

# AHEC EXCHANGE

Quarterly Newsletter for Southern NH AHEC



## Monadnock Youth Exposition

In November, AHEC participated in the Health Career Exploration Fair organized by the Monadnock Sector Partnerships Initiative. The event was designed to introduce high school students to a range of career opportunities available in the health care field.

The expo featured thirteen tables representing colleges, apprenticeship programs, and health care employers from across New Hampshire. A total of 182 students attended, and feedback was overwhelmingly positive. Students reported that they found the event to be excellent and appreciated the opportunity to learn about health care careers and engage directly with presenters.

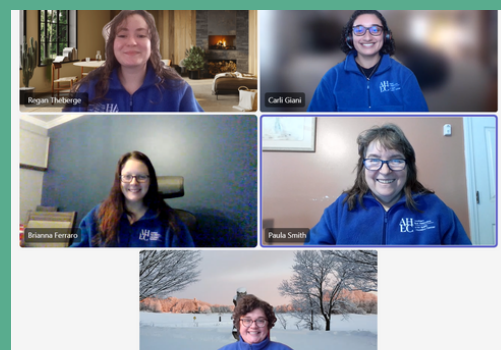
Students identified their top areas of interest as nursing; EMT/paramedic roles; physical or occupational therapy; and physician or physician assistant careers.



Vendors at Keene High School.

## What is SNHAHEC up to?

- Released the NH 2025 Preceptor Recognition Awards.
- Attended Oral Health Coalition Annual Meeting and Fiscal Policy Institute Conference.
- Conducted Chronic Disease New Leader Training and Diabetes Self Management Crossover.



AHEC team in their fleeces.



## 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.



# Interpretation Class Updates

This fall, our Interpretation Training Class was a dynamic and engaging experience focused on building real-world skills, confidence, and professionalism in the field of interpretation. Through interactive lessons, guided practice, and supportive instruction, students strengthened their language abilities, learned effective interpreting techniques, and gained a deeper understanding of the role and responsibility of an interpreter.

In the spring, our 64-hour, online Health Care & Community Interpretation Training will begin in March 3rd, and we would love to connect with anyone interested in learning more about the program or pursuing a career in interpretation. Feel free to reach out with questions or for additional details: [Srivera@snhahec.org](mailto:Srivera@snhahec.org)



Interpretation fall 2025 graduating members with certificates.

# WBAN Tool Kit

WBAN is presenting a new way to participate in Self-Management classes. If you have a busy schedule or work better on your own, this is for you. Introducing Self-Management Toolkits, a self-directed version of our popular Chronic Pain, Chronic Disease, and Diabetes classes.

The toolkit includes a textbook, workbook, and optional 6 week sessions of 1 hour live instruction. This is the perfect way to start your new year and take charge of your health!

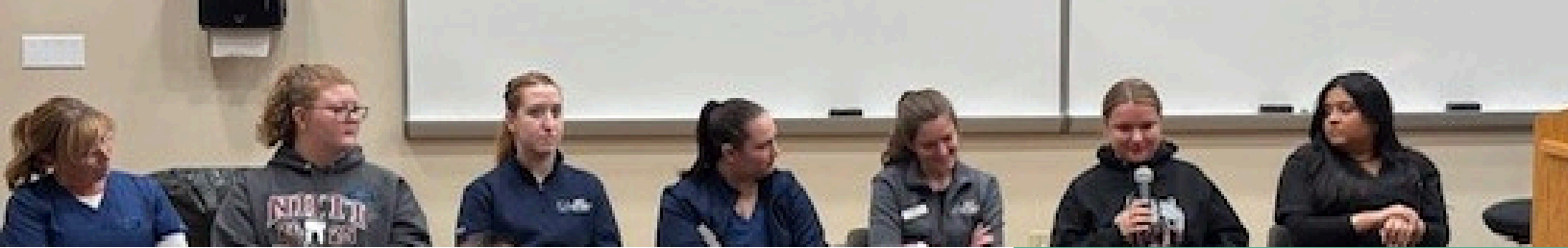
[Sign up to receive a self-management toolkit here.](#)

# “Beyond the Usual” Conference Presentation

Colleagues Marcy Doyle from University of NH Institute for Health Policy & Practice and AHEC’s Kris van Bergen and Paula Smith joined together at the New England Rural Health Association conference in Mystic, CT. The trio talked about how strategic investment in the health care workforce is critical to ensuring effective care. Developing meaningful partnerships is a strategy to help meet workforce demands and braiding funding can help limited funding go further. Collaboration on workforce policy, data collection and workforce development programming all contribute to the building of a robust health care workforce.



Paula, Marcy, and Kris after presenting.



## Pathways to Smiles

The Pathways to Smiles program was energizing and impactful. Between Pathways to Smiles and Summer Camps, we had 87 different students who explored oral health. In partnership with NHTI Community College in Concord, we hosted a hands-on field trip where 37 students immersed themselves in the world of oral health. Paired with two lively Zoom sessions, the experience introduced them to smart oral-hygiene habits starting with flossing before brushing and many were excited to bring these new skills home to their families.

From practicing proper brushing to building teeth models and even carving a tooth out of soap, students dove into every activity with curiosity and creativity. As the day progressed, many began to picture themselves in these careers, especially after hearing from a panel of NHTI dental students who answered thoughtful questions from the high-school participants. Most importantly, students discovered the wide range of oral-health career pathways available right here in New Hampshire, opening doors to futures they may not have known existed.



High school and dental students at field trip to NH Technology Institute.

We were thrilled to partner with the MPH Program at the Geisel School of Medicine to have Snehal Gupta, MPH Candidate, do her internship with us helping to manage this project. Jodi and Snehal were invited to highlight the project's success as a "Bright Spot" at the NH Oral Health Coalition Annual Forum on December 5th.



Jodi and Snehal presenting at NH Oral Health Coalition.

## Well-Being Action Network Corner



We held our bi-annual WBAN Leader's Network Meeting in December where we welcomed 12 newly trained leaders to the network. Guest speakers from the UNH Institute of Disability presented about strategies for leaders to engage all people in their recruitment efforts to help make sure we reach all Granite Staters in these workshops. These network meetings are a chance for leaders to connect and share what's going on in their workshops and how they can work together to grow the reach of the network.



In 2025, WBAN offered 18 self-management classes, had 136 evidence based workshop participants and 900 Walk With Ease participants.



Check back in April for the next edition of the AHEC Exchange