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Missouri AHEC's Student Spotlight: East Central Missouri's AHEC's Scholar Shining Star



2023 AHEC Scholars

STUDENT SPOTLIGHT

Krysta Clipp

"I want to understand a person's health from every aspect and that largely includes the medical side of things, which I was not very familiar with until this program."

Krysta Clipp is one of 5,000 AHEC Scholars, setting herself apart with the Nationally recognized health professional program funded by HRSA to better prepare health professionals to work in this complex and dynamic field. The healthcare field has changed significantly in the past 20 years, and many healthcare professions lack the skills to provide effective care within those systems. Missouri AHEC Scholars two-year program is designed to build upon existing health training by providing additional didactics on interprofessional teamwork, behavioral health integration, practice transformation and evolving topics in healthcare, as well as additional clinic and community-based field placements.

Krysta came to Saint Louis from Brigham Young University in Idaho where she got her bachelor's degree in Marriage and Family but wanted to continue because she loved psychology and understanding people and their behavior. She also is very passionate about healing and growth and therapy was right her alley. A Marriage and Family Therapy degree was unique because it helped her work with families. According to Krysta, if a family – or as Marriage and Family Therapists call it – a “family system” doesn't run smoothly, individuals don't either. Once family members understand each other better, they can learn to support each other and ensure healing, understanding and emotional growth.

Saint Louis University's Marriage and Family Therapy program is unusual because it is housed in a medical school and is part of a department of family and community medicine. Because of this, Krysta became aware of how important behavioral health providers, especially providers who understand family systems are to family medicine. They are valuable parts of the team because mental health is very often associated with physical health. The AHEC Scholars program had helped her to better understand the medical side and how to better work with medical providers and work in health systems. According to Krysta, “I have learned and understood perspectives differently and that helps me be a well-rounded clinician who is readily informed – for my client's sake.”

MAHEC is a partnership of seven locally governed organizations and three university-based health professions education programs working statewide to increase the numbers of Missouri youth entering stable, high-paying jobs as healthcare professionals and the numbers of professionals caring for underserved populations.

The MAHEC partners include:

- A.T. Still University Kirksville
- University of Missouri-Columbia
- Saint Louis University
- East Central Missouri ECMO AHEC – St. Louis
- Mid-Missouri AHEC – Rolla
- Northeast Missouri NEMO AHEC – Kirksville
- Northwest Missouri NWMO AHEC – St. Joseph
- Southeastern Missouri SEMO AHEC – Poplar Bluff
- Southwestern Missouri SWMO AHEC - Springfield
- West Central Missouri WCMO AHEC – Kansas City

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