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COMPLETE

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**Q1**

**Midwestern AZ**

Select your chapter.

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**Q2**

**District 10**

Select your district

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**Q3**

Your Name

Breanna Aikens

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**Q4**

Chapter Position

Gold Crown Executive Chair

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**Q5**

Your Email

breanna.aikens@midwestern.edu

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**Q6**

Describe one member engagement and value event or chapter member benefit program aimed at increasing member engagement and value. (250 word limit. Responses longer than 250 words will be cut.)

Our committee promotes member engagement by bringing students together for a plethora of events including ice cream socials and weekly lunch and learns. However, the social events committee made it a priority to host one large event per quarter. In the fall, we hosted an ASDA fever week for incoming dental students. Our chapter aimed to introduce students to ASDA. During the week, we made it a priority to provide students with an opportunity to join in or ask questions. On Monday, we gave out coffee and donuts to students and had a QR code that directed students to our social media. On Tuesday, we had a welcome dinner. Students received a free meal and got to participate in a passport style station activity. There were six pillars, for each of the six ASDA pillars, and committee members provided students with information about each. The committee members would sign the passport and those who completed all stations, were entered into a raffle for multiple different prizes including free headphones and an automatic screwdriver for typodonts in the Simulation clinic. Throughout the week, each day had a different theme and students could participate by sending in photos/ stories about each theme. For example, Tuesday was focused on mental health and there was a basket give-away for students who responded with their own ways of de-stressing. Overall, this event was successful and showcased how our chapter uses events for members to stay and become engaged.

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**Q7**

Describe one chapter community service event that creates connections with our communities. (250 word limit. Responses longer than 250 words will be cut.)

Community service is one pillar that Midwestern University ASDA takes pride in participating in. To start the year, we spent an evening handwriting letters to the elderly in January. In May, ASDA connected with Maggie's Place, which is an organization that provides safe housing for homeless pregnant women and children. We donated 75 adult and 75 child oral health kits. On April 29th, 2023, we hosted our annual community service event, Give Kids a Smile. This year marked the 21st anniversary of the event. This event is an opportunity for students and dentists to come together and provide dental services to children and young adults. Throughout the day, students shared oral health information, performed screening, taught preventive health measures and performed treatment for families. This year's event cared for 138 children and administered over \$21,000 worth of dental treatment to underserved children in the community. First year to fourth year students had an opportunity to participate with duties ranging from patient escort, balloon animal making, oral hygiene instructions, fun experiments for kids and providing treatment. Treatment included cleanings, sealants, restorative care, pulpotomies, stainless steel crowns and extractions. Continuing to participate and organize community service events like these is crucial. As future dental practitioners, it is imperative that we advocate for underserved communities. After this event, students were determined to get more involved in community service which emphasizes the need to work towards creating more opportunities. Dental school is the best time to establish habits and give back to the community.

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**Q8**

Describe one chapter advocacy event that educates and involves members in ASDA's advocacy and legislative priorities. (250 word limit. Responses longer than 250 words will be cut.)

When students hear about the six pillars in ASDA, the hardest one to explain is advocacy. Our chapter has been dedicated to explaining advocacy and its importance in the dental profession. This year we worked towards this goal by sending students to the national lobby day in Washington, D.C., and the house of delegates. In November, we had a Pumpkin Spice and Policy Advice event where students participated in a Kahoot trivia game after a presentation on our chapter's involvement in ASDA throughout the last year. We highlighted our involvement in student loan reform, improving access to care and promoting diversity. The biggest advocacy event was our annual Pontics and Politics on October 14th, 2023. Students from Midwestern and A.T. Still University participated in a friendly debate on two important dental topics: 1) Do quota-based dentistry business models compromise patient care? 2) Should dental schools provide a stronger emphasis on transitioning students to clinics faster rather than spending time on didactic courses? This event is focused on instilling a sense of comradery between schools despite students being on different sides of the topics. Having events that encourage healthy debate is important for improving our profession while also being comfortable talking about topics that people may disagree on. To be drivers of change, discussions of change are important to share ideas and motivate action to take place. Perhaps the biggest part of advocacy is making our voices heard, and this event is a fantastic way to get our voices out there.

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**Q9**

Describe one chapter wellness event that educates members and involves members in ASDA's Five Dimensions of Wellness. (250 word limit. Responses longer than 250 words will be cut.)

Our chapter was determined to plan wellness events on a monthly basis because health and wellness is not a one-and-done type thing; wellness is important in our everyday lives and is essential to incorporate in our routines. Every month we had some sort of wellness event related to one of the five wellness pillars. Some events we hosted included restorative yoga sessions, spin classes, hikes, an oral cancer walk and a self-defense class. Approximately 15-20 students attended our yoga sessions, spin classes and hikes. These were successful because they focused on physical health and allowed students to enjoy exercise with friends. Our oral health cancer walk took place in April where students walked 0.5km around campus campaigning for oral cancer awareness. We had a clinical professor demonstrate an effective oral cancer screening which will become routine when we examine our patients intra and extra orally. This part of an examination may be missing, but spreading awareness about oral cancer and understanding its manifestations are important for clinicians and patients. Another important event we hosted was a self-defense class. When people think about health and wellness, they sometimes forget about the environmental pillar; this event gave our students the opportunity to learn from professionals about how to protect ourselves and what scenarios you should avoid. Demonstrations on strike positions and moves were given and students were able to practice on mannequins. Many students left the event saying that they felt better equipped to avoid and defend themselves from dangerous situations.

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**Q10**

Describe one chapter communication (such as an enewsletter, the chapter website, or chapter social media campaign) that keeps members informed about ASDA. (250 word limit. Responses longer than 250 words will be cut.)

Our members stay informed about ASDA through our quarterly newsletter and social media. The Midwestern Margin, our newsletter, showcases what ASDA is doing by including information about past and upcoming events. Our summer newsletter highlighted the Oral Cancer Walk, Give Kids a Smile event, guest speaker Dr. Brett Kessler and vendor fair. Our newsletter also includes faculty spotlights for students to get to know faculty and hear any advice they have. Typically, the faculty are chosen in different areas so students can get to know a wide variety of faculty they may not get to know otherwise. For example, Dr. Pierre-Bez was a recent faculty spotlight. She was a student at Midwestern University and is heavily involved in research; this can give students an opportunity to reach out to faculty that are involved in areas they wish to pursue, with research being one example. Our new leadership consists of students who have been involved in social media and vlogging in the past, so our social media has taken a different direction. We have incorporated more live video take-overs on Instagram where students can tune in and watch events happening live. In addition, there are more Instagram story activities where students can participate from home or away in giveaways, polls and competitions. Before, during and after events, we have flyers appear in Instagram stories, sent in email threads and posted onto our Instagram page. Any and all information about Midwestern Arizona ASDA is readily available for students to get involved.

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**Q11**

Describe one chapter event that develops professional and leadership skills of chapter members. (250 word limit. Responses longer than 250 words will be cut.)

Mastering the art of professional leadership and development is essential for dental students. Our ASDA chapter was dedicated to providing students with opportunities to improve their leadership skills. This year we sent approximately 68 students to conferences where students developed skills that are necessary to be a successful owner, team leader and manger. They were very successful in helping our students to network and gain valuable skills that they will pass down to students in their classes. Prior to COVID-19, Midwestern's ASDA has hosted a national pre-dental day event for students seeking a career in dentistry. This year, our chapter made it a necessity to get the event up and running again. The event gave an opportunity for pre-dental students to experience the dental program and learn important skills necessary for success in dental school. The event took place from August 11th to August 12, 2023, where over 30 students attended from across the United States. During the event, students got to perform dental procedures with lasers, use CAD/CAM technology to mill crowns, prepare for interviews, learn waxing techniques, and got to meet students to ask questions. This event was a huge success for our chapter and for students seeking a career in dental medicine. Not only is it important to provide opportunities for our own dental students to improve their skills, but it is essential for the incoming classes and students not yet in dental school. More pre-dental events like ours should be incorporated throughout the United States annually.

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**Q12**

Submit your chapter's YouTube video link.

<https://www.youtube.com/watch?v=v4VfkoXVP4Q>

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**Q13**

Submit your chapter's Google Drive or DropBox video link.

[https://drive.google.com/file/d/1-DCvubZW2\\_VgPhlclY192FY5mr6\\_mfKe/view?usp=sharing](https://drive.google.com/file/d/1-DCvubZW2_VgPhlclY192FY5mr6_mfKe/view?usp=sharing)

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