the faith
What Can You Do Now?

Resources and Opportunities to Empower You
Put Your Self In the Flow of People and Opportunities

• I- Informational Interviews
• N- Networking

• F- Follow your passion and purpose
• L- Leverage mentors and lead from where you are
• O- Open to opportunity with focused and wide lens
• W- Web-based networking and search strategy
7 Tips for a Successful Job Search

1. Be as clear as you can about career direction, potential paths and what you want.
   • Set objectives for your next job or step.
2. Start early, set a timeline, commit the time.
3. Develop solid packaging.
4. Know your strengths and experience. Be able to discuss and give examples.
7 Tips for a Successful Job Search

5. Explore, create and be open to options. Focus and widen lens.

6. Put your self in the flow of people and opportunities.
   • Fully utilize the support and networks you have.

7. Set the intention and have belief that what you want is possible.
   • Remember it only takes 1.
   • Have a plan B.
Resources to Learn More

• ASPPH- Study, Program Finder, Financing Your Degree
• Public Health Jobs- https://publichealthjobs.org/
• APHA Student Assembly- https://www.apha.org/apha-communities/student-assembly
• Bolstering an Equitable Public Health Workforce, CA Future Health Workforce Commission
• This is Public Health-Careers- https://thisispublichealth.org/careers/
• This is Public Health Book Club- https://tiph.co/TIPHBookClub- My book in Sept and Oct
• ASPPH Virtual Career Fairs- https://thisispublichealth.org/events/
Health Career Conversations with Jeff Oxendine and Health Leaders

Jeff Oxendine.com

- Oct 7  Networking
- Oct 14 Career Opportunities in Community Centers
- Oct 21 Graduate Programs in Health Management
- Oct 28 Preparing for Your Graduate School Application
- Nov 4- Careers and Paths in Health Policy
- Nov 18- Career Opportunities in Digital Health and Health IT
- Nov 24- Career Options in Bio Tech and Bio Pharmaceuticals
- Dec 1- Making the most of your Job Search and Winter Break
- Dec 8- Health Systems and Hospitals

Register at: https://www.eventbrite.com/o/jeff-oxendine-31048058631
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- Undergraduate students,
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from under-represented or disadvantaged backgrounds, to choose and successfully pursue health careers and graduate education

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- Tips for Networking & Overcoming Your Fears
- Launching a Successful Job Search
- The Future of Public Health
- Hot Health Careers
- Graduate Programs in Health
- Applying to Public Health Graduate Programs
- Preparing your Statement of Purpose and Letters of Recommendation
- Financing Graduate School
- Guest Panels on a Health Careers in Medicine, Health Policy and Management, and more
A practical guide to assist you on your health career journey

Available on Amazon at https://tinyurl.com/y6o9aadx
Stay Connected

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“If one advances confidently in the direction of his dreams and endeavors to live the life imagined, he will meet with a success unexpected in common hours”

Henry David Thoreau, *Walden*
Evita Limon Rocha, MD, MPH

- Local pipeline program product- Reach Out & HCC
- MD and MPH
- ULCA Med, UC Irvine Psychiatry Resident
- Policy Advocate
- NHMA Resident of the Year
- Returned to serve in Inland Empire as Child and Adolescent Psychiatrist
- Devoted Mother of 3
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Contact: students@aspph.org
THANK YOU!