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AHEC EXCHANGE

Quarterly Newsletter for Southern NH AHEC



The Science of Health and Nursing Summer Camp

This year Southern NH AHEC partnered with the Nashua Department of Public Health, Manchester's Safari Youth Club, and Manchester's Bring It! Afterschool program to offer youth career engagement opportunities and a summer camp. The focus was to develop meaningful engagement opportunities and thoughtful lessons so the students are excited to participate.

The demographic we worked with were underrepresented minority or low-income youth in 8th grade through 11th grade in the communities of Nashua, NH. In Manchester, 100% of youth served came from both minority and underserved backgrounds.



Group of students from our Manchester program after receiving CPR training.

What is SNHAHEC up to?

- 25th Anniversary Celebration.
- New cohorts of interpreters and CHWs started trainings.
- The Equity Leaders Fellowship launched their 10th cohort of fellows.



SNHAHEC Staff at the 25th Anniversary Celebration



Mission Statement

The mission of Southern NH Area Health Education Center (AHEC) is to develop, promote, and coordinate community and academic multi-disciplinary partnerships for health professions education. We focus on under-served communities and provide education for students, practicing health professionals, and members of southern New Hampshire communities.



The Science of Health and Nursing

In Manchester we partnered with the Safari Youth Club and BRING IT! Afterschool to engage over 50 youth and young adults in science engagement and career exploration activities. We successfully trained sixteen high school aged, or recently graduated, youth in CPR and offered several health science lessons to over 30 elementary and middle school aged youth.



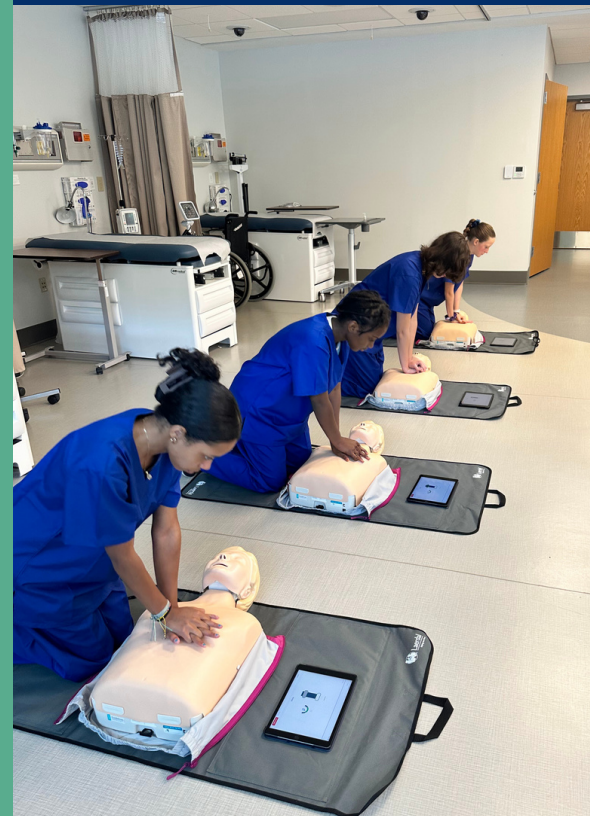
Nashua students making ice cream.

We offered a weeklong camp in Nashua, running 3 hours each day for a total of 15 hours. The camp focused on science, a variety health care options and career paths, attempting to connect the dots for students interested in health careers. Lessons consisted of First Aid, CPR, building the lung, emergency preparedness, a college tour & simulation lab exercise, and ice cream science.

Students finished the camp by completing a post camper survey to supplement a pre camper survey to show the areas in which knowledge was gained. Based on the feedback from the students, the camp was a success and the students enjoyed sessions we had this year. Many students expressed what they most enjoyed the trip to Rivier College and the hands on activities.

“I really liked the self-care activities because they really projected the importance of focusing on yourself even in the smallest ways.”

-NASHUA CAMP STUDENT



Nashua students learning CPR