



# WELCOME BACK

December 2002  
diciembre 2002

## Welcome Back Staff

Brenda Storey  
*Director*

Naomi Marcus  
*Educational Case Manager*

Sylvia Moreno  
*Educational Case Manager*

Paul Castellano  
*Management Assistant*

Araceli Gutierrez  
*Program Assistant*

**To make an appointment with an educational case manager or to confirm class or workshop registration, please contact:**

**(415) 561-1833**

City College of San Francisco  
John Adams Campus  
1860 Hayes Street, Room 221  
San Francisco CA 94117

## Spring Office Hours

Monday  
CLOSED

Tuesday  
9 a.m. to 1 p.m. & 2 to 8 p.m.

Wednesday  
9 a.m. to 1 p.m. & 5 to 8 p.m.

Thursday  
9 a.m. to 1 p.m. & 2 to 8 p.m.

Friday  
9 a.m. to 12 noon & 2 to 5 p.m.

Saturday  
9 a.m. to 12:30 p.m.

Volume 1, Issue 7

## Greetings from the Director

As the year comes to an end, it is time for reflection on the efforts we have made and what we have accomplished towards our goals at the San Francisco Welcome Back Center.

The goal of the majority of **Physicians** that we have met is to become licensed in the United States and practice their profession. To support this goal, the Center purchased over thirty-five books and established a resource library for use by program participants. Lists of study groups by county were developed to assist physicians interested in networking with each other and one of our participants, Pablo Pinedo, established a Yahoo! chat group to facilitate communication among physicians.

Once a foreign-trained physician passes the USMLE exams and the CSA, finding a residency program can be a major challenge. This process is very competitive despite the fact that at least 25% of all residency slots in the United States are filled by foreign-trained physicians. Educa-

tional Case Managers have been assisting participants with their "personal statements" as part of their residency application and Dr. Amir Sweha, Director of Medical Education at Methodist Hospital of Sacramento, has provided valuable workshops about the process of applying for medical residencies.

At the same time, the Center has provided activities to inform Physicians and other health professionals about other health careers that can serve either as an interim step in their professional goals or as alternative careers. In May, we had a Health Careers Fair. Educators from City College of San Francisco and San Francisco State University presented information about their health programs and answered questions from participants. In November, we invited a group of foreign-trained physicians to share their experiences in choosing alternative health professions. We heard from a physician who completed a physician assistant program after completing a respiratory therapist pro-

gram; a physician who completed a self-study nursing program, a physician who attended mortuary school, a physician who became a science teacher and now is the Director of the Los Angeles Welcome Back Center, and our own founder José Ramón Fernández-Peña who chose to complete a Masters Program in Public Administration.

**Dentists** have been on a very short timeline as the laws for licensing in their profession are changing. The Center facilitated a three-month study group for dentists in preparation for the National Board Exam Part I. The Resource Library also includes specific study aids for dentistry.

The Center funded the LVN Refresher course for **Nurses** during the fall semester. Thirty-two foreign-trained nurses will be completing the course in December and taking their licensing exams early next year.



## Greetings . . .

A meeting was held for *Psychologists* and *Social Workers* to review the licensing process for their professions and give an overview of positions not requiring a license where they can use their skills and education.

The Center has also developed courses such as the "Introduction to the U.S. Health Care System" and the "Leadership in Health Series" with the goal of presenting different aspects and opportunities in the health sector.

Educational Case Managers have met individually with over 425 participants. In addition to providing an overview of the licensing process for the participants' professions, case managers counsel clients about resume writing and volunteer or employment opportunities that will support long-term professional goals. On behalf of the San Francisco Welcome Back Center Staff, Araceli, Naomi, Paul and Sylvia, we wish you the best in 2003 and the fulfillment of your professional goals in the years to come.

## Careers in Research

An interesting opportunity for our Welcome Back participants might be to pursue a career in research. The scientific community would greatly benefit from a more diverse group of researchers that have a clinical background and that have intimate knowledge of the different cultures that live in the Bay Area.

To that end, on January 30th we will be hosting a panel presentation on *Careers in Research* in health. For this event, the directors of five research centers in the San Francisco Bay Area will present to our participants the activities of their centers and will talk about how you could start a new career as a researcher in the areas of behavioral health, human sexuality, dental health, and health policy.

Rafael Díaz from the César Chávez Center at SFSU, Tom Coates from the UCSF Center for AIDS Prevention Studies (CAPS), Ed O'Neil from UCSF Center for the Health Professions, Gil Heardt from SFSU's Human Sexuality Studies Department, and Francisco Ramos-Gómez from the School of Dentistry at UCSF will be

the presenters at this event. *Careers in Research* is scheduled for Thursday, January 30, 2003, 6:00 to 9:00 p.m. in the Auditorium at CCSF John Adams Campus, 3rd Floor. To register for this event, please send email to [pcastell@ccsf.edu](mailto:pcastell@ccsf.edu) or call (415) 561-1833. Be sure to spell your full name and

## Residency Programs in U.S. for IMGs

leave a contact phone number. Dr. Amir Sweha will repeat his popular workshop "The Facts" on Saturday, February 22, from 10:00 a.m. to 12 noon at the CCSF John Adams Campus.

Dr. Sweha will address:

- Current system for residency training in California and the U.S.
- Application process for residency training
- Resources available to applicants
- Current trends for admission of International Medical Graduates

To register, please send email to [pcastell@ccsf.edu](mailto:pcastell@ccsf.edu) or call (415) 561-1833. Please note that this event is reserved for Welcome Back MDs.



**The Welcome Back Center will be CLOSED  
December 23, 2002, through January 1, 2003**



## Saludos de la Directora

Como este año se acerca a su final, es hora de reflexionar sobre los esfuerzos que hemos hecho y nuestros logros en el camino a nuestras metas en el Centro de Welcome Back de San Francisco.

La meta de la mayoría de los médicos que hemos conocido es obtener su licencia en los Estados Unidos y ejercer su profesión. Para apoyarles en su meta, el Centro ha comprado más de treinta y cinco libros y ha establecido una biblioteca para el uso de los participantes del programa.

Una vez que un médico extranjero pasa los exámenes USMLE y el CSA, el mayor desafío puede ser el lograr la admisión a un programa de residencia médica. Este proceso es muy competitivo a pesar del hecho de que al menos el 25% de las plazas de residencia son ocupadas por médicos entrenados en el extranjero.

Hemos creado listas de grupos de estudio por condado para ayudar a los médicos interesados en asociarse unos con otros y uno de nuestros participantes ha iniciado un grupo de chat para facilitar la comunicación entre los médicos.

Las consejeras académicas han estado ayudando a los participantes con sus "declaraciones personales", parte de las solicitudes de admisión y el Dr. Amir Sweha, Director de Educación Médica del Hospital Metodista de Sacramento ha presentado talleres de información acerca del proceso de solicitud de admisión a residencias médicas.

Al mismo tiempo, el centro ha proveído actividades para informar a

médicos y otros profesionales de salud acerca de otras carreras en salud que podrían servir como un paso intermedio a sus metas profesionales o como carreras alternativas. En el mes de Mayo tuvimos una Feria de Carreras en Salud. Algunos profesores de el Colegio de la Ciudad de San Francisco y de la Universidad Estatal de San Francisco presentaron información y estuvieron contestando a las preguntas de los participantes que asistieron.

En Noviembre, invitamos a un grupo de médicos entrenados en el extranjero a compartir sus experiencias para escoger carreras alternativas en el campo de la salud. Escuchamos a un médico que terminó un programa como Asistente Médico después de terminar un programa como Terapeuta Respiratorio; a un médico que terminó un programa de



estudio independiente para enfermería, a un médico que asistió a una escuela para funerarias, un médico que se convirtió en profesor de ciencia y ahora es el Director de el Centro de Welcome Back de Los Angeles y de nuestro propio fundador José Ramón Fernández-Peña quien escogió completar un programa de Maestría en Administración Pública.

Los dentistas han estado muy ocupados últimamente debido a que las leyes para obtener licencia en su profesión están a punto de cambiar. El

Centro ha facilitado un programa de estudio de tres meses para los dentistas que están preparándose para tomar la Parte 1 del Examen Nacional. La biblioteca de recursos incluye también materiales de apoyo específicos para Odontología.

El Centro proporcionó los fondos para un curso de actualización para LVN (Licensed Vocational Nurse) durante el semestre del Otoño. Treinta y dos enfermeras extranjeras habrán completado el curso en Diciembre y tomarán los exámenes para obtener su licencia al comienzo del año próximo.

Se tuvo una reunión para Psicólogos y Trabajadores Sociales para revisar el proceso de licenciamiento en sus respectivas profesiones y proporcionar un bosquejo general sobre plazas que no requieren licencia en las cuales pueden usar sus habilidades y sus conocimientos.

El Centro ha desarrollado cursos tales como "Introducción a El Sistema de Salud en EEUU" y los cursos en "Liderazgo en Salud" con la meta de presentar diferentes aspectos y oportunidades en el sector salud.

Las consejeras académicas se han reunido individualmente con más de 425 participantes. Además de proveer un resumen sobre el proceso de obtención de licencia en la profesión de los participantes, los asesores suministran consejería en la preparación de curriculum vitae y oportunidades para empleo y actividades como voluntarios que les servirán en el logro de sus metas a largo plazo.

De parte de sus servidores en el Centro de Welcome Back de San Francisco, Araceli, Naomi, Paul y Sylvia, les deseamos lo mejor en 2003 y que sus metas profesionales se vean realizadas en los años venideros.

More Welcome Back  
Info . . .

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The San Francisco Welcome Back Center is sponsored by City College of San Francisco and San Francisco State University through the Community Health Works of San Francisco, a joint program of the two institutions, and by the San Francisco Bay Area Regional Health Occupation Resource Center.

#### Mission Statement

"To build a bridge between the pool of internationally trained health workers living in California and the need for linguistically and culturally competent health services in underserved communities."

## Intro to the U.S. Health Care System / Introducción al Sistema de Salud de Los E.U.

If you are interested in enrolling in the next series of courses for the Introduction to the US Health Care System, please call the Welcome Back Center at (415) 561-1833. If you leave a voicemail message, please speak slowly, spell your first and last name, and leave a telephone number to return your call.

These courses are taught in English, requiring an intermediate English skill level. These courses are very popular and fill up quickly; therefore, priority enrollment is given to Welcome Back participants. For dates and times of the Introduction to the US Health Care System courses, please see CCSF Spring 2003 Schedule.



### Introduction to the U.S. Health Care System

#### Spring Session 2003

HLTH 5410—*Organization of Health Services*—Saturdays,  
January 18 & 25, 9am-1pm

HLTH 5420—*Public Health & Society*—Saturdays, February 1  
& 8, 9am-1pm

HLTH 5430—*Health Professions & Practice*—Saturdays,  
March 1 & 8, 9am-1pm

Si le interesa subscribirse en los próximos cursos de Introducción al Sistema de Salud de Los Estados Unidos, por favor llame al Centro de "Welcome Back" al (415) 561-1833. Si decide dejar un mensaje, por favor deletree claramente su nombre y apellido y deje su número de teléfono para contestar su llamada.

Estos cursos se enseñan a un nivel de inglés intermedio. Estos cursos son muy populares y el cupo se cierra rápidamente, por consiguiente, les damos prioridad a las solicitudes de matrícula de los miembros de Bienvenidos. Para más información sobre las fechas y horarios de los cursos sobre el Sistema de Salud de Estados Unidos, por favor vea las fechas para esta primavera.

