

Appendix 2.1a HCEF Curriculum Outline

Session	Topic/Activity
1 9:30 am – 3:00 pm	Team & Trust Building: This day involved clarifying goals and expectations for the group as well as getting to know one another to build connection and cohesion. Activities included creating group agreements, playing games, writing poetry, journaling, and a guided visualization.
2 9:30 am – 3:00 pm	Health, Mental Health & Social Determinants of Health: The focus of this day was foundational knowledge about health and mental health to ground the fellowship experience. Activities included group discussions on definitions of culture, health and mental health; determinants of health; and health equity. The session also included viewing parts of the Unnatural Causes documentary.
3 9:30 am – 3:00 pm	Healthcare 101: Roles, Settings and the System: The focus of this day was to build awareness of interdisciplinary healthcare teams. Activities included a group challenge, role plays, reviewing definitions, videos about health insurance and Affordable Care Act, and developing questions for the guests in the upcoming weeks.
4 9:30am – 3:00 pm	Field trip to Merritt College Center for Science and Allied Health Hosted by: Dawn Williams, Program Director Associate Degree Nursing & Dr. Ruhina Najem, Faculty Dawn Williams shared her nursing journey and provided an overview of the nursing program at Merritt as well as tips on preparing for nursing school. We then observed Dr. Najem's class with Medical Assistant students and heard from students about their experiences in Merritt's program.
5 9:30 am – 12:00 pm	Field trip to Samuel Merritt University Hosted by: Ché L. Abram, Associate Director of Diversity We got a tour of Samuel Merritt's campus from their Student Ambassadors, who also shared their journeys as students at Samuel Merritt. The tour included an interactive experience in their Anatomy Lab.
6 1:00 pm – 3:00 pm	Basics in First Aid and CPR Guest speaker: Erin Cardiff from PusH CPR, AED & First Aid Training We received training on basics for first aid and CPR, which included the core steps of CPR, which we practiced on mannequins.
7 9:30 am – 12:00 pm	Field trip to Street Level Health Project Hosted by: Tanya Villalpando, Health Access Program Manager We got a tour of Street Level's clinical office/community space, including a history of the organization and an overview of the services they provide.
8 1:00 pm – 3:00 pm	Presentation about Healthy Living Guest speaker: Nisha Thapa, Nature Intuitive Medicine & Nurse Practitioner We learned about Nisha Thapa's career journey as well as the importance of nutrition to our health and our interconnectedness to the world around us.
9 9:30 am – 3:00 pm	Field trip to UC Berkeley School of Public Health (SPH) Hosted by: Durraïn Ansari-Yan & Michelle Azurin from SPH D.R.E.A.M. We visited UCB's School of Public Health where we learned about content and careers in public health, specifically epidemiology, and met current students, including students from UCSF/UC Berkeley joint medical program.

<p>10 9:30 am – 3:00 pm</p>	<p>Field trip to Bay Area Midwifery Hosted by: Roots of Labor Birth Collective We visited a local birthing center where we saw various birthing rooms and met with a panel of midwives and doulas who shared their career journeys and commitment to their work.</p>
<p>11 9:30 am – 3:00 pm</p>	<p>Presentation about Holistic & Alternative Healing Guest speaker: Kathleen Cabanayan, Yoga Teacher & Lecturer at SF State On this day, we integrated learning from our week of field trips by journaling, working in small groups, and sharing back. In the afternoon, the guest speaker came and shared about their career journey in holistic and alternative healing, which included an eating meditation experience and opportunity to test aromatherapies.</p>
<p>12 9:30 am – 3:00 pm</p>	<p>Field trip to La Clínica de La Raza at Transit Village Hosted by: Anna Dorman, Clinical Health Education Manager This field trip included opportunity to speak with professionals as well as tours at multiple La Clinica sites, including Transit Village with their variety of services, such as dentistry and primary care, as well as Cultura y Bienestar (traditional healing), Casa del Sol (mental health), Casa CHE (community health education), and Clinica Alta Vista (teen medical clinic).</p>
<p>13 9:30 am – 12:00 pm</p>	<p>Panel with Social Workers Panelists: Julia Po, Mika Decena, & Armael Malinis Current students and recent graduates, Julia, Mika, and Armael, shared their experiences as social workers at schools and in the local community.</p>
<p>14 1:00 pm – 3:00 pm</p>	<p>Presentation about Pharmacy Guest speaker: Anabelle Coelho, Ambulatory Care Pharmacist at Kaiser Anabelle Coelho shared her career journey to pharmacy, the necessary steps to be a pharmacist in the US, and pharmacy settings and teams.</p>
<p>15 9:30 am – 3:00 pm</p>	<p>Field trip to University of the Pacific Arthur A. Dugoni School of Dentistry Hosted by: Stan Constantino, Stephanie Chan & Darlene Tam from Admissions This day-long experience included a tour of UOP's School of Dentistry in San Francisco with multiple labs and opportunities to observe dental students in action. The experience also included an interactive dental cleaning experience and overview from admissions on steps to becoming a dentist.</p>
<p>16 9:30 am – 12:00 pm</p>	<p>Field trip to Lifelong Ashby Health Center Hosted by: Thu Anh Bui, Associate Medical Director, Psychiatry We got a tour of Lifelong Ashby's Health Center and heard Thu Anh Bui's career journey into psychiatry.</p>
<p>17 1:00 pm – 3:00 pm</p>	<p>Field trip to PolicyLink with Panel Discussion about Health Policy Panelists: Erika Rincón Whitcomb, Senior Associate; Diana Austria Rivera, Program Associate; Amber Akemi Piatt, Program Associate; Catherine Harrison, Former Intern for PolicyLink's Center for Health Equity & Place We visited PolicyLink's downtown Oakland office and heard from a panel of women working in public health policy and how their work links to their own career journeys.</p>
<p>18 9:30 am – 12:00 pm</p>	<p>Presentation about Interpretation in Alameda Health System (AHS) Guest speakers: Sambo Ly, AHS Interpreter Services/Refugee Health Program Director & Candace Luo, AHS Interpreter and Doctorate of Acupuncture Candidate</p>

	We learned about careers in interpretation, specifically in Alameda Health System, and the speakers shared their career journeys and experiences from their work as interpreters. Prior to arrival of speakers, this time also included group discussion of key takeaways from the fellowship to date.
19 1:00 pm – 3:00 pm	Presentation about Community Mental Health Guest Speaker: Amy Lam, Intuitive Energy Healer We played games and learned about the multiple stages of Amy's career journey that led her to intuitive energy cleaning and community health work.
20 9:30 am – 3:00 pm	Presentation about Pediatric Care Guest speaker: Residents at <i>UCSF Benioff Children's Hospital Oakland</i> Two pediatric residents visited the class and shared their career journeys and experiences working in pediatrics. In addition to the visit from residents, we discussed the final presentation requirements and began preparation.
21 9:30 am – 3:00 pm	Job Readiness Training in Resumes, Cover Letters & Interviews Trainer: Alison Traina, Certified Professional Coach This interactive workshop covered resumes, cover letters and interviews, with handouts and support to create resumes and practice interviewing.
22 9:30 am – 3:00 pm	Reflection & Final Presentation Prep: We continued to integrate the experience through pluses and deltas, a posttest, and presentation prep.
23 9:30 am – 3:00 pm	Closing & Final Presentations: This included art-based reflections in small and large groups, appreciations for one another, and closing the group experience. The day ended with final presentations about the experience from all 13 participants, witnessed by DHTI's Executive Director and Coach as well as school staff.