North Dakota Conrad 30 J1 Visa Waiver Program

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North Dakota Primary Care Office

- Housed within the ND Department of Health and Human Services, Division of Public Health
- The ND Primary Care Office subcontracts with UND Center for Rural Health to assist with health care workforce activities

**Mission:** Improve primary care service delivery and workforce availability. This mission is accomplished by facilitating the coordinating activities related to improving access and delivery of primary care services and the recruitment and retention of critical health care providers.
Center for Rural Health

- Established in 1980 at the University of North Dakota (UND) school of Medicine and Health Sciences in Grand Forks, North Dakota
- One of the country’s most experienced state rural health offices
- UND Center of Excellence in Research, Scholarship, and Creative Activity
- Home to seven national programs
- Recipient of the UND Award for Departmental Excellence in Research

Focus On:

- Educating and informing
- Policy
- Research and Evaluation
- Working with Communities
- American Indians
- Health Workforce
- Hospitals and Facilities
J1 Visa Waiver Program Outline

J-1 Visa WAIVER
I am not an attorney, and cannot offer official legal advice on immigration. What I will discuss today are the waiver application requirements for the state of North Dakota. Any legal matters should be discussed with a qualified immigration attorney.
J1 Visa Waiver Program Outline

- Physicians in the U.S. under a J1 Visa, who wish to remain in the U.S., must apply for a J1 Visa Waiver through an Interested Government Agency (IGA).

- This includes:
  - Conrad 30 State Waivers
  - U.S. Department of Health and Human Services (HHS)
  - Delta Regional Authority (DRA) – regions of AL, AR, IL, KY, LA, MS, MO, TN
  - Southeast Crescent Regional Commission (SCRC)- FL + regions of VA, NC, SC, GA, AL, MS
  - Appalachian Regional Commission (ARC)- regions of WV, AL, GA, KY, MD, MS, NY, NC, OH, PA, SC, TN, VA
J1 Visa Waiver Program Outline

- “Conrad 30”- introduced and championed by Senator Kent Conrad from North Dakota
- 30 waivers per year, per state
  - Regional authorities and HHS offer additional waivers
- 10 of 30 can be used in “flex” areas (non-HPSA)
- Cycle opens October 1 each year
- First come, first reviewed
- ND does not limit specialties
Health Professional Shortage Areas

A Health Professional Shortage Area (HPSA) is a designation of a health care workforce shortage.

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Primary Care</th>
<th>Dental Health</th>
<th>Mental Health</th>
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<tbody>
<tr>
<td>Population to Provider Ratio</td>
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<tr>
<td>% Below Poverty</td>
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<td>✓</td>
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<tr>
<td>Travel Time-Distance to Nearest Source of Care</td>
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<tr>
<td>Infant Mortality Rate – Low Birth Rate</td>
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<tr>
<td>Access to Fluoridated Water</td>
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<tr>
<td>Youth and/or Elderly Dependency</td>
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<td>✓</td>
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<tr>
<td>Substance and/or Alcohol Abuse Prevalence</td>
<td></td>
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</table>
Health Professional Shortage Areas
North Dakota Health Professional Shortage Areas: Primary Care
ND Waiver Usage

- 2019: 10 flex, 2 non
- 2020: 9 flex, 2 non
- 2021: 10 flex
- 2022: 10 flex
- 2023: 10 flex, 1 non
- 2024: 7 flex so far (10-16-23)
ND Non-Flex Waiver Options

Internal Med or Family Med:
1. Hettinger
2. Cando
3. Cooperstown
4. Langdon
5. Elgin
6. Fargo FQHC
7. McVille
North Dakota J1 Visa Waiver Process
ND J1 Waiver Checklist

1. DS-3035
2. Employment contract
3. Physician Attestation (attest that physician is not seeking a waiver elsewhere)
4. DS-2019
5. Letter from the facility
6. Evidence that the facility is located in a Health Professional Shortage Area/Medically Underserved Area*
ND J1 Waiver Checklist

7. Personal statement from physician (stating intention to fulfill waiver requirements)
8. Physician curriculum vitae
9. Copy of physician license or evidence the physician will be granted a license in the state
10. I-94 entry cards
11. No objection statement from home country (stating that physician does not have legal requirements to return home)
12. Form G-28 or letter from law office
J1 Waiver Timeline

• Submission October 1 or later
• ND Primary Care Office, ND HHS ~2-4 weeks
• ND HHS sends to Department of State (DOS). DOS ~ 6-8 weeks, sometimes longer
• DOS submits to USCIS. USCIS issues approval back to DOS.
• Representing attorney will receive communication from DOS if any further information is needed to process the waiver request.
• Once waiver is approved, ND HHS is alerted, as is the representing attorney.
• Arrival to practice report due within 30 days of contract start date
• IMG must adhere to terms and conditions, and complete J1 waiver obligation before eligible for lawful permanent residence.
How to prepare while in residency

• Seek out employers early

• If applying for a 2025 waiver (October 2024), contract should be signed in May/June/July of 2024. This means beginning the interview process in/around January 2024.
  • Facilities often have their “lineup” in place by July

• Be informed and prepared to talk about what YOU need as far as waiver or visa assistance. *Do not assume employers will know how to navigate your particular visa pathway.*
### Job Platforms

#### 3Rnet

- **Physician Faculty - Bowman Center for Family Medicine**
  - I-80 Medical
  - Minot, North Dakota
  - 3 days ago

- **Physician Faculty - Minot Center for Family Medicine**
  - Minot, North Dakota
  - 16 days ago

- **Physician - Family Medicine Opportunity in North Dakota**
  - Dogan, North Dakota
  - 18 days ago

- **Seeking primary care physician in Wahaska, ND**
  - Wahaska, North Dakota
  - 7/14/2023

- **Wahaska, North Dakota**
  - 7/14/2023

- **Seeking new primary care physician in Watertown, MN**
  - Watertown, Minnesota
  - 7/14/2023

- **Seeking new primary care physician in Watertown, SD**
  - Watertown, South Dakota
  - 7/14/2023

- **Family Medicine Physician opportunity in Cordova, ND**
  - Cordova, North Dakota
  - 7/15/2023

- **Physician - Family Medicine Opportunity in North Dakota**
  - Cooperstown, North Dakota
  - 7/15/2023

- **Physician - Family Medicine - Loan Repayment Option**
  - 7/15/2023

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#### Job Service

Register today to view full job details.

- Community & facility information
- Compensation range
- Additional benefits (CME allowance, paid time-off, insurance, etc.)
- Qualifying loan repayment programs
- Employer contact information
- View job on map

[REGISTER FOR FREE](#)
ND Health Care Student Loan Repayment Program

Eligible Disciplines
- Physicians
- Advanced Practice Providers
- Dentists
- Clinical Psychologists
- Registered Nurses
- Behavioral Health Professionals
  - Licensed Addiction Counselor
  - Licensed Professional Counselor
  - Licensed Social Workers
  - Registered Nurses
  - Specialty Practice Registered Nurses

Selection Criteria
- Level of social and medical need in the service area
- Extent to which the service area is rural
- Employer and practice setting
- A new recruit or retention candidate
- Education and experience

Contractual Commitment
- 5-year service obligation between the State of North Dakota, Physician, and Employer
- Employer must contractually commit to provide matching funds

Payment
- $20,000 payment from the State of North Dakota
- $2,000 from Employer Match
- State issues payments directly to the lender after each 12-month period of service
We’re Here for YOU!

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J-1 resources page on NDMA (including slides)