

FY 23- 24 ANNUAL REPORT

UC San Diego Community Psychiatry
Junior Psych Academy- Health Professions Pathway Program



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UC San Diego Junior
PSYCH ACADEMY



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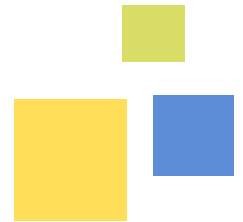
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OVERVIEW

Junior Psych Academy (JPA) is funded by the Health Care Access and Information (HCAI) grant through the Health Professional Pathways Program until 2027. HCAI and HPPP support and promote a diverse and competent behavioral health workforce in underserved communities in California.

JPA, under University of California San Diego (UCSD) Community Psychiatry Program, focuses on serving high schools and junior colleges in medically underserved areas (MUA) determined by the Health Resources and Service Administration (HRSA) to enhance current health-related curriculums and promote careers in behavioral health.

"Medically Underserved Areas (MUAs) may be a whole county or a group of contiguous counties, a group of county or civil divisions or a group of urban census tracts in which residents have a shortage of personal health services." (OSPHD, 2011)



MISSION

- Foster interest and exposure to careers in behavioral health and in the public mental health system
- Empower students to succeed in their respective goals through mentorship, comprehensive career support, training, and wellness.

"To inform and motivate minority and disadvantaged students to pursue health professional careers and provide support, encouragement, and training to minority health professionals to practice in health professional shortage areas of California." (HCAI, 2022)

GOALS

- Enroll 600 students/year across 7 high schools and 2 community colleges
- Provide educational, financial, and wraparound services
- Provide peer and faculty mentorship opportunities
- Expose student to behavioral healthcare careers
- Provide academic counseling/academic preparation
- Form institutional partnerships

OUTCOMES



In FY23-24, JPA has had the opportunity to connect with community members and foster collaborations with the San Diego Unified District, Sweetwater Union High School District, Grossmont Union District, and local community colleges. Our busiest months were Oct 2023, Dec 2023, April 2024, and May 2024.

MENTORSHIP

JPA hosted its first Nurse mentorship program, run by one of our Psychiatric Mental Health Nurse Practitioner (PMHNP) staff in June 2024. We engaged with recent Associate of Nursing (ADN) graduate students to provide career tips for pursuing a PHMHP.



EDUCATIONAL TRAININGS

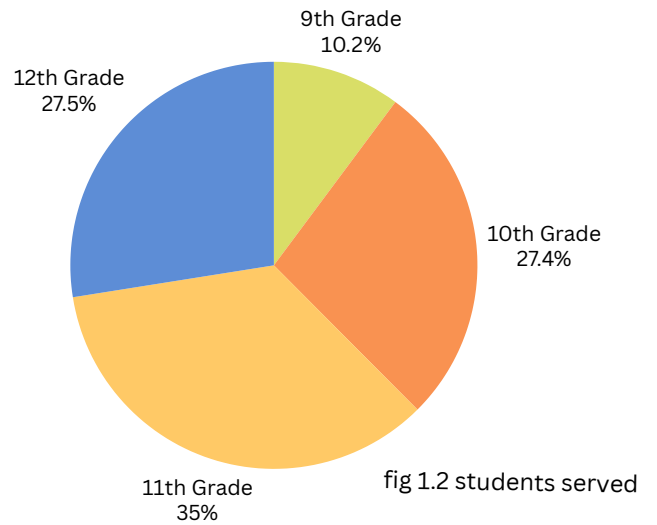
JPA has the opportunity to provide registration funding professional conferences for teachers to attend. This year, JPA , two (2) teachers to:

- National Association for School Psychologists in New Orleans
- The Society for Personality and Social Psychology in San Diego



OUTCOMES

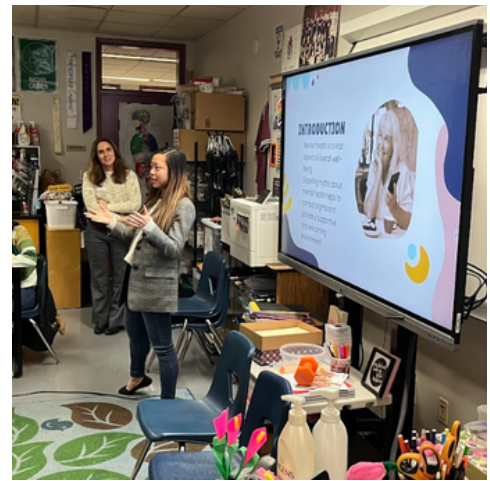
JPA served a total of 806 students through teaching health related curriculums, hosting career panels, and participating in hands-on-learning (fig 1.2 based on 694 completed surveys as not every student filled them out).



CURRICULUMS

JPA created and implemented 4 health curriculums based on the interests of our partners. Curriculum topics included:

- Comparative Neuroanatomy
- The Human Brain
- Myths about Psychiatric Medications
- Psychopharmacology of Psychiatric Medications



we had an average of **4** speakers on each career panel

CAREER PANELS

JPA hosted 8 Mental Health Career Panels in high school and community college classrooms. We had guest speakers from varying professions each panel:

- Psychiatrists
- Psychiatric Mental Health Nurse Practitioners
- Registered Nurses
- Psychologists
- Public Health Specialists
- Neuropsychologists
- Social Workers
- Marriage and Family Therapists

ACTIVITIES

With a mission to serve students, JPA was invited by our partners to participate in their school-led events to introduce high-schoolers to behavioral health careers, prepare the students for professional interviews, fund a school wide health event, and evaluate student projects. These events included:

Doc 4 A Day

Professional Mock Interviews

Project Based Learning Exhibitions

Senior Exhibition Presentations

Student-Led Self Care Annual Event



UCSD HOSTED EVENT

JPA in partnership with the Career Council, hosted students from 2 high schools to attend the 19th Annual Lewis L. Judd Young Investigators Research Symposium. Our staff created a poster bingo to make the poster session interactive for the students. The Career Council taught the students how to create a professional research poster.



TESTIMONIALS

JPA hosted a career panel for three (3) biology classes a high school and received valuable feedback from the students about the event.

“I found it really interesting when you spoke...about how you got to your position...and how it takes time and...some don't quite know there is always a second option to follow your true dreams!”

“I learned that the career I have my eye on currently may or may not be the right career path for me, but to find the right career that fits me and my interests.”

“Originally I had blindly decided that I wanted to do something healthcare related however you have encouraged me to find my own passion for entering the field, and for that I thank you very much.”

“Another thing that I learned is there are a variety of workspaces in psychology that you can work in such as schools, clinics, hospitals, etc.”

“One thing I learned from your talk was how many ways there are to help people in stressful times.”

“I found it really interesting when you spoke about myths regarding mental help, such as how prescription drugs or how drugs don't always immediately work.”

ACKNOWLEDGEMENTS

Junior Psych Academy (JPA) would like to express our appreciation to University of California San Diego (UCSD) Department of Psychiatry, UCSD Community Psychiatry Program, UCSD Psychiatric Mental Health Nurse Practitioner Student and Fellowship Program, community partners and mentors for a successful FY2023.

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