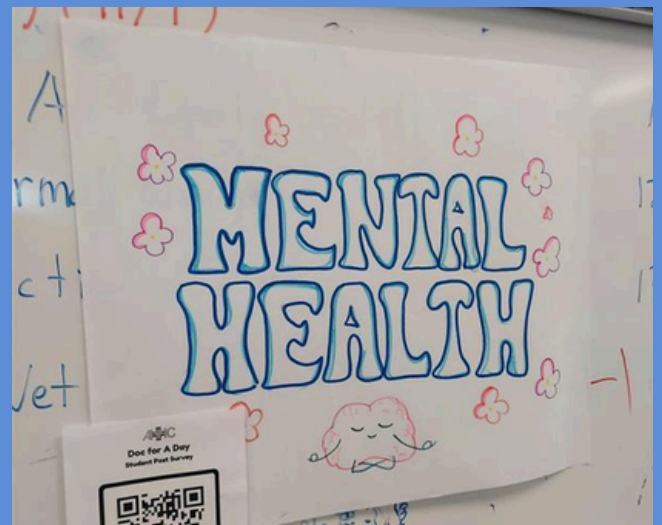


# FY 24-25 ANNUAL REPORT



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



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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 FY24-25, 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 February 2025 and March 2025. We participated in 9 events each in both months.

## MENTORSHIP

JPA expanded its mentorship program and established 4 mentor-mentee relationships. Through the program, JPA provided SAT/ACT prep to high school students and connected them with opportunities to obtain experience in their field of interest.



## EDUCATIONAL TRAININGS

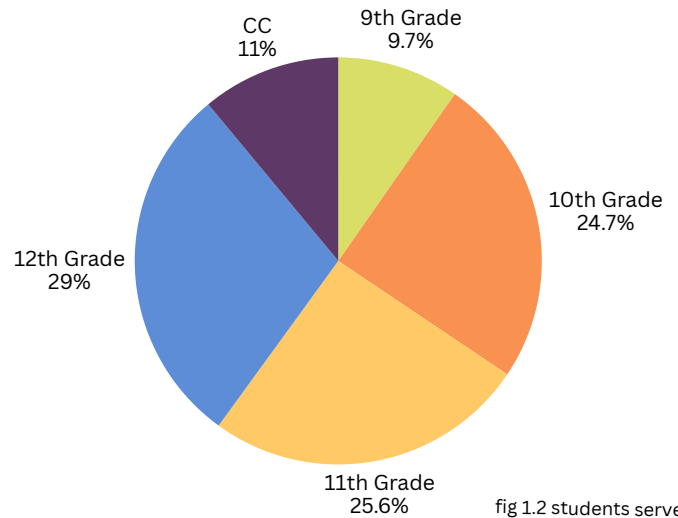
JPA has the opportunity to provide funding for various classes and training to support high school and community college students.

- 2 SAT/ACT preparatory courses
- 15 NCLEX UWorld subscriptions
- 125 mental health first aid training for both teachers and students



# OUTCOMES

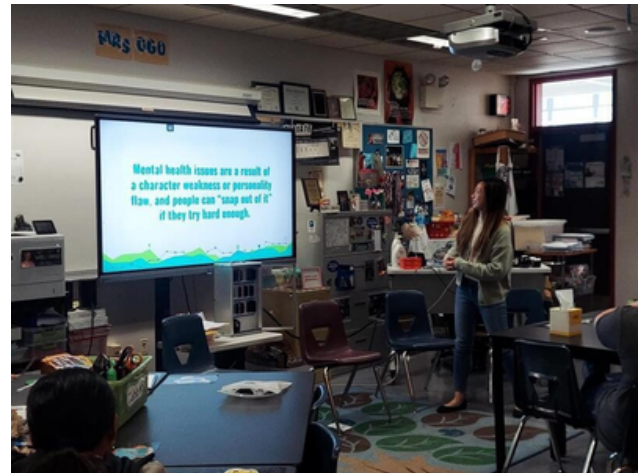
JPA served a total of 1250 students though teaching health related curriculums, hosting career panels, and participating in hands-on-learning (fig 1.2 based on 685 completed surveys as not every student filled them out).



## CURRICULUMS

JPA created and implemented 6 health curriculums based on the interests of our partners. Curriculum topics included:

- Stigma around Mental Health
- Psychopharmacology of Psychiatric Medications
- Nicotine Vaping
- Public Mental Health
- Mental Health/Nursing Careers
- Mindfulness



we had an average of **5** speakers on each career panel

## CAREER PANELS

JPA hosted 6 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**

**Resume & Cover Letter Building Workshops**



# TESTIMONIALS

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

"Hearing some of these things gave me a bit of comfort since I'm still open to learning more about different career options and not 100% set on a specific career."

"I really liked how each one of you guys talked about how it's okay to be unsure of what one wants to do after graduating. It made me feel more confident about being able to pursue a job I want and that I am not alone if I don't know what job I fully want yet."

"It's comforting to know that it doesn't take a perfect grade, extracurriculars and exceeding GPA to be as successful as you all are."

"This taught me that no matter where I end up in one year from now or five years, it won't be the defining factor of where I truly want to be."

"I enjoyed listening to how when you were going through college and stuff you didn't know what you wanted to do before finding your calling and settling on mental health which is something you enjoy and love."

"One thing that I learned from your talk was that there are many careers that I can do with the psychology degree such as continuing studying to get a higher degree or working in programs at school."

# 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 FY2024.

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