



Join DOCARE!

How to Start a Chapter at Your College of Osteopathic Medicine

DOCARE International is a nonprofit with a six-decade history of connecting osteopathic physicians, residents, and students to global health outreach work. We're a multi-faceted program with clinical partnerships at four clinics in three countries; year-round clinical rotation programs in Kenya, Guatemala, and Nicaragua; and periodic short-term trips to provide primary care services to underserved communities.

Alongside our mission to provide primary care to underserved communities, we are passionate about helping osteopathic medical students learn about global health. DOCARE university chapters are integral to what we do.

What Joining a DOCARE University Chapter Can Do For Students

As a DOCARE chapter member, you'll be eligible to:

- Join DOCARE short-term global health outreach trips;
- Complete month-long rotations in Kenya, Guatemala, or Nicaragua;
- Add a valuable experience to your curriculum vitae;
- Become a part of a network of students learning about global health;
- Prepare for global osteopathic medical work in your career.

DOCARE's Resources for Student Chapters

To support university chapters, DOCARE provides:

- Administrative support for chapter functions
- Information on global health opportunities with DOCARE
- Fundraising support
- Certificates and letters verifying participation and achievement, and
- Bi-annual all-chapter meetings to strengthen chapters and share ideas





How to Set Up a DOCARE University Chapter

Getting the ball rolling:

Students interested in global health are often the ones who start up a new DOCARE university chapter. If you're a student thinking of starting a DOCARE chapter, begin by discussing the idea with friends and fellow students you think might be interested.

Faculty advising:

Most colleges of osteopathic medicine support student organizations with faculty advising. Reach out to your COM's administration or your favorite professor to ask for support.

Contact DOCARE:

Get in touch with the DOCARE office to share your intention to share a chapter and get information.

Recruit members:

Announce a meeting on campus for new members. (Most schools have message boards, listservs, or other designated announcement spaces.) The meeting can focus on sharing what DOCARE is, why it matters, what membership involves, and chapter interests, goals, and prospective activities.

Complete Administrative Steps:

Many COMs will ask new student groups to fill out a little paperwork. DOCARE, too, asks all chapters to name officers, create bylaws, and collect dues. [See our website for more information.](#)

Hold chapter meetings and communicate:

Once you're set up, meetings of one to two hours every month or two can keep the chapter active and engaged in meaningful activities. You might wish to add a Facebook group or email list to keep the chapter in touch between meetings.

Be active as a chapter:

DOCARE university chapters have done a wide range of activities on campus, and your group has the autonomy to choose what you will do. Please see suggestions on the next page for on-campus activities.



Suggested Group Activities

Recruitment Events

- Announce the chapter via email, social media, etc.
- Booth at the annual Campus Organization Fair.
- Hold a mixer to introduce DOCARE members
- Hold an inaugural meeting or discussion

Global Health Activities

- Ask members who have traveled with DOCARE to share their insights.
- Host speakers from health organizations or faculty with global health expertise.
- Run a discussion group on a current topic in global health.
- Participate in community health outreach activities on or off campus.
- Fundraise to support DOCARE or to send students on DOCARE trips.

Social Media

- Set up a Facebook group and post upcoming events, trips, and opportunities.
- Use Instagram or Facebook to chronicle events and international trips
- Link with the official DOCARE page to share your chapter's accomplishments with chapters at COMs nationwide.

Approaches to Fundraising:

- Raise fundraising together via a crowdfunding site such as Indiegogo.
- Ask a local business to donate a percentage of its daily profits
- Hold a bake sale, host a dinner, or sell drinks at an event
- Auction donated items to students, faculty and staff
- Design and sell t-shirts, mugs, or other items for sale

Suggested Chapter Timeline

Late Summer/Early Fall:

Recruit members at your Campus Organization Fair or via campus-wide announcements. Promote chapter membership and welcome new members at a meeting or social event.

Fall Term:

Hold meetings, complete administrative tasks, do activities, and consider fundraising. Coordinate student leaders' attendance at a national DOCARE university chapter teleconference meeting.

Spring Term:

Keep holding meetings and doing activities. Travel with DOCARE, and share your experiences with the chapter. Coordinate leaders' attendance at a year-closing national teleconference, and plan for the year to come!

Questions? Contact us at docare@osteopathic.org or 312 202 8149.