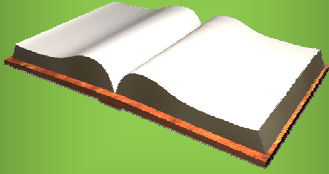


## Breakthrough Institute



Trailblazing Pathways to Your Future.

## What is Breakthrough Institute?

Breakthrough Institute is a collection of strategies to help facilitate volunteerism and promote the nursing profession. These ideas can be used collectively or individually to help propel nursing as a profession of choice for people within your community.

## Course Descriptions

### F.L.I.N.T. 101:

#### **Future Leaders In Nursing Trends-**

Target group- Elem., Middle, and High School children. Use the Blueprint presentation to help students explore occupational opportunities in nursing. Show them how to begin and where the road to professional nursing can take them.

### T.E.A.M. 102:

**Transition, Education, Advancement, and Mentoring** - Set up a mentoring program to help students transition into the nursing program. Use resources within your school to encourage seniors to consider graduate school to advance their education. Invite speakers, such as nurses with different specialties, to talk about what students can do to work in one of those fields.

### 3 T's 103:

#### Terms, Tidbits, & Technology -

Gather a group of nursing students to work with your area Wal-Mart, Wal-Greens, etc... to set up tables to take customers blood pressure. Do a presentation about the importance of taking medication as directed, reading the side-effects of meds, and things they can do to prepare for doctor visits (writing down questions in advance). You may also target children by breaking down the food pyramid and help them develop fun activities that

### Ciudad Initiative 104:

Develop programming that focuses on the Hispanic community. Talk about the importance of nutrition and plans they can implement to combat obesity, diabetes, and hypertension. Strategize ways of recruiting Hispanics into nursing. Volunteer at schools and churches made of predominately Hispanic populations. Network with school counselors and teachers to speak to students.

### A.A.R. 105:

Assisting At Risk students to achieve-

This area focuses on reaching out to the socioeconomically disadvantaged population. Targeting those children in the inner city or rural areas. Nursing students can team up with school counselors or principals to speak during assembly times. The Blueprint may also be utilized to help ignite ideas about nursing as a profession for these children. It is important to encourage students by giving them information about grants or scholarships that may help

### Tech Transition 106:

Develop programming targeting nontraditional students. With the change in economic times, there will be more people than ever before transitioning into a second career. Also, you may want to work with your area hospitals to develop programming to target CNA's, Techs, Phlebotomists, etc... Remind them about their accomplishments. Help them develop a plan to enter nursing school. Help them eliminate any myths they might hold that hinders their career development.