

**MEPHTC – Maine AHEC Network  
Upstream Certificate**

**Target Audience**

Any health professional – practicing or aspiring – who seeks to build the knowledge, skills and confidence to work collaboratively “upstream” to address health disparities, advance health equity, and improve health outcomes for patient populations, health care systems, and communities.

**Goal(s)**

- Deliver an Upstream-oriented continuing education certificate for health professionals, and a complementary learning opportunity for health professions students
- Offer free, asynchronous, self-paced learning modules that – taken in their entirety – will enhance learners’ understanding of how social and economic conditions impact health, disease, and the practice of health care
- Allow learners to identify area(s) of interest and design a personalized Upstream educational program that will help them develop the skills and competencies needed to identify the social context of disease, and address and proactively mitigate the socioeconomic factors that impact health.

**Structure**

Learners must complete the **four** core Upstream content courses as listed in the menu below. Additionally, learners must select **one** selective course of interest from the menu below, focused on specific vulnerable and/or marginalized populations, or specific health or Upstream issues. All courses are free, may be completed on the learner’s own timeline, and the expected time commitment is approximately 5 – 10 hours. Once **all five** courses have been completed, learners must email their individual certificates of completion to Adina Bercowicz at [abercowicz@une.edu](mailto:abercowicz@une.edu) in order to receive their Maine Public Health Training Center/Maine AHEC Network Upstream Certificate.

**Course Menu**

Core Upstream Content Courses – Complete ALL	
<b>Use of Public Health Concepts &amp; Approaches</b> <a href="https://www.nephtc.org/enrol/index.php?id=40">https://www.nephtc.org/enrol/index.php?id=40</a> 2 hours, self-paced	<b>Introduction to Systems Thinking</b> <a href="https://www.nephtc.org/enrol/index.php?id=82">https://www.nephtc.org/enrol/index.php?id=82</a> 1 hour, self-paced
<b>Exploring Social Determinants of Health: From Data to Action to Advance Equity</b> <a href="https://www.nephtc.org/enrol/index.php?id=87">https://www.nephtc.org/enrol/index.php?id=87</a> 2 hour webinar	<b>Human Health Effects of Climate Change</b> <a href="https://www.nephtc.org/enrol/index.php?id=33">https://www.nephtc.org/enrol/index.php?id=33</a> Level 1 (overview): 1 hour self-paced
Selective Upstream Content Courses – Choose ONE	
<b>Creating Transgender Inclusive Healthcare Environments</b> <a href="https://www.nephtc.org/enrol/index.php?id=108">https://www.nephtc.org/enrol/index.php?id=108</a> 1 hour webinar	<b>Human Health Effects of Climate Change</b> <a href="https://www.nephtc.org/enrol/index.php?id=33">https://www.nephtc.org/enrol/index.php?id=33</a> Level 2 (deeper): 1.5 hour self-paced
<b>Reproductive Justice: A paradigm shift for women of color</b> <a href="https://www.nephtc.org/enrol/index.php?id=184">https://www.nephtc.org/enrol/index.php?id=184</a> 1 hour webinar	<b>Managing Effectively: Community Collaboration and Community Health Assessments</b> <a href="https://www.nephtc.org/enrol/index.php?id=54">https://www.nephtc.org/enrol/index.php?id=54</a> 1.25 hour webinar

<p><b>An Anti-Racist Imperative for Public Health Data</b>  <a href="https://www.nephtc.org/enrol/index.php?id=185">https://www.nephtc.org/enrol/index.php?id=185</a>  1.5 hour webinar</p>	<p><b>The Link Between Health, Wealth and Equity:  The Economic Impacts of COVID-19 on the  people of NH &amp; VT</b>  <a href="https://www.nephtc.org/enrol/index.php?id=188">https://www.nephtc.org/enrol/index.php?id=188</a>  1 hour webinar</p>
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**Certificate of Completion Language**

Certificate of Completion

Awarded to

(Name)

for successful completion of the Maine Public Health Training Center / Maine AHEC Network Upstream course.

(Signature)

Title of Person Signing

Date