NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
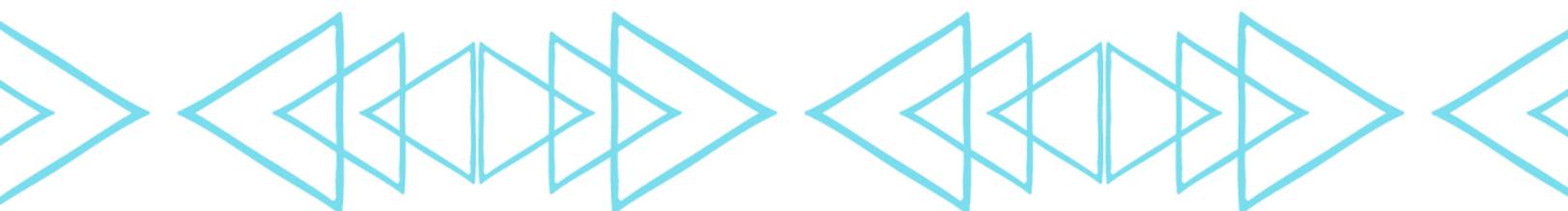*Indian Leadership for Indian Health*

TRIBAL HEALTH
PATHWAYS

OUR
GOAL

We aim to inspire Native youth and young adults to pursue careers in public health and healthcare so they can care for their communities.

WE INSPIRE

make
your
own
path.

USING THIS GUIDE TO FIND YOUR PATH

This guide features opportunities for Native middle school, high school, and college students who may be interested in exploring careers in healthcare and public health.

Who can use this guide?
Teachers, students, mentors, parents. or any caring adult

What's your path?
Check out programs in medicine, nursing, public health, laboratory science, or research and find your path!

What's inside?
Programs are organized into three chapters: middle school, high school, and college/graduate. Each chapter is further organized into regions, depending on where the opportunity is located.

GUIDE
SET-UP

How to find your way in this guide?

Programs are **color-coded,** so you can easily know what educational level you are in. The color schemes for each chapter are shown in the key to the right.

Information in this guide

We have included important program details like location, format, costs, and a brief description. You can also go to the program website by clicking on the program name. Here is a sample of what you'll find:

KEY

MS
middle school programs in all regions

HS
pacific nw, west, & national high school programs

CG
pacific nw, west, & national programs for college/graduate students

hyperlink ⟹ **Dream Catcher Program**
Format: In-person
Location: Northern Arizona University (Flagstaff, AZ)
important details ⟹ **Duration:** One full day
Cost: Free
Description: One day program introducing AI middle school students to various health care careers. Note: website is currently being updated to reflect the Dream Catcher program.
Deadline: None specified

BELIEVE

YOU CAN !

HIGH SCHOOL
PROGRAMS

CampBio Med
Format: In-person
Location: Whitworth University (June 24-28 2024) and Seattle Pacific University (July 8-Aug 16).
Duration: One week summer camps
Cost: $695 for non-members and $625 for employees of member institutions (scholarships available)
Description: For 9th-12th graders interested in biomedical or health science careers. Students can choose from six tracks: molecular biology, genetic engineering, bioinformatics, microbiology, forensic science, and global health. Not AI/AN-specific, but emphasis on underrepresented populations in the biomedical sciences. Scholarships are available.
Deadline: Not specified

Fred Hutch Coding for Cancer
Format: Virtual
Duration: Four weeks
Location: Virtual
Cost: Free; $1000 award upon successful completion
Description: For 11th and 12th graders (preferably WA residents), this course will teach the R programming language and environment. No prior knowledge is required. Interested youth will connect with computational biologists, participate in hands-on activities, and learn how to use computational methods for cancer research. Not specific to AI/AN, but applications for underrepresented youth are encouraged.
Deadline: Closed for 2024

Fred Hutch Pathways Research Explorers
Format: In-person
Duration: Two weeks (July or August sessions)
Location: Fred Hutch Cancer Center (Seattle, WA)
Cost: Free; $500 stipend
Description: For students entering 10th or 11th grade in the fall, this program introduces youth to diverse areas of biomedical research at Fred Hutch. Youth will conduct hands-on activities, tour labs, meet students and scientists at varying career stages, and receive advice on biomedical research careers. Not specific to AI/AN, but applications for underrepresented youth are encouraged.

Deadline: Closed for 2024

Fred Hutch Summer High School Internship Program
Format: In-person
Duration: Eight weeks (June 24-Aug 16, 2024)
Location: Fred Hutch Cancer Center (Seattle, WA)
Cost: Free; Interns are paid
Description: This competitive internship for youth entering 11th and 12th grades begins with two weeks of hands on training in Fred Hutch labs followed by six weeks of mentored activities. Interns also participate in seminars, career/college workshops, and social activities. Not specific to AI/AN but underrepresented groups are highly encouraged to apply.
Deadline: Closed for 2024

Knight Scholars Program
Format: In-person
Location: Portland, OR (OHSU)
Duration: One week (July 28-Aug 3, 2024)
Cost: Free; hotel & travel covered; stipends
Description: The goal of the program is to spark interest in cancer research careers. This program is designed for students from underrepresented communities. Not specific to AI/AN.
Deadline: March 4, 2024

MedQuest Frontier
Format: In-person
Location: Crane High School. Camp is located in Crane & Burns, OR
Duration: 5 night, 4 day camp (June 3-7, 2024)
Cost: $25 deposit; $300. Scholarships available
Description: Designed rural and underserved high school students (9th-12th grades) from Oregon. Youth participate in job shadowing, learn how to take vitals and other clinical skills, meet current healthcare professionals and students, and complete hands-on activities.
Deadline: March 31, 2024

MedQuest - Rural
Format: In-person
Location: Eastern Oregon University, Le Grande, OR
Duration: 6 days, 5 nights (June 17-22, 2024)
Cost: $25 deposit; $400 scholarships available
Description: Designed for rural and underserved students from Oregon. Youth participate in three job shadows, complete hands-on activities, and receive mentorship from healthcare professionals, counselors and camp staff.
Deadline: March 31, 2024

NW Native American Research Center for Health (NARCH) Public Health Research Academy
Format: Hybrid
Location: Portland (kick-off week) & virtual
Duration: One academic year
Cost: Travel to Portland & hotel covered. Students receive $2000 for research-related costs. Mentors receive $5000.
Description: Designed for AI/AN high school students (11th-12th grades). Preference given to NW tribes. Students learn about various public health research topics and complete a community-based, mentored research project at the end of the program. In-person kick off in Portland (June 2024) plus virtual sessions.
Deadline: May 1, 2024

OHSU NNACOE Tribal Health Scholars
Format: Hybrid
Location: Virtual & in-person (local health clinics & hospitals)
Duration: 14 weeks virtual + 12 hours clinical shadowing
Cost: Stipend at end of the program
Description: Designed for AI/AN high school students (9th-12th grades). Paid externship. 14 weeks virtual. Students are introduced to various professions. 12 hours of clinical shadowing. Covers a number of topics including public health professions, dental, nurses, and doctors/surgeons.
Deadline: Closed

OHSU Partnership for Scientific Inquiry (PSI)
Format: Virtual (internship can be in-person)
Location: Meets virtually every Wednesday from Feb 7-may 29, 6-8 PM (Pacific)
Duration: 16 weeks of lessons; 6-10 weeks of optional in-person internship
Cost: Free
Description: PSI introduces 10-12th graders to the scientific process, encourages their passion for science, and fosters a relationship between researchers and the local community. PSI accepts student applications from all across Oregon. Our mission is to open doors to biomedical research for students in the Portland metro community who might not have had the chance otherwise, particularly those without built-in advantages. Not specific to AI/AN, but heavy focus on representing groups who not traditionally included in biomedical sciences/research.
Deadline: January 7, 2024

OHSU University Center for Excellence in Developmental Disabilities
Format: Hybrid
Location: In-person or Virtual (depends on Center)
Duration: 8 weeks (24 hours/week)
Cost: Free; $1800 stipend paid over the course of the experience.
Description: Oregon high school (16+) or early college students can gain experience in the disability field, develop transferable skills, and learn about various career paths in health care. Not AI/AN-specific
Deadline: Closed

Oregon Institute of Technology IGNITE Immersive Summer Healthcare Career Summer Camp (no website)
Format: In-person
Location: Various high schools in Oregon & WA
Duration: One week
Cost: Free

Description: Summer Camps for underserved high school students interested in the healthcare field. The Ignite Youth Health Corps (YHC) program operates at 4 locations (Canby HS in Clackamas County, and 3 high schools in Marion/Polk/Yamhill counties TBD annually). Youth explore healthcare occupations through monthly sessions during the school day plus a paid work experience in the summer.
Contact: Penny Jahraus; Penny. Jahraus@oit.edu
Deadline: Not specified

OIT Medical Laboratory Science Medical Detectives Summer Camp (no website)
Location: Oregon Institute of Technology
Format: In-person
Duration: 4 weeks (offered Monday & Tuesday (July 8-9; July 22-2; July 29-30)
Cost: Free
Description: Learn about laboratory science. Students will discover the clinical pathology department, where they will perform hands-on lab procedures in hematology, urinalysis, clinical chemistry, transfusion medicine and microbiology. Students will compile data, assess the significance of their findings, and discuss the importance of the laboratory results in making a patient diagnosis.
Deadline: Not specified
Contact: Dawn Taylor, Dawn.Taylor@oit.edu

[**Saturday Academy - Apprenticeship in Science & Engineering (ASE)**](#)
Format: Virtual or In-person (dependent on host site)
Location: Portland, Eugene, SW Washington, Corvallis
Duration: 8 weeks/ FT summer
Cost: Free; some internships are paid.

Description: (but roughly 70% of interns are from backgrounds underrepresented in the sciences). The ASE program connects motivated 10th-12th graders interested in the sciences and engineering fields with mentors throughout Oregon and Washington. Several opportunities to work in health research or labs. Not specific to AI/AN.
Deadline: March 4, 2024

[**Ted R. Lilley Continuing Umbrella of Research Education (CURE) Program**](#)
Format: In-person
Location: Knight Cancer Institute (Portland, OR)
Duration: 8 weeks (40 hours/week)
Cost: Stipends of $11/hour (40 hrs/week)
Description: Designed for Portland area underrepresented youth, this program seeks to improve health equity by increasing participation of underserved and underrepresented minorities in biomedical research and other health-related fields. Not specific to AI/AN.
Deadline: Closed for 2024

[**University of Washington Research Training Program (RTP)**](#)
Format: In-person
Location: Seattle Children's Research Institute (Seattle, WA)
Duration: Four weeks
Cost: Stipends available
Description: For students who are historically underrepresented (with specific mention of AI/ANs), this program provides students with a solid foundation for future studies in biomedical research. Students work in a research laboratory environment at Seattle Children's Hospital and learn about biochemistry, immunotherapy, gene editing and infectious diseases. Students also participate in workshops on college readiness and career exploration. No housing offered; applicants must live within driving distance to Seattle.
Deadline: March 10, 2024

Washington State University Na-ha-shnee

Format: In-person
Location: Washington State University (Spokane, WA)
Duration: Two-week summer camp
Cost: Free. $200 stipends via pre-paid visa gift card. Students keep their chromebook.
Description: For Native American 9-12 graders, this summer camp offers courses covering a range of topics from basic science to leadership.
Deadline: Not specified

AISES Pre-College Programs - Science & Engineering Fair

Format: In-person
Location: Oklahoma State University
Duration: Two days (April 5-6, 2024)
Cost: Free
Description: Annual event for AI/AN 5th-12th graders. Not healthcare-specific, but STEM related. Event for students interested in the sciences.
Deadline: Not specified

Alaska Native Science & Engineering Program Acceleration Academy (Summer)

Format: In-person
Location: University of Alaska Anchorage
Duration: 5 weeks
Cost: Free; ANSEP covers all costs of participating in the program (tuition, fees, housing, meals, transportation)
Description: Not public health-specific, this program offers STEM programs for high school students. Students live on the UAA campus and take one or two college math or science classes which can count toward college credit. Acceleration Academy students can earn a Bachelor's degree in 5 years. All Alaska current 8-12th graders are eligible to apply
Deadline: March 8, 2024

Creighton Mini Medical School

Format: In-person
Location: Arizona and Nebraska
Duration: One weekend
Cost: $300 scholarships are available once applications are received
Description: Specifically for American Indian, rural, and underrepresented students to learn about pathways in the medical field.
Deadline: Not specified

MedStart Health Careers Program

Format: In-person
Location: University of Arizona
Duration: Six weeks
Cost: Free
Description: This summer enrichment program is designed to introduce high school students to health professions by exploring career opportunities and providing college-level coursework in English and science and math. Students will participate in lectures, health field trips, hands-on experiences in labs, and live on campus. The program was created to introduce students healthcare in rural, reservation, and economically disadvantaged areas through the recruitment and training of students from these regions. Not specific to AI/AN, but highly encouraged to apply
Deadline: February 1, 2024

Montana American Indians in Math & Science Pathways Program

Format: In-person
Location: University of Montana campus
Duration: Length varies by program (June 17 – 28, 2024)
Cost: Free
Description: Ten-day program for returning high school students interested in math & science. Program features a project-based curriculum. The goal of the MT AIMS program is to provide STEM programming for Native youth through the doctoral level.
Deadline: Not specified.

Native American Science & Engineering Program

Format: In-person
Location: University of Arizona
Duration: Year-long program. Summer experience is June 9-15
Cost: Free
Description: One year program intended to support American Indian, Alaska Native, and Native Hawaiian students interested in a career in science, technology, engineering, or math. To be eligible, students must be rising juniors and seniors in high school, an enrolled member or descendant of AI/AN or Native Hawaiian Tribe, have Completed Physics, Chemistry, & Pre-Calculus with a "C" or better, attend the summer week, and attend all other NASEP events during the year.
Deadline: March 15, 2024

NAU Cultural Academic & Research Experience (CARE) Spring Workshops

Format: Virtual or In-person.
Location: Northern Arizona University campus
Duration: Spring Workshops: 4 workshops from Feb-May.
Cost: Participants earn up to $200 for attending seminars.
Description: The goal of the CARE program is to increase the number of Native students in science, technology, engineering, math and medicine by engaging high school students in culturally relevant training. Spring workshops are designed to introduce students to different areas of STEM and to different professionals in the field.
Deadline: Closed

NAU Cultural Academic & Research Experience (CARE) Summer Program

Format: In-person
Location: Northern Arizona University campus
Duration: Eight weeks
Cost: Participants get paid $12-15/hour
Description: The goal of the CARE program is to increase the number of Native students in science, technology, engineering, math and medicine by engaging high school students in culturally relevant training. Participants will learn chemistry & laboratory techniques.
Deadline: Not specified

Stanford Medical Youth Sciences Program

Format: In-person
Location: Stanford campus
Duration: Five weeks
Cost: Free
Description: Intensive program for low income, first generation juniors in high school students who live in Northern CA. Not specific to AI/AN.
Deadline: March 15, 2024

University of Alaska Rural Health CTEPS

Format: In-person
Location: Local community & Anchorage at University of Alaska Anchorage (UAA)
Duration: Four days
Cost: Students earn college and high school credits.
Description: Hoping to inspire future Alaska rural health providers, UAA offers four courses for HS students across the state. Courses are taught by Alaska instructors and are determined by school districts across the state. Two courses are taught on UAA campus; two are taught in local communities.
Deadline: Not specified

University of Arizona Indigenous Summer Enhancement Program (ISEP)

Format: In-person
Location: Diné College, Tsaile, Arizona Campus
Duration: Eight days
Cost: Free; stipend available and room/board paid
Description: The goal of this program is to introduce American Indian students to public health research with a culturally strong approach. Rising 10th-12th graders can apply.
Deadline: March 22, 2024

University of Arizona KEYS Internship

Format: In-person
Location: Phoenix, AZ
Duration: Seven weeks
Cost: Free; students receive some transportation & meal support
Description: Training program for high school students interested in developing STEM skills. Applications must be at least 16 years old, US citizens, and have lived in Arizona for at least one year. Students receive support for meals, transportation costs, etc. The first week is an intensive learning week followed by hands-on research with a researcher and opportunity to present at final showcase. Not specific to AI/AN.
Deadline: Applications for 2025 open fall 2024

American Indian Biomedical Science Academy

Format: In-person
Location: Wake Forest University
Duration: Five days; July 14-19, 2024
Cost: Free, but parents must provide transportation to and from Wake Forest campus
Description: Summer program for North Carolina American Indian high school students. Youth will engage in inquiry-based learning through a lens of regenerative medicine. The goal of this program is to develop interest, skills, and the pursuit of health and biomedical science careers among AI youth in the North Carolina area.
Deadline: March 4, 2024

Biomedical Sciences Career Program

Format: In-person
Location: Harvard Medical School, Cambridge MA
Duration: Varies depending on program
Cost: Free
Description: Various programs designed for AI/AN, Black/African American, and Hispanic American high school students (through postdocs) in the Massachusetts area. Workshop topics include applying to college/medical school/professional schools, interviewing skills, financial aid, etc. Internship fair closes out the day. The goal of the BSCP is to inform, support, and mentor individuals from underrepresented groups about careers in medicine and the biomedical sciences.
Deadline: Not specified

Broad Summer Scholars Program

Format: In-person
Location: Broad Institute (Cambridge, MA)
Duration: Six weeks
Cost: $3600 stipend plus some reimbursement for transportation costs
Description: Designed for 12th graders (rising juniors can apply) who are interested in science careers. Not AI-AN-specific, but there is focused interest in applicants from groups underrepresented in the sciences. Students work with researchers in cancer biology, computational biology, psychiatric disease, infectious disease, etc. In addition, students

will have the opportunity to present their research in a poster. Applicants must attend a Massachusetts high school within commuting distance to the Institute.
Deadline: Closed (2025 Applications open in Nov)

CDC Museum Disease Detective Camp

Format: In-person
Location: Atlanta, GA (CDC)
Duration: One week
Cost: FREE (campers need to pay for own housing & transportation to CDC)
Description: Open to high school students entering their junior or senior years. Students learn diverse topics in public health science. Not AI-specific, but individuals from underrepresented groups highly encouraged to apply.
Deadline: March 22, 2024

CDC Museum Public Health Academy Online Summer Course

Format: Format - asynchronous & synchronous
Location: Online
Duration: Four days (June 10-14, 2024)
Cost: Free
Description: Fast, paced & web-based course with synchronous and asynchronous elements intended to introduce high school students to CDC's work. Sample topics include epidemiology, public health law, laboratory science, and public health disparities. High school students who are at least 16 years old can apply. Students can expect to spend 4-5 hours/day on this week-long course. Not specific to AI/AN.
Deadline: March 22, 204

Creighton Mini Medical School

Format: In-person
Location: Arizona and Nebraska
Duration: One weekend
Cost: $300 scholarships are available once applications are received
Description: Specifically for American Indian, rural, and underrepresented students to learn about pathways in the medical field.
Deadline: Not specified

Harvard Native American Program

Format: In-person
Location: Harvard University, Cambridge MA
Duration: Three weeks
Cost: Free (all costs covered by the program)
Description: For Hopi & Fort Peck students, this immersive experience allows highly motivated students to explore topics in STEM, healthcare, neuroscience, substance abuse & addiction, medicine, and more. Year one includes a 3-week immersive, summer experience focused on introducing topics, college prep, and asking "how we can be change agents." Students who complete year one can continue in year two. Year two includes an in-depth lab experience.
Deadline: January 12, 2024

NIH Summer Internships for High School Students (HS-SIP)

Location: NIH campus (Bethesda, MD)
Duration: Summer
Cost: Stipends available
Description: Summer internship in various areas (e.g. psychology, epidemiology, biology, mathematics, chemistry, etc. Must be a US resident, 17 years or older (HS junior or senior at time of application), and enrolled at least part-time in high school. If under 18, you must live within 40 miles of the NIH campus. Not specific to AI/AN, but applications from underserved groups encouraged.
Deadline: Feb 16, 2024

NIH High School Scientific Training & Enrichment Program (Hi-STEP)

Format: In-person
Location: NIH campus (Bethesda MD)
Duration: Eight weeks: July 2- Aug 1, 2024
Cost: Free; stipends available
Description: For rising 12th graders with a 3.0 GPA or higher from schools where 30% of students are on free and reduced lunch. Applicants must live in Washington DC, Maryland, or Virginia within 40 miles of the main NIH campus in Bethesda, Maryland. Only students living with their parents or legal guardians with primary residence in the DC/Maryland/Virginia area are eligible. This is an opportunity to explore science careers & learn more about biomedical research at the NIH. Not specific to AI/AN. Applications from under-represented groups are encouraged.
Deadline: January 12, 2024

NIH Short Term Research Experience Program to Unlock Potential (STEP-UP)

Format: In-person
Location: Student choose where to work. They are encouraged to work with institutions within commuting distance to their homes.
Duration: 8-10 weeks. Start date June 6. End time decided by coordinating center.
Cost: Free; stipend: $2500
Description: Hands-on, real world research for high school students 16+ yrs old who identify as AI/AN, Black, Hispanic, Native Hawaiian, have a disability, or are from disadvantaged backgrounds. Accepted participants take an online lab training, work in a lab for 8-10 weeks during the summer, present research at an end-of-summer event, and receive mentorship beyond the program.
Deadline: February 15, 2024

Summer Research Scholars

Format: Virtual
Duration: Two weeks
Cost: Free
Description: Research program for high school students. Students complete their own research project with a mentor. Not specific to AI/AN.
Deadline: April 7, 2024

University of Minnesota Native Americans into Medicine (NAM)

Format: In-person
Location: Duluth, MN
Duration: Seven weeks (cohorts last two years)
Cost: Free
Description: Summer program for college sophomores, juniors, and seniors interested in health care careers. NAM participants learn about quantitative and qualitative research methods.
Deadline: Applications for new cohort open 2025

This generation is truly the CHANGE we need in the world.

RESOURCES
& INSPIRATION

PARTNER PROGRAMS

Our partners offer weekly text messages to support and inspire students interested in health and STEM fields.
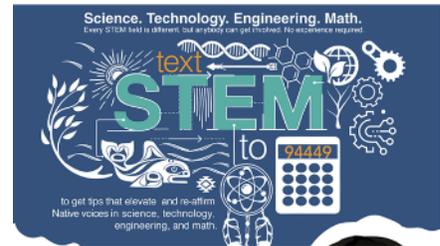
INSPIRE

People who work in public health are community protectors. To hear diverse Indigenous voices, and the pathways you can take to work in public health, **text INSPIRE to 94449**.

STEM

Our goal is to elevate and re-affirm Native voices in science, technology, engineering, and math, by connecting you to Native professionals who work in STEM fields. **Text STEM to 94449** to sign up for weekly tips and advice to support you on your journey.

HEALERS

The mission of We Are Healers is to increase the number of Native providers who go into medicine. **Text HEALERS to 94449** to receive 1-on-1 support via text message.

SUPPORT WHEN YOU NEED IT

♥ **RECEIVE CARING MESSAGES**

Sometimes, we all need a pick-me-up. Sign up to receive caring messages twice a week to lift your spirits or remind you how AWESOME you are.

13 to 24 year olds: text CARING to 65664
College students: text COLLEGE to 65664

♥ **IN CRISIS? IT'S OKAY TO ASK FOR HELP**

Text the word "NATIVE" to 741-741 and you'll be connected with a trained crisis counselor.

The service is free, confidential, and available 24/7.

Visit the **HNY website** to find more resources.

HEALTHY NATIVE YOUTH

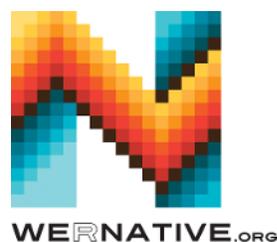# MANY

THANKS

We would like to acknowledge and thank our partners for supporting our endeavors.

WE ARE HEALERS

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HEALTHY NATIVE YOUTH

NPAIHB
Indian Leadership for Indian Health