

Winter 2017

HealthCare Happenings

Newsletter of the Regional Business Services HealthCare Team

Your WorkSource team (Jason Bouley, Marem Flores, Elise Kedersha, Kristin Lamb, and Paula Wenzl) are partnering with Amy Evans of PCC Institute for Health Professionals and Jocelyn Lovenburg of Lifeworks NW for the second Non-Profit Job Fair. Here, **Jocelyn talks about career opportunities at LifeWorks NW and shares what would make for success in this sector!**

LifeWorks NW provides high quality prevention, mental health, and addiction services to all ages in the Portland metro area. We have over 20 sites and partner with healthcare organizations like Virginia Garcia Memorial Hospital and Legacy Emmanuel. LifeWorks NW has clinical positions such as *Mental Health Associates/Skills Trainers* (Bachelor's level positions/related experience), *Mental Health Therapists*, (Master's level positions), *Peer Support Specialists*, *Recovery Mentors* as well as *Registered Nurses and Psychiatrists*. LifeWorks NW also can't do their work without staff such as *Office Support Specialists*. While clients are in groups and clinical appointments, LifeWorks NW has *Child Care Providers* to watch over the children. As the positions are all unique, the education, experience and skills will vary. Some positions do need a certificate and/or degree. Some positions just need the experience. Some positions require candidates to drive clients in a company and/or a personal vehicle. **They all require a passion to help others!**

Application tips: Read the job posting. Read what the qualifications are and where the position is located. **Apply for positions that you REALLY ARE interested in and feel qualified for.** It's a **red flag** when you apply for all positions no matter what type of position it is (i.e. clinical vs. administrative, child care vs. registered nurse) and position location. Each application filled out goes to the specific supervisor that that position is for.

Be aware of the simple things: spelling, capitalization, missing/incorrect information on your resume and application. **Please don't add a picture on your resume.** LifeWorks NW hires based on qualifications. We look for a **diverse candidate pool that matches the population that we serve.** Supervisors don't necessarily share resumes/applications. **So, keep trying.** For an interview, be professional, be on time. If you can't make it to the interview or you're no longer interested, tell the person who scheduled you for the interview or left you a voice mail message for a phone screen. Supervisors don't like to wait for someone who's not going to show up or is not going to call them back. Do the best you can. **Don't overshare your personal history.** We hire those that have a desire to work in this field. Look at different options. As much as we would love having you work with us, **the Portland area is blessed with a variety of nonprofits to choose from.** Find an organization and a position that fits you. A successful applicant meets the qualifications of a position and has a strong interest in the work LifeWorks NW does, the person responds quickly to any phone screens and/or interview requests. The interview meets the needs of the candidate and the supervisor/hiring team. The candidate responds quickly to the job offer and is quickly scheduled for the next on-boarding! **Depending on the programs, some processes are quicker than others. Be patient!**

Contributed photo



Jocelyn Lovenburg (left) on career pathways in the nonprofit sector:

*Longevity is not always synonymous with nonprofit work. However, we do have staff that worked here for over 20 years. Our HR Director just retired after 20 years of service. We have a staff member who started as a student over 10 years ago, moved her way up, and is now an executive as the Director of Diversity and Workforce Development. I am one of two recruiters for LifeWorks NW. At the end of March, I will have been with LifeWorks NW for almost eight years. I was with a similar organization for about nine years previous to this. **Why nonprofit?** "People*

at LifeWorks NW have a heart to help improve the community through one person's life or through educating groups of people in the community. It's tough work. I feel privileged to be a part of the process that makes it work. I know my gift isn't in direct care, but in the administrative/back-end work. I work for organizations where I believe in their mission. As a nonprofit, our money goes back to our mission - promoting a healthy community by providing quality and culturally responsive mental health and addiction services across the lifespan."



Even though we are still in the winter season, we are looking forward to **SPRING** and the:

Non-Profit Job Fair

March 27 | 10am - 2pm

Portland Community College CLIMB Center
1626 SE Water Ave | Portland OR 97214 (1 block north of OMSI)

Represented organizations:

(click on name to link to website)

ALSO

Albertina Kerr

Boys & Girls Club

Bridges to Change

Cascadia

Central City Concern

CODA

DePaul Treatment Centers

Impact NW

Human Solutions

IRCO

Latino Network

LifeWorks NW

Metropolitan Family Services

Open School

St. Mary's Home for Boys

Transition Projects

Trillium Family Services

United Cerebral Palsy

Volunteers of America

Presented by:

Portland Community College
Institute for Health Professionals

In cooperation with:

WorkSource Portland Metro
Worksystems Inc.

Special Job Fair Events:

*Guest speaker, 12-1 pm

Susan Rich, author of

**How To Write A Kick Butt
Resume Cover Letter**

*Raffle Prizes

HealthCare Happenings

THW, PSS, NAV, ETC.

Elise Kedersha, our job listing writer, breaks down common acronyms in the growing field of healthcare support in the article below. Questions or comments? Email Elise at: elise.s.kedersha@oregon.gov

Elise's Vocabulary

Traditional Health Worker (THW)

These are frontline public health workers who work in a community or clinic under direction of a licensed health provider.

Here are some of the typical specialty types under THW's:

Community Health Worker (CHW) – Assist community members in receiving the healthcare they need

Peer Support Specialist (PSS) – Provide support, encouragement, and assistance to addictions and mental health consumers

Peer Wellness Specialist (PWS) – Provide support, encouragement, and assistance to address physical and mental health needs

Personal Health Navigator (NAV) – Provide care coordination for members from within the health system



Personal Support Workers (PSW) – Serve people experiencing intellectual/developmental disabilities in their home and their community

Birth Doula – Provide companionship and personal, nonmedical support to women and families throughout the childbirth and post-partum experience

For more information, check out:

www.oregon.gov/DHS/SENIORS-DISABILITIES/HCC/PSW-HCW

Wenzl's Wellness Wisdom

Have you ever considered including meditation as part of your healthy lifestyle? Taking a few minutes to focus your mind each day can have great positive health benefits: reducing stress, pain and depression. It is believed that meditation works through the sympathetic nervous system, which during stressful times can increase the heart rate, breathing and blood pressure.

"True, it will help you lower your blood pressure, but so much more: it can help your creativity, your intuition, your connection with your inner self," says Burke Lennihan, a registered nurse who teaches meditation at the Harvard University Center for Wellness. There are many resources online with free guided meditations. I like: <https://www.tarabrach.com/>



Support Business, Promote Employment

Regional Business Services Team-Healthcare

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*"Spring passes and one remembers one's innocence.
Summer passes and one remembers one's exuberance.
Autumn passes and one remembers one's reverence.
Winter passes and one remembers one's perseverance."*

Yoko Ono

Medical Front Desk/ Appointment Scheduler

(Job Listing ID#2045248)

Service Technician

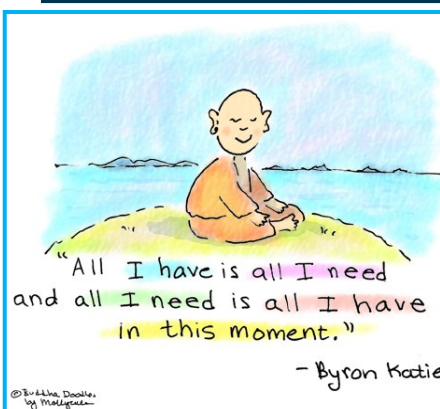
(Job Listing ID#2012702)

Patient Access Specialist

(Job Listing ID#2012938)

Adolescent Wellness Counselor

(Job Listing ID#2004659)



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