

HPAC Ambassador Panel - Service  
Tuesday Oct. 19th 2021 | 5-6pm  
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Purpose of Service: Healthcare is a service oriented profession. Those that have served others previously are more likely to continue serving others once in their ultimate career. There is no “right way” to serve a community - instead each person will serve in a meaningful way for *them*.

Questions to consider before joining a club/org:

Why am I getting involved in this organization?

What do I expect to do through this org/what will my duties be?

What do I expect to gain/develop through my involvement in this org?

**Health Related Service Programs:** Serving patients and communities in a health related way, but not directly at bedside delivering hands-on patient care

1. Mini Medical School (MMS): <https://mms.ucr.edu/>
2. Health Coach: <https://hcp.ucr.edu/>
3. Riverside Health Connect (RHC):  
<https://highlanderlink.ucr.edu/organization/RiversideHealthConnect>
4. Friends of Dialysis: <https://highlanderlink.ucr.edu/organization/friendsofdialysis>
5. The Public Health Initiative:  
<https://highlanderlink.ucr.edu/organization/publichealthinitiative>
6. Hands On Health Care: <https://highlanderlink.ucr.edu/organization/handsonhealthcare>
7. California Health Professional Student Alliance:  
<https://highlanderlink.ucr.edu/organization/cahpsa>
8. UCR Healthy Campus: <https://highlanderlink.ucr.edu/organization/healthycampus>
9. American Red Cross: <https://highlanderlink.ucr.edu/organization/arcatur>
10. Healthy Hearts: <https://highlanderlink.ucr.edu/organization/healthyhearts>
11. Highlander EMS: <https://highlanderlink.ucr.edu/organization/highlanderems>
  - a. Requires NREMT and CA-EMT Certification
12. Circle K International: <https://highlanderlink.ucr.edu/organization/circlek>
13. Medical Emergency Education Program (MEEP): <https://www.ucrmeep.com/>

**Teaching/Tutoring/Mentoring:** Supporting K-12 or college students in an academic way

1. Health Science Partnership (HSP): <https://hsp.ucr.edu/>
2. Kindling Intellectual Development (KID): <https://highlanderlink.ucr.edu/organization/kid>
3. Schools on Wheels: <https://highlanderlink.ucr.edu/organization/schoolonwheelsucr>
4. Tutorial Assistance Program (TAPS - PAID): <https://arc.ucr.edu/tap>
5. Supplemental Instruction Leader (SI - PAID): <https://arc.ucr.edu/si>
6. UCR Freshman Collective: <https://ue.ucr.edu/freshman-collective-mentoring>
7. CNAS Peer Mentor: <https://highlanderlink.ucr.edu/organization/cnaspeermentors>
8. CHASS Peer Mentor: <https://highlanderlink.ucr.edu/organization/transfersfirst>

9. Student Life First Year Mentor: <https://studentlife.ucr.edu/secret-your-first-year>
10. Chicano Link Peer Mentor: <https://csp.ucr.edu/get-involved/chicano-link-peer-mentor-program>
11. APSP Peer Mentor: [https://apsp.ucr.edu/take-part-get-involved#peer\\_mentor\\_program](https://apsp.ucr.edu/take-part-get-involved#peer_mentor_program)
12. ASP Mentor: <https://asp.ucr.edu/programs/our-programs>
13. Providing Opportunities, Dreams, and Education in Riverside (PODER) for Undocumented Students: <https://highlanderlink.ucr.edu/organization/poder>
14. LGBTQ Resource Center Community OUTreach Educators (CORE): <https://out.ucr.edu/programs/community-outreach-educators>
15. Middle Eastern Student Center mentor: <https://mesc.ucr.edu/get-involved>
16. Native American Student Programs Mentor: <https://nasp.ucr.edu/get-involved/get-involved>
17. Office of Foster Youth Support Services: <https://fosteryouth.ucr.edu/resources#foster-youth>
18. Student Disability Resource Center Mentors: <https://sdrucr.ucr.edu/programming>
19. Veterans Resource Center: <https://veterans.ucr.edu/community>
20. Women's Resource Center Campus Safety Escort Service: <https://wrc.ucr.edu/get-involved>
21. Paper Airplanes: <https://www.paper-airplanes.org/>

### **Mental Health Related Service:**

1. UCR WELL Active Minds: <https://well.ucr.edu/get-involved/active-minds>
2. Suicide Hotline: region dependent
  - a. <https://suicidepreventionlifeline.org/>
  - b. <https://www.crisistextline.org/become-a-volunteer/>
  - c. <https://www.crisisconnections.org/get-involved/volunteer/>
3. Rape Crisis Hotline: region dependent
  - a. <https://rapecrisis.com/>
  - b. <https://rarcc.org/>
4. Dance For Mental Health: <https://highlanderlink.ucr.edu/organization/dfmh>
5. Golden ARCHES: <https://highlanderlink.ucr.edu/organization/GoldenArches>
6. MannMukti at UCR: <https://highlanderlink.ucr.edu/organization/mannmuktiucr>

### **Service to Specific Groups:**

1. **Women:**
  - a. Rape Crisis Center Hotline (Women): <https://rarcc.org/>
  - b. UCR WRC: <https://highlanderlink.ucr.edu/organization/wrc>
  - c. American Medical Women's Association: <https://highlanderlink.ucr.edu/organization/amwa>
  - d. Highlanders Against Sexual Violence Peer Education Program: <https://highlanderlink.ucr.edu/organization/itsonus>
  - e. PERIOD. @ UCR: <https://highlanderlink.ucr.edu/organization/period>
  - f. Sexual Assault and Violence Education (SAVE) Peer Group: <https://highlanderlink.ucr.edu/organization/SAVE>
  - g. Planned Parenthood Virtual Volunteer: <https://www.weareplannedparenthoodaction.org/onlineactions/huWwbuVjfEq4dtb5ZC82Cg2>

**2. Kids:**

- a. Spotlight On Hope Film Camp:  
[https://highlanderlink.ucr.edu/organization/spotlight\\_on\\_hope\\_film\\_camp](https://highlanderlink.ucr.edu/organization/spotlight_on_hope_film_camp)
- b. Kindling Intellectual Development (KID):  
<https://highlanderlink.ucr.edu/organization/kid>
- c. Music Changing Lives at UCR:  
<https://highlanderlink.ucr.edu/organization/mclatucr>
- d. Project Sunshine: <https://highlanderlink.ucr.edu/organization/projectsunshine>
- e. The Literacy Initiative:  
<https://highlanderlink.ucr.edu/organization/theliteracyinitiative>
- f. Fight For Autism: <https://highlanderlink.ucr.edu/organization/ffa>
- g. Best Buddies at UCR: <https://highlanderlink.ucr.edu/organization/bestbuddies>

**3. Homeless:**

- a. Student Homeless Aid Relief Project (SHARP):  
<https://highlanderlink.ucr.edu/organization/sharp>
- b. The Garey Avenue Project: <https://highlanderlink.ucr.edu/organization/tgap>
- c. Never Ending Cycle: <https://highlanderlink.ucr.edu/organization/neverendingcycle>
- d. The Mustard Seed Project:  
<https://highlanderlink.ucr.edu/organization/themustardseedproject>
- e. Street Medicine: <https://highlanderlink.ucr.edu/organization/streetmedicineclinic>
- f. First Congregational Church of Riverside:  
<http://www.fccriverside.org/outreach/project-food/>

**4. LBGTQ+:**

- a. Health Queers: <https://highlanderlink.ucr.edu/organization/healthqueers>
- b. Queer Alliance: <https://highlanderlink.ucr.edu/organization/queeralliance>
- c. Critical Voices Against Trafficking: <https://highlanderlink.ucr.edu/organization/cvat>
- d. UCR LGBT Resource Center:  
<https://out.ucr.edu/programs/community-outreach-educators>

**5. Elderly:**

- a. Hospice Outreach Program Enrichment:  
<https://highlanderlink.ucr.edu/organization/hope>
- b. Young at Heart at UCR: <https://highlanderlink.ucr.edu/organization/yah>
- c. Any Hospice or Nursing home volunteering

**6. International Service:**

- a. Unheard Cries Charity:  
<https://highlanderlink.ucr.edu/organization/unheardcriescharity>
- b. Global Public Health Brigades: <https://highlanderlink.ucr.edu/organization/gphb>
- c. Global Brigades- Legal/ Human Rights:  
[https://highlanderlink.ucr.edu/organization/global\\_legalhumanrights\\_brigades](https://highlanderlink.ucr.edu/organization/global_legalhumanrights_brigades)
- d. Global Water/Engineering Brigades:  
<https://highlanderlink.ucr.edu/organization/globalwaterengineeringbrigades>
- e. Global Medical Brigades at UCR: <https://highlanderlink.ucr.edu/organization/gmb>

- f. Global Dental Brigades: <https://highlanderlink.ucr.edu/organization/gdb>
- g. Flying Samaritans at UCR: <https://highlanderlink.ucr.edu/organization/fsucr>
- h. Refugee Advocacy Club at UCR  
<https://highlanderlink.ucr.edu/organization/refugeeadvocacyclub>
- i. CFHI's Global Health Education Programs:  
<https://www.cfhi.org/undergraduate-students>

**Summer Programs:** Programs that only run during summer months

- 1. Future Physician Leaders: <https://fpl.ucr.edu/>
- 2. ECELA Spanish Education and Shadowing:  
<https://www.spanishandmedicine.com/prehealth-spanish-medicine-details-5>

**Free Clinics:** Medical care that is free or at low cost to community members who do not have health insurance.

- 1. Riverside Free Clinic (RFC): <http://riversidefreeclinic.com/>
  - a. Recruitment for volunteers happens in April-May
- 2. San Bernardino Free Clinic (SBFC): <https://www.sbfreeclinic.com/>
  - a. Recruitment for volunteers happens in Spring quarter
- 3. BIPSHI: <https://www.bpsbi.org/events>
- 4. Cornerstone Free Clinic (Loma Linda and San Bernardino): <https://csclinic.org/>
- 5. Al Shifa Free Clinic (San Bernardino): <https://csclinic.org/>
- 6. Lestonnac Free Clinic (multiple locations across southern CA):  
<https://lestonnacfreeclinic.org/locations>
- 7. Google search in the student's hometown - most likely there will be at least one free clinic near where they live

**Professional Greek Organizations:**

- 1. Phi Delta Epsilon Pre-Medical Fraternity:  
<https://highlanderlink.ucr.edu/organization/phide>
- 2. Delta Epsilon Mu Pre-Health Fraternity:  
<https://highlanderlink.ucr.edu/organization/deltaepsilonmu>
- 3. Alpha Phi Omega Service Fraternity:  
<https://highlanderlink.ucr.edu/organization/aphio>