

"Holistically preparing students for careers as future medical professionals."



B.E.S.T.
BRAIN EXPANSIONS SCHOLASTIC TRAINING

WHO WE ARE

B.E.S.T. is dedicated to providing high-quality programs and unique experiences for students looking to learn more about careers in medicine and health care. This is done through the B.E.S.T. Medical Pathway Paradigm (MPP) which consist of 10 interconnecting programs. By providing hands-on experiences for students in real-life situations, B.E.S.T. helps students better understand the world of medicine.

There is no one approach to the programs B.E.S.T. conceptualizes and delivers but a consistent goal of being a safety net for under-represented and

disadvantaged youth looking to pave a path of excellence.

OUR MISSION

Identify, Inspire, Develop, and Educate with a focus on under-represented and disadvantaged youth to address the national shortage of healthcare professionals that will impact underserved communities.

OUR VISION

To be a premier pathway program that develops and equips our youth aspiring to become future health professionals that will positively impact health inequalities around the world.





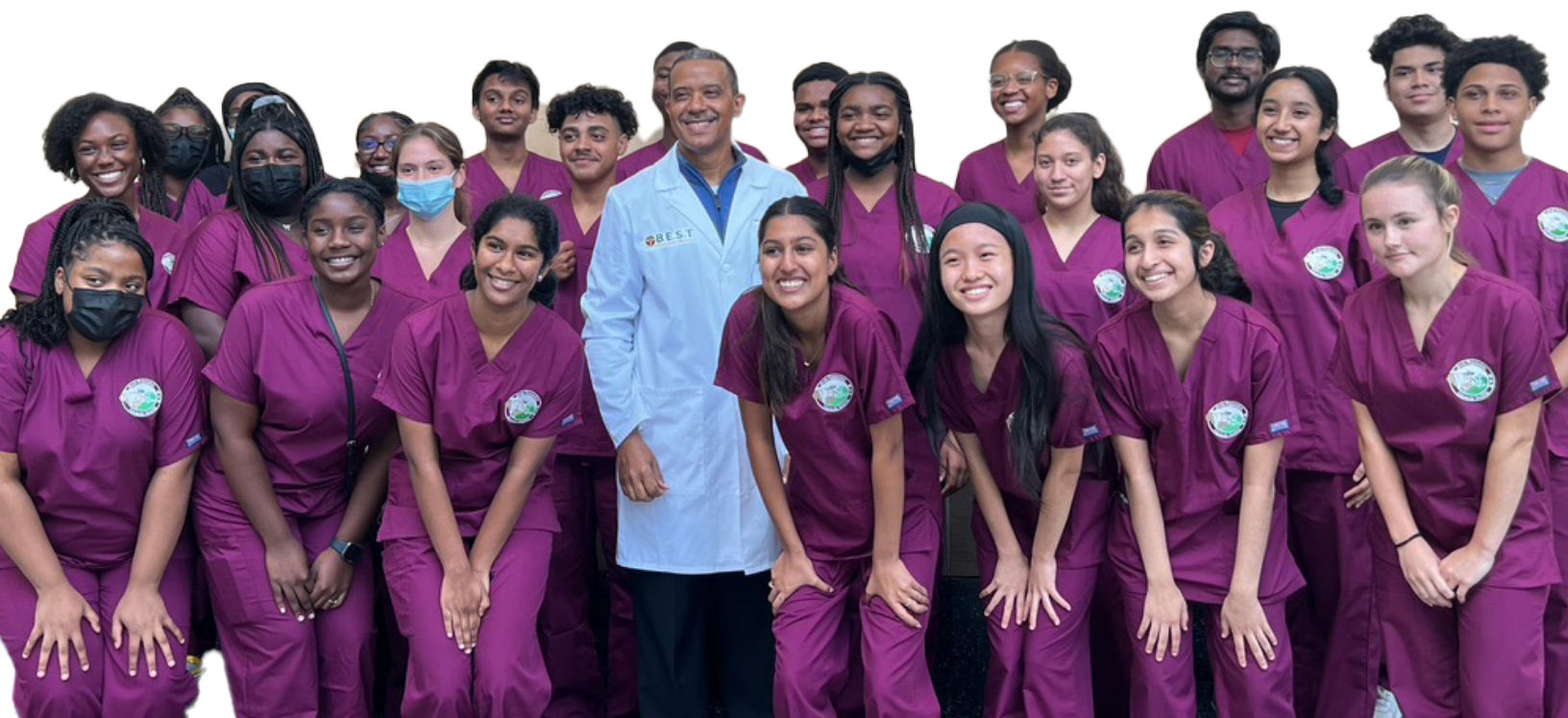
OUR FOUNDER

Dr. Frederick is currently the Founder and CEO of **Brain Expansions Scholastic Training, Inc. (B.E.S.T.)**, a community based initiative whose mission is to identify, inspire, develop, and educate, with a focus on under-represented and disadvantaged youth, to address the national shortage of healthcare professionals that will impact underserved communities.

Born and raised in the United States, Virgin Islands, Dr. Frederick earned his undergraduate degree in Respiratory Care from Columbia Union College, his Doctorate of Medicine degree from Loma Linda School of Medicine in 1997. He completed his Internal Medicine and Pediatrics Residency in 2001. He was appointed to be the Pediatric Chief Resident at Loma Linda University Pediatric Residency in 2001. Dr. Frederick is a diplomat of the American Board of Pediatrics and a Fellow of the American College of Physicians.

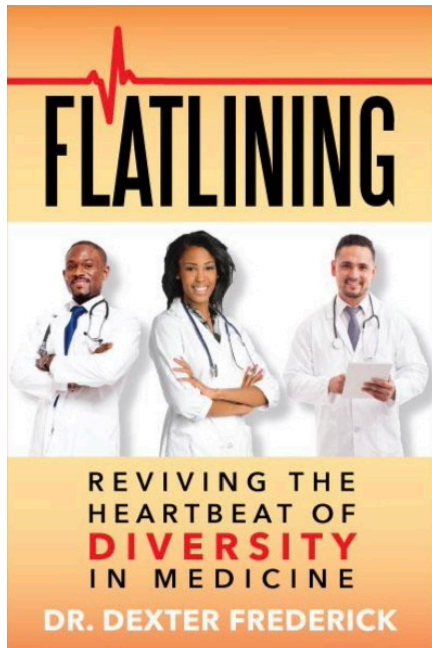
Dr. Frederick is the proud recipient of numerous honors and distinctions for his work, including Tampa Bay Lightning Community Hero, Tampa Police Citizen of the Year, Doctor of the Year, and Nationally recognized by AARP as a 2022 Purpose Prize Fellow. He has received letters of commendation from United States Representative Kathy Castor, U.S Senator Bill Nelson, and Tampa Mayor Pam Iorio, all of who have acknowledged his admirable work as a citizen in his community.

He is the author of the book *Flatlining, Reviving the Heartbeat of Diversity in Medicine*, which sheds light on the lack of representation of medical professionals of color.



His joy comes from spending time with his wife, Lisa, and beautiful daughters, Jayde and Kacey. In his free time, he enjoys reading, serving in the community, and working out. Dr. Frederick lives in Tampa, Florida and is a member of the Mount Calvary SDA Christian Church in Tampa, Florida.

Dr. Frederick is the epitome of an exemplary and innovative community leader, physician, role model, and visionary who has achieved remarkable outcomes for disadvantaged students and underserved individuals through his commitment to excellence and his passion for achieving health equity. He believes that service is the rent we pay while living in this world. Through his struggles and triumph, he hopes that he can provide sunrises of encouragement and hope for the next generation of medical professionals.



Flatlining • Reviving the Heartbeat of Diversity in Medicine, which sheds light on the lack of representation of medical professionals of color.



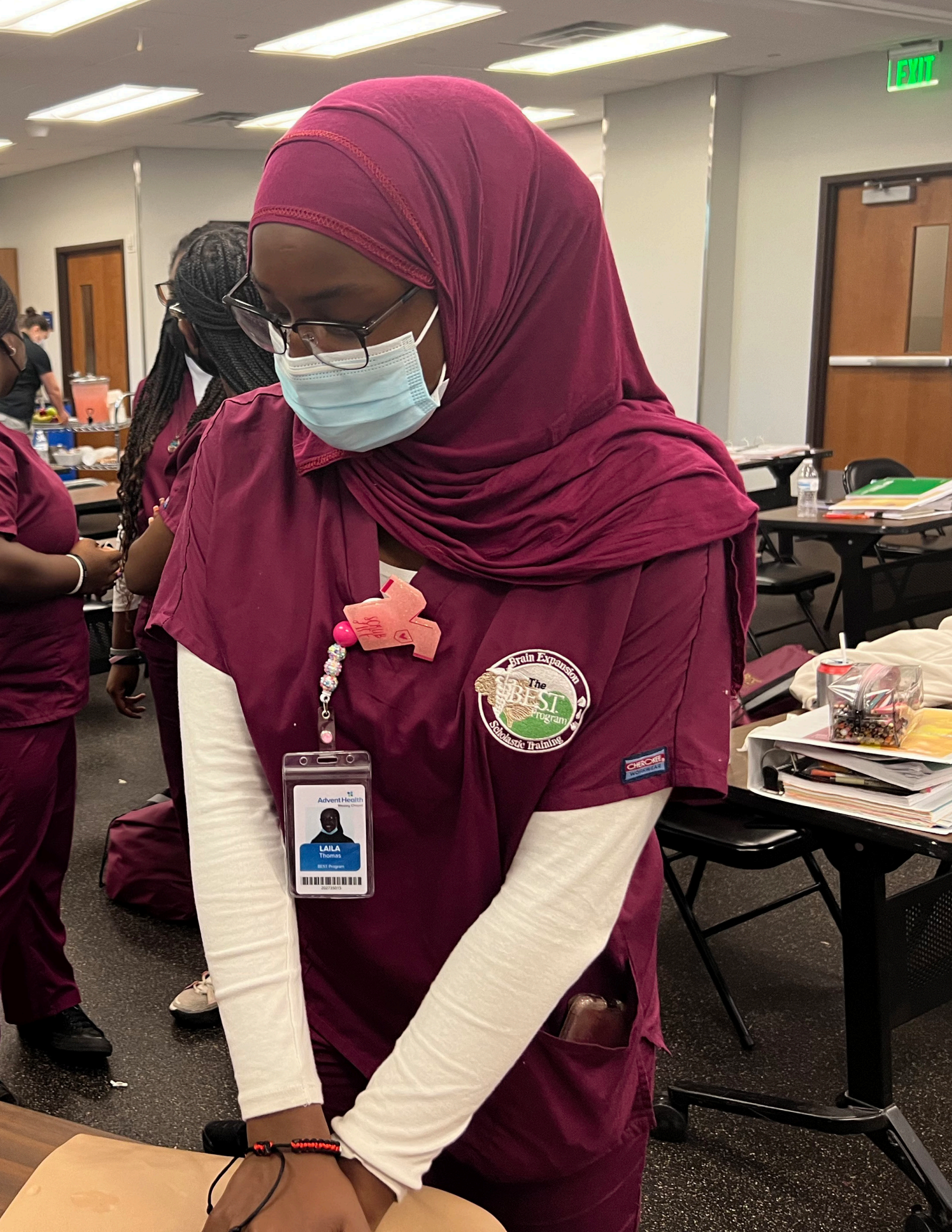
OUR PROGRAMS

The **B.E.S.T. Medical Pathway Paradigm (MPP)** consists of (10) programs that incorporate education, mentoring, and career guidance, in addition to providing a safety net for students, especially those of color, who often encounter additional challenges on their journey to a career in healthcare.

- 1. B.E.S.T. Summer Medical Academy:** This is B.E.S.T.'s flagship program. Each year approximately fifty students experience shadowing, anatomy courses, college preparatory education, emotional intelligence training, exposure to financial literacy, and other topics that holistically prepare students for their entry into the world of healthcare.

B.E.S.T. collaborates with three Hillsborough County School District magnet schools, all Title I, with medical core curriculums. B.E.S.T. has an official Memorandum of Agreement (MOA) with the school district, the seventh-largest school district in America.

- 2. B.E.S.T. Medical Pathway Dunbar Docs:** The curriculum has been designed for fifth-graders and exposes students to medical careers and anatomy education. The program is coordinated by B.E.S.T. Alumni under the B.E.S.T. Leadership Academy.
- 3. B.E.S.T. Medical Pathway Sligh Medical School:** B.E.S.T. engages sixth thru eighth graders at Sligh Middle. The Surgical and Memory Club at Sligh is coordinated by B.E.S.T. Alumni under the B.E.S.T. Leadership Academy. Approximately eighty students participate in the clubs annually and gain enhanced memory skills and techniques that aid students in acquiring study skills while the Surgical Club allows students to explore and observe various surgical procedures.
- 4. B.E.S.T. Medical Pathway Tampa Bay Technical High School:** Tampa Bay Technical High School has a robust medical and healthcare curriculum. B.E.S.T. holds workshops involving medical surgeries viewed via Zoom, medical presentations, and hands-on medical techniques. B.E.S.T. sponsored the school's first parent session which included guest physicians and college admissions staff who presented to parents about the medical career journey and gave insight into college readiness.





OUR PROGRAMS

5. B.E.S.T. Bridge & Check-In: This program allows students to connect monthly via Zoom with their peers and medical professionals to discuss topics ranging from college studies to MCAT preparation and medical school perspectives. The check-in is directed to middle school or early high school students exploring the medical pathway options and future admission into the B.E.S.T. Summer Medical Academy.

6. B.E.S.T. Leadership Academy: The academy provides a platform for B.E.S.T. staff to continue development within the organization. The academy also provides B.E.S.T. Alumni the ability to develop leadership and decision-making skills as program coordinators at our medical pathway schools.

7. Summer Job Experience: B.E.S.T. partners with Career Source and selects (6-8) students from underserved and underrepresented communities that have an interest in medicine. Career Source pays their summer salaries and B.E.S.T. provides the work environment ranging from assisting with the social determinants program or working at Grace Community Medical Center. The students gain clinical skills, learn CPR and also assist in gathering B.E.S.T. research and statistical data. Students can apply for the Summer Medical Academy the following year.

8. B.E.S.T. Moffitt Physician's Mentoring and Research: In partnership with the Moffitt Cancer Hospital Faculty Diverse Opportunity Program (FDOP), physicians and administrators provide B.E.S.T. Alumni mentoring opportunities. The shadowing offers students the ability to be up close with a diverse cohort of doctors, researchers and health care professionals. Students follow a structured program during the summer months and are able to continue the mentorship after completion of the program.

9. B.E.S.T. Certification: In partnership with the Ultimate Medical Academy, Moffitt Cancer Center, and other community certification institutions, B.E.S.T. Alumni attend classes to obtain certifications as nursing assistants, medical technicians, or phlebotomists.

10. B.E.S.T. Social Determinants (SD): B.E.S.T. Alumni are taught and experience hands-on opportunities to study the impact of underserved communities on health disparities, food deserts, and other challenges facing this segment of our communities. B.E.S.T. partners with Grace Community Medical Center, religious entities, and businesses to provide the opportunity to change these environments.

EXPLORE B.E.S.T. PROGRAMS

Click the images below to learn more about B.E.S.T.



PBS | Memory Mastery



Tampa Bay Lightning Community Hero



AdventHealth | Summer Medical Academy



Dunbar White Coat Ceremony

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Dunbar White Coat Ceremony



Representation in Medicine



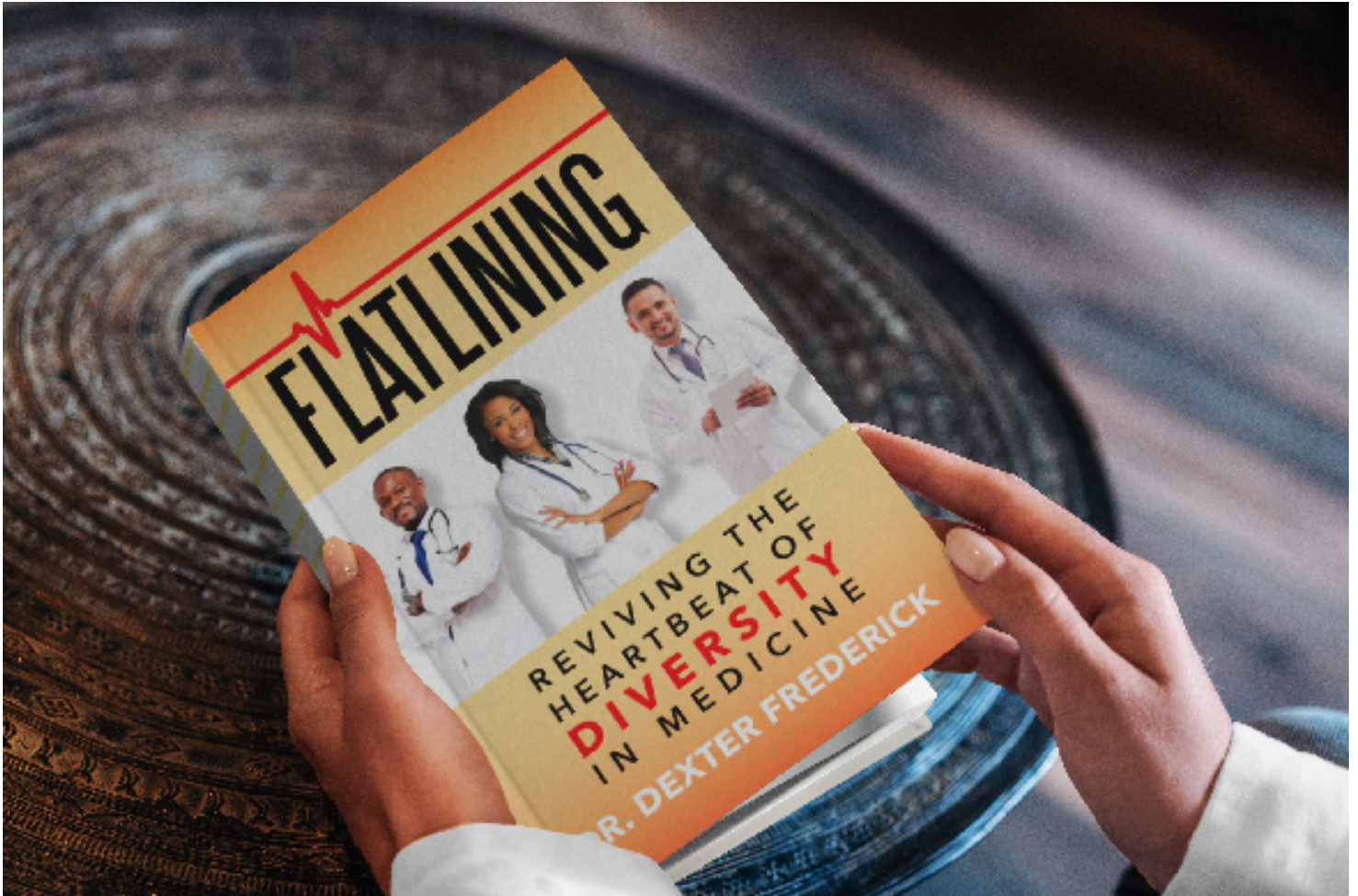
Dexter Frederick, M.D.



Meet the AARP Purpose Prize Fellows

FLATLINING

REVIVING THE HEARTBEAT OF DIVERSITY IN MEDICINE



“ I wrote this book to raise an awareness of the need to grow the pool of underrepresented students who can change these statistics. When students of color don't see themselves represented in the world around them, it's easy for those who want to go into a healthcare profession to get derailed. My mantra is built around the knowledge that people's hopes and dreams are always based on what they can see. Helping these students pursue their dream career also boosts the communities they ultimately go back and serve.

- Dr. Dexter Frederick

To purchase or find out more about *Flatlining* visit www.drfrederickmd.com.



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