

# SPHA

## Winter Term

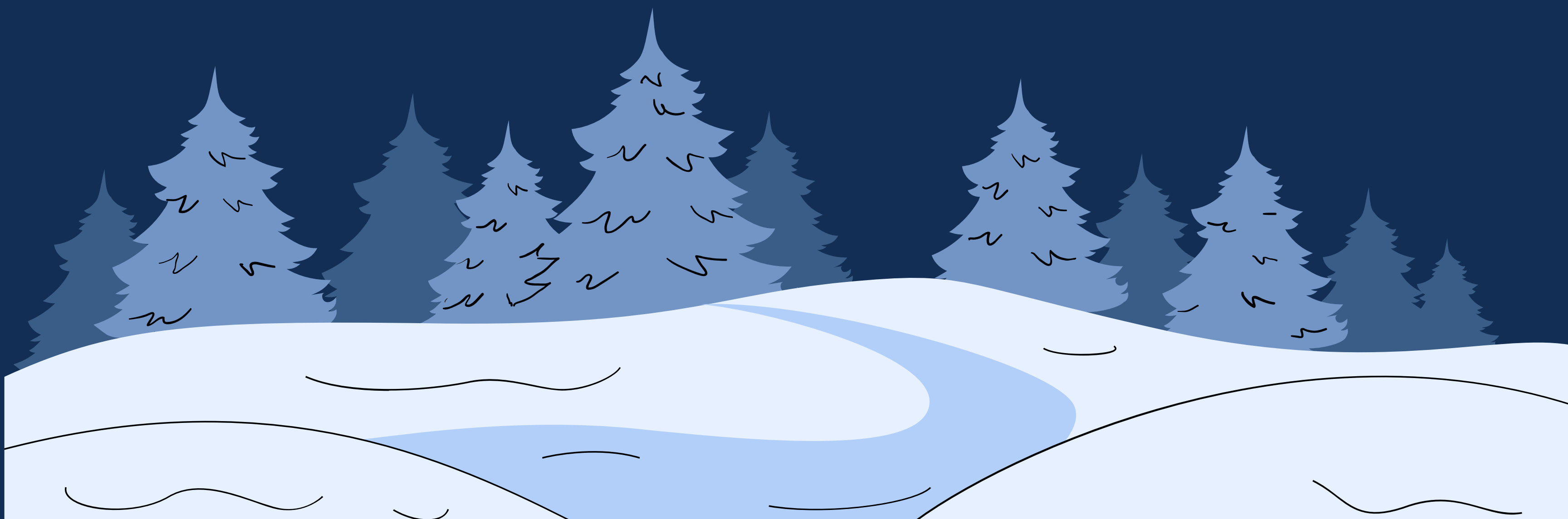
### Newsletter

#### Table of Contents

- Term Theme
- Member Spotlight
- Term Calendar
- Training Resources
- PH Volunteer & Internship opportunities
- Contact page

#### Meeting Info

- **When:** Meetings will be on **Thursdays.** On even weeks of the term (2,4,6,8,10)
- **Where:** Waldo 400 5:00pm-6:00pm





# Winter term theme: Life Saving Trainings



Health emergency training is important for public health by giving community members the knowledge to assist other community members during an emergency.

The training sessions we will be doing this term are...

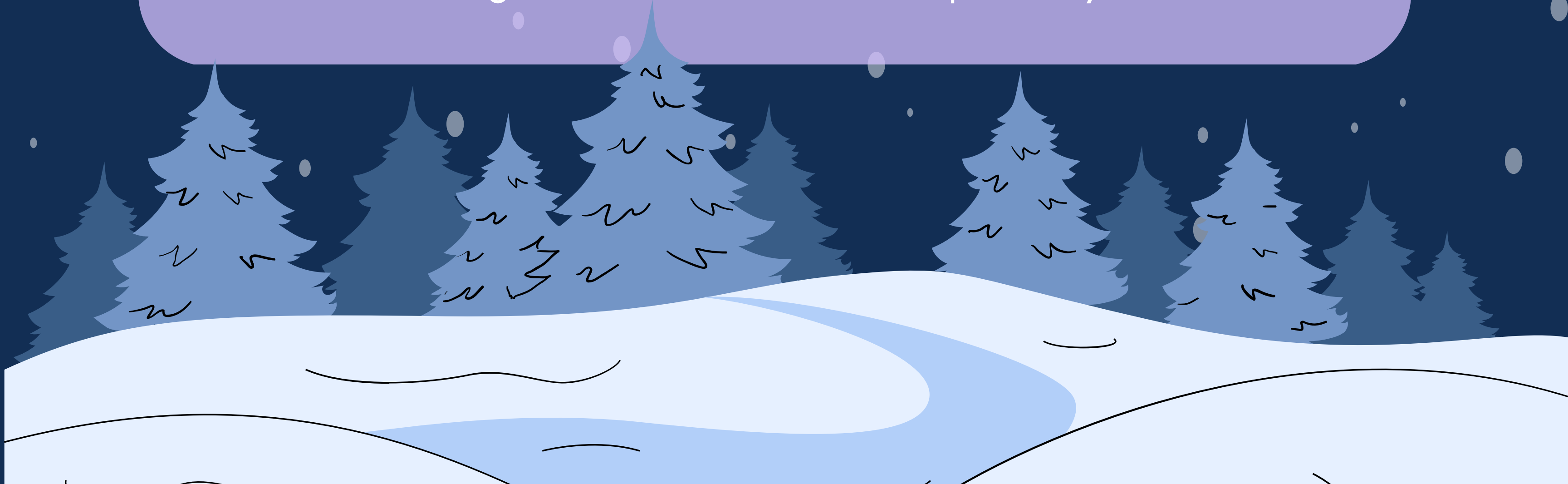
1) QPR (Question, Persuade, and Refer)

Training: a gatekeeper training for suicide prevention.

and

2) Youth Mental Health First Aid Training

- These are great skills to have and put on your resume!





# MEMBER SPOTLIGHT

## Ryan Krivens



Ryan Krivens has been a dedicated member of SPHA for over 2 years. She has always brought so much laughter and welcoming energy to our meetings.

Ryan has just recently received the *Dean's Health Hero* that embodies her commitment to her community and Public Health.

Check out the rest of the article [here](#)!



# WINTER TERM CALENDAR

Week	Date	Activity
4	2/1	QPR: Question Persuade and response training (Suicide prevention)
6	2/15	Field Trip
7	2/22	Body Story Night w/ emBody
8	3/1	Youth Mental Health First-Aid Training
10	3/14	End of Term Celebration!

## emBODY MEETINGS:

Meet on the odd weeks (3,5,7,9) via zoom

If you are interested in joining please email us @  
[publichealth.clubs@oregonstate.edu](mailto:publichealth.clubs@oregonstate.edu)

# TRAINING RESOURCES

## Benton County Public Health:

- ASIST Suicide Prevention Training **January 24th-25th from 8:30am-4:30pm**
- Sign up [here](#)

## Oregon Health Authority:

- Offers an array of training opportunities for those who want to get their Traditional Health Worker certification
- Follow this [link](#) to see a list of trainings

## Oregon State University:

- Provides general and wilderness first aid classes as PAC for students or certifications for community members
- Follow these links to check out..

1. PAC [schedule](#)

2. All certification offerings and [schedule](#)

## OHSU

- Is a resource that lists a variety of trainings and educational materials created by different organizations
- Check out this [link](#) to see all the options



# Public Health Internship & Volunteer Opportunities

## Volunteer

- National Public Health Week: SPHA and our Graduate Public Health Association are helping plan the annual NPHW events! We need more student input for the PH community conversation event, specifically for planning an activity. Contact us if you are interested!
- Conversations to remember: A charity organization striving to combat loneliness amongst senior citizens. They ask student volunteers to conduct virtual visits with senior citizens. Check out the flyer for more info!

## Internships

- Kaiser Permanente Spring Remote:
  - Audit Intern
  - Communications Intern
  - Population Health Management Intern
  - Social Health Analytical Intern
- OSU Food Security Communications (summer/fall)
- OHSU Summer 2024 Paid Equity Research Internship
- CDC paid summer internships (**deadline 1/31**)
  - UCLA
  - Pittsburgh
  - Michigan

**MORE OPPORTUNITIES ON THE PUBLIC HEALTH WEBSITE!**



# CONTACT PAGE



**Insta:** @osuphclub

**email:**

publichealth.clubs@oregonstate.edu

**SPHA website:**

<https://health.oregonstate.edu/clubs/spha>

