



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

# TRIBAL HEALTH PATHWAYS



a resource guide

first edition

# 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.

# BE INSPIRED





**make  
your  
own  
path.**

# OUR TOP TRIBAL PATHWAYS PICKS

We've searched for as many opportunities as we could find so you don't have to.

CHECK OUT OUR FAVORITE LEARNING OPPORTUNITIES FOR NATIVE STUDENTS INTERESTED IN PUBLIC HEALTH OR HEALTHCARE CAREERS.

## What you'll find

These one-pagers showcase our favorite programs for Native youth & young adults. You'll find quick takes on each program. For more info, click on the program name to be directed to the program website.

**To Access the Complete Guide, Visit:**

[www.healthynativeyouth.org/resource/tribal-public-health-pathways-resource-guide](http://www.healthynativeyouth.org/resource/tribal-public-health-pathways-resource-guide)



# MIDDLE SCHOOL PROGRAMS



## OUR PICKS



PROGRAM	LOCATION	DURATION	COST
<u>Creighton Mini Medical School</u>	Nebraska or Arizona	One day, over a weekend	\$300 scholarships are available to offset costs
<u>Dream Catcher Program</u>	Northern Arizona University (Flagstaff, AZ)	One full day	Free
<u>Investigators of Science</u>	Eastern OR University (La Grande, OR)	One day	\$10.00
<u>Montana American Indians in Math &amp; Science</u>	University of MT (Missoula, MT)	One week (returning MS students) Two weeks (new MS students)	Free



# OUR TOP PICKS

## HIGH SCHOOL PROGRAMS



PROGRAM	LOCATION	DURATION	COST
<u><a href="#">MedQuest Frontier</a></u>	Crane High School (Crane & Burns, OR)	4 days, 5 nights (June 3-7, 2024)	\$25 deposit; \$300 scholarships available
<u><a href="#">MedQuest - Rural</a></u>	Eastern Oregon University (Le Grande, OR)	6 days, 5 nights (June 17-22, 2024)	\$25 deposit; \$400 scholarships available
<u><a href="#">NW NARCH Public Health Research Academy</a></u>	Portland, OR & Virtual	One year - June kick-off (in person)  Sept - May (virtual lessons)	Students receive \$2000 for research-related costs.
<u><a href="#">NAU Cultural Academic &amp; Research Experience (CARE) Summer Program</a></u>	Northern Arizona University (Flagstaff, AZ)	8 weeks (June 3 - July 26)	Participants get paid \$12-15/hour
<u><a href="#">OHSU NNACOE Tribal Health Scholars</a></u>	Virtual & in-person (local health clinics & hospitals)	14 weeks virtual + 12 hours clinical shadowing	Stipend at program end
<u><a href="#">Washington State University Na-ha-shnee Program</a></u>	Washington State University (Pullman, WA)	2 weeks	Participants receive \$200 stipends & chromebook.
<u><a href="#">University of Arizona Indigenous Summer Enhancement Program (ISEP)</a></u>	Diné College, Tsaille, Arizona Campus	8 days	Participants receive stipend & room/board

# OUR TOP 5

# COLLEGE & GRADUATE HEALTH PROGRAMS

PROGRAM	LOCATION	DURATION	COST
<b><u>NW NARCH Research Support Fellowships</u></b>	Virtual & Portland, OR (several weeks)	One year	Undergraduates receive \$20/hour (max 10 hours); Graduate fellows receive \$27/hour (max 20 hours)
<b><u>NW NARCH Tribal Researchers' Cancer Control Fellowship</u></b>	Virtual & Portland, OR (several weeks)	One year	Free to participate
<b><u>Northwest Native American Center for Excellence Wy'East Medicine</u></b>	OHSU Portland, OR	Ten months (September-June)	Tuition free; Monthly stipend
<b><u>Seattle Indian Health Board THESIS Program</u></b>	Virtual	Eight weeks (May-July)	Free; participants receive payment for participation & costs to travel to CDC for research showcase
<b><u>WSU INMED - Reimagine Indians in Medicine Pathways (RISE) Summer Academy</u></b>	Virtual & Washington State University (Spokane, WA)	Six weeks	Free

# 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,

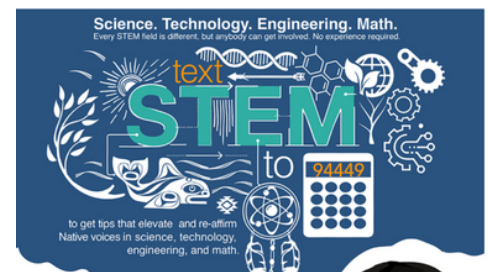
**Text INSPIRE to 94449.**



## 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.





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**We would like to acknowledge and thank  
our partners for their support.**



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