

Center for Health Services Mentoring Program

About the Center for Health Services Research:

The Center was established to address important issues in health services organization, delivery, financing, accessibility, cost, quality, appropriateness, and outcomes with the ultimate goal of improving the health status of individuals and populations. In addition to its mission to advance health-related research, the Center also trains health professionals for working in managed care and other new health services environments. The CHSR maintains a focus on creating, testing, and scaling next generation solutions for health care delivery to improve both the efficiency and effectiveness of healthcare delivered within the UK Healthcare system and overall population health. The goal of the CHSR is to accelerate the discovery of new knowledge concerning the clinical effectiveness of health care delivery innovations, particularly for rural and limited-resource settings.

CHSR Mentoring Program:

At the Center for Health Services Research, our mentoring program seeks to engage undergraduate students and provide research-training opportunities for those who are interested in Health Services Research. Our faculty's goals as mentors are to help students understand the principles of health services research and their application, to develop knowledge, skills, and attitudes that promote growth, and to aid students in becoming independent scholars and researchers. We hope that through positive mentoring experiences our students will find the challenge of growing as a professional and becoming an integral part of the research community.

This mentoring program is designed to be flexible, but also provide parameters and guidelines to assist undergraduate students who are interested in health services research.

Mentor Mission Statement

Through caring, professional partnerships, useful knowledge and skills are communicated to students as result supporting them to become productive researchers who will become an integral part of the community to improve the quality of healthcare for all citizens.

The Mentoring Program Goals and Objectives

- Foster independent, critical thinking
- Offer guidance and mentorship to students interested in Health Services Research
 - Provide a forum for students to present the results of their research, and
 - Encourage student to consider careers in Health Services Research

Responsibilities and Expectations

At the first meeting, the mentor and mentee shall review the Mentorship Activity and Study Plan, documenting expectations, meeting times, and the mentee's goals and objectives (Part 1).

Each mentee/mentor pair will sign a Mentorship Activity and Study Plan that will identify a set of measurable goals to be completed during mentorship. This document will serve as a contract between the mentor and mentee.

Mentors and mentees are expected to keep all commitments to each other while participating in the program.

Time requirements:

Must be willing and able to commit for an academic semester.

Roles and Responsibilities:

The CHSR Mentorship Program is responsible for all mentoring activities and assists in coordinating mentor assignments. All CHSR mentees will focus on skills development. Each mentor will help their mentee(s) build the necessary knowledge base, skill sets, and critical thinking abilities to aid the mentees' potential for graduate training and professional career development.

To Be A Successful Mentee, You Should:

- Know what you need and want from the relationship
- Have clearly-defined objectives
- Identify problems you believe might be obstacles to you in reaching your objectives
- Give thought to and be able to articulate how you think a mentor could assist you
- Treat your mentor relationship with care; be respectful of your mentor's time
- Take initiative
- Follow up on suggestions and action items from your mentor

Role of the Mentee

- Initiate and communicate expectations regarding the mentoring relationship. The mentee is responsible for developing and fostering the mentoring relationship.
- Establish the mentoring agreement that outlines the terms of the relationship
- Participation within the project chosen

- Develop short and/or long term goals at the onset of the mentor/mentee relationship
- Accept feedback, be patient and cooperative
- Use the program to enhance present career direction and identify future skills necessary for career growth

Role of the Mentor

- Establish mentoring agreements that outline the goals of the relationship
- Communicate with mentees regularly, as established by the mentoring agreement
- Provide advice, coaching, and/or feedback to mentees on a regular basis
- Guide the mentee to the completion of the program

Eligibility Requirements

A mentee interested in participating in the CHSR mentoring program, will need to meet the following requirements:

- Registered in an undergraduate program at the University of Kentucky
- G.P.A of a 3.0 or higher
- Interests in health services research or similar field of research
- Can commit a minimum of 10 hrs./ week for a semester

Current Research Projects

Project ACHIEVE: (Achieving Patient-Centered Care and Optimized Health In Care Transitions by Evaluating the Value of Evidence)—Funded by Patient Centered Outcome Research Institute (PCORI), nationally recognized leaders in healthcare and research methods are partnering with patients and caregivers to evaluate the effectiveness of current efforts at improving care transitions and develop recommendations on best practices for patient-centered care transitions and guidance for spreading them across the U.S.

Project Boost: The Project BOOST® Mentored Implementation Program is a yearlong initiative wherein hospitals receive expert mentoring and peer support to aid in improving the care of patients as they transition from hospital to home. BOOST mentors help hospital teams to map current processes and create and implement action plans for organizational change. BOOST provides a suite of evidence-based clinical interventions that can be easily adapted and integrated into each unique hospital environment.

Instrument for Patient Capacity Assessment (ICAN) Collaboration: In collaboration with the Mayo Clinic and the Kentucky Primary Care Association, Kentucky is one of the four sites in the nation that will assess and characterize the ways in which ICAN-supported primary care is feasible and improves patient and health care teams' experience of care and communication, while reducing patients' burden of treatment.

Tracking and Evaluation Core of UK's Center for Clinical and Translational Science: CHSR is implementing a comprehensive evaluation plan to engage CCTS leadership, researchers, and staff in examining progress and impact in the field of translational science. Using internal resources and expertise gleaned from our ongoing work in the areas of healthcare transformation, community outreach and engagement, and quality improvement and evaluation, our CCTS T&E plan employs validated methods designed to accomplish tracking and performance monitoring, continuous quality improvement, process and implementation evaluation, and assessment of outcomes and impact indicators.

Kentucky Consortium for Accountable Health Communities (KC-AHC): Funded by the Centers for Medicare & Medicaid Services, CHSR has established the KC-AHC to address the health-related social needs of vulnerable patients across the Commonwealth. KC-AHC will implement and test an Alignment model, which seeks to determine whether providing a combination of tailored community service referrals and patient navigation services assistance, as well as clinical and community partner alignment, will yield improvement in patient outcomes, health care utilization and costs.

R21: Examining Social Influences on Syringe Exchange Uptake Among Rural PWID at Risk for HIV: The National Institutes of Health (NIH) awarded the CHSR funding to study the adoption of syringe exchange programs in rural communities in the Appalachian region of Kentucky. Rates of opioid use disorder and injection drug use have risen significantly in Kentucky, especially in rural communities. The two-year National Institute on Drug Abuse-funded study is designed to reach vulnerable injection drug users in Clark, Knox, and Pike counties to understand the multi-level barriers to access syringe exchange programs and to identify priority intervention targets and strategies to increase uptake.

Mentorship Activity and Study Plan

The following are the conditions agreed upon for the CHSR mentorship program and include the expectation that both parties will evaluate the relationship periodically to ensure it continues to meet their needs. Please complete Part 1 of this form together during your first meeting. Part 2 of the form should be completed during your last meeting, prior to your mentorship ending. Part 2 should summarize the outcomes of your relationship relative to the goals set.

PART 1: Goals

Duration of the mentoring relationship:

Frequency of meetings and additional logistical details:

Goal(s) of the Mentor:

Goal(s) of the Mentee:

Additional Comments:

Mentor Name: _____

Mentor Signature: _____

Mentee Name: _____

Mentee Signature: _____

Please return completed form via email to Shaunescia.davis@uky.edu

Part 2: Outcomes

Based on the mutually agreed upon goals, reflect on the success of your mentorship relationship.

- 1.) Describe your experience in working with your mentor.

- 2.) What were the most beneficial aspects of the mentorship program?

- 3.) What were the least beneficial aspects of the mentorship program?

- 4.) What unexpected benefits were realized?

- 5.) What suggestions do you have in making the program stronger?

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