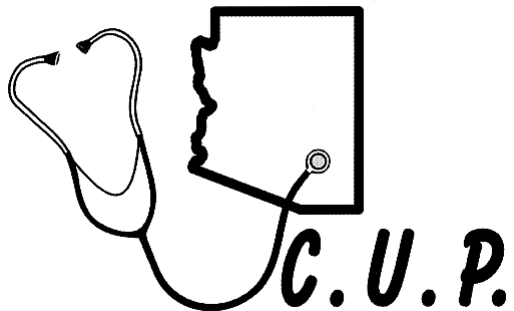




THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE TUCSON

CUP

Commitment to Underserved People



Handbook

Revised October 2024

Location: UA College of Medicine, Curricular Affairs-Room 3103G

Mailing: P.O. Box 245143

Tucson, Arizona 85724-5143

Phone: (520) 626-2351

Fax: (520) 626-2353

Table of Contents

| | |
|--|-----------|
| General Information..... | 3 |
| What is CUP?..... | 3 |
| What are the goals/objectives of CUP?..... | 3 |
| How did CUP start?..... | 3 |
| Why should I participate in CUP?..... | 3 |
| HOW TO PARTICIPATE IN CUP | 4 |
| Do I need to attend a training to participate in CUP?..... | 4 |
| Is there a cost to join CUP?..... | 4 |
| How do I dress for CUP activities?..... | 4 |
| How do I earn CUP hours?..... | 4 |
| What if CUP activities conflict with curricular activities?..... | 4 |
| What happens if I don't show up for a CUP event I have signed up for?..... | 4 |
| Can other activities count for CUP credit?..... | 5 |
| How can I find out how many CUP events I have participated in?..... | 5 |
| If I think there are problems with my CUP hours report, what should I do?..... | 5 |
| COMMUNICATION..... | 5 |
| PROFESSIONALISM | 5 |
| OPTIONAL ELECTIVE CREDIT | 6 |
| How do I earn CUP elective credit?..... | 6 |
| CUP 1 Credit..... | 6 |
| CUP 2 Credit..... | 6 |
| Distinction in Community Service Track..... | 7 |
| RURAL OR UNDERSERVED GRADUATION REQUIREMENT (NOT CUP CREDIT)..... | 7 |
| CUP LEADERSHIP..... | 8 |
| Who runs CUP programs?..... | 8 |
| I'm interested in becoming a CUP student leader. How does that happen?..... | 8 |
| How are new CUP programs started?..... | 8 |
| Who are the CUP faculty and staff?..... | 8 |
| What does the staff at the CUP office do?..... | 9 |
| How is CUP funded?..... | 9 |
| What are the different CUP programs?..... | 9 |
| IN-HOUSE CLINICS (10)..... | 9 |
| Asylum Clinic..... | 9 |
| Integrative Medicine CUP Clinic..... | 10 |
| Kid's Clinic..... | 10 |
| LGBTQ+ CUP Clinic..... | 10 |
| MIND Clinic..... | 11 |
| Shubitz Family Clinic..... | 11 |
| Sight Savers..... | 12 |
| Vasectomy Clinic..... | 12 |
| Women's Clinic..... | 12 |
| Wound Clinic..... | 13 |
| CLINICAL PROGRAMS (9)..... | 13 |
| Care Connections..... | 13 |
| Clinica Amistad..... | 13 |
| Flying Samaritans..... | 14 |
| Health for the Homeless..... | 15 |
| MexZona – Rocky Point Medical Clinics..... | 15 |
| Mobile Health Program..... | 15 |
| Muslim Clinic..... | 16 |
| Refugee Clinic..... | 16 |
| Street Medicine CUP Clinic-Tucson..... | 17 |
| NON-CLINICAL PROGRAMS (21)..... | 17 |
| AMWA Outreach Program..... | 17 |
| Arizona Diabetes Initiative (ADI)..... | 18 |
| Art Works..... | 18 |
| Christ The Good Shepard Mission..... | 19 |
| Food RX..... | 19 |
| JAWS/AAWS Adaptive Athletics – Juniors/Adults Active in Wheelchair Sports..... | 20 |
| MedCat Companions..... | 20 |
| MedPride..... | 21 |
| Med Teach..... | 21 |
| Pima Juvenile Inmate Education..... | 21 |
| Respiratory Fit Team..... | 22 |
| SHINE – Students Helping In-Need Elderly..... | 22 |
| Special Olympics Program..... | 23 |
| STAT – Students Together Against Trafficking..... | 23 |
| Sun Protection Outreach..... | 24 |
| Teach4Kids..... | 24 |
| Team Hoyt Arizona..... | 25 |
| THE MAZE – Teen Healthcare Education and Mentorship, An AZ Effort..... | 25 |
| TREE – Tucson Refugee Education and Empowerment..... | 26 |
| Tucson High/UA Mentorship Program..... | 27 |
| UA Hope (Health literacy, Outreach, Prevention, and Engagement)..... | 27 |

General Information

What is CUP?

CUP stands for **C**ommitment to **U**nderserved **P**eople, a co-curricular club of the UA College of Medicine-Tucson that is student-managed and student-directed. CUP is composed of a collection of programs that provide students with opportunities to work with medically underserved populations through the provision of clinical care, health education and mentoring.

What are the goals/objectives of CUP?

CUP is a service-learning program that provides opportunities for medical students to provide community service, and to gain experiences working with patients in clinical and educational settings. Through this work, students learn the impact of socioeconomic status and cultural barriers on health and access to health care. Medical students experience the many key roles physicians play in the lives of their patients. CUP also provides opportunities to experience leadership through the development and operation of programs.

How did CUP start?

CUP began in 1979 when Dr. Steve Spencer joined the faculty of the Department of Family and Community Medicine. Dr. Spencer, who had experience working with underserved populations including on American Indian reservations, became a mentor for medical students who wanted their careers to include the care of the medically underserved. The students were particularly interested in being of service while still in medical school. Dr. Spencer assisted the students in developing the skills they would need to work with these medically underserved populations. With Dr. Spencer's support, these students began the program we now know as CUP. From this grassroots beginning with a small number of students meeting in faculty homes to discuss caring for the underserved, CUP has evolved into a larger, more comprehensive program.

Why should I participate in CUP?

You were most likely a volunteer before you came to medical school, and you can continue to volunteer throughout your medical education and later as a physician. You will gain early clinical experience, as well as have the chance to educate people about many aspects of health. You will help people who really need your help and appreciate your time and efforts. You can gain experience in leadership, patient advocacy, referral processes, work with community agencies and work with a multi-disciplinary team. You can perform physical exams, interview patients, dispense medications, provide immunizations, develop teaching modules, teach in public schools and conduct teen discussion groups. Also, you may choose to earn elective credit through participation in CUP. You will meet physicians who volunteer as CUP attendings, who can be role models for you to learn to "give back" to society for giving you the opportunity to be a doctor.

How to Participate in CUP

Do I need to attend a training to participate in CUP?

Yes. You are required to complete an online clinical training module. This module is only available once each year and you will earn 1 CUP hour for completing it. You also need to attend the training(s) offered for the specific programs you want to participate in. You can then participate in those CUP programs by signing up for events on **Signup.com**. Please make sure to create your account on Signup.com with your **UA email address**. Look for email invitations to participate in these trainings or check on Signup.com for volunteer opportunities.

Is there a cost to join CUP?

Yes. CUP is an ASUA recognized club and we ask for a one-time club fee of \$20.00 to join. These dues help us pay for program materials, food for training, and posters/flyers created by the CUP programs. This also allows us to use our budgeted funds to pay for supplies needed to run the CUP programs.

How do I dress for CUP activities?

You are serving in a professional capacity when you work in CUP programs. Dress professionally unless instructed otherwise.

How do I earn CUP hours?

CUP program participation hours are earned only if you successfully complete the trainings for the specific programs. For most of the CUP programs, you will earn participation time on an hour for hour basis. For example, students working at the Shubitz Family Clinic earn five (5) hours per clinic. Also, you earn CUP hours for attending the training sessions for the individual CUP programs. In addition, CUP Program leaders earn a **ONE**-time acknowledgement of 10 hours for each program they coordinate for the year they are in charge of that program.

What if CUP activities conflict with curricular activities?

All CUP activities are voluntary and are not part of the required curriculum. If there is a conflict with scheduled curricular activities, such as required labs or small groups where your participation is expected, it is your responsibility as a medical student to attend the required activity. Therefore, it is important to check your schedules carefully before making a commitment to a specific CUP activity. CUP participation is **not** a valid excuse for missing a required activity.

What happens if I don't show up for a CUP event I have signed up for?

Students who cannot fulfill their commitment are expected to find a replacement. It's a matter of professionalism. You will be penalized the number of hours offered for the event if you don't find a replacement. Please notify the program leader that you must

cancel your commitment and let them know if you have a replacement or not. They will make the change on Signup.com or will notify the CUP coordinator.

Can other activities count for CUP credit?

Occasionally special activities can count, but you **must** consult the CUP Director **BEFORE** the activity or event. Past approved activities have included health fairs at community health centers, blood pressure checks in low-income neighborhoods, individual volunteer hours at agencies like the Community Food Bank, and school physicals for low-income kids.

How can I find out how many CUP events I have participated in?

The list of CUP events you have participated in and your hours can be viewed at <https://bids.medicine.arizona.edu/med-reports/students>. You will be able to download a report of the events you have participated in with the total number of hours. Please contact the CUP Staff Coordinator for a breakdown of which hours apply to CUP 1 and which apply to CUP 2. The CUP Program leaders will verify you have attended an event and the CUP Staff Coordinator will approve. At that point your hours will be officially entered. Please allow at least a month for the changes to be fully integrated.

If I think there are problems with my CUP hours report, what should I do?

Your first step will be to contact the CUP program leader to make sure they have entered the event and marked you as attended. If you need further assistance, please call 626-2351, or come by room 3103G and ask for the CUP Staff Coordinator.

Communication

Communication is the key to maintaining a good working relationship with our partner organizations. When student participation is suspended for any period of time (e.g. due to exams or a school break), please notify the partner organization several weeks beforehand with the exact dates of your absence.

Professionalism

Working with members of the community and with community partners means YOU are the face of the University of Arizona College of Medicine-Tucson. It is expected that all your behaviors will be professional and consistent with our policies, including HIPAA, the Honor code and any other policies that may be applicable. Please wear your badge to all events. If it is not needed, you can always put it away.

Optional Elective Credit

How do I earn CUP elective credit?

CUP 1 is a separate volunteering experience from CUP 2. Medical students develop a different set of clinical and communication skills as they progress through our curriculum. The policy of no credit accrual over all 4 years has been set forth for all electives. University Policy does not allow accrual of any credit from the Pre-Clerkship phase to be counted towards credit in the Post-Clerkship or Transition to Residency phases.

CUP 1 Credit

This credit illustrates your interest in working with the underserved, is on your transcript as additional work, and allows you to enroll in CUP 2 without getting the CUP Director's permission first. It's a minor reward for the service you provide and acknowledges this with 1-2 units of non-graduation credit at the end of the Pre-Clerkship phase, (remember: CUP participation in the Pre-Clerkship phase provides you with additional skills gained by participation in the assorted CUP programs). You can elect or not elect to enroll and get credit—some people just do CUP for fun. Per University policy, 45 hours = 1 credit, 90 hours = 2 credits. To get non-graduation credit for CUP 1 upon completion of pre-requisite hours, a 3-page REFLECTIVE paper needs to be emailed to the CUP Director by February 1st of the year you complete the Pre-Clerkship experience. The reflective paper is required because CUP is a service-learning program—meaning you learn through the provision of service. You and the people you work with will both benefit. Part of doing service learning is reflecting on experiences that have happened in your service and in this case, it is service through CUP – hence the paper.

CUP 2 Credit

With the completion of your Clerkship rotations, you possess very different clinical skills – you have been on the wards rotating through the clerkships and now have the capacity to help serve as a caregiver in our clinical programs as well as do any other CUP activities. A student who earns 45 volunteer hours during the Clerkship and Transition to Residency phases, will earn 1 graduation credit. A student who earns 90 volunteer hours during the Clerkship and Transition to Residency phases, will earn 2 graduation credits. Since we monitor the hours earned and communicate actively with Student Records, we know who is eligible for CUP 2 credit and we work together to make sure that students who need those 1-2 credits for graduation are doing enough work to gain it. Some people don't need the credit for graduation and they can elect to not complete the elective. You enroll in CUP 2 during the Transition to Residency phase if you anticipate completing the requisite hours for credit. To get credit for CUP 2 upon completion of requisite hours, another 3-page REFLECTIVE paper for 1 credit or a 5-page reflective paper for 2 credits must be emailed to the CUP Director by March 1st of your graduation year.

Distinction in Community Service Track

Distinction in Community Service which is noted on the transcript is only available to students who earn a MINIMUM of 90 volunteer hours/2 credits in **both** CUP 1 and CUP 2 (180 hours minimum). Students must also hold a leadership position in one of the CUP clinical or educational programs. In addition to the above, students must complete a community service project and capstone. Students will be expected to meet with a designated mentor to discuss this project – this may be the CUP Director or Associate CUP Director or a community preceptor/mentor. The capstone project can fall into one of the following 3 categories:

- Research Paper – This should be a 10 page, cited paper addressing a topic relevant to care for underserved populations. Students may choose to add a section in the discussion section reflecting on their personal experiences in the CUP program and how this will affect their future interactions as a physician and what these experiences have provided them in terms of insight and learning.
- Advocacy Article or Narrative Medicine Composition – students will focus on a particular issue or patient experience which they use to write this piece using their roles as future medical leaders to advocate for patient needs. This should be a high-level article that is publishable quality and students should plan to submit these to be published.
- Longitudinal QI Project – These projects will be designed in conjunction with and approved by the CUP Director with mentorship throughout the transition to clerkship year. Students will complete a write-up of the data and outcomes of these projects for their capstone.

For the Distinction in Community Service citation (again we are monitoring to help ensure people will graduate), papers/projects will need to be submitted by March 1st of the student's graduation year.

All papers for CUP credit and Distinction should be emailed directly to the CUP Director at their email address and cc'd to the CUP Staff Coordinator.

Rural or Underserved Graduation Requirement (NOT CUP Credit)

You are required by the College of Medicine-Tucson to spend time working with a rural or underserved population to graduate from medical school. There are a few ways to accomplish this, and many people do this through participation in CUP:

- 1) Work in CUP programs earning 30 CUP hours (training hours may NOT be counted towards the 30 hours),

Or

- 2) Participation in the Rural Health Professions Program
- Or**
- 3) Do one of your Clerkship rotations in a rural or underserved site*
- Or**
- 4) Do an elective during Transition to Residency at a rural or underserved site*

*The sites that qualify as rural or urban underserved are San Xavier/Sells Clinic (Tucson), Banner–UMC South Campus, Banner–UMC Alvernon Clinic, El Rio Clinics, Marana Clinic, and any clerkship sites OUTSIDE the Phoenix and Tucson metro areas. For more specific questions, contact the CUP Director.

CUP Leadership

Who runs CUP programs?

The student leaders do! CUP is truly a student-developed, student-directed co-curricular program. Student coordinators lead each CUP program. The responsibilities for many of these programs are shared by a number of students, particularly for programs that are complex in their operation.

I'm interested in becoming a CUP student leader. How does that happen?

Leadership changes every year. Each October the CUP leaders, who are nearing the end of their Pre-Clerkship phase, will recruit and train new leaders from the next class to take over the programs in January. If you are interested in a leadership role in one of the CUP programs, talk to the current leaders.

How are new CUP programs started?

New programs are developed by students and are based on their desire to work with a particular population but must be approved by the CUP Director. Ideas should be emailed to the CUP Director and they will respond with a set of required questions that need to be answered. The students will then meet with the CUP Director before they officially approve the new program. At that time the CUP Staff Coordinator will send the students the format for information required for the CUP Handbook and CUP Information document. Faculty and staff can help provide assistance in identifying opportunities, such as linkages to community agencies or leaders, and technical advice about program logistics, eligibility and feasibility as CUP has a limited budget.

Who are the CUP faculty and staff?

Anna Landau, MD, MPH, DTM&H

CUP Director

Clinical Assistant Professor of Family and Community Medicine

Room 3103F, Phone: 520-626-0500, alandau@arizona.edu

Soham Dave, DO

Associate CUP Director
Assistant Clinical Professor of Medicine
sohamdave@arizona.edu

Hildi Williams

CUP Staff Coordinator
Program Coordinator, Sr.
Room 3103G, Phone: 520-626-3691, hildi@email.arizona.edu

Our FAX number is 520-626-2353. Come by our offices anytime to discuss CUP or just to visit!

What does the staff at the CUP office do?

The College of Medicine-Tucson, through the CUP administrative staff, provides technical, educational, and programmatic support for all the programs including administrative ordering supplies, keeping track of CUP hours, receiving faxes from laboratories and referral physicians, printing materials, and providing support in curricular development. You can always call or come by one of our offices to ask questions, get advice, or talk over a problem.

How is CUP funded?

CUP is part of the office of Curricular Affairs. It is funded in kind by the College of Medicine-Tucson for administrative expenses and we have a small operating budget. Many supplies are donated, and the physician faculty who work in CUP programs volunteer their time. The \$20.00 club fee helps us to buy food for trainings and to reimburse students for CUP expenses. In addition, we have received generous donations from time to time which have allowed us to purchase much needed medical equipment and teaching supplies. The CUP staff members are always interested in any linkages to free supplies, should you know of these.

What are the different CUP programs?

The CUP programs are grouped into three categories: **In-House Clinics**, **Clinical**, and **Non-Clinical**. Descriptions of each program follow, as well as specifics about the logistics for each program. For full list of leaders check out the link in the **CUP page** on the College of Medicine-Tucson website.

In-House Clinics (10)**Asylum Clinic**

General Description: Started in 2003, medical students help volunteer physicians conduct asylum examinations for people seeking political asylum status in the U.S.

Objectives:

- demonstrate an understanding of the role of the asylum examination in the legal process of asylum seekers
- discuss the clinical and psychological sequelae of people who have experienced torture

Population: Patients of Shubitz Family Clinic whose political asylum hearing is upcoming. Many of these patients have experienced physical and mental torture in their countries of origin.

Students' Roles: After attending training, a student assists the physician and takes notes to be compiled in the summary affidavit for the Court.

When: The schedule is determined by the Asylum Clinic coordinator. Each experience usually takes place on one weekday evening – for dates, check Signup.com..

Where: CUP Clinics, 1501 N. Campbell, Room 2304.

Integrative Medicine CUP Clinic

General Description: Medical students work alongside integrative medicine-trained physicians and fellows to provide basic integrative medicine services that include one-on-one consultations, acupuncture, mind-body groups, and educational courses.

Objectives: Our aim is to improve our patient's health and well-being by implementing evidence-based integrative medicine in an affordable and resourceful way.

Population: Underserved and uninsured patients in southern Arizona.

Students' Roles: Coordinators-scheduling patients for clinic visits and teaching sessions, managing the inventory of supplements and supplies, organizing attending sign-ups & patients; Educators-developing & coordinating educational forms/patient handouts; Managers-maintaining clinic forms & resources, organizing clinic flow, practice fusion.

When: 1st Thursday of every month. 5:30pm-9pm – for dates, check Signup.com.

Where: CUP Clinics, 1501 N. Campbell, Room 2304.

Other specifics: See Signup.com for dress recommendations.

Kid's Clinic

General description: Provide well-child visits, sports physicals, and vaccines to uninsured children (aged 0-18y) in the Tucson area.

Objectives: To expand the Tot Shots clinic to include well-child visits and sports physicals, rather than focus only on vaccine administration.

Population: Uninsured children (aged 0-18y) in the Tucson area.

Students' Roles: Lead coordinators to maintain and ensure all clinics run smoothly (volunteers, staffing, supplies, scheduled patients).

When: 1st Saturday & 3rd Thursday – for dates, check Signup.com.

Where: CUP Clinics, 1501 N. Campbell, Room 2304.

Other specifics: Wear closed-toe shoes and dress professionally. Bring your stethoscope. **Arrive on time.** You must stay for the duration of the clinic.

LGBTQ+ CUP Clinic

General Description: A free clinic for all patients but geared toward serving the needs of the LGBTQ+ population.

Objectives: To serve as a friendly and affirming point of entry into the healthcare system for LGBTQ+ patients.

Population: LGBTQ+ patients

Students' Roles: Take history and perform physical examinations under an attending's supervision.

When: 2nd Thursday of every month, 5:30-9:30pm – for dates, check Signup.com.

Where: CUP Clinic, 1501 N. Campbell Avenue, Rm 2304.

Other specifics: None.

MIND Clinic

General Description: A mental health clinic where students and psychiatrist team up to treat underserved patients w/psychiatric needs.

Objectives: To treat the untreated psychiatric needs of the underserved people of Tucson and give medical students experience with treating mental health illnesses.

Population: The underserved patients of Tucson with psychiatric treatment needs.

Students' Roles: To assist the psychiatrist with patient care. One MS 1/2 and MS 3/4 will partner with a psychiatrist per patient, and each student will have a role appropriate for their current level of medical training.

When/Where: 1st, 2nd, & 4th Mondays via Telemedicine – for dates, check Signup.com.

Other specifics: See Signup.com for dress recommendations, business casual.

Shubitz Family Clinic

General Description: Under the supervision of a volunteer attending physician, students coordinate and provide culturally appropriate preventive and primary care, referrals and diagnostic tests to patients who have no other source of healthcare. This clinic named for the late Amy Shubitz, a social worker who helped refugees, was started in 1991.

Objectives:

- manage the operation of a clinic
- demonstrate history and physical examination skills in caring for patients
- discuss ways to save patient costs when prescribing medications
- explain the role of free clinics in caring for the underserved

Population: New and established patients are referred to a message phone to make their appointments to be seen in the Shubitz Family Clinic and for follow-up on lab results and referrals.

Students' Roles: Supervised by volunteer attending physicians, 1st and 2nd year students provide patient intake, perform blood draws and give immunizations, manage the clinic in general, provide care and act as language interpreters. 3rd and 4th year student "*Caregivers*" are paired with 1st and 2nd year students who see the patients and provide medical care. Leaders serve as "student in charge", "float", vaccines and lab coordinators, referral coordinator and translators.

When: The clinic is held on most Tuesday evenings throughout the year. All staff and students conduct general rounds on the scheduled patients at 6:00 p.m. Patient appointments start at 6:30 and clinic usually ends between 9 and 10 p.m. For dates, check Signup.com.

Where: CUP Clinics, 1501 N. Campbell, Room 2304.

Other specifics: Dress professionally, wear closed-toe shoes, bring your stethoscope, and your name tag.

Sight Savers

General Description: Since 2002, glaucoma screening is done by under the supervision of an ophthalmologist.

Objectives:

- demonstrate ocular examination skills, including glaucoma screening
- employ effective health education strategies and communication skills

Population: Uninsured and underinsured patients.

Students' Roles: After completing the training, students perform eye exams for glaucoma.

When: For dates, check Signup.com.

Where: CUP Clinic space for training, clinics happen at volunteer attending sites.

Other specifics: Dress professionally. Bring your stethoscope.

Vasectomy Clinic

General Description: A free clinic to provide free vasectomies to uninsured patients.

Objectives: Provide free vasectomies to uninsured patients

Population: Uninsured and underinsured patients.

Students' Roles: After completing the training, students coordinate and assist with vasectomies under the supervision of volunteer urologists.

When: For dates, check Signup.com.

Where: CUP Clinic, 1501 N. Campbell, Room 2304.

Other specifics: Dress professionally. Bring your stethoscope.

Women's Clinic

General Description: In collaboration with Emerge! Center for Domestic Violence, medical students provide care to women and children who are shelter residents. Our collaboration began in 1996.

Objectives:

- discuss challenges faced by women and children who have experienced domestic violence
- provide culturally appropriate care to women and children

Population: Women and children escaping abuse stay at the Emerge! shelters for varying lengths of time.

Students' Roles: Supervised by attending physicians, students perform patient interview and physical exam, perform blood draws and give immunizations, and provide common medications and some simple diagnostic tests.

When: The Women's Clinic is held three Wednesdays of the month except for exam weeks. The clinics run from 6 to 9 p.m. For dates, check Signup.com.

Where: CUP Clinics, 1501 N. Campbell, Room 2304.

Other specifics: Dress professionally. Bring a stethoscope.

Wound Clinic

General Description: A free clinic designed to offer specialized care for persons in need for wound care.

Objectives: The focus of this CUP clinic is to address the growing need for complex wound care in Tucson, Arizona. In conjunction with our many preceptors, including Dr. Lourdes Castanon, we hope to provide complex wound care to the underserved populations in Tucson. This clinic also addresses a procedural element that the CUP clinics do not currently possess by providing care to patients with lacerations and those who require wound closures. This will also include continuity of care for these individuals.

Population: Underserved and uninsured persons in Tucson.

Students' Roles: Students will work in the many shifting parts of a clinic, including intake and vitals, and the primary evaluation of the patient. MS1s and MS2s will work with MS3s and MS4s to take the patient's history; subjectively and objectively evaluate a patient's wound; clean the wound; make an assessment and plan for further wound care.

When: 2nd Wednesday of the month; begins at 5pm – for dates, check Signup.com.

Where: CUP Clinic, 1501 N. Campbell, Room 2304.

Other specifics: See Signup.com for dress recommendations.

Clinical Programs (9)

Care Connections

General Description: Care Connections works to connect underserved clients to social resources around Tucson in order to improve their quality of life through sustainability.

Objectives: Help achieve a sustainable lifestyle and address social determinants of health.

Students' Roles: Assist underserved clients/families address social barriers to health (affordable housing, child-care services, food stamps, clothing etc). Promote relationships with community partners (after school programs, employment, housing groups, food banks, etc) to connect clients to local accessible resources. Create and discuss personalized action plans with clients, follow up weekly on progress, and address hurdles in their processes.

When: For dates, check Signup.com.

Where: Banner University Medical Center

Other Specifics: Will recruit undergraduate pre-med students to assist.

Clinica Amistad

General Description: CUP involvement in Clinica Amistad began in 2015. Clinica Amistad is a free, non-profit health clinic in South Tucson that opened in 2003. The clinic's mission is to provide free, quality primary and integrative health care to our patients, who are typically working, low-income families and seniors who are

underinsured or without health insurance. Without Clinica Amistad, most of our patients would be unable to obtain the necessary diagnostic laboratory tests and medications required to ensure their good health.

Objectives:

- Develop the understanding and competence required to serve the unique medical needs of the culturally diverse patient population of South Tucson.
- Encourage students to apply these skills to other COM clinical programs locally and abroad so as to better serve these programs and our patients.

Students' Roles: Support the clinic in its administrative and medical capacities.

Volunteer duties include taking patient vital signs; serving as a medical interpreter to primary care providers; managing patient appointments; managing patient medications; and assisting in diagnostic tests such as spirometry, ECG, fecal occult blood test and urinalysis.

When: The schedule is determined by the Clinica Amistad volunteer coordinator.

Clinics are held on Wednesday and Thursday nights, with setup starting at 5:00pm and clinical services lasting until as late as 10:00pm. There is also an additional clinic the first Saturday of every month from 10am-2pm.

Where: Clinica Amistad is held at the El Pueblo Community Center, 101 W. Irvington Rd #3c, Tucson, AZ 85714.

Other Specifics: We serve about 40 patients each evening. Our volunteer staff includes health professional graduate students, undergraduate students, MDs, PAs, NPs, RNs, PTs, practitioners of acupuncture, massage therapists, Reiki therapists, and psychological and nutritional counselors.

Flying Samaritans

General Description: Students will travel with the Flying Samaritans club once a month to Agua Prieta, Mexico to run a free medical clinical for the community. Club participants include medical students, physicians, nurse practitioners, dentists, and undergraduates.

Objectives: The Flying Samaritans undergraduate sector covers all medical costs that impoverished patients cannot otherwise afford. Services provided include physical examinations, procedures, and free prescriptions and/or over-the-counter medications.

Population: Patients seeking care range from at-risk, low-income children to geriatric.

Students' Roles: Students will evaluate/triage patients, conduct health interviews, perform physical exams, write, and present SOAP notes (all with practitioner supervision). In addition, medical students serve as mentors to undergraduate students interested in the health sciences.

When: For dates, check Signup.com.

Where: Agua Prieta, SON, Mexico. Carpooling is arranged by undergraduates. Meeting location is Safeway (Campbell/Broadway) at 6am on a designated Saturday. Students return to Tucson before 4pm.

Other specifics: Acceptable dress include business casual or scrubs. Please bring stethoscope, pen light, etc. Lunch is typically provided. *Bring your passport as we will be crossing into Mexico.

Health for the Homeless

General Description: Health for the Homeless allows for medical students to volunteer at an established clinic run by Tom Hill in downtown Tucson. This CUP program will provide students with a unique opportunity to understand the limitations the homeless population encounters in accessing and receiving healthcare.

Objectives: To practice clinical skills in history taking, physical exam techniques, and basic, acute first aid care, and become knowledgeable about the challenges the homeless population faces in receiving and establishing healthcare.

Population: Tucson Homeless Population

Students' Roles: Volunteering and Triageing patients

When: For dates, check Signup.com.

Where: 288 N. Church Avenue, Tucson, AZ 85701.

Other specifics: UACOM red or white polo, please bring stethoscope and student ID.

MexZona – Rocky Point Medical Clinics

General Description: MexZona is the student-led wing of the Rocky Point Medical Clinics, which provide much needed healthcare to the inner city and lower SES population of Puerto Penasco, SON, Mexico. The clinics are staffed by volunteer doctors, nurses, and other healthcare workers to provide patient care and health screenings to hundreds of patients each month.

Objectives: Assist the Rocky Point Medical Clinics organization in providing healthcare free of charge to the inner city and lower SES population of Puerto Penasco, SON, Mexico.

Population: Underserved inner-city population served by Rocky Point Medical Clinics.

Students' Roles: Perform history and physical exam alongside physicians. Gain exposure to global and public health as this is an international experience. Enhance your medical Spanish or learn to speak via an interpreter in a medical setting. Work alongside physicians, nurses, PAs, EMTs, other medical students, and pre-med students. *Spanish fluency required by a minimum of 3 of the 5 monthly attendees*

When: One monthly trip, except in August. For specific dates watch for emails from leaders, check Signup.com.

Where: Rocky Point Medical Clinics, Puerto Penasco, SON, Mexico

Other specifics: Professional attire, closed toe shoes, stethoscope, penlight, and medical ID badge. *Bring your passport as we will be crossing into Mexico.

NOTE: each 3-day field trip will need to be registered in the UA International Travel Registry Notes by the student while the Travel Request is completed by CUP Staff Coordinator.

Mobile Health Program

General Description: Students work with the Department of Family and Community Medicine's mobile van, staffed by nurse practitioners and family physicians, providing prenatal and general health care at sites around underserved regions of Tucson and at Health Fairs. CUP became involved with Mobile Health Program in 1997.

Objectives:

- compare mobile clinic services/care with stationary clinic services/care
- explain the value in providing mobile care services

Population: Residents of the Tucson neighborhoods in the vicinity of Summit View Elementary School, St. John's Catholic Church & School, New Life Resource Center, and Hope Methodist Church.

Students' Roles: Supervised by a Nurse Practitioner and physicians, students assist with patient interview and physical exam, give immunizations, provide oral health screenings and fluoride varnish applications for children, provide patient education at the prenatal clinics, and shadow/assist residents at prenatal appointments.

When/Where: For dates and location, check Signup.com. Certain positions will be open to Spanish-speakers or those who have completed oral health training only.

Other specifics: Dress professionally. Bring your stethoscope.

Islamic Community Clinic

General Description: A free clinic to provide medical care to the Islamic population.

Objectives: To offer free and accessible health care to a community in Tucson that comprises refugees, uninsured individuals, and persons who do not have access to culturally, linguistically, and religiously competent healthcare.

Population: Islamic Community of Tucson.

Students' Roles: supervised by attending and resident physicians, students perform patient interviews and physical examinations.

When: Fridays, 2-4pm – for dates, check Signup.com.

Where: Islamic Community Center of Tucson.

Other specifics: Dress professionally. Bring your stethoscope.

Refugee Clinic

General Description: The Refugee Clinic aims to provide high quality care to refugees in the Tucson area. The clinic understands that refugees, especially those who are still learning English, have specific needs that are oftentimes not adequately met. The clinic aims to provide them with high quality care, as well as teach medical students about the challenges and rewards of that given population.

Objectives: To serve the refugee community in Tucson; to learn about their specific needs; to learn about the challenges and rewards that come with working with that community, including how to use translational services.

Population: Refugees from around the world living in Tucson

Students' Roles: To assist Family Medicine physicians by interviewing patients and reporting back to the residents; to learn from the residents with regards to providing patients with a high standard of care

When: For dates, check Signup.com.

Where: Banner UMC-South Campus, Abrams Family Medicine Clinic – 3950 S. Country Club Rd, Suite 130

Other specifics: Dress professionally. Bring your stethoscope.

Street Medicine CUP Clinic-Tucson

General Description: Our goal is to provide a mobile support and basic healthcare operation to the population experiencing homelessness in Tucson. This program will be a collaborative effort between the College of Medicine and undergraduates that will allow for both sets of students to observe the challenges the homeless population faces in accessing healthcare. Street Medicine Tucson will be a free, non-profit clinic that focuses on triage, basic laboratory testing, basic primary physical and mental health screening, basic wound care, and referrals to other CUP Clinics.

Objectives:

- Develop the knowledge and understanding required to serve the needs of the homeless and low-income populations of Tucson.
- Observe the physical and mental challenges of living on the street, and how to treat common presentations in those populations.

Population: Individuals experiencing homelessness, as well as low-income populations of Tucson.

Students' Roles:

- Undergraduate roles: Students will assist in a "Health Navigator" role. They will present the clinic to the patient and help the patient fill out an optional questionnaire that provides socioeconomic information for our records, notice of privacy practices, and consent to treat. Undergraduate students, along with medical students, will triage the patient, obtaining their chief complaint and vitals.
- Medical Students: As mentioned above, medical students will assist in the triage process. Medical students will also obtain a medical history and physical exam as needed for the chief complaint. Students will screen them for any health concerns, including vision problems, mental health issues using a template provided by the physician and triage patients. They will also provide routine physical/ mental health screenings and present their notes to the presiding physician. Students will be available to undergraduates who are interested in medicine for guidance and mentoring.

When: The clinic would take place one evening every month.

Where: We will bring the clinic to Sister Jose Women's Shelter, an area for the population experiencing homelessness in Tucson.

Other specifics: For medical students, dress professionally or in scrubs. Please bring stethoscope, student ID and laptop/iPad. For undergraduates, UA apparel with closed toed shoes.

Non-Clinical Programs (21)

AMWA Outreach Program

General Description: AMWA outreach holds preventive health events focused on women and children. This includes monthly presentative health workshops at Emerge! Center Against Domestic Abuse sites. Preventive health workshops provide education regarding

stress management, diet & nutrition, healthcare access, women's & sexual health, infant & child health.

Objectives: To provide preventive health information for women in the Tucson community who are underserved or who cannot access this information due to circumstances such as domestic abuse. To provide management support to women so that they can maintain their general and sexual health and the health of their families. To provide information on community resources that are available to women of the Tucson community for health and healthcare related needs.

Population: Women, men, and children who receive housing, prevention, education, support, and advocacy services from Emerge! Center Against Domestic Abuse.

Students' Roles: Student will be leading a workshop that may include a short presentation, discussion, or other relevant exercises that pertain to the workshop's preventive health topics.

When: For dates, check Signup.com. The workshops will happen once a month.

Where: The workshops will take place at one of several Emerge! Shelters, transitional housing sites, or community-based sites in Tucson. The workshop will be held at a different site each month. The address of that month's site will be provided to the students who sign up prior to the event date.

Other specifics: See Signup.com for dress recommendations.

Arizona Diabetes Initiative (ADI)

General Description: ADI raises awareness and resources for those living with all types of diabetes and their families and friends in the Southern Arizona community. We do this through the generosity of student volunteers at the undergraduate and graduate level at The University of Arizona - Tucson.

Objectives: Educate Southern Arizona community members on the types of diabetes, prevention strategies, and common misconceptions through community events and high school presentations. Foster a space for those living with or interested in diabetes to make connections and learn from each other and guest speakers.

Population: People in Southern Arizona living with diabetes, their families, and high school students in courses or with interests related to healthcare and/or public health.

Students' Roles: Attend guest speaker presentations, speak at high schools, attend community events with families of people with diabetes.

When: General meetings once a month. Roughly 1 high school presentation every 102 months. One community event every 1-2 months.

Where: COM-T lecture hall, local high schools, local parks (for community events).

Art Works

General Description: The medical students became involved with this art therapy program for developmentally disabled adults in 2004.

Objectives:

- practice communication skills needed when working with developmentally disabled adults

- demonstrate comfort and understanding when working with people with developmental disabilities

Population: The adults are clients of the Art Works program of the Department of Family and Community Medicine.

Student Roles: The student is paired with a client and the main goal is to work with the client and participate in the art or music.

When: Usually during lunch hour; decided in conjunction with Art Work's director after the formal training.

Where: The colorful Art Works building at 1503 E. Helen St.

Other specifics: Casual attire.

Christ The Good Shepard Mission

General Description: This is a club geared towards serving the homeless/underserved communities in Tucson.

Objectives: Provide services for the underserved homeless population in Tucson. Care packages, food, and water will be arranged and handed out to those in need.

Population: Homeless, unsheltered.

Student Roles: Prepare food and serve.

When: For dates, check Signup.com.

Where: St. John the Beloved for preparations and parks nearby for handing out.

Other specifics: See Signup.com for dress recommendations.

Food RX

General Description: The Community Food Bank helps medical students better understand the workings of the food bank and connect with the health disparities such as food insecurity that some patients live with. Students will sign up for shifts to help assemble food boxes and pursue other volunteer positions within the food bank as they are able.

Objectives:

- Connect students with community resources that patients might use
- Improve student appreciation for health disparities in our community
- Assist the food bank by helping to assemble food boxes for community members.

Students' Roles: Assist with food box assembly and other volunteer roles at the food bank as students choose. Students may sign up for shifts as they are able or make longer term commitments to the food bank if they choose.

When: Saturday mornings for at least 3 hours, as well as flexible hours based on student availability and level of commitment.

Where: Community Food Bank, 3003 S. Country Club Road

Other specifics:

- Students will need to fill out a one-time volunteer application with the Food Bank so that they can volunteer. (link: www.communityfoodbank.org/volunteer)
- Students will give at least three days' notice to come in on Saturday to help in the pantry and with food box assembly.

- Students may volunteer in any department they wish providing they meet the requirements and are able to maintain their commitment to the food bank.
- Students can request their hours via email from the food bank.
- Students will report their hours to Food Rx/CUP leadership at the end of each month and will be responsible for adding their hours to the google doc and forwarding their email from the food bank to club leadership for confirmation.

JAWS/AAWS Adaptive Athletics – Juniors/Adults Active in Wheelchair Sports

General Description: The goal is to involve children and adults with disabilities in a variety of wheelchair sports including basketball, rugby, swimming, track, and baseball thereby improving self-esteem and ultimately promoting social interaction and healthy lifestyles. Through this interaction medical students gain insight into the strengths of and challenges faced by children and adults with disabilities, in addition to positively impacting these people's lives.

Objectives:

- employ adaptive athletic skills and techniques
- develop communication skills for use with children

Population: Children and adults with physical disabilities that confine them to wheelchairs.

Students' Roles: Students participate in a variety of wheelchair sports with children and adults.

When: Saturdays at 10:00 am – 12 noon.

Where: Northwest Neighborhood Center, 2160 N, 6th Avenue, just south of Grant Road and specific events out in the community.

Other specifics: For dates, check Signup.com. Athletic attire.

MedCat Companions

General Description: Medical students are well-suited to provide companionship and engagement with patients to combat feelings of loneliness, improve patient satisfaction, and foster healthcare team-patient relationships. Student coordinators will identify consenting patients interested in having a medical student visit them during their stay in the hospital.

Objectives: The purpose of the program is to decrease hospital patients' loneliness, to improve hospital patient satisfaction, and to connect future physicians and patients beyond medicine.

Population: Hospital patients may lack access to emotional support for various reasons; for example, some patients do not have family and friends in the local area who can visit often; some patients' family members and friends need help watching over their loved ones while they go eat at the cafeteria; many patients do not have the mobility to seek company. In addition to caregiver limitations, hospital staffing is increasingly restricted due to economic and administrative constraints, often leaving patients with inadequate emotional and social support. Given these constrictions, hospitalized patients present a uniquely underserved population within the UACOM-Tucson community.

Students' Roles: Medical student volunteers will sign up for shifts on Signup.com and provide hospital patients companionship by offering to talk and be present with them sometime during their stay. Students will not provide medical advice during the visit.

When: The schedule will be determined by student coordinators and based on patient request.

Where: Banner UMC (Signup.com will include Department specifics.)

Other Specifics: Please dress professionally.

MedPride

General Description: A student organization serving the LGBTQ+ community.

Objectives: Promote the health and wellness of the LGBTQ+ community through education and advocacy.

Population: LGBTQ+

Students' Roles: Volunteer, Ally, Community Member

When: For dates, check Signup.com.

Where: Various local organizations like the Southern Arizona AIDS Foundation (SAAF).

Other specifics: See Signup.com for dress recommendations.

Med Teach

General Description: Medical students teach anatomy and physiology of the heart and eye in the middle and high schools of disadvantaged school systems, through dissection of sheep hearts and eyes. The medical students also serve as role models for this population. Med Teach greatly enhances the science class experience, through hands-on activities.

Objectives:

- demonstrate gross dissection techniques
- display effective teaching techniques about heart health, heart disease, eye function and eye disease
- perform effective communication with teens
- exhibit knowledge of and foster interest in various health careers

Population: Programs are offered in disadvantaged schools in Tucson and Southern Arizona.

Students' Roles: Students teach the middle/high school students how to dissect sheep hearts and eyes, identify anatomical parts, and discuss their functions. They also encourage students to consider a career in healthcare.

When: The schedule is determined by the Med Teach student leader. Each experience usually takes place in a single morning or afternoon on a weekday, but occasionally there are day trip opportunities. Supplies are housed within the CUP Clinic, room 2304.

Where: Look for location information on Signup.com.

Other specifics: Dress professionally. Must attend training prior to signing up.

Pima Juvenile Education Program

General Description: Collaborations with El Rio Community Health Center helped establish this health education program at the Pima County Jail in 2005. Medical students talk with inmates about various health & lifestyle topics.

Objectives:

- exhibit clear and effective communication skills while communicating health information

Population: Juvenile and adult inmates, both male and female.

Student Roles: Students interact with the inmates about the health and lifestyle topics they present.

When: First and last Tuesday of every month from 6-8 p.m.; sign up on Signup.com.

Where: Pima County Minimum Security Jail, 1300 W. Silverlake Road in the women's jail and the men's jail, and Pima County Juvenile Detention Center, 2225 E. Ajo Way.

Other specifics: Must attend training and get fingerprint and clearance. Professional attire—NO JEANS!

Respiratory Fit Team

General Description: In-house fit test program for medical students by medical students.

Objectives: Provide N95/PAPR fit testing to medical students.

Population: Clerkship, Transition to Residency, and RHPP first year students.

Student Roles: Students fit test their peers in pre-arranged sessions.

When: During Transition to Clerkship, Intersessions 1, and just prior to summer rotations of RHPP first year class.

Where: HSIB or College of Medicine MDL rooms.

Other specifics: Must complete OSHA form to be cleared by Campus Health prior to session as well as review the OSHA videos and facial hair chart.

SHINE – Students Helping In-Need Elderly

General Description: Medical students work in an inter-professional team to gain experience working with the elderly.

Objectives: To provide authentic resident-centered inter-professional geriatric education and training within the St. Luke's Home practice setting, resulting in enhanced St. Luke's Home Elder health and well-being, and future providers who are collaboration-ready and better prepared to care for older adults.

Population: Elderly residents at care facility.

Students' Roles: Participate as part of an inter-professional healthcare team covering various healthcare topics and regular social events to provide engagement between Elders, students, and care partners.

When: Clinics are held monthly from September through April, typically the morning of the 2nd Saturday of the month. Social event dates and times vary, but typically at least 2 per year in the evening. See Signup.com for more information.

Where: St. Luke's Home 615 E Adams St, Tucson, AZ.

Other specifics: See Signup.com for dress recommendations.

Special Olympics Program

General Description: This CUP club aims to educate and serve individuals with intellectual and developmental disabilities (IDD) by pairing UA COM-T medical students with Special Olympics athletes in a one-to-one “buddy” relationship for one to four years. This will provide mentoring in social, health, and fitness areas for the athletes, and provide medical students the exposure and training to improve their comfort and competence in working with patients with IDD.

Objectives:

- Through the MDM-Special Olympics Buddies Project
 - Provide Arizona Special Olympics athletes with intellectual and developmental disabilities information and mentoring in social and physical health.
 - Provide medical students the opportunities to learn how to care for this population of individuals.
- Through MDM lectures and events, educate and inform the COM community about health disparities for people with IDD and approaches to addressing these disparities.

Population: Individuals with intellectual and developmental disabilities.

Student Roles:

- Interested medical students will be paired with a Special Olympics participant and will meet with them via zoom or in person once a month to discuss topics about health such as fitness/exercise, diet, mental health, social relationships, and more.
- Interested medical students will pair with Special Olympics athlete leaders to provide health education to athletes during two Special Olympics sports events which occur in Tucson every spring.
- Interested medical students will engage in MDM-sponsored lectures and events throughout the year.

When: For dates, check Signup.com.

Where: Meetings between the medical students and Special Olympics participants can be held in person or through zoom, pending state guidelines on COVID. Lectures and other activities can be held in person in a classroom or through zoom as well.

Other specifics: See Signup.com for dress recommendations.

STAT – Students Together Against Trafficking

General Description: CUP involvement in STAT began in 2015. STAT is a CUP program focused on the prevention of human trafficking in Tucson and Phoenix. It is estimated that 100,000 US children are trafficked annually. The average age a child enters into sex slavery is 13. 30% of runaways are approached by traffickers within 48 hours. Statistically, some 300 runaway girls in Tucson will be approached by traffickers just this year. 6-10 minors are arrested annually in Pima County for prostitution, and only 1% of the girls who experience sex trafficking receive help. In addition to prevention, our goals are to raise awareness and inspire action against trafficking in our community.

We will be partnering with a local organization, Sold No More, as well as Streetlight USA to this end.

Objectives:

- Raise awareness of human trafficking in Tucson, as well as in other regions of Arizona
- Educate students in schools about the realities of trafficking
- Educate medical students about recognizing the signs of trafficking in patients
- Provide support and mentorship to trafficking victims

Student' Roles: There a variety of ways that medical students can be involved some of which include:

- Fundraising and event planning
- Office support and data entry with Sold No More
- AWARE teacher assistance – help instructors from AWARE lead classroom presentations for middle and high school students in Tucson
- Streetlight USA – volunteer at the Safe House for trafficked minors in a variety of ways, such as mentoring, nutrition classes, etc

When: These events would occur throughout the semester and would be posted on Signup.com.

Where: The seminar series will occur on campus, and we will have other events in middle schools and throughout Tucson and Phoenix.

Sun Protection Outreach

General Description: Medical students teach sun safety and skin cancer prevention to elementary school children, through interactive discussions and activities, using material from the EPA's SunWise curriculum.

Objectives:

- Express the importance of sun safety and skin cancer prevention in Arizona
- Demonstrate methods to reduce the risk of skin cancer
- Demonstrate effective ways to communicate health information to children

Population: Children in elementary schools in lower socioeconomic areas.

Students' Roles: Students teach sun safety and skin cancer prevention.

When: The schedule is determined by the Sun Smarts student leaders. Each experience usually takes place in a single morning or afternoon on a weekday.

Where: Look for locations on individual sign-up sheets.

Other specifics: Dress professionally.

Teach4Kids

General Description: Medical students will partner with Teach4Kids, a non-profit organization at Banner University Medical Care. Through this organization, medical students will teach science projects and lessons to hospitalized children at Banner so they can keep engaging with school material.

Objectives: The Teach4Kids program currently has a limited number of volunteers to provide these services to the community. Medical students would provide a pool of volunteers who have the knowledge base to appropriately conduct these lessons and the empathy and understanding to connect with hospitalized children. With this partnership, Teach4Kids will likely be able to expand and include more children into the program, while medical students will be able to explore their interests in teaching and pediatrics. Most importantly, the children will be able to have a fun experience engaging with school material and learning.

Population: Pediatric patients at Banner University Medical Care.

Students' Roles: Medical students will teach age-appropriate lessons and conduct science experiments approved and provided by the Teach4Kids organization to children facing long-term hospitalization at Banner University Medical Care. These lessons will initially be taught at the bedside with the intent to transition the lessons to the Diamond Children's Play Zone currently under construction. The students will also have the opportunity to help create lesson plans and instructional videos in conjunction with Teach4Kids staff to increase the selection of materials available.

When: For dates, check Signup.com.

Where: Banner University Medical Care, Tucson.

Other specifics: See MedCats for dress recommendations.

Team Hoyt Arizona

General Description: In partnership with its Tucson chapter, UACOM volunteers will serve with Team Hoyt Arizona which provides opportunities for children with physical disabilities to participate in local running events. Students will support assisted athletes and push them in local endurance races. Runners of all abilities are welcome.

Objectives:

- Provide opportunities for assisted athletes to participate in community endurance events
- Raise awareness of inclusion by pairing athletes of differing abilities
- Promote the Team Hoyt motto, "Yes, You Can!"

Population: Children with physical disabilities who wish to participate in local running events.

Students' Roles: Student volunteers serve by supporting assisted athletes in endurance races, ranging in distance from 1k to 26.2 miles. In teams of two to four, students take turns guiding assisted athletes in strollers through the racecourse and across the finish line. Participants have a required fundraising amount for each race, usually around \$20, to pay for their discounted race registration.

When: Usually Saturday or Sunday mornings, depending on the Team Hoyt racing calendar. For dates, check Signup.com.

Where: For locations, check Signup.com.

Other specifics: Comfortable workout attire and running shoes. You may be provided with a Team Hoyt shirt to use in racing events.

THE MAZE – Teen Healthcare Education and Mentorship, An AZ Effort

General Description: THE MAZE is a mentorship program aimed at assisting underrepresented and/or disadvantaged high school students attempting to navigate the proverbial “maze” of medical education by connecting the students with mentors in the medical field to assist in the process of applying to medical school or other careers in healthcare. Historically, students in these underrepresented or disadvantaged groups have difficulty connecting with physician mentors to help guide them through the complex process of applying to medical school, gaining shadowing experience and at the most basic level, garnering exposure to healthcare careers, and this program aims to help mitigate this issue. The mentors will consist of medical students, physicians, and other working professionals in healthcare who will participate in educational lectures, presentations and workshops aimed at the students to pique and maintain interest in this field.

Objectives:

- Providing direct access to medical students, physicians and other healthcare workers to help guide and answer questions the students may have about the process of applying to medical school
- Give educational lectures, presentations, and workshops to high school students interested in medicine
- Help establish confidence in underrepresented and disadvantaged high school students and show that they can both pursue higher education and be successful

Population: Underrepresented and disadvantaged high school students at Rincon High School.

Students’ Roles: Medical students will provide knowledge, guidance, and education opportunities to high school students regarding a wide variety of topics related to the process of applying to medical school including: the application process for college, the FAFSA application, undergraduate studies and medical school prerequisites, and, finally medical school admissions.

When: The first Monday of every month, 7:30am -8:30am

Where: Rincon High School, room TBA

Other specifics: If enough mentors are available, the mentorship will expand to Tucson High and Amphi high school students.

TREE – Tucson Refugee Education and Empowerment

General Description: We provide educational assistance to children and adults at their residence. They, in turn, teach us about their culture and welcome us into their home.

Objectives: To educate and empower refugee families

Population: Refugees and Asylum Seekers in Tucson

Students’ Roles: Tutoring children or adults in small groups based on their needs that week. This often entails helping children with their homework. Students must be willing to volunteer weekly or bimonthly and will be assigned a student before being able to register for events on Signup.com.

When: Saturdays, 11:30am – 1pm

Where: Desert Courtyard Apartments, 1411 N. Alvernon Way, Tucson, AZ 85712

Other specifics: Many of the communities that we serve come from more conservative cultures. Please dress accordingly.

Tucson High/UA Mentorship Program

General Description: Mentorship program for Tucson High students and pre-health undergraduates at the UofA.

Objectives:

- To inform the high school students about healthcare professions and encourage them to seek further education after high school.
- To help undergraduate students learn and apply to medical school or other post-bach programs.

Population: Underserved students at Tucson High Magnet school and pre-health undergraduates at UofA.

Students' Roles: To plan and schedule monthly events, recruit 1st and 2nd year students to serve as mentors and communicate with the science teachers at Tucson High to recruit the mentees.

When: For dates, check Signup.com.

Where: 1st meeting is at Tucson High School. Further meetings are at the COM-Tucson.

Other specifics: See Signup.com for dress recommendations.

UA ACTION (Assisting Communities Through Involvement and Outreach in Nature))

General Description: This program is hosted by Mission Garden, a site managed by Friends of Tucson's Birthplace. It provides an opportunity for students to serve the Tucson community through gardening activities, historical preservation, and interprofessional collaboration.

Objectives: To engage students in community service, enhance interprofessional experiences, and contribute to the preservation of tribal history and local agriculture.

Population: Tucson community members, including native populations during tribal-centered events.

Students' Roles:

- Growing, pruning, and harvesting plants
- Processing garden products in the kitchen
- Engaging with native populations during events
- Selling products at the farmer's market
- Assisting in the gift shop
- Giving tours to visitors

When: Once a month and/or during garden events.

Where: Mission Garden, Tucson, AZ

Other specifics: Wear comfortable clothing suitable for outdoor work, including hats and closed-toe shoes.

UA Hope (Health literacy, Outreach, Prevention, and Engagement)

General Description: Medical students collaborate with community groups (Promotoras, El Rio Health, etc.) to address specific needs in cancer care unique to each underserved community.

Objectives: To address the needs of underserved cancer patients and their families.

Population: Underserved cancer patients in Tucson and the surrounding region.

Students' Roles: Organize events, fundraisers, access to screening, transportation, and educational workshops

When: For dates, check Signup.com.

Where: See Signup.com

Other specifics: See Signup.com for dress recommendations.