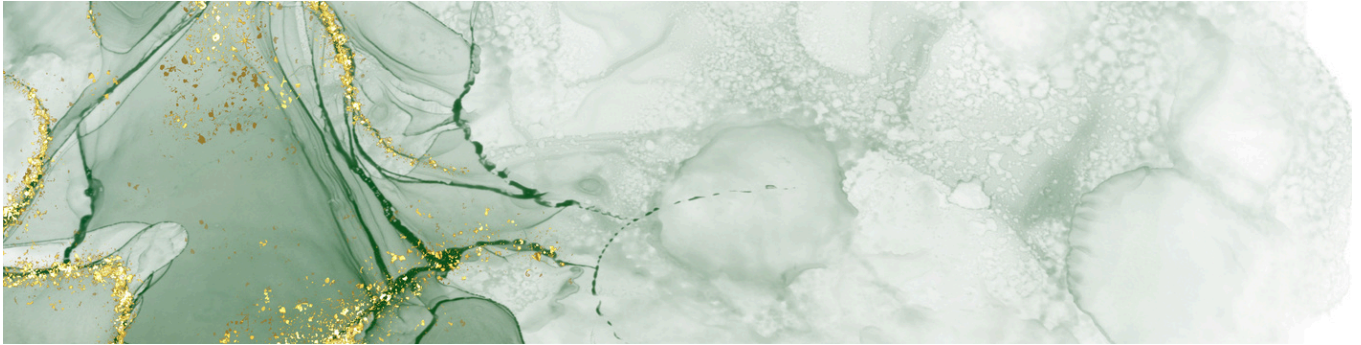




# Health Sciences

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NEWSLETTER



## VGCC SCHOOL OF HEALTH SCIENCES PRIORITIZES MENTAL HEALTH SUPPORT WITH FIRST AID TRAINING

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The VGCC School of Health Sciences is continuing its commitment to the well-being of students by offering Mental Health First Aid courses across multiple programs. These courses are designed to educate students on how to recognize and respond to mental health crises, providing crucial support before professional help can be accessed.

Jamisha Twitty, M.H.S. RT (R), shared her experience from the recent training, which took place on January 7th and 8th: "On Tuesday and Wednesday, Dean Thomas and I attended Mental Health First Aid training led by Cathy Davis on the south campus. Over two days, participants were educated on how to offer mental health aid to persons experiencing a mental health crisis until professional help is available. This initiative is part of the School of Health Sciences' holistic approach to student support."

The integration of Mental Health First Aid into VGCC's programs reflects the growing recognition of mental health as an essential aspect of overall health. By equipping students with these skills, the School of Health Sciences ensures that future healthcare professionals are prepared to support not only physical health but mental well-being as well.

# MEDICAL ASSISTING

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## NC AHEC Scholars Head to Charlotte Conference

Delia Rodriguez, a Medical Assisting student and new Wake AHEC scholar, joins her fellow NC AHEC scholars as they gear up for the annual conference in Charlotte, NC on February 7th. The team has met three times through the NC AHEC program, developing multidisciplinary modules at Sentinel University and forming interprofessional teams focused on telehealth nursing for maternal and OB care during their clinical learning hours. They are also conducting research on rural health education in their hometowns to enhance healthcare access.

Delia is excited to share her conference experience in the next SHS Newsletter. For more information on applying to the NC AHEC Scholars Program, [click here](#). 🎉

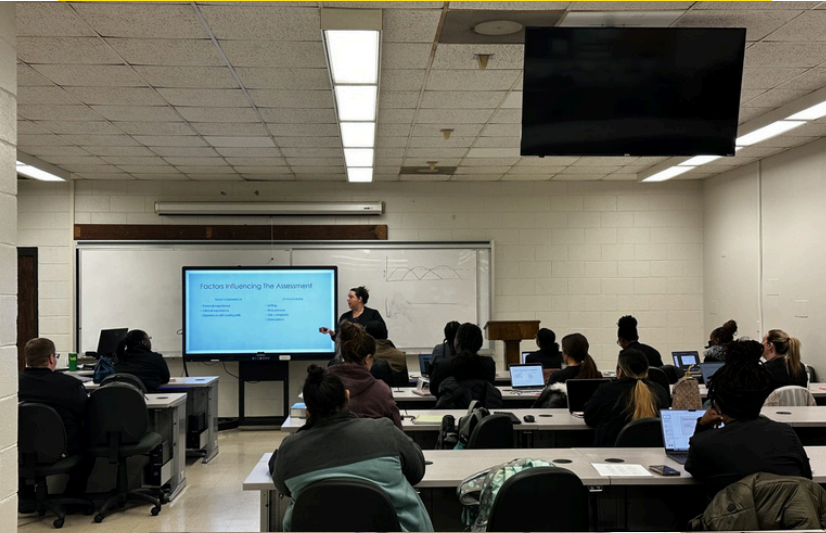
For more information on applying to the Medical Assisting Program sponsored by Vance-Granville Community College, [click here](#). 🎉

*Submitted by: Dr. Mercedes Kamoru, Program Head of Medical Assisting*



# NURSING

## Nursing Department Update



The VGCC Nursing Department is excited to welcome our new cohorts of Associate Degree Nursing (ADN) and Practical Nursing (PN) students, who began their studies in January. These dedicated students have hit the ground running with rigorous coursework and hands-on experience in our labs. By the end of January, they dove right into clinicals, gaining invaluable experience in the hospital setting.

Currently, the focus of both ADN and PN students is on client safety and mastering essential skills such as head-to-toe assessments. These foundational skills are critical for their growth as healthcare professionals, and they are showing great promise as they continue to develop their expertise.

Our second-year ADN students are also making impressive strides as they begin their preceptorships. This one-on-one learning experience with a registered nurse allows them to apply their classroom knowledge in real-world settings, working a total of 240 hours to sharpen their skills and prepare for the next steps in their nursing careers.

With graduation just around the corner, it's clear that these students are on the path to success. We're proud of their dedication and the hard work they're putting in as they continue to grow in their nursing journey.

Stay tuned for more updates from the VGCC Nursing Department as we celebrate the achievements and milestones of our nursing students!

*-Photos submitted by: Rosa Faulkner, BSN, RN, NCSN & Leslie Parrott, BSN, RN, RNC-OB, NCSN*

# RADIOGRAPHY

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## 2025 ASRT Student to Leadership Development Program

The Radiography program is proud to announce that one of our junior students, Daniel Alexander, was accepted into the 2025 ASRT Student to Leadership Development Program!

This is a 3-year program that offers students a chance to get to know the ASRT, attend educational sessions, and network with medical imaging and radiation therapy professionals.

Selected students will complete online courses in a variety of topics to include governance overview, parliamentary procedures and advocacy, strategic planning, legal issues and affiliate compliance, association management and communication, as well as leadership principles.

Selected participants receive an in-depth look at advocacy planning and current issues, as well as airfare, housing, and a stipend for meals and other travel expenses.

Only two participants from each ASRT affiliate are selected, so Daniel's acceptance is one of great prestige!

*See Daniel's Essay on page 5*

*-Submitted by: Jamisha Twitty, M.H.S. RT (R)*



# RADIOGRAPHY

## (CONTINUED)

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### ASRT Student to Leadership Program

#### Essay

“My journey as a current student at Vance-Granville Community College in the Radiography Program and as a healthcare professional has been defined by my strong commitment to both professional growth and growth as a leader, but I would like to proudly announce that I have been given the opportunity to join the 2025 ASRT Student to Leadership Program. This program is highly regarded because of the valuable opportunity it offers to provide a deeper understanding of radiology, improve relevant skills, and better promote patient-centered care. I have worked in the healthcare field for over four years and my current role involves working alongside a multidisciplinary team, including radiologists, nurses, and technologists to deliver compassionate and effective care to patients. Since then, my technical skills have grown tremendously and I have learned how important it is to communicate clearly and with empathy, particularly in patient interactions. My current role as a student and as a healthcare professional has taught me how to combine professionalism and compassion and to apply this to each and every case.

The ASRT’s vision and core values on leadership is a strong draw for me, and I have actively sought to develop my leadership capabilities, even if in informal contexts, throughout my entire career. My dedication to patient care has always been a foremost concern in my mind. The patients that professionals encounter in radiology are often experiencing considerable anxiety, and approaching them with compassionate, clear communication helps to establish a strong sense of trust. I take pride in being able to explain information in an understandable and reassuring way that can help make challenging situations seem less intimidating. The program’s focus on compassionate care is consistent with my own priorities and my emphasis on connecting to patients.

I also feel excited about the opportunity to expand my knowledge and my professional network in radiology. Radiology is always evolving, and I find it invigorating to stay up-to-date on the latest technologies and practices. This is important for clinical purposes, but it is also essential for leaders who want to help others keep pace with changes. Being able to connect with like-minded professionals in the leadership program will expand my potential to exchange experiences and ideas, and this will improve my understanding of the field and inspire me to bring new strategies and insights to my work environment.

I feel confident that my combination of patient care expertise, practical skill, and prior experience with leadership makes me a good fit for this leadership program. I look forward to being able to share my perspectives and experiences while also learning from others.”

*-Daniel Alexander*

# RADIOGRAPHY

## (CONTINUED)

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### Radiography Program Celebrates Ms. Twitty's Selection for 2025 NCSRT Leadership Academy!

The Radiography program is proud to announce that Ms. Twitty, Radiography Clinical Coordinator and Instructor, has been selected to participate in the 2025 NCSRT Leadership Academy! The NCSRT Leadership Academy is an online academy designed to develop leadership skills for new and upcoming imaging professionals in the state of North Carolina. The goal of the academy is to build strong leaders in the imaging community through education, and create a succession plan of qualified individuals to serve in leadership positions for service to the imaging technologists in North Carolina. Topics to be discussed are:

- Understanding professional societies, the role of the affiliate, and its relationship to the ASRT
- Understanding the role of a leader in a professional society
- Protecting the profession and setting the industry standard
- Qualities of a leader
- Dealing with conflict and facilitating courageous conversations

*-Submitted by: Jamisha Twitty, M.H.S. RT (R)*

