Rural Health Scholars Retreat 2023
Professional and leadership development for rural practice

Purpose: To "appreciate the rural life, and to understand and aspire to [scholarly] rural practice" (John Wheat MD, Salt Lake City, 2003)

*"**Authenticity in Practice: the mess and the magic**"* is the theme for the 22nd annual Rural Health Scholars Retreat, planned for **October 20-22, 2023**. The retreat is scheduled for Friday evening through Sunday morning and will be held at Deer Creek Lodge, 22300 State Park Road 20, Mt. Sterling, Ohio.

Join other students with an interest in rural medicine and representing all of Ohio's medical schools, in the beautiful Deer Creek State Park, where this year our special guests include Joseph Zarconi MD, William Cooke MD, Valerie Good MD, and Abigail Ahyong MD . During and following the retreat, participants will be able to:

◇ Engage with a variety of physicians, both young and experienced, who are passionate about working in a rural place
◇ Connect with other students with an interest in preparing for generalist rural practice
◇ Students will consider what authenticity in practice means to them personally and professionally.
◇ Students will develop an understanding of the opportunities and obstacles in rural residency training.
◇ Students will begin to define their values and elucidate how these values can be lived out (or stepped on) during their career.
◇ Students will define the term "moral injury" and describe situations that create this conflict

The purpose of the Rural Health Scholars Program is to foster interest among medical students in a career in rural practice and to prepare them for a leadership role in restoring health to the rural communities in which they will someday live. Any student with an interest in rural generalist practice – whether family medicine, internal medicine, pediatrics, women's health, psychiatry, surgery, public health, or research – is strongly encouraged to apply. Students from any level of medical school training are welcome, and we invite students from any of Ohio's allopathic or osteopathic medical schools.

In addition to the Retreat, the Rural Health Scholars Program includes the following:

◇ A one year student membership in the National Rural Health Association (NRHA) and it's Student Constituency Group, with all the attendant benefits

◇ An opportunity for two selected students to attend the Rural Health Policy Institute in Washington DC, February 13-15, 2024, and two students to attend the NRHA Annual Meeting and Rural Medical Educators preconference in New Orleans, LA, May 7-10, 2024. The total travel and meeting allowance this year is up to $750 per student and may be supplemented with other scholarships, including scholarships from the NRHA.

Other than the cost of travel to Deer Creek, all meals, lodging, and miscellaneous retreat expenses are provided courtesy of the Ohio State University Department of Family Medicine and its rural fund, the Dr. J. Martin Byers Jr. Memorial Endowment Fund, and the Ohio University Heritage College of Osteopathic Medicine.

See a few quotes below from students who attended last year's retreat:

"I had an amazing time and learned so much from my peers and the speakers. Can't wait for next year, and I hope to recruit more students from my school!"

"I was able to feel connected to other medical students who have similar desires in life. I also got to learn more about rural medicine as someone who is not from a rural area but wants to do it in the future. I feel way more prepared for my future than I did before. The path feels much more illuminated."

"I really felt an amazing sense of community and learned about resources that I did not know I had access to as a first year."

To **apply go to RuralHealthScholarsapp2023**before September 17, 2023.

For additional information or clarification send an email to Dawn Mollica at mollicd1@ohio.edu .**The deadline for applications is midnight September 17, 2023.** Since space is limited, please apply early. Preference will be given to earlier applications.

Wexner Medical Center

OHIO UNIVERSITY Heritage College of Osteopathic Medicine