

# Let's Go Rural!

## High School Event

*Grow Your Own Health-care Providers*



### What is a high school event?

*Let's Go Rural!* High School events are one-day learning opportunities where high school students can discover rural health care. Held during school hours, students experience a wide variety of interactive and informative sessions. The event is held at the local health-care facility, school, or other community gathering place. These events are intended to make students aware of the health-care opportunities available in their communities and to encourage them to consider these careers after graduation.

### What kind of skills might be included?

Students may be exposed to a variety of skills shown by local health-care providers. These optional skills stations may include:

- ✓ Suturing
- ✓ IV Starts & Injections
- ✓ EMS
- ✓ Mechanical Lifts
- ✓ Mental health
- ✓ Others, in consultation with RhPAP and the rural community consultant

### Interested in applying for a new event in your community?

Take a look at the online Expression of Interest at [rhpap.ca/eoi](http://rhpap.ca/eoi)

*Applications for the upcoming fiscal year (April 1 - March 31) open each January and close when funding is fully allocated.*

### Want to see more?

For more information about what these events can include, check out [rhpap.ca/LetsGoRural](http://rhpap.ca/LetsGoRural)



### Why host a *Let's Go Rural!* - High School Event?

High school events are an opportunity for rural communities to:

- ✓ Let local students experience the wide range of careers found in rural health in a hands-on setting, hear the stories of practise from rural providers, and understand their scope of practice.
- ✓ Encourage students to consider returning to the community they grew up in for a health career.
- ✓ Create collaborative and sustainable partnerships with the local health-care community/facility.

### Who plans these events?

With the support of an RhPAP Community Consultant, a Rural Community Attraction and Retention (A&R) Committee plans an event with the following local or regional partners:

- ✓ High School(s)
- ✓ Local health facility site manager/health-care provider champion
- ✓ Municipal leadership

### What might a high school event look like?

Students arrive at the venue at the beginning of a school day to engage in the hands on/interactive activities or skills stations throughout the day. The lunch hour provides an opportunity for the students to enjoy a meal arranged for by the event organizers and listen to guest speakers talk about why they work, live, and play in a rural setting. They are sent home with a new interest in health-care skills and, potentially, a passion to pursue a career in health.

### What you will need to host a high school event

- ✓ Health-care providers to serve as instructors (if including skills stations)
- ✓ A venue to host the event (e.g. health centre, community hall/ recreational complex, school)
- ✓ Capacity and space to host the lunch and have one to two local health-care providers with a passion for rural health care attend as guest speakers

### How to get involved

If this sounds like an opportunity your community would be interested in, contact your local RhPAP Rural Community Consultant to get started!