



Dear REACH families,

Summer 2015

### Note from Vicki

Dear REACH Families,

At long last, one cohort (cohort #1) of you has completed the entire study – I should say all three studies (Teen Health Study, Transition Times Study, Reach Study). This lasted about 13 years. The next cohort (cohort #2) will be contacted this year to complete the final interview. Beginning summer of 2016, we will be contacting the final cohort (cohort 3) to complete the study. We have not begun to examine the data. When we do, we will provide you with an update.

This newsletter is our “resource” newsletter. We have information on finding a job and interviewing for a job, information on health care and finding a doctor, information on diabetes (as half of you have type 1 diabetes), and finally some resources that may be of use to you or people you know about substance abuse and domestic violence. The 20s are an interesting period in life. There are a lot of changes — people moving, beginning serious romantic relationships, having children, ending relationships, finishing education, continuing education, starting a job, and changing a job. Thus, there are a lot of opportunities, but also a lot of stresses and strains. We hope that some of this information is useful to you.

Enjoy the rest of the summer, and we will touch base with you around the holidays.

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## Tips on Landing a Job

### How to boost your resume

1. Quantify your impact  
Use numbers to provide evidence of your accomplishments and their significance.  
Ex. Managed \$12,000 budget to plan large-scale events for 2,500 students
2. Show the competition  
Convey all your accomplishments—awards, selective programs, etc. Even if most people haven't heard of the competition, they'll understand that you won.  
Ex. Won \$1,000 for Helgeson Baker Competition (80+ competitors)
3. Ask an employee for feedback  
Develop a relationship with an employee of the company and customize your resume to that company. Get your foot in the door and build rapport!
4. Use reverse chronological order  
Place your activities from recent years and then work backwards. It's easier for recruiters to understand what you have been up to recently.
5. Follow the "Rule of Seven"  
Say a word or phrase 7 times, and people will buy that product or service. So, send a consistent message by using buzzwords to brand yourself.  
Ex. If applying for a marketing job, use verbs like "marketed," "advertised," and "promoted."
6. Stop saying "summer intern"  
Instead, specify your role. What department did you work in? What projects did you work on?

Source: <http://www.forbes.com/sites/jonyoushaei/2014/08/27/resumes/>

### How to impress employers

You got to the next step—the interview. Now, you'll have to think of all the times where you demonstrated certain skills and abilities. The question is though: what are employers looking for? According to Forbes, here are the top 10 skills employers seek, in order of importance. Although different jobs ask for different skills, the list below is universal and can be learned across all industries.

1. Ability to work in a team structure
2. Ability to make decisions and solve problems
3. Ability to communicate verbally with people inside and outside an organization
4. Ability to plan, organize and prioritize work
5. Ability to obtain and process information
6. Ability to analyze quantitative data
7. Technical knowledge related to the job
8. Proficiency with computer software programs
9. Ability to create and/or edit written reports
10. Ability to sell and influence others

Don't forget: try to recall some instances that reflect these specific skills.

Source: <http://www.forbes.com/sites/susanadams/2014/11/12/the-10-skills-employers-most-want-in-2015-graduates/>

If you have health insurance, your provider should be able to help you find a doctor in your area. If you do not have health insurance, you should be able to remain on your parent's plan until you are 26 years old. If that is not an option, check [www.healthcare.gov](http://www.healthcare.gov) for a policy that fits your life.

### **Here are some tips for finding the right doctor for you!**

1. First and foremost, make sure the doctor you choose is covered by your insurance! Doctors can add and drop plans. Even if you choose a doctor you have seen in the past, you should make sure they still accept your insurance.
2. Consider hospital affiliation. Your choice of doctor can determine which hospital you are admitted to. If you have a preference for a particular hospital, make sure your doctor has admitting privileges there.
3. Consider your personal needs. If you have a chronic health issue, you may need to find a specialist that deals with that issue, or a primary care physician who is familiar with your issues and comfortable managing them.
4. Ask for referrals. Ask friends and family for recommendations. There are also several websites where patients can leave reviews of their doctors ([www.healthgrades.com](http://www.healthgrades.com), [www.ratemds.com](http://www.ratemds.com), [www.vitals.com](http://www.vitals.com).) However, take these reviews with a grain of salt. There are often few reviews for any given doctor, and they are based on individual patient experiences rather than overall quality of care.
5. Think about logistics. Is the doctor in a location convenient to you? Will their office hours fit with your schedule? Will traffic or parking be a problem?
6. Meet your doctor. Feel free to call and ask for a face to face meeting before choosing a doctor. This will give you an opportunity to find out if you are comfortable with the doctor as well as the support staff, including nurses and receptionists. You will get a sense of how the office operates – are they friendly and efficient? Will you feel comfortable calling them to set up appointments and ask for information? You can also find out how far in advance you will need to schedule appointments and how long a typical office visit is.

If you are still unable to get insurance, there are options for free or low-cost clinics. Please note, this list is not exhaustive. There may be more resources available in your area.

## **Health Services**

### **Free or Low-Cost Clinics in the Pittsburgh Area**

#### **Catholic Charities Free Health Care Center**

212 Ninth Street  
Pittsburgh, PA 15222  
412-456-6911  
Email: [info.freecarepgh@ccpgh.org](mailto:info.freecarepgh@ccpgh.org)  
Monday-Friday 9am-4pm  
Patients are seen by appointment only.  
Call or email for more information about eligibility.

#### **North Side Christian Health Care Center**

816 Middle St.  
Pittsburgh, PA 15212  
Phone: (412) 321-4001  
[www.nschc.org](http://www.nschc.org)  
You must make an appointment: (412) 322-7500  
Sliding fee scale based on income for uninsured patients.

#### **Birmingham Free Clinic**

44 South 9th St., entrance in the Salvation Army Thrift Store parking lot.  
Patient and Clinic Information/Direct Clinic Phone: (412) 481-7900 x281  
Additional Information at (412) 692-4706  
Please call for information about eligibility.

#### **UPMC Community Health Services**

UPMC offers several community health centers that offer free or low-cost health care through UPMC's financial assistance program.

Information about the financial assistance can be found here:  
<http://www.upmc.com/about/community-commitment/financial-assistance/Pages/default.aspx>  
and a list of Community Health Centers can be found here:  
<http://www.upmc.com/locations/community/Pages/default.aspx>

The Financial Assistance Program can also be reached at 1 (800) 371-8359.

#### **Planned Parenthood**

Planned Parenthood has locations nationwide providing general health care, women's health care, STD testing, pregnancy testing & prenatal care, birth control and emergency contraception, and abortion.

Call 1 (800) 230-PLAN or visit [www.plannedparenthood.com](http://www.plannedparenthood.com) for more information and locations.

## Resources for People with Diabetes

### American Diabetes Association

Phone: 1 (800) diabetes

Website: [www.diabetes.org](http://www.diabetes.org)

The website provides information about complications, treatment, obtaining health insurance, knowing your rights, and can provide resources for legal assistance in the event of discrimination

Upcoming Event:

Pittsburgh Diabetes EXPO at the David L. Lawrence Convention Center *Saturday, November 14, 2015*

### Juvenile Diabetes Research Foundation

The foundation provides various toolkits, including living with diabetes during pregnancy & as an adult  
Become a mentor to newly diagnosed people with diabetes!

Contact Gillian McTiernan at [gmctiernan@jdrf.org](mailto:gmctiernan@jdrf.org) or (412) 471-1414 x2

Visit [www.JDRF.org](http://www.JDRF.org) to find a local chapter

### Apps for Phones

There are various apps to track blood glucose, insulin, medication, and diet. Some have additional features. Here are just a few:

Glucose Buddy (Apple devices only):

- Set your own “high” and “low” blood glucose levels
- Estimates a1c based on reported blood glucose levels (You should still take your a1c!!)

OnTrack Diabetes (Android devices only & FREE):

- Sets custom reminders/alerts

Glucool Diabetes (Android devices only; FREE trial & \$4.99 to purchase):

- Tracks blood pressure and sends e-mail reports

Diabetes Pilot (iPhone devices only; FREE with pro subscriptions available for various prices)

- Searches prior records
- Estimates a1c based on reported blood glucose levels (You should still take your a1c!!)

Glooko (various platforms: \$5/mo or \$60/yr):

- With Glooko cable, meters can be synced directly to mobile phone/device
- Tracks carb intake, exercise, insulin, etc.

Diabetes Audio Recipes Lite (Android devices only; FREE)

- Features diabetes-friendly recipes that can be read aloud by your device while cooking

## Resources for Domestic Violence & Substance Abuse

### VOICe (Victim Outreach Intervention Center)

Location: Butler, PA

24-Hour Hotline: | (800) 400-8551

What free services do they provide?

- Four types of residential programs geared towards different needs
- Counseling for adults and children
- MENDING Program (Men Ending Violence)

### Crisis Center North

Serves northern and western communities of Allegheny County 24-Hour Hotline: | (866) 782-0911

What free services do they provide?

- Counseling for adults and children
- Support groups
- Case management: job training, relocation funds, safety-planning

### Women's Center & Shelter of Greater Pittsburgh

Serves Greater Pittsburgh area

24-Hour Hotline: | (412) 687-8005

What free services do they provide?

- Emergency shelter for women and children
- Children's program: includes parent-child interaction therapy, emotional support, academic support
- Empowerment center & support groups
- MEN/S Group (Men Embracing Non-Violence and Safety)

### Gateway Rehabilitation Center

Serves Greater Pittsburgh area

24-Hour Hotline: | (412) 604-8900

What free services do they provide?

- Halfway house for extended care
- Employment Assistance Program
- Corrections division for justice system referrals

### Alcoholics Anonymous Pittsburgh Area

Location: Greater Pittsburgh area

Phone number: | (412) 471-7472

A Few Meeting Times & Locations:

- Sundays 8:00PM Sacred Heart School (Alder St & Shady Ave in East Liberty)
- Wednesdays 6:30PM Christian Church (Iroquois Pl & Otter Ln in Beaver)
- Fridays 7:00PM Sunlight Club (234 E Maiden St in Washington)
- Saturdays 12:00PM Camel Club (6241 Saltsburg Rd in Penn Hills)
- For a list of all meetings in Pittsburgh, go to: [www.pghaa.org/php/mtglist.php](http://www.pghaa.org/php/mtglist.php)